



Stronghold Ministry's Monthly Newsletter

The Exchanger

June 2011

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Fighting off fear is often an extended battle for cancer survivors.
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Stronghold Ministry will pray with you and for you for healing.
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Tell us your story.
We want to be
"in your corner."

Coming Events

Healing Prayer Meeting
3rd Tuesdays
7:00-8:00 p.m.
@ Dallas Bible Church
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**Abiding Prayer Group for Women**  
Friday mornings  
9-10:30 a.m.  
@ Dallas Bible Church  
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Call 214-221-7007 for info.

'Fraid! Not

-by Joe Fornear

I remember well that glorious day in 2003 when my doctor told me my Stage IV metastatic melanoma was completely gone. Well, actually he told me the cancer was still there, they just couldn't provide evidence of its microscopic footprint. He predicted the cancer would begin multiplying again rapidly and take my life within nine months. During the next three or four years of cancer free follow-ups, doctors often suspected the cancer had returned. A few times they even mistakenly told me it had returned. No wonder it took five years of cancer free living before I felt free of the cancer.

Many cancer survivors spend years in what David called, "the valley of the shadow of death." People sometimes feel moved to tell survivors about someone's cancer coming back with a vengeance. Yet The Presence of the Great Shepherd enabled David "to fear no evil." We can have great confidence because He is with us! He is with *you!* He will walk us through every valley, and even that great transition to the next life that we must all eventually face. So lean on the staff of your Good Shepherd. He has proven His good heart towards us by laying down His life for us sheep.



Save this Date

10.2.2011

Stronghold Ministry's Fundraising Banquet

What in the world is God doing through Stronghold?

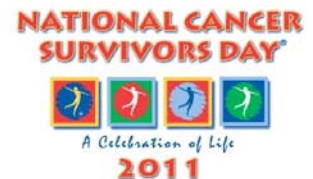
Sunday, October 2nd
6:00 p.m.
The Hope Center

Victory Over Fear

Joe Fornear will be speaking on overcoming fear at a Dallas area support group meeting on National Cancer Survivors Day, Sunday, June 5th.

Whether you're a cancer survivor or right in the thick of your battle, you don't have to be controlled by fear!

Join us at **Lake Pointe Church** — Cancer Support Group
Rockwall Campus—Room A145; 701 Interstate 30
Rockwall, Texas 75087 5:00-6:00 p.m.



Healing Prayer Meeting—monthly in Dallas

God has power over our most difficult obstacles... even cancer. Come pray with us at our **Healing Prayer Meeting**. We don't guarantee miracles, but we certainly believe we should ask for one! "You do not have because you do not ask" (James 4:2). Bring your loved ones to pray together with us, or come as a proxy for someone. Let's just see what He will do!

Healing Prayer Meeting—Stronghold Ministry

3rd Tuesday of each month 7:00-8:00 p.m. @ Dallas Bible Church
15765 Hillcrest Road, Dallas, TX 75248
Call 214-221-7007 for more info.

Testimony Time

This month we share the journey of Janet E. (pictured in middle with husband, Craig, and their children and spouses). Janet is a survivor of pancreatic cancer, discovered during an elective CT scan recommended by her brother who is a doctor. Also see page 4 to read Janet's case for all adults over fifty to have an elective CT scan.



After my elective CT scan, I was told I had a benign Mucinous Ductal Tumor on my pancreas, but it was actually a carcinoid tumor. So I had a “Whipple” procedure, in which the surgeon removes the head of the pancreas, gall bladder and duodenum. This procedure saved my life.

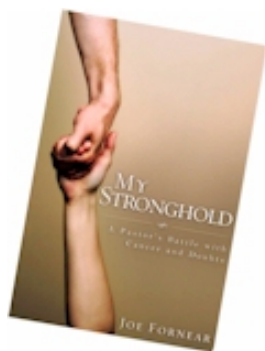
Before this experience, every day I would jog with my dog and pray to the Lord. One day the rubber band I wore to hold my hair back broke, which was really irritating. I mentioned to the Lord if I could find a rubber band, I would be so grateful. Not more than ten steps later, yep, there it was... a rubber band. I looked up, smiled, and thanked Him for this little blessing of knowing He was really listening. As my surgery loomed, I found rubber bands almost every day. God was reassuring me He would walk me through the fire and place me on the other side. I had no idea what the doctors would find, but I knew He promised to bring me through, leaving rubber bands in my path to assure me.

After my surgery, I found rubber bands quite often. Tears of joy would spill from my eyes. God was saying, “I’m still here. I took you in my righteous right hand and walked you through your fire. I’ll never let you go.” Those who have faced their own mortality know what this blessing from God can do. It will change fear into calm, your own power into weakness, and your faith will strengthen as never before.

Later I started another round of tests to check to see if any carcinoids had returned. One day of tests turned into three, and anxiety began to build. On the third day, my dog and I took off on our usual path. When we got to the end of the block, she almost pulled off my arm, wanting to go in a direction we had not been before. Too tired to fight, I let her lead. Running this route, I found four rubber band blessings. With each one I looked up and thanked God for being with me. The rest of the tests were much easier to handle, for He knew I needed His peace and grace more than ever. I was telling Craig, my husband, about finding the four rubber band blessings on the way home. He smiled, pulled back his shirt sleeve, and said, “I found this rubber band on my conference table right before I came to pick you up.” We both just smiled and knew what our hearts held inside.

I still face lots of tests, and I know there will be scary moments. Then I inhale the amazing fragrance of these rubber bands, and I remember He is in charge. He will take me where He wants me to go, and I will find His rubber band blessings along the way. I am bound to Him by these, no matter how far I stretch from His will, I will rebound to His perfect will. We are tightly bound until I see Him face to face in heaven through His son, Jesus Christ. I pray you too will know His blessing and love and let Him lead you into a complete peace-filled love for His Son, Jesus Christ.

When I first heard Joe's story of God's healing and his willingness to give his life to witnessing for the Lord, my breath was taken away. What a faithful man who, like Christ's disciples, put down their life to build God's kingdom. Joe needs our support, with prayers and financial giving. Please support this ministry, a ripe mission field for hope and for bringing people who are facing their own mortality to Christ. There's no better way to use God's gifts to us!



My Stronghold - The book

Visit our website for more on Joe Fornear's story and book about his cancer battle, *My Stronghold, A Pastor's Battle with Cancer and Doubts*.

www.mystronghold.org/My-Stronghold.html

If you are a cancer patient, or caretaker, we'll send you the book at no cost. Simply write and tell us your story. We want to share your burden.

Sign up for “In His Grip”

In His Grip is a weekly devotional e-mail to encourage and inspire those fighting cancer or in any crisis.

To subscribe go to our website -

<http://www.mystronghold.org>

In His Grip archives are at Joe's blog.

Just click on the “Blog” link

<http://www.mystronghold.org/Blog/>



Stronghold Prayer Wall



Please join us in prayer for these warriors

Stronghold is reaching out to these individuals who are fighting cancer, or have fought cancer. A few have other serious illness. We believe in the centrality of prayer for healing. Will you take a moment to intercede with us for these whom Jesus loves?

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|-----------|------------|------------|-----------|------------|-----------|----------|------------|-----------|------------|
| Mike D | Hank | Sharon | Mr. H | Grant | Louise | Leonard | Pat | Jeff | Diana |
| Mr. W | Tony | Luke | Manuel | Rob | Dee Ann | Jodi | Fran | Mike | Lacey |
| John | Melody | Nancy | Bob | Andre | John | Johnny | Bryan | Will | Adrian |
| Bill | Susan | Holly | Nick | John David | Maura | Itai | Laurie | Susan | Daniel |
| Jon N | Joseph | Diane | Bonnie | Linda | Leon | Ken | Charlie | Joe | Angela |
| Rich | Michael | Allison | Misti | Dorcas | Ann | Chris | Lanette | James | Karen |
| Gloria | Robert | Randy | Kristine | Ivan | Leona | Tommy | Bob | Gayle | Robert |
| Claudia | Mike | Nelia | Alfredo | Nancy | Cynthia | Danny | Kevin | Elizabeth | Paula |
| Jeff | Debra | Rick | Virginia | Jessica | Dallas | Mimi | Eric | Tommy | Cole |
| Carolyn | Michael S. | Linda | Linda | Emily | Wayne | Joe | Bob | David | Will |
| Laura | Debbie | Akadrianna | Tracy | Bob | Kathy | Jimmy | Judy | Lori | Claudese |
| Mary Sue | Barb | Janet | Vicky | Quentin | Taylor | Heidi | Philip | Maria | Mary |
| Ed | Kent | Julie | Inez | Donna | Keith | Carol | Harry | Peck | Marci |
| Milton | Ted | Delora | Kate | Christian | Jon | Michael | Ed | Tim | Christi |
| Sara | Andy | Kathy | Debbie | Kathy | Clark | Debbie | Mickey | JoAnne | Darlene L. |
| Rex | Steve | Sherry | Sara | Toni | Don | Beth | Cheryl | Glenzine | Jim |
| Monette | Lois | Adair | Ethan | Gloria | Joe | Brenda | Margaret | Wendy | Mark |
| Joan | Karen | Matt | Myrna | Althea | Sheryl | Julie | Lori | Lucretia | Sarah |
| Brian | Pat | Mike | Don | Cathy | Kenedy | Cheryl | Bob | Sherrri | Steve |
| Joanne | Jodie | Mildred | Will | Grace | Amy | Sara | Susan | Karen | John |
| Kathy | Matt | Anne | Ric | James Earl | Cindy | Terri | Gail | Clayton | Ron |
| Sue | Susan | Fred | Randy | Pam | Benji | Lilly | Susan | Jim | Lenna |
| Garrett | Hudson | Kaye | Carlos | Sandra | Pearl | George | Lin | Nancy | Amy |
| Kathy | David | Lois | Mike | Steve | Dale | Martha | Shalundria | Kathy | Sandra |
| Peggy | Darlene | Gracie | Tina | Cathy | Phil | Susan | Becky | Ben | Patricia |
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| Becky | Yvette | Johnnie | Timi | Bonnie | Bill | Peter | Simone | Suzanne | Janet |
| Frank | Sean | Linda | Jordan | Debrah | Meg | Kay | Angela | David | Kitty |
| Randy | Frank | Maurice | Scott | Fred | Tim | Junie | Fern | Bryan | Grace |
| Sue | Larry | Gary | Maria | JL | Michael | Bob | Charles | Bryan | Ester |
| Mr. S | Lori | Pat | Jack | Betty | Vicky | Carolyn | Randy | Ann | Dina |
| Susan | Katrina | Dylan | Naomi | Will | Harold | Helga | Tom | Gwen | Rick |
| Mrs. L | Gregg | Carolyn | Matthew | Celine | John | Jim | Kevin | Serenity | Chris |
| Priscilla | Ruth | Rusty | Lori | Donna | Joan | Mark | Seth | David | Charles |
| Stephanie | Sam | Cindy | Kristen | Phil | George | Lana | Nina | Serenity | Rick |
| Lynne | Pete | Brian | John | Fred | Dewayne | Sheryl | Rosa | Henry | Melody |
| Bubba | Gina | Nisha | Leonard | Cosme | Richard | Toni | Kevin | David | Gino |
| Althea | Duke | Sherrri | Penny | Anna | Nicole | Barbara | Mickey | Tracy | Dave |
| Robbin | Don | Darcelle | Betty | Ava | Susan | Mark | Nikki | Bruce | Andrea |
| Correy | Jack | Alan | Lisa | Evelyn | Dennis | Gail | Carletta | John | Wendell |
| David | John | Jennifer | Mechas | Dave | Pamela | Eric | Molly | Marlene | George |
| Angela | Richard | Agnes | Phyllis | Bill | Terry Joe | Yvonne | Leslie | Ben | Lynn |
| Maryann | Lori | Fred | Mike | Lawrence | Chuck | Peggy | Michel | Sherrri | Michael |
| Bill | Sheila | Dave | Hal | Kathy | Darcy | Bunny | Buz | Audrey | Sally |
| Tina | Betty | Mary | Frank | Sheryl Sue | Eloisa | Beverly | Sheila | Linda | Tommy |
| Edward | Beverly | Joanne | Evelyn | Gipsy | Matilda | Brenda | John | Peggy | Ken |
| Dianne | Darlene | Marilynn | Mary | Jo | Barbara | Laura | Stephen | Jessica | Robert |
| Vicky | Cheryl | Johnny | Tina | Gino | Jamie | Deborah | Cindy | Isabella | Eddie |
| Rachel | Karon | Pat | Marty | Robert | Jackie | David | Jeff | Elaine | Bob |
| Stephanie | Jacob | Mary | Rachel | Becky | Vicki | Larry | Martha | Joanie | Karen |
| Judy | Rebecca | Charles | Steve | Kellison | Maryellen | Julie | Robert | Liz | |
| Terri | Susan | Bill | Kim | Linda | Sylvia | Helga | Florence | Susan | |
| Megan | Ms. M | Karen | Mary Jane | Joyce | Brenda | Lisa | Diana | Mary | |
| Ruth | Bill | Betty | Carol | Molly | Tina | Adrienne | Sam | Dick | |

We try to maintain a balance of privacy and personalization. If your name or a loved one's name appears here and you do not wish to be listed for any reason, please write and we will remove - jfor@mystronghold.org.

A Routine CT Scan Saved My Life and It Could Save Yours

A Rebuttal to the Attitude that Preventative CT Scans Are Foolish

-by Janet E.

Ten years ago I was at the peak of health. At fifty-two years old, I weighed 118 pounds, walked four to six miles a day, and went to the gym regularly. I did not smoke nor drink. I was in great physical shape, or so I thought. Fortunately, my brother, a physician, encouraged me to get a CT scan as a preventive measure.

In 2001, I had planned on following my brother's advice. I called our world-renown Cooper Clinic, but they told me they could not scan me. Just two weeks before, the Texas Legislature has passed a law requiring CT Scans be ordered only by one's physician. In 2002, I saw my internist for my yearly physical, and casually mentioned my brother had recommended a CT scan as a preventive measure. Soon I was being scanned, amazed at how simple the procedure was. You just lay there for about ten minutes, and a table moves you through the scanner.

Happy to have this behind me, I left thinking all was well, but all was not. My internist called and said, "Janet, you need to get a pencil and paper." I knew that this wasn't a good sign. The radiologist thought that it might be a mucinous ductal tumor on my pancreas. Not knowing where my pancreas was, what it did, or how important it was, I was confused and shocked.

I called my brother right away, and he did some research to find the best pancreatic doctor in the country. Fortunately, the best doctor happened to be right here in Dallas. At my first appointment, he asked in his sweet, kind way about my symptoms. I responded, "I have no symptoms. Tell me what they are, and I can tell you if I have any." Looking at me strangely, he said, "No, you know, I am talking about... what is bothering you?" He reeled off common symptoms related to pancreatic problems... extreme indigestion, a feeling of being bloated, bowel problems. I said, "I don't have any of those symptoms. In fact, I've never felt better."

More tests were ordered, and time seemed to stand still. I would sit by the phone for hours, waiting to hear what was wrong and what could be done. I had a more intensive CT scan with iodine injected into my arm to show a clearer picture of my pancreas. Yet he still could not figure out what was wrong. So I had an endoscopy, a test where a tube is put down your throat into your stomach and beyond. The doctor could not get the tube into my pancreas, there was a blockage. After a six hour surgery, he removed a carcinoid tumor in my duodenum, which is the top third of one's intestines. He also took out the head of my pancreas, gall bladder, and rerouted the tubes leading from these organs into my stomach. This procedure is called a "Whipple," and is often a last-ditch option for pancreatic patients in hopes of saving their lives, and save my life it did.

Pancreatic cancer is a silent killer. Typically, by the time one has symptoms, not much can be done, which is why in these circumstances the success rate of the Whipple is under 20%. However, thanks to being proactive with my own health care and having that preventative CT scan, I am fully recovered with no residual problems. It will be ten years this August since this amazing journey all began. My hope is that through reading this article, you, too, will have a CT scan, even though you may meet some resistance from naysayers who believe "this is a waste of time and money." I am so thankful that I took the time to do this very simple test, as I would have been dead by now. It's true that statistics show some "false positives," which means problems are found which turn out to be nothing. But what if, just what if, they turn out to be "something?"

Many people have told me they don't want to know if something is wrong. Yet CT scans reveal many cancers before they can kill you... kidney, lung and liver, to name a few. The scan costs about \$650. Doesn't it make sense to buy something that could possibly save your life rather than something you will give away in a few years? I hope you are one of the countless people who have a CT scan and discover nothing... absolutely nothing. The only way to know that for sure is to have this simple test.

Yes, it is true that I am the most minute statistic, probably being one in over several million people who will ever have a carcinoid tumor in his pancreas. But to my family, to my brother, to my aunt, and to my friends, my life is more than a statistic. I am a living, breathing miracle, and I am thankful. Call your internist today and schedule that scan. You might be glad..... really, really glad you did.