

Eastside Baptist Church

Eastside Messenger



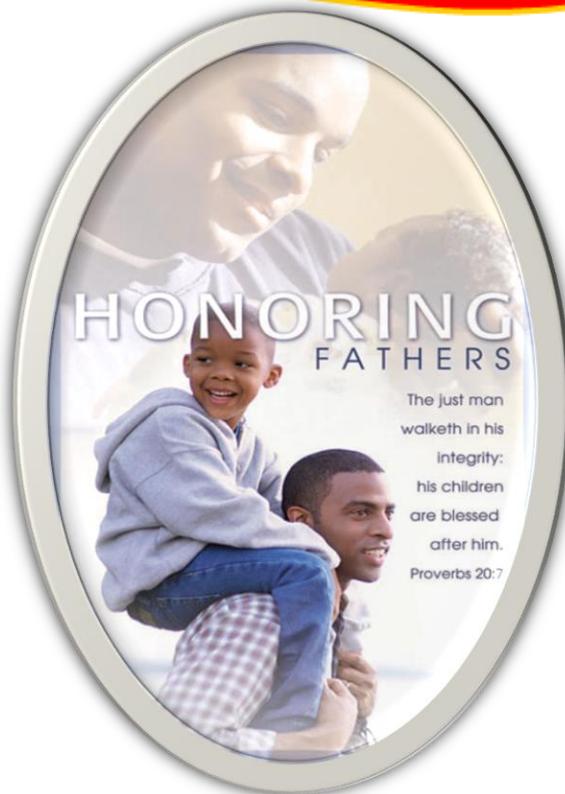
Equipping the Saints for Ministry by First Seeking the Kingdom of God
(Ephesians 4:12/Matthew 6:33)

Volume XI Issue VI

Every day is a priceless gift of God

JUNE 2016

HAPPY FATHER'S DAY!



Sunday June 19, 2016



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!



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Church Office
Monday-Friday
9:00 a.m. – 2:00 p.m.



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)

WHY SUGAR FREE?

When we eat any type of carbohydrate it is converted by the body to glucose which stimulates insulin to be released. It doesn't matter whether it is a fizzy drink, sweets, table sugar or a complex carbohydrate such as wholegrain bread, pasta, rice or potatoes.

It also doesn't matter if it is 'natural' or 'processed'. Honey, raw sugar, medjool dates, fruit etc all raise your blood glucose levels equally as processed sugars. Saying that, if you are able to tolerate carbohydrates then your choice should always be natural, unprocessed carbs.

Always go for nutrient dense, real food, whole food such as berries, pumpkin, kumara etc. Choose complex colorful carbs where possible. They are absorbed slower and are packed with vitamins, minerals, antioxidants and phytonutrients. Eat a rainbow!

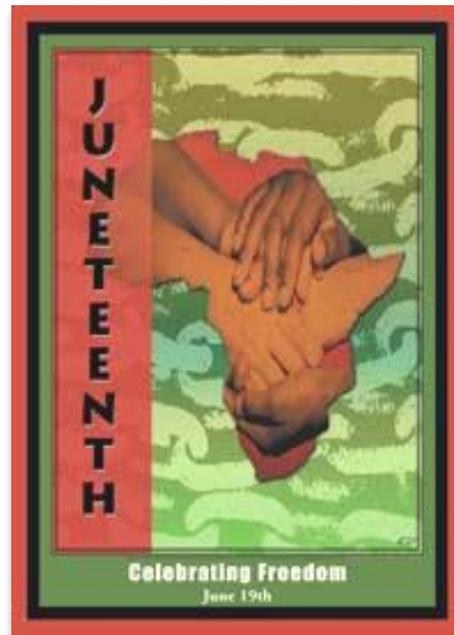
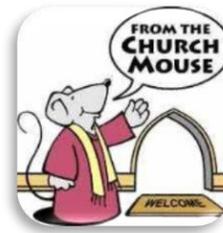
By maintaining a low blood sugar level, you maintain low insulin levels. Insulin is the major regulator of metabolism and by controlling insulin you stop fat from being stored, lose weight, allow fat to be utilized as fuel, improve your blood lipid profile, increased energy, reduce hunger, reduce risk of developing Type 2 diabetes, and most importantly reduce inflammation that leads to cardiovascular disease, diabetes, dementia, cancer.

The modern problem with sugar is that it lurks everywhere. It is found in peanut butter, baked beans, cereals, meats, healthy fruit yoghurts as well as the obvious places such as biscuits, cakes and fizzy drinks. Marketing gurus have led us to believe many foods are healthy when they are not, this is called the "healthy halo". Foods that appear to be healthy but are actually laden with carbs and sugar – cereals, fruit yogurts, dried fruit, muesli bars, low fat products, gluten free products.

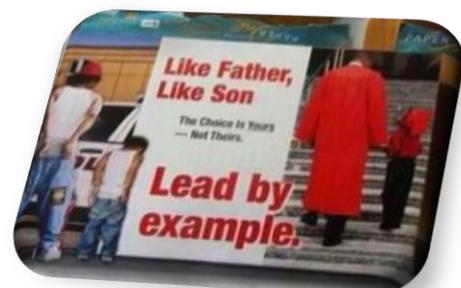
We are also eating more than we ever used to. Cakes used to be for a special occasion but are now an everyday food for many. It is seen as the norm to have sugary snacks, high carb treats, fizzy drinks, after sports energy drinks. It is seen as restrictive if you politely say no. We need to change this around as see handing out sugar to our children as the exception, not the norm.

**SO BY EATING LOW CARBOHYDRATE, HIGH FAT
AND MODERATE PROTEIN, YOU WILL LOOSE WEIGHT, STABILIZE
HUNGER AND IMPROVE HEALTH.
EAT WHOLE FOOD, REAL FOOD.**

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.



Juneteenth is a day of **reflection**, a day of renewal, a **pride-filled** day. It is a moment in time taken to appreciate the **African American** experience. It is **inclusive** of all races, ethnicities and nationalities as nothing is more **comforting** than the **hand of a friend**.



DADS

A father gives you life,
A Dad gives you love.

A father feeds you,
A Dad nourishes you.

You can talk to your father,
But you can pour out your heart
to your Dad.

A Dad is gentle, but not weak,
Strong, but not harsh.

Sometimes, he's your buddy,
And sometimes he's your boss,
And sometimes, he's not even
your father.

But there's one thing he always is,
And that's your Dad,
Thanks, Dad.

I thought it would be interesting to find out the origin of Father's Day before we put a lot of emphasis on celebrating the holiday. I was pleasingly surprised to find that the original celebration began in Washington state. In the following paragraphs you will find a brief history of Father's Day as found online in the Google search engine.

Sonora Dodd, of Washington, first had the idea of a "father's day." She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington State.

After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father

was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. President Richard Nixon signed the law which finally made it permanent in 1972.

I found it interesting that the very reason the Father's Day celebration was instituted as a way to recognize responsible fathers, is just the opposite today with many irresponsible fathers celebrating this set aside day. This man, Mr. William Smart stood up and took responsibility for his family as a single parent. Let me rush to say there are many fathers today who are providing for their family in a very admirable way. They make sacrifices in order to provide for their wife and children. They work long and hard to make sure their family is taken care of. With these type fathers, God is well pleased.

Unfortunately, there are those fathers who are shirking their responsibility to care for their children and in many cases their child's mother. Therefore, God is still asking the age-old question, "Adam where are thou" or "man where are you?"

(Genesis 3: 9). I believe the reason for this question is the same reason God ended up asking Adam where he was. Things got out of sequence which resulted in sin.

Let's examine for a minute God's sequence of fatherhood. First, a man finds a woman that he loves and cares about and they get married. Secondly, after a period of time in a God-ordained marriage a child is born. Together, the husband and wife lovingly nurture their child through their childhood to adulthood. This is God's sequence for a Godly father, this is the ideal.

Some how this sequence has been altered, but the responsibility under God and to the child has not. You may walk away from the child's mother or even divorce her, but you can't divorce your child. We have a God-given responsibility to provide for those we bring into the world. Therefore, I salute Godly men who have become Godly fathers, who are assuming responsibility for their actions and their children.

Because of Adam's actions, he tried to hide from God because he realized the consequences he would face. We have to be grateful that God did not give up on man, but started a process of reconciliation to restore man to his rightful place with God. Because of Jesus' sacrifice on the cross, reconciliation has taken place and we have been redeemed as Godly men, in turn, are becoming Godly fathers. As Godly fathers, we must take our rightful place within the family. We must spend quality time with our children. We must express our love and concern for our children in a meaningful Christian manner. We must take responsibility to religiously educate our children; thus, leading them to the saving knowledge of Jesus Christ.

On this Father's Day, I challenge each father to take even more seriously than you already are, your responsibility to our children. The best way to display this is by living a Godly life before them. Fathers, our children need us more now than at any other time in our

history. Let's step up to the bat for our children and God will bless our efforts. God Bless each of you and have a Blessed Father's Day.

Pastor Banks



END TIMES TIMELINE

"When is the Rapture?"

"Will it be a Pre-Tribulation Rapture?
Or will it be a Post-Tribulation Rapture?"

For the vast majority of Bible believing evangelicals the Pre-Tribulation Rapture is the doctrine that is their belief at this time. Only about 5% of Bible believing Christians believe that there will be a Post-Tribulation Rapture. There is no surprise as to why this is so. Throughout North America the Pre-Tribulation Rapture is what the Christians in the pews and watching Christian television are exposed to. This is what they are being entrained in and taught. It is the one they have heard repeatedly. It is also the one that most nominal, or middle of the road, evangelical Christians **like**.

And so for most it is the one they choose to believe. This fact is sad, but true. Few who call themselves Bible believing Christians actually read and study the Bible for themselves and for their family. Indeed, most Christians believe what others around them believe and what they are **told** to believe by their churchmen. This ecclesiastical collective is not necessarily bad in itself. The Gr. "koinonia", the "fellowship of believers", is a wonderful God-given treasure shining brightly inside the Congregation of Messiah. But the fellowship can be infiltrated. It can be hijacked by the powers of darkness. The fellowship of believers can be misled by cultic doctrine in place of God's Holy Word. It can be corrupted by strange fire in place of God's Holy Spirit. And it can be lorded over by Nicolaitan church leaders who stand like trolls in the Way and enthrone themselves in the place of the indwelling Christ. Jesus warned us about this great Nicolaitan Church evil in His letters to the seven churches. See [Revelation 2:15&16](#).

We need to be given a "heads up" here. Every Christian believer will stand before Christ on **That Day**. See [2Corinthians 5:10](#). We shall **all** be asked to stand before the Ancient of Days and give an account of what we did with the Biblical information that was available to us during our lifetime. We shall stand before Him **alone**. No churchman will be by our side to cover us on That Day. We have only One Advocate and one Mediator with the Father. His name is Jesus Christ. May God help all of us to take personal responsibility here. By God's grace we shall bring the true and faithful witness. We shall testify for God's glory, for ourselves, for our family, and for all the ones to whom we are destined to bring our witness and testimony.

So let us get right down to it. Does the Bible tell us specifically when this "Rapture", this "catching away" of the living saints will occur? No it does not. But the Rapture **does** happen to be time linked to a major accompanying end-time event. That critically important accompanying event happens to be the Resurrection of the righteous dead. And the timing of that event is very well known. It is well pegged in Holy Scripture in the time-line of the latter days.

NOT JUST A RAPTURE. . . .

BUT A COMBINED RESURRECTION-RAPTURE.

So when we look into the prophetic Word of God and those scriptures we laid out above in [1Thes. 4:15-17](#) and [1Cor. 15:51-52](#) we see that the Rapture is tightly bundled up with the Resurrection. This combined "end of age" event is the **Resurrection-Rapture**, and this is what it should be called. The two are part of a single whole, namely, the end-of-age harvest. This involves the glorification of the entire company of faith, the **single Elect** from both sides of Calvary. In one single awesome day, in the twinkling of an eye, this great (harpazo/snatch) will occur. At that moment the dead are Resurrected and the living are Raptured. All of the chosen enter into the glory together at the same time. Our Apostle Paul gives us the sequence in very clear and unmistakable terms. He tells us that the Resurrection of the righteous dead immediately precedes the Rapture of the living.

So here is something that is almost never spoken about in evangelical circles. The Second Coming will see the single Elect gathered as a combined **Resurrection-Rapture**. Our Apostle Paul states very clearly and unmistakably that these two companies of saints, the living and the dead in Christ, are glorified **together!** The Resurrection and the Rapture are cemented and padlocked together. Those scriptures are here in [1Thessalonians 4:15,16&17](#) and in [1Corinthians 15:51,52,&53](#).

The Bible clearly shows us that the "harpazo/snatch" is a combined Resurrection-Rapture. And so once the timing of the Resurrection has been determined that time slot will also be the timing of the Rapture. The Rapture, which immediately follows the Resurrection, can be placed very accurately on the time-line of the final seven years of this age,



The Rapture

God told the Old Testament prophet Joel that, before the day of the LORD arrives, the sun will darken, the moon will turn blood-red, and everyone who calls upon the name of the LORD will escape harm. [Joel 3:4-5]

During the Olivet Discourse, Jesus said on the day he comes upon the clouds with power and glory, the sun will be darkened, the moon will not give its light, the stars will fall from the sky, and the sign of the Son of Man will appear. [Olivet Discourse: Matt 24-25, Mark 13, Luke 17, 21]

When Seal Six is opened John sees four things in the sky: the sun turned as black as dark sackcloth, the whole moon became like blood, the stars in the sky fell to the earth, and the sky was divided like a torn scroll curling up. [Rev 6:12-14]



The Kings Kids



HEADS UP!

1 John 3:1

“How great is the love the Father has lavished on us, that we should be called children of God!”



To go through the maze correctly, find the words of the verse in order. Don't skip over any heads. You will be able to get through it by going directly from head to head.

Start

A maze of cartoon heads, each with a word in a box below it. The words are: love, great, How, great, of, love, love, great, the, is, the, is, lavished, has, love, the, on, lavished, has, Father, the, children, the, that, called, the, Father, us, called, the, should, that, be, called, the, God, should, children, God, we, of, of, be, called, of, the, be, called, God, the, Finish.

Finish

HEADS UP!
1 John 3:1
"How great is the love the Father has lavished on us, that we should be called children of God!"

The Challenge
To go through the maze correctly find the words of the verse in order. Don't skip over any heads. You will be able to get through it by going directly from head to head.

Start

Finish

MEDITATE ON THE MESSAGE

“So then faith cometh by hearing and hearing by the word of God”
(Romans 10:17)

Did you enjoy the Sunday Service? Have you ever wanted to hear just the message, prayers, praise & worship or choir selections over again? Do you want a witnessing tool for a family member or friend? AUDIO CD's MP3's & DVD's are available: Sunday Morning Service... \$5.00 ea... Eastside 2015 50th ANNIVERSARY... (DVD Disc set \$30.00) or \$10.00 for individual day. Custom build your own MP3/CD selections \$10.00 each disc made from our digital downloadable library selections.

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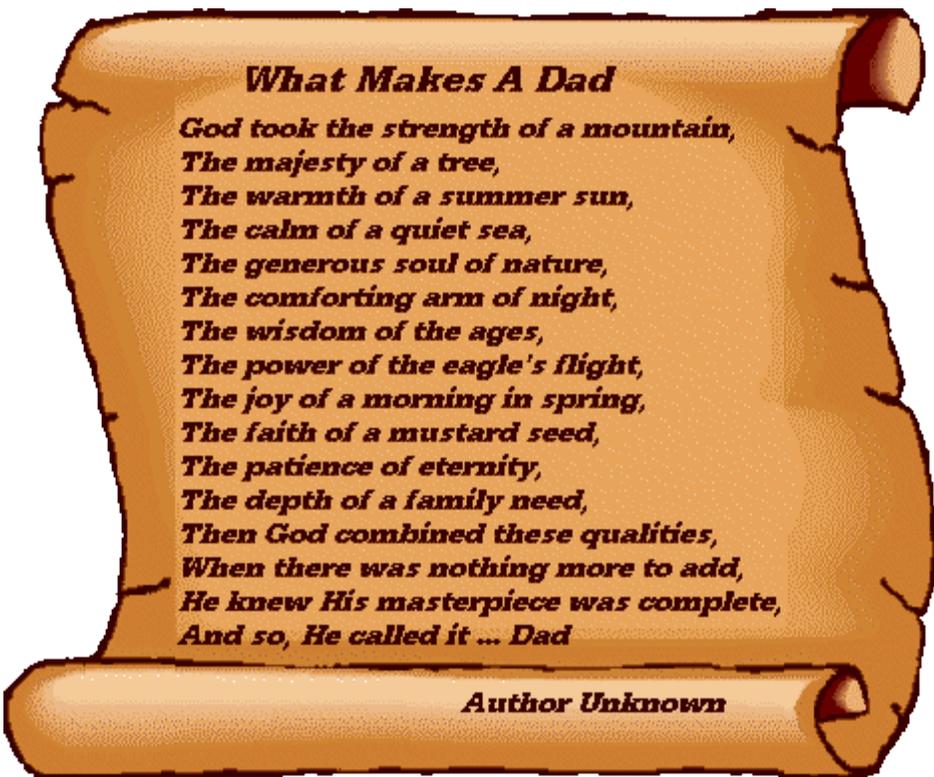
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A scroll with a brown, textured background and a dark brown border. The scroll is unrolled in the center, with the top and bottom edges curled up. The text is written in a black, serif font.

What Makes A Dad

*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad*

Author Unknown