

Christian HealthCare

NEWSLETTER

MEMBER LETTER:

Its something bigger than my own dilemma

I am a 62-year-old self-employed woman, and when I found out that I couldn't afford the "Affordable Care Act" plans available to my husband and me, I didn't know what to do.

Not having health insurance at this stage in our lives was extremely worrisome and left us feeling vulnerable.

Then my husband met a gentleman while traveling, and he told him all about Samaritan Ministries. From the moment I became a member, I knew I was involved in something so much bigger and more important than my own dilemma.

This year I had a need, and everyone I came into contact with, whether staff or members, caused me to feel God's love and presence.

*Suzanne Harrison
Kirkland, Washington*

New year, same issues, eternal hope

by John Stonestreet

Many people are glad 2016 is behind us, and I understand why. But of course, the issues that made last year a struggle are not behind us. Let me explain.

We talk a lot on BreakPoint about what the French philosopher and theologian Jacques Ellul called the "political illusion"—the idea that our problems are primarily political ones with political solutions. Or that, as Chuck Colson put it so pithily, salvation will arrive on Air Force One.

Many Americans, Clinton and Trump supporters alike, fell for the political illusion during the presidential campaign. Many continue to today: some by thinking that all is lost, and others by thinking that all is well.

This is why, during the campaign, I made the statement—and let's just say I got a lot of feedback on it—that the state of our elections reflected the state of our nation; that Alexander Solzhenitsyn was right when he said during his famous speech at Harvard, "There are meaningful warnings which history gives a threatened or perishing society. Such are, for instance, the decadence of art, or a lack of great statesmen."

Now, make no mistake. With Donald Trump in office, it's possible, even likely, that we're going to get a reprieve from the aggressive anti-Christian policies of the Obama administration. We can dare to hope that nuns won't be forced to

buy insurance for contraceptives and abortifacients, for example, and that federal funding for Planned Parenthood can be curtailed, maybe even eliminated. We can hope for a Supreme Court justice or two who will uphold the Constitution and not invent rights out of thin air.

Now all of that is good. But please remember this: As the Democrats learned the hard way, what goes around comes around. The election was a reaction to extreme secular liberal policies. After Republicans attempt to dismantle the Obama agenda, there may very well be an equal and opposite reaction. National elections happen every two years, after all.

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Sharing Summary from January

Shares: <small>(reduced 7 percent)</small>	\$20,976,667	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:	\$20,976,501	
In Negotiation:	\$ —	
New Needs:	2,876	
Total Needs:	5,770	
New Rewards:	152	Member Households: 66,644 (as of 12/23/16)
Miscarriages:	49	
Final Rewards:	14	

Contact Us: 877-764-2426 samaritanministries.org/members

Questions about?

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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.

Moving beyond spiritual baby food

by Rob Slane

Imagine trying to feed a baby solid food before it is ready. Not a happy idea, and I don't recommend trying it. Now imagine feeding baby food to a grown adult. Not something we would recommend for healthy adults.

Now imagine one more scenario. After moving a child onto solid food, the parents decide to take him off it, and go back to feeding him milk from a bottle and pureeing his solid food.

All of these scenarios are not what we would normally want, and yet at the end of Hebrews 5, the writer uses exactly this kind of imagery to chide his hearers. They have clearly been Christians for some time, and so ought to have moved on from the basics. In fact, he says that by this time, they ought to be teachers (verse 12). They should be having a spiritual 12 ounce ribeye steak with fries and pepper sauce. Instead, they are so immature that they still need spiritual baby food.

But what is this baby food? The beginning of chapter 6 says that it is the elementary doctrines of Christ that have just been presented in the previous chapters. He goes on to tell his hearers that they should not be forgetting these truths so much that the foundation needs to be laid again and again, but to get on with building the rest of the house. What is that foundation? The fact that we were dead in trespasses and sins and have been saved by faith in God (verse 1). He even includes instruction about washings (or baptisms) and the laying-on of hands. These things, says the Apostle, are the basics: church baby food.

The point he is making is that there are things which are foundational to Christianity, but while these things are essential—the baby will die without them—their purpose is to form a firm foundation to build upon, and not to be a foundation which we keep on laying and laying and laying ad infinitum.

What is interesting about all this is that for many Christians and many churches, the things that are mentioned as being food for babies, are assumed to be meat for adults. I know of churches where the congregation is fed only baby food, week after week, month after month, year after year. It is presented in a very weighty—or we might say “meaty”—manner, with the gravitas that the foundational matters deserve. But according to Hebrews, this is weekly milk and not weekly meat.

I suspect that possibly millions of Christians may find themselves in a similar position. They hear sermons on the deity of Christ, or justification by faith alone, or the death of Jesus on the Cross, which are all needful from time to time to remind us of the foundations of our faith. Yet Hebrews says that these things are basics, and we need more. Otherwise it's like signing up for a course in advanced mathematics and getting the multiplication tables every week.

But if those fundamental truths mentioned above are milk, what is the meat? Are there things even more weighty than them? The answer is no, it's not that they are weightier. Those foundational truths are as weighty as things get.

However, solid food is simply the things that we are meant to learn, having been taught the basics.

He tells them the answer to this in verse 14 of chapter 5:

But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

Meat, or solid food, is therefore wisdom and discernment built upon the foundational doctrines. Another way of stating this is that the solid food is the stuff that Paul talks about after the “Therefores” in his letters. For instance, in his letter to the Ephesians, he devotes the first three chapters to talking about the foundations of the faith, before going on to state at the beginning of chapter 4:

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

His message throughout the rest of the epistle is basically, “now go and build on this foundation using wisdom and discernment in all areas of life.” And so he goes on to instruct his hearers how they should speak, how they should think, how they should walk before God. He tells them that since they are no longer in the kingdom of darkness, they ought not to behave as if they

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Tom Fodi Hospice chaplain

by Michael Miller

If you're going through a difficult time, Tom Fodi is the kind of guy who will come alongside you.

Tom's resume shows a tendency toward that: He was a U.S. Air Force chaplain for seven years, started a home care business during which he ministered to people, and now tends to the dying and their families as a hospice chaplain.

"In the Gospels, you can watch Jesus come alongside everyday people at difficult times in their lives," Tom says.

Chaplaincy is not the extent of his ministry, though. He's also lead minister of The Hills Church

in Upper St. Clair, Pennsylvania, and a borough councilman in Bellevue, Pennsylvania, both suburbs of Pittsburgh.

Tom ended up serving Christ in these positions despite his original plan of attending Virginia Military Institute and having a military career. One of the conditions for being able

to date Erin, the woman who would become his wife, was to attend church weekly. He became a believer in Christ as a result and "salivated" for more.

"I just gave up everything and went to Bible college," Tom says. "I wanted to pack a lifetime of Sunday school into a college education."

He received his preaching degree from what was then Johnson Bible College in Knoxville, Tennessee, and was ordained in 2005, but he ended up in the military anyway as a chaplain from 2006-2013. His time in the USAF included a lengthy deployment to Iraq in 2011.

That Middle East crisis led to something of a crisis in faith for Tom.

"I went into the military with a standard, patriotic, red, white, and blue, America's 'God's country,' conservative view of America's involvement in the world," Tom says. "After being in Iraq, I found myself more libertarian, not interventionist. It



changed me. I really found that it benefited my faith."

Tom says he had to make his political beliefs consistent with his faith, "to clarify what God's role in the world is."

"There was a lot of growth in me, asking questions I don't think I really wanted to ask of myself because I wanted to be patriotic," he says.

"There were a lot of psychological, spiritual, and emotional changes."

Those changes, as well as a growing family, also changed his mind about being a "career military guy" like his father-in-law, who was a "full-bird colonel" in the Air Force. Tom decided it was time to move on.

"Admitting that to my father-in-law was hard, too," Tom says. "I projected his expectations upon me."

After leaving the Air Force, Tom worked for some churches, all of them long-established congregations. There he met members of the "Greatest Generation."



“You end up with a lot of people who are elderly,” Tom says. “I felt an affinity for that generation that came as kind of a gift.”

He heard complaints about health care systems among seniors, especially those who were receiving home care as a way to stay independent. Home care services provide basic helps to the elderly like cleaning, running errands, bathing, and dressing.

“I didn’t even know this world existed,” Tom says. “I didn’t know who to recommend.”

As changes were being made in Tom’s congregation, The Hills Church, an opportunity was opened for him to start a business that would support the church work he was doing, “to provide senior care that comes with a pastor’s heart.”

“I found we weren’t treating that generation as we should be,” he says. “It’s an epidemic around the country, not just here in Pittsburgh. One of our early slogans was ‘The Greatest Generation Deserves to be Treated Like the Greatest Generation.’”

Still serving as lead pastor of The Hills, Tom started Dignity Home Care Professionals in fall 2014 by doing the care himself, “helping to make sure they ate meals, took medications, anything I could do to help.” Demand increased so that he had to hire staff, and soon he was managing hours, payroll, banking, and bills. And it wasn’t going well for him.

“I realized I am more of a pastoral caregiver,” Tom says. “I’m not really good at managing. It was starting to eat away at me. It was becoming more stressful than it should be, even causing potential medical concerns.”

After realizing that, he turned over the day-to-day operation of Dignity to business partners, although he’s still part owner.

Almost immediately after Tom and Erin decided it was time for something to change, a hospice service he was familiar with announced it was looking for another chaplain. He applied and was quickly offered the position. Although he’s only been serving in that role for a couple of months, he has found it fulfilling.

And less stressful.

“My blood pressure has come down,” he says. “My daughter made the comment that she saw me smile again for the first time in some time. I feel like God has really taken care of us in that regard.”

He is using Tom to take care of others in his new role as well, and to spread the Gospel.

“I think the difference between chaplaincy and church is there’s a little more approachability for people outside the faith in the chaplaincy,” Tom says. “It allows me to plant seeds of faith.”

In recently tending to the family of a woman suffering from dementia, Tom was able to “spend time with family members who would have never darkened the door of my church. They’re willing to hear me and allow me to impact their lives. I find that to be a powerful opportunity.”

Emphasizing that he’s not criticizing pastors, Tom says that churches can’t be “changers” in the community “by just throwing on more and more church programs.”

“It’s by being out in the world and coming across people who need God,” Tom says.

Why SMI?

Tom and Erin Fodi joined Samaritan Ministries because they liked the idea of sending a check and encouraging note to another Christian more than sending money “to some hospital installing a new marble hallway.”

The Fodis, who have two children, decided on Samaritan when health insurance premiums of \$1,200 to \$1,300 a month became too much for their one-income, self-employed family.

“It was a punch to the gut,” Tom says. “I didn’t think there was an option for us.”

One of Erin’s cousins, a member of Samaritan, heard about the Fodis’ frustration and told them about the ministry.

“We read everything you had to read and we loved the idea of sending our check to somebody in need instead of a company in a skyscraper,” Tom says. “We love being able to write a note of congratulations for the birth of a child or encouragement to someone battling cancer.”

“I can’t think of a better example of the Church doing what the Church is called to do. I tweet about it. I Facebook about it. I talk about it in a sermon sometimes.”

The Fodis also like what the ministry stands for.

“We’re very pro-life individuals and like our money not going toward the destruction of life or toward medical practices we’re not comfortable with. I think that’s really refreshing as well. It brings a lot of peace.” ♦

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How God provided discounts on my hospital bills

One discount was easy, and another took prayer and persistence

by Nia Klein

After I got out of the hospital and was recovering from surgery, I was able to get some substantial discounts on my bills.

The first one was a big one, a \$60,000 bill. But all it took for me to get \$24,000 off the bill was to make sure I told the provider I was a cash-pay patient. Forty percent is the hospital's standard discount. I just had to say I was cash-pay to get it. It was amazing.

With another bill, I experienced God working on our behalf. That bill was \$15,000. The month that that need was being shared was a prorating month, so I was only getting about \$12,000 in shares and still owed \$3,000.

The morning I headed for the bank to deposit that \$12,000 in checks, I had been talking with a representative from The Karis Group. Even though Karis normally can get providers to give a good discount, he told me this particular provider would not offer anything. I told him I wasn't surprised, but not to worry about it.

I don't know why I said, "Don't worry about it."

I had not planned on going to the hospital offices after the bank, but I believe the Holy Spirit told me, "Go talk to them again."

I quickly sent up a "shotgun prayer": "Lord, help me get the right representative."

That's exactly what happened.

I decided I would not start by asking for a discount, but just lay out how Samaritan Ministries works. I also reminded them that I had had a



bill related to my cancer treatment 10 years earlier, and I had been able as a Samaritan member to completely pay that bill.

I sat down with a young woman in the office, explained my situation, and showed her the receipt for the \$12,000 deposit from that morning.

The young woman just said, "Excuse me for a minute." That's all she said. She walked out of the office, then came back and told me she had called her supervisor, who was at home, and told her everything that I had just told her. She also said, "Which, by the way, blows my mind that this kind of thing (Samaritan) exists."

I said, "Well, God takes care of His people."

She then said she had asked her supervisor if they could just forgive the \$3,000 difference and the supervisor agreed. I was like, "Wow," and that was that.

I went and got a certified check for \$12,000 and took it back to the office, and got a receipt document-

ing it. After that, I got into my car, and even now I remember, I got back on the phone with The Karis Group and was able to get in touch with the person I had been talking to earlier. I started crying. "You know how we just talked about an hour or so ago? Yeah, this is what happened ..." I was crying with joy, and he was jubilant and praising God.

My suggestion for other members in the same situation is to pray before you talk to a hospital. Then, just go in and be relational. Listen to them and understand their concern. They're a business and, for right or wrong, they have reasons for doing things the way they do. It helps not to be defensive, to just kind of take it slowly and listen to them.

Also, be sure to tell them you're cash-pay.

If you have a history with the hospital of paying your bills, bring that up, too. But mostly, I think "gentle" is the way to do it.

James and Nia Klein are members of Samaritan from Urbana, Illinois.

How to plan ahead for unexpected medical care

by Kyle Sadler

As a financial planner, I identify with the Boy Scout motto of “Be Prepared.”

My life and career are centered on being prepared. My family vacation spreadsheet is legendary among friends and family. The detailed itinerary of daily activities, times, locations, and contact information are prime examples of my obsession with preparedness. I strive to embed the idea that, no matter what action in life is taken, a plan is always needed.

There is a direct correlation between preparation and saving money that applies to all areas of life, including health care. Whether the need can be shared or not, preparation results in savings. We are either keeping the share down for everyone, or saving on an expense that comes out of our personal budget.

Like you, I am concerned anytime there is an increase in an expense. Over the years, one thing I've learned is that the health care industry is a money machine. Our responsibility as Samaritan members is to be prudent and to effectively appropriate funds to the right sources. Just establishing a dinner-time conversation about a preparedness plan would cause a positive effect on future share amounts. I do feel that a more advanced plan by members would lead to an even more positive effect on keeping share amounts down. Either way, having a preparedness plan will assist in hedging the rising cost of health care as it continues to affect our monthly share.

It's especially important to have

one before an emergency strikes. The last thing you want to have to do is to make important decisions in the middle of a crisis, when emotions are running high.

Steps in organizing a plan

When you get sick or there's an emergency, you don't want to have to suddenly spend time in research. By starting with an organized plan, the brain just has to follow steps.

That's where preparation comes in handy.

First, I recommend everyone have a primary care physician, children should have a pediatrician, and individuals should have a specialist for specialized care.

Next, let's look at the six primary types of service levels available when a health care need arises unexpectedly:

- Call-in prescription.
- Walk-in clinics.
- Primary care physician office.
- Urgent care center.
- Traditional hospital/freestanding emergency rooms.
- Trauma center.

Now that the six service levels are identified, research and decide on a family emergency plan.

Here's what I did: I called our primary care physician and pediatrician to ask what services and emergency needs they handle. I was surprised to find out what they can and can't handle. Here's an example: Our pediatrician does not handle emergencies requiring stitches, but they do handle broken bones because they have on-

site X-ray facilities. She also noted that they did not handle compound fractures where the skin has been breached because it would require stitches and possibly surgery. Our primary care physician, however, offered the opposite services: That office will do stitches but did not have X-ray capabilities. In the case of an emergency involving a fracture, they would refer us to an orthopedist.

By checking ahead, we were able to change our game plan to avoid an office visit charge and time spent in a waiting room at our primary care physician's office if my wife or I were to break a bone. Instead, we would proceed immediately to an orthopedist that has the proper equipment. Oh, and if anybody in our family needed stitches, we would just go to our primary care office, and they would sew us up.

I also made a few phone calls and spent about an hour on websites researching clinics and urgent care centers in my area. The total time researching: around two hours.

The cost consideration

Picture the service levels as an upward sloping line. This means that a call-in prescription would be at the bottom of the curved line and would mean receiving basic, single-point and simple service and then ascending to the trauma center level, where acute specialization for all needs is handled. Now, imagine a similar upward sloping line paralleling the other line—a cost-for-service line. Cost is generally in line with the curved line. However, there tends

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Is Genesis History?

In 500 movie theaters February 23, a one-night event

reviewed by Jed Stuber

Is the earth billions of years old, or did God create everything in a few days? Did mankind descend from apes, or are we made in the image of God, spoken into existence by Him? Was there a global flood that covered the whole earth, or did water only destroy parts of the earth?

In *Is Genesis History?*, Dr. Del Tackett, former Vice President of Focus on the Family and creator of the Truth Project curriculum, leads us on a journey of examining historical truth. He interviews thirteen scientists and scholars to determine which of the opposing viewpoints above is best supported by the available evidence. On February 23, *Is Genesis History?* will be released in 500 theaters across the country for one showing.

The movie begins with Dr. Tackett standing in a canyon, asking how long we think it would have taken the stream we see to cut the steep walls through the rock. He then reveals that the canyon is younger than he is. It was formed in hours by a massive mud slide that later hardened into rock, following the eruption of Mount. St. Helens.

His point is that “there are a lot of assumptions made by a lot of people about the history of the earth around us.”

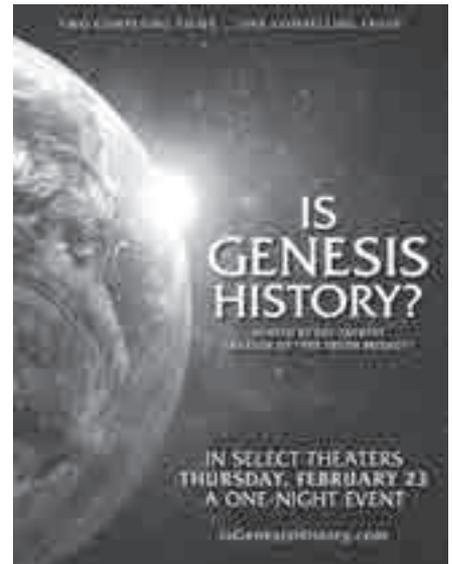
Dr. Tackett leads us on a tour of the Grand Canyon with Steve Austin, a Ph.D. geologist who has spent a lifetime studying the area. Dr. Austin explains that scientists have mapped out the features of a massive lake basin spanning several

states, including the likely point where a dam broke to let the water rush through to cut the canyon. He believes the global flood described in the Bible created the conditions necessary to form the rock layers and fossil beds.

Dr. Tackett takes us to Montana to a dig for dinosaur bones, and talks with molecular biologist Kevin Anderson about his discovery of a fossilized triceratops horn that still contained soft tissue. Anderson says the find caused a worldwide stir, because there is no plausible explanation for it other than a Biblical timeline of a few thousand years, rather than millions of years.

Samaritan member, Rob Carter, a marine biologist and expert in genetics, is also interviewed. Dr. Tackett has a background in computer science and asks Carter about the amazing complexity of the information contained in DNA. Carter says there is no way random chance and mutations can explain it. There must be intelligent design.

Biologist Tom Wood from the Memphis Zoo points out the amazing variation within animal kinds, which creationists do believe are explained by natural selection. However, Wood says there is no evidence one kind has ever evolved into another. He also says that Noah could have had room to spare on the ark, because he only needed about 2,000 kinds of animals. Science can easily explain how these kinds developed into the millions of varieties we see today without using evolution.



IsGenesisHistory.com

Astronomer Danny Faulkner points out that thousands of scientists, many of them atheists, signed a protest against the Big Bang Theory, and he offers a Biblical perspective on the so called “space-time” problem. Archeologist Douglas Petrovich presents compelling historical evidence for the Tower of Babel and the Biblical narratives of the patriarchs.

Also featured is Dr. Kurt Wise, who was being considered to take over the paleontology department at Harvard, but left for a small college to pursue science from a Biblical perspective. He mentions rapidly formed coal and petrified forests as more examples that have shown the error of evolutionary assumptions.

Visit IsGenesisHistory.com to find out if this film is coming to a theater near you, or to be notified of when it is fully released. Also, learn how you can get group tickets or work to bring the movie to your town. ♦

Creation, Evolution, and the Handicapped

by Richard Luther Corwin
reviewed by Alyssa Klaus

Where does a Darwinian, survival-of-the-fittest worldview leave the handicapped? To renowned atheist, Richard Dawkins, the answer is quite clear. When a woman tweeted about her “moral dilemma” of having a Down syndrome baby, Dawkins responded, “Abort it and try again. It would be immoral to bring it into the world if you have a choice.”

Within the evolutionary dogma, there is no room for the handicapped, as value is derived from what a person can offer to society as a whole and humanity is no more than “rearranged pond scum.” Samaritan member Pastor Richard Luther Corwin argues against this ideology in his book *Creation, Evolution, and the Handicapped: Crushing the Death Image*, stating that these views can be dangerous because, as a result, “the social Darwinist or evolutionist freely accepts concepts like eugenics, euthanasia, and abortion as pure science. These are deemed practical options for the betterment of the human community.”

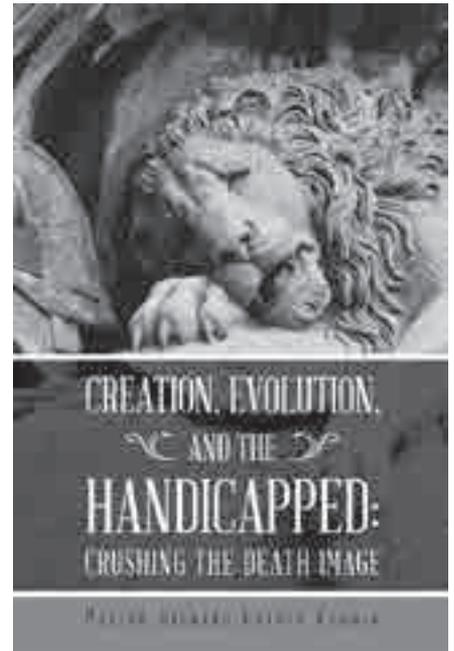
Corwin, who graduated with a Masters in Theology from Harding Graduate School and a Masters in Christian Education from the Institute of Creation Research, was diagnosed with focal epilepsy early on in his ministry career. Though he has been in remission for over 30 years, he remembers the disappointment he felt when he discovered that an accommodation for evolution had invaded the evangelical Church, as well as a valuing of

modern science over Biblical truth. Corwin says it’s possible for this accommodation to create a social Darwinist-like prejudice against the handicapped within the Body of believers. “The handicapped often make the world an uncomfortable place,” Corwin says. This is because “our materialistic society measures value by what it deems ‘normal’

A consistent evolutionist accepts eugenics, euthanasia, and abortion.

or what comes closest to perfection.” This measure must not be present within the Church. Rather, “the Church must be the source for planting renewed self-esteem in the handicapped.”

In the beginning of the book, Corwin discusses how the evolutionary worldview can lead to nothing but despair for the handicapped individual. A significant portion is devoted to exposing these ideas, which he claims have become a dangerous doctrine for a new gnostic religion that he calls “scientism.” He says that Darwinists “have selected nature as their demigod and contrived a series of dogmas and doctrines that require absolute obedi-



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ence.” This includes the beliefs that death should turn into life, ignorance into knowledge, and chaos into order, the last of these contradicting the second law of thermodynamics, which states that matter is in a state of increasing disorder. Further chapters explore the “Problem of Intelligence” (intelligence coming from non-intelligence), evolution’s role in the rise of eugenics, and Darwinism’s connection to Nazism. Corwin says that “As a scientific theory, Darwinism would have been jettisoned long ago. The point, however, is that the doctrine of evolution has swept the world, not on the strength of its scientific merits, but precisely in its capacity as a Gnostic myth. It affirms, in effect, that living beings create themselves, which is in essence a metaphysical claim.”

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Sugar Coated: How the Food Industry Seduced the World One Spoonful at a Time

reviewed by Jaclyn Lewis

In 1976 sugar industry executives won the Silver Anvil Award—the Oscars of public relations—for influencing public opinion about sugar. Earlier that year, the FDA had put sugar on the list of safe foods.

Sugar Coated features doctors and researchers who say that the food industry somehow got us to stop asking the question, “Is sugar toxic?”

Dr. Cristin Kearns, a dentist now doing research for the University of California San Francisco, has found more than 1,500 internal documents, “smoking gun” evidence of industry efforts to protect sugar sales:

- A detailed PR strategy to convince Americans sugar was harmless from the 1940s to the 1970s.
- Studies funded and manipulated by the sugar industry.
- “Sugar in the Diet of Man,” a document assembled by researchers who had never studied the health effects of sugar. 25,000 copies were distributed.
- Archives showing that 78 percent of sugar groups recommendations were accepted by The National Institute of Dental Research.

To bring these revelations to light, Dr. Kearns teamed up with award winning author Gary Taubes, whose books include *Bad Science: The Short Life and Weird Times of Cold Fusion* and *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease* (see previous newsletter review at

SamaritanMinistries.org/fat). His latest book, a companion to the documentary, is *The Case Against Sugar*.

Taubes says, “Imagine you’re the sugar industry, and it’s your job to assess all of this, and decide what to do. In the plan is to *make sure there’s never a consensus.*”

Despite a popular level understanding that sugar is bad for us, a scientific consensus has never emerged in academia and public policy.

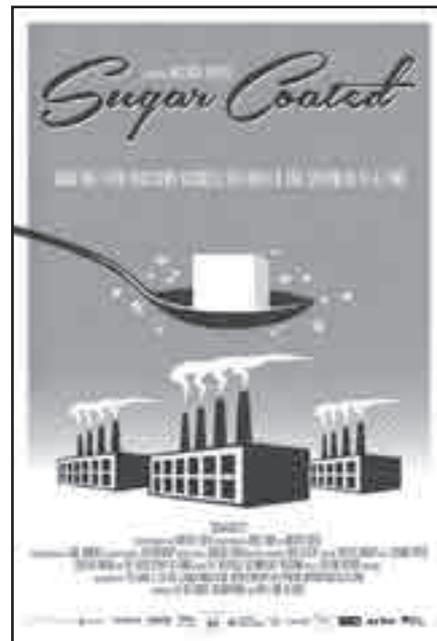
Kearns has found the evidence that the sugar industry has successfully prevented the consensus from developing for 75 years.

Sugar Coated also features doctors and medical experts explaining the shocking reality of Americans’ sugar intake. We don’t just take a sugar hit from soda, cake, candy, and junk food. Sugar makes it onto our plate in the deceptive form of packaged and bottled foods.

“Of all the packaged foods in the grocery store, 74 percent of them are spiked with added sugar,” says Dr. Robert Lustig, pediatric endocrinologist, medical researcher, and author of *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*. “Salad dressing, barbecue sauce, tomato sauce, hamburger buns, hamburger meat, all sorts of things.”

The average American eats 66 pounds of sugar a year! It’s no wonder we have an epidemic of heart disease and diabetes.

“In fact, studies from Europe show that if you consume one soda per day, your risk for diabetes goes up 29 percent,” says Dr. Lustig, “irre-



Full Length Preview

<http://bit.ly/sugcoat>

Also available on Netflix.

spective of the calories, irrespective of your weight, irrespective of anything else you eat.” Everyone, including normal weight people and children, are vulnerable to disease when eating too much added sugar.

“We’re seeing type 2 diabetes in kids under the age of ten, we’re seeing heart disease in teenagers, and nonalcoholic fatty liver disease really is skyrocketing,” says Dr. Yoni Freedhoff.

Stan Glantz, tobacco industry whistleblower, says, “Where we are in the sugar debate is about where the tobacco debate was in 1960.”

Sugar Coated unveils the strategy of the sugar industry to protect profit, all at the expense of the health of Americans and people worldwide. ♦

So as we head into 2017, remember: “Beware the political illusion.” That doesn’t mean we withdraw from politics. Far from it. That leads me to another key teaching here at the Colson Center, received from the hands of Chuck himself: Politics most often is downstream of culture. Culture will shape politics. And as Chuck said during his final speech, the culture is shaped by “the cult,” its belief system, what people truly believe and care about.

And that’s where the Church must come in. As we go about “being the church” as Chuck liked to say, loving God, loving our neighbors as ourselves, letting our light and good deeds shine before men, pointing toward every human’s true hope in Jesus Christ and God the Father, then we’ll have a greater and greater impact on those around us, and on the culture, and in the end, our local and national politics.

And of course, we can do this only by drawing nearer corporately and individually to Jesus, seeking fellowship with Him and with each other.

Everything we seek to do at the Colson Center is to equip you to make sense of the world, and to take your place as a restorer in the sphere of influence wherever God has placed you. On BreakPoint, we’ll do our best to help you and your family make sense of the shifting sands of culture. On our BreakPoint podcast and at our newly designed website, which will be coming later this month, we’ll be introducing new writers and a new set of short courses you can take. In the summer, we’ll be welcoming a new class of Colson Fellows, which you can still join. All of this is to help you “go deeper” into your understanding of Christian worldview, cultural engagement, and ultimately your relationship with Jesus.

So please, stay tuned. Follow us at BreakPoint.org, on Facebook, and on Twitter. Sign up for our podcast. And don’t miss this year’s Wilberforce Weekend, which features Ravi Zacharias and Os Guinness. It’s going to be quite a year. ♦

Another way Tom does that is by serving on Bellevue’s borough council.

“I’ve always been passionate about the servant nature of politics,” Tom says.

Inspired by America’s Founding Fathers, Tom says that “I’m willing to serve and willing to lay my life and sacred honor on the line.”

He attended meetings at first because he wanted to know what his local government was doing, and he found it wasn’t doing much. He gathered a group of like-minded people “who were passionate about the town and wanted it to become the next best thing by encouraging people to run for office.”

He ended up being one of those people, got elected, and now is considering a run for mayor.

“It’s not so much to me about politics as about serving my community,” he says. “I speak to my principles and advocate what’s best for my community.” ♦

Tom’s balance

Tom’s ministry has moved him from the U.S. Air Force to a home care business to, now, his role as a hospice chaplain, lead pastor at a church, and a city councilman. Erin, his “amazing wife,” has been a helpful guide.

“If I didn’t have her, I think I would be striking out more times than not,” Tom says. “I find something I’m passionate about, and she’s the one to kind of help me sharpen my aim. She balances me out really well. She brings a sense of realism: ‘How can we be effective on this?’”

For instance, when Tom’s home life began suffering as a result of running Dignity Home Care, a business he started, she pointed out that “This isn’t going to work, you’re not seeing your kids grow up. This may not be your skill set.”

“She helped me realize that and encouraged me to take a step of faith,” Tom says. “I wouldn’t be doing the hospice chaplaincy if it wasn’t for her encouragement to consider alternatives.”

Erin gives Tom counsel while also being an “amazing mom and amazing with kids.”

“Her educational background is in children’s ministry,” Tom says. “She uses that part time as a preschool teacher, but also in raising our kids and leading the children’s ministry at our church. She does that organically.”

“We’ve been together since 2004,” Tom says. “Every year is like a new gift.” ♦

to be an anomaly (a rapid spike) at the second to last (emergency room) level with regard to cost.

The reason for the “rapid spike” is that at the emergency room level of care, we are in a “no other alternative” model. Hospitals and emergency care facilities know that in a life-or-death situation, the patient will not have time to call around for the “best deal.” This shouldn’t be unsettling because this is how most organizations in capitalism operate: The more of a demand there is for a product or service is in a time of need, the more of a premium will be associated with that product or service.

This reality explains why advance planning is needed.

Additionally, there is a slight deviation of even a higher spike for those seeking emergency care in Texas or Colorado. If you are in one of those states, please do research prior to visiting an independently owned, freestanding ER. Understanding their billing and operations may be a deterrent when making those emergency decisions.

I’m not down on hospital emergency rooms; there is a specific place for them. We need to remember, though, that emergency rooms are for emergencies. The U.S. Department of Health and Human Services reports that 60 to 80 percent of all emergency room cases can be treated by one of the four lesser service levels. Just by visiting the emergency room will drive up cost by \$500 to \$800 because of the traditional up-front emergency room cost.

Case in point: Prior to becoming a member with Samaritan Ministries, our daughter broke her arm. I put our action plan in place. We visited

our pediatrician and our total bill was about \$800. However, some friends of ours had an identical incident and they took their daughter to an ER. The final bill was \$1,400. Both children had hairline fractures and both received fiberglass casts.

Let me put this into an organization-level perspective. In any given recent month, Samaritan Ministries receives approximately 6,000 needs. Let’s just say that 20 percent (which

There is a direct correlation between preparation and saving money that applies to all areas of life, including health care.

is a fabricated number and only for this illustration) of the needs, or 1,200, were emergency room visits. Now multiply this number times the \$500 overage associated with emergency rooms, which is \$600,000 a month! OK, I know, not every one of those 1,200 needs each month are emergency room visits, but the point is that the cost can add up quickly.

We are to be stewards of the finances we have been blessed with. We are to be held accountable to all of our fellow Samaritan members when selecting care. Not that we have to restrict our choice of health care provider merely for the sake of saving other members money,

but we don’t want to pay too much when it could have been avoided.

Implementing emergency procedures

The cycle of any plan is to organize, formalize, implement, and monitor. We’ve looked at the initial two stages. After constructing your family’s preparedness plan, the requirement of implementing the plan at the time of the emergency would flow something similar to this:

- Identify the emergency and determine the care level required. (In the case of all life-threatening emergencies, please proceed to a hospital emergency room.)
- Inform the billing person that you are a “cash-pay” patient at the time of admittance and at checkout.
- Ask for the discounted “cash-pay” amount.

As time goes on and the health care industry and your family needs continue to develop, I always recommend the final step in the cycle: Monitor your family’s plan. Monitoring will assist in the fact that we learn from our experiences and can develop a more personalized plan for our family. The more personalized we can get, the more happiness that will be brought to our family. ♦

Kyle A. Sadler, CRC® is a member of Samaritan Ministries. He is president of Precept Wealth Management. Neither Mr. Sadler nor Precept Wealth Management are otherwise affiliated with Samaritan Ministries. The opinions of this article are those of Mr. Sadler and are not necessarily the opinions of Samaritan Ministries or those affiliated. For more information about Mr. Sadler, please feel free to visit www.preceptwmm.com.

Creation, Evolution, and the Handicapped*Continued from page 9*

This existentialistic view is not as positive as Darwinists would have people believe. At the root is nihilism. "Darwin says to the world 'come unto me' and I will give you death, despair, and meaningless existence," Corwin writes. "If you are handicapped, disabled, aged, or ill, a decision to follow the path of Evolutionary Gnosticism will cost you." In the example of Dawkins and the Down syndrome baby, the cost is the life of a child.

What is it that is really "immoral" about this birth, as Dawkins claims? Is it for the mere fact that the child wouldn't be capable of finding their value within the world's standards? Is it because the child would not "add anything to society" in the traditional, secular sense? Or is it because we are just "rearranged pond scum" and the child was a biological mistake? "For the handicapped person seeking significance and purpose in life, trying to make sense of a seemingly senseless disability and trying to overcome the prejudice and apathy of his or her surrounding community, no comfort will be found in evolutionary science," Corwin says.

"The 'death image' that satan has planted in the secular humanistic world must not be allowed to reach maturity in the hearts of those who follow Christ," Corwin writes, heading off the second half of his book.

He now shifts his focus to not only how the handicapped should view themselves in light of the Gospel, but also as to how the Church should respond to the handicapped within its doors and in the community. Corwin's lesson for the Church is that leaders must take an inventory of their congregation and not be afraid to get outside help

to learn how to reach the disabled. "When the people who make up the body of Christ let the handicapped person know that he has true value to God and isn't the 'project of the month,' the glow from his spirit will have a revitalizing effect upon the Church," he writes.

For his disabled brothers and sisters, he reminds them of the great value they have to God and to not be overcome by the apathy and self-pity that satan threatens to drown them with. "Those who have a sense of their own self-worth through Jesus are able to see perfectly," he says. "Their life is not distorted by the world, and they are not plagued by satan's illusions. They have a real sense of what they enjoy doing and have simply decided to use their talent for Jesus Christ."

There is no room for evolutionary dogma and Darwinism's meaninglessness within the Christian life, disabled or not. We are more than just the product of a random universe, and God's value system is beyond our human understanding. "You may not realize it, but you have a great value to God. You may appraise yourself as a 'nobody' or a 'nothing,' but a very high price has been paid for you!" Corwin writes, adding that "If Jesus has the patience and the confidence in you to give you a portion of His strength, then the least you can do is to be used by Him." ♦

It is so encouraging to receive shares from other believers. This is the kind of ministry we should be doing as the Church.

It was a pleasure to report to the doctors and medical staff how this works and open the door to share Christ's love. It was also wonderful to report to our church family, many who are wondering about how to navigate the health care maze. Thank you also to all of you in the office for your timely help.

*Morrison Fisher
North Pole, Alaska*

God has blessed us through the whole thing. Our son's need was able to be resolved with minimal treatment. The largest bill was reduced 70 percent by the hospital because we were able to pay cash.

We also received beautiful notes from members that made us feel like part of the family. We are so grateful to be a part of Samaritan Ministries.

*Ann Noonan
Darien, Illinois*

We are so thankful for Samaritan. Our insurance went up to \$1,600 a month in January 2015, and knowing we could not afford it, we prayed about what to do.

God answered our prayers, and we stepped out in faith and joined Samaritan in March. Our son had to go to the ER in July, and a Samaritan representative prayed with me on the phone. I knew we had made the right choice. Thank you for making this ministry available and affordable.

*Mandi Yarbrough
Bessemer, Alabama*

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.

Sudan pastor released

A Sudanese church leader has been released from detention, but three others remain in custody, World Watch Monitor reports. Kuwa Shamai was released on January 2 after a judgment of insufficient evidence. However, a judge decided that trials would proceed against Hassan Taour, Abdulmonem Adbumawla, and Petr Jasek pending a January 9 hearing. Taour and Adbumawla are Sudanese while Jasek is a Czech aid worker. The three remaining in prison face a variety of charges such as waging war against the state, spreading rumors to defame the state, and espionage. *Pray for safety for Taour, Adbumawla, and Jasek while they are in prison, and that the courts would decide to release them. Praise God for Shamai’s release. Pray for Christians in all of Sudan.*

Evangelist threatened

A Christian living in the Arabian Peninsula reports he is being threat-

ened for evangelizing, Voice of the Martyrs reports. Brother S. has been told to quit spreading the Gospel or leave the country, which he does not want to do. *Pray for opportunities for Brother S. to share the Gospel with Muslims, protection over him and his family, and for Christians to find ways to worship throughout the Middle East.*

Lawyer still in prison

Christian and human rights lawyer Jiang Tianyong is halfway through his five-year sentence for “subversion of state power” in China, VOM reports. He and his wife, Jin Bianling, were members of an unsanctioned house church. Jin did not see her husband from May 2014, when he was imprisoned, until August 2016, for a 30-minute monitored conversation. *Pray for protection for Jin while her husband is in prison, that he will be released soon, and that members of their church will be faithful and continue to spread the Gospel.*

No verdict for Christians

Four Iranian Christians charged with “acting against national security” remain in prison, World Watch Monitor reports. There was no verdict in a hearing on December 14 for Youcef Nadarkhani, Yasser Mossayebzadeh, Saheb Fadaie, and Mohammad Reza Omid. The four were arrested on May 13, 2016. Youcef previously faced the death penalty for apostasy, but was released in 2012. In October, Mossayebzadeh, Fadaie, and Omid were also sentenced to 80 lashes each for drinking alcohol (wine) during a Communion service; an appeal will be heard February 9. *Pray that the four will be released, for safety*

and good health while they are in prison, and for protection for all Christians in Iran.

30 Azerbaijanis arrested

Thirty Azerbaijani Christians were arrested on November 27 for participating in an “illegal” prayer meeting, World Watch Monitor reports. Two dozen of them have been fined the equivalent of \$850. “Each of you may pray in your own house, but meetings are forbidden, otherwise you will be arrested again—with more serious consequences than a fine,” the police told them, according to reports. *Pray for provision for those ordered to pay fines, for Christians in Azerbaijan to gather when and where the Lord leads, and for the Gospel to spread through their persecution.*

Leaders convicted of ‘witchcraft’

Leaders at a church in Nepal have been found guilty of “witchcraft” for praying over a mentally ill woman, World Watch Monitor reports. Four have been sentenced to five years in prison; a fifth was found not guilty. The incident occurred on June 6 when a Nepalese man who used to be a Christian sent his daughter-in-law to the church because he believed she was possessed by demons. The convictions were made despite testimony by the woman that the prayer had helped her. *Pray that those still in prison will be released, and that Nepalese Christians will continue to practice their faith.* ♦

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

were, but rather they should live like the new creations that they are.

He then goes on to some specific examples: how wives should relate to husbands; how husbands should relate to wives; how parents (and fathers in particular) should relate to their children; how children should relate to their parents; how slaves should relate to masters; how masters should relate to slaves. And finally he issues a battle speech, telling the Ephesians who and what they are up against, how they ought to prepare themselves, and how they should pray fervently. And then he's done.

All that is the solid food, and yet what Paul gives is not an exhaustive list of rules of conduct, but rather a set of overarching principles which—if we have digested our milk—are meant to form the basis of us going on to learn how to use wisdom and discernment in any and every situation we find ourselves in.

Churches can fall into a number of traps, and each one of them hinders our ability to exercise this solid food of wisdom and discernment, preventing us from being the people that God wants us to be in relation to the world around us. I think this particular problem may be more likely in churches where we might pride ourselves on our consistency in Biblical practices, possibly the kind of churches that members of Samaritan Ministries might attend.

As I have mentioned earlier, there are churches that give out nothing but baby food. Week after week, the people are fed with foundational doctrines, and the church pats itself on the back that it is preaching on the weighty matters. Well, those matters are of course weighty—infi-

nately so—but since they never go beyond them, to teach their people how to live as Christians, according to Hebrews this is not maturity but perennial babyhood.

Then there are churches that have taught the foundational truths and have moved on to the solid food stage. But instead of teaching wisdom, Paul's general principles are turned into a set of rules to be used in every situation. I have lost count of the number of times I have heard this type of thing:

- This is the way (the only way) to deal with a child in situation X.
- This is the way (the only way) to define the roles of men and women in the family.
- This is the way (the only way) that children should be taught.

These rules may be many things, but they are not wisdom and discernment. They are counterfeit wisdom and discernment, like Jesus and the apostles faced from the religious leaders of their day, that thinks all life situations can be lived according to a formula which apparently worked for one family in situation X.

This approach is meat in the same way as a rather memorable meal I had on the second night of my honeymoon. It was billed as a steak, and it undoubtedly came from a cow. But it was more the part you'd normally use for making shoes than making steaks.

Real solid food in the life of a Christian and in the life of the church works like this: After setting out the orthodox doctrinal position of the church, and ensuring that the congregation understands and accepts this as foundational, the church keeps helping its people to

develop discernment and wisdom.

How is this maturity developed? The same way that Jesus “increased in wisdom and in stature, and in favor with God and man” (Luke 2:52). By searching the Scriptures, by asking questions, and by seeking understanding.

New converts need to be given milk. They need to be taught elementary doctrine until it becomes second nature. Then they need to be moved on to solid food, which is to say they need to be taught the great overarching principles of living like a Christian in such a way that their “powers of discernment are trained by constant practice to distinguish good from evil” (Hebrews 5:14).

Understanding and acting in this way is surely key to how bright our light shines in this world. ♦

*Rob Slane lives with his wife and six home-educated children in Salisbury, England. He is the author of *The God Reality: A Critique of Richard Dawkins' The God Delusion*, contributes to the Canadian magazine *Reformed Perspective*, and blogs on cultural issues from a Biblical perspective at www.theblogmire.com.*

One thing have I asked
of the LORD, that will I seek
after: that I may dwell in the
house of the LORD all the
days of my life, to gaze upon
the beauty of the LORD and
to inquire in His temple.

Psalm 27:4

What is your “one thing”? What do you care about more than anything else? What is it that you won’t give up, even if you miss out on other things? The verse above indicates that David’s “one thing” was his relationship with God.

There are many things in life we can seek. There are many things we can ask from God. We can seek success, safety, comfort, or pleasure. We can seek power, wealth, and prestige. We

can desire to do great works of service. None of these things are worth as much as intimate fellowship with God.

Make sure that the pressures, cares, and distractions of life, even the good things, don’t crowd out the “one thing” that is the most important. Seek Him above all else. He is the only One Who is worth it!

For the Kingdom,



Ray King