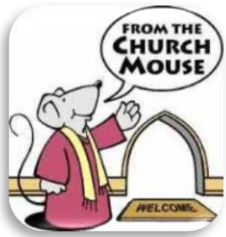


Eastside Baptist Church



Equipping the Saints for Ministry by First Seeking the Kingdom of God
(Ephesians 4:12/Matthew 6:33)

Volume XI Issue VIII **Every day is a priceless gift of God** AUGUST 2016



The next time you feel like God can't use you, just remember...

- Noah was a drunk
 - Abraham was too old
 - Isaac was a daydreamer
 - Jacob was a liar
 - Leah was ugly
 - Joseph was abused
 - Moses had a stuttering problem
 - Gideon was afraid
 - Samson was a womanizer
 - Rahab was a prostitute
 - Jeremiah and Timothy were too young
 - David had an affair and was a murderer
 - Elijah was suicidal
 - Isaiah preached naked
 - Jonah ran from God
 - Naomi was a widow
 - Job went bankrupt
 - Peter denied Christ
 - The Disciples fell asleep while praying
 - Martha worried about everything
 - The Samaritan woman was divorced, more than once
 - Zaccheus was too small
 - Paul was too religious
 - Timothy had an ulcer
 - ..AND Lazarus was dead!
- So, what's your excuse?**

"Besides you aren't the message, you are just the messenger"





Rev. Dr. Arthur C. Banks
1st Lady Jacquie 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 **11 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

Listen to EBC sermons on our website!



What's Inside

- From The Editor
- Healthy Living
- The Church Mouse
- Dizzy Spells (Puzzle)
- Kings Kids
- Business Cards



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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)

More Reasons to Eat Fruit!



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pinapples help fight arthritis



Blueberries protect your heart



Kiwis increases bone mass



Mangos protect against several kinds of cancer

Anti-Cancer Superfruits



Grapes



Mangosteen



Blueberries



Goji Berries



Avocado



Noni



Dragon Fruit



Acai Berries



Soursop



Apple



Citrus



Pomegranate



Strawberries



Kiwi



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.



The Kings Kids

Scientific Proof of the Bible

The Bible is estimated to have been written between 1450 B.C. and 95 A.D. This chart shows scientific facts and principles referred to in this ancient Bible, but not actually discovered by humankind until later centuries. Dead sea scrolls, historical documentation, and other sources all confirm the authenticity of the Bible. Since people had no official knowledge of these scientific facts until more than a thousand years after the Bible was written, is this scientific proof that the Bible was inspired by God?

Scientific Fact or Principle	Bible reference	Date of discovery by man
Air has weight	Job 28:25	16th Century
The Earth is circular	Isaiah 40:22	15th Century
Oceans have natural paths in them	Psalms 8:8	1854
Both man and woman possess the seed of life	Genesis 3:15	17th Century
There is a place void of stars in the North	Job 26:7	19th Century
Earth is held in place by invisible forces	Job 26:7	1650
Taxonomic classification of matter	Genesis 1	1735
Certain animals carry diseases harmful to man	Leviticus 11	16th Century
Early diagnosis of leprosy	Leviticus 13	17th Century
Quarantine for disease control	Leviticus 13	17th Century
Blood of animals carries diseases	Leviticus 17	17th Century
Blood is necessary for life	Leviticus 17:11	19th Century
Earth was in nebular form initially	Genesis 1:2	1911
Most seaworthy ship design ratio is 30:5:3	Genesis 6	1860
Light is a particle and has mass (a photon)	Job 38:19	1932
Radio astronomy (stars give off signals)	Job 38:7	1945
Oceans contain fresh water springs	Job 38:16	1920
Snow has material value	Job 38:22	1905, 1966
Infinite number of stars exist	Genesis 15:5	1940
Dust is important to survival	Isaiah 40:12	1935
Hubert Spencer's scientific principles	Genesis 1	1820

Light can be split up into component colors	Job 38:24	1650
Matter is made up of invisible particles	Romans 1:20	20th Century
Plants use sunlight to manufacture food	Job 8:16	1920
Arcturus and other stars move through space	Job 38:32	19th Century
Water cycle	Ecclesiastes 1:7	17th Century
Life originated in the sea	Genesis 1	19th Century
Lightning and thunder are related	Job 38:25	19th Century
Human beings were the last living things created	Genesis 1	15th Century

Credit: John N. Clayton

Seven days without prayer makes one weak!

HE>i

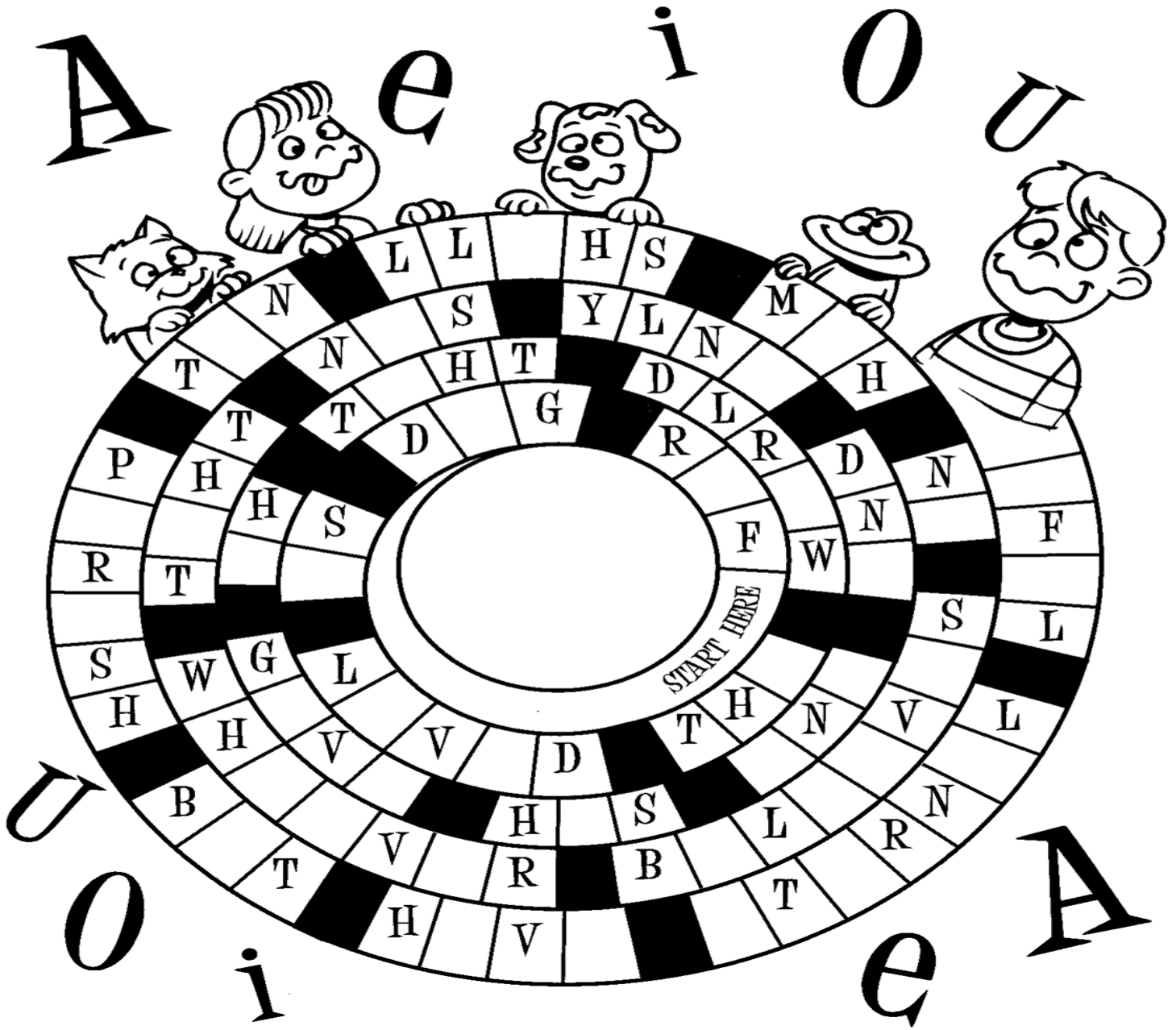


DIZZY SPELLS!



John 3:16

These kids are getting dizzy trying to solve this puzzle! Start at the center of the spiral and fill in the missing vowels. After you do, memorize the verse. (Hint: Read the verse in your Bible for help.)

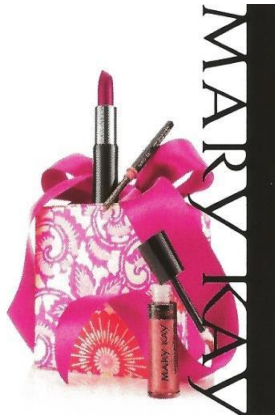


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