

Spice Magazine

Winter 2013/14

NEVER SHOULD
HAVE MADE IT:
THE TESTIMONY
OF CRYSTAL O'NEAL

THE WAR
WITH PASTOR
JARRON C. O'NEAL

FINANCIAL
TRANSITIONS
TRANSCRIBED

G.E.T.F.I.T.
TRANSITIONING TO A
HEALTHY LIFESTYLE

THE TRANSITIONS
ISSUE: A JOURNEY TO A
NEW BEGINNING



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FROM THE FOUNTAIN OF LOVE CHRISTIAN CENTER

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Splash Magazine

Winter 2013/14

In this Issue...

09 Upcoming Events

10 From The Pastor's Desk

Pastor Jarron C. O'Neal, Senior Pastor

13 Transcribed: Financial Transitions

Pastor Sandra O'Neal, Founder

18 G.E.T. F.I.T:

Transitioning to a Healthy Lifestyle

Ryan Ramey and Destiny Cearley

21 Crystal's Corner

Crystal O'Neal, First Lady

24 The Prophet Says

Pastor Sandra O'Neal, Founder

26 Splash Kidz

28 What's Cooking

Doris Sherman

35 #TheBigMove

36 It's a Celebration

38 The Flow

21 | Never Should Have Made It: The Testimony of Crystal O'Neal

BEWARE OF DOGS: PROTECT YOUR PEARL

Personal Boundaries: Teaching People How to Treat You

Warning: Beware of Dogs! And while you're at it, beware of the swine who come to steal and destroy your pearl and then to devour you.

Your pearl is a word, a dream, or a plan from God; it is your destiny and it is part of the kingdom that must be protected at all times. You must identify those dogs in your life who try to kill or defer you from the dream that God placed on your heart. You are a carrier of the kingdom and you are expected to produce your part; be sure that what you carry comes to pass.

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THE TRANSITION



Transitioning is a process that is not always easy. It requires us to reprogram our habits, mindsets, traditions, and even our beliefs on a particular subject.

It takes strength to go through a transition and with God’s help we can all make that Journey to a New Beginning. The journey is never easy but the destination will be worth it. We are a resilient people and we never know exactly how much we can take or how strong we are until we find ourselves in the middle of a hard situation that we are meant to endure in order to make us greater than we were before.

Walking into something new can be a scary thing but if we just remember that it is impossible to fail the fear will fade. Stand tall and face the shift head-on, take on your transitional phase and learn all that you can from it; endure, stand, move and change for the best! I hope all of the articles in this issue inspire and encourage you to go through your transition with power, faith, and hope, knowing that you will make it to the other side.

Welcome to Splash everyone...Jump in!!!!

Rajani Richier
Rajani Richier, Editor

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UPCOMING EVENTS

21 Day Daniel's Fast
January 8th - January 29th

FOL Winter Revival: Wednesday-Friday
(evening services at 7:30pm)
January 15th - Friday, January 17th

Prophetic Zone "Dreams and Visions"
(day seminars) Friday - Saturday
January 17th - January 18th

Women of Destiny Ministry
Saturday, January 25th

Super Bowl Fellowship
Sunday, February 2nd

I.M.A.G.E. Couples' Ministry
Friday, February 14th

Surge Youth Night
Sunday, February 16th at 7pm

The Kings' Men Ministry
Saturday, March 22nd at 10am

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From the Pastor's Desk: The War is in the Transition

Jarron C. O'Neal, Senior Pastor



It's hard to believe its 2014! I thought for sure I'd be flying a car by now. Even though my technological expectations have been delayed, there is still nothing more exciting than a new year. This is the time everybody gets a fresh start, a "do over" so to speak. This is an opportunity to assess the challenges of last year and make the necessary adjustments for a successful transition into a new season. Consider that the quality of life is often determined by the appropriate management of the seasons of "life". Ecclesiastes 3:1-8

"To everything there is a season, A time for every purpose under heaven: 2 A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; 3 A time to kill, And a time to heal; A time to break down, And a time to build up; 4 A time to weep, And a time to laugh; A time to mourn, And a time to dance; 5 A time to cast away stones, And a time to gather stones; A time to embrace, And a time to refrain from embracing; 6 A time to gain, And a time to lose; A time to keep, And a time to throw away; 7 A time to tear, And a time to sew; A time to keep silence, And a time to speak; 8 A time to love, And a time to hate; A time of war, And a time of peace." NKJV

As you can see the Bible records 28 seasons of life that we will all experience. That means you and I are in one of these seasons right now. The question is: "Do you know which one you are in?" Your ability to identify which season you're in is crucial to being victorious in it. We are all in different seasons and this is why it is important never to look at someone else's to determine what we should have, or where we should be. Keep in mind that each season strengthens, develops, prepares, and equips you for what God ultimately has planned for you. Therefore, if we have different purposes and callings, then it requires us to go through different seasons at different times. You just have to know your season so you won't get frustrated when things aren't going your way. For instance, did you ever own a home, a nice car, and all the other things that come with success? Did you feel everything was going fine, then all of a sudden, through no fault of your own, things took a turn for the worse financially?

In spite of all your hard work, you may have had to make the tough decision to let go of all the things you had gained. If you have been through that, don't feel bad, you just went through Ecclesiastes 3:6, a time of gaining and transitioned into a time to lose.

Sometimes I have found that the hardest part of shifting into a new season of life is the transition itself. It's the time when you are just coming out of the last season and on the threshold of a new one. Using the example above, transition is not the "letting go", but, coming to the realization that you have to. The "war" is in the transition. The transition is a vulnerable time and the enemy of our faith will often use this time to attack you and get you off track. He's trying to make you feel like you won't make it through this, before you can get your footing. Just when you think God is bringing you through, and you let your guard down, the enemy will do his best to blind side you. He doesn't fight fair, it's a sucker punch!

Let's look at some Biblical examples. Consider, Moses and the children of Israel, who after centuries of bondage and slavery, were finally free. They had just seen God defeat their captors with devastating plagues, they had all the wealth of the greatest country on earth in their hands, and to top it all off, God opens the Red Sea so that the Israelites could cross over on dry land. As soon as they transitioned over they began to sing a song of praise to God. They had entered a brand new season of deliverance and miracles. However, during their transition they were violently attacked by the Amalekites (Exodus 14-17). Remember King David, he went from playing the harp in the back fields alone, to playing in the palace for King Saul. He was next in line to be king, he was still getting used to the attention caused by his transition when his predecessor declared war on him (1 Samuel 18). And what better example than Jesus, who went from private life with his family to public ministry after he was baptized and confirmed publicly as the Son of God.

He transitioned right to the wilderness to be tested of the Devil. Then the first church he went to they tried to kill him, His first day on the job (Luke 3:21, Luke 4:1-30)! In every example I gave, notice the war was in the transition period! I know it's 2014, but God hasn't changed and neither has the strategy of the enemy.

I personally experienced this when I answered the call to ministry as Senior Pastor of FOL. I was still working for the bank as a software engineer and my wife was a top producing loan officer. Life was good and things were going great! When we agreed for me to go full time ministry and I stepped off my job, I transitioned into a 7 year war. It literally started the first day of my transition. Houses, cars, money, friends, family you name it, I gave it up. I smiled, preached, and trusted God the whole time.

Before all this, things came to me pretty easy. I guess it was just my time to gain, gather, embrace, and speak. However, I wasn't ready for the flipside of these seasons. I had never experienced losing, casting away, refraining from embracing, or keeping silent... me...silent... please. Then God took me through each of those seasons, rotisserie style, and that's where he made me, shaped me, and molded me. He will make you in your seasons too if you let Him. I know in my spirit that my time of peace is on the horizon, its coming and when it does I will go in rejoicing and singing praise to God just like the Israelites did.

However, I will be singing with my eyes open, my fists clinched, on DEFCON 5! No sucker punches for me. I love you and I'm proud to be your Pastor.

THE KING'S MEN

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Saturday, March 22nd

All dates are subject to change



FOUNTAINOFLOVE™
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Transcribed: Financial Transitions

Transcribed by Anthony Poullard

The Fountain is beyond blessed to receive and abundance of revelatory, divinely inspired word. Along with hearing the word, it is also great to read it. Sometimes we need to see the message to process it to understand it and to refer back to it. Here is a portion of a message transcribed word for word that we just had to share with you.

Sermon by:

Pastor Sandra O'Neal

June 24th, 2012

- Financial Transitions. When I talk about financial transitions I am talking about you having a financial transition up or you can have a financial transition down.

- Since we have been talking about breaking the spirit of poverty, that's the kind of transition I am going to be talking about--- when we run into financial situations and we are waiting on the Lord to work it out.

----- 4:51

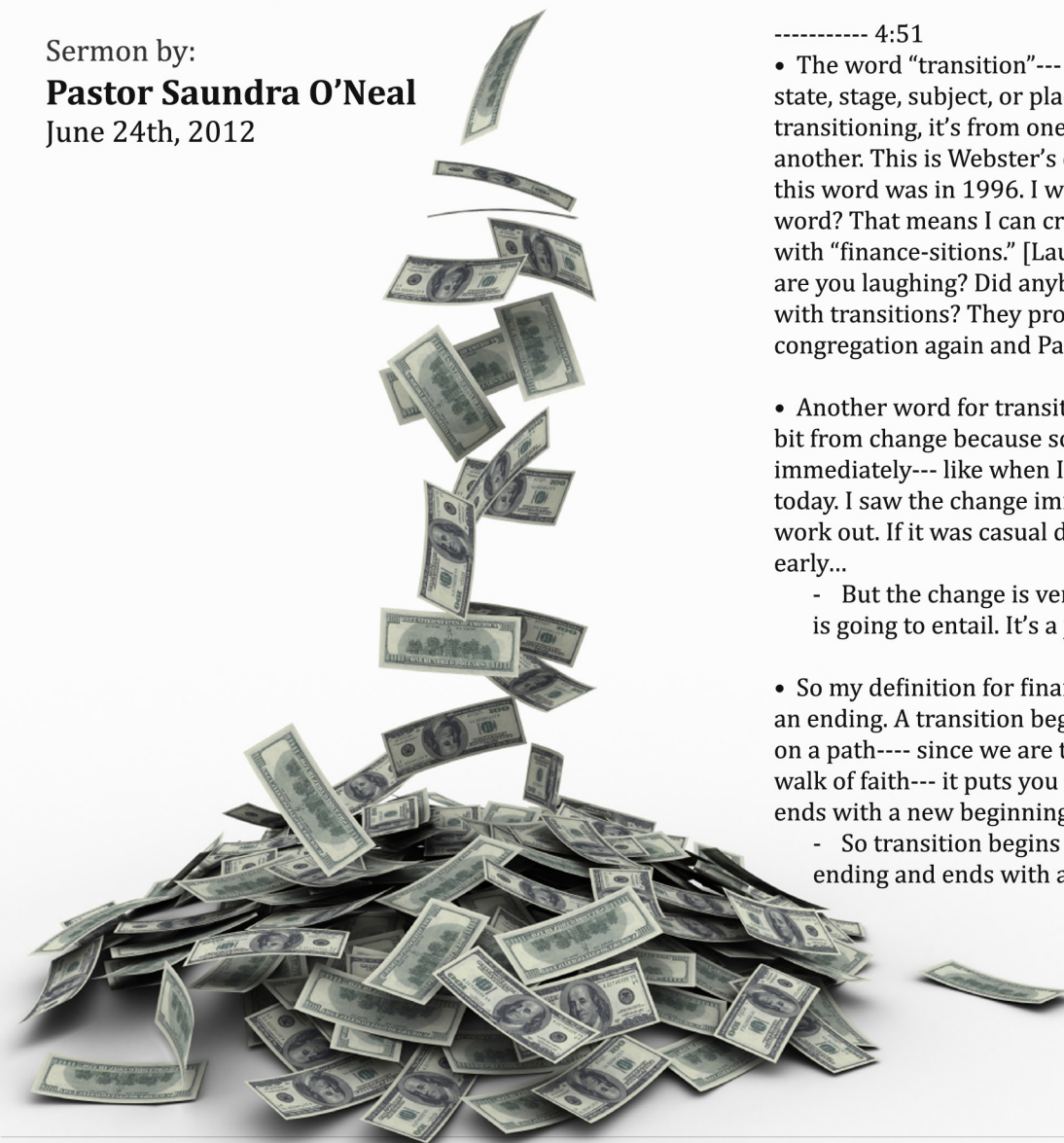
- The word "transition"--- Transition is a passage from one's state, stage, subject, or place to another. So when you are transitioning, it's from one place, one subject, or one thing to another. This is Webster's definition. The first time they used this word was in 1996. I was like somebody created this word? That means I can create a word then. So I came up with "finance-sitions." [Laughter from congregation]. Why are you laughing? Did anybody laugh when they came up with transitions? They probably did [Laughter from congregation again and Pastor Sandra]

- Another word for transition is change. But it differs a little bit from change because sometimes you can see change immediately--- like when I changed my clothes three times today. I saw the change immediately because it didn't quite work out. If it was casual day, I would have been ready really early...

- But the change is very evident, but the new beginning is going to entail. It's a journey to a new beginning.

- So my definition for financial transitions is it begins with an ending. A transition begins with an ending and puts you on a path--- since we are talking about believers and your walk of faith--- it puts you on a path that requires faith and ends with a new beginning.

- So transition begins with an ending. It begins with an ending and ends with a new beginning



----- 6: 45

- How do financial transitions begin? With an ending.
 - So it could be the end of a job or a layoff.
 - They decide to phase out your department
 - They decide to downsize.
 - It begins with a business that perhaps the services you were rendering were no longer required;
 - Or things shifted where you had a typing service and now you better move on to the computer. And you decided, “I can’t figure this computer out” and your business has definitely decreased. The word processing business back in the day, you don’t see those terms hardly anymore.
 - A divorce or the end of a marriage; end of family as we knew it before
 - The death of a loved one.In my case, my husband passed away. My finances are not what they were when he was alive. I don’t have as I say “Daddy’s money” anymore.
- Or it could be that both you and your spouse worked and one provided half of the income or a third of the income---- either way, it could affect your financial picture.
- Financial investment that went sour. When we were in business, we did financial investments for people. And the one thing you tell people is that a financial investment always involves some type of risk.
- So bad financial investment or decision
- Legal or tax challenge
- Major medical situation--- where you took money out of your house and so it caused you a challenge
- Money held up or money promised to you. They said they were going to put that \$50,000 in my bank and I don’t know where they went; I haven’t heard from them, there has been some kind of glitch...
- Misunderstandings.
- And then sometimes you reach a financial plateau where it’s the same money, but costs have increased. Cost of doing business, cost of living---- things have increased. You didn’t get your cost of living increased like they promised you every year
- Financial back doors. Anybody know what a financial back door is? A backdoor is you don’t know why you’re losing money. You don’t know where money is going and why you can’t seem to keep any money since you had these 17 children. Sometimes it’s just two, but it seems like 17.

----- 9:37

- And so there are all kinds of ways where we can find ourselves in a financial transition.
 - I’ve never been real happy in a financial transition. I mean as far as I just didn’t walk around smiling all day saying “Whoo-e, I’m in a financial transition.”
 - Financial transitions can bring depression; arguments in the home and in the family; change the dynamic because the family dynamic has changed; and you don’t quite know what to do
- When you begin a transition, most times we don’t have a clear picture of where we are going; or what I am going to do. You’re still wondering how you got here. How did I get here? What happened? And even though there may have been a clear, something in writing that says you are going to be laid off and so over a period of time we’re going to give you severance pay; and you saw all of that in writing but the thing about transition that we miss is that we have to process it.
 - We have to find a place of resolve; find a place of closure. So that we can move on because in transition, as in the transition of grieving, if you don’t go through the stages you can sometimes get stuck in an area in your mind because there is no resolve there; there is no understanding; there is no clarity of “why am I here? Is this really happening to me? Should I even be going through this? Am I not a child of God? Am I not Abraham’s daughter? Am I not Abraham’s son? Didn’t He say He will always watch over me? Didn’t He say don’t worry about the birds, or the trees, or what I am going to wear or what I am going to eat? Did He not say that?”
 - Sometimes we will find ourselves even looking at the Word with a question mark. “Had not God said?”----- We start questioning things, even ourselves; even our confidence.
- One of the things that happen when you lose something, especially that has to do with the way you did it that caused things to increase---- you start questioning your own abilities. The enemy will start messing with your confidence.
 - You were the best of the best; or you did it well at the top of your field or the top of your game and you find yourself in a financial query---- Why I am here and how did I get here?

-----12:20

- And so where does this leave you? It leaves you at a place, and a really good place, for you and God to have a real good talk.
 - o You may be feeling devastated, you may be feeling low--- but there is nothing under the sun that has happened to you that God did not know about. He knows every single situation that you have been through and every single thing that you have gone through.
- Now the praying believers, one of the things we find out is that the Bible says the Holy Spirit will show us things to come (John 16:13). Many times the Holy Spirit will give us a clue that you are getting ready to go through something. He’ll tell you to change some things around.
- And what really gets us now because it seems so sudden is because we weren’t listening to the clues. We didn’t want to hear that clue--- “That did not sound like God to me. It didn’t have any prosperity on it. I didn’t hear a multiplication with that word.”
 - o But I remember the man named Joseph when the Lord told Him to take seven years and grow and seven years to put stuff away because they were going to go through seven years of famine. That means at a particular time Joseph, you can’t eat up everything you grow. You’re going to have to put something away
- So one of the things we have to go back and look at is we have to start looking at ourselves; condemning ourselves, and beating ourselves up---- go back and find out where were you in all of this?
 - o Sometimes we want to find blame. And we want to say it was them, it was the man, it was this, it was the wife, it was the former wife, it was the former husband... you know? It was the children’s school, the college fund and all these different things---- we will try to find reasons as to why these doors were open or closed whatever the case may be. But some things we have to go back and find out where we were.
- “Was I listening? Was I prepared for this?”----- Because God is not going to bring you into any situation unprepared. If you are walking in the Spirit, He’s not going to bring you into a situation unprepared. He is going to prepare you. He is going to get you ready. He already knows who is not going to cooperate. He already knows who is not going to show up. He already knows all the ideas, plans, and goals that we have. He already knows what is not going to work. He knows all of this already.
- a calm. It was God letting me know that I Am in control.

- One of the reasons I found this out was because I went through a transition there and something in my Spirit was so peaceful. Even though my body was shaking and trembling, in the center of my being there was a peace and a calm. It was God letting me know that I Am in control.

----- 15:29

- I want you to know today if you are going through any type of transition in your life, God is in control. [Hallelujah, Jehovah Jireh] He is in control. El Shaddai, who is more than enough---- He is in control. He’s already got works into it in the advance of your life. God’s not behind what you are going through. God is ahead of whatever we are going through today. The answer is already there. The way has already been made. The victory is already done; it’s already done...
 - But what happens in the middle, we can’t see that because there all these voices and feelings and emotions that are talking to us; that are speaking to us, arguing--- we have all these arguments in our mind. That’s why Paul said we have to cast down arguments, anything that exalts itself against the knowledge of God.
 - And that is what the enemy is going to do. He is going to fight what you believe. He’s going to fight your faith.
- And so we have to start doing what? Making an inquiry of the Lord.
 - Because sometimes before you can even get to where am I going from here, you’re still going through what happened and how it happened; and you have to come to closure. You have to come to closure so that God can set your feet on that right path. You can make that next step.
 - How can God lead you into your next step if you are not clear in your heart that it’s time for you to move on, go on, and let something go?
- Remember when David’s family in the battle of Ziklag in 1 Samuel the 30th chapter? (1 Sam 30:1-8) Remember when they came in and took all of his family and all of his wives and all the family and wives of his other soldiers (for lack of a better term)? So they came back and the camp was empty of any people. And so the Bible says that they lifted up their voices, and they wept and they wept sore (1 Sam 30:4)
 - Financial transitions can bring tears to anybody, male and female
 - So David went and inquired of the Lord; because some-times when you leave something and something has ended---- and let’s say well they may call you back. Or let me see if I can make another way to make this business go. We need to find out if God wants us to go back to the same thing or continue on the same path from which we left. We have to ask the right questions.

• Sometimes if we are not careful as believers, we will talk to everybody but God. We'll call all around, get on the internet, watch Dr. Phil--- and we get all of these suggestions and advice, and it all may be good; but there is a time where you need to have a Word from the Lord because some financial transitions speak to the rest of your life. Like mine---It speaks to the rest of your life.

- So what did he [David] say--- “shall I pursue? Shall I go and pursue?” (1 Sam 30:8)
 - An inquiry will save you a lot of time. You take some time seeking the Lord and asking God and sitting in His presence. It will save you some time, and some money, and some effort, and some energy where you are not trying to go back and make something work that God said you are done with.
- Because here is what we are going to find out as I am talking to you today; we will find out that sometimes that season was over. That's what God wanted you to do for that time, He opened that door. Sometimes God will tell you that it's time for you to move; and you don't move so He moves for you.

- The Lord told me to leave my job. I didn't know I was going into full-time ministry. I didn't have any understanding of that at all.
 - My husband was laid-off of his job---and here I go to this women's conference and Juanita Smith was a speaker. She says “I want all the ladies to get on their knees and God's going to talk to you.” So we all got on our little cute knees, smoothed our dresses as we got on our cute knees you know---- and the Lord said “I want you to leave your job.” I was like “what?!” And she said because she is a prophetic woman, “Yes, that's exactly what the Lord means, that's what He wants you to do--- leave your job.”
 - And I was like “Did you hear Him?” “My husband, Lord--- my husband Lord is laid off. How are you going to tell me to leave my job?” So I went on back to work---- I mean I heard something, but I need some money. “And I am going to pay my tithe. I'm going to pay my tithes. “Here's the tithe Lord, here's the tithe Lord; and the offering too. Ya'll need any building fund money? I got that too, whatever.”
 - But trouble arose on the job. And I was being sued. Here I am a children's service worker, visiting children, taking them to court, doing my job---- but I was assigned special cases. I had a special case load; it was different. They thought I was special so I could handle special stuff.
 - So in this particular case, the stepparent sued me for alienation of affections. She said I stole the affections of her stepdaughter from her. It doesn't matter what it is, they still have the right to take it to court.

- And I was like “O Lord, you told me to leave the job.” [Laughter from congregation]. ---- and I know this is not everyone's case, I am using me as an example---- but I finally said “Ok Lord. I surrender. I am going to leave this job.” He says “Ok, what do you want me to do?” I said “First of all, I don't want her to say anything because she has never visited this young girl in the foster home in three years.” She had never visited her. She had not called her. She had not sent her any Christmas presents or anything. And the young girl took a liking to me and I kept up with her. So sue me, so she did [Laughter from congregation]
- So anyway, I said “I don't want her to say anything Lord.” When we got to court, the first time we went in, this woman--- this judge that was dressed in all black. I swear I thought I saw her in a witch's hat. And she said “Is that Saundra O'Neal? I've been waiting for you.” The first thing I said was “Lord, I need you to get me out of this court room.” And she said “Saundra O'Neal, this is your lucky day. They changed your courtroom.” And I said “Thank you Jesus.”
- So I had to go all the way back home to Claremont because I was living in Claremont at the time from L.A. But long story made short, her lawyers came to me and said “Mrs. O'Neal you don't have to worry about a thing. Mrs. O'Neal we are on your side.” We walked to the judge's chamber; they took their deposition, and they just walked up to the judge and said “Read this.” And they walked away just like that. And they said “This is what you are going to say.” And they told her what she was going to say and it was all in my favor. All in my favor

- When you get on God's page, you have the favor of God.

- What am I saying? You have to ask God, you have to make an inquiry of “where am I now?” Where am I going from here? You may not get all the answers to the specific direction to where you are going to have your new beginning but you will at least be on a path. He will tell you, let that go.

- God will speak clearly. Wait in His presence until you have clarity. You say “So what do I do in between?” Do what you always do every day. Get up every day and you feel like “O I'm going do this”---- just go on and do that. Just be normal. Don't be afraid, thinking “I can't do anything” or “if I do too much...”---- just get up and be normal. You're going to be ok.

- I can't fill in all those grey areas but I can tell you that if you ask God for direction, He is not going to withhold it from you.

----- 25:03

- He's a father. The Bible says, if you ask Him for bread, will He give you a stone? (Matt 7:9-11). He is going to give you some specific nuggets. Just wait on Me right now. Just wait on Me. Don't go and tell that story 15 times. You tell that same story 15 times; you're not building up your faith. You are only building up your anxiety; or you get madder or angrier. You know what I am saying? Or you get madder or more depressed because you keep repeating the story----Repeat the Word.

- Matthew 24:35 [KJV] - “Heaven and earth will pass away, but My words will by no means pass away.”
 - See that job, that situation, that divorce---- all that may be gone. But God's Word stands forever. So we have to make a decision: What are we going to do with our mouth while we are waiting? And that is speak the Word of God.

- Sometimes it may feel like when you are going through a financial trial that heaven and earth have passed away. What am I going to do? What am I going to do about this house? What am I going to do about this car? What am I going to do about supporting my children? What am I going to do about my nails? [Laughter from congregation]. I mean you have people that are like “hey...” If they got any money left, they are going to spend it on their hair and their nails; or buy themselves a Laker ticket. You know it's like something moved, and somebody forgot to tell you.

- But you have to take every day as it comes and just keep on praying “Father, get me through this day. And get me through this day”---- and here I am, six years later. Days when I didn't think I'd make it at all. How will I breathe another day? I didn't even want to. We have to watch when we go through major transitions that we don't move into depression and we don't want to do anything. We'll see it in our spouses---- and we can't get them to do anything; things that they love to do, play golf, go the movies--- things they would just stop doing. They'd stop singing around the house because they are going through a major depression

- My husband went through that when he lost his job. It was a major position. It was unique and it had a large salary. And he was boasting and telling everybody and everybody was celebrating him “O James, O wow, very few people get that kind of position.” And a few years later, this company shifted. They went another direction. They no longer required his position. And so here he was laid off. Master's Degree and couldn't get a job anywhere.
 - And I had to sing and tickle--- and I mostly had to pray. Because talking didn't do any good. “Honey you can do it, I know you can do it, I know you can do it...” I kept saying all the right words and all those kinds of things.

- I guess here I am saying what happens when you're dealing with family members and spouses in the middle of that. We have to just keep saying the Word.
- I would put the Word on----We had cassette tapes at the time, and we would put it on in the car. And we would listen to that Word; or I would sing the Word, pray the Word. Just the Word because here God called me off my job and he's laid off. And if I said God told me something, he believed it. Thank God for him [Bishop James M. O'Neal].
- But we didn't realize we were transferring from the lay people to the ministry. Because God moved us from a whole other area.

----- 29:00

- When you don't have that smile, when you don't have that agreement in the home, you just get in agreement with the Word of God. Your agreement with the Word of God is more powerful than your agreement with any other human being.

- What happened with Abraham? When they were on their way to a place--- and God in the middle of it kept saying you are going to have a son. I haven't had a son in 80 years and now you want to tell me I'm going to have a son? But the Bible says He considered not his own body, nor either the age of Sarah's womb. But was strong in faith knowing that whatever God said, He was able to perform it (Gen 12, 17).

- We have to get to the place where we believe that God is able to perform it; to perform what He says even if we haven't seen it done before. Sarah laughed at him. Sarah did not believe. But God gave Abraham a Word and that Word had to include his spouse because he wasn't the one that was going to have the baby (Gen 17, Gen 22).

- God gives you a Word; God gives you a dream--- that Word or that dream is going to include your life and your environment. So while you are walking your journey out, while you are walking your transition out, they are going to be included. He's the one that brought them into your life. He knows how to shake their heart and their will. The heart of the king is in the hand of the Lord.

- He's going to be the driving force. You don't have to get in there and talk Him into it. “Now see, see how Jimmy did it? Now see how George did it? Now see how Betty did it? No. You just get in there and speak the Word. Word you do it.

Article continued on [PAGE 31](#)

G.E.T. F.I.T.: Transitioning to a Healthy Lifestyle

by Destany Cearley
& Ryan Ramey, CSCS

After indulging in all the cakes, pies, and delicious foods from the holiday festivities one thing always remains.....THE DREADED HOLIDAY POUNDS!!!! In an attempt to lose these stubborn pounds most people make New Year health resolutions that unfortunately usually never come to pass. They tend to set a New Year health and fitness goal, but fail to have a structured plan. If you want to lose these stubborn pounds and live a healthy lifestyle, here is how to G.E.T. F.I.T., once and for all.

Goal Setting

The reason many New Year health and fitness resolutions fail is because people do not set realistic goals. To prevent this from happening there are two types of goals that need to be set; short-term goals and long-term goals. With short-term goals you can expect results in the near future that will aid in your long-term goal, such as “Exercising regularly,” to lose two pounds a week. A long-term goal is seen as a future goal, such as losing 30 pounds. Make sure these short-term goals are realistic so that you will accomplish your long-term health and fitness goals.

Execute

Now that you have set your goals it is time to execute. In order to lose 1 to 2 pounds a week, you must have a 500 to 1000 calorie deficit daily. You can do this by a combination of exercising and eating less. We recommend being active at least 30 minutes a day; this can include: walking, jogging, swimming, dancing, lifting weights, and anything that burns calories. By eating less we do not mean starving yourself by skipping meals, but eating more often with smaller, nutritionally dense, meals. We recommend eating smaller portions and eating five times a day.

Tracking Progress

Tracking your Progress is a good way to keep you motivated to accomplish your health and fitness goals. In order to track your progress you must have a record of where you began. Start by taking a “Before” picture and writing down your initial weight, body fat percentage, clothing size and body measurements. After you have a documented beginning, we suggest tracking according to your set goals. If you have a short-term goal of losing 1 to 2 pounds a week, then you should weigh yourself at the end of every week and record your progress. Tracking your body fat percentage and body measurements should be recorded every 4 to 6 weeks. Having a visual and structured tracking record will keep you on track to reaching your long-term health and fitness goals.

Finance

It is important to understand that health is wealth. You need to “put your money where your mouth is,” literally! When you financially invest in a goal you are more inclined to stay committed. Some examples of investing in your health and fitness are: purchasing a gym membership and/or fitness equipment, hiring a personal trainer, buying workout attire, and spending money on healthy food.

Inspire

Without inspiration, there is no perspiration!!! You need to find some form of inspiration to keep you motivated and interested in your fitness success and lifestyle change. You may find inspiration in educating yourself with health and fitness articles, posting motivational quotes, having a workout/accountability partner, and participating in different athletic events. It is ultimately up to you to discover what inspires and drives you to keep reaching toward your goals.

Take charge

Now that you have your goals set and know how to execute, track, finance and stay inspired to do them it is time to take charge. It is ultimately up to you to make sure you stay on track to accomplish your set goals. It is not enough to take this knowledge and partially apply it. You need to mentally commit and attack this new lifestyle with all your mind, body and heart. God wants you to live an abundant, prosperous life. Jesus said, “I have come that you might have life, and have it more abundantly” (John 10:10).

It’s not enough to exercise and eat healthy for only a few weeks or even months if you want to achieve long-term health and fitness goals. Lifestyle changes take time and are challenging because you need to break old habits and form new ones. Be patient with yourself and know that this is a process and will not happen overnight. There is no “quick fix,” but if you stick to these G.E.T. F.I.T. guidelines you will defeat this perpetual New Year fitness Resolution cycle.



Winter Reivival

**Wednesday, January 15th
to Friday, January 17th**

(evening services at 7:30pm)

Never Should Have Made It: The Testimony of Crystal O'Neal

Crystal O'Neal, First Lady



I'm still standing, I'm still standing, I'm still standing but by the Grace of God!!!

This is the song I find myself singing. Its 2014! Whew, I'm so glad 2013 is over. That was a tough year for me because it demanded a new level of faith. The enemy thought he was going to get me to give up. He tried to take my joy, so he threw everything at me. Right when I was about to give up, I remembered God's track record and all He's done for me. I began to meditate on His Word and what He brought me through. I got on my face and prayed like I never have before and God showed his miracle working power once again! The only thing the enemy accomplished, was pushing me closer to God. Now, I'm smilin' in his face singing **"I'm still standing, I'm still standing, I'm still standing but by the Grace of God!!!"**

Sometimes, when we are in the middle of our current problem we forget all the problems we don't have any more. We get amnesia and forget all He has already done for us; where He brought us from. I think this is why the Bible says so often "Remember the Lord your God". I had to remember where He brought me from. Some people see my face and look at my current position and don't realize this is a major transition. They don't know my story. When I look back over my life and all I've been through, I realize the enemy has been after me for some time. I guess the enemy has always known the call of God on my life, and I'm sure he saw the angelic activity surrounding me, and figured, "God is up to something with that girl." God was certainly protecting me even before I chose Him, how wonderful is that! He had to keep me because, like some of you, I've had a **very tough life** in my 31 years on this earth. I don't have the time or space to give the details of my full testimony, but I can give a brief overview and you will know what I mean.

I was born and raised in Southern California, in what is known as the San Fernando Valley. Yes, I'm an original valley girl, lol. I grew up in the city of San Fernando and Pacoima. I claim both because I went to school in San Fernando, and at the age of 13, I went to live with my paternal grandparents in Pacoima, the Pacoima Projects that is. I thought my life was normal growing up, you know, drugs, alcohol, gangs, adultery, spousal abuse, incarceration, etc. I realize now that this was highly dysfunctional, but that was all I knew so it was my "normal".

My parents, uncles, aunts, cousins and even grandparents all practiced those lifestyles. I can't remember being unhappy because it's all I knew

My grandmother, dad, and uncles were all serious alcoholics. Adults doing heroin or cocaine in front of us was a regular occurrence. My aunts getting physically abused by their husbands or boyfriends was run of the mill. I even saw my dad try to throw my mom off of a balcony when I was about 8. Although this insanity was unfolding around me daily, I was numb to it. I was never consciously aware of the consequences until I was 13. I realize now, that my parents had serious marriage issues and the drug/alcohol abuse of my father was a major contributing factor. Eventually, my mother stopped coming home and would leave my brother and I at my grandmother's (maternal - San Fernando) house all night. This went on for several months. When we asked her what was going on she said she had to work late.

One day she picked us up from school with a U-Haul truck and a man we had NEVER seen before. We were shocked, surprised, scared, confused, angry; you name it. At the time I didn't know why this was happening, but I knew my life wasn't "normal" anymore. We went to our house and were forced to pack our belongings. Then we moved in with her new boyfriend the same day we met him! My dad had no Idea where we were. My mother just left my father suddenly and they later divorced. I don't know if I can truly express here what that event did to me. My parents were so angry and spiteful toward one another that they forgot about my brother and I.

I went from sleeping in my own bedroom in a house with my family, to sleeping on a couch in a small apartment with a stranger.... overnight. I began to hate my mom and blamed her for ruining my life. I had to take care of myself with no supervision, no one was paying attention to us. My brother and I use to argue with our mom's boyfriend and told him that our father was going to come rescue us...but he never did. To make matters worse, my father was actually angry at us for going with my mom! My mom was only concerned about her new relationship. I felt like no one cared at all. I decided to run away from my mother's house. I didn't speak to my mother again for about 2 years. I went to live with my paternal grandparents in the projects. So, I was 13 years old, mad at the world, living in the projects, with NO supervision. Yup you guessed it, TROUBLE! This is when I got involved in drugs, alcohol, partying and sex.

The first weekend I ran away I was partying with my friends and I was high all weekend. I don't know how this happened but that Sunday I ended up at this Spanish speaking Christian church. They started praying in this other language, but it wasn't Spanish. The Pastor called me out of all my friends to the front. I walked up and everyone was looking at me. To give you a visual: I'm 13 years old, in a mini skirt I've had on for 4 days, a halter top and long leather combat boots, and I'm high. They started laying hands on me praying in Spanish and that crazy language. I shouted "What the %#*& is going on here!!" and stormed out of the church. I thought they were crazy, but I realize now God was protecting me even then. I started having sex at the age of 13 with my first boyfriend. I know you're wondering about school so, I didn't graduate 8th grade and I failed my entire freshmen and sophomore year of high school, and no one even noticed. I ditched every day to go party and hang out. When the school would call my house to notify my parents about my truancy, they were told I had no home. I was listed on school records as a "runaway", I know, crazy huh? I had no parent-teacher conferences, no back-to-school nights, no support, nothing! I was on my own at 13. It should be no surprise, I was pregnant by 15. Remember, this was normal where I came from. When my dad learned of my pregnancy, he totally abandoned me and told me I was a whore like my mother. According to him, he taught me better than that!!!!??? The fact is; I was doing exactly what I was taught.

I was then sent back to live with my mother because I was too much trouble. My dad completely stopped all communication with me and I had not talked to my mom in two years. Now I'm forced to live with her again. My mother wanted me to have an abortion, she said my life would be over if I had a baby. I felt scared, confused, and abandoned by both parents. Looking back now, I may have unconsciously thought having my baby was an opportunity at some kind of stability.

My mother kicked me out and did not talk to me until I was almost 6 months pregnant. I would call my dad to beg for his forgiveness, but got no response. I did not know it then, but he would refuse to see or talk to me again for 8 years! After the birth of Jazmine I went to live with her father and his family. He was a teenager too so his parents raised both of us until we graduated high school. I had to go to pregnancy school (McAllister) and still had to make up for two years in order to graduate on time. I was committed to get my diploma and not a GED. I had to do it for my daughter. As crazy as my life was at that time, I somehow knew I was not going to be a nobody, like I knew something was going to change for me even though all I heard was negativity.

My relationship ended up being very abusive like all of the other women in my family. As much as I tried to avoid repeating the cycle in my family, it was all too familiar. At this point, I'm still a teenager, with a baby, no diploma, no money, in a physically abusive relationship.

I woke up one day and refused to let history repeat itself any longer. I had to figure out how to get the hell out of this ditch I was in. I put my head into my books and worked my butt off! I made up two failed school years in 9 months! I went to day school, night school, and Saturday school. It's like I never slept. All the while enduring abuse. My diligence paid off, because I was able to return to regular high school in my junior year on track to graduate! My senior year Jazmine went to school with me every day. I had to endure the stares, the questions, gossip etc. I had one goal "get my diploma on time" and that's exactly what I did! I guess you could say my motivation was different than your average senior. I graduated in June 2000 and I had my first interview in July. Guess who else was in that interview, Jazmine! In spite of her acting a fool I got the job anyway. I had my baby, my diploma, and now a great job making \$10/hr at 18! It was time to make my move. I was able to afford an apartment with a roommate. I was a working single mom with no car. I was on the bus at 5am everyday with my baby! It was hard but I was finally free! However, at this point I hate men, I'm angry, I don't trust anybody, I have no real family ties, and serious attachment issues. Life was pretty much all about my daughter, but deep down I was still embarrassed about the whole thing. I used my looks and my new found ability to be emotionally disconnected to get anything I wanted from men. Bills paid, clothes, even a down payment on a car....It was payback time. I was a professional liar. I could work the tears and not feel anything on the inside. I felt like they deserved it. That lasted for only so long.

I dated one guy as a dare from a friend and the first time I hung out with him and his thuggish friends was at a club. A big fight broke out and some poor boy was beaten unconscious. The night ended with everyone in our group being arrested and put in jail. I caught a case, assault with a deadly weapon (my stillets), those were my charges. I never touched this kid, I was a bystander. I sat in jail for 5 days and let's just say I was thoroughly frisked several times inappropriately by male police officers. The guys who were actually doing the fighting got dismissed after a few months. I fought that case for 1 ½ years. This was the worst time of my life. I can finally talk about it now without tears.

This all transpired in 2003 when I was only 21 years old. It was the worst year of my life and the best year of my life. I say that because it was the year of my transition. Just to show you the divine timing of God, I also met Jarron early in 2003 on his birthday. I had no idea who he would be to me then. We worked at the same company and our desks were both decorated because our birthdays are 3 days apart and that is how we met. We were acquainted, but worked in different departments so we didn't get to interact much. I didn't know much about him except he was a software engineer and all the girls thought he was really good looking and dressed nice. He didn't know he was a candidate to be my next victim as soon as I had an opportunity to "showcase" myself...lol. Unfortunately, by the beginning of that summer my current "project" landed me in jail.

Little did I know, the man who I thought was going to be my victim ended up being my "Moses". Since I was in jail for almost a week, my coworkers obviously noticed I was absent. When I returned to work, Jarron along with others asked why I was gone. You should have seen his face when I told him the story, "what a church boy", I thought. That's when he began to encourage me and minister to me. He had no idea who I was or where I came from. He just really believed in this Jesus stuff. He invited me to a Bible study he and his friend Brian held during lunch. Brian led the Bible study, because at that time Jarron didn't think he was called to preach...lol. I would listen to them sometimes, but other times I would zone out. I had so much on my mind with the case and court fees, but I knew I needed a real change in my life and this terrible legal drama was the catalyst. I would tell them, "There isn't a God and if there was, He doesn't love me". However, I continued to attend all of the Bible studies and the Word of God was slowly penetrating my hard heart. I eventually began to read my Bible on my own.

The new things I was learning made me want to change my life. I stopped drinking, going to the club, and dropped a lot of old friends. I met some people there in Bible study who are still a major part of my life today Brian, Melody B., and Jarron who would later be the love of my life. I finally surrendered my life to Jesus on my birthday in 2004, and Jarron, who is now my best friend, my husband, and my Pastor... led me in the prayer of salvation. After being friends for over a year we began to date. I'm still amazed how I, of all people, ended up "head over heels" for a "church boy". I mean I was allergic to love. Remember, I hated men; I prided myself on never getting attached. Our backgrounds just didn't match, but he confirmed for us both that we belonged together. He is the ONLY man to conquer this wild child and win my heart.

We got married on Laguna Beach in October 2006. Through a series of sudden life changing events, my singing, software engineer, who didn't want to lead Bible study, was now a Senior Pastor. He didn't plan for this or even ask for it, but what he didn't realize is he had been bread for it. There was no doubt my husband had it in his DNA, but what about me? I didn't know our life was going in this direction. I mean I'm happy for my husband, and I know God called him, but no one knows FOL's new 1st Lady is a.....RUNAWAY!

So now I'm the 1st Lady, when I've never been "first" in my life! I'm supposed to be a great example to women?? I'm supposed to have proper etiquette, smile, love the people, encourage women, love my husband, be a great mother, pray, dress appropriately....wait, hold on, timeout ...ME??? I've never even seen a lady like this. My hubby didn't know it but I would sometimes cry myself to sleep. Even though I know I heard from the Lord that this man was to be my husband, how could I live up to all that was required of me? I didn't want to let him down. I was the girl who one night was passed out in an alley and now I'm supposed to be an example?

The girl who had an abortion, who at one point almost stripped for money! I've been drunk, I've been high, but now I am supposed to be an example!?

I was a teen mother, been abused, abandoned, and I grew up in the projects, how can I be an example? First Lady...Please! I battled with this for years until one day the Lord brought me across this scripture.

Matt 19:30 "But many who are first will be last, and the last first."

This scripture details exactly what God did for me, I was last and He made me FIRST! He showed me that He has always been there for me. He chose me before I chose Him. He kept me, I could have been raped, kidnapped, dead, or in jail. But He hid me under His wings! I now have no doubt his hand is on me.

Ps 113:5-9 5 Who can be compared with God enthroned on high? 6 Far below him are the heavens and the earth; he stoops to look, 7 and lifts the poor from the dirt and the hungry from the garbage dump, 8 and sets them among princes! 9 He gives children to the childless wife, so that she becomes a happy mother. TLB

I've been broke, I've had nowhere to lay my head. I was a forgotten 13 year old little girl on the street. I hated men and trusted no one. I swore, I never wanted to be married and definitely didn't want any more children. I had a child but was truly a spiritually and emotionally barren woman. I had been abandoned by family, but I serve a God who is truly a father to the fatherless. I let Him be my father and He healed my broken heart, He saved me; He cleansed me. I don't feel ashamed anymore. I am clean because he made me clean. I was that barren woman that now has a family that loves her. I have 4 children that I adore and I am the mother I never thought I could be. I have a husband who makes me feel loved and safe. He covers me and I trust him. I didn't have to trick him into taking care of me, he wants to take care of me. I know I don't deserve all this, all I can say is "Where would I be if not for His Grace" (that's my song). God takes people like me and raises them up from the dirt and the garbage dump just to show the world what He can do with nothing. He can get all the glory! There is no one like our God!

I love these scriptures because he has confirmed them to me. My life is proof that they are true. I had to dust myself off and stand. I'm no longer ashamed of my past it is my testimony! I want to encourage men and women and tell them to stand! It doesn't matter whether you're from the projects like me, abandoned like me, or you were forgotten like me! Be just like me, and forget those things that are behind you and PRESS toward your goal (Phil 3:12-14). God is still working on me and I don't know all He has in store, but I'm excited to see what it is! I can't preach like my husband...yet, but my life is preaching right now! So I say read my life, watch my fruit, 'cause I can show you better than I can tell you. I know that what you'll see will be Crystal Clear!

Shifting Season

Pastor Saundra O'Neal, Founder



When you are in transition you must believe in the invisible Lord. You must walk in the spirit and stay in your Kingdom position. A transition is the passage between the end of one season to the beginning of a new season. The prefix 'trans' means change as in transformation, transpire, transfer and so on. When the believer goes through change he must know God is in the process. You are shifting, advancing; and how about being upgraded and synchronized with the heavenly realm for a new season

You cannot allow your senses to rule the day. I know it doesn't make sense but don't look at the visible. Most times transition can be a difficult place because we keep looking for change with our senses. We are looking for signs of relief and completion and we want it right now. Oh, but not so fast Speedy Believer; this is called the trying of your faith working patience, and since patience is a she you are going to have to wait on her.

"While we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." II Corinthians 4:18 NKJV

Transition can seem like the valley of very dry bones. It can seem like nothing is happening and never will happen; a bottomless black hole, unending sanctions and challenges. But, what you can't see is that the grace of God is standing right there with you. You must keep the Word of The Lord before you and rehearse and memorize key bible passages that speak to your situation. That's right; it speaks because the Word is a living breathing spiritual organism.

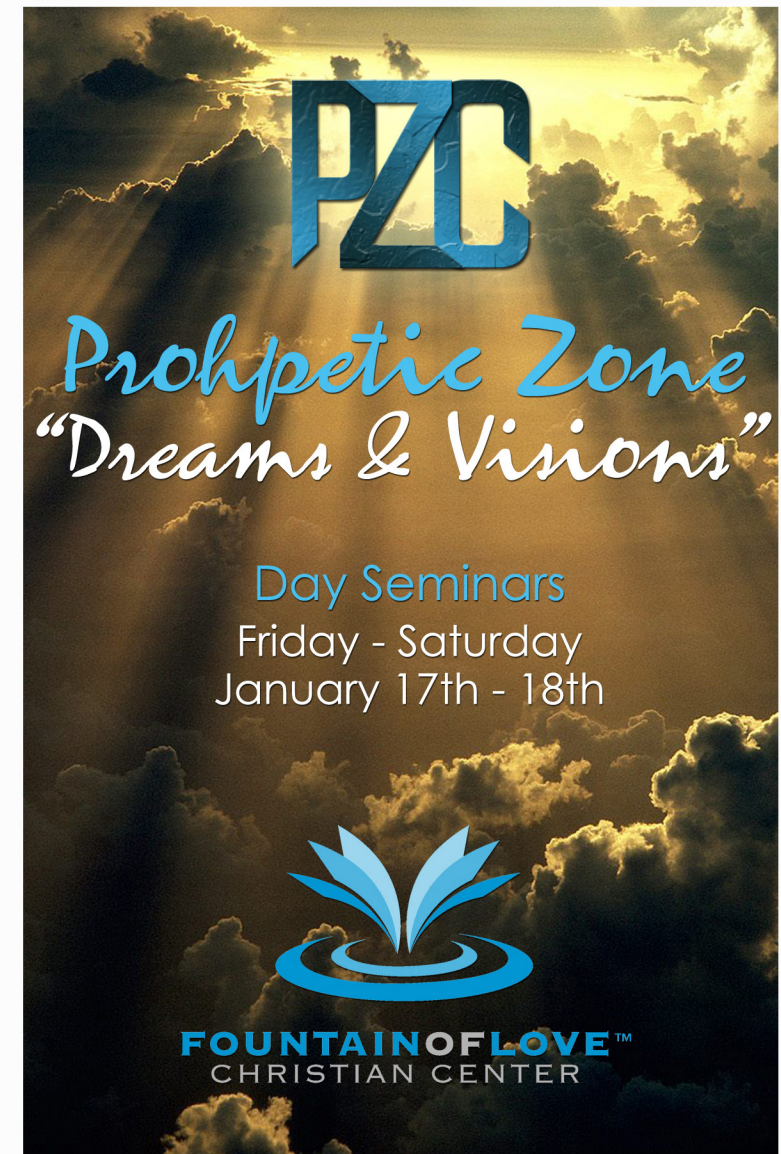
Write down the prophetic word of The Lord and keep it before you. 1 Timothy 1:18 says you can war with your word of Prophecy. The Lord uses prophecy to bring in specific direction and details regarding your life and or ministry. Prophecy will clear up gray areas and keep you on time and in touch with the plan of The Lord. These words are filled with life and hope and will remind you that you have a hope and a future. So speak and declare the Word of The Lord out loud.

Remember, you are born again into another Kingdom. When you are seated in your rightful position with the Father you will see things from His perspective. So no matter how loud your natural senses speak, His peace that passes all understanding will keep your heart and mind through your transition.

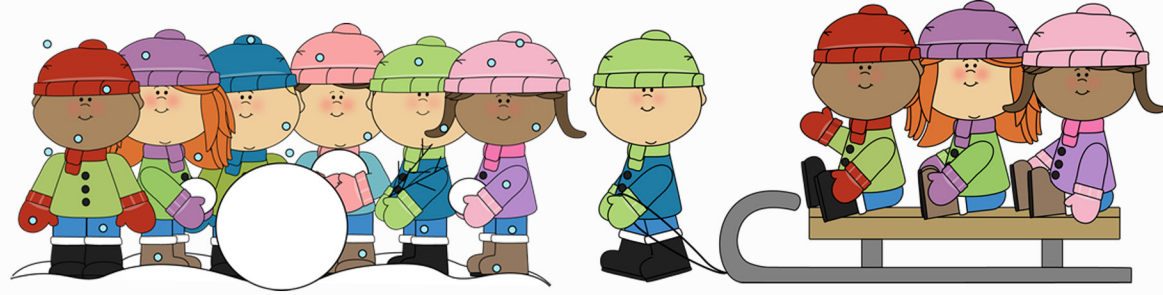
A word from the Lord....

For I am the invisible Lord and I will manifest my glory in a tangible way to you, and all around you shall see it. For the performance of my word will not be silent but will be displayed with splendor and majesty. To some I would say, stop trying to make things happen to prove your faith for I will prove myself in ways your mind could not begin to imagine. For this is the close of a dry season and I will do the NEW and it will be filled with my Heavenly DEW. My church will ascend higher into the heavenly and there will be phenomenal encounters with my Holy Realm. For my church will flourish as they follow my flow in 2014, but those who refuse their buildings will become as museums and will be as extinct as dinosaur bones and relics.

For The Lord says do not shut down the Power for I have called you to be a Power Plant in this earthly realm. I will make a distinction between those who allow my power to flow. For California is pulsating and crying out for an outpouring. Intercessors arise to the task and ask for the outpouring and I will respond and I will Perform the outstanding miraculous even change seats in high places says The Lord God Almighty



Splash Kidz



Hello "Future of Fountain" we know you all learn a lot in Children's Church, Story Time, and Morning Manna, so here's your chance to show what you've learned. Answer the questions below based on some of your Bible lessons. Don't know the answer? Go back and review the story in your Bible and try to answer the question again.

Morning Manna Questions

The Birth of Christ (Matthew 1:18-25)

Answer the following Questions:

1. Who did God choose to be the mother of Jesus?
2. Who did God choose to be the father of Jesus?
3. How did Mary know she was going to have a baby?

Elizabeth and Zechariah (Luke 1:5-25)

Fill in the Blanks

1. _____ the priest, wanted to have a child.
2. An _____ told Zechariah the he and his wife Elizabeth would have a baby boy.
3. Zechariah did not believe the angels message so he could not _____ until the baby was born
4. Elizabeth and Zechariah named their baby _____.
5. Zechariah named his baby and _____ God to get his voice back.

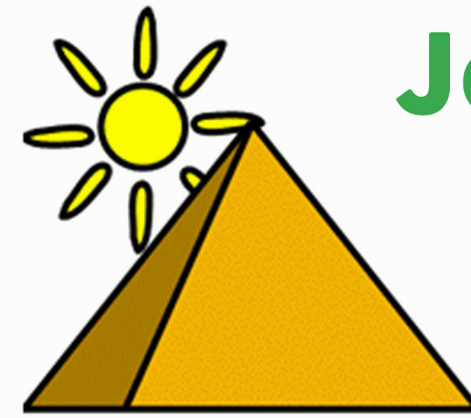


Story Time Questions

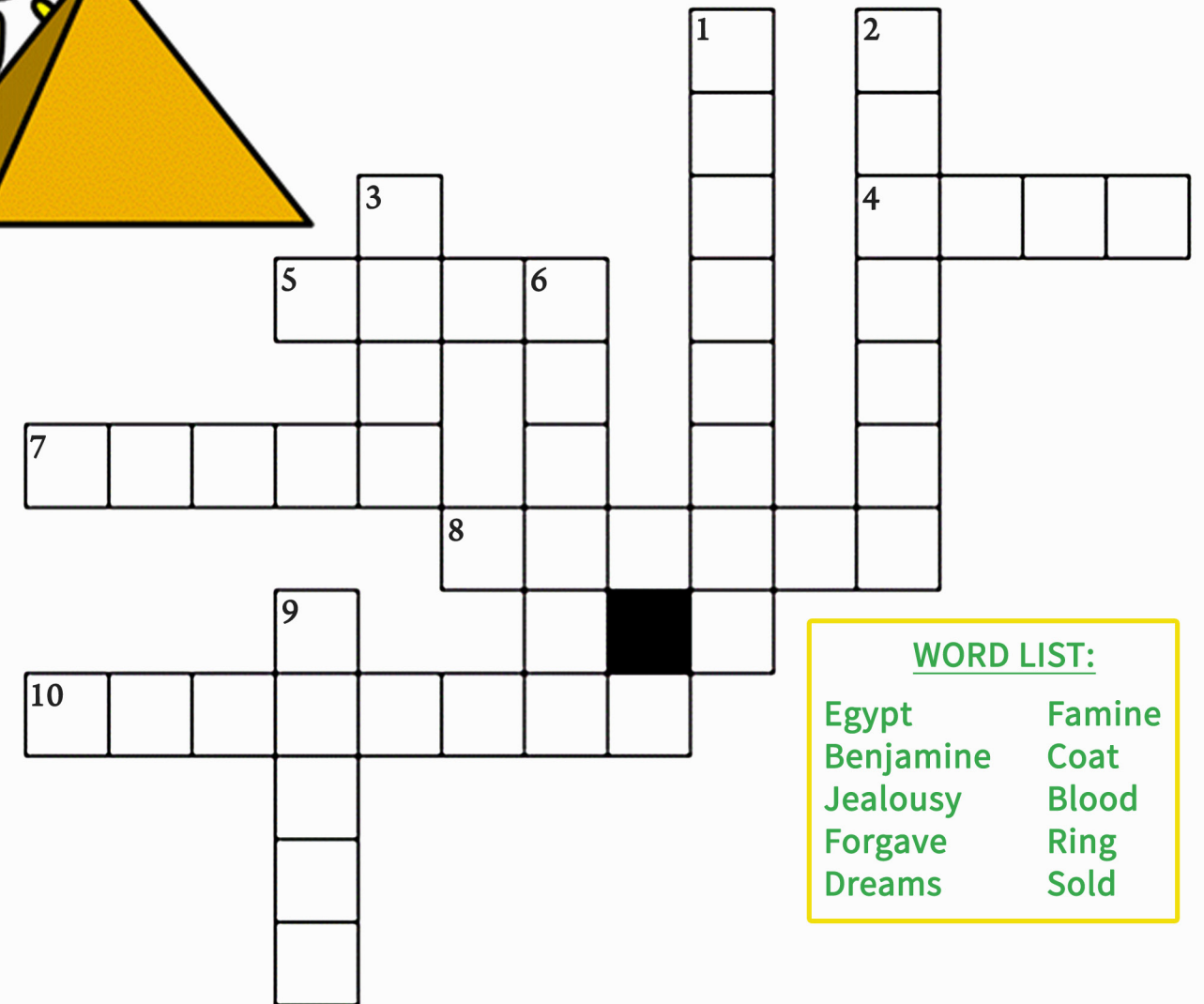
The Story of Joseph (Genesis 37-41)

Circle the correct word in **BOLD**

1. Joseph was the son of (JACOB, JOHN).
2. Joseph was sold to (POTIPHAR, PETER).
3. Joseph left his (SHOES, COAT) when he ran away from Potiphar's wife.
4. Joseph met the butler and the baker in (JAIL, the DESERT).
5. The (BAKER, BUTLER) told Pharaoh about Joseph.



Joseph Crossword



WORD LIST:

Egypt	Famine
Benjamin	Coat
Jealousy	Blood
Forgave	Ring
Dreams	Sold

Across

4. Pharaoh gave this to Joseph when he put him in charge of Egypt.
5. Joseph's brothers didn't kill him, they _____ him.
7. After God told Joseph about Pharaoh's dreams he became in charge of this whole place.
8. During the seven years of this, Joseph had enough food in reserve to share with those in need.
10. It was because of this that Joseph ended up in Egypt.

Down

1. This is the name of the youngest brother.
2. Joseph did the right thing when he _____ his brothers.
3. Joseph received this from his father.
6. Joseph had a gift of interpreting these.
9. Joseph's brother's covered his coat in animal _____ so their father thought he was dead

Southern Style String Beans



by Doris Sherman
The "Taste of Fountain" Contest Winner

A TIP from the Chef:

"Now, for a little TIP about these mouth-watering string beans: This recipe came from my sister Joyce Richardson, who herself is a fabulous cook. She told me what seasonings she used, but one thing she didn't tell me was what amounts to use. The key to a fabulous pot of string beans is to just use your taste test during the 40 minute cook time. You and your family will enjoy the end results. Thanks for allowing me to share my recipe with you and your family."

Much Love,
Doris Sherman

TOTAL TIME: 40 Minutes

SERVINGS: 8 People

INGREDIENTS

- Honey baked soup bone
- 1 Large Onion
- 2 Large cloves of garlic
- 1 Restaurant size can of "strained" string beans (purchased at Smart & Final)
- 1 Stick of butter
- 2 Heaping teaspoons of Accent
- 2 Tablespoons of Lawry's Seasoning Salt
- 2 Teaspoons of Garlic Salt

PROCEDURE

Boil honey baked soup bone with 1 large onion. Add 2 large cloves of garlic with enough water to cover the soup bone. Boil on high for 5 minutes, then lower the fire to let simmer for 40 minutes. Remove onion and garlic and add 1 restaurant size can of string beans. Add your strained beans to stock from soup bone. Then add 1 stick of butter, 2 heaping teaspoons of Accent, 2 tablespoons of Lawry's Seasoning Salt, and 2 teaspoons of Garlic salt. Bring all the ingredients to a boil, and then lower the fire to low. Cook for 40 minutes and then take a taste.

**Note: If the beans need more seasoning, then add 1 teaspoon at a time during the 40 minute cook.*



Pastor Jarron C. O'Neal

THE ROOTS OF REJECTION

Conquering the Pain of the Past



FOUNTAIN OF LOVE™
CHRISTIAN CENTER
CD SERIES

Much like trees, rejection has many roots that often get ignored until they grow to become a structural or foundational problem. The negative words spoken over you, the unjust punishments, and even the loss of status can cause the spirit of rejection to come upon you without even realizing it. The fruit of that rejection can manifest itself in many ways, and while you think your competitive spirit, your drive, and your independence are all good things, you must stop and ask yourself; "Is this coming from a bad place?" Consider for a moment that some of your personality traits have been developed from past experiences that you never quite dealt with. How long before more fruit grows from your tree with rejected roots? What kind of fruit will it be? Can you really bear good fruit without dealing with the roots?

In The Roots of Rejection: Conquering the Pain of the Past, Pastor Jarron C. O'Neal uses God's Word to teach us how the spirit of rejection can negatively impact our personal life, our God ordained purpose, and our relationships. In this series, Pastor O'Neal teaches us the steps that we can take to both identify, and conquer the spirit of rejection.

In this series, you will learn:

- How to recognize the spirit of rejection
- The effects the spirit of rejection can have upon us and our family
- The root causes of rejection
- Why it is important to be free from the spirit of rejection
- How we can face it, fix it, and forget it

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FEATURE ARTICLE

Transcribed: Financial Transitions (continued)

Transcribed by Anthony Poullard

- There's a scripture that says "Concerning the works of my hands, concern ye me." (Isaiah 45:11). Father, I thank you that the Word you gave me is going to come to past. I don't see it, I don't feel it, and in the meantime, here comes something else. And so when we know we did something we shouldn't have done, put something on the application we shouldn't have done---- whatever it was, God has already taken all of that into consideration.

- And so as you are going along--- what if you didn't do anything wrong that you can even think of? And it just happens anyway? Because life happens.

----- 31:40

- 1 Peter 5:8-9 [NKJV] - "Be sober, be vigilant; because[a] your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith..."

- And here's the part I really want you to hear, because you have heard all this

- "... Knowing that the same sufferings are experienced by your brotherhood in the world."

- Your brothers in the world, your friends, and your neighbors are going through some of the same things. Some things that are happening to you are not because you did something wrong.

- What about the man that was born blind? And they asked the Lord, why was this man born blind? Was it something that his mother did? Was it some sin somewhere? And He says no, that the glory of God might be revealed.

- So don't allow the enemy to take you to some deep place that you just did something really wrong. That's why Jesus died for the really wrong. He died for that, He broke up that stuff.

- The Bible says He let captivity captive (Eph 4:8), and nailed our sins to the cross (Col 2:14). If your sins are nailed to the cross, why are you meditating on them? See meditating over all that stuff and where I came from----- that's what got Israel in trouble when they were going from the wilderness to the Promise Land. They were in transition, they left Egypt.

That was an ending. There captivity ended. They didn't know where they were going or understand the ways of God. They didn't understand all that, so they started complaining.

- That's why you have to watch what you say in transition. You'll start complaining, arguing, and fussing or even in your mind, you aren't saying anything--- you're the quiet one, but they don't know you've got a whole WWII going in your mind.

- "O God is working it out---- I thought by now we have our own house, I thought by now we move from our sister's house, I thought by now..." You have all these "I thought by now, I thought by now, I thought by now, [Singing] I thought by now. I thought by now, ba-do-ba-do."---- And God's trying to get you into position. ----- 34:06

- Some of us are out of position. Let me tell you something, all across the country, what I have been preaching on is your measure. The measure that God gave you to get the work done because everybody under the sound of my voice if you know Jesus Christ as your Lord and Savior, you're in the ministry.

- And if you are in the ministry, and you are not in your place, then everything God has for you is not being poured into you because you are out of position. There is some rain pouring over here, and you way over there.

- Sometimes financial transitions are totally unnecessary because we're doing our own things. We got our own definition of the Word. We got our own doctrine about church attendance. Tithes, offerings, and all the Word ---- we have to get in line with the Word of God. The Word of God is not supposed to be a man-made interpretation. If God required me to pray, you got to pray too. If He requires me to work, you got to work too. Maybe I work at one place, one level but you got your place to work out too baby girl, baby boy. You may be grown, but you babies right now.

- That's why the Bible says do not lean to your own understanding (Proverbs 3:5). We have to lean unto God and say "God, I don't understand this, I don't get it. I don't know why that happened like that. They told me I was going to be well in two weeks, now they are telling me six months." All these things that are keeping you from what you need to give. And they are telling me I can't even exercise because I am so sick. Father, what is it? Because I need to get back to work. I need finances, talk to me, what's happening?"

- Find out the nature of your situation. Is it an attack? Is it an assignment? Is it a test? Or is it just the end of something and God wants to move you into something new?

- When you have a clear definition of where you are at the end of a situation, you are prepared to go forward. If you are not clear as to where you are right now, you are not in a place to go forward. You will sit there for a while and wonder why things aren’t happening for me but they are happening for somebody else. God told David clearly I want you to go on, pursue, you will recover all (1 Sam 30). God will give you a Word. That’s why He said don’t be ignorant of spiritual gifts (1 Cor 12:1). Those gifts are there for a reason. You covet the best gift to be in operation (1 Cor 12:31) and God can speak to you in your own prayer time.
 - He can speak through a commercial, and you know “Whoa, that was God;” or a billboard “Oh my goodness,” or the baby “Oh my”---- somebody. God will get that Word to you. You just say “Ok God, I need a Word.” God will give you a Word--- “wait, go forward.” If you don’t hear anything, don’t do anything foolish. Don’t make decisions out of your anger. Don’t make decisions out of your fear. Have a leading from God. It says in all your ways acknowledge Him, and HE will, He will direct your path (Pro 3:6).

- I’m telling you, I know what I am talking about. I’ve made some major mistakes not listening to that advice that I am giving you. When I got it, I got it real good. Not to move too fast, not to change something too fast; not to back away or disconnect too fast because of our personal feelings.
 - And you’ll know when your prayer life is not where it should be, you’re going to have a harder time making those kinds of decisions. So that’s why I say, keep that thing bubbling up.

- Keep that prayer, and let me throw this in about prayer....

----- 37:38

- Prayer is not a duty. Prayer is a relationship. And the devil does not want you to have that relationship of talking to God. He does not want you to talk to God; He does not want you to have that intimacy, that conversation of sharing and listening. Sharing and listening
 - “Aren’t you just talking and speaking in tongues? Is it 30 minutes yet...” But you never take time to really hear from God. There is something that He wants to say to you about your situation, to help you walk it out, to help you work it out, to help you fix it.

- And so as we progress in the things of God, as we begin to ask “Ok God. What are you saying about where I am right now?” Then we have a station. We have a place; we have a headquarters, somewhere---- to launch our new beginning; because God is saying this is what you are going to do. But then we have to find out, how He wants us to do it and when He wants us to do it.
 - All of these things take you progressively to that place. All of these things take you progressively to that position of your new beginning.

- James 1:2-3 [NKJV] says- “My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience.”
 - Patience is needed in this journey. You’ve got to be patient, because there will be some days when you don’t hear anything. And you don’t know black from white; you won’t know up from down. You don’t know anything. Patience is so important.
 - And so it lets us know when we are being tested, faith produces patience. “Can you really trust God? Can you really get God to work this out? Father, can I really trust you? I mean I thought you were going to keep me in this? I thought you were going to work this out?”-----

- We wouldn’t dare say it, but sometimes our behavior says we are not trusting God. And you can tell that by your own behavior and the way you make your decisions. Things that God has truly said this is how I want you to live your life and we pull back from it because we don’t see the saints doing what they should do; we don’t see the pastor doing what we thought he should do; and every time I try to do something right, I take five steps backwards.... Be. Patient.

- It was a prophet that says don’t rejoice over me. If I fall seven times, I will arise (Micah 7:8; Psalms 24:16). So you are going to arise if you just stay on your path, you are going to get up from where you are. You got to believe that.

- There is a scripture in Hebrews that says some died waiting in the faith (Heb 11:13); and that’s me. I will die on some things I am believing God for before I say “O, it’s not going to happen.” We have to get to that tenacious faith to believe that we’re going to get to where we needed to go.

----- 41:02

- Now while we were in transition--- I am going to move on to the next phase and that is anticipating a new beginning. .

- One of the things that happened when we were finally able to pray out of that depression and disappointment and understanding why would God call me off my job while he [Bishop] was off his job, because we did not know we were called to be pastors. We had no clue. If God spoke to us about sometime in our life, I just didn’t remember that. And so while we were waiting, my husband got an idea to start a business. So in between the time that he was laid off, and the time that he went back to work, where his old company was looking for him--- because we had moved and they didn’t know our new address--- to hire him back, we created AMS financial services.
 - And from that, a whole new direction, our whole life shifted as to what we could do and where we could go. We started to shift. We started to look at things differently because we would look at it from a business person’s perspective rather than from the employee’s perspective.

- Sometimes God brings a path to shift your paradigm; to show you---- there’s a scripture that I have, I believe it is in Isaiah that says the children were meant for signs and wonders. We were made for signs and wonders the Bible says (Isaiah 8:18). And so if we were made for signs and wonders, when we go through something, we need to understand that God is not going to bring us out like our brotherhood. Even though we go through some of the same trials of brotherhood, He says we need to resist faith to bring us out His way (I Peter 5:9). He says if we humble ourselves, He will exalt us in due time (1 Peter 5:6). We have to be humble in our spirit as well.

- I was made for signs and wonders. We were called by the name of the Lord. And as Pastor Lamont read, when you pass through the river, you are not going to be flooded (Isaiah 43:2). When you pass through the fire, transition can feel like everything is going wrong. Nothing’s working out. I started this project, I thought this was going to work; but at least you started. Sometimes God is going to see how you do when He tests you. Sometimes I’ll find out, this is a test, “O Lord, this is a test. This must be a test.”

- And so Joshua was in transition while the old complainers died off. He was going to take a new generation into the Promise Land. So He told him, I want you to meditate on My word day and night, when you do this, you will have good success (Joshua 1:8) ---- while you’re in transition and the old stuff is dying off and the old stuff is moving back, start meditating on the Word of God and God’s going to give you something fresh and new.

- He says then, you will have GOOD SUCCESS and it will make you prosperous

- If you want to make yourself prosperous, if you want to have good success, begin to meditate and study on the Word.
 - Like, Be still and know that I Am God (Psalms 46:10). And you begin to meditate on that over and over and over again; and all the passages before it and all the passages after it--- as a matter of fact, that’s at the end of the chapter there--- but you start meditating on the Word and He says it’s going to cause you to have success.

- The heavens are going to open for you, the favor of God is going to come upon your life and success is going to kiss you; it’s going to overtake you. It’s going to work with you. It’s going to bless you. [Hallelujah] .
 - As He told Timothy when you meditate on the Word, you’re profiting may appear unto all (1 Tim 4:15). People are going to know that the power of God is working in your life.
 - Just like Psalms 1 where it talks about if you delight in the law of the Lord, [Hallelujah] you’re going to be like a tree planted by the rivers of water. God is going to plant you in a place to flourish; where you’re going to go forward. You’re not going to always be in that dry place. You’re not going to always be in that fire. You’re not going to always be in a flood. You’re going to go forth, Hallelu-jah.

- Meditating and studying the Word of God; confessing the Word opens up the heavens for you---- when it seemed before it was like brass.

----- 45:40

- Secondly, Malachi 3. And we’ll close on that. I got so much more but this is a good foundation
 - And that is where it talks about the tithe. He says bring all your tithes into the store house... and He says will I not open a window of heaven. (Malachi 3:10)
 - There are things that can open heaven for you. The Word of God opens heaven for you and your giving opens heaven for you.
 - Sometimes God may bring you out of a situation but you just still haven’t gone any further. What God really had for you, He was not able to do for you because you did not do His Word that opens heaven. You have to open heaven.

- Abraham had to get to a place where He believed God. He had to say ok, I realized I made a mistake, I tried to make it---- the other son, Ishmael--- but you might have got hold of an Ishmael; but you got to come to a place where God has an Isaac for you.

- And when you come to that place, you got to do what you know the Word of God has to say, you have to do;

• Glory to God... But He says I will open for you a window of heaven for you and pour you out a blessing that there will not be room enough to receive it. You get in the Word and you get these things open (Hallelujah). Every tither put your hands up. Receive the opening. There's an open heaven for you; and in this season---- the season that God has for you--- a blessing is coming. God said you will not have room enough for it. God said it.

• God, you didn't make it up. You're not trying to be somebody, bigger and better than everybody else, have more money than anybody else. God said it. You've been through this transition. Some of you, it's time to come out of this transition. It's time for you to let some things go. Let them go. Right now, in the Name of Jesus as we pray...

- Let them go. Let that old stuff go--- that old job go; some of the old relationships. This is the year of divine connection. Some old connections just drain you. Keep you out of the will of God; move you in another place; have you in another mind set. But when you get in the center of Gods will, your whole mind set will change--- God will change the way you feel, the way you think about things. The way you emote. The way you make decisions.

• [Praying in tongues] Forgive the people who didn't show up. Forgive the people who didn't recognize---- I remember we didn't have money; we didn't have food people of God. And we didn't want to say it. We thought people would recognize us; but instead they were asking us for money and food--- "O we know you guys going to get it."

- But I want you to know something. You got to let people go. I see some people holding on to folk. Let them go if they didn't visit you; let them go if they didn't do what they said they were going to do. Let it go.

- Look to the Lord. Sometimes God wants to do a sign and a wonder; He didn't want to use an old human being. He wanted to use somebody you never met. He wanted to make a situation, out of a situation---- something you never thought of. And let Him work it out...

• Fight for the tithe. Fight to give. One thing I can say about Dr. O'Neal was that He never missed the tithe. Never. And I, We went through. We had rent to pay. We couldn't even pay our house note. Because they promised us if we moved here to work full time in the ministry, they were going to pay our house note. We got out here and they said we can't do it. Not even the first month.

- ----and we had rented out our house that we owned to someone else. So we were in a catch-22. And we thought we were able to use that money to pay that house note with. And they [the owners] came to our home and they looked around-

--- and I guess they wanted to see the kind of people we were. And we got to talking, and we prayed for them. And the landlord said you can stay in this house until you are able to pay me. He said I trust you. It was nine months people of God before we had any house note. Nine months, like having a baby.

• God opened that door because we were where we were supposed to be. He said go to Pomona. You got to know where you are supposed to be. Even if it's not a specific city or position, but where you are supposed to be in the Lord

- That is so important to how heaven is open over you. Keep working, keep moving unless the Lord says sit and be still. We thank you today Lord. We thank you. I just thank you, for Your people.

• When the Lord gave me this subject, I felt His love for the people of God. I felt it--- and it made me weep that He would trust me to talk to people that He loves. He loves you. If no one has told you lately that you are loved, I want you to know today that you are loved. Somebody cares about you; and God is more than a somebody. He is not a man. He is your Creator. And everything you need has already been prepared. It's already been worked out. Whatever you are going through, it's already been worked out. It's in your future. Get in the Spirit, and find your future because it's already there.

• I speak to every hurt, every pain, every stress, every tear---- the peace, the healing, and the living power of the Holy Father. Answers will come to you; that you will know what to do.

- There are some of you in arguments and tussles about money. There is some arguing--- some battling over finances. But you command the hand of God--- He said concerning the works of my hand, command ye Me. He gives you permission; to speak to a situation--- This will happen, this will turn around, this will work, it will not be able to argue with me over that. Whatever weapons that they are using, they are not going to work in the Name of Jesus. They will reverse, they will change. I will not have a heart attack, I will not be breathless over this, I will not have shortness of breath in the Name of Jesus. Speak the Word over that situation in the Name of Jesus.

- He's listening. He's listening. He hears your tears. He hears your cry. He's listening--- he's your Father. And He will not give you a stone for bread. He will give you what you ask for. What are you asking the Father for today? Do it Lord, in the Name of Jesus. We ask you Lord, to do it for Your people.

----- Ending at 54:02 mark on CD

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Just incase you didn't hear, we've got our new building! We are making sure there's enough room for you so while our new church building is under construction we would like you to join us in the next part of our social media movement. Post your pictures of moving trucks whenever you see one pass by (i.e. a Uhaul truck). Tag your pictures with [#thebigmove](#) and [#flashflood](#) (because we're still bringing the water to the people so they will thirst no more - John 4:14) don't forget to tag us on Instagram and Twitter so that we can repost your pictures. We're looking forward to seeing your posts!



It's a Celebration

IT'S A CELEBRATION

Happy Birthday to...

October

Jennifer Paez – October 2nd
Mitch Harris – October 2nd
Andre Turner – October 2nd
Frances Branch – October 4th
Uloma Ajuonie – October 7th
Daniel Stansell – October 10th
Kevin Branch – October 11th
Xenia Paez – October 13th
Susan Gordon – October 14th
Tameka Reed – October 15th
Cynthia Guillian – October 16th
Tracy Moore – October 17th
Rajani Richier – October 20th
Anny Anthony – October 21st
Sarah McClellan – October 21st
James Turner – October 26th
Emani Drake – October 27th
Shaunda Harris – October 27th
Dolphas McClellan – October 31st
Valerie Wells – October 31st
Meleifuamailetaeoletalalelei Moeone – October 31st

Anniversaries...

October

Kevin and Frances Branch – October 1st
Pastor Jarron Lady Crystal O'Neal – October 1st
Tony and Shontell Smith – October 23rd
Melvin and Anny Anthony – October 28th

November

Pastor Raymond and Jerlean O'Neal – November 8th
Kym and Shamika Allen – November 14th
Pastor Lamont and Wendy Leonard – November 21st
Albert and Danielle Cruse Jr. – November 25th
Brian and Rajani Richier – November 25th

December

Pastor Wardell and Valerie Wells – December 4th
Dolphas and Lydia McClellan – December 14th
Charles and Diana Goodman – December 26th

November

Patricia Lair – November 2nd
Devan Moore – November 2nd
Jerlean O'Neal – November 8th
Shari Boyce – November 8th
Rochelle Schulz – November 8th
Lela Whitaker – November 8th
Melvin Anthony – November 13th
Esekiel Moreno – November 18th
Frankie Carmichael – November 27th
Claudia Gutierrez – November 27th
Brian Richier – November 29th
Herbert Perez – November 30th

December

Kimberly McCormick – December 1st
Mika Sherman – December 1st
Joseph O'Neal – December 6th
Charles Moore – December 8th
Gabriel Quesada – December 9th
Brandi Clark – December 10th
Crystal Drake – December 11th
Carita Wooten – December 11th
Melody Barrett – December 13th
Kaena Keefer – December 14th
Robert Cook – December 17th
Maryan Clark – December 18th
Essie Franklin – December 22nd
Desiray Goodwin – December 26th
Cortni McKnight – December 28th
Robert Ramey – December 29th
Nizigyimana Swanson – December 31st



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Quotes

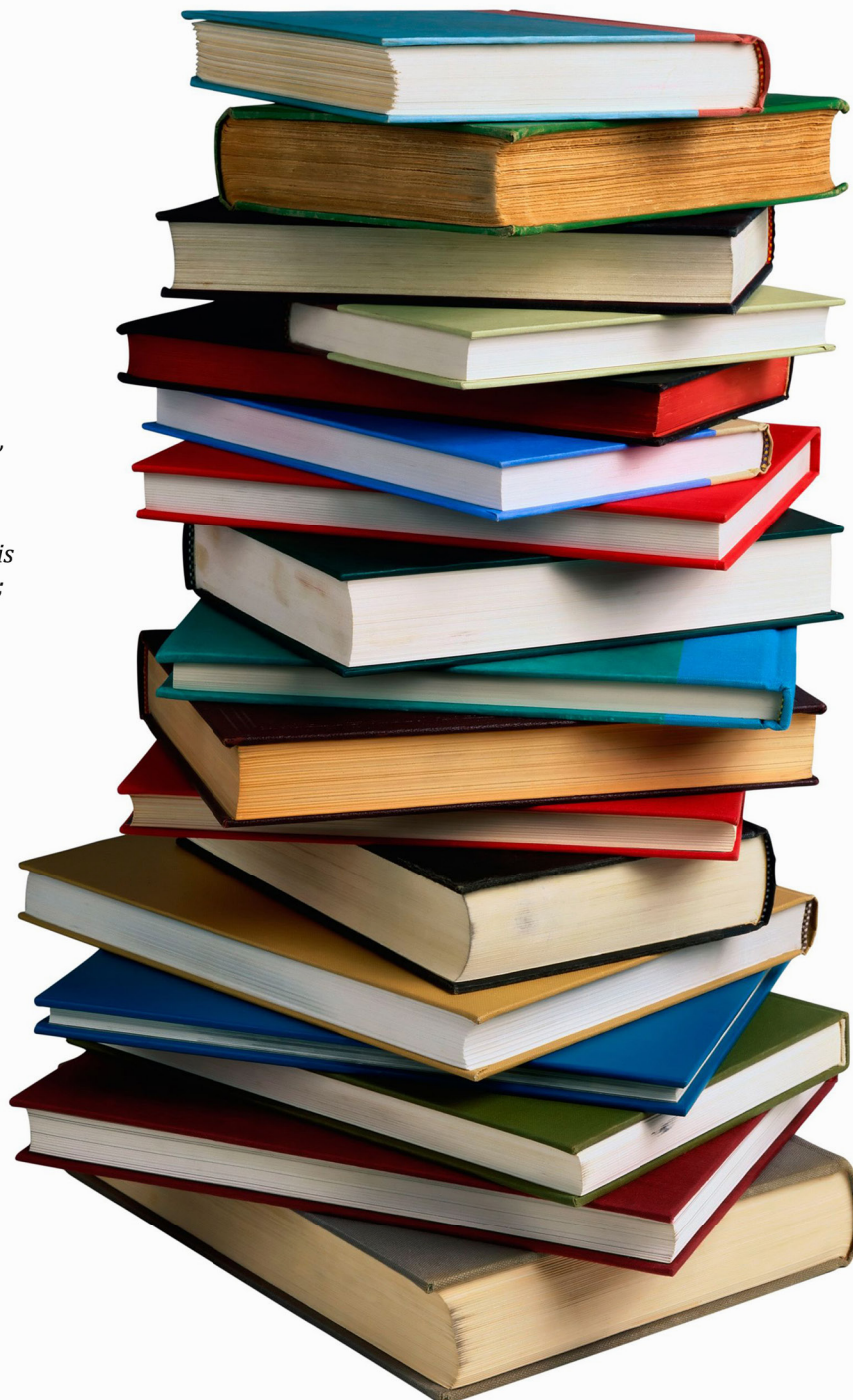
"Your purpose will prick you on the inside until you move."
Beware of Dogs

"Sometimes we get halfway to the destination where God is trying to take us and then we question what we are doing; that is where praying in the Holy Spirit comes in because the Holy Spirit is praying for what is on the other side."
Protect your Pearl

"Parents have to impress on a child; impress in Hebrew means to pierce or prick diligently, to cause them to accept."
Get Your Spine Back

"Everything God spoke about you will come to pass. If He said it, He will do it. It is only conditional upon your obedience."
Built for War

"The Earth has ears; it is a living and responding creation that God has to hold people to record. You can run from God but you can't run from the Earth. The Earth is a position and it is our friend. It participates with God and challenges us to be obedient."
Not of this World



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