

April 2024

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3ABN WORLD MAGAZINE



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Taste the flavors of the world with *Recipes from Russia*

Eager for some new recipe ideas? Then you won't want to miss *Recipes from Russia* with Julia Outkina! "We're sharing the tasty and healthy recipes the Lord has taught us to make," she says, "along with many memories of our 30-plus years of outstanding events and miracles from our network's history!"



PHOTO SUPPLIED



WATCH ON DEMAND

SUN 9:45 P.M.; WED 3:45 A.M., FRI 11:45 A.M. CENTRAL



Dear 3ABN Family,

What do you think of when you see a label, or hear someone say the word *genuine*? The first thing that comes to mind for me is, *This must be the real thing. It's not fake or a façade.*

I remember looking for a genuine leather belt, instead of bonded or synthetic leather. Why? Because I knew the genuine leather belt was better and would hold up to many years of wear.

Have you ever received a fake email? I have. It's very alarming, because it looks like it's from someone I know—but it's actually a scam, and comes from someone pretending to be the real deal. *It's a fake.*

So how can you tell a genuine Christian? For me, a genuine Christian practices what the Bible says and lives their life the same in public as they do behind closed doors. And why is this important? One big reason is that we are reflecting Christ. Whether we know it or not, others are watching us to see if we live what we profess and preach.

To live my life as a genuine Christian is my prayer each day, and unfortunately, I often fall short of this. But we serve a long-suffering and gracious God who picks us back up after we fall. With God, you and I can become genuine Christians.

For over 39 years, 3ABN has preached the genuine truth from the Bible, and this is why I am part of, and support 3ABN—it gives the *undiluted, genuine truth* of the Bible!

Thank you for standing with 3ABN.



Greg Morikone
3ABN President





God's Miracles *Continue* by Julia Outkina

It is especially obvious how hard God is working to save everyone He can reach on our planet, and in our part of the world, we continue to witness miracles throughout our ministry in ever-greater strength and frequency.

We believe 3ABN Russia has always been a special object of God's blessing by becoming His platform for proclaiming the three angels' messages of Revelation 14, and establishing and nurturing the faith of millions of Russian-speaking people worldwide. Consider some of the miracles He has performed!

Program Expansion

We record and broadcast thousands of new TV and radio programs revealing God's plan of salvation, His love for mankind, and His beauty through people and nature. Last year, we provided answers to vital and urgent questions by airing 15,658 TV programs and 953 radio programs.

We also had the privilege of producing some programs in English! *Recipes from Russia* is already airing on 3ABN, and it's thrilling to know that we can now produce programs in two languages!

God has also shown us His grace by keeping the doors open for His message to be spread via our ministry. Quite recently, the Russian government agencies extended our broadcasting license till the middle of 2025! Oddly, we hadn't even made this request, but were planning on doing it a little later. *Isn't that a miracle?*

We Are Blessed

Statistics show that what we produce is in high demand by our society. In addition to working toward expanded cable coverage, we're working hard to distribute our Christ-centered programs through social media and YouTube. And when we analyze the statistics, we see God's miracle in how many views we actually get—in fact, in 2023, our programs were viewed on YouTube almost 1.5 million times.

Undoubtedly, one of God's most amazing miracles is in the distribution of our programming by cable. Currently we have 729 cable partners that bring our programs into people's homes, and today we want to share our joy with you as we celebrate the miracle of reaching 5,000 cities and towns with our signal! This is perhaps the greatest miracle in the 30-plus year history of 3ABN Russia!

What a blessing it has been to have the opportunity to purchase an LED screen to create new sets and modernize many others—all thanks to you, our dear sponsors and supporters. We're thrilled to use this modern technology to create high-quality programs that tell people how to receive salvation through Jesus Christ.

We receive many letters, emails, and comments on our programs, so we publish our *Three Angels* magazine three times a year and send it out to Russian viewers so they can watch and read about them.

God blesses everything we do for Him, and as part of our production, we've been blessed to organize annual charity concerts in our 3ABN Russian Evangelism Center, invite amazing musicians, and collect donations for seriously ill children. We've watched God move upon the hearts of our audience, as well our viewers, raising funds for their treatment and rehabilitation. Thus, through our ministry, God manifests Himself to people in great need.

Reaching the Masses

Television and the Internet have become an integral part of people's daily lives, and now they can be found in nearly every home—even in the most remote corners of the world. Years ago, when these technologies were not as well developed, evangelistic programs in huge public halls brought the gospel to the people. But today, our media ministry is probably the only efficient way to reach them and talk to them about God, bringing hope and salvation to their hearts. Today 3ABN, 3ABN Russia, and all the other 3ABN networks are being used by God as mighty tools to bring the light of the gospel to every nation, tongue, and people. And, as Jesus once said: "I tell you that if these should keep silent, the stones would immediately cry out" (Luke 19:40). I believe that through your faithful support, dear 3ABN family, 3ABN is being given this amazing opportunity to cry out to the perishing world about the way to happiness and life eternal with Jesus through their televisions, tablets, and mobile phones—which are inanimate "stones!" Isn't this the most incredible miracle of all?

Please be assured that you are a part of this miracle—a miracle of God's salvation that He performs both *for* you and *through* you, multiplied by electronic mass media, for millions of others! ☺



Top to bottom: Julia Outkina, Anna Ronzhina, and Alexey Ronzhin on the set of *Recipes From Russia*; 3ABN Russia charity concerts at our worship center help seriously ill children; and Mikhail Sevastyanov presents on a studio set with an LED wall.



MEET OUR EDITORS

There are many steps to making a well-produced television program, and the Lord has always provided this ministry with dedicated and talented people to fill those technical roles. So we thought we'd introduce you to some of our video editors. They come from every part of the country—and the world—and they're an integral part of proclaiming the gospel with clarity, free of errors or distractions.

A Lifetime of Service

Brad Walker had a friend who worked in 3ABN's Master Control at night. "It was interesting to watch him work," he says, "and when I graduated from high school, I got a job there, too. Then I learned to run a camera, and later joined the crew on Pastor John Carter's evangelistic series in Russia!"

Brad worked in lighting, as a floor director, and finally as an assistant director before he was asked to edit 3ABN's first multi-camera music concert. Then 3ABN made a change to non-linear, computer-based editing, and programs began to be recorded onto computer hard drives.

As his skills increased, he was asked to

direct and edit many large-scale programs like *Celebrating Life in Recovery*, as well as programs shot entirely on location, like *Grandma's House*, *Free Indeed*, and *Unshackled Purpose*. He also directed live events across the U.S. with 3ABN's production truck. But he says his greatest challenge was *Kids Camp*, which involved shooting in two studios and outdoors simultaneously!

"Now I edit most of our Christmas specials, the opening sequences for our camp meetings, and new series like *Rise Rafferty's Made for Health*," he says. "I love to edit, because I learn something fun every day!"

Rodney Laney was also a senior in high school when he started work in 3ABN's mailroom doing data entry. "About a year later, I was suddenly asked to run a camera—and pack for a trip to Russia!" he recalls with a smile. "That evangelistic series was quite the event. I had never been out of the country—much less to a Communist one, and watching thousands of people all but breaking down the doors of the sports arena to hear about Jesus made a powerful impression on me."

Rodney quickly gained experience in audio, video graphics, directing, editing,

and animation, and spent many years directing the *3ABN Today* program, as well as on-the-road productions. Today he produces special opening sequences for new programs, designs realistic-looking sets for the LED studio walls, and trains new directors. "I'm grateful for all the opportunities I've had to learn and grow," he says.

Young and Dedicated

Our three youngest editors have only been with us a short time, but are working hard for the Lord!

Ari Soto says, "I started as a camera operator about a year ago, but for the past ten months, I've been editing. I really love it, and mostly work on cooking programs, the *3ABN Today Worship Hour*, our news breaks, and other special projects. But my favorite is to do live editing in the control room, where the director asks me to fix things like a name that might be misspelled, or when there's a camera bump—while we're recording! There's a lot that goes on in a control room, and I think it's fun!"

Darreus Davis recently came to us from Virginia as an intern, but now works for us full-time. "I had a strong interest in editing, and that was confirmed when I began

working on some things for 3ABN's School of Discipleship," he says. "Currently, I'm editing *3ABN Today* programs, including the *Family Worship* and the *Bible Q&A* versions in that series. I've also worked on promos and camp meeting recaps, and I'm really enjoying it. I've found that there's plenty to keep me busy and happy," he says.

And finally, our newest editor is **Jami Armstrong**. She was born and raised in Guam, but moved to the United States a few years ago with her husband Brandon, the video editor for 3ABN Praise Him Music Network.

Jami says, "They started me on camera, then added makeup, floor directing, and lighting to my duties. And now I'm in editing—and it all began when I said I was willing to serve in whatever area they might need me. I love learning new things, and I've been learning how to edit news breaks, *3ABN Worship Hour*, and the *3ABN Sabbath School Panel*. It is very gratifying to work for the Lord."

God has blessed these amazing young editors who are willing to learn new skills and work for Him. He promises to multiply the talents of all who are willing to use them for His honor and glory! ☺

APRIL 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	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	A Wolf in Sheep's Clothing CC
4:00	Thompsonville Worship Hour CC 1hr
5:00	Spotless CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Ready, Set, X-plore / Critters & Creation
7:30	Bible Treasures/Fit Club
8:00	3ABN Today CC 1hr
9:00	Your Favorites By Request CC
9:30	Adventures in Missions CC
10:00	3ABN Sabbath School Panel CC 1hr
11:00	3ABN Worship Hour CC 1hr
12:00p	The Incredible Journey CC
12:30	Down to Earth CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / Creation Is! Science CC
3:00	3ABN Today LIVE ↺ 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Mission Revival / Recipes from Russia
10:00	Strategies for Strongholds CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	Adventist World Radio CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	When We Talk CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Daniel All Access CC 1hr
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Down to Earth CC
3:00	3ABN Today Bible Q & A CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Praise Him Now CC
5:30	IIW Sabbath School CC
6:00	Spotless CC 1hr
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today Bible Q & A CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr



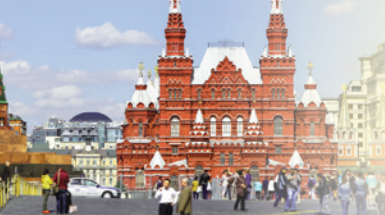
3ABN PROCLAIM!

Life-changing preaching & teaching!
 Watch it on the 3ABN+ app
 Or online at 3ABNplus.tv



TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Piano Praise CC 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Child Impact Int./ Pause to Pray CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE ↺ 2hrs
10:00	It's Coming CC 1hr
11:00	Featured Ministries CC
11:30	When We Talk CC
12:00p	Mark Finley Presents CC 1hr
1:00	The Incomparable Jesus CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Mission Revival/Journeys CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	Kids X-Press / Ready, Set, X-plore CC
5:00	Unshackled Purpose/Intimate Clarity CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	Imperative Life Lessons CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Made For Health CC
3:30	Mission Revival / Recipes from Russia
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Enjoy Healthy Eating CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today Cooking CC 1hr
9:00	Shelley Quinn Presents CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today Cooking CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Critters & Creation / Fit Club CC
5:00	3ABN Homecoming CC 1hr
6:00	When We Talk CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Made For Health 1hr
7:30	A Wolf in Sheep's Clothing CC
8:00	3ABN Today Cooking CC 1hr
9:00	It Is Written CC
9:30	3ABN Music Highlights CC
10:00	Love Me CC 1hr
11:00	3ABN Today Cooking CC 1hr
12:00a	Unlocking Bible Prophecy ↺ 1hr
1:00	Digital Disconnect CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC



Millions of Russian-speaking people are hungry for good news! Scan the QR code with your smartphone to quickly donate to 3ABN Russia with PayPal.



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

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

THE TRUTH SETS US FREE!

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

Our colorful and attractive “Looking Higher” 3ABN Bible Study Guides will help you discover the spiritual principles to solving life’s most difficult problems, pointing out God’s love and direction for your life!

They’re perfect for personal study, group discussions, or sharing; and each study guide contains a special QR code link to additional videos and related material on 3ABNBibleAnswers.com. It’s never been easier to learn Bible truths—and share them with others around you!

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FROM RUSSIA—AND BEYOND

Our staff at 3ABN Russia praise the Lord for the continuous stream of letters they receive from Russian-speaking viewers around the world. As viewers watch 3ABN Russia on satellite, cable, TV stations, and on the Internet, they write to thank us for the spiritual food they're receiving. Here are just a few of the beautiful letters we get every day.

WITH GRATITUDE

Andrey in Tatarstan writes, "I was very happy when I saw your channel, especially since so many other TV channels clearly do not bring glory to God. Thank you for offering to send me literature for free. I want to order books for myself and for my family, who have just started on their path to God. It will be hard, but I believe that the Lord will give them repentance and save them. Thank God!"

Vyacheslav in Ukraine says, "I am very grateful to you for your invaluable work and help to people. Today, more than ever before, your work is very necessary for people—and for humanity. Thanks!"

Anna lives in Belarus, and says, "Thank you for being there for us, and for the wonderful idea of studying the Word of God

together in order to find answers in the Holy Scriptures to the questions that are of concern to all of us. Interesting videos, educational materials for both adults and children, a question-and-answer section, sermons on family life, character education among young people, salvation through the sacrifice of Jesus Christ—all this is very important, and may God continue to bless your ministry in such a way that the love of Christ reaches many more hearts. May these dear souls be acquired for the kingdom of God. Glory and praise to our Lord Jesus for the Three Angels channel!"

Galina in Kazakhstan writes, "Huge gratitude to the Lord and to the Three Angels channel! I have you on my cable package, and I watch you all the time. The spectrum of your programs is very diverse, and they apply to all aspects of life. They give me knowledge and enlighten all viewers of different ages. Thank you! I wish you success in your new programs, and new accomplishments for the glory of God!"

SHARING GOOD NEWS

Many of our Russian viewers tell us that they share 3ABN Russia with those around them.

Gennadiy, in Moscow writes, "I'm sending gratitude from my heart to Three Angels channel for your serious ministry for the salvation of souls! Your programs are diverse and helpful, and they bring happiness to both adults and children. I listen with great pleasure to the Christian music, poetry, sermons, as well as advice from Christian psychologists and culinary shows. I try to share your materials and look forward to your new programs!"

Irina also lives in Moscow, and says, "Thanks to all of you for creating programs that make us think of, and turn to God. Thank you for the wonderful programs that show the path of man to God. I send your information through my mobile chats to all my friends. Thank you so much for making the Three Angels TV company possible, and I'm so glad that there are caring people who want salvation for sinners. Glory to Jesus Christ!"

CLOSER TO HOME

Our Russian-speaking viewers are not the only ones feeling blessed! We recently received an email from **Magda, who lives in Richland, Washington**, saying, "I was a Catholic for 60 years and never read the Bible—until I listened to your programs. I really enjoy your *3ABN Sabbath School Panel*, *Bible Q&A*, *Camp Meetings*, and *Pastor Doug Batchelor*, *Danny Shelton*, *Jill Morikone*, and so many others. I have learned so much from your programs, and I appreciate you for opening my eyes and my heart."

Sherry lives in New Albany, Pennsylvania, and writes, "I only recently found 3ABN on Roku, and I love the 3ABN Praise Him Music Network's *Your Favorites By Request* program. When it's just the two of us, I sing alto when I know it with Tim



Thousands of Bibles and pieces of Christian literature are sent to Russian-speaking viewers who are hungry for spiritual truth. Your prayers and financial support of 3ABN Russia's ministry makes this possible!

Parton. And when guests join us, I try to sing high harmony. I really feel like we are worshipping our Lord together, and it blesses me tremendously. I thank and praise the Lord for your ministry!"

Recently, we've received a huge amount of requests asking for our *3ABN Sabbath School Panel* notes! **Jonathan, from Bern, Switzerland**, who worked for many years in the Youth Ministries Department at the local headquarters of the Seventh-day Adventist Church, writes, "I would like to receive your notes from the Sabbath School Panel program. I listen every week and I really enjoy it."

And **Emily posted on social media**: "I prayed for your notes to help me follow along, since I don't understand English so well. And yay! He delivered again! Thank you all for the notes. They're not skimpy, and all of them are alive with the Holy Spirit!"

God is certainly blessing those who look for truth! Thank you for partnering with 3ABN to bring them hope, salvation, and the promise of eternal life! ☺

ME? AN EVANGELIST?

by Jeff Doerr



“And my God shall supply all your need according to His riches in glory by Christ Jesus.” Philippians 4:19

Have you ever considered becoming an evangelist? Most of you probably have not, but by financially supporting 3ABN, you become part of a worldwide evangelism team that is preaching the gospel day and night to a lost and dying world.

By naming 3ABN as a beneficiary in your will, trust, or life insurance policy, or by setting up a trust or financial instrument through our Planned Giving and Trust Services office, you join God’s people in the great effort to proclaim the message of hope and salvation.

Ella (pictured above with my wife Charletta and me) and her late husband have been faithful supporters of God’s mission for years, but it wasn’t until the passing of her husband that she realized the need to establish a trust, ensuring that the blessings the Lord has provided throughout their lifetime will be distributed according to her wishes.

By supporting 3ABN, you not only support this ministry—but a multitude of ministries! 3ABN does not require that they be the sole beneficiary. In fact, we encourage you to include your family and other ministries as the Holy Spirit impresses.

As we live our life on Earth and grow in Christ, we prepare for a life with Him in Heaven. And as we recall the tremendous sacrifice He made for us, we recognize the value of evangelism. With the Holy Spirit as your guide, you can bless your family—and be a soul winner for Jesus Christ!

Contact our friendly staff to find out how you can help

3ABN Planned Giving and Trust Services

Monday through Thursday
8:00 a.m. – 5:30 p.m. Central

800-886-4800

TrustServices@3ABN.org



PHOTO BY ELLANA CHRISTIAN

MANGO MEDICINE

by Risë Rafferty, M.S., RDN

As a little girl, I remember hearing that mangos will be the fruit on the tree of life in Heaven, bearing a different variety each month. And since then, I’ve learned that there are actually over 1,000 varieties of mangos grown around the world.

Mangos are packed with vitamins, minerals, 25 diverse carotenoids, and an abundance of micronutrients called flavonoids and polyphenols that are not only found in the delicious fruit pulp, but also in the leaves, bark, and even the mango seed. Traditionally, these various parts of the mango have been used medicinally, and current research is validating the mango as medicine.

The mango’s anti-inflammatory action has the potential to improve several diseases associated with inflammation. Its gastro-protective effects have been observed in rats with inflammatory bowel disease (IBD), and mango juice and its bark extracts reduced intestinal inflammation in rats and mice with ulcerative colitis.

Mango extracts have anti-diabetic effects, with research demonstrating reduced insulin resistance and improved glucose metabolism in diabetic rats. Extracts from mango peelings brought about significant declines in blood glucose levels, increased insulin production, and reduced A1c levels.

One of the extracts that has earned particular attention is mangiferin. This polyphenol possesses antioxidant, anti-infection, anti-cancer, anti-diabetic, cardiovascular, and neuroprotective properties while increasing immunity. It has also been found to repair diseased liver and kidney cells. But the most amazing bit is that mangiferin has no toxicity. It is toxic only to diseased cells, and does not damage normal cells.

Mangiferin also has shown very potent anti-cancer activity in a wide variety of cancers, suppressing cancer-promoting mechanisms, inhibiting metastasis, promoting cancer cell death, and directly neutralizing free radicals (ROS). [And if you haven’t been introduced to ROS yet, please check out *Made for Health* on 3ABN!] To obtain more bioavailable, concentrated therapeutic doses, mangiferin has been isolated into more absorbable nanoparticles.

So personally, I will not be disappointed if the mango “tree of life legend” is correct.

“One of the [mango] extracts that has earned particular attention is mangiferin... [It] possesses antioxidant, anti-infection, anti-cancer, anti-diabetic, cardiovascular, and neuroprotective properties while increasing immunity.”

Join us in Huntsville, Alabama



APRIL 20, 2024

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