

*The Canadian-Caribbean Union* 

# Messenger

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*Baptism in Annotto Bay, Jamaica*

## CHRIST OUR RIGHTEOUSNESS (Part 3)

### RIGHTEOUSNESS IMPARTED:

"The righteousness by which we are justified is imputed, the righteousness by which we are sanctified is imparted. The first is our title to heaven, the second is our fitness for heaven." M.Y.P. pg. 35.

The work of sanctification begins only after we are justified. Justification can take place in one moment but sanctification is a work of a lifetime.

Many have a mistaken idea that Righteousness imparted means that we do less and less sin as we are progressing in sanctification. Jesus said to his followers, "Be ye therefore perfect, even as your Father which is in heaven is perfect." Mat. 5:48.

Jesus did not say to become perfect after a life long struggle but he said, be now perfect and ever after.

When a smoker stops smoking, he does not commit sin in this respect, but yet he has a strong desire to smoke and only by great struggle he keeps himself from it. As the time goes on his desire to smoke goes away and he has no desire to smoke anymore. Now he is sanctified and by nature he is obeying God. All through the process of sanctification we can be sinless. In the power of God which we all receive at the time of Justification this is possible.

"Clad in the whole armor of righteousness, we can meet any influence and our purity remains unfurnished."

Test. Vol. 4. 556

"The righteousness of Christ alone can give you power to stem the tide of evil that is sweeping over the world

P.K. 175

"When we are clothed with the righteousness of Christ, we shall have no desire for sin." R.H. March 18, 1890

We may make mistakes but we hate sin which caused suffering to the son of God. It is not possible to hunger and thirst after righteousness and same time love sin.

Jesus said, "The spirit indeed is willing, but the flesh is weak." Mat. 26:41 Our spirit and heart are converted but our flesh is not. Our appetites and lusts are warring against our spiritual heart. Paul referred to this warfare. "But I keep under my body, and bring it into subjection, lest that by any means, when I have preached to others, I myself should be castaway." I Cor. 9:27 Our own body and its lusts are our greatest enemies.

"From whence come wars and fighting among you? come they not hence, even of your lusts that war in your members?" James 4:1 In this war we must use all means available to overcome. "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth, to the Jew first, and also to the Greek. For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith." Rom. 1:16-17 The righteousness of Christ is revealed from faith to faith.

"The Righteousness of Christ is revealed from faith to faith; that is, from your present faith to an increased understanding of that faith which by love purifies the soul." R.H. Sept. 17, 1908

After we have been sanctified; when we have overcome our bad habits and sins is it possible then to remain faithful without the power of God? The answer is no, Adam was sinless and holy but yet he fell into sin. After we overcome and reach the sinless and holy condition of Adam we can even then remain faithful only by the power of God. When we can say as

Apostle Paul did, "I live, not yet I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." Gal. 2: 20

Then our sanctification is accepted by heaven, Paul had died and now Christ lived in him. In his thoughts lived Christ. His words were words of Christ. His actions were the same what Christ did. He reflected the image of Jesus fully. He had fought the battle and gained victory. With the help of the HOLY SPIRIT we can be clothed in the garments of Christ Righteousness and follow the example of Paul.

This garment of righteousness will cover us throughout the process of sanctification. Even that we are already sinless yet we change daily and grow in Christ.



*Baptismal scene in Ukraine Aug. 20th, 1995*



*Baptism of eight souls in India*

# Lest' WE Forget'..

On November 11, the nation of Canada celebrated "Remembrance Day". This is a special day that is meant to remember the over 100,000 Canadians who gave their lives in the two World Wars. At 11:00 A.M. there is a moment of silence to be held to spend a few minutes to reflect upon these brave men. Prior to the day there is a drive to collect money for the veterans fund and a poppy is given to every individual who donates. Poppies being the main flower that grew on Flanders Field in France where many Canadian soldiers were buried.

As time goes on we are getting further and further away from the time of the World Wars. To the young people today it is just another interesting history lesson. It is not reality as it may have been to many of our parents. The country is starting to recognize a problem concerning this. An article published on November 11, 1995 in the Vancouver Sun was entitled, "Youth losing contact with war vets." It goes on to say that, "The reality is that fewer young people today feel much connection to Canada's war veterans. For some, Remembrance Day is just another holiday from school." "It's hard to take people back in time to the war years and it's hard to conceive of giving your life for your country,... But I think it's really important that we make those links."

This Remembrance Day I also started thinking of famous people who gave their lives in the World Wars. These men were not soldiers as the world knows; they were soldiers of the cross. While many people are mourning the loss of the fighting men, what about the peace loving men who wanted no part in war and blood shed and spent the remainder of their lives languishing in prison camps? Some were tortured and put to death. Who remembers them? There is a great danger that we may forget these soldiers of the cross as time goes on. As the two great wars are less of a reality to the young, the suffering of the faithful may also be less of a reality for our young people.

"We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and his teaching in our past history." RH Oct. 12, 1905. We must not forget how the Lord has led us, and His church, in the past. We may some day have to pass over the same ground that they did. This Reform Movement was born in the most trying and difficult of circumstances. It was born in blood, sweat and tears. It's ending may not be much different. We are asked to remember, not to glorify these men (who were but mere instruments in the hands of the Lord), but to gain strength from them. Let us re-read the accounts of their trials\* and store them in our minds so that we will have strength when we go through similar experiences. Through the grace of God they endured until the end and this same grace is promised to us if we will ally ourselves under His blood-stained banner today.

"Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life: but teach them thy sons, and thy sons' sons," Deut. 4:9

As time goes on we get further and further away from that time. The young people's lives have not been touched with the sufferings of the believers who lived in the earlier part of this century. Let us encourage each other with these experiences that we will gain strength in time of need. Lest we forget.

\*A good source book for the trials of these men is, 'And Follow Their Faith'

# BIRDS

I am sure that everybody loves birds. From childhood to old age there is no difference in our love for these beautiful creatures. In our daily life we meet all kinds of birds in various colours. Birds are really a very special creation on this planet. It is impossible to discover all the varieties in the whole world. Scientists are trying their level best to discover all these creatures, but only God knows how many varieties He has created. According to the Bible, Adam named all the birds in the world.

Some birds fly more than 14,000 miles in a year and no one knows where they all come from and how they are able to fly from country to country, according to the seasons, without navigational technology-at least that we understand. These birds are very graceful and beautiful when they are flying in the air. They live in special places - their own nests in the forks of tree branches. Some birds sing very beautiful songs while hidden in the foliage.

Birds are very clever and noisy. They are sometimes mischievous, and are also full of curiosity. Scientists were amazed to discover that a bird as small as a swallow could make a round trip of 14,000 miles before spring. Knowing where the swallows had gone only raised a more perplexing question. What is the main reason the birds journey to the other end of the globe? It is because of the cold and in order to find food. In a spiritual sense we can see most of the people in our world flying from country to country to find jobs and a peaceful place to live. Making ends meet was also a big concern when Jesus Christ was on the earth. To illustrate this point, Jesus told us to closely look at the birds. Birds need to eat every day (proportionately a lot more than we do because of their high metabolic rate) moreover, they cannot sow seed, reap, or store food for the future. Yes, Jesus observed our "Heavenly Father feeds them" Matthew 6:26

These birds do know the direction that they are flying but who is giving them power, strength and knowledge for their unguided flight? Many migrate over featureless oceans and deserts and they do so both by day and by night.

Christopher Columbus would never have ventured so far across the ocean without navigational aids such as the sextant and the magnetic compass. Even so, toward the end of his first voyage, it was the birds that showed him the right way to the Bahamas. Following the custom of ancient mariners, he changed his course to the southwest when he spotted the migrating land birds flying in that direction. Successful migration requires that we maintain a steady course and we need to know where we are in relation to our destination. We need to know what direction we must take in order to get there. We humans, without tools, cannot handle such a task but the birds are able to determine the right direction in which to fly without these tools. Who is able to show these mysteries of bird navigation?

Birds go to sleep on their perches but they never fall off. This is because of the tendons in the birds legs. They are so constructed that when the leg is bent at the knee, the claws construct a full grip like a steel trap. The claws refuse to let go until the knees are unbent again. The bent knee gives the bird the ability to hold on to his perch so tightly. Is not this also the secret of the holding power of the Christian? Daniel found this to be exactly true. Surrounded by a pagan environment, tempted to compromise with evil and urged to weaken his grip on God Almighty, he refused to let go. He held firm when others faltered because he was a man of prayer. He knew the power of the bent knee.

God has always cared for His faithful and honest servants. During a 3 1/2 year severe drought, God provided food for the prophet Elijah. Initially, God commanded ravens to bring bread and meat to the prophet. Please see 1 Kings 17:2-6 Isaiah also illustrated in his 40th chapter (vs. 31), that those who hope in the Lord will renew their strength and they will soar with wings like eagles and they will run and not grow weary and they will walk and not be faint. Job is asking who provides food for the ravens when its young cry out to God and wander about for lack of food. Please see Job 38:41 David also did not forget to think about these birds in his prayers. Even the sparrows have found a home and the swallow a nest for herself near your altar. Please see Ps. 84:3

In my country of Sri Lanka and India where there are birds that speak with human-like voices, (parrots and mynahs), they speak with people who are friendly to them. An Ornithologist once heard a male Song Sparrow sing 2-3 up to 5 different songs from dawn until sunset on different days. We also have to be careful of these beautiful creatures that God has made because just like anything else in the world, Satan can use them in his service as well. Sometimes unscrupulous people like astrologers and fortune tellers will use the birds with beautiful human-like voices to deceive people into thinking that something supernatural is telling their fortune'

From sleeping birds we can learn the real secret of holding things which are most precious to us, - honesty, purity, thoughtfulness, honour, and character. That secret is the bent knee in prayer, seeking to get a firmer grip on those values which make life worth living. When we are holding firmly onto God in prayer, we can rest assured that He will hold tightly onto us.

These birds can navigate by the sun during the day and by the stars at night. What if the sky is overcast? Birds can also fix a route using the earth's magnetic field, as if they had a built in compass. In order to return to the same nest or loft, they must also be able to recognize familiar land marks. Researchers have found that birds are much more sensitive than humans to sounds and smells, although they do not know to what extent this ability is used for navigation. We need all kinds of maps to go through America and Canada -- What about birds? How do they know where they are after being taken to unknown places 100 miles from their nest? How do they calculate the best route? They have no maps or signposts to guide them. It is called a miracle and it is a great mystery of our Creator. This is really immeasurable wisdom that could come only from our Master who programmed the birds' genetic code. "DOES A HAWK LEARN FROM YOU HOW TO FLY WHEN IT SPREADS ITS WINGS TOWARD THE SOUTH?" Job 39:26.

Yes, we should give respect to the mysterious power of these beautiful birds. Jesus assures us that if we keep material needs in proper perspective and give spiritual things priority, God will make sure that we also have the necessary food and clothing. If our Father cares for these birds, He will surely care for those who love Him and are keeping His promises. AMEN

By Xavier Chelliah



*Baptism in Sri Lanka*

# *SINGLE HERBS FROM (A-Z)*

**ACTIVATED CHARCOAL** - Relieves intestinal gas; emergency relieve from poisoning.

**ALFALFA** - Excellent blood purifier. Therefore used for arthritis.

**ASTRAGALUS** - Helps build up the immune system.

**BARLEY GRASS** - Helps build up the immune system; excellent source of chlorophyll.

**BAYBERRY** - For all mucous membrane conditions; for inflammation and infection of the bowels.

**BEE POLLEN** - For extra stamina and energy. Help build up the immune system.

**BEET POWDER** - Iron supplement.

**BLACK WALNUT** - Used against internal parasites.

**BLACK COHOSH** - For female complaints, including premenstrual and menstrual cramps.

**BLESSED THISTLE** - Increases milk while nursing. Also used for cramps and irregular menstrual cycles.

**BUCHU** - For chronic inflammation of the bladder, irritation of the urethra, urine retention, nephritis, cystitis of the bladder. It is one of the most efficient remedies for urinary and prosthetic infections.

**BURDOCK** - One of the best blood purifiers for chronic infection, arthritis rheumatism, skin diseases (including psoriasis) and sciatica. It helps clear the kidneys of excess wastes and uric acid by increasing the flow of urine. It is therefore excellent for gout.

**BUTCHER'S BROOM** - Butcher's broom builds up the structure of the veins. For hemorrhoids and varicose veins. Healing of varicose veins will be faster when butcher's broom is combined with Red Clover Combination.

**CASCARA SAGRADA** - Gentle laxative. For chronic constipation.

**CATNIP** - Catnip eases colic and is a digestive tonic.

**CAYENNE** - Good tonic for heart and circulation.

**CHAMOMILE** - For insomnia, nervousness, weak stomachs, and to stimulate appetites.

**CHAPARRAL** - For cleansing of the liver and kidneys. It is good for treating bacterial, viral and parasitic infections.

**CHICKWEED** - For skin irritations such as boils, acne, rashes and eczema. Chickweed is useful in weight loss because of its appetite suppressing and mild diuretic qualities.

**CHLORELLA** - Highest-known source of natural chlorophyll. CHLORELLA is effective in detoxifying liver blood system. Stimulates the natural immune system. CHLORELLA helps clear heavy metals from the body.

**CHLOROPHYLL (Liquid)** - Deodorant for the mouth, stomach and intestines. Chlorophyll helps to control intestinal gas.

**COMFREY LEAF** - Helps heal broken bones sprains and slow-healing sores. Comfrey is also used for eliminating bloody urine and for bronchitic conditions.

**CRANBERRY** - For chronic kidney infections.

**DANDELION ROOT** - An excellent blood purifier for such conditions as dropsy, eczema, and other skin diseases. It helps promote the flow of bile in cases of liver disease.

**DEVIL'S CLAW** - Aids in elimination of uric acid from the body. It is used mainly for gout, rheumatism and arthritis.

**DONG QUAI** - Used for menopause and for symptoms of PMS.

**ECHINACEA** - Helps build up the supply of large white blood cells. It improves resistance to and recovery from all infections, viral, fungal, as well as bacterial. For cold and flu prevention.

**EYEBRIGHT** - Valuable in weakness of sight.

**FENNEL** - Used for treating gas, acid stomach, colic and cramps.

**FENUGREEK** - Useful for all mucus conditions of the lungs. It helps clean out the bronchial passages.

**FEVERFEW** - Helps prevent attacks of migraine headaches.

**FOTI** - Helps rejuvenate the endocrine glands.

**GARLIC** - For all lung and respiratory ailments. It is excellent for both high and low blood pressure. It provides protection against the common cold, amoebic dysentery and other infections diseases.

**GINGER** - For indigestion, gas, morning sickness, motion sickness and nausea.

**GINKGO** - Useful for weakness of hearing and vision, senility and dizziness if the cause is poor circulation. Reduces pain caused by inflamed arteries. It helps with premature memory loss.

**GINSENG, SIBERIAN** - Helps the entire body adapt to stress. Improves stamina in the face of excess physical and mental exertion. It is also used to balance hormone levels in both males and females.

**GOLDEN SEAL HERB** - Antibiotic. Golden seal is specific for all problems of the mucus membranes.

**GOTU KOLA** - For mental fatigue, poor vitality and senility. Considered to be a brain food.

**GUAR GUM** - Bulking agent. When taken with meals, guar gum aids in a variety of body processes ranging from weight control to the regulation of blood sugar and cholesterol.

**HAWTHORN** - Used for many different heart disturbances.

**HORSETAIL** - Used for kidney disorders, especially kidney stones. Helps the body absorb calcium and contributes to healthier hair and nails.

**JUNIPER BERRY** - Used for bladder disease, intestinal putrefaction, bladder and ureteral infections (cystitis), gout and for other arthritic conditions associated with acid waste.

**KAVA KAVA** - For insomnia and nervousness. It will invoke sleep and relax the nervous system.

**KELP** - Used for thyroid diseases of any description. It is rich in iodine and stimulates metabolism.

**LICORICE** - Stimulant to the adrenal glands. One of the best-known herbs for hypoglycemia.

**MARSHMALLOW** - One of the best remedies to lubricate the kidneys, intestines and lungs in case of infection and inflammation.

**MILK THISTLE** - Regenerates liver cells and protects them against the action of liver poison. It aids the rehabilitation process after acute hepatitis, gallbladder disease or exposure to alcohol, drug or chemical pollution. Sold under the name of "Thisilyn."

**MYRRH GUM** - Used to fight oral infection such as cankers and pyorrhea.

**NETTLE** - Used to help relieve the discomfort and problems associated with asthma and for any type of internal hemorrhage.

**OAT BRAN** - For reducing cholesterol.

**PARSLEY** - Parsley is used in case of difficult urination, dropsy and kidney stones. Also used for arthritic conditions linked to defective kidney eliminations.

**PSYLLIUM** - Assists in easy evacuation by increasing water in the colon. Makes bowel movements easier for people with colitis and hemorrhoids.

**RED CLOVER** - An excellent blood purifier. Especially useful in chronic skin conditions such as psoriasis or eczema.

**RED RASPBERRY** - An aid to ease in childbirth and in alleviating morning sickness.

**SARSAPARILLA** - Testosterone precursor. It is also a tonic for the endocrine system. Sarsaparilla is widely used by athletes as natural alternative to steroids and as source of precursors for muscle-building hormones.

**SCULLCAP** - Scullcap is soothing to the nerves, relaxing and sleep inducing.

**SENNA** - Strong laxative.

**SLIPPERY ELM** - For soothing sore throats and irritated respiratory passages.

**SUMA** - Female hormone balancer.

**UVA URSI** - A specific for nephritis, cystitis, urethritis and kidney and bladder stones.

**VALERIAN** - One of the best nerve tonics. It is an excellent remedy for people under emotional stress or pain. Excellent for chronic sleeplessness.

**WHITE OAK** - For ulcerated bladder and bloody urine.

**WHITE WILLOW** - Alleviates pain and reduces fever.

**YELLOW DOCK** - Stimulates the flow of bile. High in iron.

**YUCCA** - One of nature's best blood purifiers. It is especially good for arthritis and rheumatism.

## ***THE LOUD CRY OF THE THIRD ANGEL HAS ALREADY BEGUN!***

What God has started no man or angel is able to stop. The message of Revelation 18th chapter has been proclaimed over 100 years and soon we will see the termination of this proclamation. The angel that proclaims this message will finish the work of God on the earth. The people who are waiting for another angel to come in the future will find themselves as foolish virgins outside the door. ... "The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth." -Review and Herald, Nov. 22, 1892.

The time of test 1914 separated the faithful members from the unfaithful. All who had accepted and believed the message of Christ Righteousness had the power of the Revelation 18th angel to remain faithful while facing possible imprisonment and even death. All who believed and proclaimed this message in the church were cast out of membership but mercifully God provided an organization where they could join and continue to preach the message of Revelation chap. 18 angel. The third angel's message is justification through faith (T. M. 92). This message Seventh-Day Adventist leaders lost at 1888 and have never found it since then. "No more tender calls, no better opportunities could be given them in order that they might do that which they ought to have done at Minneapolis... The time will come when they will be willing to do anything and everything possible in order to have chance of hearing the call which they rejected at Minneapolis ... Better opportunities will never come, deeper feelings they will not have... God will not be trifled with."

Letter to O. A. Olsen, Sept. 1, 1892, O'19, O'92.

We read. "There is not one in one hundred who understands for himself the Bible truth on this subject [justification by faith] that is so necessary to our present and eternal welfare." - Review and Herald Sept. 3, 1889.

Someone must proclaim this third angel's message to the world. He who does it, is this angel verily.

Who receives the latter rain? 'At that time the "latter rain," or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and prepare the saints to stand in the period when the seven last plagues shall be poured out.' - E. W. pg 86

The loud cry has been doing its work since 1888 and upon this angel the latter rain will be poured and then it will swell to a great work when thousands will be converted daily.

Before this great work in the "latter rain" will begin. Mighty shaking will take place among God's people. Thousands will be blown away as dry leaves leaving behind only the ones who have overcome and been sanctified. The other mighty angel in Rev. 18 will call the attention to the 10 commandments. (E. W. pp. 255-256)

Rev. 18: 2-3 shows the message of this angel. Proclaiming the sins of Babylon including the fornication with the kings of the earth. When Seventh-Day Adventists decided to join the army and to participate in the war they disobeyed Jesus Christ who symbolically is called the Husband of the Church. Jesus commanded us to love our enemies but churches decided to join in killing their enemies. This constitutes fornication; spiritual adultery against the Lord. The Loud Cry is being heard in the world today it is the voice of Jesus, which voice his sheep will hear and follow and others who are not the sheep of Jesus will turn against it.

Today in this world of religious confusion our only safety is being led by the Holy Spirit, without it we will be confused and believe a lie. May God grant in his mercy - that we may have part in this last work of God proclaiming His Loud Cry.

If you're looking for a veggie that is teeming with nutrients, turn to tender cooking greens. Here's a who's who guide.

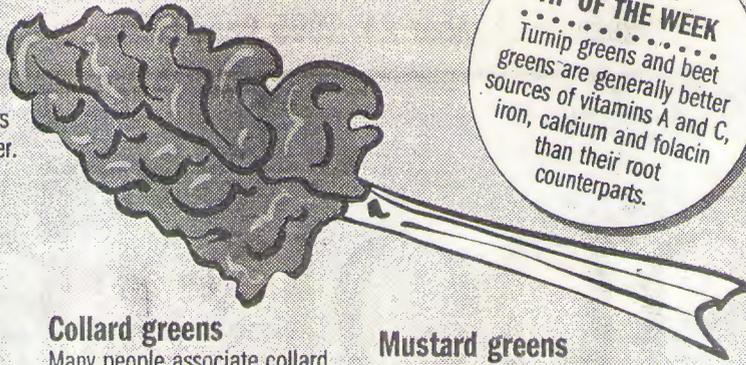
# Eat your greens

## Nutrient city

■ Tender cooking greens are rich in beta-carotene, vitamin C and other substances that may protect against cancer.

■ Ounce for ounce, fresh collard greens, kale and mustard greens have about as much calcium as whole milk. Dandelion and turnip greens have more.

■ Cooking greens are low in calories and a good source of fibre and iron.



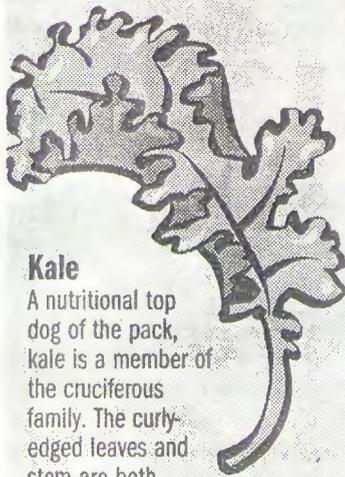
**Nutrition TIP OF THE WEEK**  
 Turnip greens and beet greens are generally better sources of vitamins A and C, iron, calcium and folacin than their root counterparts.

## Collard greens

Many people associate collard greens with American soul food. They were traditionally cooked in bacon drippings, with ham hock and hot peppers. The large green leaves can be cooked like spinach and the stalks are usually discarded.

## Mustard greens

Another member of the cruciferous family, mustard greens look like a delicate version of kale with a stronger bite. Look for leaves no longer than a foot, with no mustard seeds attached. Oriental mustard greens are milder.



## Kale

A nutritional top dog of the pack, kale is a member of the cruciferous family. The curly-edged leaves and stem are both edible. When cooked, it doesn't shrink as much as other greens. Kale varies in color (from deep green to yellow-green to purple or red) and the leaves may be ruffled or flat. The cabbage-like flavor is similar to collard greens.

## Swiss chard

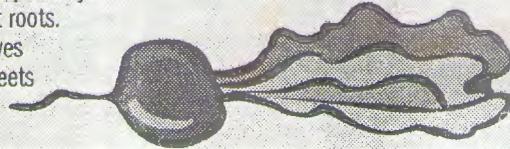
Also known as chard, these greens belong to the beet family, but the leaves are wider and flatter than beet greens. The distinctive, mellow flavor of Swiss chard makes it a popular green and a good spinach substitute. The stalks are usually cooked separately like celery or asparagus.

## General cooking tip

Separate leaves from stalks, chop and cook like spinach (steam, boil, microwave or sauté). All these greens can be eaten raw in salads, added to soups or livened up with garlic, shallots, leeks, pine nuts, grated Parmesan, slivered almonds or bacon bits.

## Beet greens

These large green or greenish red leaves are sold separately or attached to the beet roots. Look for smaller leaves attached to young beets for best flavour.



## The Classic Common Cold

Research indicates that most colds are spread through direct physical contact. The viruses grow in the nose and the eyes, though not the mouth. When infected persons wipe or blow their noses, the cold virus can get onto their hands, from which it spreads to toys, furniture, drinking cups and other objects. It can survive to infect others for as long as a day. Shaking hands with someone who has a cold and then rubbing your eyes can be riskier than standing directly in front of a sneezing person.

How to avoid catching a cold bug:

1) Wash your hands frequently when you are around people who have colds, especially after touching things they have handled.

2) Keep your hands away from nose and eyes.

3) Do not rely on household sprays to disinfect objects touched by cold carriers. Their value is unproven.



## *HOW DO I KNOW*

*How do I know that Christ is risen?  
What proof have I to give?  
He touched my life one blessed day  
And I began to live.*

*How do I know he left the tomb  
That easter long ago?  
I met him just this morning, and  
My life is all aglow.*

*How do I know that endless life  
He gained that day for me?  
His life within is proof enough  
Of immortality.*

*How do I know that Christ still lives  
Rich blessings to impart?  
I know it's true because he lives  
And reigns within my heart.*

*Susan Gowie*