



## Part 2 of 2 As A Breast Cancer Survivor Ten Survival Tips/

By Jan Hasak , Paradise, CA

*Author, Mourning Has Broken: Reflections on Surviving Cancer  
Cancer and Lymph edema Patient-Advocate and Speaker*



From a different perspective, those dealing with cancer survivors should not assume that such survivors can perform all tasks, regardless of their outward appearance. Because of lymph edema that developed in my arm after lymph-node removal and radiation, I do not lift or carry heavy items. I make others aware of this limitation, since it is not obvious. Conversely, one should not place artificial limits on cancer survivors. For example, during cancer treatments I kept up my regular aerobic exercise. I continued my work as an attorney in a high-intensity environment, although I did revert to a part-time schedule for a season. I painted landscapes. While this amazed some people, it is not uncommon for cancer survivors to adhere to old routines for a semblance of normalcy. The bottom line is to endeavor to delve into what makes a person tick before reaching conclusions.

### 6. Recognize life seasons

The time spanning when I was first diagnosed to the end of treatment was only for a season. Recognize with Solomon in Ecclesiastes 3:1-8 the times for every activity under heaven. Of all the seasons listed in this passage, "a time to laugh" appeals to me most. Many studies show that humor helps relieve stress, combat depression, and extend quality of life.

My three sons, ranging in age from 3 to 11 when I was diagnosed, reacted to my cancer by watching how I responded. Comic relief went a long way to dispel the tension they felt. I thoroughly enjoy watching these boys laugh at black-and-white slapstick comedies like Abbott and Costello and at modern-day comedies like *Chicken Run*.

"A time to dance" is another fun sea-

son. Try some salsa dancing, like a survivor I overheard in the chemotherapy infusion room. It will lift your spirits as well as your feet, control weight, and rev your circulation to the max!

### 7. Witness using personal testimony

While Christians don't always recover from diseases even though prayed for, they can still use their adversity to glorify God in their lives. Jesus modeled that approach when he delayed coming to Lazarus in Bethany until Lazarus died. The story is found in John 11:3-6. When Jesus heard of Lazarus' sickness, he said, *'This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it.'* Often, the more severe the suffering, the more glory is shown to God through the power of personal testimony.

On the Titanic, some Christians gladly relinquished their places on life rafts to the unsaved, witnessing powerfully to their faith in eternal life. We've also heard of Christians in the burning World Trade Center on 9-11-01 witnessing in their last moments to non-believers in the midst of unimaginable terror. 2 Timothy 1:8 admonishes us not to be ashamed to testify about our Lord. It challenges me to go forth boldly, knowing that none can take away my personal story.

My husband's emails on God's mercy throughout my cancer ordeal were sent to all who were curious how I was bearing up. God is faithful in fanning the global fire of the gospel through such testimony.

### 8. Resolve to understand God

Some disasters shake us to our very core. When I felt myself helplessly mired in the muck of cancer, I recalled Jesus' parable in Matt. 7:24-27. He reassured us that we are set on solid ground, not in sinking sand. As I put our Savior's words into practice, God pulled me up

and out of cancer-induced depression and into an indescribable joy. He is the Rock upon which I set my hope.

In the midst of the unexpected, God is there. For example, on September 11, 2001 otherwise annoying delays on their way to work saved some employees' lives. Now, when I am stuck in traffic and an ambulance rushes by on its way to the accident ahead, I bow my head in prayer for the ones affected by such tragedy, rather than wallowing in "self-pity" over the minor nuisance of a traffic jam. We should consciously determine to understand how God is using such seeming disturbances and thank him for them.

### 9. Find volunteering opportunities

Almost two millennia ago, Paul taught that all the commandments are summed up in loving your neighbor as yourself (Romans 13:9). We survivors are greatly appreciative of all the sacrifices of others from which we benefited. Below are some ideas for showing love to fellow cancer strugglers.

If there is no breast-cancer support group in your area, start one. The locale might be your own church for women who are most comfortable in a Christian environment. Or you can volunteer for a local American Cancer Society branch, helping women in myriad ways.

Counseling others in person or by phone or email is another viable possibility. Open any Bible and appropriate passages will jump out to address the situation at hand. Courses on training counselors might be offered at a local church or on-line.

In another vein, you can ask your oncologist if you are eligible to participate in a clinical trial. Not only

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# Fear Not

By Rick Sluss  
Milwaukee, WI USA



## Matthew 8:23 – 27

This passage describes the event of Jesus having to cross the lake. As he got into the boat, the disciples joined him. During the ride across the lake, a storm came without warning. The waves began to rage as Jesus was sleeping. In fear the disciples cried out "Lord, save us, we're going to drown!" Jesus replied to them, "you of little faith, why are you so afraid?" Then Jesus got up and rebuked the winds and the waves and it became completely calm. The men were amazed and asked, "What kind of man is this? Even the wind and waves obey Him!"

We can see that Jesus exhibited great power over both the weather

and demonic forces. The disciples learned about faith in the incredible power of God. We need to understand that since Jesus has the ability to calm a storm and rid demonic influences, he can certainly empower us in the recovery process. We can experience God's power by first recognizing how powerless we are, and then by surrendering our life to Him.

More than two thousand years later we are all faced with the challenge of believing in Jesus Christ. Jesus told his disciples in John 20:29, "Because you have seen me, you have believed, blessed are those who have not seen and yet they believe." The phrase "do not be afraid," or "fear not," is the phrase most often

used in the Bible. It appears more than 300 times. It is spoken as a prelude/introduction to a significant act of God. Perhaps the greatest hindrance to an active expression of our faith is the fear, rejection, or acceptance by others. We are instructed to live by faith not by sight; 2 Corinthians 5:7. God is preparing a new body and a better home for us. This cannot be proved scientifically, it must be accepted by faith. Read the entire chapter of Hebrews 11 and learn many examples of faith. The only way to develop your faith is to ask God for it. Then you must be courageous enough to hope and pray for a better future.

### From the Editor...

Jan, I want to sincerely thank you for pouring your insight and wisdom relating to your life experiences. This is what I call authentic ministry is when you share your life experiences with those who need a word of hope...this is exactly what you have done! Thanks for sharing with our readers!

Rick, Thanks for reminding us of the examples within the Word of God. I find it refreshing to go back and re-read the truths of Scripture. Sometimes we forget all the wonderful promises of Gods word. This is why we must read it daily because there is truth and hope in it, it actually renews our mind!

Kenneth, I am so proud of you! You have surely exercised your authority in Christ at such a young age. I want to thank you for sharing with our audience. I'm sure there are those who read your words of wisdom and are blessed to know that there are young people out there that desire to follow God!

Alexis, Thanks for sharing bits and pieces of your life with our audience. One of the things that left an impression with me in your article was that God strategically placed individuals in your life to give wise counsel. Praise the Lord that you took heed to the wise counsel. The scripture is clear that Gods Word never returns void, but accomplishes every Word as He states! Where there is no guidance the people fall, But in abundance of counselors there is victory. " Proverbs 11:14 NAS

Jean! Just wanted you to know I really enjoy reading your article. Every time I read it I get something new. You have a very creative mind...thanks for allowing us to see Gods word from a different angle!

Brother McGregor...thanks for opening our eyes...sometimes people confuse the two. I read the other day: Our willing response to the gospel call, in which we sincerely repent of sins and place our trust [believe] in Christ for salvation. Conversion is "turning" from sin to God. Ezek 33:11; 1 Thess 1:9; Philip 1:6.. You are insightful!

Brother Watchmen, thanks for sharing the story about the little boy who had a demon. You taught us how powerful the name of Jesus is. Its so powerful that even the demons tremble and obey!

Faith-Thanks for sharing, your article deals with real life issues that people face daily. You challenged the audience to take a deeper look into what they say they believe and at the same time you exposed the sin issue! Articles like these challenges us to repent and rely on God in every circumstance, not when we choose to.

Pastor Karen, I am grateful that you shared your experience with our readers. Your testimony is a great encouragement. In spite of what the Dr.'s were saying you kept busy, You kept your hands to the plow! This should encourage every reader. I love how you kept referring back to the word of God as your rock to stand on, and how you gathered the collection of scriptures for the battle at hand!

Melinda, Who I call the faithful one! Thanks for the beautiful poetry that you have written for our readers to read over the years. You have really blessed us with your words God has given you and your presence!

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If you have questions please use the contact information below.

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### WICKEDNESS ON THE EARTH

Genesis 6:7 is directed towards man because God is omniscient. He already knew prior to his creation that some men/women would become evil. NOTHING TAKES GOD BY SURPRISE, BECAUSE GOD IS ALL- KNOWING! Let's rethink these verses. In Genesis chapter 6, God was not surprised that the wickedness of man was out of control on earth, and neither was God sorry that he made man. I believe verses 5-7 are for us to read so we can understand God's heart! When we look at the daily news and hear what the reporters are saying day - in and day- out, it amazes me how this generation of people are just as wicked as the people in Genesis chap 6.

History proves that God's hand has been upon America because people have honored Him in their lives. We have been blessed with knowledge, wealth, and security not because of us, but because God has been with us!

"The cornerstone of America has always been "CHRIST'S CHURCH". At one time the Christian church was a dominant influence with few exceptions, who were our adversaries who dreaded offending the church. There were people of many denominations who had God in common and were not hesitant to defend the principles of the Holy Bible. We need to be concerned if God is slowly turning His face from America and other countries in the world like he did to the people in Genesis chapter 6. Many continue to turn away from God, and have pushed their own power from the safe shores of our original foundation." (Rev. Clyde H. Rush) stated in his book "A CHANGE IS GOING TO COME!"

One of the things we learn in the book of Genesis is that God is a gracious God! He shows favor and mercy towards the righteous. When God destroyed the earth by floodwaters, Noah and his family were saved by their "faith" in God.

The good news is that no matter what you or I have done in life, God is a forgiving God. The scriptures states if we confess our sins, God is faithful and righteous to forgive us for our sins, and to cleanse us from all unrighteousness; 1 John 1:9.

Jesus' mission is to save those who respond to the call. The prerequisite is: you must first put your faith in Christ and ask him to come into your heart. Make him your Lord and Savior. Secondly, repent of your sins, past and present, and be baptized in obedience.

The Scripture tells us that the sorrow that is according to the will of God produces repentance without regret, which leads to salvation (eternal life with God). But the sorrow of the world produces eternal damnation; 2 Corinthians 7:10.

I am so thankful that God is merciful and that He has been trying to get our attention since the fall in the Garden of Eden to accept his provisional gift (Jesus Christ) for our sins. Accepting Jesus Christ is one of the most important decisions you will ever make in your life. Today is your day, Jump on board, don't procrastinate, tomorrow is too late! Lastly, make a decision while you still have breath in your body.

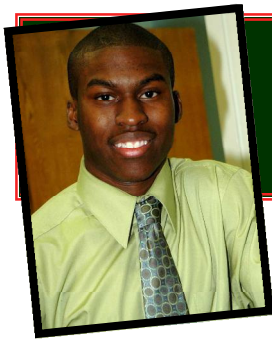
### Writing with an Eternal Purpose, Evangelist V. Marshall

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## The Journey of a Christian Life: Part 2 of 3

### "Staying Around Godly People"

By Kenneth Saffold, Illinois

If you want to stay strong in your walk with God, then stay around Godly people, this will keep

you strong and help you build other Godly relationships.

#### 1 Cor. 5:9-13

9 -I wrote to you in my epistle not to keep company with sexually immoral people.

10 -Yet I certainly did not mean with the sexually immoral people of this world, or with the covetous, or extortionist, or idolaters, since then you would need to go out of the world. 11- But now I have written to you not to keep company with anyone named a brother, who is sexually immoral, or covetous, or an idolater, or a reviler, or a drunkard, or an extortioner—not even to eat with such a person.

12 -For what have I to do with judging those also who are outside? Do you not judge those who are inside? 13 But those who are outside God judges. Therefore "put away from yourselves the evil person."

#### 1 Tim. 6:11-14

11 But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness. 12 Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. 13 I urge you in the sight of God who gives life to all things, and before Christ Jesus who witnessed the good confession before Pontius Pilate, 14 that you keep this commandment without spot, blameless until our Lord Jesus Christ's appearing,

#### Prov. 20:5-12

5 Counsel in the heart of man is like deep water, But a man of understanding will draw it out. 6 Most men will proclaim each his own goodness, But who can find a faithful man? 7 -The righteous man walks in his integrity; His children are blessed after him. 8- A king who sits on the throne of judgment scatters all evil with his eyes. 9- Who can say, "I have made my heart clean, I am pure from my sin"? 10 -

Diverse weights and diverse measures, They are both alike, an abomination to the LORD. 11 -Even a child is known by his deeds, Whether what he does is pure and right. 12- The hearing ear and the seeing eye, The LORD has made them both.

#### Avoiding Sexual Sin

Don't have sex before marriage. It is a better life and just something you don't want to risk your life over. There are so many things that could happen as a result of you having sex. Pregnancy and STD's are both things that can ruin your life.

1 Cor. 6:9-20 9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. 11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. 12 All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. 13 Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now the body is not for sexual immorality but for the Lord, and the Lord for the body. 14 And God both raised up the Lord and will also raise us up by His power. 15 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! 16 Or do you not know that he who is joined to a harlot is one body with her? For "the two," He says, "shall become one flesh." 17 But he who is joined to the Lord is one spirit with Him. 18 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. 19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which is God's.

Until Next Time

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would you receive state-of-the-art treatment, but you would be personally contributing to advancement of breast cancer research. In this way, the survivor can directly make a difference in moving the whole planet Earth to a "cancer-free zone."

#### 10. Leave behind stereotypes

Stereotyping often leads to judgment. People who appear to have their lives together may not. Jesus taught us in Luke 6:37 *Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.*

The breast cancer survivor should not presume that a person who avoids her or doesn't laugh at her jokes cares nothing for her. Some people limited their discussions with me because they didn't trust how they would handle difficult emotions. Certain nurses find it hard to identify with patients' humor because they witness daily so much devastation in the lives of others.

These are some ways I found to fend off the breast-cancer blues. I pray that those facing the crisis of breast cancer will find hidden opportunities and blessings, and hear the Savior say at the pearly gates of heaven, "Well done, good and faithful servant!"

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