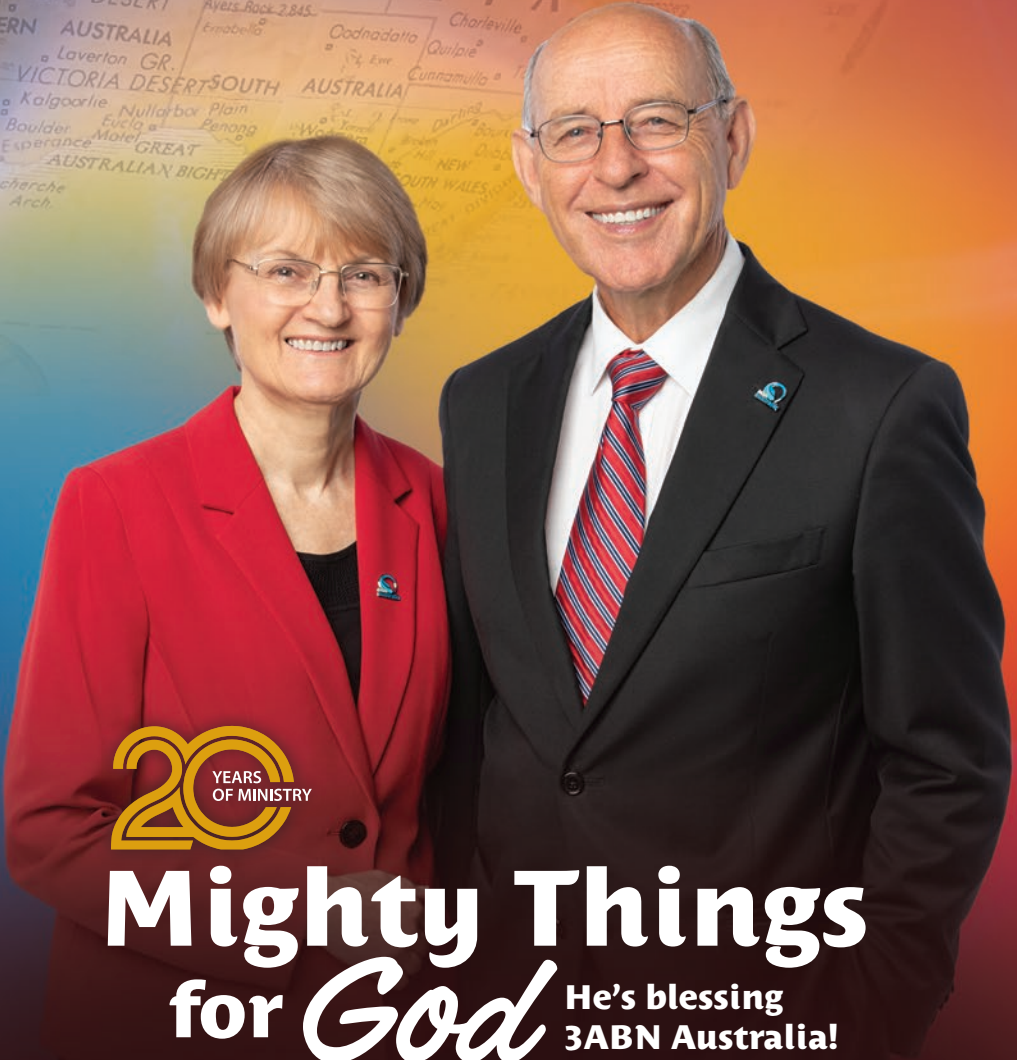


March 2024

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# 3ABN WORLD MAGAZINE



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YEARS  
OF MINISTRY

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*for God* He's blessing  
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**WORLD**  
MAGAZINE  
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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Preparation is intertwined in our daily lives. We prepare our house for company by cleaning it and cooking food. We prepare to teach the Sabbath School class each week by studying the lesson beforehand. We prepare for a winter snowstorm by making sure our snow shovel is in good working order.

We prepare for a long road trip by making sure that our car is fueled and ready to go. We prepare our meals by purchasing groceries for the week. We prepare for the Sabbath by getting our regular duties done before sundown Friday evening.

But there is one important event that each of us should be preparing for, and that is Christ's Second Coming. What a day that will be when we are delivered from this world of sickness, pain and death!

This preparation is done moment-by-moment as we submit and commit our lives to Jesus. Building that relationship with Him each day is so important, and one thing that really helps me grow is by spending time in prayer and Bible study.

And then we have the commission Jesus gave us to go and tell others about what He has done for us, and that He is coming again! This is an important aspect of being a follower of Christ—sharing this wonderful news to others.

Matthew 28:19–20 (KJV) is 3ABN's mission and commission—to “Go ye therefore,” preaching and teaching the gospel message to all nations, preparing others for Christ's soon return.

Thank you for your support that makes this possible!

Greg Morikone  
3ABN President



## Kids Network Craft Book

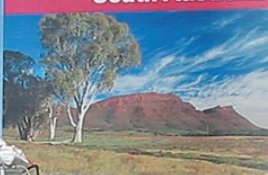
Packed with over 100 exciting craft ideas, detailed illustrations, and easy-to-follow directions, our new Craft Book offers kids many hours of crafting fun. It's designed as a companion book for our Detectives of Truth Junior Bible Lessons, available for free on 3ABNKids.tv!

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Welcome to South Australia



# Mighty Things for God

by Rosemary  
Malkiewyc



**B**y the grace of God, 3ABN Australia is now 20 years old. Where has the time gone? It began with two people installing satellite dishes around Australia so others could have Christian TV in their homes. Then, with the change to a satellite over Australia, the signal reached New Zealand and parts of southern Papua New Guinea.

As the work grew, so did the need for help and finances. Yet, it's amazing what God can do with just a handful of people. A small group of 3ABN Australia Committee Members oversee the ministry, and we have seven full-time staff members, along with two main volunteers and one part-time staff member on contract. A few more volunteers help out with camera work when needed, and last but not least, we have the volunteers who appear on-camera. Each of them have one goal—to make Christ-centered programs that help spread the gospel around the world.

## Programming That Matters

Since the opening of our Australian Production Centre ten years ago, we've recorded many different television and

radio series. These include weekly TV programs like *3ABN Now* and *Let God Speak*, as well as our first series, *Focus on God's Word*. Then there's our *Homecoming* series, *Healthy Living*, *A Day With the King*, *Evolution Impossible*, and many more. Our radio programs include *Faith and Science*, *Heavenly Harmonies*, *Mission Stories 4 Kids*, *Search for Certainty*, and many others.

We are now recording a new health series called, *Your Lifestyle as Medicine* hosted by Kaysie Vokurka and Margot Marshall. They interview medical and science professionals like health psychologist Jenifer Skues, and Dr. Berenice Cheng, a dentist, on a variety of lifestyle topics like mental health, the brain, emotions, and facial bone structure, giving simple suggestions that can improve our viewers' health when they're followed at home. Watch this series on 3ABNPlus.tv, the 3ABN+ app, or on our 3ABN International satellite feed.

## Good Health, Good News

Want to save money on your food bills? Well, 3ABN Australia can help you with

our free e-cookbook, written by our health programming hosts, Kaysie and Margot. *More Food for Less Money* can be easily downloaded from our Resources tab on our website, [3ABNAustralia.org.au](http://3ABNAustralia.org.au). It's colourful and filled with amazing information on how to save money at the supermarket, as well as video links to demonstrations on how to prepare many of the recipes. In addition, it also has shopping guides, over 40 easy and economical recipes that anyone can successfully follow, weekly menu suggestions, and a shopping list for both cool and warm weather. In addition, you'll find information on basic equipment you'll need in your kitchen, and how to set up a pantry. We even have e-cookbook share cards you can give out to others. Those who receive one can easily find our 3ABN Australia website, where they can learn about God and accept Jesus as their Saviour. This is another way you can take part in sharing the gospel through 3ABN.

## New Sharing Resources

Another sharing resource we've developed is our *Insight Tracts*. These are ten pocket-sized tracts that are great for sharing with anyone, covering topics like: *Why do Bad Things Happen? The Mark of the Beast; Evolved or Designed?* and *The Jour-*

Kaysie Vokurka hosts a new health program called, *Your Lifestyle as Medicine*, and has co-authored a free, downloadable e-cookbook with Margot Marshall called *More Food for Less Money*.

*ney of a Lifetime*. All these have also been rewritten in Basic English and distributed to the indigenous people of Australia, as well as to those for whom English is a second language. They've also proven to be very popular when distributed to indigenous workers by the Australian Union Conference because they make the gospel message easy to read and understand.

The story of Gideon proves that God can do mighty things through a small group of people; and although we are few, God constantly helps us find new ways to spread the gospel. Please pray for us as we continue to do this work in a world that is increasingly hostile to the truth of God. Your financial support is needed, since costs continue to climb, but we are grateful that God is in control so we can sleep easy at night.

May He continue to bless each one of us as we get ready for Jesus' soon return. ☺



**FIND THESE AND MORE AT  
[3ABNAUSTRALIA.ORG.AU](http://3ABNAUSTRALIA.ORG.AU)**

PHOTO SUPPLIED





# An Abraham Experience

by Bobby Davis

says. “That same year, I was baptized, and after a sunrise breakfast on the beach, I proposed to her during a Bible study by highlighting the words, ‘Sash, will you be my wife?’ in the Bible!”

Sasha says, “At the time, we were both on the path of coming to the Lord, so I guess we met each other on the way back to God!”

When she became pregnant with their daughter Noa, Sasha stopped teaching so she could stay home with her. And then, Darrell was told that his position would soon be eliminated! “But God certainly took care of us,” he says, “because although there were no job prospects in my industry, I had three job offers within a three-week period!”

## The Journey Begins

For the next couple of years, they felt a growing desire to work

for the Lord—and then little Brighton came along on the very day Darrell was to interview with a publishing ministry in Michigan. “When I got the job, we began our journey to a new country—just like Abraham,” he says.

But life was not without its difficulties, and Sasha was soon suffering from stress. “I was there by myself with the kids while my husband was at work, and the hours became very long,” she says. “I didn’t have an American driver’s license, so I stayed home with my four-year-old and my newborn, and that took its toll. Then along came the Michigan winter blues. Darrell worked long hours. Our kids were asleep when he left, and in bed when he came home. I had no friends, no family, and was stuck in the house all day, so I fell



Darrell works with huge video and audio files in 3ABN’s Media Center, and says that he and his family have enjoyed participating in programs like *Bible Gems*. “God has definitely called us here,” he says.



into a deep depression. Finally, we decided I would return to Bermuda for a while for the help and support of my family.”

After she returned in late 2019, things began to look up, and Darrell had reunited with his father, who began working at the same ministry. But just before they departed on a planned trip to Colorado, little Brighton was diagnosed with Type 1 diabetes. “Providentially, Sasha’s parents were on their way to visit us that day, and they helped us so much. We know God brought support all the way from Bermuda, right on time!”

Darrell recalls that it took time to adjust and learn how to manage their son’s illness. “But then, in 2020, we had our first bout with COVID, and its effects on me were long-lasting. All that, and the stress of my son’s diagnosis caused me to fall into a deep depression, to the point where I couldn’t work at all. So in desperation, I went to Wildwood Health Institute in Georgia to be treated, weighing only 121 pounds and feeling like I was knocking on death’s door.”

## A New Ministry

While Darrell was there, he heard from a former co-worker, Ricky Carter, who was now working at 3ABN. “He said I should apply at 3ABN, but I didn’t know if that was where God was leading. But

since Sasha and the kids were in Bermuda, Ricky asked me to stay with him and his wife Jasmine until they returned.

“Later, we were both offered positions at 3ABN, but it was the people here who really convinced us. This felt like family, and even a whispered need would cause people to call and ask if they could help!”

## A New Home

Their new friends, Ron and Donna Baerg offered them a place to stay while they looked for a home to buy, and the Lord provided one close to 3ABN’s headquarters. “We closed on our wedding anniversary,” he says, “and I looked up and knew the Lord made it happen. It’s as if He said, *Here is where I want you.*”

Darrell works in 3ABN’s Media Center, managing massive video and audio files while Sasha now works at the Thompsonville Christian Junior Academy. They’ve had the opportunity to serve God as a family on 3ABN productions like *Bible Gems* during Kids Camp, and he says that if they hadn’t been willing to leave Bermuda, they would have missed this Abraham experience! “God called us here, and we’ve talked to other families who moved here under similar circumstances. God is doing something significant here, and we’re happy to be where He wants us to be.” ☺

Darrell and Sasha Thomas come from the beautiful island of Bermuda, but now call southern Illinois home. Darrell’s parents divorced shortly after he was born, and although he was raised in a Christian home, he says he always felt a void without his father. Sasha was raised in an Adventist home and attended the Seventh-day Adventist Bermuda Institute, where they first met.

After earning advanced degrees abroad, they both returned to the island, where Darrell worked for an insurance company and Sasha taught in the public schools. And then they met each other again!

“I’d been out in the world while I was in college, but now I began attending church with Sasha on Sabbath,” Darrell

# MARCH 2024 | 3ABN TV SCHEDULE

PT -2 hours • MT -1 hour • ET +1 hour **Red titles are changes effective this month.**  
**CC** = CLOSED CAPTIONED **L** = LIVE PROGRAM **★** = NEW SERIES **↻** = REPEAT OF LIVE PROGRAM

SUNDAY CENTRAL TIME	MONDAY CENTRAL TIME
2:00a It's Coming <b>CC</b> 1hr	2:00a Revelation of Hope <b>CC</b> 1hr
3:00 Featured Ministries <b>CC</b>	3:00 3ABN Homecoming <b>CC</b> 1hr
3:30 A Wolf in Sheep's Clothing <b>CC</b>	4:00 Table Talk <b>CC</b> 1hr
4:00 Thompsonville Worship Hour <b>CC</b> 1hr	5:00 Adventist World Radio <b>CC</b>
5:00 Spotless <b>CC</b> 1hr	5:30 Cook:30 <b>CC</b>
6:00 Body & Spirit Aerobics <b>CC</b>	6:00 Body & Spirit <b>CC</b>
6:30 Amazing Facts with Doug Batchelor <b>CC</b>	6:30 When We Talk <b>CC</b>
7:00 <b>Ready, Set, X-plore / Critters &amp; Creation</b>	7:00 Tiny Tots for Jesus <b>CC</b>
7:30 <b>Bible Treasures/Fit Club</b>	7:30 Jesus My Light / Creation Crafts <b>CC</b>
8:00 3ABN Today <b>CC</b> 1hr	8:00 3ABN Today Bible Q & A <b>CC</b> 1hr
9:00 Your Favorites By Request <b>CC</b>	9:00 Evolution Impossible <b>CC</b>
9:30 Adventures in Missions <b>CC</b>	9:30 ASAP Ministries <b>CC</b>
10:00 3ABN Sabbath School Panel <b>CC</b> 1hr	10:00 Daniel All Access <b>CC</b> 1hr
11:00 3ABN Worship Hour <b>CC</b> 1hr	11:00 3ABN Sabbath School Panel <b>CC</b> 1hr
12:00p The Incredible Journey <b>CC</b>	12:00p Behold the Lamb Presents <b>CC</b> 1hr
12:30 Down to Earth <b>CC</b>	1:00 Off the Grid <b>CC</b>
1:00 Mark Finley Presents 1hr	1:30 Abundant Living <b>CC</b>
2:00 Body & Spirit <b>CC</b>	2:00 Action 4 Life (Casio Jones) <b>CC</b>
2:30 Kids X-Press / Creation Is! Science <b>CC</b>	2:30 Down to Earth <b>CC</b>
3:00 3ABN Today LIVE <b>↻</b> 2hrs	3:00 3ABN Today Bible Q & A <b>CC</b> 1hr
5:00 The Carter Report <b>CC</b> 1hr	4:00 Kids Camp Kitchen Fun <b>CC</b>
6:00 Jesus for Asia Now <b>CC</b>	4:30 Tiny Tots Kitchen/Tiny Tots Worship <b>CC</b>
6:30 Salvation in Symbols & Signs - Daniel <b>CC</b>	5:00 Praise Him Now <b>CC</b>
7:00 3ABN Sabbath School Panel <b>CC</b> 1hr	5:30 IIW Sabbath School <b>CC</b>
8:00 3ABN Today <b>CC</b> 1hr	6:00 Spotless <b>CC</b> 1hr
9:00 Amazing Facts with Doug Batchelor <b>CC</b>	7:00 Unlocking Bible Prophecy <b>CC</b> 1hr
9:30 Mission Revival / Recipes from Russia	8:00 3ABN Today Bible Q & A <b>CC</b> 1hr
10:00 Strategies for Strongholds <b>CC</b>	9:00 Summer Camp Meeting <b>CC</b> 1hr
10:30 Lineage <b>CC</b>	10:00 The Carter Report <b>CC</b> 1hr
11:00 3ABN Today <b>CC</b> 1hr	11:00 3ABN Today Bible Q & A <b>CC</b> 1hr
12:00a Secrets Unsealed Presents <b>CC</b> 1hr	12:00a The Carter Report <b>CC</b> 1hr
1:00 Celebrating Life in Recovery <b>CC</b> 1hr	1:00 Mark Finley Presents <b>CC</b> 1hr



## WATCH 3ABN MUSIC HIGHLIGHTS

WED at 9:30 p.m. and SAT at 4:30 p.m.

Central

TUESDAY CENTRAL TIME	WEDNESDAY CENTRAL TIME
2:00a Optimize 4 Life <b>CC</b>	2:00a Kenneth Cox Ministries <b>CC</b> 1hr
2:30 The Incredible Journey <b>CC</b>	3:00 Made For Health <b>CC</b>
3:00 Sanctuary, Salvation, & Our Savior <b>CC</b>	3:30 Mission Revival / Recipes from Russia
3:30 Authentic <b>CC</b>	4:00 Summer Camp Meeting <b>CC</b> 1hr
4:00 Piano Praise <b>CC</b> 1hr	5:00 White Horse Media <b>CC</b>
4:30 Adventures in Missions	5:30 Enjoy Healthy Eating <b>CC</b>
5:00 Salvation in Symbols & Signs - Revelation <b>CC</b>	6:00 Body & Spirit <b>CC</b>
5:30 Child Impact Int./ Pause to Pray <b>CC</b>	6:30 It Is Written <b>CC</b>
6:00 Body & Spirit Aerobics <b>CC</b>	7:00 Amazing Facts with Doug Batchelor <b>CC</b>
6:30 The Heavens Declare <b>CC</b>	7:30 It Is Written Canada <b>CC</b>
7:00 Tiny Tots for Jesus <b>CC</b>	8:00 3ABN Today Cooking <b>CC</b> 1hr
7:30 Maranatha Mission Stories <b>CC</b>	9:00 Shelley Quinn Presents <b>CC</b>
8:00 3ABN Today LIVE <b>↻</b> 2hrs	9:30 Thunder in the Holy Land <b>CC</b>
10:00 It's Coming <b>CC</b> 1hr	10:00 3ABN Australia Homecoming <b>CC</b> 1hr
11:00 Featured Ministries <b>CC</b>	11:00 The Carter Report <b>CC</b> 1hr
11:30 When We Talk <b>CC</b>	12:00p Celebrating Life in Recovery <b>CC</b> 1hr
12:00p Mark Finley Presents <b>CC</b> 1hr	1:00 Lineage <b>CC</b>
1:00 The Incomparable Jesus <b>CC</b>	1:30 Abundant Living <b>CC</b>
1:30 Cook:30 <b>CC</b>	2:00 Action 4 Life <b>CC</b>
2:00 Body & Spirit <b>CC</b>	2:30 Perfecting Me <b>CC</b>
2:30 Mission Revival/Journeys <b>CC</b>	3:00 3ABN Today Cooking <b>CC</b> 1hr
3:00 3ABN Today <b>CC</b> 1hr	4:00 Sing Along / Bible Treasures <b>CC</b>
4:00 Bible Gems / Bible Buzz <b>CC</b>	4:30 <b>Critters &amp; Creation / Fit Club</b> <b>CC</b>
4:30 <b>Kids X-Press / Ready, Set, X-plore</b> <b>CC</b>	5:00 3ABN Homecoming <b>CC</b> 1hr
5:00 Unshackled Purpose/Intimate Clarity <b>CC</b>	6:00 When We Talk <b>CC</b>
5:30 Multitude of Counselors <b>CC</b>	6:30 Salvation in Symbols & Signs - Revelation <b>CC</b>
6:00 Mission 360 <b>CC</b>	7:00 Made For Health 1hr
6:30 Imperative Life Lessons <b>CC</b>	7:30 A Wolf in Sheep's Clothing <b>CC</b>
7:00 Secrets Unsealed Presents <b>CC</b> 1hr	8:00 3ABN Today Cooking <b>CC</b> 1hr
8:00 3ABN Today <b>CC</b> 1hr	9:00 It Is Written <b>CC</b>
9:00 Behold the Lamb Presents <b>CC</b> 1hr	9:30 3ABN Music Highlights <b>CC</b>
10:00 Amazing Facts with Doug Batchelor <b>CC</b>	10:00 Love Me <b>CC</b> 1hr
10:30 Digital Disconnect <b>CC</b>	11:00 3ABN Today Cooking <b>CC</b> 1hr
11:00 3ABN Today <b>CC</b> 1hr	12:00a Unlocking Bible Prophecy <b>↻</b> 1hr
12:00a Featured Ministries <b>CC</b>	1:00 Digital Disconnect <b>CC</b>
12:30 Jesus For Asia Now <b>CC</b>	1:30 Unshackled Purpose/Raw Questions Relevant Answers <b>CC</b>
1:00 Child Impact Int./ Journeys <b>CC</b>	
1:30 The Creator Revealed <b>CC</b>	



**We can reach them with hope and truth, but we need your help.**

Scan the QR code with your smartphone to quickly donate to 3ABN with PayPal.



**3ABN**  
**SABBATH SCHOOL**  
**PANEL**  
*Study Notes*

THURSDAY CENTRAL TIME	
2:00a	Laymen Ministries <b>CC</b>
2:30	Maranatha Mission Stories <b>CC</b>
3:00	House Calls <b>CC</b> 1hr
4:00	The Carter Report <b>CC</b> 1hr
5:00	Discover <b>CC</b> 1hr
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	Jesus for Asia Now <b>CC</b>
7:00	Kids Camp Kitchen Fun <b>CC</b>
7:30	Tiny Tots Kitchen /Tiny Tots Worship <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	ASI Conventions <b>CC</b> 1hr
10:00	From Sickness to Health <b>CC</b>
10:30	Eternal Truths Matter <b>CC</b>
11:00	God's Last Message to the World <b>CC</b> 1hr
12:00p	Spotless <b>CC</b> 1hr
1:00	Ultimate Prescription <b>CC</b>
1:30	Amazing Facts with Doug Batchelor <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Country Wisdom <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Creation Crafts / Creation Is! Science <b>CC</b>
4:30	The Creation Case <b>CC</b>
5:00	Sabbath School Panel <b>CC</b> 1hr
6:00	The Carter Report <b>CC</b> 1hr
7:00	Bible Answers Live <b>CC</b> 1hr
8:00	3ABN Today LIVE <b>CC</b> 2hrs
10:00	Kenneth Cox Ministries <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Bible Answers Live <b>CC</b> 1hr
1:00	3ABN Today LIVE <b>CC</b> 2hrs

FRIDAY CENTRAL TIME	
3:00	Strategies for Strongholds <b>CC</b>
3:30	Live to Be Well
4:00	The Incomparable Jesus <b>CC</b>
4:30	Action 4 Life <b>CC</b>
5:00	Evolution Impossible <b>CC</b>
5:30	Ultimate Prescription
6:00	Body & Spirit <b>CC</b>
6:30	Contending for the Faith <b>CC</b>
7:00	Amazing Adventures <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Optimize 4 Life <b>CC</b> 1hr
9:30	Cook:30
10:00	Enjoy Healthy Eating <b>CC</b>
10:30	Life After Choice / Divine Design <b>CC</b>
11:00	Made For Health <b>CC</b>
11:30	Unshackled Purpose/Recipes from Russia
12:00p	Generation. Youth. Christ. <b>CC</b> 1hr
1:00	Behold the Lamb Presents <b>CC</b> 1hr
2:00	Raw Questions Relevant Answers/Journeys <b>CC</b>
2:30	HeartLift <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	A Day With the King <b>CC</b>
4:30	Sing Along / Jesus My Light <b>CC</b>
5:00	Authentic <b>CC</b>
5:30	Your Favorites By Request <b>CC</b>
6:00	Jesus for Asia Now <b>CC</b>
6:30	Child Impact Int. / Unshackled Purpose <b>CC</b>
7:00	3ABN Sabbath School Panel <b>CC</b> 1hr
8:00	3ABN Today Family Worship <b>CC</b> 1hr
9:00	It is Written <b>CC</b>
9:30	Maranatha Mission Stories <b>CC</b>
10:00	Mission 360 <b>CC</b>
10:30	Child Impact Int. / Pause to Pray <b>CC</b>
11:00	3ABN Today Family Worship <b>CC</b> 1hr
12:00a	ASI Conventions <b>CC</b> 1hr
1:00	Breath of Life <b>CC</b>
1:30	Eternal Truths Matter <b>CC</b>

SATURDAY CENTRAL TIME	
2:00a	Praise! <b>CC</b>
2:30	It Is Written <b>CC</b>
3:00	Daniel All Access <b>CC</b> 1hr
4:00	Revelation Now <b>CC</b> 1hr
5:00	Revelation Insights <b>CC</b> 1hr
6:00	Amazing Facts with Doug Batchelor <b>CC</b>
6:30	Tiny Tots for Jesus <b>CC</b>
7:00	Sing Along / Bible Gems <b>CC</b>
7:30	IIW Sabbath School <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	3ABN Sabbath School Panel <b>CC</b> 1hr
10:00	3ABN Worship Hour <b>CC</b> 1hr
11:00	Pioneer Media <b>CC</b> 1hr
12:00p	Summer Campmeeting <b>CC</b> 1hr
1:00	3ABN Today Bible Q&A <b>CC</b> 1hr
2:00	Praise Him Now <b>CC</b>
2:30	Adventist World Radio
3:00	3ABN Today <b>CC</b> 1hr
4:00	Maranatha Mission Stories <b>CC</b>
4:30	3ABN Music Highlights <b>CC</b>
5:00	Breath of Life <b>CC</b>
5:30	Featured Ministries <b>CC</b>
6:00	Laymen Ministries <b>CC</b>
6:30	Salvation in Symbols and Signs <b>CC</b>
7:00	Secrets Unsealed Presents 1hr <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	White Horse Media
9:30	Sanctuary, Salvation, & Our Savior <b>CC</b>
10:00	Mark Finley Presents <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Discover <b>CC</b> 1hr
1:00	Secrets Unsealed Presents <b>CC</b> 1hr

*Get the Notes!*

Ever wished you could study more deeply with our 3ABN Sabbath School Panel members?

*Well, now you can!*

Just send your request to [ssp@3abn.org](mailto:ssp@3abn.org) and we'll email you our Sabbath School panelists' notes every week—just as they've prepared them—to enhance your study of God's Word.

Thank you for watching, and thank you for being part of our 3ABN Sabbath School Panel family!



# ENCOURAGING WORDS

God blesses our efforts to spread the good news to a lost and dying world, and we love to hear from our viewers and listeners, near and far. Your letters and comments are so encouraging. Here are some messages we received in Australia:

**Faith** wrote to say, “We appreciate the wonderful work that you do at 3ABN. You certainly have a tremendous ministry. May God continue to bless you as you work for Him.”

**Carol** phoned and wanted to share that she and her husband, whom she cares for, are really enjoying the programs and interviews on 3ABN Australia.

And **Carolyn**, who lives in the U.S., emailed our 3ABN Australia staff to say what a big surprise it was to see Dr. Allan Lindsay again, host of the *Keepers of the Flame* series which aired on 3ABN for many years. “I loved his program, and would like to see it all again, from beginning to end,” she says. “He did a wonderful job of explaining Babylon as a church in the book of Revelation, which I could not grasp in the past from listening to others. I’m not blaming them at all, but it was so nice to be able to connect the dots after all this time. Thanks, Dr. Lindsay!”

## FROM OTHER COUNTRIES

We often hear from our 3ABN Family in other countries, like this viewer who writes from **Hong Kong**, saying, “A former

Catholic believer visited our church here, and as we welcomed her, she told us that she became a Seventh-day Adventist by watching 3ABN, where she found all the answers to her spiritual questions. May God bless your ministry!”

**Jacob** from the United Kingdom, says, “I have been watching 3ABN programs since the late 1990s, and have always been richly blessed by your television ministry. The *3ABN Sabbath School Panel* enriches my Bible study preparations. I was thrilled to learn that you now offer your respective weekly study notes. Would you please add me to your list? May the Lord continue to bless you for your fidelity to the truth in this post-modern world.”

**Emmanuel** writes, “It is a pleasure to connect with you all. I live and work in Morocco, and we worship in the Catholic compound every Sabbath. Our congregation consists mainly of scholarship students from African nations and expatriates. I am one of the Sabbath School Lesson teachers and I would be glad to receive your rich insights every week. I follow your *3ABN Sabbath School Panel* lesson study on a weekly basis, and I believe the materials would help us a lot.”

**Donald** says, “I am from Vanuatu, a tiny country in the South Pacific Ocean, and I have been following your Sabbath School Lesson study each week since last year. I am very interested in how God uses the

panel to teach God’s Word, and I would like a copy of all your lessons this year for my family devotions, as well as for Sabbath School here in my church. My faith is very weak and I have failed God many times. I am the only Seventh-day Adventist in my family, so please pray for us.”

And finally, **Miranda** writes, “Thank you for the work that you are doing. It has touched and blessed a lot of people—even us, in the little island of Tonga in the South Pacific. With that said, I would love to have your *Sabbath School Panel* notes, which will help as I try to learn more about the love of God every day.”

## FROM THE UNITED STATES

Of course, we often hear from those who watch and listen in the United States, like **Terry**, who writes, “I was divinely directed to 3ABN during a sleepless night. The words C. A. Murray spoke in a men’s prison also spoke to me. As a Baptist, I had been praying for the truth, a church

“In 2020, I attended my first Sabbath worship service and I haven’t looked back.”

home, and a place of service, and then I found myself tuning into 3ABN more and more. I listened and absorbed *3ABN Sabbath School Panel*, *Table Talk*, *Salvation in Symbols and Signs*, *Books of the Book* ... and many more. I downloaded the Sabbath School study guide and began studying with people I didn’t know, but who were now like family to me. Then, in 2020, I attended my first Sabbath worship service and I haven’t looked back. I am interested in information regarding the 3ABN Ambassador program. I know this is long, but I wanted you to know the impact 3ABN has and continues to have

on me. I appreciate you and everyone who is a part of 3ABN.”

We also heard from **Valencia** who writes, “I praise the Lord for your Spirit-led boldness to speak the unpopular truth, and not giving in to what the ‘itching ears’ (2 Timothy 4:3) may want to hear. Thank you for standing firm in the face of adversity. May God continue to bless the 3ABN family for all you do, and for the countless hours and sacrifices you make in spreading the gospel. I’m praying for continual protection and power in all He leads you to do.”

**Curtis** took the time to write, saying, “Dear 3ABN Family, thank you so much for the wonderful copies of the book, *Spotless*, by Shelley Quinn. I have given away 30 copies to my brothers and sisters and church members. My sister is loving reading it! I can’t wait to get to church this Sabbath and talk to everyone who is reading it now, and give away the last ten

books. I love you all so much. It’s such a joy to do this. I truly love our Lord Jesus!”

**Ruth** says, “I started watching Pastor Kenneth Cox seven years ago, and now I watch 3ABN every day. I was an evangelical, but now I’m a Seventh-day Adventist. Because of pain, I cannot attend my church. So I watch 3ABN, and this is where I am fed.”

We’d love to hear from you because it’s such an encouragement to us when you share how the Lord is blessing you. You are family, and your letters, comments, phone calls, and emails just make our day! ☺



# A Better Light

As stewards of the funds you send us to be used in spreading the gospel, we are constantly looking for ways to use them more efficiently. Recently, we considered the costs of producing programs in our studios, and as we took a close look at our utility bills, we found an area where new equipment will make a huge difference!

Television productions require specialized lighting, and in recent years, the industry has perfected a new way of lighting that has many advantages. We're talking, of course, about LED lighting versus the incandescent lamps we've been using for many decades. Here are some of the advantages:

LED lights are far more energy-efficient, producing much more light per watt. In fact, the savings in energy costs will more than pay for them over the next few years.

In addition, LED bulbs have a longer lifespan, translating into less-frequent replacement and maintenance. They are also easily dimmable, and provide better control over color temperature, allowing for the desired effects on screen.

"Another important fact is that they generate very little heat," says 3ABN President, Greg Morikone. "The lights we use currently are basically mini-heaters, and replacing them all with LED lights will save a tremendous amount of electricity, both for the bulbs themselves, as well as in air-conditioning costs, allowing us to use those funds in new ways as we focus on evangelism and the spreading of the gospel."

We believe God allows technological advances so they can become blessings, and we want to claim those advances for His cause by changing to LED lighting in two of our studios, as well as at our Worship Center.

We're excited about this Year of Preparation, and we want to do all we can to stretch the reach of the gospel. Thank you for partnering with us as we continue to reach the world with the three angels' messages!



PHOTO: SNETLANA CHRISTIAN

Be sure to earmark  
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# #115



# Garlic MASHED CAULIFLOWER

BY HEIDI TOMPKINS AND IVAN RAJ

## INGREDIENTS

- 1 head cauliflower
- 6 potatoes, cubed
- ¼ head green cabbage, finely shredded
- ¼ – ½ cup water for steaming
- 6 garlic cloves, minced
- 1 tsp garlic powder
- 1 Tbsp Herbamare/vegetable seasoning
- ½ tsp salt
- dried basil for garnish

## DIRECTIONS

1. Steam potatoes, cauliflower, and cabbage until tender.
2. Add to a bowl with herbs and seasonings.
3. Mash to mashed potato-like consistency, only adding water as needed.



Heidi Liv Tompkins and Ivan Raj operate Heidi's Health Kitchen in NYC. Visit [HeidisHealthKitchen.com](http://HeidisHealthKitchen.com).

“This is one of our favorite dishes to make or serve. We have several customers who not only make it, but some purchase this dish from us because it's so nutrient dense and very delicious.”

– Ivan Raj, Heidi's Health Kitchen CEO/Co-Founder



For more great recipes visit [3ABNRecipes.org](http://3ABNRecipes.org)



Find this cooking video on [3ABNPlus.tv!](http://3ABNPlus.tv)

Just look for “Potato Reset/Nutrient-Dense Weight Loss Recipes” (TDYC230012)

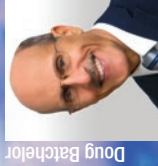




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Doug Batchelor



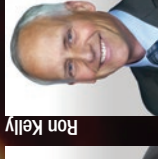
Sebastien Braxton



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