

# Christian HealthCare

## NEWSLETTER

### MEMBER LETTER:

#### The beauty of the Body of Christ working together

**Our son Sam's visit** to an ER for a leg injury was our first experience with Samaritan. I wasn't sure how it would all work out, but as we received the shares from each person assigned to our need, we felt it was God taking care of our needs.

It really was an experience of being ministered to, and we began to look forward to reading the notes of encouragement and prayers.

We saved them all and gave to them to Sam to show him the faithfulness of God and the beauty of the Body of Christ working together.

Thank you Samaritan members and staff for your service to the Body of Christ.

*Marvin and Sharon Thomas,  
Newport News, Virginia*

### Long accepted guidelines for dietary fat are found wanting

by Bill Sardi

**A**n 18-page U.S. dietary guideline issued in 1977<sup>1</sup> that called for Americans to consume more sugar-producing carbohydrates from bread, rice, and pasta and to limit intake of fat and cholesterol, in particular saturated fat, is suddenly being abandoned 37 years later.<sup>2</sup>

The realization that millions of Americans have been massively misled by food and nutrition experts comes without apologies from any group that represents modern medicine.

It's not that newly understood food science has forced changes in fat intake guidelines. There was never ANY evidence to support the dietary recommendations issued in 1977! There was no evidence whatsoever that eating less fat would translate into fewer cases of heart disease or death.<sup>3</sup>

#### Political from the start

An examination of this report's authors should have been a tip off. Leading members of Congress co-authored this misdirected report that is now being emphatically denounced. From the start it was a political document as much as it was a scientific one.

#### A hidden agenda

There were three prominent experts from the Harvard School of Public Health, the Rockefeller Foundation, and University of California San Francisco

whose opinions were largely relied upon. One of these so-called experts raises eyebrows.

On the dietary guideline panel was Beverly Winikoff, MD, advocate of abortion and population-control programs. What was Beverly Winikoff doing on this panel? She was no nutrition expert.<sup>4</sup>

Which begs the question: was the effort to reduce fat and cholesterol intake in the American diet a covert effort to reduce fertility and birth rates and control population growth? There certainly weren't as many fertility clinics in past generations as there are today. Fats and cholesterol are required to produce estrogen and testosterone. Did fat phobia cause all the anguish barren women have faced in recent decades?

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**Sharing Summary from September**

Shares:	\$14,272,191	Personalized prayer requests of the members with Needs are in the Prayer Guide. Please use your version of the Prayer Guide to support the members assigned to you.
Needs:	\$13,915,033	
In Negotiation:	\$ —	
New Needs:	2,009	
Total Needs:	4,407	
New Rewards:	194	
Miscarriages:	27	Member Households: 49,077 (as of 8/21/15)
Final Rewards:	5	

**Contact Us: 877-764-2426 [samaritanministries.org/members](http://samaritanministries.org/members)**

**Questions about?**

**Email**

**Phone Menu**

Your medical need

needs@samaritanministries.org

1 - 1

Shares you are sending or receiving

shares@samaritanministries.org

1 - 2

Your membership

membership@samaritanministries.org

1 - 3

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**Remember:**



**SEND A NOTE—**

Burdens can be lightened emotionally as we encourage one another in the Lord.



**PAY YOUR SHARE—**

Burdens can be lightened physically as we do our part to financially meet others' needs as they would in our time of need.



**ALWAYS STAY ALERT IN PRAYER—**

Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

## The inconsistent morality of Ashley Madison

by Rob Slane

Ashley Madison, the adultery-promoting internet dating site, recently received a taste of their own relativistic medicine and apparently found it didn't go down too well. For those who aren't aware, Ashley Madison is a dating site with a difference, operating not on the principle of bringing singles together, as is usual for such sites, but rather with the intent of bringing married people together to commit adultery. And they are not in the least bit bashful about it, as their marketing slogan suggests: "Life is short. Have an affair."

But having set themselves up as mocking the idea that adultery is morally wrong, they have found themselves on the receiving end of behavior which they apparently do think is morally wrong. Back in July, a group of anonymous hackers broke into their website and took the details of over 33 million accounts. According to most media reports, the hackers "stole" the details, the irony of which should not be lost on us, since "stealing" is prohibited by the 8th commandment, which comes just a little after the one Ashley Madison has been happy to help others break.

So wronged do Ashley Madison perceive themselves that their parent company, Avid Life Media, have offered \$500,000 Canadian dollars for information on the hackers. Not only this, but Canadian police seem to be very concerned as well. In a statement addressing the as yet unknown hackers, the acting staff superintendent of the Toronto police, Bryce Evans, made the following comment:

"I want to make it very clear to you your actions are illegal and we will not be tolerating them. This is your wake-up call."

In other words, while adultery and setting up a company to deliberately facilitate adultery are okay, hacking an adultery-promoting company is a very great sin and a grave crime.

### The company promotes adultery, but says stealing is wrong.

Now I have no desire to defend the hackers in this case. They had no right to release this information, since it was not theirs to release, especially as it may even be the case that some of the people in the database did not personally supply their details to the site. But at the same time, this does not lead me to have any sympathy with those who did give their information to an adultery-portal, or with the people behind Ashley Madison. In fact, it seems to be a fairly good practical example of Galatians 6:7: "Do not be deceived: God is not mocked, for whatever one sows, that will he also reap."

At this point secularists come up with a couple of standard objections. First, the hackers released private details into the public domain, which is a breach of privacy and is wrong. Adultery, on the other hand, is a private thing between two individuals. The answer to this is "No it isn't." Adultery is the breaking of vows

which were made in public, and which involves other parties (i.e. the wronged spouse/spouses, children etc). So though the act of adultery itself is done behind closed doors, the meaning, the significance, and the repercussions are very public.

A second objection is that by releasing the details into the public domain, the hackers have done a great deal of harm. For instance, there were a couple of unconfirmed reports of people committing suicide after the details were leaked. Adultery, on the other hand, is between two consenting adults and so does no harm. The answer to this is "Really?" Well, apart from destroying the marriage covenant, ruining the life of the other spouse, devastating children, and cheapening the virtues of fidelity, honesty, and truthfulness in society in general—apart from these things maybe it does no harm! Which is another way of saying it does a huge amount of harm. As for the suicide issue, it is not unheard of for people to kill themselves after finding out that their spouse has cheated on them.

What this case highlights, among other things, is the bankruptcy and disingenuousness of moral relativism. Think of the Ashley Madison slogan again: "Life is short. Have an affair." The expanded version of that goes something like this:

Life is the product of random processes and so has no lawgiver, no transcendent morality and no ultimate purpose. It is also fleeting and so the only thing that makes

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## Justin and Katie Herman

### Giant Goose Ranch

by Jaclyn Lewis

Justin Herman, heavy equipment operator and handyman, polishes diamonds in the rough.

Only, his gems aren't actual stones. Rather, Justin and his four brothers, the core of Herman Brothers Lake and Land Management, take rugged, undeveloped land, and optimize it for fishing, hunting, camping, and enjoying God's creation. They also invest their efforts in people.

As fourth generation builders, the Hermans' specialty is crafting "the unique."

For example, on their DIY Network TV build show, *Lake Life*, the Herman Brothers built an enclosed ice fishing dock and sunbathing patio in the shape of a volcano. The floating "cave" was a gift for the Herman



brothers' parents, and is fitted with solar power to operate lights, heating and cooling systems, and a big screen TV. "We come up with the crazy," says Justin.

At first, the Herman Brothers mainly helped other landowners optimize use of their properties. Now, the Hermans have expanded their business to developing their own property—Giant Goose Ranch, in Canton, IL—and watching God spread the good news of the Gospel in the process.

Giant Goose Ranch is an 828 acre campground with 52 named lakes and ponds, and custom-built cabins with all the comforts of home, including private lake docks. The rescued horses, free-range chickens, hobby farm, and events for Ranch members, like outdoor movie nights and Saturday morning breakfasts, create a haven for those "who want to escape the city hustle and bustle, and have a place to come sit and relax."

But life on the Ranch hasn't always been so relaxing. "When we bought this place in 2013," says Justin, "it was pretty rough."

The Ranch had been a campground since the 50s, and it was abandoned a decade ago by campground management. Herman Brothers had to remove 35 semi loads of trash from the property. There were few roads and lots of underbrush and poison ivy.

Justin and his brothers were able to clean up the land and establish new rules and regulations. Soon, friends and extended family were requesting lots and cabins, even before any infrastructure existed.

"Now we have the power, water, and electric to them all," says Justin, "We're going to pave the roads next year and develop more lots. If they're enjoying it right now, and we're in just the infant stages of this business, it's exciting to know the future holds so much potential



and that they're going to enjoy it that much more." All but four lots are sold, and plans are underway for a big lodge at the Ranch entrance, with a restaurant, workout rooms, banquet centers, and a walkout to the nearby lake.

As they continue to work on land renovations, Justin sees God working on hearts, including his own.

In his role as general Goose Ranch overseer, he deals in every kind of work: office, sales, moving dirt, installing utilities, and conducting meetings. He works with employees, some of whom are ex-convicts or others who people are slow to

hire. He also interacts with Ranch residents and members as he drives throughout the property, working on renovations.

"I went from driving machinery all day long, and working kind of by myself on different projects throughout Illinois, to now being in charge of 250 people and a campground," says Justin. "I had to learn how to be a people person really quickly, because I definitely wasn't."

While it might be simpler to treat people with a "just business" attitude, Justin says that "we're called to be more than a business. We're called to spread His Gospel."

Justin says this call to Gospel ministry through overseeing the Ranch has ultimately showed him how to give true love to God's people.

"We had a lady whose husband died, and it was her first time coming back to their lot. Her husband was the kind of guy who would feed the ducks in the dead of winter. He loved it out here, and they were out here all the time. One day I was driving by, and she was standing in her yard, just bawling. And I thought, 'Oh, what do I do?' . . . but God was just like, 'You need to go show her love.'"

"So I jumped off the skidsteer, ran over there, gave her a big hug

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## Why SMI?

**Justin learned about** Samaritan Ministries through one of the Herman Brothers Lake and Land Management office administrators. He and his wife, Katie, were glad to find a Gospel-centered, Body of Christ-focused approach to health care. His brother, Chad, and his family are also members.

When Justin and Katie had their first need, the birth of their daughter, Scarlett, they found it was less expensive than the birth of their son, Crosby, who was born when they had insurance. Still, they were nervous at first, not sure exactly how things would work.

"Katie started doing a lot of research," says Justin, "and working with the staff there and asking tons of questions. She's a very organized person, so she got it all laid out for what we needed to do. So she's calling all the people, doing the prepay stuff, getting as many discounts as she can. We ended up paying up front, which in itself was a little bit of a burden. You have to come up with some money."

While the process was different, "because you have to save for things and put stuff away, so there's

responsibility with it," Justin says, "we are enjoying it a lot because of that."

Additionally, it was a blessing "to see the checks starting to come in," he says, "and each one had a card with it, or sometimes it'd come with gifts. It was really personal. It just felt like it was the right way to do things, like the way it was supposed to work. It was a cool experience to see God working."

They also were moved to see the Body of Christ in action. "It makes you think about probably how it was back in the early church," says Justin. "You rely on your church family. When you have a need or when somebody's sick, they'll go farm your land for you, and take care of your cattle. It was cool to have that community aspect again."

Through Samaritan, Justin has been able to share the unique ministry with others, and has even found "you get really good deals, too."

"You learn to lean on God," says Justin, "and you know He's faithful in everything, no matter what happens. When you give Him even this aspect of your life, too, it's cool."

## The myth of an ‘obesity tsunami’

by Patrick Basham and John Luik

Everyone knows The Truth about obesity: we’re getting fatter each year. Our growing girth is termed everything from the “pandemic of the 21st century” to an “obesity tsunami.” But the evidence is now flooding in from both America and England that obesity is the epidemic that never was.

Two studies produced by the U.S. Centers for Disease Control and Prevention (CDC) and published in the *Journal of the American Medical Association*—one about obesity in children and adolescents, and the other about adult obesity—completely undermine the claims of an obesity epidemic.<sup>1, 2</sup>

Both studies are based on information from the National Health and Nutrition Examination Survey from 2007-08, which is a representative sample of the American population. The survey measured the heights and weights of 3,281 children and adolescents and 219 infants and toddlers, as well as 5,555 adult women and men. The study of children and adolescents looked at the body mass index (BMI) of children and adolescents over five time periods between 1999 and 2008, the decade during which child obesity was widely described as America’s pre-eminent public health problem.

The results are striking. During none of the five periods was there a statistically significant trend, except for boys at the highest BMI levels. In other words, if there was a spike in obesity, it was confined to a very small number of very obese boys.

What about the adult “couch potato” generation? Here, again,

the results put the lie to claims of an obesity tsunami. In the study of adults, the researchers also looked at obesity trends over the past decade. For women, there were no statistically significant changes in obesity prevalence over the entire decade, while for men there were no prevalence differences during the last five years of the decade. As the researchers note, obesity prevalence may have “entered another period of relative stability.”

### Evidence is now flooding in that obesity is the epidemic that never was.

A similar absence of an obesity epidemic is to be found in England. According to the Health Survey for England, which collected data from 7,500 children and almost 7,000 adults, there has been a decline in the prevalence of overweight and obesity for adult men, while for adult women prevalence has remained the same.

Comparing the results of the survey for 2007 with those of 2004, there have been either declines or no significant changes in male prevalence of overweight and obesity in all age groups from 16-54. As for children, the survey finds: “There was no significant change in mean BMI overweight/obesity prevalence between 2006 and 2007, and there

are indications that the trend in obesity prevalence may have begun to flatten out over the last two to three years.”

For example, there was a decrease in obesity in girls aged two to 15 years old between 2005 and 2006, from 18 percent in 2005 to 15 percent in 2006. Among boys aged two to 10 years old, the prevalence of overweight declined from 16 percent in 2005 to 12 percent in 2006. According to the results, overweight and obesity have been declining among boys and girls aged two to 15 since 2004. In girls, obesity prevalence levels are largely unchanged from where they were in 2001.

The findings of the English survey not only contradict the claim that we are in the midst of an obesity epidemic, but they also debunk the public health establishment’s erroneous claim that increases in children’s weight are due to junk food advertising and too many sugary soda drinks. According to the survey, the root cause of any weight gains that one does see appear to lie in physical activity levels. For example, “21 percent of girls aged two to 15 in the low physical-activity group were classed as obese compared with 15 percent of the high group.”

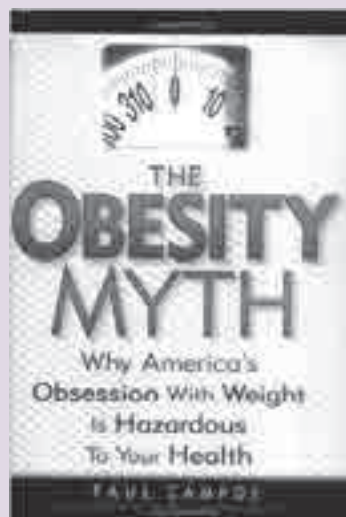
A similar pattern was found in the 2006 survey, which found that 33 percent of girls aged two to 15 with low levels of physical activity were either overweight or obese compared with 27 percent of those with high levels of physical activity. As with smoking, obesity prevalence

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## For more information



**Diet Nation: Exposing the Obesity Crusade**  
Social Affairs Unit, 2006  
ISBN-13: 978-1904863199



**The Obesity Myth: Why America's Obsession with Weight is Hazardous to Your Health**  
Gotham, 2004  
ISBN-13: 978-1592400669

“The important work of making obesity appear to be both a disease and an epidemic is carried out by the Body Mass Index (BMI). The determination that individuals with BMIs in excess of 25 are overweight and in excess of 30 are obese is... the product of the International Obesity Task Force (IOTF), which receives 75 percent of its funding from pharmaceutical companies... The IOTF also receives funding from the makers of weight-reduction drugs.”

“Not only are the claims of an obesity epidemic, particularly an epidemic of childhood obesity, often wildly exaggerated, but the science linking weight to unfavorable mortality outcomes is frequently non-existent or distorted.”

“Over the same time as the supposed obesity epidemic, risk factors for many diseases have declined, as has the prevalence of many diseases, while longevity has increased.”

“Weight loss is associated with INCREASED mortality.”

“Some experts suggest the most significant cause of eating disorders is a food and diet-obsessed environment.”

“A compelling case can be made that damage to health from attempting to lose weight is far greater than the health consequences of overweight and obesity.”

“Here are some figures from what at the time it was compiled was the world's largest epidemiological study to date. This study was conducted in Norway in the mid-1980s, followed 1.8 million people for ten years. ... The highest life expectancy (79.7 years) was found among people with BMI figures between 26 and 28, all of whom were overweight according to current U.S. government guidelines.”

“The major population studies of obesity and mortality fail to show that overall obesity leads to greater risk.”

“Many studies show that maximum longevity is associated with above average weight.”

“Again and again, analyses of large-scale epidemiological studies have confirmed this general pattern.”

“Except at quite severe extremes, body mass by itself has no value as a health and mortality predictor once other variables (especially activity levels) are taken into account.”

“There is no good evidence that significant long-term weight loss is beneficial to health, and a great deal of evidence that short-term weight loss followed by weight regain (the pattern followed by almost all dieters) is medically harmful.”

## **A person—not a statistic**

by Les Riley

**E**very one of the patients we see has their own story and needs individual attention.

A few weeks ago at our Frayser clinic on the north side of Memphis, an obviously pregnant young woman in her early 20's walked in bringing along a little boy. She was sobbing, so Vickie, one of our volunteer coordinators, asked her what was wrong. Vickie found out that she had gotten a ride to the Morning Center, and that the driver just dropped her off and left her.

Now you have to understand, Memphis sits along the Mississippi River, in a corner between the states of Mississippi, Tennessee, and Arkansas. When I say “West Memphis,” it's in Arkansas. Another community called Whitehaven, sits right on the Mississippi state line. Another community called Frayser, is on the north side of Memphis.



Transportation is a big issue in Memphis. The young woman and her little boy didn't have any way to get home, so she was sobbing.

I spent the next hour doing what I do with about half my time—running around trying to figure out how to help this patient with her unique situation, talking to people, calling different ministries, and learning for sure that there wasn't going to be a ride. Vickie said, “I'll take her home.” So she took her and her little boy home, due to the unusually diffi-

## **The Morning Center is a conduit for the Church to come together and get involved in people's lives.**

cult circumstances of this woman's plight. They had to use a borrowed car seat, because whoever dropped off and left them, took the car seat with them. Vickie got to quickly make a connection with her, and they built a relationship.

When her next appointment came up four weeks later, she called from a safe house in West Memphis, Arkansas, and she was in tears again. We learned that she was 23 years old, very bright and articulate, but an absolute wreck. Abused by her father, a military man who abandoned them. Her mother joined a cult, and the cult leader took all of their money and told the mother that her kids were demon possessed, and she should get rid of them. So she was dropped off at a homeless center when she was 16 years old. In

the seven years since, she has lived with abusive men and in homeless shelters. She had only a bag with a few clothes, and one pair of shoes.

She can't get support from the first baby's father, the two-year old, because he was abusive. She doesn't want him to know where she is. The second baby's daddy was abusive to her, and when she got pregnant, he started abusing the two-year-old.

The homeless shelter where she was staying would only agree to let her stay if she would get food stamps and child support, all the government programs she could, and give it to them—kind of a for-profit enterprise.

So she called in tears, because she didn't have a ride to our clinic. I told Vickie, “We'll get her here, and then figure out somewhere she can live.”

Vickie went to her church, Leawood Baptist out in the suburbs, and gathered up some clothes for the little boy. Somebody else from another church dropped off some toys and books. I called a street preacher I know who also pastors a Baptist church in West Memphis, and he and a Presbyterian pastor, went and picked her up, gave her a car seat, and brought her across the bridge from Arkansas to our clinic in Frayser.

Her only pair of shoes had holes in them. Another church in Frayser took her to their clothes closet, and gave her a bunch of shoes. We talked with her, we counseled with her, and she ended up going home with Camille, our practice administrator. She is now living with Camille and going to church with her.

Now, what have I not mentioned so far here at all? I haven't mentioned maternity care. I haven't mentioned abortion. I haven't mentioned caring for the poor. I haven't mentioned all of the things people



usually think of the Morning Center doing, like free prenatal, delivery, and postpartum care, or free ultrasounds, labs, dietary, and nutritional counseling.

The Morning Center is not going to fix this country's problems. The Morning Center is not going to fix the problems in Memphis. Samaritan Ministries is not going to fix this country's problems. The Church of the Lord Jesus Christ is what He has on earth, and the Morning Center is a conduit for the Church to come together and get involved in people's lives.

through Biblical charity, through all the things that we talk about—to build relationships with people created in the image of God, and live out the two greatest commandments. We need to share the Gospel in word and in deed with the people God brings into our lives every day, and let Jesus take care of the bigger picture—the statistics.

We should take care of the individual—this one girl, this one person. We stop treating “the poor” and we start treating an abortion-minded mom. We see all of those Planned Parenthood videos, and we

ultra-sound picture away and said, “I’m going to abort this one.”

“What about adoption?”

“Nobody’s going to want him. He’s going to be retarded, just like that one.”

She was talking about her little two-year-old boy who’s got problems from the alcohol and drugs she did throughout her last pregnancy.

She’s 18 weeks along. That’s a little baby. She saw the ultra-sound picture. She said, “Yeah, I can’t get an abortion in Memphis, but its \$2000 in Little Rock, and I’ve got that much saved up.”

There are glowing success stories, and there are heart-breaking ones. But that’s the ministry that Jesus Christ gives us. He gives us the opportunity to get our hands dirty, where there are hurting people and have our hearts broken. That’s the ministry of incarnation, isn’t it? Jesus came down among a bunch of dirty, broken people who let Him down all the time. That’s what we must do for others. ♦



I’ve been involved in pro-life ministry for a long time and worked it from a lot of different angles. Jesus said the poor you will always have with you.

Soviet dictator Joseph Stalin said that one death is a tragedy, a million deaths is a statistic. We’ve got to quit treating the poor like statistics. They’re not the thugs we see portrayed on TV. They’re not the people we’ve seen pouring across the border into some country. They’re not nameless, faceless, masses.

An abortion-minded mom is not a statistic. She has her own story. She’s has her need. What the Morning Center gives us is an opportunity—

tend to get caught up in big numbers. Each abortion is a person God created. A million and a half abortions a year are nothing our God can’t stop. But we need to be broken-hearted to our God that there is even one. One in our city. One in an area we can reach. That’s really all the Morning Center is, and that’s all we do.

On the other side of spectrum, we had another girl come in last week. I’ve been involved in pro-life ministry for 23 years, and I told my wife it was the hardest case I’ve ever seen. She was 18 weeks along, and we offered her everything, but she wanted none of it. She threw the



*Les Riley is the Executive Director of the Memphis Morning Center. He is the husband of Christy, a father of ten children, farmer, and the former executive director of Personhood Mississippi where he, and his 2000 staff members and volunteers advanced a statewide initiative to recognize life from conception. Les enjoys reading, writing, and speaking with anyone about pro-life issues.*

## Who's in Mama's chair? Loving a parent with Alzheimer's

by Eileen J. Hill

reviewed by Marcia Krahn

“**T**his is a book I wish I didn't have to write,” Samaritan member Eileen Hill states in her dedication. With honesty, humility, and sympathetic humor, she introduces us to her mother, Ruth Jackson Jenkins, once vibrant and loving, who now is “dying a little every day” with Alzheimer's disease. She then invites us to watch from outside her window as she struggles to love and care for this “stranger” who sits in her mama's chair.

Mama's favorite place is her peach-colored velour rocker, bought a year after her husband died suddenly of a heart attack. When Eileen and her husband, Kenny, bring Mama home to live, the peach chair comes along. Their master bedroom morphs into a condensed version of Mama's home, stuffed with her treasures. Mama enters her new room, cuddles up in her chair, and feels at home again.

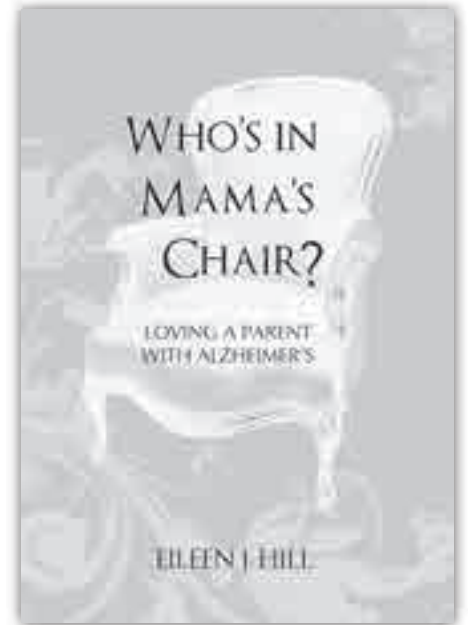
Eileen soon realizes that the way her mother sits in her chair is a clue to her mood and what kind of day they will both experience. Funny Mama asks, “You'll never be RUTHless as long as I'm here, right?” grinning at the word play on her name. Eileen tries to be attentive to Mama's one-liners. “Did you know I was a pilot? I pile it here and pile it there.”

Dependent Mama is still in bed, covered up to her eyes, uncertain what to do. Sad Mama slouches and sighs, squeezing her eyes into slits to keep out all sunshine. The melancholy is palpable as Sad Mama stares vacantly, unaffected by any cheer Eileen offers.

As Eileen identifies her mother's behavioral changes, each with distinct characteristics, she also becomes aware of her mother's true needs and how to tenderly give her care. On those Sad Mama days, Eileen quietly comforts as best she can, and falls on her knees to pray for Mama and others full of sadness. Teddy Bear Mama lines her collection of teddy bears, many made by her own hand, in a jumbled line across furniture and floor. She needs a daughter-playmate to romp through a tea party with Teddy Grahams, gummy bears, and grandkids.

Restless Momma fidgets in her chair, rearranging her purse, books, jewelry, pictures. Restless Mama needs a daughter who will patiently provide simple tasks, not caring how or when they are done, allowing her to refold piled towels and take her on short walks or car rides. Anxious Mama, Sneaky Mama, Vulnerable Mama, all need an honorable and protective daughter who will shield her and intercede for her in her weakness. These insights come to Eileen after wrestling with herself, her mother, and sometimes, her Lord.

Ultimately, Eileen grasps that God is using her mother's disease as “a tool in His refining hands” to cultivate His likeness in her, and using her to be a channel of His love and care for her mother. Out of these realizations, Eileen gives us glimpses into what she faced each time a new Mama appeared, and how God challenged and nurtured her through that time.



GrammysYarns.com, 2013  
Kindle edition available at Amazon.com

Eventually Fading Mama appears, who is seriously ill and no longer recognizes her, quickly followed by Institutional Mama, who must have medical care beyond Eileen's ability to give. Eileen's anguish during these days is evident as she relates her mother's declining condition.

Finally, Victorious Mama emerges. Although it was months before Eileen could write this chapter, she is confident that her mother, Ruth Jackson Jenkins, is triumphant over the struggles and pain of Alzheimer's, and is now seated with her Savior and Friend, Jesus Christ.

*Who's in Mama's Chair?* is a book that awakens compassion for caregivers and for those captured by Alzheimer's disease, and inspires us through the love and servant heart of a godly daughter. ♦

and told her that we're praying for her, and anything she needs, we're going to take care of her. ... I can see God working in my life, refining me, teaching me how to love His people, and that's been a challenge for me, because I'm not that way. It's been really good to watch God through all of this."

Justin and his family also have the unique opportunity to share the Gospel through *Lake Life*, which features the Herman Brothers and their families coming together to build fantastic structures in different

locations. It's both an incredible blessing, and a trial God is using to refine the Herman family.

"Definitely the TV show is putting a big glass window right to your heart," says Justin, "You bring out a lot of ugly in your lives ... That's God's way of refining you and getting it out of you. It's been exciting to see Him work through our family this way, and how it's brought our family closer on a whole new level. We all love each other, we get along great, but this is taking that to a whole other, deeper level."

Justin also has the special benefit of getting to work with his wife, Katie, on the Ranch, and enjoy spending time with their kids, Crosby and Scarlett, during the weekdays.

"I'm out here a lot," Justin says, "So what's really exciting, is my wife

loves it out here. She runs a lot of the activities and events. She helps with the store, keeping it stocked. Two to three times a week they'll come out here and be setting up stuff.

"It's been really cool to watch our whole family growing through this," says Justin, whose son, Crosby, takes

great joy in the Goose Ranch playground and riding tractors with Daddy.

"As we're growing, this is growing," says Justin, "I'm excited for my son's future out here. I flash back to when I was his age. If I had an opportunity

like this, that would've been so cool. So I'm excited for him and what God's going to do for his life and the opportunities he'll have out here. We'll have all the heavy lifting done for him, and then they can be real creative with it all."

As Justin and his family, the Herman family, and the Herman Brothers look to the future, "We're excited to see what God's going to do with it. We have a lot of really fun ideas, with different family camps and ministry opportunities, and we're just excited to see where God will take it." ♦

**It's been exciting to see Him work through our family this way, and how it's brought our family closer on a whole new level.**

was higher in both boys and girls in the lowest income group.

Clearly, governments' current course of draconian regulatory treatment seeks to cure an illusory disease. The nanny state's infatuation with an obesity epidemic that does not exist is a searing indictment of this particular public health crusade. ♦

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There is evidence that males who consume less saturated fat and more unsaturated fat produce less testosterone.<sup>5</sup> Similarly, reduction of dietary fat results in lower estrogen levels.<sup>6</sup> Low saturated fat in the diet is associated with female infertility.<sup>7</sup>

And it is now realized that the shift away from dietary fat and towards carbohydrates that the 1977 guideline recommended spawned the current diabetes epidemic.<sup>8</sup>

### **Ingrained fat phobia**

This factitious report resulted in a fat-phobic America. Fat phobia is so ingrained now it may be difficult to reverse.

How the recommendations of this select committee of dieticians and politicians misdirected America into eating a diet that was never satisfying (lack of satiation) and lowered sex hormone and mood levels while fattening and diabeticizing America is inexplicable. Did the entire medical profession line their own pockets by written policy to ensure there would be more than an ample amount of disease to treat?

Charts from the 1977 report show seven published dietary studies never varied significantly (no more than 1-2%) for heart deaths or all deaths as visualized by the distance of squares from a midline in the chart. Using their own evidence, the guideline was scientifically bogus.

### **Then came the cholesterol-lowering drugs**

In the wake of this guideline the first FDA approved cholesterol-lowering statin drug, Mevacor, was approved in 1987.<sup>9</sup> Mevacor failed to reduce coronary artery disease mortality rates but the FDA never

removed it from the market but rather chose to allow pharmaceutical companies to submit more powerful liver-toxic statin drugs for approval.

An authoritative study published in the *Journal of the American*

Fearful heart disease patients can't imagine living without them. Yet, in practice, it turns out patients have used statins to give them a license to overeat.<sup>13</sup>

The rate of heart disease throughout the world has declined and

**It is now realized that the shift away from dietary fat and towards carbohydrates that the 1977 guidelines recommended spawned the current diabetes epidemic.**

*Medical Association* showed elevated cholesterol is not a risk factor for mortality or heart disease.<sup>10</sup> But cholesterol drugs were good for business.

Despite the fact cholesterol-lowering statin drugs only prevent one non-fatal heart attack among 200 healthy users over a 5-year period, the sale of statin drugs rose to billions of dollars.<sup>11</sup> More than 25 million Americans were taking them. Global sales of cholesterol drugs rose above \$35 billion in 2006.<sup>12</sup> Halt the sale of these problematic cholesterol-lowering drugs (they are fraught with side effects) and the pharmaceutical sector of the stock market would plunge.

Despite these facts, cardiologists are not expected to abandon their proclivity to prescribe these liver-toxic pills anytime soon. Cholesterol phobia drives patients to doctors' offices.

statin drugs are often attributed to this improvement in heart health. But the worldwide decline in heart disease began in the 1960s, more than a decade before statin drugs came into use.<sup>14</sup>

### **Circulating cholesterol is not arterial plaque**

About 80 percent of circulating cholesterol particles are produced by the liver. The remaining 20 percent comes from the diet. But circulating cholesterol is not the cholesterol that forms arterial plaque. Furthermore, most sudden mortal heart attacks are electrical storms, not caused by cholesterol blockage of a coronary artery.<sup>15</sup> So driving down cholesterol numbers has not driven down death rates from heart disease despite contrived science produced by modern medicine.

Listening to advice from cholesterolologists may be harmful. There is

such a thing as driving cholesterol levels too low. Men with low cholesterol are five times more likely to kill themselves.<sup>16</sup> Low cholesterol is associated with depression and anxiety among women also. Low cholesterol levels are also associated with cancer.<sup>17</sup> A large study involving thousands of middle-aged and senior men showed those subjects with total cholesterol levels below 170 had the highest death rates.<sup>18</sup>

Cholesterol particles (lipoproteins) are necessary to maintain mood, produce sex hormones, and transport key antioxidants (vitamin E, beta carotene, lycopene, lutein) to tissues.<sup>19, 20, 21</sup> You aren't healthy if your liver is not making cholesterol.

Cholesterol-phobic individuals with heart problems who now need something to replace their fear of cholesterol may want to investigate the work of cardiologist Lester Morrison who cured heart disease in the 1970s.<sup>22</sup> Or learn about another overlooked cholesterol particle called lipoprotein(a).<sup>23</sup> Three scientifically valid artery cleansing regimens you can do at home have been described by this author.<sup>24</sup>

If you absolutely must reduce your cholesterol numbers, the use of vitamin C and apple pectin has been proven to remove cholesterol via bile flow.<sup>25</sup> The red wine molecule resveratrol (rez-vair-uh-trol) promotes efflux (exit) of cholesterol from the liver rather than toxic drugs that interfere cholesterol production in the liver.<sup>26</sup>

Like other unfounded phobias, such as arachnophobia (fear of spiders) or fear of flying (aviatophobia), the doctor-induced fear of cholesterol is a disorder that can be overcome. ♦

*Disclaimer: The information in this article is for educational purposes and not meant as medical advice.*

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## Prayer for the Persecuted Church

*Hebrews 13:3 tells us to “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” Our brothers and sisters in Christ around the world are being persecuted for the sake of the Gospel. We need to remember them in prayer. Each month, the Christian Health Care Newsletter will provide updates gleaned from such sources as World Watch Monitor and The Voice of the Martyrs and offer prayer points. Please use them in your personal or group prayer time.*

### **Two Indonesian churches burned**

Two churches were attacked in Indonesia recently, Voice of the Martyrs reports. The Indonesia Baptist Church was set on fire early July 20 when a burning tire was thrown into the building's front terrace. That same morning, two entrances to the Javanese Christian Church were scorched. That site had a note in which a group called for all churches on Java Island to be burned. *Praise God that police security has been increased in the districts where the fires occurred. Pray for provision for the churches and for members who have been displaced.*

### **Syrian family comes to faith**

A Syrian family left Islam and came to Christian faith after Muslims destroyed their business, VOM reports. After meeting a VOM partner and asking questions about Jesus, the family accepted Christ. *Pray for strong faith for these new believers, and for provision for them and all families displaced by violence in the Middle East.*

### **ISIS continues barbaric acts**

A Middle Eastern priest was kidnapped, killed, and chopped into pieces as part of a fundraising effort for Islamic terror groups, International Christian Concern reports. He is one of dozens of Arab Christians who have been tortured or killed over the past year, part of a religious cleansing effort by the Islamic State in Syria. *Pray for the safe release of all those Arab Christians being held by ISIS, and that members of the group would see the light of Jesus.*

### **Nepal considers prohibitions**

Proposed amendments to the Nepalese constitution would prohibit Christians from participating in church services and other activities, according to ICC. Proselytizing is already banned in Nepal, but the amendments would “mean that anything perceived as ‘evangelistic’ could be punishable by law.” *Pray that the amendments fail, that God would place just leaders in the Nepalese government, and that Christians would be able to worship and preach the Gospel unhindered.*

### **Sudan pastors acquitted**

A Sudanese court acquitted two Sudanese pastors after they served more than seven months in prison on several charges, ICC reports. *Praise God that Yat Michael and Peter Yen have been released. Pray for their protection and safety as they return to life at home.*

### **Canadian pastor ‘confesses’**

Canadian pastor Hyeon Soo Lim was shown on video footage released by North Korea “confessing” that he had committed crimes against the state, ICC reports. Hyeon confessed in front of a Pyongyang church congregation. *Pray for Hyeon’s swift*

*release and for the thousands of Christians believed to be imprisoned in North Korea labor camps.*

### **Bombs planted in N.M. churches**

Bombs were found planted in three New Mexico churches recently, ICC reports. One, at Calvary Baptist Church in Las Cruces, exploded. Police hadn't determined if the incidents were related and are searching for a potential suspect seen in surveillance footage. *Praise God no one was hurt at any of the churches and pray that authorities will be able to apprehend anyone involved in planting the bombs. Pray also for protection for those churches and for the conversion of whoever is involved in the crimes.*

### **Eight Christians detained in Iran**

Iranian authorities detained at least eight Christians in a raid on a house church gathering August 7 in Karaj, ICC reports. Gatherings are legal under Iranian law, but raids are still common. *Pray for those beaten and arrested, for courage for Christians throughout Iran, and for greater protection for Christians there.*

### **Church ‘brainwashes’: police**

Authorities in a Middle Eastern country are investigating a church for “telling Muslims about Christianity,” VOM reports. Police questioned the pastor and others at the church for teaching Muslims who come to the church about the Bible. They are claiming that the Christians “brainwash” Muslims and force them to convert. *Pray for the witness and boldness of the church’s leadership and membership.* ♦

*For more information on the persecuted church, contact The Voice of the Martyrs ([www.persecution.com](http://www.persecution.com), 877-337-0302), International Christian Concern ([www.persecution.org](http://www.persecution.org), 800-422-5441) or World Watch Monitor ([worldwatchmonitor.org](http://worldwatchmonitor.org)).*

### The inconsistent morality of Ashley Madison

Continued from page 3

it worthwhile is to try to cram as much fun into it as possible, indulging yourself in anything you like that you think will bring you pleasure. This means that the constraints of being faithful to your spouse and denying yourself a “good time” with someone else is anathema to the good life and to your basic human rights. So come on, drop your silly prudery, register with us and we’ll take all the hassle out of setting you up with someone else who just wants to enjoy themselves.

It reminds me of an advertising campaign a few years ago by a prominent secular organization, the British Humanist Association (BHA). They paid for a series of advertisements on London buses with the slogan, “There’s probably no God, so stop worrying and enjoy yourself.” I always wanted to fine tune it a little. Something like, “There’s probably no God, so stop worrying and go ahead commit adultery, steal, lie, cheat—whatever takes your fancy, just make sure you don’t get caught.”

Secularists would no doubt respond, “Oh come on! When we said you could enjoy yourself without worrying, we didn’t mean you could do anything you like. There are limits, even if this improbable God is really unreal.” Which is almost funny. There they were telling us that the lack of God meant that we could stop worrying and enjoy ourselves, but probe a little further and you find that actually there are still things we need to worry about, things we shouldn’t do, and there are limits to how much we can enjoy ourselves. Apparently there are standards after all. Who determines them, though, is never very clear!

Arguing against moral relativism almost always elicits the follow-

ing response: “Are you saying that people who don’t believe in God are bound to do all these things like lying and stealing and committing adultery? Are you saying that we can’t be moral without God?”

To answer the second question first, in an absolute sense, no we can’t be moral without God. We can display moral characteristics, but we can’t be moral. If God exists, He is the absolute source of morality and therefore true morality consists of absolute conformity to Him. If we deny Him, or any of His laws, we are by definition immoral. And we are all—by nature—in that boat. On the other hand, if God didn’t exist, the source of morality is what? Man? Hardly, since men don’t agree on what is moral, and their moral standards are constantly shifting.

The first question is a little more nuanced. Many unbelievers live lives that in many ways conform to an outwardly moral standard. They don’t steal. They don’t commit adultery. They are happily married and they love their children. And so they are outraged at what they perceive to be the insinuation that not believing in God inevitably leads to them being—as one unbeliever said to me recently—“a mess of hedonistic instinctive behavior.”

But it is important to note that this is not the point we are making. It is indeed true that many of those who do not believe in God live monogamous lives where they love their children and are honest. Yet why do they do so? Essentially, it is because they believe it to be expedient. The anchor point is therefore not God and His laws, but rather utilitarianism—the idea that morality should be guided by whatever maximizes utility, or that “actions are right in proportion as they tend to promote happiness, wrong as they

tend to produce the reverse of happiness” (John Stuart Mill).

Of course the problem with this is that while some people might make a calculation that this looks like monogamy and a good relationship with their children, others could just as equally conclude it looks like signing up for Ashley Madison. So while Mr. Smith chooses to live out his utilitarian faith (and it is a faith) by being a faithful husband and loving father, Mr. Jones could well choose to live out his utilitarian faith by being a serial adulterer, fathering 10 children by 10 different women, taking drugs, and by lying to get whatever he wants. And here’s the rub: Mr. Smith cannot say that what Mr. Jones does is wrong, because Mr. Jones shares the same fundamental presuppositions and values—there is no God, and the ultimate goal in life is to maximize happiness. If Mr. Smith does at any time condemn Mr. Jones’s behavior as wrong, all he has done is to jump out of his ordinary circle of ethics to borrow from an entirely different code altogether (probably the Judeo-Christian one).

This is just what Ashley Madison have done. Having proclaimed “Life is short. Have an affair,” they ought to be able to accept “Life is short. Hack a company and release their details.” This is completely consistent with their own ethical system. Yet somehow, when their relativistic ethics failed them and they jumped into the Judeo-Christian ethical system to take issue with those who decided it would maximize their happiness to hack Ashley Madison. No prizes for guessing why! ♦

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“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on My account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.”

Matthew 5:11-12

Our idea of God's blessing can be very different from His, sometimes completely the opposite. We naturally want life to be easy, not difficult. We tend to think that when we obey Jesus Christ, pleasant things will happen to us, and others will be nice to us and tell the truth about us.

When the opposite happens, we may be surprised and wonder why we aren't being blessed. Jesus says that actually we are being blessed. The same thing has happened to the servants of God throughout history. The Bible is full of examples

that show that being reviled and persecuted for Jesus is to be expected. It is normal.

When we are reviled, persecuted, or lied about for Jesus' sake, we should rejoice and be glad, because our reward is great in heaven. That's when we really are blessed.

For the Kingdom,



Ray King