



The Realities of Life and Death in the City

Life is hard, and life without hope is even harder. The struggle between life and death is real. It is one of the realities of the inner-city that hit home the week of March 10 when we lost two people to overdoses and one to suicide in less than a week. There are people who give up due to hopelessness, and some who lose the battle against addiction after self-medicating the hurt in their life. Our adversary has come to steal, kill and destroy, but Jesus has come to give life and life abundantly. Thank you for joining me to bring the light, life, hope, and peace of Christ to the Portland neighborhood.

Please continue to pray for the Portland Community, especially for The Table community. We lost one of our own to accidental overdose. He is greatly missed; his absence keenly felt. I miss his warm smile and his willingness to lend a hand. The last time I hung out with him, we went to dinner after he helped me board up my window and install security lights. I feel blessed to have known him, and shared the love of Jesus with him. However, I am grieved at his untimely death.

I began a Life Transformation Group in January with one of the young ladies in the neighborhood. We have been meeting for about two months and have completed Psalms, Proverbs, 1st John and have started Luke. **Please pray that this is the first of many groups in the neighborhood.**

These groups have been instrumental in my life for several years. I would encourage you to join a group if you have the opportunity. If you would like to start one, let me know or talk to your local church.

CrossTraining Kids Group

I had the privilege of working with 4 missionary kids during Cornerstone's Spring CrossTraining. During the two week training, I taught a class on spiritual formation and a communication class. It was an opportunity to use my counseling skills, my training from IHOP-KC, and a blessing to see God at work in their lives.



Life Transformation Group

"A Life Transformation Group (LTG) is a simple way to release the most essential elements of a vital spiritual walk to people who need Jesus. This tool empowers the common Christian to accomplish the uncommon work of reproducing spiritual disciples who can in turn reproduce others. An LTG is made up of two or three people, all of the same gender, who meet weekly for personal accountability for their spiritual growth and development. It is recommended that a group not grow past three but rather multiply into two groups." ©1999 Neil Cole Published by CMA Resources

Three Tasks of a Life Transformation Group

1. Sin confessed and mutual accountability
2. Scripture read repetitively in context and community
3. Souls prayed for strategically, specifically and continuously





Ministry Spotlight

The Table

Mission

To provide a restaurant that serves locally grown food with amazing taste, and an affordable price, where all can enjoy the flavor of community.

Vision

- **To Share:** share love, offer hope and build community
- **To Support:** support local economy and invite the city to celebrate the beauty of Portland
- **To Serve:** eliminate food insecurity, build relationships and share life with our neighbors
- **To Provide:** provide affordable, healthy meals in a warm and welcoming atmosphere while creating a new way to dine where people eat with a purpose

The Table is a non-profit, social entrepreneurship that operates under a pay-what-you-can model where a diner can pay for their meal and/or “pay it forward” with money or with their

service. The heart of The Table is the volunteers who give their time and talent. **Please pray for The Table workers and volunteers who are the hands and feet of Jesus.**

When you are in the neighborhood, come enjoy the taste of community because everyone has a seat at our table!



Thank you for your support and partnership with Springs of Life!

Ruth Ann Martin

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