

Eastside Baptist Church

He is Risen!

He Lives!

Eastside Messenger

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

(Ephesians 4:12/Matthew 6:33)

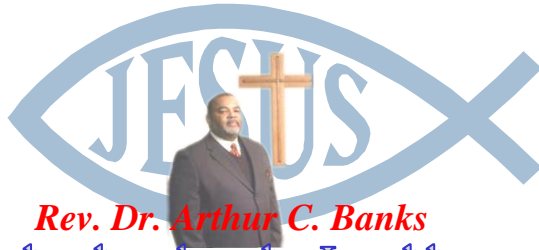
Volume XI Issue III **Every day is a priceless gift of God**

MARCH 2016

He was delivered over to death for our sins
and was raised to life for our justification.
— Romans 4:25



RESURRECTION SUNDAY
MARCH 27, 2016



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

*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, or View EBC sermons on our website!



What's Inside

- From The Editor
- Healthy Living
- The Church Mouse . . .No Second Chance
- 3 Days & 3 Nights
- Black History O.T.
- Ham the Black Sheep . . .
- Kings Kids
- Classifieds



3575 Portland Avenue
Tacoma, Washington 98404
(253) 472-6222

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



THREE DAYS & THREE NIGHTS

What was the ONLY sign Jesus gave to prove he was the Messiah, the Savior of man? Was he dead for three days AND three nights (72 hours) or was he dead for PART of 3 twenty-four hour periods? During Jesus' ministry, the Jews demanded a sign to prove He was the Savior. If the sign were not perfectly fulfilled, however, it would prove that He was NOT the Messiah. What he offered as proof positive that he was the Son of God was the sign of Jonah.

For just as Jonah was in the belly of the whale ('great fish') three days and three nights (72 straight hours), in like manner the Son of man shall be in the heart of the earth (buried in a grave) . . . (Matthew 12:40, HBFV)

Did Christ mean what He said? Did He really expect his burial in the earth to last 72 hours? Note that Jesus did not say, "After two nights and one day I will rise again." He meant that for three COMPLETE days he would be dead and buried, a full seventy-two hours! Upon Jesus, the Jewish leaders who hated him remembered this sign (see Matthew 27).

Many teachers of the Bible state that Jesus' crucifixion took place on Good Friday. They also state he was resurrected early on a Sunday morning. Unfortunately, both of these teachings are not true! In fact, if the crucifixion took place on Good Friday and the resurrection on Sunday, then Christ (based on the prophecy HE gave) is NOT the Messiah!

Jesus clearly stated how long he would be dead. He declared He would rise again "after three days" (Matthew 27:63, Mark 8:31, etc.). How do Bible teachers, however, reconcile a Good Friday to Easter morning time period (less than 40 hours) with Jesus' declaration he would be dead for 72 HOURS?

Some say that Jews count parts of a day as a complete twenty-four hour period. Passages cited include Genesis 42:17-18, 1Samuel 30:12 and Esther 4:15-16. Unfortunately, these passages do NOT show that three distinct twenty-four hour periods are the same as a 2 nights and 1 complete span of time between Good Friday to Easter morning! The periods mentioned in the above verses are to be taken LITERALLY.

The lie

The Bible nowhere states that Jesus' crucifixion was on a Friday! Because the Jewish weekly Sabbath came on Saturday, scholars ASSUME Jesus died on Friday - thus promoting a Good Friday hoax! The Bible clearly states the Jews kept OTHER Holy times besides the weekly Sabbath. The Jews also kept the annual Feast Days God had given Israel (Exodus 23:14-17, Leviticus 23, Numbers 28-29, etc.).

Scripture teaches there were TWO Sabbaths between the time when Jesus entered the tomb and the moment his resurrection took place! This is the KEY to understanding the correct sequence of events of what happened to Jesus our Savior!

"According to Jewish law, to be declared legally dead, a person had to be dead for three FULL days or more. Therefore, if Jesus had risen from the dead before 3 PM on the afternoon of Nisan 17, a weekly Sabbath (Saturday), He would not have been considered legally dead. As a result, His return to life would not have been considered a true resurrection from the dead.

"If He had been crucified on a Friday and restored to life on Sunday morning at sunrise (what Christianity calls Easter morning), His death WOULD NOT have been "valid" since only two nights and one day would have passed between Friday sunset and Sunday morning. In order for His death to be publicly recognized and acknowledged, it was

necessary for Jesus to remain in the grave for three nights and three days before He was raised from the dead." (HBFV, Appendix J)

The Sabbath after Jesus died

After Tuesday sunset in 30 A.D. (when the Biblical day ended) Jesus partook of his last meal with his twelve disciples (Luke 22:14-15, etc.). Jesus' crucifixion occurs between noon and 3pm Wednesday. He dies at 3pm. According to the Bible work was allowed in order to prepare for the NEXT day, a high Holy Sabbath where no work was permitted called the Feast of Unleavened Bread. This Holy time began at Wednesday sunset. Jesus was very quickly taken from the cross after his death as there were only a few short hours before God's annual Feast day began.

"Now evening was coming, and since it was a preparation (that is, the day before a Sabbath), Joseph of Arimathea, an esteemed member of the council, who himself was waiting for the kingdom of God, came; and he went in to Pilate with boldness and requested the body of Jesus." (Mark 15:42-43, HBFV)

The SECOND Sabbath after Jesus died

The Bible states that after the annual Sabbath known as the Feast of Unleavened Bread had ended (on sunset Thursday), three women went to buy spices for Jesus' body (Mark 16:1). After buying spices, the women spent the rest of Friday preparing them. When the weekly Sabbath started at sunset Friday, the women rested (Luke 23:56). After resting two of the women, Mary Magdalene and another Mary, go to observe Jesus' tomb late on the weekly Sabbath.

"Now late on the Sabbath, as the first day of the weeks was drawing near, Mary Magdalene and the other Mary came to observe the sepulcher." (Matthew 28:1, HBFV)

The resurrection

Some Scriptures speak of Jesus' resurrection "after three days" (Mark 8:31; Matthew 27:63). Other verses say "in three days" (Matthew 26:61, 27:40; Mark 14:58, 15:29; John 2:19-20). Still others speak of "the third day" (Mark 9:31, 10:34; Matthew 16:21, 17:23, 20:19, 27:64; Luke 9:22, 18:33, 24:7, 21, 46; Acts 10:40; 1Corinthians 15:4). Do these phrases contradict each other?

"When we understand Jesus statements, we find that instead of being contradictory, they reveal the exact time that he was raised from the dead. Jesus made it clear that he would be raised AFTER He had been dead for three days. The other statements, "in three days" and "on the third day," do not include the total time that he was dead but only the time that he was buried in the tomb." (*The Day Jesus the Christ Died* by F. Coulter, Chapter 6, emphasis added)

The resurrection of Jesus from the dead took place at sunset Saturday, April 8, 30 A.D., which is seventy-two hours after he died and was placed in the heart of the earth (i.e. tomb). This fulfilled the sign of Jonah the prophet he gave in Matthew 12:38-40 and PROVED He was the TRUE Messiah to the Jews! The Bible simply does not teach Jesus was either crucified on a Friday or resurrected on a Sunday morning. Our Savior was dead and buried in the earth a full three days and three nights, proving for all ages that he was and is the Messiah.

HE>I



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)

"Let food be thy medicine and medicine be thy food."
– Hippocrates

Hormone Triggers that Burn Fat

Protein



- Triggers fat burning if you eat less than 6 ounces. If your liver is not functioning well, consume less protein.

Fat

- Fat is neutral when it comes to hormones. It takes a diet of 70% fat and 5% carbohydrate to get into fat burning - ketosis.



Vegetables



- Cruciferous vegetables (kale, cabbage, broccoli, etc.) can balance and decrease unhealthy estrogens and improve liver function. They provide vitamins and minerals, especially potassium. However, if you experience digestive bloating, use alternative veggies.

Fiber

- Fiber (especially from vegetables) buffers (slows) fat storing hormones and enhances fat burning.



High Potassium Foods



- Potassium allows sugar to be stored as sugar. Without potassium, sugar is forced to be stored as fat instead of stored sugar (glycogen). Potassium is needed to balance blood sugars. This is why people crave sweets when they are potassium deficient. To get our normal requirement of daily potassium (4,700mg), you need 7-10 cups of veggies.

Sleep



- Most fat burning occurs in deep sleep. When a person doesn't get at least 7 hours of quality sleep, burning fat can be non-existent.

Exercise



- Interval training (short bursts of exercise with lots of rest) will increase fat burning by 450% compared to sustained exercise (example, treadmill).
- Lower intensity exercise such as walking is better for burning fat than interval training. If you are "Adrenal" body type. As your recovery improves over time, you can start adding interval training and highest intensity exercise. This will lead to more fat burning.

Hormone Triggers that Store Fat

Sugar

- Table sugar, brown sugar, and honey all increase insulin. In the presence of insulin, all 6 fat-burning hormones are nullified, even in small amounts.



Sugar + Protein



- Adding sugar to protein (example; meat) will increase insulin by 200%.

Excess Protein

- A larger amount of protein (> 9 oz) can increase insulin, the main fat-storing hormone by 200%.



Hidden Sugars



- This includes juice, sugar in flavored yogurt, vanilla yogurt, alcohol, or added sugar in deli meats.

Starches & Grains



- Potatoes, rice, grains (breads, pasta, cereal, crackers, muffins, etc.) all increase insulin, the main fat-storing hormone.

Fruits



- Fruits are sweeter than vegetables and obviously can trigger insulin. Eating fruit can bump you out of fat burning (ketosis). We recommend only very small amounts of blueberries or cherries in your kale shake. Other than that, avoid all fruit until you achieve your ideal weight.

MSG (Monosodium Glutamate)



- Often times, MSG is hidden as another name as modified food starch. It is used as a flavor enhancer increasing appetite, taste and can spike the fat making hormone, insulin by 300%.

Estrogen



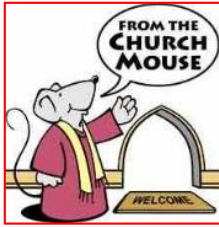
- Soy protein powder, soy milk, and soy protein isolate all can increase estrogen. Consume fermented and sprouted soy in small quantities (example, tempeh, tofu, and miso)

Stress



- Stress is cumulative. Stress activates the belly fat hormone called cortisol.
- Pain and inflammation can also increase cortisol.
- The more stress you experience, the more you need to sleep to counter the effects of stress on your body.
- A cupreasure releases stress

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.



No Second Chance

No Second Chance: The main reason this last period of time will be so intense is because it will come after probation closes for the lost. God gave the very first prophecy about it to His servant Daniel, who wrote, "At that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book" (Daniel 12:1). Notice that when the great tribulation begins, the cases of all people will have been forever decided.

The door of salvation and grace will close for the world - just as the door on the ark closed seven days before the Flood began. At that time Jesus will declare, "He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still. And, behold, I come quickly; and my reward is with me, to give to every man according as his work shall be" (Revelation 22:11, 12).

For the first time in the world's history, God's Spirit will be completely withdrawn from the lost. The unsaved will be given wholly over to demonic control. The saved will be forever sealed and the lost forever lost. No more changing teams!

God on Trial

If no one is converted by the plagues, then why does the Lord allow them?

For thousands of years God's Spirit has worked in the hearts of men. But He has warned that this would not always be so (Genesis 6:3). Satan must have an opportunity to demonstrate what a world that is completely under his power would be like. And so God will finally allow the winds of strife to blow unhindered - but not before His servants are sealed (Revelation 7:1-3).

The great tribulation will prove to the universe that nothing - not even the worst conditions in the history of the world - would change the characters of

those still alive upon the earth. God's people will trust Him no matter what, and His enemies will rebel against Him no matter what.

Sometimes adversity brings a lost soul to repentance, but as the seven last plagues are being poured out, the wicked will reveal that there are no longer any redeemable threads in their fabric. The following three verses prove this point:

"The fourth angel poured out his vial upon the sun; and power was given unto him to scorch men with fire. And men were scorched with great heat, and blasphemed the name of God, which hath power over these plagues; and they repented not to give him glory" (Revelation 16:8, 9).

"They blasphemed the God of heaven because of their pains and their sores, and did not repent of their deeds" (Revelation 16:11 NKJV).

"Men blasphemed God because of the plague of the hail; for the plague thereof was exceeding great" (Revelation 16:21).

(To be continued next Issue: *No Need To Fear*).

Seven Bowls of God's Wrath
Revelation 16

Judgment

- 1 Earth** *666*
Those with the mark of the beast who worship its image break out in sores
- 2 Sea**
Sea turns to blood that kills all life in it
- 3 Rivers/Springs**
Waters turn to blood
- 4 Sun**
Sun scorches people with fire
- 5 Beast's throne**
Darkness covers beast's kingdom; people gnaw their tongues and curse God
- 6 Euphrates River**
River dries up to allow kings to cross for battle at Armageddon
- 7 Air**
Earthquake collapses cities and splits the great city; 100-pound hailstones fall on people

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 ease 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.



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
- blessing
- caring
- faithful
- fellowship
- forgiven
- giving
- glad
- grateful
- happy
- helping
- hopeful
- humble
- joyful
- loving
- obedient
- praise
- prayer
- preaching
- saved
- 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.



The Kings Kids



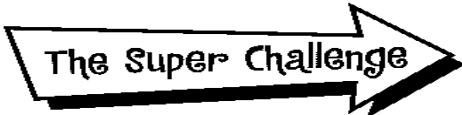
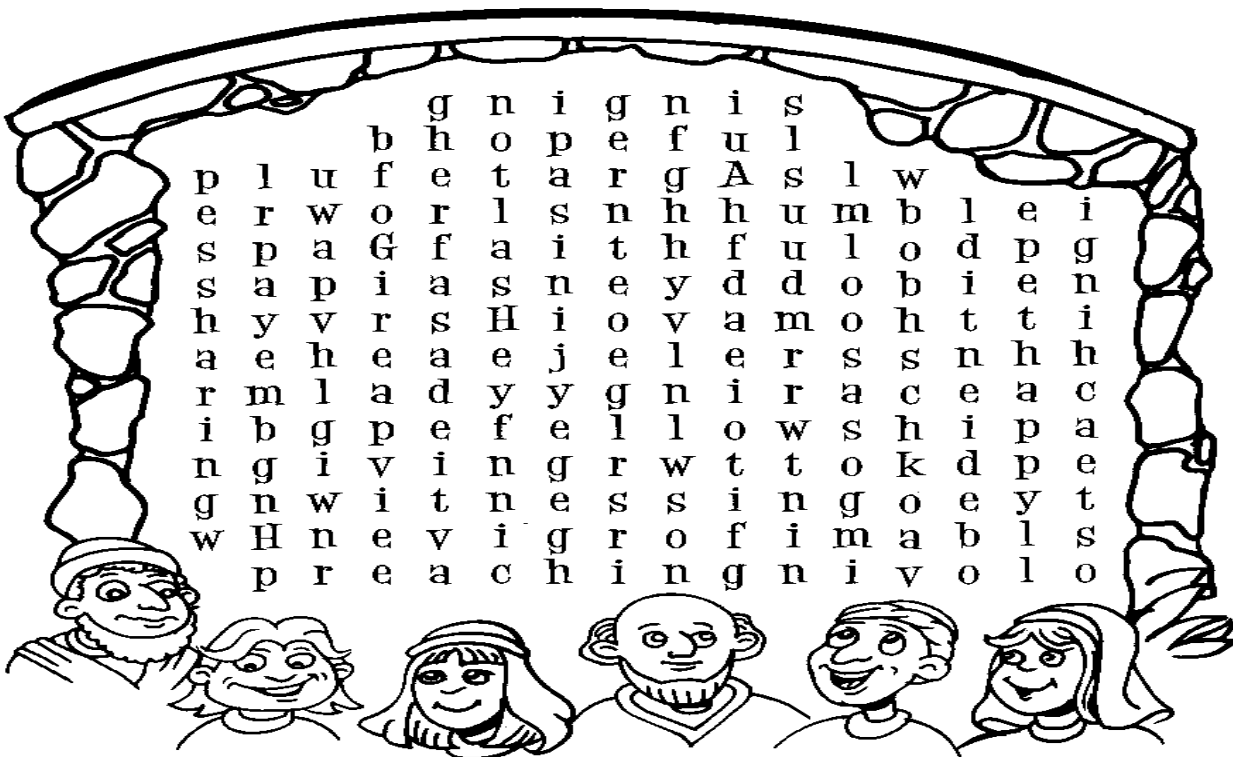
FIRST CHURCH SEARCH



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.

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.

EBC MEDIA MINISTRY

SUPPORT OUR MEMBER BUSINESSES / CLASSIFIED ADS

Donna Smith Palms
Independent Beauty Consultant

253-732-1794

DonnaPalms@marykay.com
www.marykay.com/DonnaPalms

Shop online with me 24/7



MARY KAY



Heavenly Clean
For all your power washing needs

Tony Willoughby
253-344-9779

Email: wecleanheavenly@gmail.com

Web: www.wecleanheavenly.com



TRACILYNN®
JEWELRY

Debra Able
Consultant #6381

Telephone # 253-961-6706
E-Mail dsajmd@gmail.com
www.tracilynnjewelry.net/debraable




Bestway Towing & Hauling



Free Car and Junk Removal

Nick McCown, Owner

3569 E. Portland Ave. Cell: (406) 570-3385
Tacoma, WA 98404 Cell: (253) 439-8696



the **Eye Candie** shop

Stasey Adams Owner/Certified Eyelash Extensionist
253.651.1959 - by appt. only. (call or text)
stasey@theeyecandieshop.com
Located in Downtown Tacoma

www.facebook.com/theeyecandieshop • www.theeyecandieshop.com



The Tuner Alone Preserves The Tone

TUNING and REPAIR



GRACE PIANO SERVICE

Phone 943-3712
1924 N. McCormick St.
Olympia, Washington 98506

JOHN GRACE

MJH Enterprises
Jacquelyn Harris, M.Ed.

Web Design & Maintenance,
Technology Integration Services

253.245.7567
jharris@mjhent.com
www.mjhent.com

