

GLORY TO THE NEWBORN KING!



Eastside Messenger

Equipping the Saints for Ministry by First Seeking the Kingdom of God

(Ephesians 4:12/Matthew 6:33)

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REMEMBER THE REASON FOR THE SEASON 12-23-1999

Comparison Between Jesus Christ and Santa Claus

JESUS CHRIST

According to the Bible

- | | |
|--|---|
| 1 Has white hair like wool (Rev 1:14)..... | Has white hair like wool |
| 2 Has a beard (Isaiah 50:6) | Has a beard |
| 3 Comes in red apparel..... | Comes in red apparel |
| 4 Hour of His coming is a mystery.....
(Luke 12:40; Mark 13:33) | Hour of his coming is a mystery |
| 5 Comes from the North where He lives.....
(Ezekiel 1:4; Psalm 48:2) | Comes from the North where he lives:
North Pole |
| 6 Is a carpenter (Mark 6:3)..... | Is a toy carpenter |
| 7 Comes as a thief in the night (Matthew 24:43-44) | Comes as a thief in the night. Even gains
entrance to homes as a thief. |
| 8 Omnipotent - All powerful (Rev 19:6) | Omnipotent - Can deliver all the toys of the world in one night |
| 9 Omniscient - Knows all (Hebrews 4:13; 1 John 3:20)..... | Omniscient - Knows if you have been good or bad, for the
entire year |
| 10 Omnipresent (Psalm 139:7-10; Ephesians 4:6; John 3:13)..... | Omnipresent - He sees you when you wake or sleep. He has to be
everywhere at once to be able to deliver all the toys in one short night. |
| 11 Ageless, eternal (Rev 1:8; 21:6)..... | Lives forever |
| 12 Lives in men (1 Cor 3:16; 2 Cor 6:16-17)..... | Lives in the hearts of children |
| 13 Giver of Gifts (Ephesians 4:8)..... | Giver of Gifts |
| 14 Absolute Truth (John 14:6)..... | Absolute Fable - (1 Tim 1:4; 4:7; 2 Tim 4:4) |
| 15 Sits on a throne (Rev 5:1; Heb 1:8)..... | Sits on a throne |
| 16 We are told to boldly go to the throne of Grace for our needs).....
(Heb 4:16) | Children are told to approach his throne to ask for anything they want |
| 17 Commands children to obey parents..... | Tells children to obey parents |
| 18 Wants little children to come to Him (Mark 10:14)..... | Wants little children to come unto him |
| 19 Judges (Rom 14:10; Rev 20:2)..... | Judges whether you were bad or good |
| 20 Everlasting Father (Isa 9:6; Heb 12:2)..... | Father Christmas |
| 21 Christ Child (Matt 1:23; Luke 2:11-12)..... | Kris Kringle (means christ child) |
| 22 Worthy of Prayers and Worship (Rev 5:14 Hebrews 1:6)..... | Prayers and worship to "St. Nick" by children |
| 23 Lord of Hosts (Mal 3:5; Isa 8:13; Psalms 24:10)..... | Lord over a host of elves -
(In Druidic religion, elves are demons or tree spirits) |
| 24 God says, "Ho, ho ... (Zechariah 2:6)..... | Santa says, "Ho, ho, ho ..." |
| 25 Prince of Peace, the Image of God (Isa 9:6; Hebrews 1:3)..... | Symbol of World Peace, the image of the Christmas Season - the image of
Man. |



Rev. Dr. Arthur C. Banks



*"This is the day that the Lord has made;
we will rejoice and be glad in it"*

(Psalm 118:24)

From the Editor
Eric Grimes

*This year marks **12 continuous years** of publication for the Messenger! If you would like to contribute information, pictures or articles, please submit them to: erg58@aol.com. If you would like to receive an **electronic copy**, the current and past year issues of the Messenger are now available on our church web site @*

www.eastsidebaptistchurch65.org

Articles and views expressed in this publication are presented for the information and benefit of the members of Eastside Baptist Church, and may not necessarily reflect the position of the Church.

Church Motto:

Where God is praised and Disciples Are Made



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*3575 Portland Avenue
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Praise Him!



HEALTHY LIVING

Jehovah-Rophe
"Jehovah heals"

"I WILL PRAISE THEE; FOR I AM FEARFULLY AND WONDERFULLY MADE:
MARVELLOUS ARE THY WORKS; AND THAT MY SOUL KNOWETH RIGHT WELL."
(Psalm 139:14)

BEST KETO FOODS LIST FOR BURNING FAT EFFICIENTLY

May this guide help you make the right choices at the grocery store. And may it help you melt fat as easily as a heated skillet melts butter.

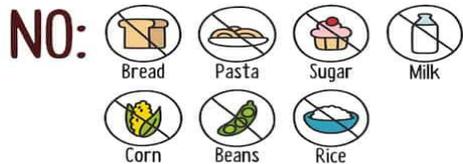
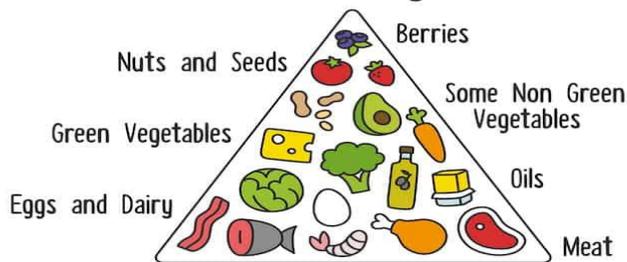
Speaking of butter, that's a winner on the ketogenic diet shopping list. Only if it's grass-fed, though. But I'm getting ahead of myself here. I'll share plenty of what I consider the best low carb foods for both health and weight loss. However, first, here's a simple philosophy of what the best keto foods are....

OK, remember when you were in grade school and you learned about the food pyramid? The bottom tier of the pyramid was starchy carbohydrates, i.e. grains. Think: bread, pasta, cereal and rice. The inverse of the pyramid, the top level, was fats and oils. The servings recommendation for grains was about a dozen servings per day. In comparison, the guideline for fats and oils: use sparingly.

Surely, you're familiar with the pyramid. Well, if you want an easy rule to follow a keto foods list, just flip the pyramid. Natural, dietary fat will be your best fat-burning friend on the keto diet.

Sadly, not much has changed with the United States Drug and Agriculture (USDA) food pyramid. Grains still make up a significant portion of the pyramid. And fats are still villainous. In fact, a modern take on the food pyramid (available at MyPyramid.Gov) does not even include fats/oils. It's as if one of the three macronutrients does not exist!

KETO Food Pyramid



The best macronutrient for a keto foods list
The three macronutrients (or "macros" as they're better known in the keto community) are fat, protein and carbs.

Guess which of the three macros does not raise your blood sugar levels?

The answer: fats

And guess which of the three macros does not cause insulin resistance, a condition which may result in type 2 diabetes?

The answer: again, it's dietary fat.

That even today, the federal government's dietary guidelines recommends a dozen serving of grains a day is shameful. No wonder obesity and diabetes rates continue to surge.

You're probably familiar with the saying, "A house is only as strong as its foundation." Well, with the federal government's food pyramid, the foundation is a recipe for metabolic diseases. Grains and cereals are culpable in the nation's diabetes epidemic.



The Keto Diet Macros

But let me first summarize what a typical meal ratio of macros looks like to keep you in ketosis so your body will burn its own fat for energy.

As a general rule of thumb, fat should account for about three-quarters of your total calorie intake. Is it hard to wrap your head around the fact that dietary fat helps you burn your own bodyfat?

Now, without further ado, finally, here's some keto foods you can eat without worrying about your health.



Meat

The first group of keto-friendly foods is meat. You've likely heard that eating meat is bad for you. In particular, red meat. Red meat consumption, some studies demonstrate, leads to a higher risk of colorectal cancer. However, what most of these studies fail to take into account is the quality of the meat.

Yes, processed meat is bad. (Think: most commercial bacon, ground beef, pork, factory-farmed chicken, packaged deli slices, cured meats.)

However, grass-fed beef and bison are healthy. So, too, is virtually any animal that lives in its natural setting and feeds on its natural diet. When you eat a slice of grass-fed beef, you're consuming the beneficial nutrients that the cow ate.

This includes omega-3 fatty acids. And CLA, which is another healthy fatty acid. In fact, CLA may help reduce cancer. The advice to avoid processed meats is a little misguided. After all, that piece of grass-fed beef you're about to sink your teeth into has been processed.

Just keep in mind that beef, pork, chicken, turkey, lamb and fish is best if it's organic. I realize that organic meat can be way more expensive

This isn't a keto foods list on the cheap. However, remember that when you're in ketosis, you actually won't need to eat a whole steak to make you feel full. (Some people don't consider fish meat, but I do).

Avoid meat with condiments. Because, even if you're enjoying a 4th of July barbecue with grass-fed burgers, a dollop of ketchup might be all it takes to kick you out of ketosis.

(Depending on many factors, you may need to limit your total net carbs to 25-50 grams per day to stay in ketosis.) So, enhance your meats with natural spices and herbs instead.



Dairy

Certain dairy products are best keto foods. But there are exceptions. Dairy milk (especially from cows) can lead to inflammation.

It's relatively hard to find cow's milk that comes from 100% grass-fed cattle. There are brands of so-called "Grass Milk" but even grass milk may kick you out of ketosis. Especially if you're not being careful with limiting other sources of carbs.

Because milk is relatively high in sugar, it's avoided on a keto diet. In fact, just one cup of milk contains over a dozen grams of carbs. And there's no fiber to bring down the net carb count lower.

I love milk but milk doesn't love me back. I find it hard to stay in ketosis if I drink milk regularly. Instead, I prefer making my own nut milks (especially almond). In addition, I use lots of Coconut Milk in my recipes..

Also, Coconut Cream is an excellent dairy alternative.



If you lump eggs into the dairy category, eggs are perfect keto foods. But try and only buy organic eggs. If you have access to a farmer's market, you can buy eggs directly from the farmer. Farm fresh eggs don't have to be organic. Getting an organic certification is too costly for some small farmers. But if the farmer tells you that the eggs come

from pasture-raised, free-range chickens, go for it! Eat a couple eggs a day to keep the bodyfat away.

If you love cheese and yogurt, no need to give them up. Just make sure that the cheese comes from 100% grass-fed cows. And be certain that yogurt is full-fat and plain.

In addition to meat, and dairy, you should consume other healthy fats

There are two fruits that have lots of healthy fat. Most fruits lack fat. And many fruits are high in sugar. However, olives and avocados are two fruits that have virtually no carbs and lots of healthy fat.

Yes, olives are fruits. And extra virgin olive oil (if you can get the first pressing of the olives, that's the best!) is a healthy fruit juice!

Avocados are sort of like the fish of the fruit world. They contain omega 3 fatty acids, as does salmon and other cold-water oily fish that are healthy for your heart and best keto foods.

Other fats you can eat till your belly's happy include Avocado Oil, Coconut Oil, Ghee, which is clarified butter or butter with the lactose removed, Lard (yes, lard is good for you, especially to cook with if is organic or not been hydrogenated) and Avocado Mayonnaise!



Vegetables

How do you know which veggies are good for a keto diet? And which ones are too high in net carbs? The simple answer: if it's green and leafy, eat a bunch of it.

Spinach, kale, chard, parsley and any other green veggie that goes well in a green drink are high in antioxidants. You don't want to avoid these super healthy veggies just for the sake of staying in ketosis.

Bacon and eggs won't provide you with the plant compounds that may help prevent disease. Also recommended on the keto foods list in the veggie department: cauliflower, cabbage, broccoli, zucchini, radish and more.

In the colder months, you might feel like eating higher starch carbs. You can still eat these. Just do so in moderation. Sweet potatoes, yams, peas, carrots, GMO-free corn, and other tubers contain lots of nutrition. But due to their relative high carb content, exercise prudent portion control.

Sea vegetables are extremely nutrient-dense. But here in the U.S. few people eat sea vegetables such as seaweed, wakame, hijiki, dulse, kelp and others you might see in a sushi restaurant.

One reason researchers believe certain Japanese populations live into their 100s is because of sea veggies. Sea veggies are keto friendly because they are low in net carbs.

Nuts & Seeds

Avoid seed oils like plague. Most commercial seed oils (soybean, cottonseed) are highly inflammatory to your body. It's hard to lose weight when you're body is in a chronic state of inflammation.

However, whole nuts and seeds are solid keto foods. But certain nuts are high in carbs. Therefore, limit your intake of nuts to a handful one or two times per day. Here's a list of nuts and seeds safe for keto:

[Almonds](#)

[Macadamia](#)

[Pistachios](#)

[Pecans](#)

[Sunflower Seeds](#)

[Pumpkin Seeds](#)

[Peanuts](#) (although they are not Paleo, a small amount of peanuts is ok for Keto)

[Coconuts](#)



Nut & Seed Butters

[Almond Butter](#)

[Sunflower Butter](#)

[Macadamia Butter](#)

[Coconut Butter](#)

[Walnut Butter](#)

[Peanut Butter](#): avoid popular name brands like Skippy and others which contain high fructose corn syrup

Snacks

I have dozens of recipes here on LowCarbYum.com that are keto-friendly. Keto snacks are low in sugar. They use natural sweetener alternatives such as stevia and monk fruit extract. (See list of keto-friendly baking ingredients below.) Here are just a few keto-friendly snacks:

[Pork Rinds](#)

[Cucumbers](#)

[Celery](#)

[Cheese sticks](#)

[Meat Sticks](#)

[Flax Seed Crackers](#)

[Parmesan Crisps](#)

[Flours](#)

Most breads and processed foods are made with white or wheat flour. And, both are bad for your health. But try using some of these flours instead to make keto foods:

[Coconut Flour](#)

[Almond Flour](#)

[Sunflower Seed Flour](#)

[Sesame Seed Flour](#)

[Baking](#)

[Monk Fruit Liquid](#)

[Monk Fruit Powder](#)

[Stevia Liquid](#)

[Stevia Powder](#)

[Erythritol](#)

[Swerve](#)

[Sukrin](#)

[Unsweetened Chocolate](#)

[Unsweetened Cocoa](#)

[Sugar Free Baking Chips](#)



Fruit

[Olives](#)

[Strawberries](#)

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[Raspberries](#)

[Blackberries](#)

[Blueberries](#)

[Avocados](#)

[Glucosmannan Powder](#): a great substitute for white flour; comes from a wild yam-like plant.

[Psyllium Husks](#)

[Whey Protein](#): choose 100% grass-fed organic for optimal keto health

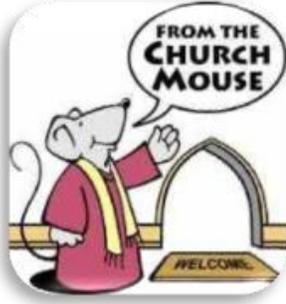
[Chia Seeds](#)

[Coconut Aminos](#)

[Shiratake Noodles](#): a terrific surrogate for noodles and pasta; contains almost 0 calories.

This is by no means a complete, comprehensive list of keto foods. But this post will hopefully be a handy guide for eating keto.

Health Disclaimer: *The information provided on this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this letter. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The Editor is not responsible for errors or omissions.*



Three Tests for the “Perfect” Church

There's an old joke that says if you're looking for the perfect church and you find it, don't join it - or else you'll ruin it!

The point of the joke is easy to see. A perfect church simply doesn't exist. Every church consists of people, and it's all those people that cause the problems. Church people are stubborn, selfish, egotistical, self-centered and ignorant - and those are just the elders!

God has chosen to build His Church with living stones of sinful people, but He is working by His Spirit to fashion each of us into His image. The Lord commands us to submit to one another in a community of believers for that purpose, so we can be trained in righteousness. This is a messy, imprecise process requiring faith, patience and humility – along with a willingness to accept others despite their weaknesses.

Sooner or later, however, circumstances may lead us to seek a new place for fellowship, and when that time comes, we're faced with many decisions. How do we decide which church is best? What do we look for? Where do we start? When searching for the next church home, we might be tempted to draft a long list of must-have requirements, but in reality you need only three criteria to find the "perfect" church:

- 1. Does the church believe and preach the true New Testament Gospel?**
- 2. When the pastor enters the pulpit, does the congregation flip open their Bibles in anticipation of the sermon?**
- 3. Does the church raise up servants and leaders - including pastors - from within the congregation?**

Many of you who live or grew up in African American communities in the United States have probably heard of "Watch Night Services," the gathering of the faithful in church on New Year's Eve. The service usually begins anywhere from 7 p.m. to 10 p.m. and ends at midnight with the entrance of the New Year. Some folks come to church first, before going out to celebrate. For others, church is the only New Year's Eve event. Like many others, I always assumed that Watch Night was a fairly standard Christian religious service -- made a bit more Afro centric because that's what happens when elements of Christianity become linked with the African American Church. Still, it seemed that predominately White Christian churches did not include Watch Night services on their calendars, but focused instead on Christmas Eve programs. In fact, there were instances where clergy in mainline denominations wondered aloud about the propriety of linking religious services with a secular holiday like New Year's Eve.

However, there is a reason for the importance of New Year's Eve services in African American congregations. The Watch Night Services in African American communities that we celebrate today can be traced back to gatherings on December 31, 1862, also known as "*Freedom's Eve*." On that night, African Americans came together in churches and private homes all across the nation, anxiously awaiting news that the Emancipation Proclamation actually had become law. Then, at the stroke of midnight, it was January 1, 1863, and all slaves in the Confederate States were declared legally free. When the news was received, there were prayers, shouts and songs of joy as people fell to their knees and thanked God. African American folks have gathered in churches annually on New Year's Eve ever since, praising God for bringing us safely through another year.

It's been 155 years since that first Freedom's Eve and many of us were never taught the African American history of Watch Night, but tradition still brings us together at this time every year to celebrate "how we got over."





The Kings Kids



The Wise Men

#69

ANCIENT
 ASTROLOGERS
 BALTHAZAR
 BELIEVE
 BETHLEHEM
 CELEBRATES
 CHILD
 CHRIST
 CHURCH
 DREAMS
 EPIPHANY
 FEAST
 FELL (down and
 worshipped)
 FIRST
 FOLLOWED
 FRANKINCENSE
 GASPAR
 GIFTS
 GOLD
 HEAVENS
 (Visited) HEROD
 HONORS
 JESUS
 KEEPERS
 KINGS
 MAGI

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