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How it began...



By Angie Johnson

It was March 8, 1997. Mark and I were baptized into the Seventh-day Adventist church. For Mark it was a re-commitment; for me a new experience. We were mission - minded from the beginning, and that desire to share God's truths with the world quickly pervaded our entire home.

Step by step, we can see how God has led us to this point: the point of being self-employed, debt free and desiring to do God's work more than ever. Especially as we see our world in a great spiritual drought, we want to offer Christ, the living water. There's a great work for the sick and diseased, for the hopeless, the poor, the rich, those in the cities, in the remote places, and the foreign fields. By God's grace, we will be able to enter into each of these areas.

What's in the name? Well, we all began to pray about the name Christ would want for this ministry. It was so amazing how it all came together! When we came together for worship one night we talked about the name. Everyone had felt impressed that it should be something to do with water. Then I told how I had been impressed with the name "Fountains of Life". When we found this quote in Counsels on Health pg. 209, "God made Joseph a fountain of life to the Egyptian nation.....So through His people today God desires to bring blessings to the world"; that settled it, this was the name God had chosen!

Now with so many needs and projects, how could we do it all alone? We can't, we need help! We need volunteers for mission trips and training. We need financial help from those who have a burden for this work of spreading the gospel story.

The need for non-profit status, what a great task this became! Thankfully, as I spoke with David Gates (at GMI, Gospel Ministry International) about our burden and vision, he extended his hand to bring our ministry on-board with his, as an associate ministry. This means at the federal level you can get a tax-deductible

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Contact Us:

Fountains of Life Ministries

2404 Bridge Crk. Rd.,

Inchelium, Wa., 99138

(509) 722-3313

fountainsoflifeministries.org

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receipt and we get the non-profit tax benefit. We also have received our state non-profit status.

As God opens the doors we go forward! Time is short and there's a great work yet to be done in our own hearts and in the world. Won't you catch the vision and join us?

Homeless outreach...

By Cortney Johnson



A bus: full of burning hearts to serve. To show the love of Jesus. To enter the fast which the Lord has chosen for His Children, those who long to serve Him:

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from **thine own flesh**?" Isaiah 58:7

A city: with many cold, hungry souls. Hungry for warm food; hungry for caring, sympathetic hearts and listening ears. Hungry for some glimmer of hope...

Our own flesh...

Last winter, our family banded together with our church family, made big pots of soup, wrapped them in towels and blankets to keep them warm, as we traveled over 100 miles to the city of Spokane. Totes filled with sandwiches, fruit, cookies, hand and toe warmers, and literature came aboard with us on our bus, headed to a destination, to bring a smile, warm a heart, and to bring hope.

We set up tables on the sidewalk. And they came... well over 100 of them. Some of us filled cups of soup, and lunch sacks, and walked the side-walks, and under the overpass, meeting sad, hungry, cold, **People** all along the way. It wasn't utterly pleasant weather by any means. Under 30 degrees, and snowing. At other times raining. But

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that's why we were there.

Many of them had amazing stories to tell. These were real people, with real sorrows, real pain and heartaches. We had many an opportunity to pray with them, and tell them we would remember them, and keep them in our prayers. Many were starving for the literature they received. As they left the tables, and sat down on the curb with their food and literature, many began reading before they even tasted the food that their bodies were starving for, but their hearts were even more hungry for words of life, and hope.

We learned so much from our friends on the street. They taught me to be more thankful for the many blessings the Lord has bestowed on me. Sometimes, when I saw their hardships and sorrows, I would ask, 'Why them Lord, and not me?' He has bestowed many rich blessings on us. We have so much to be thankful for! I am so thankful for the experiences I gained out there on the streets. And we are all looking forward to seeing our friends on the street again this coming winter!

A big thank you to everyone who came on the "Adventure" with us! We couldn't have done it without you!

What is Faith?

By Schane Johnson



As I sit to write this article, and think over ministry, and mission work, one thing strikes me: this is all about faith. Whether we are sharing Christ in the workplace, in our home, or overseas as a full-time missionary: without faith, we can't do any of it. But have you ever wondered, 'what is faith?' I know I have. In fact, for years, though I claimed to be a Christian, I really had no idea what it was! I had heard the same description we all have heard: "*The substance of things hoped for, the evidence of things not seen...*" But that meant little to me. I needed something really simple. Something that was life-changing for me. And then a friend introduced me to a dusty little book on our bookshelf that I had never read. It's called "Lessons on Faith", by Jones and Waggoner. And I finally had it: a life changing introduction to faith that rocked my whole world. And that is what I am going to share with you here! Have you ever been discouraged with your Christian walk? Never seeming to make progress? Well, listen to what E.J. Waggoner has to say about that on pages 2-3 of "Lessons on Faith":

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"We have heard many people tell how hard they found it to do right; their Christian life was most unsatisfactory to them, being marked only by failure, and they were tempted to give up in discouragement. No wonder they get discouraged; continual failure is enough to discourage anybody. The bravest soldier in the world would become faint-hearted if he had been defeated in every battle. Sometimes these persons will mournfully tell that they have about lost confidence in themselves. Poor souls, if they would only lose confidence in themselves entirely, and would put their whole trust in the one who is mighty to save, they would have a different story to tell..."

If we would only lose confidence in ourselves... what a thought! But if we are supposed to lose confidence in ourselves, what can we put our confidence in?

Let me quote again from "Lessons on faith", pg. 4:

"The soldiers of Alexander were reckoned invincible. Why? Was it because they were naturally stronger and more courageous than all their enemies? No; but because they were led by Alexander. Their strength was in his leadership. Under another leader they would often have been defeated. When the Union army was fleeing panic-stricken, before the enemy at Winchester, the presence of Sheridan turned their defeat into victory. Without him the men were a quaking mob; with him at their head they were an invincible army. If you had listened to the remarks after battle, of the soldiers who served under those and similar leaders, you would have heard the praises of their general mingled with all their rejoicing. They were strong because he was; they were inspired by the same spirit he had.

Well, our captain is the Lord of hosts. He has met the chiefest foe of all and has vanquished him single-handed. Those who follow Him invariably go forth conquering and to conquer. Oh, that those who profess to be His followers would put their trust in Him, and then, by the repeated victories that they would gain, they would show forth the praises of Him who has called them out of darkness into His marvelous light..."

Friends, we are Christians. But do we really trust our General? Are we fighting alone? Or is He the Power behind all our endeavors, our only hope of success?

Our Lord has laid before us the precious privilege of partnership with Him. Of having Him be our leader and guide. Whether we are battling with sin, longing for freedom from its power; whether we are called to mission work at home or abroad; through life or death, He wants to be our strength in everything.

And I'll leave you with this challenge: Will you *let Him*?

I dream of a day when we can unite as a mighty army, with our Lord and General at our head, to lead us on to endless victory. That day can be *today*.

Let's live by *faith*.

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Project needs list:

-Tents:

**Meetings;*

**Booths;*

**Dorms.*

-Folding chairs;

-Folding tables;

-P/A system;

-Health expo materials;

-Books: (new and used);

-Literature;

-Child evangelism materials;

-“Sponsor a missionary program”...

If you can help with any of the above items, please let us know!

Please see the “Alaska Mission Experience” page, on our website, for a complete list of needs!

Alaska Mission Experience!



By Angie Johnson

Alaska Mission Experience-----June 2013, is an opportunity to anyone young or old, including families, to share spiritual hope and health & healing with those who may be in need.

Alaska is a state over 2 times the size of Texas. It has a population of 722,000, with only 3,781 Seventh-day Adventist. That’s approximately 1 Adventist for every 190 persons.

Over half of the state’s population is in Anchorage, but a vast majority of people live very remotely.

There were 4,583 homeless people in the state in January 2009. That’s more homeless people than Seventh-day Adventist in the whole state.

You can find a very small church in Tok (which has a population of about 1,100 to 1,300, nobody knows for sure) but to find your next church you go N.W. approximately 100 miles or you could go S.W. approximately 253 and yet further from there to the next church. There are 230 native villages in Alaska, with only 10 having an Adventist presence.

As you can see, this is a mission field ripe with opportunity to share the gospel truth with people who may have never heard it before.

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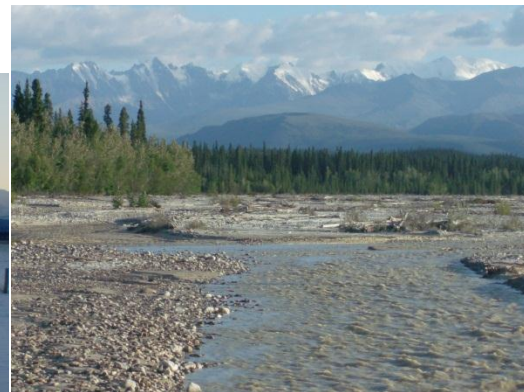
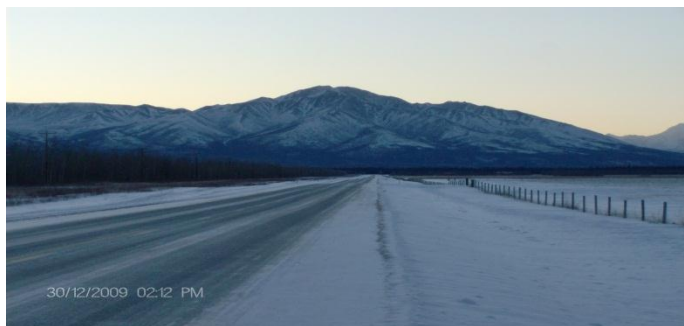
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We have room for about 15 serious mission minded folks. We will be gone a total of 25 days, 16 of which will be spent in Alaska, the rest is travel time to Alaska and back.

We are so excited here at Fountains of Life Ministries to have the possibility to go and serve the people in Alaska!

If you are interested in going, please find the information in the Application packet on our website or contact us at: Fountains of Life Ministries, 2404 Bridge Creek Rd., Inchelium, Wa 99138, 509-722-3313 or email info.fountainsoflife@gmail.com

Besides needing 15 mission minded people, we have financial and materials needs. You'll find all the needs on the "Needs List". If you can help in anyway, whether with your tax-deductible donation or a donation of any of the materials listed, we would greatly appreciate your thoughtfulness, and may the Lord add His blessings to you for your generosity!





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Health Nugget: “Nutrition in Babylon”

By Courtney Johnson

"You are what you eat." I'm sure we've all heard that statement before, and laughingly said, 'How silly!' But really, it's quite true! Look at these words of Mrs. White:

"Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue." CG pg. 379

The story of Daniel, and his three friends, who were captured and brought to the kingdom of Babylon, shows the result of a wholesome, nutritious diet, versus the diet from the king's table. The Bible says, these were, "Children in whom was no blemish, but well favored, and skillful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the King's palace.." (Daniel 1:4)

These were strong, healthy, wise, young men, in whom was found no blemish. What was it that made them this way?

The answer is simple, they allowed Christ to abide in their body temples. "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19-20

The story goes on, that, "The king appointed them a daily provision of the king's meat, and of the wine which he drank.... But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." verses 5, 8

The prince of the eunuchs was afraid that the king might be angry with him for granting Daniel's request. He feared that these young men might get sickly, and look more unhealthy and weak than those that ate

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from the king's table. But Daniel said to him, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days." verses 12-14

The results, at the end of those ten days, were amazing! "And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." verse 15

In fact, they were brought before the king himself, "And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king. And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm." verses 19-20

The trend of our world today in that of diet, has gone downhill drastically. And not only those of the world, but those who profess to be God's children, those who have the most wonderful health message to share with a literally dying world around us.

We must, as Daniel and his three friends, purpose in our hearts, to not defile our body temples, to indulge ourselves "at the king's table" following the trend of the world around us. We have a powerful health message! Let us, as Daniel and his friends, prove to be more healthy, and wise than those who eat "At the king's table"! If we do this, the Lord will dwell in these, our body temples, giving us strength, wisdom and joy! Let's ask of God what we should put into our body temples for their nutrition, for "We are what we eat"!

Education/Training:

We would like to offer training and education in medical missionary work, and other lines, in the future, but at the present, these are some good choices for getting training in medical missionary work!

Wildwood Institute: <http://www.wildwoodlsc.org/>

Uchee Pines Institute: <http://www.ucheepines.org/>

L.I.G.H.T: <http://lightingtheworld.org/>



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Cook's Corner



Basic Pie Crust:

2 ¼ cups flour
½ cup cooking
oil

1 tsp. Salt
6 tsp. soymilk

Stir dry ingredients together. Pour oil & cold soymilk into a measuring cup together, and add all at once to dry ingredients. Mix & form into two balls, flatten slightly with hands. Place one dough ball between two pieces of plastic wrap or foil. Roll out to fit a 9" x 13" casserole dish.

"Pot pie"

#1 Cheddar Broccoli

Cheddar sauce:

4C water
2/3C oil
2/3C flour
4tsp salt
1/2 tsp garlic powder
2tsp onion powder
11/3C nutritional yeast
1/2C pimentos or fresh bell pepper

Broccoli:

Add: 4c fresh or frozen chopped broccoli; 2tbsp mock chicken seasoning; 1 tsp garlic powder; 2 tsp onion powder; 1 tsp salt.

Vegetable:

Add: 4c fresh or frozen mixed vegetables; 4 tbsp vegan margarine.

Both: Pour all ingredients into prepared pie crust and cover with pie crust top. Bake at 350 degrees until browned. (about 45 minutes to 1 hour). Enjoy!

#2 Vegetable

Cream sauce:

4C water
1/2C cashews
4TBLSP arrowroot or cornstarch
2tsp salt
4tsp onion powder
4TBLSP oil
4TBLSP Bragg's
2tsp mock chicken seasoning