



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 I

Every day is a priceless gift of God

JANUARY 2018

2018

HAPPY NEW YEAR!



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



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Church Office
Monday-Friday
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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)*

Keto diet burns TEN TIMES more fat than a standard diet – even without exercise, finds study



The keto diet burns ten times more fat than a standard American diet – even without exercise, research suggests.

Researchers studied people who have or type 2 diabetes or were at risk of developing it.

They found that those following the low-carb plan advocated by the diet saw the most health benefits compared to those on a typical diet, whether the latter carried out physical activity or not.

The controversial ketogenic plan is relatively high in fat and advocates moderate protein – the most well-known being Atkins and Paleo.

Fans of the diet – said to put the body into an 'optimal' fat burning state – include celebrities such as Kim Kardashian and Rihanna.

Those following it saw significantly better results in terms of their weight, body fat percentage, body mass index (BMI), blood sugar levels and ketones which break down fat.

Additionally, their resting metabolic rate – the rate at which your body burns energy when it is at complete rest – was more than ten times than those who ate a standard diet.

The keto diet even without exercise is healthier for weight control and for diabetics, new research suggests

WHAT IS THE KETOGENIC DIET AND HOW DOES IT BURN FAT?

A ketogenic diet is a low-carb diet, where the body produces ketones in the liver to be used as energy.

It's also known as a low-carb high-fat (LCHF) plan and the most famous include Paleo and Atkins.

Meat, fish, poultry and eggs are all allowed, as are non-starchy vegetables and leafy greens. Dairy, organic, full-fat is recommended for keto diets.

It involves limiting added sugars and white, refined carbs and only a small amount of fruit is allowed.

Eating high carbs causes your body to produce glucose and insulin. Glucose is the easiest for your body to convert and use as energy so that it will be chosen over any other energy source, it is believed.

Insulin is produced to process the glucose in your bloodstream by taking it around the body. Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored.

By lowering carb intake, the body is induced into a state known as ketosis, a natural process that helps us survive when food intake is low.

This makes us produce ketones, which are produced from the breakdown of fats in the liver.

The goal of the keto diet is to force your body into this metabolic state – essentially it's a type of starvation but not of calories but carbohydrates.

Key findings

Researchers from Bethel University in Minnesota studied 30 women and men between the ages of 18 and 65. All had previously been diagnosed with metabolic syndrome, pre-diabetes, or type 2 diabetes.

Metabolic syndrome is the medical term for a cluster of conditions – increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels – that occur together, increasing your risk the heart disease, stroke and diabetes.

Their BMI was greater than or equal to 25 (or waist circumference above 37 for men and 31.5 for women) and body fat percentage above 30 percent.

They were randomly placed into three groups, in the order they signed up for the study.

For ten weeks the first group consumed a diet of less than 30 grams of carbohydrates per day and did not exercise.

The second ate their normal diet and also did not exercise.

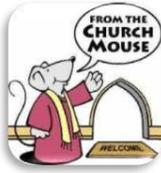
The third ate their normal diet but exercised for three to five days per week for 30 minutes a session.

After ten weeks, the results showed that while ample evidence indicates that exercise is beneficial, the health benefits produced were not as strong as following a ketogenic diet.

The authors wrote: 'All variables for the ketogenic group outperformed those of the exercise and non-exercise groups, with five of the seven demonstrating statistical significance.'

The findings were published in the journal Diabetes and Metabolic Syndrome.

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.*



So What Is God's Calendar?

God's calendar is the calendar He gave to his people in Scripture. Unlike the western calendar, God's calendar is based around lunar cycles. It also utilizes agriculture and natural ripening of crops to determine seasons.

And unlike the western calendar and the Jewish calendar, God's calendar does not have any months or days named after false gods.

According to Scripture, here are the days of the week we are to use:

- Yom Rishon (יום ראשון), "First Day"
- Yom Sheni (יום שני), "Second Day"
- Yom Shlishi (יום שלישי), "Third Day"
- Yom Revi (יום רביעי), "Fourth Day"
- Yom Hamishi (יום חמישי), "Fifth Day"
- Yom Shishi (יום ששי), "Sixth Day"
- Yom Shabbat (יום שבת or more usually שבת), "Sabbath"

In God's calendar, a new day doesn't start at midnight. Rather, the day starts at sundown and ends at sundown. Thus, the Biblical sabbath starts Friday at sundown and lasts until Saturday at sundown.

The names of the months are equally as simple as the days, Torah simply calls them "First Month", "Second Month", etc. The first month also goes by the name HaAviv or HaAbib in the Torah, meaning the month of "the aviv (ripe) barley", indicating that finding naturally ripe barley in the land indicates the beginning of the first month. God's calendar has 12 months typically, but a 13th month is inserted if barley is not naturally ripe by the end of the 12th month in Israel.

In God's calendar, there are holidays which God calls "My appointed times" (Lev 23), eternal landmarks in time we're commanded to remember all our generations. There are 7 Feasts of the Lord, (7 being a Hebrew number of completion), 8 if you count the weekly Sabbath (8 being a number of new beginnings). Here are the holidays God instituted, listed in the order they occur:

- Passover - 1st month, day 14. This year, Passover will fall in April in the western calendar.
- Unleavened Bread - 1st month, day 15, the day after Passover. This is a 7 day-long festival. We see Messiah and his apostles celebrating this Feast and the Passover in the gospels.
- First Fruits - 1st month, first day of the week following Unleavened Bread.
- Weeks - Also called Shavuot or Pentecost, falls 7 weeks after First Fruits. In the New Testament, we see the apostles celebrating this Feast of the Lord in Acts 2. This is the last Feast of the Lord occurring in the spring.

- Teruah - Also called Feast of Shofar Blasts, Feast of Trumpets, Feasts of Shouting. This is the first feast occurring in the fall. It falls in the 7th month, day 1.
- Atonements - Also called Judgments, called Yom HaKippurim or Yom Kippur in Hebrew, this feast occurs 9 days later: 7th month, day 10.
- Tabernacles - Also called the Feast of Booths, Tents, and Dwellings, this feast occurs 5 days later: 7th month, day 15.

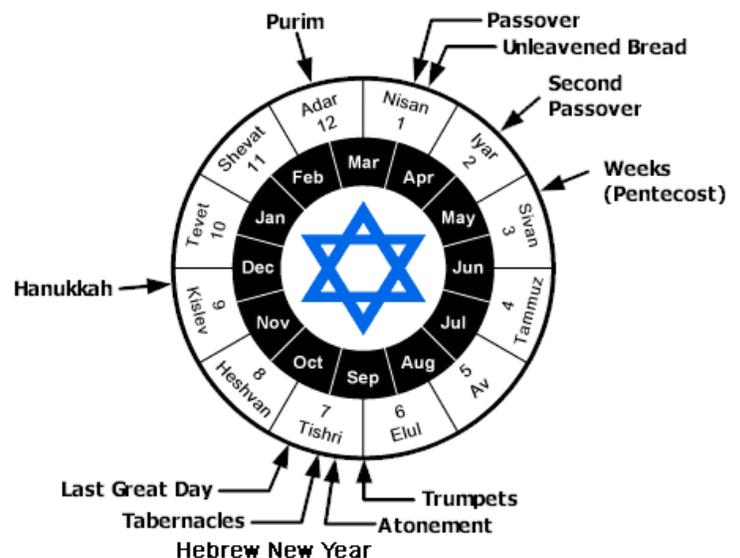
Additionally, God calls the Sabbath day, the 7th day, a weekly feast, a feast that has been in existence since the time of creation.

All of these Feasts of the Lord have symbolic meaning, with special commandments given to us detailing how to commemorate these eternal Feasts of the Lord.

Messianic Jews and some wise Christians have suggested these feasts of God have special meaning because Messiah fulfilled some of these.

For example, the first 4 feasts -- all which occur in the spring -- were fulfilled in real-time by the Messiah: his betrayal coming the very night he was celebrating Passover with his disciples (becoming the sacrifice Passover lamb), his death during Unleavened Bread (the unleavened/sinless one being buried for 3 days), his resurrection on First Fruits (becoming the first fruits from the dead), his sending his spirit to the disciples while they were celebrating Weeks.

Likewise, we look forward to the last 3 feast which remain unfulfilled, so we speculate. We speculate that Yeshua the Messiah will return on Teruah, the day of shofar blasts; New Testament prophecy confirms Messiah will return with the blast of the shofar. 9 days later, on Atonement/Judgments we speculate is when he will judge the nations per prophecy in the Tenakh and New Testament. 5 days after that, on Tabernacles, he will tabernacle and dwell with us, the Prince of Peace bringing us lasting peace.



Monday, January 15, 2018



Martin Luther King Jr. Day

It took 15 years to create the federal [Martin Luther King, Jr.](#), holiday. Congressman [John Conyers](#), Democrat from [Michigan](#), first introduced legislation for a commemorative holiday four days after King was [assassinated](#) in 1968. After the bill became stalled, petitions endorsing the holiday containing six million names were submitted to Congress.

Conyers and Rep. [Shirley Chisholm](#), Democrat of [New York](#), resubmitted King holiday legislation each subsequent legislative session. Public pressure for the holiday mounted during the 1982 and 1983 civil rights marches in Washington.

Congress passed the holiday legislation in 1983, which was then signed into law by President [Ronald Reagan](#). A compromise moving the holiday from Jan. 15, King's birthday, which was considered too close to Christmas and New Year's, to the third Monday in January helped overcome opposition to the law.



Worship Do's and Don'ts

- **Do** share your hymnal, Bible...
- **Do** greet fellow worshippers in Christian love.
- **Do** acknowledge your gratitude for any courteous act or expression.
- **Do** refrain from chatting, distracting behavior, note-passing...
- **Do** bow your head and close our eyes during prayer.
- **Do** sit in an attitude of reverence during scripture reading.
- **Do** raise your finger to eye-level to get the attention of an usher or officer on duty.
- **Do** graciously follow the instructions of the church ushers or officers.
- **Do** refrain from leaving the worship service before the benediction has been pronounced.
- **Do** leave church chairs', choir stand, and church altar neat and orderly.
- **Do** make every effort possible to allow others to sit on your row.
- *Don't* chew gum while on duty or worshipping in the sanctuary.
- *Don't* distract others from the spirit of worship by unnecessary walking.
- *Don't* make your own change from the offering plate.
- *Don't* wave currency in the air to signify the need for change or assistance
- *Don't* walk, tiptoe, or move about during prayer, communion, baptism, scripture reading, or baby blessings.
- *Don't* stare or interfere with someone who is outwardly moved by the Holy Spirit.
- *Don't* partake of the communion elements except in an attitude of reverence.
- *Don't* take photographs or videos during the worship service.
- *Don't* use the sanctuary except for worship or preparation for worship.
- *Don't* disrespect the sanctuary or allow children to play on the altar, chancel, or pulpit areas.
- *Don't* eat in the sanctuary.
- *Don't* forget the Jesus said, "My house shall be called of all nations a house of **prayer**." (Mk 11:17)



Thanks to Richard Germain

08-06-2007

REMINDE ME TO TELL THAT MAILMAN THAT
THERE IS NO DELIVERANCE IN HELL

THE WAGES OF SIN IS

Death

THE GIFT OF GOD IS ETERNAL

CHURCH is my COLLEGE
HEAVEN is my UNIVERSITY
JESUS is my PRINCIPAL
THE HOLY SPRIT is my TEACHER
ANGLES are my CLASS MATES
THE BIBLE is my STUDY BOOK
TRIAL & TEMPTATION are my EXAMS
WINNING SOULS are my ASSIGNMENTS
PRAYER is my ATTENDANCE
CROWN OF LIFE is my DEGREE and
PRAISE & WORSHIP is my MOTTO
ENROLL today there is room for all
and tution is FREE

HE>i



The Kings Kids



God Is . . .

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

A CONSUMING FIRE
 A SPIRIT
 COMPASSIONATE
 ETERNAL
 FAITHFUL
 GLORIOUS
 GOOD
 GRACIOUS
 GREAT
 HOLY

IMMORTAL
 INVISIBLE
 JEALOUS
 JUST
 LIGHT
 LONGSUFFERING
 LOVE
 MERCIFUL
 MOST HIGH
 OMNIPOTENT

OMNIPRESENT
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