

Christian HealthCare

NEWSLETTER

MEMBER LETTER:

Counting my blessings— life, health, adoption

After suffering from severe leg cramps, I know that every day that I'm able to open my eyes, draw breath, and get out of bed I have been blessed by the Lord.

Why He's so good to me I don't know. I certainly do not deserve all He does for me. My brothers and I were adopted, and I know He picked my mom and dad out just for me. He put me in a preacher's home, and it doesn't get any better than that.

My dad has gone on to be with Lord now, and I am caring for my mother. She is 90, but I still learn from her every day. She couldn't handle steps anymore, and wasn't able to go to church, but God provided a house for us that is easier to get in and out of. Now she's in the car before I can help her, and we can go to worship on Sundays and Wednesdays.

God is good. All the time!

Diane
South Carolina

How giving thanks benefits your brain

by Susanne Maynes

Heading into the holidays can seem like a good thing or a bad thing, depending on your life circumstances.

Some of us are looking forward to spending time around the Thanksgiving table, counting our blessings and carving the turkey. We can't wait to put away the pumpkins and pull out the awesome bling of Christmas.

Others of us have experienced a loss this year. Perhaps a loved one passed, or you got laid off, or your marriage died. Perhaps your health is suffering, or a long-hoped-for dream failed to materialize.

Life is full of curve balls. It's also full of blessings.

We don't get to pick what comes our way, but we do get to choose how we respond. And it's our response that can result in healthy living and satisfaction of soul.

Here's how it works physiologically:

According to Dr. Earl Henslin, author of *This is Your Brain on Joy*, the emotions of joy and anxiety travel the same pathway in the brain.

This means that if you choose joy, there is literally no room for worry in your brain. You've kicked it out!

So how do you choose joy? By giving thanks. By remembering all the good things that have happened, including the good things that have come out of the hard things.

Cynicism will tempt you to think,

"That's shallow and fluffy. I'm a realist, and life is hard."

Don't go there, okay? Cynicism turns people into miserable curmudgeons. Gratitude lifts our spirits and makes us a joy to be around. It's contagious.

Plus, it's commanded in Scripture:

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

God's will for you is gratitude, and gratitude will change your world.

One evening, my husband and I were both battling depression. Instead of focusing on the negatives and allowing ourselves to be overwhelmed, we decided to start thanking God.

Continued on page 12

In This Issue...

- 3 Which ER would you go to?
- 4 Member Spotlight: Kathy Koch
- 6 10 ways to encourage your child
- 8 Fund helps member adopt special needs children
- 9 Child of Promise Q&A
- 10 Book Review: *Get Your Fats Straight*
- 13 Member Letters
- 14 Prayer for the Persecuted Church
- 16 The Doorpost
Don't be surprised by hatred

CONTENTS

- 1 **How giving thanks benefits your brain**
by Susanne Maynes
- 3 **Do you know which ER you would go to?**
by Jared Morr
- 4 **Member Spotlight**
Kathy Koch
Celebrate Kids
by Kathryn Nielson
- 6 **10 ways to encourage your child**
by Kathy Koch and Jill Savage
- 8 **Fund helps members adopt special needs children**
by Michael Miller
- 9 **Child of the Promise**
Q&A with *Debbi Migitt*
- 10 **Book Review**
Get your fats straight
by Sara Pope
reviewed by Michael Miller
- 13 **Member Letters**
- 14 **Prayer for the Persecuted Church**
- 16 **The Doorpost**
Don't be surprised by hatred
by Ray King

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Sharing Summary from October

Shares:	\$27,961,371	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:	\$28,111,396	
Unshared Needs in Negotiation:	\$ —	
New Needs:	4,614	
Total Needs:	9,715	
New Rewards:	487	Member Households: 79,695 (as of 9/20/18)
Miscarriages:	30	
Final Rewards:	11	

Contact Us: 877-764-2426 Dash.SamaritanMinistries.org

Questions about?

- Your medical need
- Shares you are sending or receiving
- Your membership

Email

- needs@samaritanministries.org
- membership@samaritanministries.org
- membership@samaritanministries.org

Phone Menu

- 1 - 1
- 1 - 3
- 1 - 4



Health Resources

Have a Need? Use the Health Resources app on Dash.

- Compare quality and cost of health care services in your area using Healthcare Bluebook.
- Use Medibid to receive bids from doctors for tests or treatments you are seeking.
- Email a medical professional or call a nurse (free), or call a doctor who can write a prescription (\$25).
- Access discount tools for prescriptions and lab tests.

Remember:



1 SEND A NOTE—
Burdens can be lightened emotionally as we encourage one another in the Lord.



2 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.



3 ALWAYS STAY ALERT IN PRAYER—
Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

Do you know which ER you would go to?

by Jared Morr

One afternoon a couple years ago, I felt a mysterious pain creep up my back while I was at work. I doubled over and my co-workers said I was looking so bad I should go home.

I headed out to the small community where I live, about half an hour's drive from Peoria, hoping that I'd start to feel better after some rest.

That didn't happen.

As the pain intensified, I realized I would have to seek treatment. The prompt cares weren't open, since it was now evening, so that meant I would have to go to an emergency room. Back to Peoria I went for what ended up being a severe kidney stone situation.

Unfortunately, things got even worse that night with a very frustrating experience at the hospital. I spent nearly three hours in the ER simply waiting to be admitted and receiving no treatment for the pain. I eventually was admitted, had a CT scan, and received the painkiller I needed. I made it home six or seven hours later, in the middle of the night. Thankfully, the kidney stone passed.

I thought this painful episode was behind me, but a few weeks later insult was added to injury when I received my bill for a staggering total of \$10,000! Half of that cost was for the CT scan, which I later learned was five times what a fair price should be according to Healthcare Bluebook.

Now fast forward to February of this year. There was freezing rain coming down and the severe back pain I now knew all too well struck again at 3 a.m. Because of the

weather, my wife and I decided not to go to Peoria, but instead drove to a small hospital that is 10 minutes from our house in the opposite direction from Peoria. It's in a town with a population of less than a thousand people.

I was billed five times the fair price of a CT scan, according to Healthcare Bluebook.

My first impressions upon arriving were somewhat conflicting. The security guard—who actually was eating a doughnut, with his feet up on the desk—reminded me of Barney Fife from *The Andy Griffith Show*. However, the gleaming lights of the newly renovated and expanded ER were reassuring.

I soon learned there was no reason to doubt the competency of the medical staff. I was admitted in about three minutes and received the painkiller I needed within 20 minutes. I was sent home within two hours.

The total bill was \$1,700 for blood tests, IV, painkiller, and doctors' fees. Still expensive in my estimation, but roughly a third of what the big hospital charged for similar services. And five times faster!

I had been vaguely aware of the small hospital that I ended up at in the providence of God, but it was

not my first instinct to go there. Now that my wife and I have seen the smaller hospital, we will definitely go there for an emergency if we have any say in the matter.

The purpose of my story is not to slam the big hospital for being slow ... or not taking good care of me ... or charging me a small fortune. It's to ask if you have thought about which hospital you would go to in an emergency.

Have you looked up reviews of hospitals in your area online? You can learn a lot simply by asking friends at church what their experience has been. Maybe you just need to voice search "hospitals nearby" on your phone to realize you have options that are closer than you think.

Another thing you can do is check into the quality and price ratings of hospitals in your area by using the Healthcare Bluebook access that Samaritan provides through your Dash account. You could also call the hospitals around you and ask what the cash-pay discount policies are. You will probably find that there are significant differences and a clear choice for which hospital should be your own "preferred provider."

As I reflect on my two kidney stone experiences, I wish I had done a little bit of research ahead of time. Not only could it have saved me hours of excruciating pain, but it also could have saved thousands of Share dollars for Samaritan members.

I hope by sharing my story I can save someone else from a bad experience and unnecessary expense. ♦

Jared Morr is a Product Development Manager in IT at Samaritan Ministries.

Kathy Koch Celebrate Kids

by Kathryn Nielson

Kathy Koch has spent the past 27 years speaking and writing on ways parents can help their kids be more successful in school and in life through her education resource provider, Celebrate Kids.

In her latest book, *8 Great Smarts*, Kathy is on a quest to explain to both parents and their children why the all-too-common question “Am I smart?” is the wrong question to be asking.

“There is no person alive who doesn’t want to know that they’re smart,” Kathy says. She insists that “God doesn’t make stupid people. Stupid is your choice.”

The question isn’t “Am I smart?,” but rather, “How am I smart?” The beauty of the 8 Smarts approach, Kathy says, is that it champions the

uniqueness of each person. When children recognize that God made them smart and that it’s just a matter of figuring out how they are smart, kids take ownership of who they are in Christ and what He has created them to do.

“There are so many messages from the culture telling them who they are or who they should be,” she says. “When they find out that God chose that (smart) for them, it changes them. It gives them a new appreciation for the God Who was Creator, Who was intentional and knit them together well. It gives them a hope that there is something they can do and be with that.”

Do your children think with words? They’re word smart. Do they ask a lot of questions? That’s their logic smart being used. Do they think in pictures? They’re picture smart. Are they drawn to rhythms and melodies? They’re music smart. Do they excel in sports, enjoy crafts, or are always moving? They’re body smart. Do they enjoy patterns and being outside? Nature smart. Do they enjoy group work at school and being with people? They’re people smart. Or do they crave alone time and privacy and studying on their own? They’re self smart.

Because most schools are set up for word smart or logic smart kids, the rest of the students are often left feeling like they aren’t as smart.

“That actually lowers their expectation for their education and their



career in their life,” she says.

Kathy points out that we all know people who did well in school but go on to do not so well in life. The opposite is also true. We also know people who didn’t necessarily excel in school but are doing quite well in life. In a nutshell, what Kathy wants is for “parents to raise up children to develop as many of the eight (smarts) as possible because it makes life richer,” she says.

The *8 Great Smarts* concept is similar to theories of “multiple intelligence,” which are often traced to work done in the 1980s by Harvard professor Dr. Howard Gardner. Kathy saw that the idea of multiple intelligences is also consistent with the amazing diversity of God’s creation and the diversity of gifts given to “each one” as a manifestation of the Holy Spirit (1 Corinthians 12:7).

“I was fascinated, in my own life, by the faith-development perspective: How can we use this to strengthen our faith?” Kathy says.

She had no idea of the reaction she would receive from both kids



and adults. Some of her personal victories are hearing about adults who, after feeling like they were not smart enough to finish, have gone back to college, or about young people who have decided to stop comparing themselves to others. Instead, they owned their smarts, plugged in, and got better grades.

And while many ministries are born out of pain, that is not Kathy's story.

"I was a celebrated kid, and I want parents and teachers to pay attention to and celebrate children more for who they are and not what they do," she says. "We are human beings. We are not human doings."

Kathy's faith journey was part of her learning process.

While she grew up in a religious home and attended church regularly, "We didn't really understand the difference between church attendance and a relationship with Christ," she says. "My parents wanted their religion to save them."

In college she started to realize that church alone wasn't leading her where she needed to go and spent a lot of time during her freshman-year breaks talking with her youth pastor. Understanding that Kathy was bent on learning and gaining more knowledge, her youth pastor helped her to see that, in her quest

The question isn't "Am I smart?", but rather, "How am I smart?"

for God, she was seeking wisdom and not love.

"The appeal that God is love was not that appealing to me at all," she says.

But her youth pastor showed her Colossians 2:3, which says that in Christ are "all the treasures of wisdom and knowledge."

"I realized that maybe this Jesus is Who I need because I wanted wisdom."

She accepted Christ, but it wasn't until about six years later that she decided she needed to give back to God as an act of gratitude for what He had done for her. Since then, she has spent her life encouraging parents in their quest to raise godly kids and encouraging kids that they were created to do good things by God.

From as early as second grade, she knew she wanted to teach children, specifically second-graders. She earned her bachelor's degree in elementary education from Purdue University and spent the next four years teaching second grade. She thought she would spend her life doing this but soon realized that teaching elementary wasn't where it was at for her. She went on to earn her master's degree in elementary ed and her doctorate in reading and educational psychology, both from Purdue.

Continued on page 7

Why SMI?

Dr. Kathy Koch, speaker, author, and founder of Celebrate Kids, joined Samaritan Ministries after her insurance became so "ridiculously priced."

She decided that as the owner of a nonprofit organization, she couldn't justify spending that kind of money.

"It was not good stewardship," she says.

As Kathy started looking for alternatives, she became aware of Samaritan from the speaking circuit and through friends like member Jill Savage, founder of Hearts at Home.

"I knew that you want to minister to people

through your program," Kathy says. "I trusted that it would take care of my needs."

Having joined just over a year ago, Kathy hasn't had the experience yet of having a Need shared. She has, however, used the option of eSharing recently while on deadline to finish her latest book.

"It was so easy, convenient," she says.

She appreciates the spiritual component of Samaritan most.

"It's what you advertise: It's the Church being the Church," she says. "We're taking care of each other, and it's a beautiful thing." ♦

See 10 ways to encourage your child by Kathy Koch and Jill Savage on page 6.

10 ways to encourage your child

an excerpt from *No More Perfect Kids* by Jill Savage and Kathy Koch

Fellow Samaritan member Jill Savage and I thoroughly enjoyed writing our book No More Perfect Kids to help you. There's a lot of good, practical help in it for when your children question who they are and get frustrated.

As we head into the busy holidays I thought this excerpt from the book may be timely for you. I hope so! There's much more practical help in the book, available through my website, CelebrateKids.com.

— Kathy

Parenting is hard work, and sometimes it seems our kids do more wrong than right. Add in household responsibilities like laundry and meals, spilled milk at the breakfast table, a child who comes in from playing outside and is covered in dirt, and sibling rivalry where the kids pick at each other all night, and sometimes life just isn't easy. Fatigue is normal and frustration is, too. Learning not to act unkindly in our frustration is a journey requiring grace for ourselves and our kids.

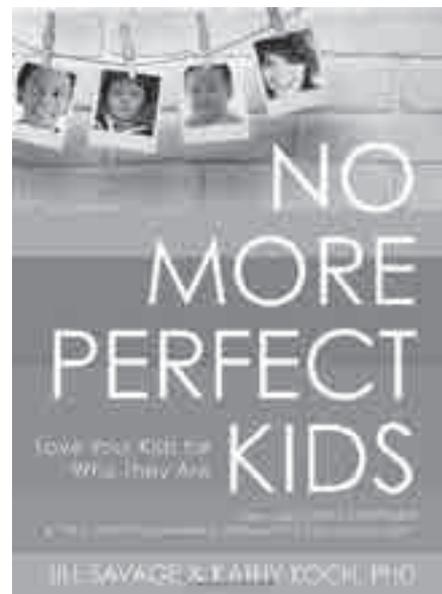
It's important to say far more encouraging words to our kids than correcting words.

Even in the midst of real life, it's important to say far more encouraging words to our kids than correcting words. When we encourage kids, we give them courage. It's empowering, freeing, and strengthening. When encouragement is the norm, children will learn they can take risks, try new things, ask for help, and make mistakes without the fear of losing the acceptance, love, and support of their parents.

It's not easy to give encouragement, especially on the hard days. There are, however, steps we can take to increase encouragement in our home.

Here are 10 Encouragement Enhancers you can use in your family:

1. Don't expect perfection. When we expect perfection we notice every little thing that's wrong and that creates an environment of discouragement.
2. Encourage childlike behavior. There's a difference between childish behavior and age-appropriate childlike behavior. Discourage the first and encourage the second.
3. Value what your kids learn. We need to pay at least as much attention to what's being learned as we do to grades being earned and performances at games and concerts. This is one way we communicate that our kids are more than what they do and how they do.
4. Resist the urge to judge all performances. One way to emphasize learning rather than performance is not always to ask about their scores or grades.
5. Ask them how they feel. When talking about one of their athletic competitions, concerts, or tests, sometimes ask first how satisfied they were with the outcome. Two-way conversations about grades, concerts, and competitions will be more profitable than one-way judgments.
6. Notice their strengths. Point out their character, attitude, and action strengths to help them when they work to make progress in weak areas.
7. Don't worry about their challenges. Understand some areas will remain challenges for our kids no matter how hard they try. Trying to get kids to change what they can't improve is a sure way to discourage them.
8. Celebrate what's real. When one child deserves to be celebrated for something significant (e.g., no C's on a report card for the first time in a year, a soccer



championship, art being displayed in the county library), don't create fake celebrations for your other kids in order to be "fair." Use these opportunities to teach children to genuinely celebrate their siblings.

9. Introduce them to overcomers. Discuss relatives and local people your kids know who have overcome great odds. Read biographies and autobiographies of people who have been highly successful even though they also struggled. We can often learn our greatest lessons from our greatest challenges.
10. Have fun together. Play with your kids. Relationships are deepened while building forts and having tea parties with your little ones and going shopping and watching ball games with your older ones. The fun, relaxed moments you share make tough times easier to walk through and go a long way to creating an encouraging family culture.

Be patient with yourself as you work to increase the encouraging environment in your family. If you choose too many things to change, you and your kids will be overwhelmed and little progress will be made. Don't look back with shame or guilt either. Today is a perfect day to look forward with hope, choose one Encouragement Enhancer to start with, and walk in a positive direction! ♦

Copyright 2018 Celebrate Kids. Reprinted by permission <celebratekids.com/encourage-your-child/> Visit "Family Center" at CelebrateKids.com for many more resources.

She became a professor at the University of Wisconsin-Green Bay and taught all the reading methods and educational psychology classes there from 1984-1991. She loved it, but again she realized this wasn't her final spot and came to understand that "You can be very successful and joyful, and God can still move you on."

When children recognize that God made them smart and that it's just a matter of figuring out how they are smart, kids take ownership of who they are in Christ and what He has created them to do.

During her years as a professor, Kathy was an outspoken Christian on campus, serving as the faculty advisor for the school's InterVarsity Christian Fellowship chapter. She also served on the board of a Christian school and began to realize that God had something to say about education. Around the same time, she was offered a chance to start her own ministry and determined in her heart that she would move on from teaching in the school setting.

Through a difficult process, Kathy stayed at the university long enough to earn tenure because she knew if she quit before doing so, it would have been assumed by her co-workers that she would have never made it. She was convinced that it would have been a bad testimony to her integrity as a Christian. She left the university in 1991 and moved to Dallas to start Celebrate Kids.

Over the years, Kathy has spoken at numerous churches, schools, and pregnancy centers and has been a regular speaker at the Great Homeschool Conventions, CareNet, Summit Ministries, and many others. Her newest undertaking is resurrecting Hearts at Home, the ministry to moms started by Samaritan member Jill Savage. Hearts at

Home 2.0 will have its first national conference March 15-16, 2019, in Bloomington, Illinois. Her next book, *Start With the Heart* (Moody Publishers), will be released in February 2019.

In everything she does, Kathy is passionate about Jesus and passionate about helping kids and adults understand their unique God-given talents.

"Jesus died that we would have abundant life," she says. "Eternal life starts here on earth." ♦

Fund helps members adopt special needs children

by Michael Miller

Two Samaritan Ministries member families, each convinced that the hand of God has moved in their lives, have been blessed by the ministry's Special Needs Adoption Fund.

Jacob and Jaimie Wolverton from Colorado and Scott and Melissa McCallon from North Carolina adopted children from China in 2017 who each had physical issues that needed to be addressed once they joined their new families. Already facing expenses from the adoption process, the Wolvertons and McCallons both were able to be helped with the children's medical bills by the Samaritan fund.

The Wolvertons first became aware of 13-year-old Micah through a photo on Facebook in 2016.

"It just burned in both of our hearts," Jaimie says of the effect the photo had on her and Jacob. "We prayed for about three weeks and decided he was our son."

They acted quickly; Micah's availability window was closing due to his age. Availability ages vary from one orphanage or area of China to another, Jaimie says.

"We had to get through the process within six months because he was going to age out of the China system," she says. "Miracle after miracle brought us through, and God provided every bit of the money to get him home. We actually made it to him three days before his birthday on which he would have aged out. It is amazing."

The Wolvertons, who have three biological children, brought Micah home in 2017.

Their new son had oral problems,

though, stemming from a cleft lip and cleft palate. His pharyngeal flap—a spot in the back of the mouth that closes to enable guttural sounds—didn't work. A

charitable hospital

performed surgery on the pharyngeal flap for free, and now 15-year-old Micah can make those guttural



The Wolverton Family

November is National Adoption Awareness Month

To support Samaritan members pursuing adoption of a Special Needs Child, designate your gift to "Special Needs Adoption Fund."

You may also give online via Secure-Q at SamaritanMinistries.org/donate.

sounds and is working on forming words better.

"He still has a ways to go," Jaimie says.

The Wolvertons found out about the Special Needs Adoption Fund when Jaimie called Samaritan to see what could be shared of the expenses. The member advocate she spoke to said the new fund was in

the works and that he would keep them posted.

They eventually became the first family to benefit from the fund.

"It was a huge weight off us," Jaimie says. "It's been a huge, huge blessing. We were able to get him the help he needs."

Scott and Melissa McCallon also brought their adopted daughter home from China in 2017.

The couple had thought about adoption before their three biological children were born, but even after that still "felt led by the Father" to adopt, Scott says.

They started the process to adopt from China and then Melissa, a physical therapist like her husband, first met the girl who would be called Addison while she was on a two-week service trip in China in 2016. Addison was just one out of many children that Melissa saw while helping to update orphans' medical charts, but the 4-year-old, who wasn't even available to be adopted at the time, stole Melissa's heart.

Not long after the trip, the McCallons received a call from a physician in China, that Melissa had met,

Continued on page 13

Child of Promise

Q&A with Debbi Migit

Adopting children is a beautiful picture of our own adoption into God's family.

Debbi Migit is a Communications Specialist with Samaritan Ministries and an adoptive mother of three children. She shares what God has done in her life in her book Child of Promise: A True Story of Faith and Family.

How does your story begin?

After 10 years of infertility, my husband, Phil, and I were just months from adopting a newborn. One day God clearly spoke to my heart that we were to cancel that adoption because He had a different plan. It didn't make sense to me, but we both sensed God was asking us to trust Him. It was the most difficult decision of my life, but experience taught me that obedience is the only path to blessing. I never imagined the amazing adventures God had waiting on the other side of my "Yes."

In my book, I describe how, one month later, God answered my pleas with a promise that would change everything:

"Father, I'm almost out of hope. Please, tell me, when will we have the child You've promised?"

"Second Kings 4:16."

My sobs quieted as I heard the whisper repeat in my heart. "Second Kings 4:16." ... Slowly reaching toward the nightstand, I gathered up my Bible. The scripture was unfamiliar to me, but I ruffled the pages and quickly found it.

"Then He said, about this time next year you will embrace a son. And she said, 'No, my lord, Man of God, do not lie to your maid-servant!' (2 Kings 4:16, NKJV).

The tiny hairs stood up on my arms as I read the verse again and again.

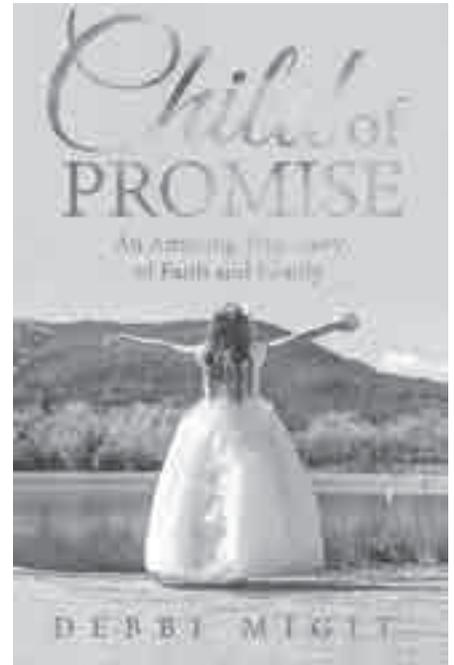
"About this time next year, you will embrace a son." My mind raced back to my earlier question, "When, God?" Apparently, I had my answer.

After that encounter I wrote down the date, trusting God that He would give me a son in one year. I tell the whole story in my book, but all these years later, I am still amazed at how God brought our first son, Alex, into our family!

How did God end up bringing your other children into your home?

There were 11 years (and many tears!) between Alex and our next son, Ethan. A few months before Ethan was born, we had another failed adoption when a birthmother changed her mind. I was devastated. Then, on December 6, 1999, I woke in the night and felt God lay these words on my heart: "Your time as a family of three is over; you are about to become a family of four." I was mystified because we were not on any lists for adoption. The next morning my phone rang. One month later I held our newborn son, Ethan. The details of his adoption are also incredible.

The following year, God completed our family when He miraculously brought us our daughter, Katelynn.



ChildofPromise.org
ISBN-13: 978-1604628845

I sensed that another baby was coming, so I began to prepare our home. Finally, I sat down in my living room and said outloud, "OK, God, I'm ready when You are."

Providentially, five minutes later my phone rang, and within 48 hours I held our daughter, Katelynn. Praise be to Jesus for faithfully ordering our steps!

How did God care for you through disappointments?

Although I have had many wonderful years with my beautiful family, I still remember the sharp pain of infertility.

Every adoption is a miracle, no matter how it comes about, because it is such a beautiful picture of God's love toward us.

At one point in our journey we were offered the opportunity

Continued on page 12

Get Your Fats Straight

by member Sarah Pope
reviewed by Michael Miller

You've probably heard that fat is bad for you.

It sat atop the now-discarded USDA Food Pyramid as one of the things we should ingest the least. The rest of the government, the medical establishment, and the news media played along, demonizing fat as being bad for your cardiovascular health and causing weight gain.

Sarah Pope, who created the Healthy Home Economist blog (TheHealthyHomeEconomist.com) and is a Samaritan Ministries member, hopes to clarify (that's a butter pun, by the way) the facts around fats with her 2016 book *Get Your Fats Straight*.

The book's subtitle tells you a lot of what you need to know about the contents: "Why skim milk is making you fat and giving you heart disease plus the three simple steps for using healthy fats to lose weight, reduce inflammation and gain energy!"

Sarah's focus throughout the book is to teach the reader that there are good fats and bad fats, and that saturated fats are good for us. Essential even.

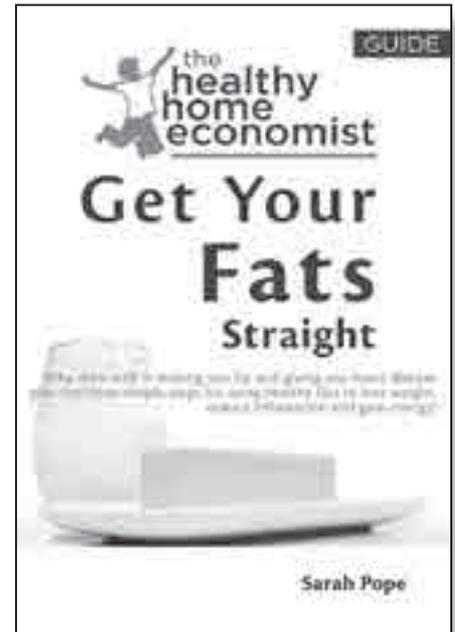
"Saturated fats are perfectly natural and have been beneficially consumed by peoples all over the world for millennia without, as far as we can tell, ever causing heart disease," she writes.

Sarah, the daughter of a cardiologist, writes that the research linking saturated fat and heart disease "has either been mistakenly or intentionally misinterpreted since the 1950s,"

and that this has led to media and government misrepresentation of healthy diets. In fact, she says, more recent studies have shown no link between saturated fat and heart disease, a topic she discusses on her blog at bit.ly/thetheFRAMED.

When you reduce the saturated fat in a person's diet, they turn to carbs (grains and sugars, primarily) to fill the gap. It is the carbs that cause you to become overweight—not saturated fat.

Why is it important to include plenty of saturated fat in your diet? Sarah stresses how it helps cell walls, which should be, she says, composed of at least 50 percent saturated fat. Cut off that supply by, for example, switching to something like polyunsaturated vegetable oil (I wonder if the number of syllables in an ingredient's name should disqualify something as "healthy") in "heart-healthy" butter alternatives



thehealthyhomeeconomist.com/book
ISBN-13: 978-1492153580

and you end up with overly delicate skin cell walls, which makes skin more prone to sun damage, brown spots, and wrinkles.

Gets Your Fats Straight says that the increase in obesity, childhood conditions such as autism and ADD/ADHD, and a variety of chronic diseases can be laid at the doorstep of changes in food consumption and standards over the past 50 years. Fast-food consumption has increased by 500 percent since 1970, she says. That has resulted in not only weight gain, but a degradation of people's overall health as well by the increased use of "trans fats, preservatives, refined sugars, artificial colors, artificial flavors and excitotoxins (such as MSG in its many forms) that come as part of the package."

Oils that are bad for us, like canola

and soy, are in abundance even at alleged “health food” bars.

The result?

“We are now suffering from serious deficiencies in fat-soluble vitamin A and vitamin D.”

The solution, Sarah says, is to look at how people outside of unsanitary cities were able to remain healthy in the past. As a chapter leader and then board member of the Weston A. Price Foundation, she has long promoted healthy diets based on Price Foundation principles. “In a nutshell, Dr. Price concluded that, while many of the peoples he studied were primitive, they were in fact supremely healthy and certainly not stupid.”

The foundation promotes diets that include the consumption of saturated fats from a variety of sources.

The power to help your family remain healthy, she says in chapter 4, is to adopt some of these practices. The place to do it is in your kitchen!

Of course, there’s probably a lot of stuff in that kitchen’s pantry that’s not good for you, according to this line of thought, so that needs to be cleared out first. Maybe you have some Crisco (which stands for “crystallized cottonseed oil” ... mmmm, now there’s good eatin’!). There may be some food fortified with preservatives, pesticides, pseudo-estrogens, and MSG. And in the refrigerator is probably some pasteurized, low-fat milk, meaning that any helpful nutrients have been processed out of it.

“To a frightening extent,” she writes, “you have relinquished control over your health to large scale food companies producing awful food under horrid conditions—all for the sake of consumer convenience and shareholder profit.”

The first step to a better diet, she says, is to get rid of the “low-fat” mindset and learn which foods and fats are beneficial and which are not.

Toward that end, Sarah introduces her “Simple, 3-Step Plan to Lose Weight, Reduce Inflammation and Gain Energy” in chapter 5.

Step 1: Replace all your margarines, spreads and liquid vegetable fats with the best butter you can afford. If you’re allergic to dairy, use ghee, “which is butter with all the milk solids removed.” She suggests that you may notice reduced sugar cravings and better digestion just by making this change.

Step 2: Begin supplementing with cod liver oil. This is one of her key suggestions, since it’s a major step in increasing your intake of vitamins A and D, along with K2, which makes the first two vitamins more available to your body. This step may improve your immunity system.

Step 3: Start consuming coconut oil. This oil has, in the past, been “falsely vilified for causing heart disease,” Sarah writes. “Fortunately, that nonsense about saturated fats being dangerous is being left in the past and coconut oil has many benefits that you won’t want to miss.” (Go to bit.ly/smicoconutoil for links to two stories Samaritan has published on it.)

She then expands on each of these steps in the following chapters.

For instance, in chapter 6 (“Butter is Better—So Much Better”), she notes that real butter, especially from pasture-fed cows, is a great source of vitamins A, D, and K2. “If you have a choice between less

Continued on page 15

Additional resources

reviews and more available at SamaritanMinistries.org/fat

Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol by Dr. Mary G. Enig, Ph.D.



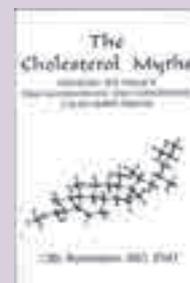
Eat Fat, Lose Fat: Reset Your Metabolism, Boost Energy, Banish Fatigue, Eliminate Cravings, and Fight Disease by Dr. Mary Enig and Sally Fallon



Why We Get Fat and What to Do About It by Gary Taubes



The Cholesterol Myths: Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease by Uffe Ravnskov, MD, Ph.D.



The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How to Avoid It by Dr. Malcom Kendrick.



How giving thanks benefits your brain

Continued from page 1

At first, it felt awkward and stilted.

We had to combat the lie that we weren't being "honest," since we didn't feel thankful. But you know what? Pretty soon we did feel thankful!

Our emotions followed our choice to give thanks. We felt better and better, and before we knew it, an hour of thanksgiving had passed. Our hearts were light and our perspective had completely changed.

By the way, notice I said we thanked *God*. We didn't express some vague sentiment of thankfulness with no object. We recognize Who is in charge of our lives—the Father of lights from whom all good gifts come (James 1:17).

Imagine going to a birthday party where the honored guest opens and enjoys your gift, but never actually thanks you for it. That doesn't really work, does it?

Recently, I had a conversation with an agnostic who said, "When I experience something great like a road trip on a perfect afternoon, I feel at a loss as to whom to thank. You have someone to be grateful toward."

Indeed I do. The Lord Jesus Christ is my source of hope, peace, and joy. No matter what challenges life throws at me, He gives me countless gifts in the midst of them.

In fact, Jesus Himself is the best gift I will ever receive—and when I

choose to give Him thanks, my brain has no room for anxiety.

What can you thank God for right now? ♦

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Member Susanne Maynes is certified as a Biblical Counselor with the Board of Christian Professional and Pastoral Counselors. She blogs on church and culture, spiritual growth, and Christian parenting at SusanneMaynes.com and is the author *Releasing Your Brave Love: Helping Kids to Change Their World and Unleashing Your Courageous Compassion: 40 Reflections on Rescuing the Unborn*.

Child of the Promise

Continued from page 9

to adopt newborn twins. I am a twin and there are eight sets in my family, so I was certain these were our babies. Friends and family immediately began to pray that God would have His will in this adoption. A few days later we were told that another Christian family had been chosen. As I cried out to God in my disappointment, I sensed Him saying that we had fulfilled our part in those children's lives. We had a team of prayer warriors that were needed to bring about His plan, and He trusted us to mobilize them, and then accept the result without bitterness.

What did you learn through your adoption experiences?

I learned that not only can God part the Red Sea, He can part the red tape! I marvel at how God was at work in the background of our lives, organizing all the intricate details that brought about our three miracles.

What is one thing you want families considering adoption to know?

Be prepared for the process. Although our three children were miraculously given to us, we spent many years in heart preparation. There were hurts and disappointments along the way. I don't know why some families are formed smoothly and others face such battles. I believe that God used miracles to bring our children to us because He wanted me to share our story and tell everyone—God's heart is for adoption!

I consider those years of waiting and disappointment as part of my labor and delivery of our children. Some pregnancies are textbook and relatively easy, and others can be high-risk and complicated. The same can be true for adoption.

God doesn't waste anything; even in the waiting, He is building strengths in us that will be needed in the future. And just as we trust God

to build our family, we can trust Him to "keep" our family. God loves our children even more than we do, which is hard to imagine. As parents, we need to trust that God has their destiny in His loving hands.

Why did you write *Child of Promise*?

Ultimately, *Child of Promise* is for any believer who has ever asked the question, "When, God?" I especially want to encourage adoptive families that God is for them! He directed me to share His miracles, as well as His faithfulness in the struggles, so He could prove that point. I also want to speak to young people who may be considering the life and death decision of abortion. God has hand-picked families waiting to love these children. Each one truly is a child of promise. ♦

Fund helps members adopt special needs children*Continued from page 8*

about a cute little girl newly available for adoption. The doctor sent them the chart with a photo and ... it was the little girl Melissa had seen.

"We felt that was a very clear sign that she was the one," Scott says.

The paperwork that was already in the works speeded up from that point, and the McCallons brought Addison home in 2017.

Now 5, Addison had been diagnosed as deaf. She also had no verbal skills and did not know sign language.

"She was just kind of surviving in an orphanage of about 500 children," Scott says, "so she's definitely a little survivor."

Chinese doctors gave Addison a cochlear implant in her right ear just before the adoption, but didn't follow up.

"We don't even think it was ever really turned on," Scott says.

The McCallons started taking Addison to the Children's Cochlear Implant Center at UNC in Chapel Hill, North Carolina, where they replaced the right-ear implant and gave her an implant in the left ear, enabling her to "hear really well" out of both ears.

While Addison has had to start learning language from about a 6-month-old's level, she has come along quite well.

"I'd say Addy knows more sign language than I do," Scott says. "She is really a brilliant child. It's just her speech and her hearing that are kind of delayed."

By "divine providence," Scott says, he was reading about Samaritan's Special Needs Adoption Fund in the newsletter around the time that Addison was receiving treatment.

"I called up there immediately," he says. "I think we were one of the first families to sign up."

Scott encourages Samaritan members to give to the Special Needs Adoption Fund by reminding them that "as believers we're called to be generous."

"For a lot of people who may just not be in a position where they can adopt, for whatever reason, they can be that arm of the Gospel by being able to give into that fund," he says. "I encourage members to pray about it and seek

the Father's heart. You talk about making a difference in somebody's life ... I can't imagine what else is more satisfying than that, being able to take a child out of a pretty desperate environment with little hope into a loving environment where she could grow and live a normal, healthy life." ♦

If you are interested in adopting a special needs child:

Because funds are limited, assistance is limited to medical needs for certain conditions. If you are interested in pursuing the adoption of a special needs child and would like more information about receiving financial assistance for the child's medical needs, visit SamaritanMinistries.org/SpecialNeedsAdoption.



The McCallon Family

I find myself talking to people all the time about Samaritan Ministries. I tell them I enjoy the freedom of choosing my providers and that I receive significant discounts when I pay cash. I feel like members are getting an exceptional provision, being treated with dignity, and stewarding each other's money that we spend for health care.

It is a huge blessing to have my health needs met through a Christian ministry. I value partnering with other Christians to promote Christ in all facets of life.

I've been so blessed by the staff as well. They are knowledgeable and prayerful.

*Patrick & Happy
Texas*

My wife and I have just had our second Need and both were shared completely. We feel so blessed because it would have been such a struggle to pay for the medical expenses ourselves.

I also want to mention that Dash has a lot of valuable resources. I was paying \$300 to \$400 per month for my inhaler. I found it much cheaper through the Health Resource Center, and my doctor said it was probably from the same manufacturer. Now it only costs me \$160 per month! Thank you, Samaritan, for connecting me with these resources.

*Charles
Minnesota*

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, we will provide updates and offer prayer points gleaned from a variety of sources. Please use them in your personal or group prayer time.

10 pastors, families arrested

At least 10 pastors and their families were arrested September 23 during church services in the northern India state of Uttar Pradesh, International Christian Concern reports. Another three Christians were reportedly arrested the next day. Some of these arrests apparently stem from accusations of forced conversions to Christianity, a common charge instigated by Hindu nationalist groups. In one case, police were not able to find any proof to support such a charge. *Pray for these pastors, their churches, and their families as they continue to be targeted by Hindu nationalists. Pray also for the conversion of the Hindus behind the disruptions, attacks, and false charges.*

Uzbeks face new hurdles

The Uzbekistan government has added two new restrictive and onerous requirements for religious orga-

nizations applying for legal status, Mission News Network reports. The requirements were already complex and difficult to follow. *Pray for Uzbek Christians as they try to overcome these obstacles to lawfully gather for worship and education.*

Myanmar ‘army’ detains pastors

A large, non-state army in Myanmar is detaining Christian ministers for investigation and is also destroying churches in a remote part of the Asian country, ICC reports. The United Wa State Army, the military arm of the ruling party, issued a statement on September 6 saying that all churches, missionaries, school teachers, and clergy members will be investigated. It also said that a list of all churches in areas controlled by the army must be drawn up, and that all churches built after 1989 must be destroyed. The UWSA is backed by China. *Pray for all Myanmar leaders and congregations, for their ability to meet and learn, and for their safety.*

Italian priest kidnapped

An Italian priest who lived and evangelized in Niger has been kidnapped by Islamists, ICC says. Father Pierluigi Maccalli, who has lived and worked in Africa for several years, was taken from his home on September 17. The kidnappers also stole several valuables and his car. The group that took him is believed to be one that is growing due to discontent stemming from rising poverty and insecurity in Burkina Faso, west of Niger. Similar groups have been known to kill captives in the past. *Pray for the safe return of Father Maccalli and for safety for all Christian workers in Niger. Pray also for peace and*

prosperity in Burkina Faso and for conversions to Jesus there.

Christians’ home destroyed

Members of the only Christian family in an area of a city in Pakistan’s Punjab province were beaten and their house set on fire by local Muslims on September 20, World Watch Monitor reports. Attackers told the family—an elderly couple, their four sons, daughters-in-law, and 11 children—they will be killed if they return. The suspects are believed to be backed by the brother of a top political leader. Video of the house burning can be viewed at bit.ly/pakchristianhome. *Pray for provision for the family, which was living in a tent, and for emotional, spiritual, and physical healing. Pray also for all Christians living among Muslims.*

Church properties returned

Ownership of 19 properties has been returned to the Sudanese Church of Christ by the Sudan government, which confiscated them two years ago, WWM reports. A Sudanese court ruled in August that the properties had to be returned. Some believe that move may be the result of the country’s efforts to normalize relations with the United States. The government has seized or destroyed buildings of other denominations, like the Sudan Presbyterian Evangelical Church, as well. *Praise God that these properties have been returned. Pray for the ability of Sudanese Christians to meet for worship and carry out their faith.* ♦

For more on the persecuted church, contact International Christian Concern (persecution.org, 800-422-5441) or World Watch Monitor (worldwatchmonitor.org)

expensive pale butter and more pricey deep yellow butter from pastured cows, go for the deep yellow every time. It's well worth the extra money."

Besides supplying those nutrients, butter stabilizes blood sugar, which can affect mood.

"Soon after I started to eat butter with abandon a decade ago I noticed that I became a whole lot more patient and able to go with the flow in unexpected, stressful situations," Sarah writes. "The highly successful campaign to demonize butter as a contributor to the heart disease epidemic paved the way for the edible oil industry to create an entirely new line of products: margarine and other fake butter spreads. 'I Can't Believe It's Not Butter' and products like it filled the supermarket shelves, and Americans scooped them up in the name of better health. Butter substitutes are very cheap to produce—much cheaper than real butter. Replacing butter with margarine in the American diet proved to be a huge marketing coup for the edible oil industry and they are still riding this wave of profits after many years all the while touting the certain improvements in public health that would result—but never did."

She adds that the margarines the public has become entranced with are actually loaded with trans fats, "the fats that actually ARE strongly linked with heart disease."

Next she promotes the use of cod liver oil, citing studies by Dr. Price and his observation of South Pacific islanders' use of oil from fermented shark livers.

However, we need to be careful buying the cod liver oil available on

the market today, she says, because slow fermentation of fish livers has been largely abandoned in favor of high-temperature processing. She also warns against use of regular fish oil, saying it contains no A, D, or K2. You can check out her resources at bit.ly/thheFLO for more suggestions.

Finally, there's coconut oil, which she calls the "wonderfat." It can be bought virgin or expeller pressed, both of which are antibacterial,

Replace all your margarines, spreads, and liquid vegetable fats with the best butter you can afford. You may notice reduced sugar cravings and better digestion just by making this change.

antifungal, and antiviral. In addition, virgin coconut oil is being touted as a possible treatment for Alzheimer's disease; when the natural medium-chain triglycerides in the oil are converted into ketones, they serve as a "super fuel" for the brain.

Sarah lists other nutrient-rich animal fats in chapter 9: egg yolks, fish eggs, liver, lard, suet, and tallow, plus the fat from chicken, beef, or duck stock. She goes on to explain the role of vitamin K2, the advantages and disadvantages of olive oil, and offers recipes for "quick, easy and economical home-cooked foods using butter and coconut oil."

But what about that skim milk claim?

"This apparent paradox occurs when you reduce the saturated fat in a person's diet and they turn to carbs (grains and sugars, primarily) to fill the gap. It is the grains and sugars that truly cause you to become overweight—not saturated fat. In fact, the more butter and cream I eat, the easier it is to maintain my weight. MUCH easier. The same will probably be true for you. If you drink skim milk, you will be missing

out on the satiating, blood sugar—and insulin—steadying effects of saturated fat, so your body will automatically give you sugar and carb (grains) cravings to compensate. The body is able to MAKE saturated fat out of sugars and begs for the raw materials to do so. Hence the

sugar cravings that are impossible to control when you deprive your body of saturated fats."

So, Sarah is saying, get off that pyramid and get some fats—the saturated kind—in you. Your body will thank you. ♦

Visit TheHealthyHomeEconomist.com for articles, videos, and books from Sarah Pope.

Do not
be surprised,
brothers, that
the world
hates you.

1 John 3:13

The verse above is in the middle of a passage about love. Jesus said something similar in John 15:18-25, which is in the middle of another passage where He teaches us to love. Are we surprised when truthful, loving words and actions are met with lies and hate? We shouldn't be.

The enemies of God have always hated Him and those who follow Him, starting in the beginning when Cain murdered Abel. Why? When the religious leaders in Jesus' day attacked Him, He told them it was because they were following their father, the devil, who has been a murderer and liar from the beginning (John 8:44). Falsehood and selfish, hostile, attacks are evidence of the devil's involvement, and we should recognize them as such (James 3:13-18).

Followers of Jesus Christ are in a cosmic battle of good vs. evil, and of truth vs. falsehood. Jesus tells us that we are blessed when we face persecution

because we are following Him (Matthew 5:11-12, Luke 6:22-23). In fact, He says that we should be concerned when all people speak well of us (Luke 6:26).

We should not be surprised when truth and love are attacked with hatred and falsehood, whether it is aimed at us or at others. We should recognize where it is coming from and joyfully depend on Jesus to enable us to boldly, lovingly stand firm (Acts 4:29). When we obey Him and suffer for it, we can rejoice and be glad, because our reward will be great in heaven.

For the Kingdom,



Ray King