

# Fresh Springs

TESTIMONY

...finding enduring contentment.

SEPTEMBER 2012 VOLUME 1

WWP gives  
**HOPE** to the  
Less Privileged

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DISCOVERING YOUR  
ASSIGNMENT

HOW CAN I BE A  
GOOD PARENT?

THE POWER OF  
POSITIVE THINKING





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**OMENESA ORUMA AKOMOLAFE** - Lady O as she is fondly called is the CEO/President of Pearls Support Group, Proprietress of Mentoring School for Ladies Ages 18 to 30 and Pearl Rocks College. A Preacher, Wife, Mentor, Entrepreneur, Television Host, Personal Fashion Shopper, Teacher, Life Coach, Singer, Song Writer, Author, Free Lance Writer, Gospel Dream Semi Finalist, American Idol Participant, BET Sunday Best Participant, and Guidance Counselor whose life is reaching many around the world. Daughter of Bishop Ben & Joy Oruma. She is a Graduate of Southwestern Assemblies of God University in Waxahachie, Texas. She resides in Louisville, Ky, USA along with her husband, Cinematographer and Singer, Minister Omoniye Akomolafe.

## Words from The Publisher

That God in whom all things consist is sufficient for His people is an understatement. In search for an enduring satisfaction and serenity, a lot of people pile up wealth and material possession and still find that something is missing. They struggle for power, influence, fame and all, yet do not seem to have found that very thing that would put their minds to rest.

Finding an enduring contentment is the missing piece of the puzzle called life. Jesus Christ the son of the living God is the only one who can really make your life meaningful and also give you an enduring contentment. The real secret to life is finding a deep seated sense of peace. Self acceptance comes from being the person you were originally created to be- the real you. 1 Timothy 6:6-7. God is our only need and only HE can meet that need.

Our purpose must be to live to please God and enjoy Him forever. This publication was borne out of a desire to share the treasure that can only be found in Christ and He alone would steer all who read. Focus on what endures amidst the cares and distraction of our very busy and dynamic world.

God is still in the business of taking care of us, He is God and will remain God forever and ever. His standards remain the same. As we pursue life's goals and encounter the highs and lows, one thing should be clear in our minds, that is the need to ensure we find an enduring contentment in Jesus name. Shalom

*O Nella Igodan*

# WORDS FROM EDITOR

Sometimes I take a moment and cast my mind back to the events of my life, how I have coped with precarious situations, how I have survived against all odds. Sometime I imagine what could have happened if I hadn't surrendered it all to God, if I had not turned it all over to Him. Now I have recognized the Power of letting God into every situation in my life and completely trusting without any doubts that He will bring a solution even before I fall into iniquity. That knowledge has made me consciously have a positive mind in every situation. Fresh Springs magazine has as its major theme, testimonies. We testify of how God did wonders in our lives, I look at the magazine as an energy body which supplies strength to anybody that reads it. When we started the publicity for this magazine, we had several unsolicited articles, a lot of people were eager to share their testimonies! It does in fact make my job as the editor easier but challenging too because everybody wants their testimony in! Fresh spring's magazine receives contributions from people of all ages, tribe, and race. We have received articles from very young people which we will publish in our subsequent editions.

In this maiden edition, we have as one of our columnists a prolific speaker, host of the inspirational and impactful "Discovering your assignments" seminar series, a pastor of His Treasure House International Ministries, Abuja and a former associate Pastor of Daystar

Christian centre Lagos. He would take us through steps to take to Discover our God given assignment on earth. Omenesa Oruma Akomolafe is a trained psychologist and the CEO of Pearls Ministry International, her article 'Work while it's day' enlightens us on why we need to keep steady and focus on the journey of life. We have powerful testimonies from Sandra and Gbenga both chronicled how they were saved by God, how God helped them survive and now they have a cause to say Thank you lord. You will also find a very inspiring article on the power of positive thinking! So take some time out of your busy schedule and discover the energy in the Fresh Springs magazine.

Gratitude to our contributors who have found the time to share their knowledge, gratitude also goes to our testifiers who found the courage to share their experiences. We would help you know how to walk your talk, speak the truth, share with you how to discover your purpose and find enduring contentment.

Much Love

*Jackie*



# Discovering your Assignment

By Godwin Uwaba'men

“There is a spirit in man and the inspiration of the Almighty gives him understanding”

## The Assignment

From this passage I deduce that inside every man is his spirit who dwells in a body and has a soul. The spirit in the body is devoid of understanding and it is when the spirit is inspired that its understanding will come alive. The question that readily comes here is “what then, is this understanding the spirit lacks? The answer is this: it’s the understanding of the spirit that is basically a spirit and that he has an assignment and purpose in this life. This means that when the spirit enters into a body and is sent to this cosmic earth, it tends to lose connection and link to his source-God, who is also spirit

This body encasement has a basic role which is to enable the man relate to the earth and other living organisms. It superimposes the physical reality on the spirit man and it does this through the senses- the eyes, nose, skin, tongue and ears

Everything in life gets its sustenance from its source. That is why the body can only live to



its full capacity on the earth by the things produced from the earth; this, therefore, means that if the body is sustained from the earth, which is its source, then the spirit can only be sustained from its source, which is God. That is the reason Jesus said when he was tempted”

man shall not live by bread the (earth) alone, but by every word (the spirit) that comes out from the mouth of the Lord...

You must know that your spirit needs understanding of spiritual truths about its source and Job says that, understanding comes only by inspiration from God

Inspiration is a good idea or an encouragement given all of a sudden, about what you should do or say at a point in time. The key words here are sudden, idea and do. God can give your spirit an idea suddenly that would help you solve a problem

As you read this, supernatural intelligence and divine understanding becomes your portion. Places where you were previously rejected, you will be accepted, and doors that were closed before will be opened now

Your family will celebrate you for being part of their destiny because you have become a solution provider to problems around you Go in the power and grace of God and be the best you were designed to be in Jesus name

Let’s meet again, next edition. ■

## Sandra

*Sandra Eric Ephraim is going through a journey that none of us wish to embark upon; widowhood. This story chronicles the experiences of Sandra as a widow since her husband died eight years ago, revealing emotions and challenges she encountered along the way. If you’ve been widowed or facing some challenges, your journey will be unique, but I believe you will find comfort, strength and inspiration in the courage that Sandra exhibited especially in her brave act of sharing her story. She has indeed offered a gift to those who are having similar experiences.*

Sandra still feels the absence of her husband who died on her chest in 2004 just after five years of marriage leaving her with three children, the last one, three months

It is hard to be a young widow. “It’s as if you have lost your identity when you lose your husband”. She said.

It is difficult for anyone who has lost a spouse to move on with life.

### LOSING THE BREAD WINNER

The pain is compounded because Eric was the bread winner of the family, the struggle to move on is also harder. She found herself trapped in a state of restless uncertainty.

Eric died in 2004, according to Sandra, he came into the room that morning and asked her if he could lay on the bed where their three months old daughter and herself were on, she told him he needed no permission to do that, so he put his head on her chest and held the baby, Sandra said she noticed that his breathing changed and she called him, she got no reply, at that point she got scared and moved him a little and she noticed he was dead, perplexed, she ran out to call her sister and neighbors, but it was too late, Eric was gone!

It felt like thunder, like a heavy stone sud-

denly buried in her, she could not phantom the whole scenario until she was accused of killing her husband who is from Cross River, at that point it became clear that Eric was gone for real. Sandra took to drinking and discovered that she was relieved after each drink, it became her god. According to her she completely lost her faith in God, she felt she didn’t deserve what happened to her. At night, when the house was quiet, she cried.

“They say time heals all wounds, but for a widow I don’t think it does, the longer I waited, the more I know he isn’t coming back”, she said.

“At that point when I realized he wasn’t coming back, I had to brace up for my kids, I started a business in Aba where I was trading on bag handles, God blessed me and the business was going on well, I was so happy because I was able to take care of my family, but before I knew it I ran into a serious problem with a business partner. A group of other partners and I in the business contributed 33 million for a 40 feet container that would bring our goods into Aba, the man ran away with everything and I was left bankrupt with debts to pay. I had to keep my three kids in the hands of my sister-in-law in Abuja, to enable me get myself together and find a job so I can take care of my kids. I recognize it’s not easy to take care of additional kids. Each time I had to visit, I didn’t like the situation I found my kids. At one

occasion my 11 years old was accused of stealing N1, 000 by my sister-in-law and he was taken to the police station. I prayed and cried to God, I didn’t know what to do, but I believed that if I don’t take my kids something terrible was going to happen to them. I had to come to Abuja, where I was fortunate to meet a friend who encouraged me and helped me too. I joined the Redeemed Christian Church of God in my area and I started growing in faith. Immediately I connected to God things started happening for my good. My kids were thrown out of the house but God used my house fellowship members to rent an apartment for me, I also attend a fellowship called WWP (When women pray), they also helped me by giving me furniture, food for my kids. I am grateful to God.

As a widow my balance and my recovery was easier due to the support I received from my church, friends, family and community. They embraced my belief that all widows need the support of the outside world to get their balance back. I thank all the people that support me as a widow and in turn make it possible for me to extend that support to other widows like me.

I know God has started another chapter in my life. ■



# Gbenga

My name is Gbenga Aremu, at 32 years of age I was a millionaire. I owned 3 apartment units in Lagos Island, a restaurant, a large warehouse in Idumota, 5-room home with swimming pool, 3 cars, parcels of land in 3 states, investments and the list goes on and on. I was raised in a large denomination and went to church every week. I believed I was doing what God wanted me to do. If I sinned, all I had to do was ask God to forgive me and I could go and do it all over and over again. I found that all of my decisions, no matter how small or large, were always connected with the following questions. How much money will I make? How much will it cost? I had lots of businesses I was running and was completing my Masters degree in business. Needless to say, my family suffered. I was never home; my life was so full of stress that I searched for companionship outside of my marriage. What I thought was a blessing from God, now looks like it was a temptation from the devil. All that I really valued (wife, children, health and happiness) were lost. My soul was



dead. My passions were only for what people might think—not what God would think. I was spending carelessly on women, drinks and very unnecessary things, I was no longer committed to my life and business which prompted a bankruptcy, I was contemplating suicide because I had lost all of my material wealth. People who were my friends when I had money didn't come around but many were quick to laugh at my failures.

A stranger came to my house one evening while I was drinking, smoking and watching

TV. He was from a local church and wanted to talk about God and the Bible. I had never read the Bible before, at least not for its teachings on life, now and the eternal and he started to share the Word of God with me. I never felt so much peace in my life as I did when I believed that Jesus loved me so much that He died for ME. My sins put Him on the cross and He loved me so much that He had to show me His love. I finally realized that I was a better person without all those worldly things. I came into this world with nothing and I will leave with nothing. I can truly say that I am "born again" and

Jesus is LORD of my life. I work for an employer who is bigger than Nigeria and the whole world put together. My mission is to collect souls for Christ and the real purpose in life is to glorify God in everything. ■

## Work, While It's Day

By Omenesa Oruma Akomolafe

This mandate was placed in my heart a few days ago. "Work while it's day". For somebody who is a Type A Personality like myself, I always like to get everything done right, and done fast. As I have auditioned for American Idol over 5 times, Sunday Best over 4 times, and even Gospel Dream, I am one woman who knows about knocking on doors, regardless of if they open or not. I tell people, "Look for a window when the door is closed". Working is easy, but can be sometimes, challenging, especially when we don't see ourselves moving forward. So here are a few reasons to keep you steady and focused on your journey in life.

### Points to remember when WORKING

1. **Remember that life is a race:** Life is a race, and if you drop the baton, pick it up and keep running. "No" or being weary of redundancy is not an option. I do get discouraged and I do get tired sometimes, but when I remember how far I have come, I only realize that I must be getting closer to my inheritance, to my breakthrough. That hunger rises up within me once again, and the fight continues. The good fight of faith, that one day, I will reap the fruits of my labor. Don't get tired. Keep running. When talking to one of my friends, Recording Artist, Roger Grandison about another one of my audition ventures. He told me, "You only win if you are in the race." I totally agree.
2. **Remember that there is no competition:** The good thing about the race of life is that, there is no competition. You are not competing with anybody. There is no time limit. No deadline. This is ironic in a way though because you have to push yourself, yet, you can do it at your own pace. This notion allows you not to be too hard on yourself when you do get weary. It is okay to take a rest,

probably look back and see how far you have come, reminisce, think of how you got to where you are. The mistakes, the setbacks, the victories, the appointments, the disappointments, the No's and the Yes's. Needless to say, running around like a chicken with your head cut off, just chasing after a pie in the sky is not logical at all. Don't burn yourself out, you've got to know what you are running for, and where you are running to. Don't make this time aimless. Once in a while, it's okay to give yourself a break. You can even try something different, but be careful of falling into the trap of double-mindedness.

3. **Remember that there will be distractions:** My Dad (Bishop Ben Oruma) once told me a story of a Dog and the Turtle. Everybody knows that a Turtle cannot win a race, yet had the audacity to confront the dog, telling him that he will win a race against him" Are you kidding?" the dog said. So sure that he would win this race, he ignored the comments of the Turtle. The night before the race, the Turtle put bones on the race track, mile by mile. Morning came, and here goes the dog, bragging. As they both took off, the turtle was as slow as he inheritably was, but Mr. Dog came across the first bone, and began to eat. Mr. Dog ate every mile, by the time he got to the finish line, the turtle had already crossed it. In life, you have to be careful, vigilant, and almost presumptuous. You have to be on your toes. The interruptions and distractions are real, and sometimes will take preeminence of your time, dream and even mandate, but you have to keep your eyes on the goal. Your goal is to be productive. We should be fruitful and multiply. How on earth do some people expect to bear fruit without planting? Surely a seed would not germinate or multiply if it is not yet planted in the ground. Let go of friends' and peo-

ple who will slow you down. Do away with decisions that will only erode your plan.

4. **Remember that your motives matter:** What's in your heart? What is the reason for doing this? Why are you doing this? Who are you doing it for? Is it to get famous? Noticed? Appreciated? Or do you have a passion for this thing? Are you driven by the right motives or are your motives ulterior? The world we live in today is full of people trying to prove themselves, so it is very easy to fall prey to being fake, almost fickle if I may. Many people are literally doing what they hate doing, all because they were trying to impress someone. Most people in Customer Service are pretty rude and abrasive, but they stay there, feeling stuck in a rut, simply because they need money. If one goes on through life reasoning like this, he/she will die as a bitter and depressed person. Check your motives. Examine your heart. Am I doing this for the right reasons? Check this out! If your motives are right, your job will be a breeze. When you are doing what you love doing, you will never work another day in your life.

5. **Remember that the night will surely come:** A time will come when complacency may stop you. Insecurities could creep in. Finances may dwindle. Youth may elude you. Time may run out. So please do it NOW. Whatever you have been called to do, do it now. It is important not to waste time. Life is so short. I was sitting down here thinking about my 10 year High School Reunion, which will be spring, 2012 in Cleveland, Ohio, USA. I found myself shaking. It's been 10 years already? I still remember wearing braids, wearing flooded pants and holding huge text books walking into my English Class. I remember singing the National Anthem at the game in my 10th grade year. I remember walking down those hall ways as a freshman at

## WWP gives HOPE to the Less Privileged

Have you ever felt fulfilled when you help those who are in need especially children? Yes God expects us to give out of the abundance He has blessed us with. So consider it a privilege that you are in a position to help others When Women Pray (WWP) is an inter-denominational women prayer ministry inspired by God through Pastor Opi Agha. It is the belief in When Women Pray that part of the mission is to help those who are in need and communicate to them how Jesus can take away their burden if they believe and trust in him

They go on outreach to the prisons, hospitals, motherless babies home, old people home and many more. Recently WWP had a school outreach in Dakwo village, Kaura District Abuja. In this government school, many students didn't have uniforms, sandals (they were walking on bare foot!), books, many have not paid the school fees as little as it was. There is much to be done in the country, a lot of people need care and attention WWP was there to wipe away the tears of many parents and kids and give them hope for tomorrow. These



kids are the future of tomorrow and investing in their lives is a worthwhile venture

School fees were paid, students were given uniforms, sandals, books and most importantly as young as they were, many gave their lives to Christ, many will not forget the visit, it will

forever remain in their memory They are the future of tomorrow!!! ■

## The Power Of Positive Thinking

By Jackie Opara

Positive thinking is a common expression but not everyone takes these words seriously. Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results.

A positive mind anticipates happiness, joy, health and a successful result. It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. The whole universe will correspond with your mind, your spirit and you will begin to transform into that picture you painted for yourself.

The question is: Does your mind lead itself into positive thinking or are you letting negative thought live rent free in your mind?

As the only thinker in our minds, it is up to us to be mindful, and to change our thought process.

The truth of the matter is that how you interpret events in your life affects your mood. If you are letting bad memories run through you, you could be using your energy in an unproductive way which could easily be leading to lowered self-esteem, cynicism, pessimism, and negativity. Don't waste your energy getting caught up in the story of how it was, or you fear it will be. You are in control and it is time to take back your power! The inner creates the outer.

So, whether it's a past situations that didn't end up good and tells you that you are not good enough, intelligent enough, or attractive enough, these old thoughts and belief systems will be reflected in the energy you put out into the world through your word and actions, and mirrored back to you by those around you.

Begin to practice positive thinking with positive affirmations. Paste some affirmations to your bathroom mirror, refrigerator, car, and office. These affirmations are reminders that you are in control of your thoughts—and thoughts can be changed. Be aware; watch your thoughts throughout the day, Positive affirmations can take different forms; always make sure you use present tense. "I am" statements are wonderful! "I am" strong, beautiful, handsome, confident, smart, creative, etc. Fill in your "I am" statement for the areas in your life where you wish to consciously shift your thinking patterns.

You should also use the "I can" statements. Bring your affirmations to present tense and affirm that you already have that which you want, bridging the gap between desiring and reality.

It is very powerful to write one's own affirmations; here are some affirmations that can get you started!

☛ I love and appreciate myself just as I am.

- ☛ My life works beautifully.
- ☛ I am strong and healthy.
- ☛ My life is blossoming in total perfection.
- ☛ Everything is working out for my highest good.
- ☛ I love having plenty of energy.
- ☛ I deserve the best and accept the best now.
- ☛ I prosper wherever I turn.
- ☛ I value who I am.
- ☛ I have the courage and self-confidence necessary to put my solutions into practice.
- ☛ I honor myself and treat myself with respect.
- ☛ As I own my power, I recognize the strength and beauty of who I am.
- ☛ I accept responsibility for all decisions I make in life.
- ☛ I treat each new problem I encounter as a new door to be opened, and an opportunity to be creative.
- ☛ I love creating joyful, creative relationships.
- ☛ There are beautiful things happening in my life daily.

Most important; look up to the only one that can help you. God is our only helper, He wants us to succeed, He will never let us fail, He is constantly and continually watching out for us, He never sleeps nor slumbers! ■



## Frequently Asked Questions about Christianity

Question: "Does God exist? Is there evidence for the existence of God?"

Answer: The existence of God cannot be proved or disproved. The Bible says that we must accept by faith the fact that God exists: "And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him" (Hebrews 11:6). If God so desired, He could simply appear and prove to the whole world that He exists. But if He did that, there would be no need for faith. "Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed'" (John 20:29).

That does not mean, however, that there is no evidence of God's existence. The Bible states, "The heavens declare the glory of God; the skies proclaim the work of His hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world" (Psalm 19:1-4). Looking at the stars, understanding the vastness of the universe, observing the wonders of nature, seeing the beauty of a sunset—all of these things point to a Creator God. If these were not enough, there is also evidence of God in our own hearts. Ecclesiastes 3:11 tells us, "...He has also set eternity



in the hearts of men." Deep within us is the recognition that there is something beyond this life and someone beyond this world. We can deny this knowledge intellectually, but God's presence in us and all around us is still obvious. Despite this, the Bible warns that some will still deny God's existence: "The fool says in his heart, 'There is no God'" (Psalm 14:1). Since the vast majority of people throughout history, in all cultures, in all civilizations, and on all continents believe in the existence of some kind of God, there must be something (or someone) causing this belief.

In addition to the biblical arguments for God's existence, there are logical arguments. First, there is the ontological argument. The most popular form of the ontological argument uses the concept of God to prove God's existence. It begins with the definition of God as a being which no greater can be conceived. It is then argued that to exist is greater than to not exist, and therefore the greatest conceivable being must exist. If God did not exist, then God would not be the greatest conceivable being, and that would contradict the very definition of God.

[To be continued in the next edition]

## How can I be A Good Parent?

By Emmanuelle Igodan

There's not just one right way to raise children. And there's no such thing as a perfect parent or a perfect child. But here are some guidelines to help your children grow up healthy and happy:

**Show your love. Every day, tell your children:** "I love you. You're special to me." Give lots of hugs and kisses.

**Listen when your children talk.** Listening to your children tells them that you think they're important and that you're interested in what they have to say.

**Make your children feel safe.** Comfort them when they're scared. Show them you've taken steps to protect them.

**Provide order in their lives.** Keep a regular schedule of meals, naps and bedtimes. If you have to change the schedule, tell them about the changes ahead of time.

**Praise your children.** When your children learn something new or behave well, tell them you're proud of them.

**Criticize the behavior, not the child.** When your child makes a mistake, don't say, "You were bad." Instead, explain what the child did wrong. For example, say: "Running into the street without looking isn't safe."



Then tell the child what to do instead: "First, look both ways for cars."

**Be consistent.** Your rules don't have to be the same ones other parents have, but they do need to be clear and consistent. (Consistency means the rules are the same all the time.) If two parents are raising a child, both need to use the same rules. Also, make sure baby-sitters and relatives know (and follow) your family rules. Spend time with your children. Do things together, such as reading, walking, playing and cleaning the house. What children want most is your attention. Bad behavior is usually an attempt to get your attention. ■

### Work. While It's Day

[Contd.]

Bedford High School. It's been 10 years already? I began to ask myself, "What have you done in 10 years Omenesa?" That question gave me a headache.

I will ask you the same thing. What have you done in 10 years? What have you done in 10 months? What have you done in 10 weeks? What have you done in 10 days? What have you done TODAY? What step have you taken today to get closer to your dream, to your vision, to your assignment? You have an assignment. Work while it is day. The night will surely come. It is not waiting somewhere to sneak in on you. It is on its way. It is coming. Don't be distracted. Quickly is the key word. Hurry up. What is the task God has given you to do? What is your assignment? We get older every day. Are you prepared to die without accomplishing anything? The day time is full of youth and full of light. Have you ever tried to eat in the dark? Try it sometime. Somehow, you will find out that your food would not taste good. I have tried walking in the dark, even praying in the dark. It's very uncomfortable. I don't know why God made it this way, but everything seems to work so much better in the daytime. In the morning- When the sun is shining. Now that you are privileged, Work while it's Day. Until next time. ■

CHRISTIAN JOKES

# Naira Bills

There were two old NAIRA bills. One was a N1000 dollar bill and the other was a 10 naira bill. The N1000 naira bill said, "I've lived a good life. I've been to the amusement park, the theater, and the zoo and baseball games."

"Wow," said the N10 Naira bill. "You sure have had a good life."

"Where have you been?" asked the N1000 dollar bill.

"Oh, I've been to a catholic church, Pentecostal church, Baptist church, a Methodist church, a Lutheran church and an Episcopal church."

The N1000 bill said, "What's a church?" ■



## SIDE BAR

1. Never extinguish the fire in the heart of a child. Never tell a child, "Get real!" in response to his/her dream. The Wright Brothers were told, "Get real!" Mercifully, they didn't.

2. Never train the extinguisher at your heart and squeeze. Don't quench your own fire! No dream too big - you can achieve it in spite of where you are today.

3. Never quench the fire of love in someone else's marriage or yours. What God has joined together, let no one put asunder.

4. Never quench the fire on your family altar. Your destiny is won on your knees, not on your feet.

5. Never quench the fire of knowledge. Ignorance is a deadly pill. You can never cure ignorance with prayer! The day you stop reading/learning/inquiring/searching is the day you officially die. ■

# Here are 5 fires you should never quench

by ogbo awake ogbo



I have a friend called Jesus, He is my friend. I call on Him each time and He answers me. He can also be your friend if you let Him in today!



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# Fresh Springs

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VANITA VILLE INTERNATIONAL LIMITED  
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The Fresh Springs magazine was birthed to give hope and strengthen people who are in one form of struggle or the other, with the victorious stories of those whom have gone through similar struggles and survived through the help of God. Fresh springs is creating an avenue to reach out to those who are grieving for one reason, to give them a platform to propel them to the next level with winning stories, counseling and every form of help within our capacity.

We would like you or your organization to support this vision in the following formats

1. Place Adverts on our magazine
2. Sponsor our stories

### ADVERT RATES:

Outside Back Cover N150,000

Inside Back Cover N120,000

Inside Front Cover N100,000

Full Page N80,000

Half Page N50,000

Quarter Page N30,000

SPONSOR STORIES - N100,000.

We would be happy to discuss alternative ways of contributions. We look forward to your contribution in changing a life today!  
Call 08065270572, 08093479809



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