



Issue No. 2

~Newsletter~

December 2012 – February 2013

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## **On our way...**



*By Angie Johnson*

We are so excited to see things happening! We know we are well on our way as a ministry, to full-time service for our Lord. It can be so frustrating to be slowed down with all the red tape, all the legalities and formalities. But we refuse to give up to all the obstacles! "If God be for us, who can be against us?" As we continue to press on, God opens the way. With most of those obstacles and frustrations behind us, the way is getting easier and opening wider, PTL!

As a family, we have decided to downsize and make our life a little simpler. We have just about everything in our life for sale: house, cars, trailers, tools, etc. As a family, we are burning with the desire to share the gospel! "Jesus said... go, and sell that thou hast, and give to the poor.... And come, and follow Me." Matthew 20:22.

As I'm writing this article, I just realized that this is what the Holy Spirit has been quietly impressing on our hearts,

totally unbeknownst to us. Isn't it a miracle how God works to change us, quietly, slowly, patiently, to bring us to the place He wants us.

In December, we are going off to GYC – Seattle. Our first GYC, we can hardly wait to receive God's blessings there! Look for us at the GMI (Gospel Ministries International) booth, as a project ministry of GMI, we have been offered the most gracious gift of a small space at their booth. May God bless us all as ministries join hands to get the message out to "all the world"

We at Fountains of Life, pray God will bless you, as you catch the vision, and share with us in the joys of serving.

## *Jesus' Love....*



*By Courtney Johnson*

November 24th, two days after Thanksgiving, was our 7th Homeless outreach, since we started almost a year ago. Every 100 mile trip, on our 33 passenger bus, to the city of Spokane, has been more than a heart touching experience to me. But this last trip, I had a special little experience that really touched my heart!

We always set up tables, to serve warm food, personal needs, and literature. We also have a sidewalk crew, that walks the streets, and goes to them, wherever they may be, including under the overpass. This is where I always work, with the sidewalk crew. It was there, under the overpass, amidst the many tarp/blanket huddles, which they make their cold sleeping places, that I met Steve.

He was a shorter, burly man, with a curly grey beard. A few minutes into our conversation, he turned his wondering blue eyes to mine and said, "I just don't understand why you guys keep coming here to feed us? Why do you do it? Aren't you afraid of us? Some of us are drunks, and have been for years, but you care about us, and want to help us. I've never met anyone like you guys." I said to him, "It's because we've got a burning desire to share the peace and

happiness we've found in Jesus!" I looked him straight in the eyes and said, "Jesus is coming soon. Very soon!" I turned my eyes to the sad, lonely ones all around us, and continued, "Soon all this misery will be over." He said "You think so sis?" I said "Oh yes, I do!" and the conversation went on. So heart touching it was! After a friend and I had prayer with him, he gave hugs and handshakes to those standing by. I could tell it was hard for him; he didn't want us to leave! As I walked away, with my group, there was something on my mind. I was thinking of my Jesus. The questions His child just asked me, I ask Him often too. I just don't understand why He came to this world, to save me? "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." That's why. Yes, I know it's not even a comparison to the little part I have in helping these poor, destitute people. But it made me think of Him nonetheless.

When everything was packed up in the bus, and we were having a closing worship, I noticed a familiar form making his way to the bus. A big smile crept to my lips, when I saw him, as I was singing "Amazing grace". He knocked on the door, and those in the front of the bus let him in. He stood and listened as we sang. Then as we finished, he said, "Oh I just love you guys!" He stayed till we finished another song, "Mansion over the hilltop." I could just see the hunger in his eyes for love. For peace and happiness. He waved, as he stepped out the door into the cold. We all smiled and waved back heartily! *Wow, I thought, he walked all the way from the overpass, just to spend a few last minutes with us!*

What joy to share this gospel with His dear Children! I just long to do more. This is what being a Christian is truly all about! Showing the love of Jesus, to every one of His children. There is surely something all of us can do for Him.

As we ponder over the wonderful gift of that sweet baby in the manger so many years ago, this Christmas season, I think we all should be asking ourselves this question, 'He gave so much for me. What, oh what can I give Him?' What we give Him, will only give us unspeakable joy in return!

## Facing Our Fears...

*By Mark Johnson*

Where does fear come from? "For God has not given us the spirit of fear.." 2 Timothy 1:7 So if God did not give us the spirit of fear, then it must have come from sin. "Perfect love casteth out fear." 1 John 4:18 I have recently faced some of my fears. One of which is getting up in front of people. This is a fearful thing for me. But I finally decided to face my fear, and just do

**it! *Actually get up and teach the Sabbath school lesson, Wow! What helped me with this?* Well, for one I prayed about it. And second, I had to study the lesson, Bible and spirit of Prophecy. This drew me closer to the Lord, where perfect love exists. The more we commune with God, the more love we will have, and less fear, till we come into a perfect relationship with Him. Which will be perfect love, *and NO fear!* Praise the Lord, we can all obtain it. I have only been up front a few times so far, but I'm actually excited to do it now. "I can do all things through Christ which strengthens me." Phill. 4: 13**

**So what are some of your fears? I urge you to give them all to the Lord. Once this is done, and if we don't take them back, there is nothing to fear. "Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." Romans 8:37-39 Amen.**

## **Mission Projects**



**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.**

**From August 2009 – August 2010, we had the great privilege of living among the people of this remote state. While living here we fell in love with the people and the place. Simple, down-to-earth, and hospitable folks, along with beautiful and majestic scenery, truly the land of extremes! When we came back to the lower 48, we left a part of our hearts here.**

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## **Needs List:**

*Below is a list of some of our needs for the Alaska mission trip, and other mission projects:*

*(1) 10' X 10' Canopy tent for Bible worker*

*(3) 15' x 20' Tent for health expo, book & health food sales, Children's meeting tent*

*(1) 20' x 40' Main meeting tent*

*Health expo supplies:*

*(2) Massage chairs*

*(2) Blood pressure monitors*

*(2) Peak flow meters*

*(2) Omron scale & body fat monitor*

*P/A system*

*Truth4youth program*

*Folding tables*

*(2) Projector screens*

*3,500 watt or larger generator*

*Books, CD's, DVD's, (new & used)*

*Sponsor-a-missionary program*

*Please see our website for a complete list. Thank you so much for your help & support!*

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With such a vast amount of space, the need for missionaries is great. There are only about 2,000 active Seventh-day Adventists here, which calculates to about 1 Adventist for every 361 persons. The need is great!

We are planning to go to the small village of Tok. While there, we plan to hold evangelistic meetings for 5 days, along with a health expo, health food and book sales, door to door evangelism, and children's meetings.

From Tok, we will go to the city of Fairbanks, and hold a health expo clinic, and do homeless outreach.

We have room for about 15 serious, mission-minded people. We will travel via our private bus, and be gone a total of 25 days, from June 10<sup>th</sup> – July 4<sup>th</sup>.

If you are interested in going, please find the information in the application packet on our website, ([www.fountainsoflifeministries.org](http://www.fountainsoflifeministries.org)),

**Or contact us at:**

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**Collegedale, TN. 37315**

Besides needing 15 or so mission minded people, we have many financial needs and materials needed to accomplish this mission trip. You'll find some of the needs on the "Needs list." Please refer to the contact information above if you wish to get in touch with us! If you can help in any way, whether with your tax-deductible donation, or a donation of any materials listed, we would greatly appreciate your thoughtfulness, and may the Lord add His blessings to you for your generosity!



*By Schane Johnson*

We're very excited to present the Northwest mission training intensive 2013! We currently have planned this miniature training session for the end of August, 2013. It will be just under a week long, and courses will include:

- Medical missionary work
- Bible work
- City missions basics
- Basic first aid/CPR training
- Disaster relief
- Canvassing
- And more!

This session will be much like a small camp meeting, and will be a wonderful time to come and re-charge your spiritual batteries, and be better prepared to serve the Lord!

Watch on our website for more information and updates, and registration as the session approaches. Costs will be kept to a minimum, to encourage all to attend!

Please refer to the contact information above, if you would like any more information!

God bless, we look forward to seeing you there!

## Health Nugget: *Exercise...*



*By Schane Johnson*

A lot of work? You don't feel like it? Another time?

*How important is exercise, anyway?*

This quarter, we want to focus on the benefits of proper, healthful exercise, and in what ways it can benefit *you!*

As much as we hate to admit it, most of us only get a fraction of the exercise that we ought to get. Maybe we think we're too busy, or too tired. But let's take a look at the facts:

Exercise, done in a healthful manner, can prevent:

-Coronary heart disease; Hypertension; Obesity; Osteoporosis; Diabetes; and more.

And it can improve:

-Quality of sleep; Digestion of food; Your mental outlook on life.

Not convinced yet? The servant of the Lord has an even longer list of benefits listed in the book '*Healthful living*' pg. 130, 131:

*"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases."*

So, we all know that extremes are harmful. Either not enough exercise, or too much, it seems we often go to extremes. But let's look at some quick principles of *proper* exercise:

- Exercise must be regular: at *least* 30 minutes per day;
- Exercise must be *brisk*, but not violent. (Over-exercise);
- Exercise should be varied, such as walking, gardening, running, etc., for the most efficient use of all the muscles;
- Exercise should be something you enjoy, for it to have the most beneficial effect.

While working at a health expo, testing people's peak air flow, I found that many have a poor lung capacity. It is very important to get plenty of fresh, pure air when exercising!

In closing, God wants each of His people to be healthy, happy people. (3 John 1:2) Let's seek to draw ever closer to Him, by doing our part to present our bodies a living, acceptable sacrifice!

## Cook's Corner: Fudge

½ C Carob powder	1/3 C Honey
½ C Soymilk powder	½ C Coconut oil
½ Tsp. Vanilla	

Cream coconut, honey, vanilla, & a pinch of salt till smooth. Add remaining ingredients. Press flat in pan. Chill to harden. Cut in squares.

### *Options:*

**White fudge:** Omit carob powder, & use 1 cup soymilk powder. Add ½ cup toasted almonds, chopped, and ½ cup dried pineapple and papaya, chopped.

**Dark carob fudge:** Omit soymilk powder, and use 1 cup carob powder.