

BLACK HISTORY MONTH



Eastside Baptist Church



Eastside Messenger

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

(Ephesians 4:12/Matthew 6:33)

Volume XIII Issue II **Every day is a priceless gift of God** FEBRUARY 2018



BLACK HISTORY DIDN'T START WITH SLAVERY





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

2018 marks **13 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. Church services are also available in electronic format: video (WMV) and Audio (MP3) for download to your portable devices. Contact me at erg58@aol.com for the link.

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



What's Inside

- From The Editor
- Lift Every Voice
- Healthy Living
- The Church Mouse (Biblical Black History)
- Kings Kids
- Business Cards



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10:00 a.m. – 3:00 p.m.





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)

NEGRO NATIONAL ANTHEM

10 REASONS TO QUIT SUGAR



10 WAYS IN WHICH EATING TOO MUCH SUGAR CAN AFFECT YOUR HEALTH

#1 DIABETES

Until recently, researchers believed that obesity was the major cause of diabetes, not sugar. However, new research has shown that sugar has a contributory effect to diabetes, beyond simply the calories that it contains. An increase of roughly one can of soda per day was associated with a 1.1% increase in diabetes prevalence. [1]

#4 ASTHMA

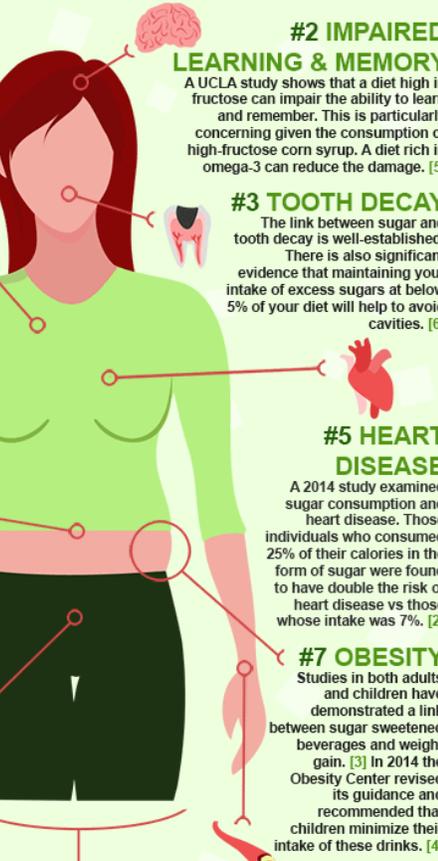
In a 2012 Australian study, children who drank more than half a liter of soft drinks per day were significantly more likely to suffer from asthma or COPD. The greater the consumption of soft drinks, the more likely an individual is to suffer from one of these respiratory conditions. [13]

#6 IMBALANCED GUT FLORA

Research shows that switching to a high-sugar diet can alter the composition of your gut flora within 24 hours. [8] Imbalances in our gut flora can weaken immunity, impair digestion, increase inflammation, and much more.

#8 INCREASED RISK OF CANCER

Sugar consumption has been linked to increased risk for ovarian cancer [9], esophageal cancer [10], and endometrial cancer [11], among others. Sugar also leads to obesity, which has been linked to a longer list of cancers.



#2 IMPAIRED LEARNING & MEMORY

A UCLA study shows that a diet high in fructose can impair the ability to learn and remember. This is particularly concerning given the consumption of high-fructose corn syrup. A diet rich in omega-3 can reduce the damage. [5]

#3 TOOTH DECAY

The link between sugar and tooth decay is well-established. There is also significant evidence that maintaining your intake of excess sugars at below 5% of your diet will help to avoid cavities. [6]

#5 HEART DISEASE

A 2014 study examined sugar consumption and heart disease. Those individuals who consumed 25% of their calories in the form of sugar were found to have double the risk of heart disease vs those whose intake was 7%. [2]

#7 OBESITY

Studies in both adults and children have demonstrated a link between sugar sweetened beverages and weight gain. [3] In 2014 the Obesity Center revised its guidance and recommended that children minimize their intake of these drinks. [4]

#9 HIGHER CHOLESTEROL

Researchers at Emory University found that increased sugar consumption increased several risk factors for heart disease, including the amount of LDL cholesterol and the ratio between LDL ("bad") cholesterol and HDL ("good") cholesterol. [12]

#10 FASTER AGING

It has long been known that diabetics age faster than other people. Excess blood sugar leads to glycation, when sugar binds with amino acid molecules. The resulting 'advanced glycation end products' prematurely age our skin, and are a factor in many age-related diseases. [7]

Lift every voice and sing till Earth and Heaven ring Ring with the harmonies of liberty Let our rejoicing rise high as the listening skies Let it resound loud as the rolling sea

Sing a song full of the faith that the dark past has taught us Sing a song full of the hope that the present has brought us Facing the rising sun of our new day begun Let us march on till victory is won

Stony the road we trod, bitter the chastening rod Felt in the days when hope unborn had died Yet with a steady beat have not our weary feet Come to the place for which our father's sighed

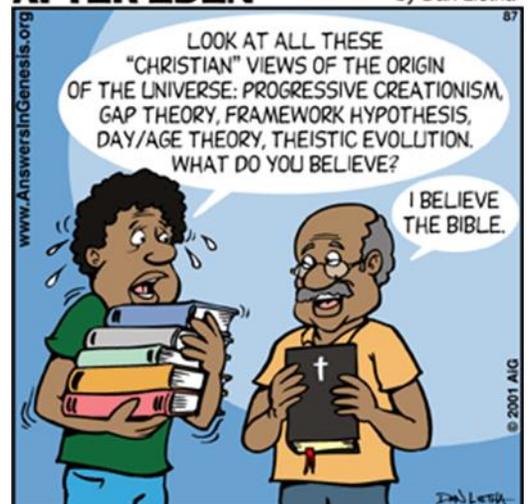
We have come over a way that with tears have been watered We have come treading our path through the blood of the slaughtered Out from the gloomy past, till now we stand at last Where the white gleam of our bright star is cast

God of our weary years, God of our silent tears Though who hast brought us thus far on the way Though who hast by Thy might led us into the light Keep us forever in the path we pray

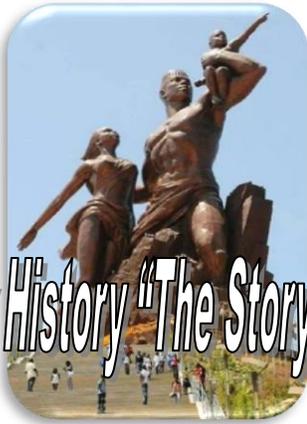
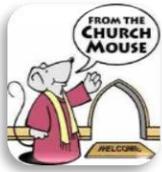
Lest our feet stray from the places our God where we met Thee Lest our hearts, drunk with the wine of the world we forget Thee Shadowed beneath Thy hand, may we forever stand True to our God, true to our native land.

AFTER EDEN

by Dan Lietha



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.



Biblical Black History "The Story of Ham"

Ham, literally, the Black Sheep

The name "Ham" means dark, black, hot, or heat. Shem means dusky, brown or olive colored. Japheth means bright or fair. A Black couple may produce offspring of various hues or shades, but a white couple will not produce black or dark skinned children. (Refer to the document "Skin Color and Genetics") Hence the make up the races came about as Shem became the father of the Semites (Arab and Jewish), Ham became the father of Negroes, Mongoloids (Oriental, Eskimoes, and Aborigines) and Indians, and Japheth the father of Caucasians.

As some religious leaders taught for years, Ham was cursed by being made dark and the whole Negro race was cursed from this and destined for servitude. Several themes of the curse have been perpetuated along these lines. The problem with this theory is that Ham was dark long before any mention of a curse. He was born that way and black skin was considered a mark of beauty in women of the time.

The Sons of Ham

1. Cush (Ethiopia)

The name Cush comes from the Hebrew "Black" and Ethiopia means "sun burned face". The Ethiopians are considered by Historians to be the longest surviving civilized people, and the longest surviving by longevity. They are described as a tall and dark and strikingly handsome people. Cush is believed to be the father of the African peoples brought to the America's as slaves. The name Ethiopia was mentioned prior to the flood and was carried over to the new world following the flood as the name of a people more than likely bearing a likeness to those in antediluvian (before the flood) times.

2. Mizraim (Egypt)

The name Mizraim means "Children of the sun", and the moniker Egypt was given by the Greeks who later infiltrated the land of Egypt. All historians who recorded visitors to Egypt reported them to be woolly haired black skinned people. Tests done on mummies concur that the Egyptians were black.

Egypt is also known by the ancient African name, Kemet. The ancient Egyptians are known for their knowledge in every area of science, who developed methods and laid the ground work for modern science today.

3. Phut or Put (Libya)

Again a name that literally translated means black

4. Canaan (Palestine)

The most well known of all of Ham's son's and the father of the Canaanites, he most known for the curse placed upon him by his grandfather. The curse was fulfilled when his descendants fell under tribute to the Hebrews under the leadership of Joshua and under the Romans during their conquest of Carthage.

The offspring of Ham led a very aggressive and advanced civilization that prospered and led the known world for 2000 years of postdiluvian (after the flood) earth history. Much of this has been omitted by scholars who would have us to believe that Black history did not start with the Egyptians and Ethiopians and therefore have no bearing on the ability of the Negro in modern times. Often the ancient Egyptians and Ethiopians are described as Caucasians with dark skin. It cannot be ignored however that some of the greatest technological and scientific contributions to the industrial revolution and afterwards were thanks to the accomplishments of Blacks.

The So Called "Curse of Ham"

Genesis 9:1

And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth.

Genesis 9:20-27

And Noah began to be an husbandman, and he planted a vineyard: 21And he drank of the wine, and was drunken; and he was uncovered within his tent. 22And Ham, the father of Canaan, saw the nakedness of his father, and told his two brethren without. 23And Shem and Japheth took a garment, and laid it upon both their shoulders, and went backward, and covered the nakedness of their father; and their faces were backward, and they saw not their father's nakedness. 24And Noah awoke from his wine, and knew what his younger son had done unto him. 25And he said, Cursed be Canaan; a servant of servants shall he be unto his brethren. 26And he said, Blessed be the LORD God of Shem; and Canaan shall be his servant. 27God shall enlarge Japheth, and he shall dwell in the tents of Shem; and Canaan shall be his servant.

Let's examine the curse and it's ramifications for the descendants of Ham. Usually when this is applied by preachers, they are referring to the black race only, the nations of Africa and those brought here on slave ships. In their accounting, the black race was cursed by Noah and were doomed to lives of servitude and lower class status. Examine the note in your Scofield Bible page 16, note 5, "A prophetic declaration is made that from Ham will descend an inferior and servile posterity (Gen 9. 24,25)"

In Matthew Henry's Commentary we read, "He pronounces a curse on Canaan the son of Ham (v. 25), in whom Ham is himself cursed, either because this son of his was now more guilty than the rest, or because the posterity of this son was afterwards to be rooted out of their land, to make room for Israel."

In Adam Clarke's Commentary we read, "Besides, the curse pronounced on Canaan neither fell immediately upon himself nor on his worthless father, but upon the Canaanites; and from the history we

have of this people, in Leviticus 18:6, 7, 24, 29, 30, Leviticus 20:9, 22-24, 26; and Deuteronomy 9:4; 12:31, we may ask, Could the curse of God fall more deservedly on any people than on these?"

In Barne's Notes we read, "The prophecy consists of two parts—a malediction and a benediction. "Cursed be Kanaan." A curse Gen. 3:14, 17; 4:11 is any privation, inferiority, or other ill, expressed in the form of a doom, and bearing, not always upon the object directly expressed, but upon the party who is in the transgression. Thus, the soil is cursed on account of Adam the transgressor Gen. 3:17. It is apparent that in the present case the prime mover was Ham, who is therefore punished in the prospect of a curse resting on his posterity, and especially on a particular line of it. Let us not imagine, however, that the ways of the Lord are not equal in this matter; for Kanaan and his descendants no doubt abundantly deserved this special visitation. And as the other descendants of Ham are not otherwise mentioned in the prophecy, we may presume that they shared in the curse pronounced upon Kanaan. At all events, they are not expressly included in the blessing pronounced on the other two divisions of the human family, It is proper to observe, also, that this prediction does not affirm an absolute perpetuity in the doom of Ham or Kanaan. It only delineates their relative condition until the whole race is again brought within the scope of prophecy."

For a long time whites as well as some blacks were convinced of the accuracy of Mr. Scofield's, and the other commentator's belief that black people were indeed inferior and cursed. This in spite of the many accomplishments by black peoples here in America and around the world. Again a distinction and a difference is placed between peoples of color and Black African descendants to further polarize the issues and prevent someone from connecting the dots in Ham's descendants.

In examining the so called curse, several points have to be made:

1. In the preceding passages we read of the account of Noah getting drunk and lying down naked to his own shame. We are told that Ham discovered his father and reported the event to his two other brothers. When Noah sobered up and realized he had been violated, while in this condition, he cursed his grandson, Canaan, the son of Ham. Keep in mind that it says his younger son in verse 24. Often a grandson would be referred to as a son, in this case Canaan was the oldest grandson. Canaan's curiosity about his grandfather's condition, and his obvious vulnerability may have led him to do something shameful and sinful.

2. In this case Ham was not the guilty party or why would he have reported the situation.

3. Note also that Canaan's descendants were notorious for sexual immorality and debauchery of the worst kind.

4. A curse on Ham would bring a curse for the entire line of descendants. Africans, Indians, Asians, Pacific Asians, Native Australians, North and South American natives. Would Noah have the authority to preempt the blessing of God given in verse 1 of the very same chapter? I think not! Even the evil minded, covetous preacher Balaam recognized the blessing of God as being irrefutable, Numbers 23:8

How shall I curse, whom God hath not cursed? or how shall I defy, whom the LORD hath not defied?

5. The curse on Canaan was limited to his descendants who inhabited the choicest of prime land which was later known as Canaan land. The might and military conquests of the people of Canaan was legendary. Even the early Hebrews under the leadership of Moses describes them as giants. Hardly a cursed, inferior, and servile people. Here is where God led his people to settle and later conquer the evil and corrupt inhabitants of the land. They had the biggest cities, the mightiest warriors the most beautiful women, and the choicest of land. Theirs was the envy of the known world. Their magnificence led them to be self sufficient and immoral and God taught them a lesson by sending the smallest and less likely of people to end their reign. The curse Noah levied against Canaan came true during the conquest of Canaan over 800 years after he uttered it. The Jews were to destroy the inhabitants of the land and completely subdue it as their own. Joshua 9:22-23

And Joshua called for them, and he spake unto them, saying, Wherefore have ye beguiled us, saying, We are very far from you; when ye dwell among us? [23] Now therefore ye are cursed, and there shall none of you be freed from being bondmen, and hewers of wood and drawers of water for the house of my God.

When the Hebrews left Egypt in shambles and brought the mightiest and most advanced civilization in the known world to it's knees that signaled the beginning of the end of the reign of Ham's descendants. It is interesting to note that Egypt to this day has never regained it's former glory as a world power. They are among the backwards nations of the middle east. For the first 2000 years of the world's history following the flood, Ham's descendants ruled. For the second 2000 years Shem's descendants ruled and for the present 2000 years Japheth's descendants have ruled. One day under Christ's reign Ham, Japheth, and Shem's descendants will share the world as equals united under His banner.

Psalm 68:31 Princes shall come out of Egypt; Ethiopia shall soon stretch out her hands unto God.

We have gotten to see what a world led by all three descendants of Noah has brought us and the next will be a world led for 1000 years by God here on earth. Man will be free from the influence of Satan for an entire millennium. When he returns for a short time, he will be able to gather an army of unbelievers against God for one last time. Man left to his own will always eventually gravitate to the lowest. Godless man does not get better or smarter, only more evil and cunning.



BLACK HISTORY MONTH



Names of God	
El Shaddai	Lord God Almighty
El Elyon	The Most High God
Adonai	Lord, Master
Yahweh	Lord, Jehovah
Jehovah Nissi	The Lord My Banner
Jehovah-Raah	The Lord My Shepherd
Jehovah Rapha	The Lord That Heals
Jehovah Shammah	The Lord Is There
Jehovah Tsidkenu	The Lord Our Righteousness
Jehovah Mekoddishkem	The Lord Who Sanctifies You
El Olam	The Everlasting God
Elohim	God
Qanna	Jealous
Jehovah Jireh	The Lord Will Provide
Jehovah Shalom	The Lord Is Peace
Jehovah Sabaoth	The Lord of Hosts



The Kings Kids



The Parables of Christ

N T R E E R T G I F N E R R A B E W E
 L A E P E A R L T H E N N A M R B E U
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 I I M P O R T U N A T E W I D O W H O
 G T N A V R E S L U F I C R E M N U P

BARREN FIG TREE

BUILDING TOWER

DRAW NET

GOOD SAMARITAN

GREAT SUPPER

HIDDEN TREASURE

IMPORTUNATE WIDOW

LABORERS

LEAVEN

LOST SHEEP

LOST SILVER

MARRIAGE FEAST

MUSTARD SEED

PEARL

PHARISEE AND PUBLICAN

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