

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 III **Every day is a priceless gift of God** MARCH 2018

DID JESUS LIE?

(See Good Wednesday Article Inside)





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



HE>i

I'M CROSS TRAINING

Luke 14:27
And whoever does not carry their cross and follow me cannot be my disciple.

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ANSWER KEY

FIRST CHURCH SEARCH
Acts 2:42-47

The Challenge → The early Church showed love and obedience for God in lots of ways. In the puzzle below, find some words that describe the attitudes and actions of the first Christians.

believers
blowing
caring
faithful
friendship
forgiveness
giving
glad
grateful
happy
helpful
hopeful
humble
joyful
loving
obedience
praise
prayer
preaching
served
sharing
singing
teaching
witnessing
worship

The Super Challenge → Write the unused letters in order from left to right, going across each line, in order to discover what happens when we worship God.

As we worship God and obey him, others may get to know him also.

What's Inside

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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)



Sodium - Essential But Still Controversial

Sodium has been recognized for thousands of years (and understood biochemically for over a century) as an essential mineral for human well-being and function, but the optimum level of intake for humans remains highly controversial. Sodium intake has been linked to increased blood pressure in about 25% of the general population, and given the strong association between hypertension and cardiovascular disease, the assumption has been that we all should consume less sodium to reduce our heart-attack risk. In other words, we are all told to limit our salt intakes because this is assumed to be benign for most of us and life-saving for the minority with what is called 'salt-sensitive hypertension.' While sodium restriction for everyone remains the official policy of most developed countries, there are many reasons to question this one-size-fits-all recommendation (Taubes, 1997). First of all, no one has bothered to do the obvious study in which people with normal blood pressure restrict their salt intakes for years at a time to see if this improves their overall health, or at least does them no harm. Absent that, the epidemiological data from large populations based upon reported salt intakes has generated a lot of conflicting data, with some studies showing increased risk associated with increasing salt intakes and some not. (Mozaffarian 2015, Graudal 2012, Mancina 2017) For reasons we will explain below, sodium restriction as a national policy is increasingly apparent as a house built on sand.

The Salt/Sodium Adrenal-Hormone Connection

Eat no salt for more than a few weeks and you die. Don't eat quite enough salt long term and you will develop symptoms that are the same as those described for 'adrenal fatigue'. Sodium is an essential mineral found in your blood, specifically in your serum, and in the extra-cellular fluid that surrounds all of the body's cells. Its level in the blood is jealously guarded by the actions of both your kidneys and adrenal glands. Eat too much salt and your kidneys accelerate its excretion. Eat too little and your adrenals make a hormone called aldosterone that causes your kidneys to conserve sodium, but in doing so they are physiologically obligated to

simultaneously waste potassium. Wasting too much potassium is not good because your muscles, heart, and nerves need to contain the right amount of potassium to work properly.

The reduced amount of sodium available in the circulation that triggers the adrenal gland to increase production of aldosterone also increases adrenal production of the stress hormone cortisol and the fight-or-flight hormone adrenaline. Increased cortisol and adrenaline levels are stress hormones that are potent impediments of healthy sleep.

Bottom line: salt, potassium, adrenaline, and cortisol are intimately connected; and there is a clear relationship between inadequate dietary sodium and the purported signs of 'adrenal fatigue.'

How Nutritional Ketosis Affects Your Sodium Needs

With adaptation to nutritional ketosis over a number of weeks, many basic functions of the body undergo profound changes:

1. Fat (and ketones made from fat) replaces glucose as the primary fuel
2. Sensitivity to multiple hormones, including insulin (Forsythe 2008, Boden 2005), leptin (Volek, 2009), and [thyroid hormones](#), improves
3. The kidneys switch from retaining sodium to rapidly excreting it (Spark 1975). This carries the cumbersome medical name 'natriuresis of fasting,' but its real name is normal sodium metabolism with nutritional ketosis.

For those of us who are prone to retain sodium (e.g., causing bloating, high blood pressure, congestive heart failure, edema/ankle swelling), this accelerated sodium excretion with nutritional ketosis is a blessing. But once any excess sodium and water have been cleared from the body in the first few weeks of a ketogenic diet, a new balance of sodium intake to sodium excretion then has to occur so that adequate blood circulation (aka , circulating volume) can be maintained. However if, in this keto-adapted state, dietary sodium is restricted, your brain and kidneys signal your adrenals to increase aldosterone and cortisol. What this means is that a combination of nutritional ketosis plus salt restriction leads to adrenal stress.

Nutritional ketosis + salt restriction = adrenal stress Research Linking Ketogenic Diets to Adrenal Stress

Research Showing Normal Blood Cortisol During Ketogenic Diets

Again, there is not much to report here - just one paper by one of us showing that serum cortisol levels remained normal in 12 men given a well-formulated ketogenic diet for 6 weeks (Volek, 2002). Why so little published data showing normal adrenal

function when a low carb diet is properly formulated? Perhaps because:

1. If you looked and didn't see an obvious medical problem occurring, why study it again and again?
2. Medical journals don't get excited about publishing normal data

Is it Safe to Recommend Adding Salt to a Ketogenic Diet?

The risk of salt in the diet has been vigorously debated for over a century (Taubes 1998), and that debate continues to this day. However there are two important points to be made in the context of this discussion. First, since nutritional ketosis accelerates sodium excretion by the kidneys, whatever risk might be associated with too much sodium at any one level of salt intake would be less during ketosis than when eating a high carb intake. Stated another way, a high carbohydrate intake suppresses the body's natural ability to excrete sodium and thus reduces a person's 'salt tolerance.' The details of this carbohydrate effect are not fully understood, but insulin is known to be involved in renal sodium metabolism (DeFronzo 1981). The second important point is found in a recently published study that threatens to derail the whole anti-salt crusade. An international group of scientists collected urine samples from over 100,000 adults in 17 countries and then observed their health status for 4 years (O'Donnell 2014). What they reported was that people consuming less than 4 grams of sodium per day had a sharply increasing risk of death, **almost doubling when they got down to 2 grams/day of sodium.** In contrast, with higher sodium intakes, the risk of death rose very slowly beginning with intakes above 6 grams/day. Mortality risk was increased by only 15% at 8 grams/day.

Optimum Sodium Intake During Nutritional Ketosis

Over the last few decades, our recommended sodium intake for most people during a well-formulated ketogenic diet, based upon the amount needed to avoid the symptoms of 'Atkins flu' or 'adrenal fatigue', has been 5 grams per day (3 grams in your food, 2 grams from broth/bouillon). This longstanding clinical observation of ours is now validated by this recent Canadian research. That said, there are still variations between individuals that necessarily modify this advice.

1. People with high blood pressure or fluid retention that persists after keto-adaptation, and particularly if they are taking a diuretic medication, should not increase their sodium intake above 3 grams per day until these symptoms are resolved and the diuretic medication stopped.

2. People routinely taking NSAID medications like ibuprofen (Motrin, Advil) or (Aleve, Naprosyn) are more 'sodium sensitive' because these drugs block salt excretion by the kidneys and raise blood pressure (Zawada 1980).
3. Heavy physical exercise in the heat will cause increased sodium loss in sweat, which can increase one's daily sodium requirement above the 5 gram level.

And finally, as always, it is important to distinguish between grams of sodium and grams of salt.

Salt and sodium are not the same.

1 teaspoon of salt = 5 grams of salt = 2.3 grams of sodium (the rest is chloride)

There continue to be very strong biases in the medical mainstream against both dietary salt intake and ketogenic diets. Most doctors and dietitians have been trained to fear both. From a marketing perspective, if we were smart, we'd get on the bandwagon and preach adding carbs to suppress ketones and prevent fatigue. That would be a political winner!

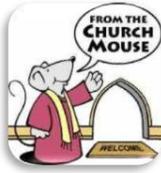
But our own research and high quality studies published by others continues to lead us to embrace the scientifically correct but politically contrarian view. Nutritional ketosis is good for you. In particular, given the emerging view of ketones as both a fuel and beneficial epigenetic signal, there is unique therapeutic value to nutritional ketosis that we are loath to ignore. And all that is needed to capture these benefits is to supply the modicum of daily salt intake required to maintain an optimum balance of sodium and potassium in the body.

Ask yourself this question: if nutritional ketosis has been shown to markedly increase my defense against oxidative stress, and it also makes mice and worms [live 13-26% longer](#), **why would I give up these advantages just so I could eat sugar and refined carbs?**

We won't go so far as to say that the 'adrenal fatigue' myth was invented to scare you away from nutritional ketosis. More likely, its proponents just don't understand the electrolyte and mineral metabolism changes that occur during nutritional ketosis.

So praise the science, and please pass me the salt.

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.*



GOOD WEDNESDAY?

Jesus's words in Mathew. He Said the ONLY sign is the sign of Jonah. He was very specific and adamant on Three Days and Three nights. He was precise and not subject as to what a day might mean in measure. It is Three full periods of daylight, and three full periods of darkness. The tomb was discovered empty at dawn on Sunday so it doesn't count as a day. So to assume that He resurrected after sunset on Saturday is quite consistent with resurrection on Sunday since the day starts at sunset. Saturday after sunset is actually the beginning of Sunday. Since Jesus was so precise, it is safe to surmise that He resurrected right after completing the full period of daylight on the Sabbath which would be after sunset thus on the first day of the week. Remember He is the Lord of the Sabbath (Matt 12:7-8 (KJV))

The fact remains there is no escape to this since this is pure arithmetic. He was crucified on a Wednesday right before sunset, being in the tomb all Wednesday night, all Thursday night and all Friday Night, All daylight Thursday, All daylight Friday, and all daylight Saturday, resurrecting after sunset on Saturday evening. Thus first day of the week. To ignore what Jesus spoke as the only very specific sign to an incredulous generation is ill conceived, since He made a big deal of it.

Duration He foretold

In Matthew 12:38, some of the scribes and Pharisees asked Jesus for a sign to prove He was the Messiah. "Teacher, we want to see a miraculous sign from you," they told Him (New International Version).

But Jesus responded that the only sign He would give was that of the prophet Jonah: "For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth" (Matthew 12:40).

Traditional view doesn't fit

But how can we fit "three days and three nights" between a Friday afternoon crucifixion and entombment just before sundown and a Sunday morning resurrection at sunrise? This traditional view allows for Jesus to have been in the tomb for only a day and a half.

Some believe that Christ's statement that He would be "three days and three nights in the heart of the earth" does not require

a literal span of 72 hours. They reason that any part of a day can be reckoned as a whole day.

Thus, since Jesus died in the afternoon and was entombed just before sunset, they think the closing few minutes of that Friday constituted the first day, Friday night was the first night, Saturday was the second day, Saturday night was the second night, and a few minutes at dawn on Sunday morning made up the third day.

But where, then, is the third night? Even if a few minutes of daylight late on Friday and another few on Sunday morning constitute "days," this interpretation fails to explain how only *two* nights—Friday night and Saturday night—can somehow be the *three* nights of which Jesus spoke.

In fact, Scripture is plain that Jesus *had already risen* before Mary Magdalene came to the tomb early Sunday morning, arriving "while it was still dark" (John 20:1-2). So in reality, *no* parts of Sunday could be counted as a day, as Jesus was *already resurrected* well before the break of dawn.

Jonah 1:17, to which Jesus referred, states specifically that "Jonah was in the belly of the fish three days and three nights." We have no biblical basis for thinking that Jesus meant only two nights and one day, plus part of another day. If Jesus were in the tomb only from late Friday afternoon to early Sunday morning, then the sign He gave that He was the prophesied Messiah *was not fulfilled*.

So which is it? Is something wrong with Christ's words, or is something wrong with the traditional view of when and how long He was in the tomb?

Let's carefully examine the details from the Gospels. When we do, we uncover the real story of how Jesus' words were fulfilled precisely.

Two Sabbaths mentioned

Notice the sequence of events outlined in Luke 23. Jesus' moment of death, as well as His hasty burial because of the oncoming Sabbath that began at sundown, is narrated in verses 46-53. Verse 54 then states, "That day was the Preparation, and the Sabbath drew near."

In Jewish society of that time, heavy cooking and house cleaning were done on the day before a Sabbath in preparation for it. Thus the day before the Sabbath came to be called "the preparation day" or simply "the preparation." The biblical Sabbath falls on Saturday, the seventh day of the week. According to Bible reckoning, days begin at sunset (Leviticus 23:32; compare Genesis 1:5; Genesis 1:8; Genesis 1:13), so all weekly Sabbaths start Friday evening at sundown.

Based on these facts, many people have assumed that it is the weekly Sabbath mentioned here, and that Jesus was therefore crucified on a Friday. But two types of “Sabbaths” are mentioned in the Scriptures—the regular weekly Sabbath day, which fell on the seventh day of the week, and seven annual Holy Days (listed in Leviticus 23), Sabbaths that could—and usually did—fall on days of the week other than the regular weekly Sabbath day.

Was the day after Jesus was crucified a weekly Sabbath, or one of these annual Holy Days?

John 19:31 clearly states that this approaching Sabbath “was a high day.” This term does not refer to the weekly Sabbath (Friday sunset to Saturday sunset), but in this context to the first day of Unleavened Bread, one of God’s annual Holy Days (Exodus 12:16-17; Leviticus 23:6-7). A number of Bible commentaries, encyclopedias and dictionaries will confirm that John is not referring to the weekly Sabbath here, but rather to one of the annual Sabbaths.

According to the biblical calendar, in that year this high-day Sabbath fell on a Thursday (meaning it began on Wednesday night at sunset). We can confirm this by looking at the details in the Gospel accounts—which show us that *two* separate Sabbath days are mentioned.

Luke 23:55-56 tells us that the women, after seeing Christ’s body being laid in the tomb just before sundown, “returned and prepared spices and fragrant oils” for the final preparation of the body.

They would not have done such work on a Sabbath day, weekly or annual, since it would have been considered a Sabbath violation. This is verified by Mark’s account, which states: “Now *when the Sabbath was past*, Mary Magdalene, Mary the mother of James, and Salome bought spices [which they could not have purchased on a Sabbath day], that they might come and anoint Him” (Mark 16:1). The women had to wait *until this Sabbath was over* before they could buy and prepare the spices to be used for anointing Jesus’ body. Then, Luke 23:56 tells us that, after purchasing and preparing the spices and oils on Friday, “they rested on the Sabbath according to the commandment”—which means they had to have acquired the spices *before* that Sabbath on which they rested. This *second* Sabbath mentioned in the Gospel accounts is the regular weekly Sabbath, observed from Friday sunset to Saturday sunset.

By comparing details in both Gospels —where Mark tells us the women bought spices *after* the Sabbath and Luke relates that they prepared the spices *before* resting on the Sabbath—we can clearly see that *two different Sabbaths* are being discussed here.

The first, as John 19:31 tells us, was a “high day”—the first day of the Feast of Unleavened Bread—which, in A.D. 31, fell on a

Thursday. The second was the weekly seventh-day Sabbath. (To see these events spelled out day by day, see the chart.)

Sign of the Messiah

After the women rested on the regular weekly Sabbath, they went to Jesus’ tomb early on the first day of the week (Sunday), “while it was still dark” (John 20:1), and found that He had already been resurrected (Matthew 28:1-6; Mark 16:2-6; Luke 24:1-3). Jesus was not resurrected at sunrise on Sunday morning. When Mary Magdalene arrived “while it was still dark” she found the stone rolled away and the tomb already empty!

When we consider the details in all four Gospel accounts, the picture is clear. Jesus was crucified and entombed late on Wednesday afternoon, just before a Sabbath began at sunset. However, that was a high-day Sabbath, lasting from Wednesday sunset to Thursday sunset that week, rather than the regular weekly Sabbath that lasted from Friday sunset to Saturday sunset.

Since Jesus was entombed in the late afternoon just before sundown, according to His own words He would have been resurrected at around the same time three days and nights later. He remained in the tomb from Wednesday at sunset until Saturday at sunset, when He rose from the dead. While no one witnessed His resurrection (which took place inside a sealed tomb), to fit His words and the biblical evidence it had to have happened three days and three nights later, near sunset on Saturday.

This time line perfectly accommodates three full nights (Wednesday night, Thursday night and Friday night) and three full daylight periods (Thursday, Friday and Saturday). This is the *only* time that fits Jesus’ own prophecy of how long He would be in the tomb. And, as we have seen, it fits perfectly with all the details recorded in the Gospels.

We can be assured that the entombment period Jesus gave as proof He was the Messiah was exactly the duration He foretold. Because most people do not understand the biblical Holy Days Jesus Christ and His followers kept, they fail to understand the chronological details so accurately preserved for us in the Gospels.





The Kings Kids



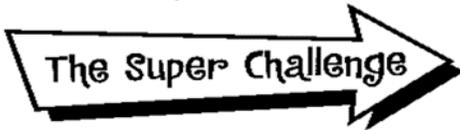
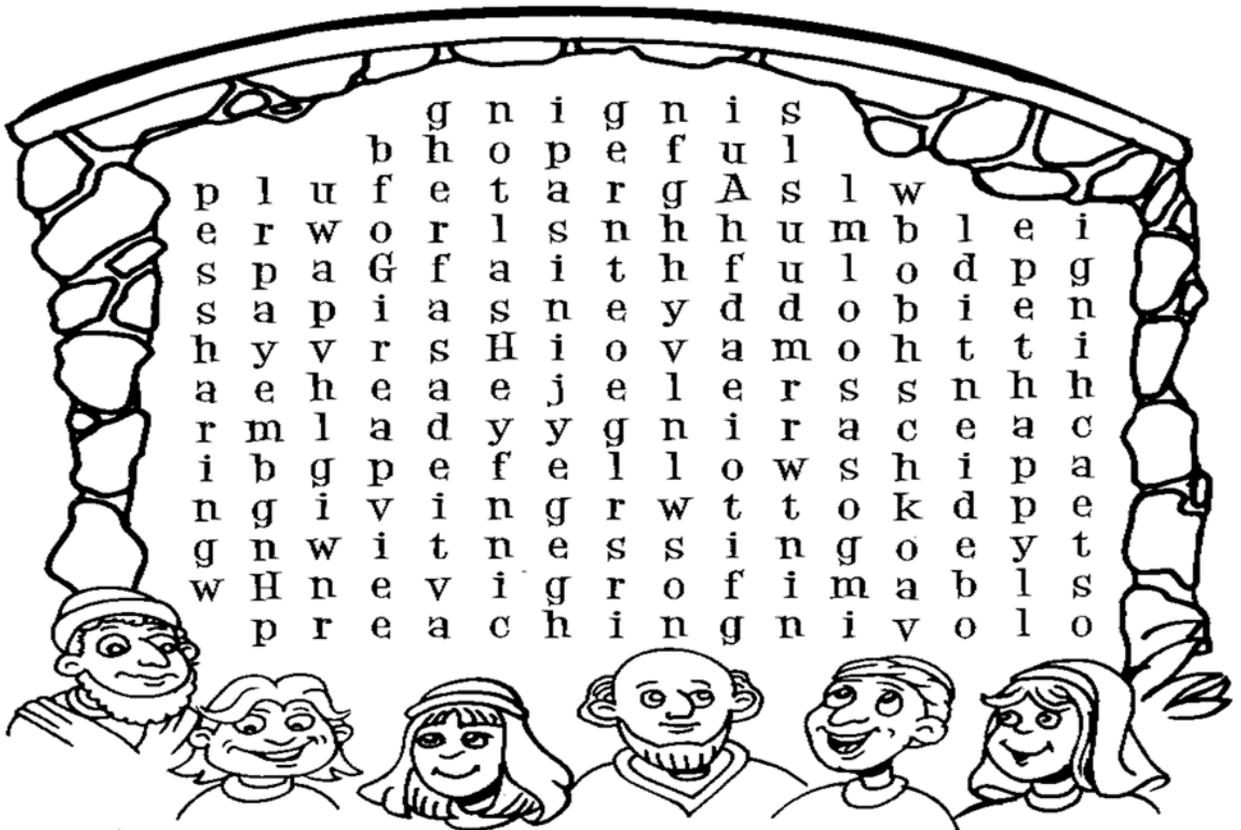
FIRST CHURCH SEARCH



Acts 2:42-47

The early Church showed love and obedience for God in lots of ways. In the puzzle below, find some words that describe the attitudes and actions of the first Christians.

- believers
- blessing
- caring
- faithful
- fellowship
- forgiven
- giving
- glad
- grateful
- happy
- helping
- hopeful
- humble
- joyful
- loving
- obedient
- praise
- prayer
- preaching
- saved
- sharing
- singing
- teaching
- witnessing
- worship



Write the unused letters in order from left to right, going across each line, in order to discover what happens when we worship God.

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