



# Stronghold Ministry's Monthly Newsletter

## The Exchanger

May 2011

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If a tweet is made in the forest, and no one reads it...

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Stronghold Ministry will pray with you and for you for healing.

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Please pray with us for the healing and comfort of many.

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.

### Cease Striving

-by Joe Fornear

*If a tweet is made in the forest, and no one reads it... wait, is that even possible?* This new technology and networking has been both curse and blessing. On one hand, we've reconnected with friends, family, and classmates who thought we were weird in high school. On the other hand, many have become helplessly attached to their digital feeds. Admittedly, I am one of the "many," driven to capture as much information as my little eyes can absorb.

*I have some down time at this red light; or during my lunch break; or while engaged in this rest room stop. I must leverage each moment. Check my email. Now Facebook. Keep up with latest world news. Reply to text. Quick game of Solitaire (OK don't judge me, Mr. or Mrs. Words with Friends). Quit playing Solitaire (people will judge me), check email again. Repeat as above... until bedtime.*

All my digital plates are full, and I'm keeping them all spinning. But does this constant activity bring a false sense of control to my life? Am I really on top of things?

I consider God's timeless words from Psalm 46:10, "Cease striving, and know that I am God." I don't

think He begrudges beneficial work tools and connectors, but I know He wants me to check my use of them. How do I know when I'm out of balance? Can I unplug in the evening and give quality time to my wife? Must I race to power up each morning before taking the incredible opportunity to spend time with my loving heavenly Father, and true source of power? Can I enjoy eating a sandwich without keeping one hand free to peck away at a keyboard? *I wonder if the Lord can accomplish more through me than I can frantically accomplish alone. I must rest in God; I am not Him.*



### 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

*We are featuring stories of those we serve. This month we share the journey of Val P. Val is a brain cancer survivor, and now has a vital ministry to cancer patients and those in crisis in Brooklyn, NY. She has been an encouragement to Stronghold, and we have been an encouragement to her. Val writes:*

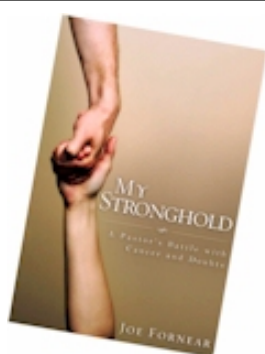
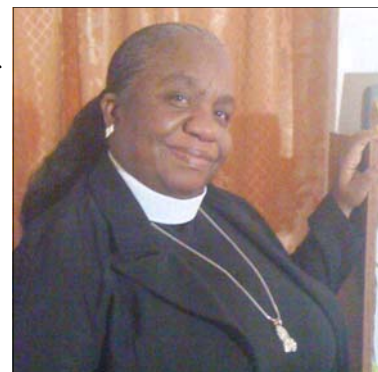
My experience with Stronghold Ministry has been an awesome and wonderful journey. I tell everyone about my brother Joe and my sister Terri, who I have come to know and love. God has formed a beautiful tapestry of friendship between us and together we are revolutionizing our communities for Christ.

I am a cancer survivor. I was diagnosed with Brain Cancer in 1980 and given three months to live. I was devastated and I gave up hope. I was angry with God. After all, I thought, "I am only twenty one years old. I am too young to die." The more I became resentful, the weaker I became. Reluctantly, I did my chemotherapy and radiation treatments and those too seemed not to work. I had no choice in the dark nights of the soul but to reach out to God. Out of the depth of my heart I cried out, like David. God reached down and lifted my spirit with words from His Word. The words "*I shall not die but live to declare the works of the Lord*" (Psalm 118:17), resonated from every fiber of my being, and I repented before the Lord.

My healing process began the moment I gave my health and emotional issues to God. I promised Him to reach out to His hurting people and devote my life totally to Him. I am now deeply committed to the work of God. I started ***Tower of Life Cancer Ministry*** for this reason. Stronghold Ministry has been my strong arm. Joe's inspirational words soothe the emotional pains of not only the cancer patients, but even those who suffer from the cancer of loneliness and depression. Through the Stronghold newsletters, The Exchanger and In His Grip, many families have been strengthened and renewed. I feel secure knowing that we have an army of cancer survivors who are willing to give back to the work of God.

Strength and confidence have become our lives' foundations as we all discover the awesomeness of a marvelous God who heals, delivers, restores and saves. In January 2010, I reached out to Joe telling him about my sponsored daughter, Celine who was diagnosed with Sickle Cell Anemia. I was unemployed and a bit worried that I would not have been able to continue supporting her financially. Joe stepped in and reached out to my daughter in the Dominican Republic and sent her financial help. This made such a difference in her life.

I thank God for the opportunity of knowing Joe and Terri who are indeed "Keepers of the Flame." Together we will glorify God and provide useful service that will lift and encourage the Body of Christ and families in our communities and around the globe. "We will only pass this way but once, and if there is anything we could do, let us do it now, for we will not pass this way again." Let us all discover the beauty within our souls and rise above our circumstances knowing that we are all overcomers. May God continue to bless Stronghold Ministry and all of its endeavors. "Grace be unto you."



### 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](http://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?

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

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](mailto:jfor@mystronghold.org).