

# WORLD

MAGAZINE



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## People Want the Truth!

Danny Shelton  
President



Several years ago, I received a phone call from a woman who wanted to give me her testimony about becoming a Seventh-day Adventist through watching 3ABN. She told me that she had been a Catholic all of her life, but started watching 3ABN and fell in love with the message being preached by all our speakers.

Then she asked if I would pray for her. “You see, I have a problem with my neighbors,” she explained, “and I am holding bad feelings against them. I really don’t want to, but I’m very upset at them. Do you want to know why?”

Remembering that she came from a Catholic background, I said, “Well, you just need to confess your problem to the Lord.” But she told me she wanted me to know, and explained that the family she held hard feelings toward was Seventh-day Adventist! She told me she was in her late 70s, and that her health was bad. Her neighbors had always been so good to her; they would go grocery shopping for her, and even help around the house if she needed anything. She said they’d always been helpful and kind... but what she said next was life changing!

“I’m holding hard feelings against my Seventh-day Adventist neighbors because they didn’t love me enough to tell me the truth!” she explained. “Had I learned

this message years ago, when my health was good, I would have been all over the neighborhood, knocking on doors and telling people about God’s love and His commandments!”

I still believe people want to know the truth. We are all born with a “homing” device in us that calls us to our Creator, but most people spend so much of their lives before they find that true peace comes from knowing and living for Jesus—our Creator!

### The Truth—With Love

Since the beginning of 3ABN many Seventh-day Adventists have been uncomfortable with 3ABN’s straight approach to preaching the gospel. We still receive comments from time to time from laymen and pastors asking us to tone down the message, so as to not offend people. However, my belief has always been that if we have been commissioned to give present truth to a lost and dying world, then we should not be ashamed, or worry what will result when we give the truth.

Truth cannot be given without love, though. People can promote doctrines, believing that doctrine is truth. But Jesus says, “I am the way, the truth, and the life. No one comes to the Father except through Me.” John 14:6. And since God

is love, as His followers, we must also show our love to a lost and dying world. I can tell you from over 31 years of

raised this ministry up to give the undiluted three angels’ messages to a lost and dying world in the closing moments of

*When we get rid of self and allow Jesus to work in us and through us, people will be drawn to the truth.*

experience in ministry that people want truth! Doctrine presented without love is not truth. My prayer is that each of us commit and submit our lives to Jesus daily, so we might be vessels of honor, rightly representing Him. When we lift up Jesus, people will be drawn to Him. John 12:32.

Doctrine is important, but we can’t place the cart before the horse! When we get rid of self and allow Jesus to work in us and through us, people will be drawn to the truth.

As Seventh-day Adventists, we have present truth to give to the world—including the seventh-day Sabbath, the Sanctuary Message, the State of the Dead, the Health Message, etc. We should not be ashamed of, or water down the three angels’ messages of Revelation 14.

This is not the time in earth’s history to tone down the gospel of Jesus Christ while presenting present truth, and 3ABN continues to believe that God has

earth’s history. Yes, we believe in giving the trumpet a certain sound! 1 Corinthians 14:8.

### We Can Do This Together

Taking this gospel to the entire world is a huge task, but we can do it together if you join with us through your prayers and financial support. Please ask God to show you what you can do to increase your support of His ministry this year. Our needs are great—but our God is greater! He can finish the work without us, but Praise His Holy name, He has allowed us to be co-workers with Him to carry the gospel to the whole world, so Jesus can return to this earth to claim His children for eternity!

Danny Shelton  
3ABN President & CEO



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# Quietly BLESSING

by Bobby Davis

For over thirty-one years, Three Angels Broadcasting Network has stayed true to its mission to reach the world with “the undiluted three angels’ messages” of Revelation 14. Beginning with one television channel on satellite, it quickly grew to include hundreds of stations across the United States, and around the world. Soon we launched our radio network, and the Internet now makes it possible to reach nearly the entire world through computers, tablets, and even smartphones.

How does this network keep growing? Only by God’s blessing, and the dedicated service of workers, volunteers, and supporters, who pray for us every day, and support us with their sacrificial giving.

However, there’s another group of supporters who quietly bless 3ABN in a tremendous way. Through the prompting of the Holy Spirit, thousands have supported 3ABN through their donation of valuable materials. These, in turn, have become sources of funding that have helped sustain and grow this ministry.

## TRUE SACRIFICE

Bruce and Tammy Chance manage 3ABN’s Donation Center, and as we speak to them, we immediately sense that they are in awe of what God’s people are willing to sacrifice for His cause.

“I’m always amazed at the generosity of our viewers and listeners,” Tammy says. “Sometimes we receive heirlooms I know have been handed down for generations, and they cannot be easy to part with. But these precious folk choose to put these possessions to work for Jesus, and we are so grateful.”

Bruce says they feel a special responsibility to carefully research the true value of each item. “We pray over each item, and then do all the research necessary to do the best we can for the Lord’s work,” he says. “We realize that many of these items were given as a true sacrifice, and we want to honor that.

PHOTOS: SVETLANA CHRISTIAN

“Over the years we’ve compiled a very long list of dealers, private collectors, and retail outlets who give us the best prices for these treasured items,” he continues. “Some of our items are placed in the Three Angels Gift Shop on e-Bay, and I encourage anyone who may be looking for a nice gift to stop by that site. We usually have between 100 and 200 items of amazing variety and value.” (See next page for website information.)

## GOOD STEWARDS

We asked Tammy what kinds of items sell best, and she answered, “After 14 years of work in this field, we’ve learned that it’s best not to take in the extremely wide assortment of items we used to. We want to be good stewards, so we focus instead on what we know will sell and provide the most for God’s work. Gold and silver items, and coins are still very much in demand, and sell well. We are a staff of three, and between us, we catalog, research, sell, and ship all of our items.”

Bruce adds, “Rare coins, silver and gold bullion, real jewelry, and gold and



Bruce Chance carefully inspects items donated by our viewers and listeners, then finds the right dealer, private collector, or retail outlet to get the best price.

diamond watches all sell well, too. And, of course, every donor in the United States and Puerto Rico can request a tax receipt for the amount we get from the sale.

“There are those who want to donate vehicles, and we will pick them up—if it is financially feasible,” he continues. “But if the combined costs of fuel, trailer rental, meals, and lodging to get there and back are higher than the value of the donated

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**“We pray over each item, and then do all the research necessary to do the best we can for the Lord’s work.”**

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Among many other tasks, Bethany Chance carefully ships fragile items to buyers.

vehicle, we hope our friends will understand that we cannot do this and be good stewards of the Lord's funds.

"In cases where it may not be feasible to pick up a donated item, several gracious donors have gone ahead and sold their items locally, sending the proceeds to 3ABN's Donation Center."



Tammy says she is blessed when she speaks with donors. "Our hearts are touched by their generosity," she says, "and we are constantly impressed and blessed by their humble, giving spirit."

## YOUR GENEROSITY GOES FAR

Bruce and Tammy came to 3ABN when her brother Danny Shelton was impressed to ask viewers to donate items of value that could be transferred into funds to further the work of the Lord.

"Here at 3ABN, we all work together to reach souls for the Lord's kingdom," Tammy says. "God has blessed my brother with lots of innovative ideas for 3ABN's future, but most of these require funds. So we work closely with our generous viewers and listeners who have donated valuables over the past 14 years that have generated several million dollars to help spread the gospel of Jesus Christ. We certainly appreciate their sacrifice and their love."

## PLEASE CHECK FIRST

Since not every item is easily sold, Bruce and Tammy say it's imperative to check in with them through e-mail or over the telephone before sending anything. "We want to spare our donors the expense of sending something to us we cannot use," Bruce says. "So we urge them to call us before sending any items."



The Chance family: Son Josh and his wife Bethany (back, left) both work at 3ABN, and are Kalie's parents (front, right). Son Trent and wife Erika (front, left) live in Nashville, Tennessee, where he is an IT administrator and she is a nurse.

## "Our hearts are touched by the generosity of those who send us their precious things."

"Our hearts are touched by the generosity of those who send us their precious things, and it reminds us so much of the children of Israel who gave their jewelry and precious stones to the Lord to be used in the construction of the tabernacle and its furniture."

Tammy agrees. "We are constantly impressed by the humble, giving spirit of God's people. They sense the urgency of the times, and under the guidance of the Holy Spirit, give generously to help further the cause of God. Each of them has truly blessed us!" ☺

To reach the Three Angels Ebay Gift Shop visit [stores.ebay.com/3-ANGELS-GIFT-SHOP](https://stores.ebay.com/3-ANGELS-GIFT-SHOP)



### Things\* we are looking for:

- Coins
- Silver, gold, platinum
- Diamonds
- Real jewelry
- Real gold/diamond watches
- Sterling, antique swords
- Vehicles, including RVs and motorhomes
- Real estate
- China
- Sterling silverware
- Vintage baseball cards/memorabilia
- Annette Himstedt dolls
- Vintage (1960s) Barbie and friends, as well as their clothing from that time
- Lladró figurines

### Things we do not accept:

- Old records
- Clothes
- Pearls
- Time shares
- Hymnals, old books
- Pianos, organs
- Unbranded porcelain dolls
- Paintings/artwork,
- Cameras (except for pre-1960s)
- Crocheted items
- VHS tapes, old computers

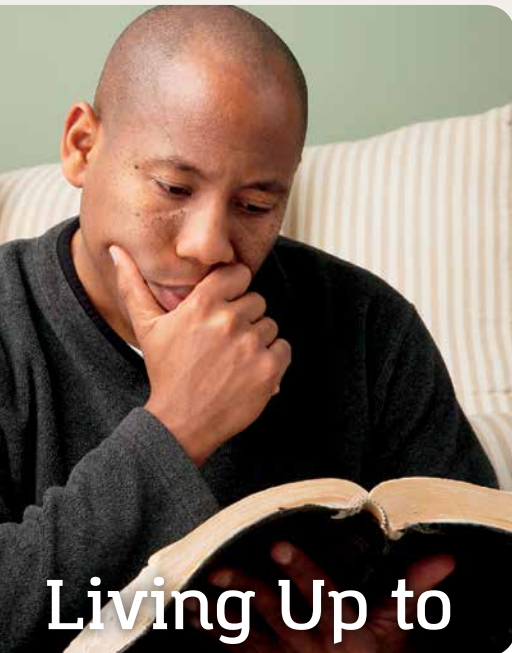
*\*Everything needs to be in good condition or good working order.*

### Contact our Donation Center

**Bruce Chance**  
**[bruce.chance@3abn.org](mailto:bruce.chance@3abn.org)**  
**(618) 627-4651 ext. 3078**

**Tammy Chance**  
**[tammy.chance@3abn.org](mailto:tammy.chance@3abn.org)**  
**(618) 627-4651 ext. 3079**





# Living Up to Our Name

by Shelley Quinn



**Shelley Quinn** is 3ABN's Program Development manager and a well-known author and speaker. Her husband J.D. is manager of 3ABN's Pastoral Ministries Department.

**T**he gospel of God's grace grips my heart! When we were dead in our trespasses, God made us alive with Christ—by grace we are saved (Ephesians 2:5)! Yet, I have a grave concern regarding the Christian community at large, and our lack of comprehension of divine grace.

## God's Greatest Gifts

To understand the empowering effects of grace, we must recognize God's three greatest gifts of grace: His Son, Jesus Christ; the Holy Spirit; and His Holy Word. Their combined effect on our lives causes me to define grace as the unearned, undeserved gifts bestowed by a God of infinite love, which provide His divine assistance and supernatural power unto salvation.

Grace is Christ living in our hearts through faith by the power of the Holy Spirit (Ephesians 3:16–17). Grace is the presence of the Spirit and the Word of God working in us, bringing us to life (John 3:5, 1 Peter 1:23) and empowering us to do the good works God prepared for our Christian walk (Ephesians 2:10). We can only obey by grace, as God works in us to will and to do His good pleasure (Philippians 2:13). As we accept God's three greatest gifts, we pass from spiritual death (being overcome by sin) to spiritual life (overcoming sin).

## Checking Our Spiritual Pulse

The early churches were familiar with the apostles' writings, and probably felt they understood these truths. How alarming Christ's message in Revelation 3:1-2 must have been to the church in Sardis: "I know your works, that you have a name that you are alive, but you are dead. Be watchful, and strengthen the things which remain, that are ready to die, for I have not found your works perfect before God."

The echo of this stinging rebuke is cause for self-exam-

ination today. I call myself a Christian. But do I live up to my name of being alive? Or do I fall into the category of "the walking dead," like the members of the church of Sardis?

How can I know if I'm about to die spiritually? I must check my spiritual pulse. Do I enjoy time with God in prayer, Bible study, and worship? Do I manifest the fruit of the Spirit (Galatians 5:22-23)—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control? Do my deeds meet the requirements of our God, as outlined in His Holy Scriptures? Do I share Christ's passion for reaching lost souls?

The gospel of grace gives me great hope, for I know salvation belongs to God, and all He asks of me is to yield control of my life to Him.

## A Simple Way

For those alive in Christ who seek a simple way to help fulfill the great gospel commission, we invite you to join The Blessing Is on the "GO!" Evangelistic Team by simply registering to make a monthly donation of any amount to support 3ABN's mission of world evangelism.

As a team member, you will receive an evangelistic tool from 3ABN each month—a book, music CD, sermon DVD, or Bible study—to share with your family, friends, or neighbors who need to know the truth about God's amazing plan of grace.

Let's get going into all the world and live up to our name of being alive in Christ! ☺



## Join the "GO!" Evangelistic Team

Setting up a monthly donation of any amount to support evangelism is easy! Just visit 3ABN.tv and set up an automatic donation by credit/debit card. You can also set up your donation through PayPal, but be sure to check the "Make This Recurring (Monthly)" box.

Not comfortable doing this online? No problem. Just call us at 618-627-4651, or send us your information by mail.

## This Month's Evangelistic Tool

*"How Ancient Babylon Foretold the End of the World," and "How Near is the End?"*



This two-hour DVD with David Asscherick will keep you on the edge of your seat!

Perfect for those who are curious about what the Bible says regarding end-time events.

## Share Your Experiences

We all love great stories, and we want to hear your experiences as the Lord opens up new opportunities for evangelism in your neighborhood! Is someone coming to church with you? Tell us about it by writing us or recording a 1-2 minute video on your smart phone and e-mailing it to GET@3ABN.tv.

## 3ABN RADIO'S NEW MUSIC CHANNEL

by Nikki Anderson

It's time to let you in on something we've been up to for the past several months. Yes, we have kept a secret from you, but it's a good secret: We've been diligently working on launching our new 3ABN Radio Music Channel!

To tell you more about it, I interviewed my boss, Jay Christian, 3ABN Radio's general manager. That was different, since I talk to him every day, but don't usually write down everything he says. (Sometimes he probably wishes I did!)

**Nikki Anderson:** When did you first think of starting a music channel?

**Jay Christian:** Actually, it was several years ago. Although music has its place,



**Nikki Anderson** is the administrative assistant for 3ABN Radio.

I believe in the spoken word for evangelism. But long ago I realized there are people who will never listen to a talk program about religion, but *will* listen to a music program.

I wondered how to offer music evangelistically, and the Lord impressed me that I already did that on my music program, *Musical Meditations*. I read Bible texts, give health tips, and explain other texts, too. So it was obvious that we could do this with a music channel.

I wanted to tell our administration what I was thinking, but the Lord held me back. I was okay with that, knowing He would let me know when the time was right.

**Nikki:** I know. We'd talked about this several times over the years, and all of us thought it would be a good thing. But the idea always just faded away. When were you impressed to actually act on it?

**Jay:** Last year, just before our Fall Camp Meeting. The Lord impressed me that it was time, so I prepared my proposal. Our board members were supportive, but had the usual concerns about

Some affiliates have told us that their listeners like the talk programs, but sometimes want to listen to music for a while.

finances. However, in just a couple of days, I was told that the money had been donated for us to add the music channel.

**Nikki:** I remember we were shocked and praising the Lord all at the same time! What was the first thing you did?

**Jay:** I prayed! Then I talked to you and our engineer, Mike Babb, and told you that I'd been impressed to set a goal of April 1, 2016.

**Nikki:** Let me just tell the readers that Mike and I gasped, since that date was just six months away! So, what was the next step?

**Jay:** Well, it was one thing to do an hour program each day, but quite another to do it 24/7. You and Mike started reviewing music, but he had the added challenge of making all this work from a technical aspect.

**Nikki:** Did you change your mind on anything after we got started?

**Jay:** No. When I first got the impression, I knew what needed to be done;

the challenge was to *make* it happen. We've all done our best to keep focused on what the Lord wants. Over the years, our listener response to *Musical Meditations* has been very positive, even though 3ABN Radio is mostly a talk network. So the sound of the music will be similar to what we play on that program.

**Nikki:** Jay, we all feel blessed to be part of such an exciting project, and it's a huge thing to be able to offer it to our affiliates. Who else will be able to listen?

**Jay:** It will be available on all our apps, on our website, and we'll try to get it on as many other streaming music services as possible. Some affiliates have told us that their listeners like the talk programs, but sometimes want to listen to music for a while. Now, those affiliates will have music to fit the needs of their local audience. But this isn't a format to make us into a "hit" music station. The music we select will uplift Jesus, and be a blessing to our listeners.

**Nikki:** Amen, and thank you Lord! 🙏



# You CAN Do It

by Idalia Dinzey

**M**y office phone rang, and I answered it. “My name is Lucy,” she said, “and I live in Florida. I’d like to know where I’m calling.”

“You’ve called 3ABN Latino,” I said, and she appeared to be very happy to hear that. “Yes, yes! That’s where I wanted to call! I need the meatball recipe I just saw on one of your programs.”

As you can imagine, it’s very difficult to know exactly which recipe someone is requesting, unless you know who presented it, so I asked her to please tell me who was on that cooking program.

“Well, she is brown-skinned, and not very tall...I think her husband was on there with her, and he’s somewhat bald, and I think they are from the Dominican Republic. But, let me check that DVD I was given.”

As the DVD started playing, I immediately recognized my voice. “I know who the presenters are,” I chuckled, “so no problem, we can send you that recipe. May I have your e-mail address, please?”

“Just a moment,” she said. “I want to make sure you send me the correct recipe. There, I have it, I see her name on the screen. It’s Idalia Dinzey.”

“Yes ma’am. I recognized my voice when you played the DVD. I’m Idalia Dinzey,” I replied. She seemed surprised and delighted, because she was really interested in the recipe. As I spoke with her, I realized that she’d never heard of 3ABN Latino before, and was not receiving it in her home. But, thanks to

God, that has changed!

Why has that changed, you wonder? It’s changed because I was able to explain to her how to download the 3ABN app for free on her smartphone. I also told her that she could view our programming 24-hours-a-day on the Internet

by visiting [3abnlatino.tv](http://3abnlatino.tv), and that she could check our program guide online to see what programs we have available.

## You Can Do It

How did Lucy find out about 3ABN Latino? Someone simply gave her a

DVD with cooking programs. Friends, you and I can do the same thing. Are you timid? Do you not feel confident about witnessing to other people? Have you tried to share the gospel with others, but felt your efforts were in vain? Maybe it’s time to think differently about evangelism. Consider sharing a copy of one of our programs with your neighbor, or with other people you know.

We’re a group of messengers who long for the soon return of our Lord and Savior—just like you! Count on 3ABN Latino as an evangelism partner for your evangelistic efforts. For a suggested donation of only \$20 you can get ten copies of a favorite program of your choice. It may be a program on family issues, health, cooking, or exercise that piques their curiosity for more material.

Lucy represents a sea of people who don’t know about 3ABN, but have a

need you can help supply. Don’t be discouraged. Don’t give up. We need to evangelize!

3ABN exists to preach the gospel to your community 24-hours-a-day, and 3ABN Latino can be an effective evangelistic tool in your hands. Don’t forget, The Blessing Is on the “GO!”

So, take courage, friend! Let’s move forward with Christ, taking God’s message of hope and salvation to a world so sinful and needy. ☺

Have you tried to share the gospel with others, but felt your efforts were in vain? Maybe it’s time to think differently about evangelism.

Idalia’s recipe was the perfect chance to tell Lucy how to watch 3ABN Latino on a smartphone!

► Look for Idalia’s Favorite Meatballs on our [3ABN.tv](http://3ABN.tv) website!



**Idalia Dinzey** is the 3ABN Latino administrative assistant. She also produces the *3ABN Hoy (3ABN Today)* program and often co-hosts with her husband, John Dinzey. They have two sons, Samuel and Caleb, and she enjoys cooking and doing interviews.





# Brianna's LIGHT

by Dr. Yvonne Lewis

Our *Urban Report* program is one of my favorites on Dare to Dream. In fact, it's our network's flagship program, and often features riveting interviews that inspire our viewers to "Dare to Dream."

Recently, I interviewed Rod and Mary Cassidy. They both came from dysfunctional families filled with abuse, alcohol,

and divorce. This led them to wait ten years before having their first and only child.

However, 2014 was a very difficult year for the Cassidy family. Rod, an accountant by training, had been out of work for nine months, and had been unsuccessful at finding a job. But in October, he and his wife Mary were watching a program on 3ABN where someone mentioned a need for a bookkeeper. That led him to contact some ministries, and he was thrilled that someone responded, and the Lord provided him with work.

## TRAGEDY

But then tragedy struck. Their daughter Brianna was a precocious, natural-born leader who was strong willed, determined, and accomplished. She loved media, interning at a local documentary film studio, and she excelled in photography. She was also mission-minded, traveling to Japan, Ecuador, and Panama on mission trips for the Lord. At 16, she had her private pilot's license, and now was interning at a local airport, working on her Airframe and/or Powerplant (A&P) mechanic's license. To top it all off, she was just weeks away from obtaining her commercial pilot's license.

As she prepared for work on a dreary, rainy day in Southern California, Mary cautioned her. "Brianna, be careful. The roads are wet."

Brianna replied, "Mom, you've got to let me go," and headed out the door.

She made it safely to work, but later that afternoon, Mary noticed that her

**Mary noticed that her daughter was late getting home. Then she received the call every parent dreads.**

daughter was late getting home. Then she received the call every parent dreads. It was the hospital, calling to inform her that Brianna had been in a major car accident, and didn't make it.

Mary was in shock. Surely there had been some mistake! She called Rod and told him, and they both hurried to the hospital, racked with pain. For two days, they were in torment. The man who hit her was driving recklessly and had caused the head-on collision. However, Brianna hadn't suffered, and died shortly afterward.

## WINGS OF PASSION

How were they going to go on without their only child? Why was their precious daughter cut down so early in life? Plagued by those questions, they sought God for answers, and then decided to do something radical. They would do something that would honor Brianna and promote the Lord's work at the same time.

That's how Brianna's Wings of Passion Foundation began, and today it provides financial resources for those who, like Brianna, have a passion for media ministry and aviation.

Today, Rod and Mary Cassidy are on a mission. Determined to carry on their daughter's legacy, they travel to churches, sharing their testimony and ministering to others who are grieving. As a friend told them, "Some lights burn slow and

long, others fast and bright—like Brianna." They await that grand reunion with their daughter on Resurrection Morning when our Lord Jesus will call all the sleeping saints to life, never more to part. ☺



For more on Brianna's amazing life and information about her Foundation, visit [briannacassidy.com](http://briannacassidy.com).

Dr. Yvonne Lewis is a naturopathic doctor, author, lecturer, and singer, as well as the general manager of 3ABN's Dare to Dream Network for urban audiences.





# SNAPSHOT, OR VIDEO?

by C.A. Murray

**R**ecently, we needed a picture of a staff member for a 3ABN Proclaim! channel promotion, and since we didn't have a recent one, we decided to grab a still frame from video.

Technologically speaking, it's quite simple; however, the challenge was to find a usable still, since every attempt to freeze a video frame invariably caught our subject in a less-than-flattering pose. One can literally look through hours of video, but either the mouth is open, or the eyes are wrong, or something we never noticed before is obvious in the background. Once more, we realized that getting a still picture from video is

not natural, and invariably results in a distorted image that doesn't adequately or accurately represent the subject.



**C. A. Murray** is the general manager for 3ABN Proclaim! and also hosts and produces the *3ABN Today* program. His wife Irma is a producer for 3ABN Latino.

## LIFE IS LIKE THAT

It occurs to me that life is like that little editing exercise. We tend to judge each other on

snapshots, but those still photographs are not, and can never be, an accurate representation of our total life. What we are at any given point doesn't necessarily represent who and what we are over our lifespan.

Our all-too-human tendency is to judge each other by those snapshots, and we deceive ourselves into thinking that whatever an individual is at *that point* is what they'll *always be!* If that were true, there'd be no use for surrender to the Lord.

The Bible assures us that when we give ourselves to God, "old things have passed away; behold, all things are new." 2 Corinthians 5:17. "All things new" means *change*, and a life surrendered is a *changed life*. That snapshot captured what might have been true at the time, but it's neither fair nor just to judge someone's entire life by our interaction with them at that point.

Today they may be blind, and tomorrow they may see. If we judge them by today's picture, we'll only see a blind person; but someone seeing them tomorrow may be moved to say, "Oh, he's a person of great spiritual vision!"

What we are at any given point doesn't necessarily represent who and what we are over our lifespan.

As you look at my life over the years, you'll get an increasingly accurate picture of who I am. Not only is it the best way, it is the only *accurate* way to assess someone's life.

## HOW GOD SEES YOU

So how does God judge our lives? King David makes a good test case. The Bible calls him "a man after God's own heart." But while that particular statement characterized a large portion of his life, was it always true? If you had your camera when David faced the giant Goliath in the valley of Elah, you'd have a very exalted picture of him in his relationship with the Lord. But had you had your camera on the day David saw Bathsheba bathing and summoned her to his palace, was he a "man after God's own heart" at that moment? To get an accurate assessment of this complex man's life, we'd have to run the video for several years. We'd see rises and falls, successes and failures—just as we would in the lives of most of

God's children. However, we would also see that the successes outweighed the failures, and the gains outweighed the losses.

## SNAPSHOT, OR VIDEO?

So does our God judge our lives by the snapshot, or by the video? He knows the end from the beginning. He does not judge us on one segment of our lives, but on the direction of our walk. When we stumble and fall, He does not post a picture of us lying on the ground—bruised and bloody—because He knows He can stand us up and get us started again.

Let us not judge each other on a snapshot taken at a moment in time, but rather on the video of each other's lives. It will encourage us to be safer, more merciful, and forgiving—in short, more Christlike!

A good way to begin is to listen to God's Word—as preached on 3ABN Proclaim! As you do that, remember that the entrance of God's Word gives life. ☺

# Progress By GOD'S GRACE

by Julia Outkina

**T**he Lord leads 3ABN through an extremely faithful administration and a dedicated board of directors, and recently, we reported what has been accomplished at 3ABN Russia this past year—progress only the Lord could accomplish through the faith and dedication of His people around the world.

## Content

In 2015 we produced a total of 837 new television programs and 427 radio programs. Five new series were developed:

*There's a Way Out* is a 20-part series geared to our male audience, giving them steps to overcome nicotine addiction; *If There Were Love in Our Hearts*, our new 16-part series about family relations; *Mysteries of Ancient Manuscripts*, a 15-part theological series about peculiarities in the Holy Scripture's translation; *God's Chosen People*, a 36-episode theological series on the Jewish nation's role in human history; and *Heaven on Earth*, a 24-part series on the Heavenly Sanctuary and its earthly projection.

## Satellite Distribution

Television is the best way to reach audiences in the Russian Federation, since Russians watch more TV than Europeans and Americans. Due to sat-

ellite broadcasting, in 2015 3ABN Russia's programming expanded its viewership to 141 municipalities through 42 cable operators and 61 free-to-air channels!

**Television is the best way  
to reach audiences . . .  
since Russians watch  
more TV than Europeans  
and Americans.**

## Online Viewing

With increasing data rates and stability, Russian Internet is becoming a competitive media for video distribution. We've taken full advantage of this by uploading our programs to the most popular video hosting website, YouTube. Subscribers have shown a tremendous interest, nearly doubling the number of viewed minutes from 548,740 in 2014 to 998,223 in 2015! In addition, our



programs are promoted on Russia's most popular RuNet sites: Facebook, InContact, Classmates, and My World.

Notable events in 2015 included the CSTB Cable Convention in Moscow, remastering of video archives for widescreen format, installation of new computer servers, and the launch of the *Three Angels* magazine.

## Broadcasting Convention

During the last half of 2015, our marketing staff prepared for our most ambitious exhibition of cable operators in Russia. CSTB took place in Moscow this past January, and offered us the perfect opportunity to present our programming to the leading cable operators of Russia and other countries. There we got acquainted with potential partners and made contact with TV magazines. Brochures, catalogs, business cards, magazines, small gifts with our logo—nothing was left out; and as our first results, we established contacts with 40 new cable operators who are interested in our content and resources.

## Publishing

In January of this year we published our first-ever magazine, *Three Angels*. With a print run of 950 copies, this journal is intended for a wide audience, will be printed four times a year, and distributed free of charge. In its pages, readers will find answers to interesting theological questions, tips for living a healthy lifestyle, powerful testimonies, Bible lessons for children, and much more.

## Upgrades

Important repairs were carried out last year on our Russian Evangelism Center, including renovation of the stained glass window, replacement of 13 façade windows, and replacement of the roof over our studio offices. Our engineers helped us to keep up with technological advances by installing two new servers with a capacity of 216 terabytes, and an uninterruptible power supply and a backup generator for our server room. Technicians also remastered our entire video archive, adapting it for viewing on today's widescreen format.

We praise the Lord for these wonderful accomplishments, and we're honored to be part of God's work to bring salvation to the Russian people. Praise God for each of you in 3ABN's worldwide ministry who make all this possible! ☺



**Julia Outkina** is 3ABN Russia's executive director, and has been with us since 1992. Her passion is to win souls for Christ through 3ABN Russia's ministry and her personal testimony.



# If I Be Lifted Up

by John Lomacang

Every year, the world is engrossed in finding out who's "the best." Who's the best basketball player, movie actor, or vocal performer? Awards are handed out for the best Broadway play, or the best new product.

The futility of this yearly competition can be seen by the fact that "the best" is almost never the same person, team, or thing from one year to the next. No matter how good you are, someone will eventually replace you by being a better performer, a faster runner, or a more inventive designer. I often wondered how they arrived at the best when there is such a large pool of diversity from which to draw.



**John Lomacang** is 3ABN's director of World Evangelism. He pastors our local church and is an author, singer/songwriter, and host of *House Calls and A Sharper Focus*. His wife Angela works for 3ABN Radio.

## THE CHALLENGE

The same is true about evangelism. In a society that is socially, ethnically, culturally, and financially diverse, what is "the best" subject matter to disseminate?

Having had considerable experience in explaining some of the most difficult Bible prophecies and doctri-

nal controversies, I struggled to narrow down fourteen relevant sermons to include in the London 2016 Evangelistic Series—that is, until I read John 12:32: "And I, if I am lifted up from the earth, will draw all peoples to Myself."

*That's it!* How can we accomplish revival among Seventh-day Adventist Christians and lead inquiring minds to discover their deepest need?

*The answer is Jesus!*

## NO BETTER METHOD

The purpose of the First Advent of Jesus was to lay the foundation for the Second Advent. In deciding on the best method to prepare the hearts and minds of mankind for this glorious event, Heaven sent its best.

John 3:16 reminds us of Heaven's Best, "For God so loved the world that He gave His only begotten Son." After attempting and failing to win the hearts of men through philosophical reasoning, the apostle Paul also discovered the best method. "For I determined not to know anything among you except Jesus Christ and Him crucified." 1 Corinthians 2:2.

No matter the culture, the ethnicity, the financial status, or the educational accomplishments, Jesus reached them all. Nicodemus, the wealthy Pharisee,

found his new life by accepting the invitation to be "born again," and Jesus highlighted the widow with just a few last pennies as one who gave her all. Let's also not forget the motley crew of fishermen who, through the transforming power of Jesus, were turned from the trade of catching fish to catching men.

## NO BETTER MESSAGE

I read the following in the book, *Christ's Object Lessons*: "The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them."<sup>1</sup>

There is no greater attraction in the proclamation of the gospel than Jesus. There is no more convincing argument in favor of the gospel than revealing to the world the difference that Jesus has made in our lives.

During a time when the church is under attack from a plethora of adverse influences, *there is no better message* than preaching Jesus to bring about revival. In a society where every road leads to temporary thrills and fleeting satisfactions, there is no better message than proclaiming the only One who brings lasting peace.

If London 2016 has any hope of being a success, Jesus must be uplifted! He is still the undisputed *Best Method* and the *Best Message!* ☺

<sup>1</sup> Ellen G. White, *Christ's Object Lessons*, p. 415 (emphasis supplied).

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HOW CAN WE  
ACCOMPLISH REVIVAL  
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*The answer is  
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---



attention to detail, have excellent communication skills, and have two to three weeks you can spare, you may be just the one for the job. Of course, if you have any television experience—this is a definite plus!

### RECRUITERS



I am always looking for children of all ages to be on the programs. We need musically talented kids for the *Praise* programs, but most of the time, we just need kids to be in the audience, or as participants.

A great recruiter has a sparkling, outgoing personality with great communications skills, a large number of contacts, and is not afraid to approach people.



### PROGRAM DEVELOPMENT

We need your help developing new programs for both the tiny tot age group, as well as for kids ages 10–14.

Some of the ideas being considered are a 30-minute Bible story program, Bible crafts, a Scripture memory game, nature programs, Pathfinder youth camps, music programs, children’s church, Sabbath School programs, health and fitness, cooking, music lessons, and mission programs—just to name a few!

Requirements for this position include creativity, lots of energy, ideas, and a great network of contacts to help you fill all the needs for hosts and children.

### PRODUCERS WANTED



3ABN Kids Network is hard at work producing a wide variety of new programs. Two of those will be in production this year, and need producers; one is a Bible game, and the other is a worship program, each targeting kids ages 10–14. If you are organized, pay



### SCRIPTWRITERS

There is always the need for good scriptwriters—and this position definitely requires someone with great writing skills, a sense of humor, and the ability to write in a style that reaches the various age groups. A published author is a plus.

### WEBSITE CONTRIBUTORS



If you are a website developer, or someone who can contribute content for our website—we need you! We currently have three websites: Kids Network, Kids Time, and Tiny Tots for Jesus. It takes a lot of work to keep all three fresh and current, so if you have these skills—we can certainly put you to work!



### PHOTOGRAPHERS

Good photographers are always needed! Every time we produce programs, either in the studio or for Live events—pictures are needed. These are used for marketing and promotional purposes, as well as in articles for various magazines and our websites. You would need your own camera, photography equipment, and a recent portfolio that features your work.

### FUNDRAISING

Martha Brown is our director of fundraising, and she is a committee of . . . one!



She could certainly use some help raising funds to build our new children’s studio. If this is something that’s up your alley, please don’t hesitate—call now!

### TREASURES IN HEAVEN



Being a volunteer for Jesus is the best job in the world, and there’s not a company on earth that has a better retirement plan! Things on this earth will pass away—and only what’s done for Christ will last. Please pray about what God would have you do for Him. Most people think about giving in terms of money, but it applies to our time, as well—you simply can’t outgive the Lord!

### WE NEED YOUR HELP

Please prayerfully consider what God would have you do to support 3ABN’s Kids Network, and if the Holy Spirit is impressing you to be a volunteer, e-mail me at [brenda@brendawalsh.com](mailto:brenda@brendawalsh.com)—I would love to hear from you! If you are unable to volunteer your time, but would like to financially support this ministry, please send your tax-deductible love gifts to 3ABN’s Kids Network, Post Office Box 220, West Frankfort, Illinois, 62896, or call us at 618-627-4651. Thank you for all you do for this ministry, and for God’s children around the world. ☺



**Brenda Walsh** is the general manager of 3ABN Kids Network, as well as producer/host of Kids Time and Kids Time Praise. She is a published author, singer, cook, and international speaker. She is married to Tim, and they have two daughters and four grandchildren.



by Mellisa Hoffman

# Tree-Climbing Goats

**M**ost of the time when you see a goat, even from a long distance away, you can recognize that it is, in fact, a goat. I'm sure you've never mistaken one for a cow, or a turkey, or a horse. However, there are some goats that you might think are very weird-looking birds at first glance. And that's because these goats like to climb up on the branches of a tree!

Goats are typically known for eating just about anything, but they do have their favorite foods. And that's exactly what drives these particular goats into the branches of the argan tree, which is found in the country of Morocco. This tree produces a delicious fruit that the goats absolutely love! In fact, they love it so much they are willing to risk climbing trees up to 30 feet tall in order to eat this delicious meal. Most argan trees have so many goats in its branches that you might even be tempted to call it a *goat tree*!

Can you think of something you just had to have no matter what? If so, did you do anything out of the ordinary to get it? The Bible tells a story of a rich and powerful man named Zacchaeus, who wanted to see Jesus. Unfortunately, he was too short to see over the crowd of people. But that didn't stop him. His desire was so great that he

risked his dignity and reputation to climb a tree, just so he could get a glimpse of Jesus. And because of this one act, Zacchaeus had the honor of having Jesus as a guest in his home.

Sometimes in life we need to "go the extra mile." Remember that the next time you want to skip studying for a test or put off practicing for your music recital. Without a little extra effort, Zacchaeus would never have even seen Jesus! If we want to spend eternity in Heaven, we need to be willing to do whatever it takes, and that includes keeping God's commandments. The Bible says in John 14:15, "If you love Me, keep My commandments." Living by God's laws may not be popular in today's world, but when we live our lives fully and completely for Jesus, He will give us a reward that will definitely be worth any extra effort! ☺

**"Blessed are those who do His commandments, that they may have the right to the tree of life, and may enter through the gates into the city."**

Revelation 22:14 (NKJV)

## A Healthy Goat Diet

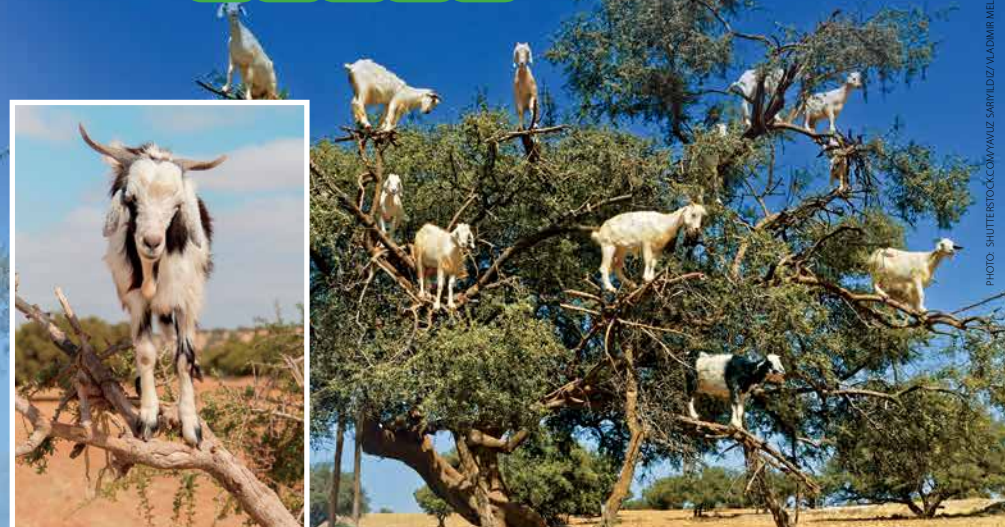
Using the clues, find different kinds of healthy things that a goat likes to eat. When you're done, read the highlighted column to find something that we need to "feed" on every day to stay healthy.

1. Food that grows on trees.
2. Dried grass.
3. Pesky plants.
4. Something in your yard that has flowers on it. Rhymes with club.
5. One of the six food groups.
6. Something else in your yard that has flowers on it. Rhymes with push.
7. Four-leaf \_\_\_\_\_.
8. There are lots of these in a forest.

1.							
					2.		
		3.					
4.							
5.							
					6.		
					7.		
					8.		



Although goats love this fruit, it actually tastes very bitter to humans.



Goats will perch on a branch to feast on the yummy fruit.

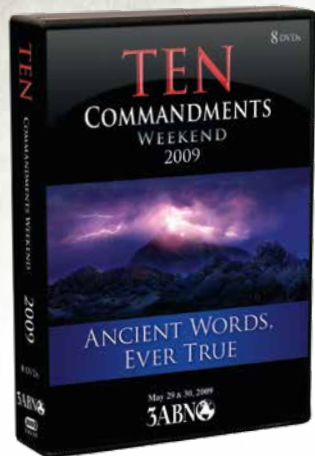
Answers: 1. Fruit 2. Hay 3. Weeds 4. Shrub 5. Grain 6. Bush 7. Clover 8. Trees  
Mystery Words: The Bible

PHOTO: SHUTTERSTOCK.COM/VIRGINIA VALATKIENE



# 3ABN MINISTRY MATERIALS

All prices are in US dollar amounts



## Ten Commandments Weekend 2009

“Ancient Words - Ever True!”

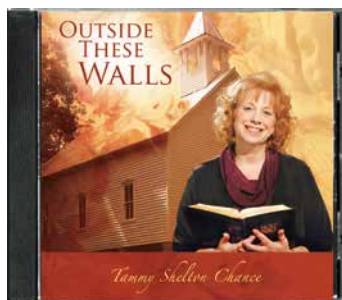
Relive 3ABN’s inspiring 2009 Ten Commandments Weekend with this special multi-disc DVD set. The set contains music, special youth programming, and sermons by C.D. Brooks, Jim Gilley, Wintley Phipps, Bill Kilgore, JoAnn Davidson, Doug Batchelor, Jay Rosario, David Asscherick, Mike Tucker, Nathan Renner, Lincoln Steed, and Stephen Bohr. Running Time: 15hrs

(TCU09-DSET) US ~~\$69.00~~ - Suggested Donation  
**SPECIAL PRICE \$35.00\***

## OUTSIDE THESE WALLS - CD

Tammy’s love for her parents comes through as she sings some of their favorite hymns and sacred songs. Beautifully orchestrated and produced, this album is destined to become a favorite!

(3ABN030-2) US ~~\$16.50~~ - Suggested Donation  
**SPECIAL PRICE \$12.00\***



\* Special Pricing for month of April only

## THE FORGOTTEN COMMANDMENT

Is there a forgotten commandment? Which one is it? Should those of us who claim to be Christians be keeping it? This booklet will help you find real answers in the Scriptures! 48 pages. Digest-sized magazine.

(Z109-C) US ~~\$125.00~~ | 250 per case | Suggested Donation

(Z109) Volume Pricing Suggested Donation

2-9 ..... \$1.45 ea    250-999 ..... \$ .53 ea  
10-24 ..... \$ .95 ea    1,000+ ..... \$ .50 ea  
25-249 ..... \$ .64 ea



**TO ORDER, go to 3ABNSTORE.COM, use the attached envelope, or call 618-627-4651 during regular business hours.**

## 3ABN TV SCHEDULE April 2016

FOR A COMPLETE SCHEDULE OF ALL THE NETWORKS PLEASE VISIT [HTTP://3ABN.ORG/SCHEDULE](http://3abn.org/schedule)

For Pacific time -2 hours • Mountain time -1 hour • Eastern time +1 hour **CC** = Closed Captioned. **L** = Live program.  
★ = New series. **↺** = Repeat of live program. Program titles in red are changes effective this month.

CST	SUNDAY	CST	MONDAY
2:00a	Anchors of Truth <b>CC</b>	2:00a	Life Discovery Series (Jim Reinking) <b>CC</b>
2:30		2:30	
3:00	Featured Ministries <b>CC</b>	3:00	Homecoming 2015 <b>CC</b>
3:30	Heaven’s Point of View (Tom Shepherd) <b>CC</b>	3:30	
4:00	In the Beginning (Stan Hudson)	4:00	Eleventh Hour Evidence
4:30		4:30	...(David Asscherick) <b>CC</b>
5:00	Revelation Now (Jac Colon) <b>CC</b>	5:00	Praise! (Kelly Mowrer)
5:30		5:30	Wonderfully Made <b>CC</b>
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>	6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	Heart Lift (Jill Morikone) <b>CC</b>	6:30	Pressing in to His Presence (Shelley Quinn) <b>CC</b>
7:00	Kids Time (Brenda Walsh) <b>CC</b>	7:00	Digging Up the Past (David Down) <b>CC</b>
7:30	Praise! (Kelly Mowrer)	7:30	Ultimate Prescription (Dr. James Marcum) <b>CC</b>
8:00	3ABN Today	8:00	3ABN Today
8:30		8:30	
9:00	Stones of Remembrance <b>CC</b>	9:00	House Calls (John Lomacang) <b>CC</b>
9:30	Adventures in Missions <b>CC</b>	9:30	
10:00	Focus on God’s Word <b>CC</b>	10:00	Free Indeed (C. A. Murray) <b>CC</b>
10:30		10:30	Books of the Book <b>CC</b>
11:00	Inspirational Hour <b>CC</b>	11:00	Revelation of Hope (Taj Pacleb) <b>CC</b>
11:30		11:30	
12:00p	Melody From My Heart	12:00p	Behold the Lamb Presents
12:30	Grace Pipeline (Shelley Quinn) <b>CC</b>	12:30	...(Kenny Shelton) <b>CC</b>
1:00	A Sharper Focus (John Lomacang) <b>L</b>	1:00	Off the Grid <b>CC</b>
1:30		1:30	Abundant Living (Curtis & Paula Eakins) <b>CC</b>
2:00	Body & Spirit <b>CC</b>	2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>	2:30	Heaven’s Point of View (Frank Fournier) <b>CC</b>
3:00	3ABN Today LIVE <b>L</b>	3:00	3ABN Today <b>CC</b>
3:30		3:30	
4:00		4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30		4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	The Carter Report (John Carter) <b>CC</b>	5:00	Liberty Insider (Lincoln Steed) <b>CC</b>
5:30		5:30	Help in Daily Living <b>CC</b>
6:00	Books of the Book <b>CC</b>	6:00	Grace Pipeline (Shelley Quinn) <b>CC</b>
6:30	Cook:30 (Jeremy Dixon) <b>CC</b>	6:30	Global Mission Snapshots <b>CC</b>
7:00	Revelation of the Coming King	7:00	Celebrating Life in Recovery <b>CC</b>
7:30	...(Ranko Stefanovic) <b>CC</b>	7:30	...(Cheri Peters)
8:00	3ABN Today	8:00	3ABN Today <b>CC</b>
8:30		8:30	
9:00	Table Talk <b>CC</b>	9:00	Anchors of Truth <b>CC</b>
9:30		9:30	
10:00	It Is Written Canada (Chris Holland) <b>CC</b>	10:00	The Carter Report (John Carter) <b>CC</b>
10:30	Help in Daily Living <b>CC</b>	10:30	
11:00	3ABN Today	11:00	3ABN Today
11:30		11:30	
12:00a	Secrets Unsealed Presents...	12:00a	ASI Conventions <b>CC</b>
12:30	...(Stephen Bohr)	12:30	
1:00	Celebrating Life in Recovery	1:00	Books of the Book <b>CC</b>
1:30	...(Cheri Peters) <b>CC</b>	1:30	Battles of Faith <b>CC</b>



CST	TUESDAY	CST	WEDNESDAY
2:00a	Stones of Remembrance <b>CC</b>	2:00a	Celebrating Life in Recovery <b>CC</b>
2:30	Descendants of Abraham (Shakeela Yasuf) <b>CC</b>	2:30	...(Cheri Peters)
3:00	Melody From My Heart	3:00	Revelation Insights (Lyle Albrecht) <b>CC</b>
3:30	Free Indeed (C. A. Murray) <b>CC</b>	3:30	
4:00	House Calls (John Lomacang) <b>CC</b>	4:00	Digging Up the Past (David Down) <b>CC</b>
4:30		4:30	Thunder in the Holy Land (Charles Byrd) <b>CC</b>
5:00	Heaven's Point of View (Frank Fournier) <b>CC</b>	5:00	White Horse Media Presents (Steve Wohlberg) <b>CC</b>
5:30	Cook:30 (Jeremy Dixon) <b>CC</b>	5:30	Adventures in Missions <b>CC</b>
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>	6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	Exalting His Word (Shelley Quinn) <b>CC</b>	6:30	ASI Video Magazine (Dan Houghton) <b>CC</b>
7:00	Special Feature <b>CC</b>	7:00	Amazing Facts Presents... (Doug Batchelor) <b>CC</b>
7:30		7:30	Help in Daily Living <b>CC</b>
8:00	3ABN Today LIVE <b>CC</b>	8:00	3ABN Today
8:30		8:30	
9:00		9:00	Keepers of the Flame <b>CC</b>
9:30		9:30	Walking with Jesus (Garloff)/Grandma's House (Neal) <b>CC</b>
10:00	Heaven's Point of View (Tom Shepherd) <b>CC</b>	10:00	Melody From My Heart
10:30	Pressing in to His Presence (Shelley Quinn) <b>CC</b>	10:30	Liberty Insider (Lincoln Steed) <b>CC</b>
11:00	Featured Ministries <b>CC</b>	11:00	Table Talk <b>CC</b>
11:30	Books of the Book <b>CC</b>	11:30	
12:00p	The Revelation of Jesus Christ <b>CC</b>	12:00p	3ABN On the Road <b>CC</b>
12:30	...(Kenneth Cox)	12:30	
1:00	Hope in Motion	1:00	Issues and Answers <b>CC</b>
1:30	Cook:30 (Jeremy Dixon) <b>CC</b>	1:30	Abundant Living (Curtis & Paula Eakins) <b>CC</b>
2:00	Body & Spirit <b>CC</b>	2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Heart Lift (Jill Morikone) <b>CC</b>	2:30	Back to Our Roots (Alex Schlussler) <b>CC</b>
3:00	3ABN Today	3:00	3ABN Today
3:30		3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>	4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>	4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Kids Time Praise <b>CC</b>	5:00	Revelation Now (Jac Colon) <b>CC</b>
5:30	Remodeling Your Life (Jim Ayer) <b>CC</b>	5:30	
6:00	House Calls (John Lomacang) <b>CC</b>	6:00	Revelation of the Coming King <b>CC</b>
6:30		6:30	...(Ranko Stefanovic)
7:00	Secrets Unsealed Presents...	7:00	A Sharper Focus (John Lomacang) <b>CC</b>
7:30	...(Stephen Bohr)	7:30	
8:00	3ABN Today	8:00	3ABN Today
8:30		8:30	
9:00	Behold the Lamb Presents <b>CC</b>	9:00	Amazing Facts Presents... (Doug Batchelor) <b>CC</b>
9:30	...(Kenny Shelton)	9:30	Books of the Book <b>CC</b>
10:00	Revelation Insights (Lyle Albrecht) <b>CC</b>	10:00	It Is Written <b>CC</b>
10:30		10:30	Stones of Remembrance <b>CC</b>
11:00	3ABN Today	11:00	3ABN Today <b>CC</b>
11:30		11:30	
12:00a	Heaven's Point of View (Hal Steenson) <b>CC</b>	12:00a	A Sharper Focus (John Lomacang) <b>CC</b>
12:30	Exalting His Word (Shelley Quinn) <b>CC</b>	12:30	
1:00	Contending for the Faith (Clifford Goldstein) <b>CC</b>	1:00	In the Footsteps of Paul (Tony Moore) <b>CC</b>
1:30	Ultimate Prescription (Dr. James Marcum) <b>CC</b>	1:30	Melody From My Heart

CST	THURSDAY	CST	FRIDAY
2:00a	Books of the Book <b>CC</b>	2:00a	3ABN Today LIVE (continued) <b>CC</b>
2:30	Grace Pipeline (Shelley Quinn) <b>CC</b>	2:30	
3:00	Up Close	3:00	Revelation of Hope (Taj Pacleb) <b>CC</b>
3:30		3:30	
4:00	Remodeling Your Life (Jim Ayer) <b>CC</b>	4:00	Liberty Insider (Lincoln Steed) <b>CC</b>
4:30	Issues & Answers <b>CC</b>	4:30	Battles of Faith <b>CC</b>
5:00	Origins (Terry McComb) <b>CC</b>	5:00	Sabbath School Study Hour <b>CC</b>
5:30		5:30	
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>	6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	Hope in Motion <b>CC</b>	6:30	His Words Are Life (Mowrer)/Grandma's House (Neal) <b>CC</b>
7:00	Homecoming 2015 <b>CC</b>	7:00	Revelation Now (Jac Colon) <b>CC</b>
7:30		7:30	
8:00	3ABN Today	8:00	3ABN Today
8:30		8:30	
9:00	Stop Smoking Clinic (Arthur Weaver) <b>CC</b>	9:00	Behold the Lamb Presents <b>CC</b>
9:30		9:30	...(Kenny Shelton)
10:00	Wonderfully Made <b>CC</b>	10:00	Health for a Lifetime (Don Mackintosh) <b>CC</b>
10:30	Heart Lift (Jill Morikone) <b>CC</b>	10:30	It Is Written Canada (Chris Holland)
11:00	Celebrating Life in Recovery	11:00	Secrets Unsealed Presents...
11:30	...(Cheri Peters) <b>CC</b>	11:30	...(Stephen Bohr) <b>CC</b>
12:00p	Ultimate Prescription (Dr. James Marcum) <b>CC</b>	12:00p	Revelation of the Coming King <b>CC</b>
12:30	Laymen Ministries	12:30	...(Ranko Stefanovic)
1:00	Books of the Book <b>CC</b>	1:00	Remodeling Your Life (Jim Ayer) <b>CC</b>
1:30	Let's Cook Together <b>CC</b>	1:30	Cook:30 (Jeremy Dixon) <b>CC</b>
2:00	Body & Spirit (Dick Nunez) <b>CC</b>	2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Melody From My Heart	2:30	Steps to Christ in Song <b>CC</b>
3:00	3ABN Today	3:00	3ABN Today
3:30		3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>	4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>	4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Liberty Insider (Lincoln Steed) <b>CC</b>	5:00	Featured Ministries <b>CC</b>
5:30	Heaven's Point of View (Tom Shepherd) <b>CC</b>	5:30	Melody From My Heart <b>CC</b>
6:00	The Carter Report (John Carter) <b>CC</b>	6:00	Homecoming 2015 <b>CC</b>
6:30		6:30	
7:00	Sabbath School Study Hour	7:00	Anchors of Truth
7:30		7:30	
8:00	3ABN Today LIVE <b>CC</b>	8:00	3ABN Today <b>CC</b>
8:30		8:30	
9:00		9:00	It is Written <b>CC</b>
9:30		9:30	Maranatha Mission Stories <b>CC</b>
10:00	Kenneth Cox Ministries <b>CC</b>	10:00	Global Mission Snapshots (Gary Krause) <b>CC</b>
10:30		10:30	Hope in Motion
11:00	3ABN Today	11:00	3ABN Today
11:30		11:30	
12:00a	Table Talk <b>CC</b>	12:00a	A Sharper Focus (John Lomacang) <b>CC</b>
12:30		12:30	
1:00	3ABN Today LIVE <b>CC</b>	1:00	Breath of Life (Carlton Byrd) <b>CC</b>
1:30		1:30	Thunder in the Holy Land (Charles Byrd) <b>CC</b>

CST	SATURDAY
2:00a	Praise! (Kelly Mowrer)
2:30	In the Footsteps of Paul (Tony Moore) <b>CC</b>
3:00	Give Me the Bible (Kenneth Cox)
3:30	
4:00	Focus on God's Word <b>CC</b>
4:30	
5:00	Breath of Life (Carlton Byrd) <b>CC</b>
5:30	Digging Up the Past (David Down) <b>CC</b>
6:00	It Is Written <b>CC</b>
6:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
7:00	Kids Time Praise <b>CC</b>
7:30	Kids Time (Brenda Walsh)
8:00	3ABN Today
8:30	
9:00	Sabbath School Study Hour <b>CC</b>
9:30	
10:00	Kenneth Cox Ministries <b>CC</b>
10:30	
11:00	Worship Hour <b>CC</b>
11:30	
12:00p	Anchors of Truth <b>CC</b>
12:30	
1:00	New Perceptions (Dwight Nelson) <b>CC</b>
1:30	
2:00	Eleventh Hour Evidence <b>CC</b>
2:30	... (David Asscherick)
3:00	3ABN Today <b>CC</b>
3:30	
4:00	Maranatha Mission Stories <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Kids Time Praise
5:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
6:00	Laymen Ministries (Jeff Reich) <b>CC</b>
6:30	Thunder in the Holy Land <b>CC</b>
7:00	Breath of Life (Carlton Byrd) <b>CC</b>
7:30	White Horse Media Presents (Steve Wohlberg) <b>CC</b>
8:00	3ABN Today
8:30	
9:00	Contending for the Faith (Clifford Goldstein) <b>CC</b>
9:30	Books of the Book
10:00	Pressing in to His Presence <b>CC</b>
10:30	Making Waves (Jim Ayer) <b>CC</b>
11:00	3ABN Today
11:30	
12:00a	Special Feature <b>CC</b>
12:30	
1:00	GYC 2014 <b>CC</b>
1:30	

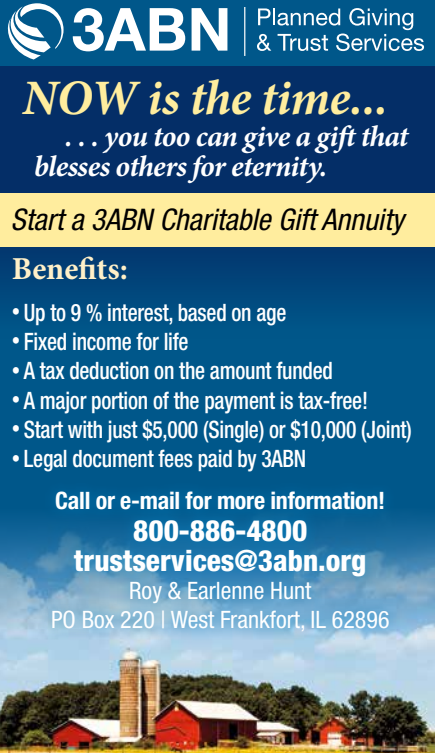


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Our Spring Camp Meeting is quickly approaching, and we're excited to bring you a brand new theme. Join us as we lift up Jesus Christ!

# CHRIST, CALVARY, AND THE SANCTUARY

**June 8–11, 2016**

## WEDNESDAY, JUNE 8

- 1:00–3:45 p.m. Evangelism Seminar  
John Lomacang, Shelley Quinn, C. A. Murray
- 7:00 p.m. Welcome/Music Hour
- 8:00 p.m. *The Lamb of God* – John Bradshaw
- 9:00 p.m. *His Way Is In the Sanctuary* – David Shin

## THURSDAY, JUNE 9

- 9:00 a.m. *Justification, Sanctification, and Glorification* – Ivor Myers
- 10:30 a.m. *The Altar of Burnt Offering* – David Shin
- 12 noon *The Shining Laver* – Kameron DeVasher
- 2:30 p.m. *The Table of Showbread* – Ivor Myers
- 3:45 p.m. 3ABN Tours
- 3:45 p.m. Planned Giving Seminar – Roy and Earlenne Hunt
- 7:00 p.m. *The Golden Altar of Incense* – Carlton Byrd
- 8:00 p.m. *The Golden Candlestick* – John Bradshaw
- 9:00 p.m. *The Ark of the Covenant* – Carlton Byrd

## FRIDAY, JUNE 10

- 9:00 a.m. The Power of Prayer Seminar – Brenda Walsh
- 10:30 a.m. *The Day of Atonement* – Kenny Shelton
- 12 noon *The Garden of Gethsemane* – Shelley Quinn
- 2:30 p.m. *The Trial of Trials* – Kenny Shelton
- 3:45 p.m. 3ABN Tours
- 3:45 p.m. Planned Giving Seminar – Roy and Earlenne Hunt
- 7:00 p.m. Calvary Concert
- 8:00 p.m. *Glory in the Cross* – John Carter

## SABBATH, JUNE 11

- 9:30 a.m. Sabbath School Panel
- 11:00 a.m. *What Happened in 1844?* – C. A. Murray
- 2:30 p.m. *Calvary Says "Love"* – Shelley Quinn
- 6:00 p.m. *A Risen Savior* – John Lomacang
- 7:00 p.m. *The Early and Latter Rain* – John Carter

Visit our website for more information: [3abncampmeeting.org](http://3abncampmeeting.org).



# Making a Difference For Education

by Shelley Quinn

My mother used to frequently quote the axiom, “Actions speak louder than words,” and usually continued with sage advice from Scripture, “Faith without works is dead.” James 2:20.

Since 3ABN’s inception, we’ve trumpeted the merit of Adventist education, and offered our verbal and prayerful support. But in 2015, we decided to add a little more action to our endorsement by setting a goal to raise \$3 million for Adventist education, and we’re pleased to report that by the grace of God and our viewer’s support, we’re well on our way!

In less than a year since launching the “Triple Your Donation Value” Adventist Education event, together we’ve raised nearly \$500,000 for 257 schools in the North American Division.

To date, viewers have contributed \$243,075 to this project. 3ABN, in

turn, doubled the value of that donated amount, sending 32,410 CDs and DVDs valued at \$15 each to Adventist schools. The schools sold the items for \$486,150 and kept 100 percent of the proceeds to apply toward their determined goals.

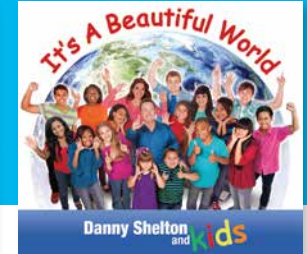
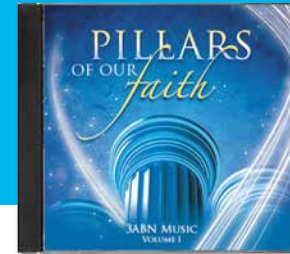
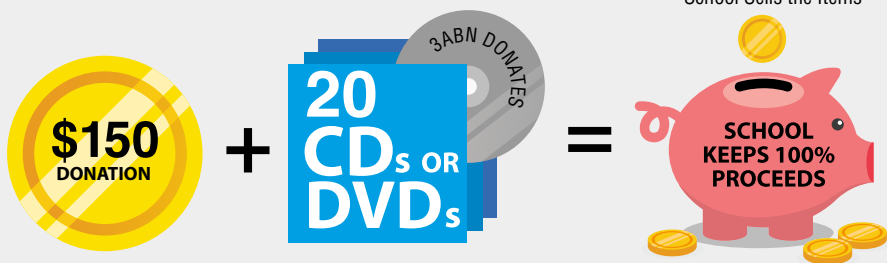
## How Your Donation Triples in Value

By using the example of a \$150 donation, allow me to clarify how the donation amount triples:

For each \$150 donation to this project, 3ABN doubles that donation value, sending 20 CDs or DVDs (valued at \$300) to an Adventist school. The school then sells these fundraiser items and keeps 100 percent of the proceeds.

In this example, if you add the \$150 that benefitted 3ABN to the \$300 that benefitted the school, the value of the original donation tripled to \$450. That’s getting a lot of bang for your buck!

### How Your Donation Triples in Value



For this school year, we have increased our fundraising selection to three items available in either CDs or DVDs: *Hallelujah, We're Home at Last!*, *Pillars of Our Faith*, and *It's a Beautiful World*. All North American Division Adventist schools are invited to participate at no cost, so be sure to tell your school administrator to check out this unique program by visiting [3abnschoolfundraising.com](http://3abnschoolfundraising.com). We also have a special way in which Pathfinder and Adventurer groups can participate—just visit the website and check out “Information for Other Participants.”

## Appreciation

We are receiving letters from school administrators expressing their appreciation for this opportunity to get students involved in community ministry through this fundraiser. Here’s one from Gregory Harcum, of Meadow View Junior Academy in Chesterfield, New Jersey.

He writes, “On behalf of our academy, I want to thank you very much for giving our students the opportunity to participate in the recent CD/DVD fundraising event. I’m happy to report that they were able to raise over \$1,500.

“This event has been such a wonderful lesson for the students, as they were directly involved in the ministry as co-workers of the Lord by sharing the

gospel through the sale of the music.... Also, they have expressed their interest and are already looking forward to future 3ABN fundraising events in which they can participate.

“Thank you for all your support with our fundraising efforts. Our success would not have been possible without your generous support.”

**“This event has been such a wonderful lesson for the students, as they were directly involved in the ministry as co-workers of the Lord.”**

We offer heartfelt thanks and appreciation to each of you who have already supported this effort to benefit Adventist schools. Your actions speak loudly of your interest in raising up new generations of youth who have a heart for the Lord, and testify to your lively faith!

If you have not yet participated, or if you would like more information, please visit [3ABNschoollfundraising.com](http://3ABNschoollfundraising.com) for all the details on how to support or how take advantage of this unique fundraising effort. ☺

# The TRUTH He Longed For

by Bobby Davis



PHOTOS: MARITHE RAZON

**J**osé Garcia was raised in Fresnillo, Zacatecas—a central Mexican city famous for its silver mines and pilgrims who visit the famous *Santo Niño de Atocha* statue of the Virgin Mary with her baby that was brought over from Spain. However, young José never cared much for church. “We didn’t go very often,” he says. “In fact, my mother basically had to drag me to church. I went through the first three Sacraments expected of me—Baptism, First Communion, and Confirmation, and my mother hoped I would become a priest someday. But since I knew they never married, I wanted no part of that.

“When I came to the States to finish my schooling, I began feeling a need for God. So I went to Mass every Sunday for several months, but each week, I hated it more and more. One day, I stared at myself in a mirror and thought, *You are such a hypocrite! You can’t wait to get out of Mass. In fact, you think the best part of Mass is when the priest gives everyone the parting blessing!* After that, I quit going to church altogether for several years.”

## No Greater Love

When he was 20, José was invited by a friend to attend a Bible study at a Pentecostal church. “We got started, and one

of the ladies said something that really shocked me,” he recalls. “She said that God had told her something, and that she had said this or that back to Him. *Can she really talk to God like that?* I wondered. Then she began speaking in ‘tongues,’ but when I tried, nothing would come out.

“I decided that was not for me, but before I left, that lady gave me a beautiful



book called *No Greater Love*, with a red rose on the cover.” He pauses for a moment, struggling to hold back the tears. “It still chokes me up, because after several months, I picked up the book and

began to read, only to discover that it was a New Testament! I read the gospel books of Matthew, Mark, Luke, and John three times in as many months, and discovered that the story of Christmas was in the Bible. I never knew that!”

José says he experienced a level of peace, confidence, and love he’d never felt before as he read his Bible. He also sensed new power flowing into his life. “I didn’t realize that it came from reading the Bible,” he says, “but when I stopped reading, it went away. I went through a

dry time for the next seven years, always searching for what I had lost.

## Channel 40

José had been working for a pizza store, and on the first day he was promoted to general manager, he met Yolanda and fell in love. A year later, his district manager told him of an opening in Midland, Texas, and soon he moved to this new location.

“I’d barely gotten settled, and hadn’t had a chance to open a local bank account,” he says. “So when the cable man came to set up, I asked him if he took cash. ‘No, I’m sorry, but I have to have a check,’ he said. So I told him I’d call them back another time. I could still get

four or five local channels, and since I hardly had time to watch TV, that was okay for awhile.

“Several years went by, and in 1999 my father passed away. At the time, I thought I was successful, but I was really a mess,” he recalls, “and with the loss of my father, I began wondering if I’d ever see him again. *What is life all about, anyway?* I wondered. *Life is just a rat race—work, sleep, eat, work. When I die, is that it?*”

“I really began searching for meaning, so any time I saw someone talking about Jesus on television, I’d stop and listen. Some of them talked about prophecy, too, and that fascinated me.

“One night, I decided to see if there were any other channels available, and

suddenly I found channel 40—a 3ABN downlink station in Midland. Lo and behold, the first words I heard got my attention—Lyle Albrecht was talking about the Sabbath! I remembered that when I was 20 years old, I’d read that Jesus’ custom was to teach in the synagogues on the Sabbath. At that time, I thought, *I wonder why Jesus went there on the Sabbath? And if He did, why don’t we?*

“Since I had no one to ask, I shrugged those questions off, but when I heard the Sabbath mentioned on TV, I was fascinated. I watched 3ABN more and more; in fact, I’d stay up until three or four in the morning, knowing that I had to go to work the next day.

**“One night, I decided to see if there were any other channels available, and suddenly I found channel 40—a 3ABN downlink station in Midland.”**

I simply couldn’t shut it off, because after Lyle, Doug Batchelor or Mark Finley would come on, and I just had to watch!

“What they said about prophecy was so different than what I’d heard before that I became confused. It got so bad that eventually I stopped watching altogether,” he admits, “but the Holy Spirit kept urging me to watch 3ABN, so I finally got back to it. This time, everything seemed to make sense, but I looked up every Bible text they mentioned to make sure it was absolutely true!”

## Seventh-day Adventist

About a year later, José says he heard something he’d never heard before. “Someone mentioned the Seventh-day



Adventist Church, and I thought, *What? There's a church that teaches all this?* I looked it up in the Yellow Pages and found the Midland church right here in town, so I called them one Sabbath, only to find out that their service had already begun. I didn't go that day, but I drove there the following week. The services started at 9:30 a.m., but when I got there at 9:15, there were no cars, so I figured they weren't having services that day. The next week I came by and saw the cars. However, I just drove by slowly. I just couldn't seem to go in.

"Finally I got up the courage to go in on the following Sabbath, and I'll never forget how I felt." Again, José is overcome with emotion, and pauses to compose himself. "I was greeted by the most wonderful people who made me feel so welcome," he says. "Right away, I felt like I was home. *Every fiber of my being longed for this fellowship, and I knew that God had led me there.* In fact, I felt like I'd been a part of their group ever since I began watching 3ABN, because everything they talked about, I'd heard on 3ABN before. I'd already made changes in my diet and

lifestyle, and when I heard them speak about tithes and offerings, I smiled. I'd been sending my tithe to 3ABN, since I had no church at the time."

Although José had no trouble accepting a new day of worship, he says he struggled with the idea of not working on Sabbath. "I was working nearly every day, but I was being convicted about the Sabbath," he admits. "So I decided I'd put whatever I earned on Saturdays into the offering plate. That went on for a while, but one day, as I was figuring up how much I'd put in for the Sabbath I'd worked, I heard God speaking to me, *José, do you think I need your money more than your obedience?*

"I was startled, and I *knew* that came from the Lord! So from then on, I made a decision to never work on the Sabbath again! That was an important moment in my life, because I realize now that I'd begun to justify my behavior!"

### Purpose in Life

José and Yolanda were baptized on the same day and have been active members ever since.



Pastor Abner Razon (left) says that José and his family are a blessing to their church and their community.

"Our lives today are centered around our church community," he says, "with many church activities throughout the week that culminate on Sabbath. I can't imagine living any other way. Today, I have purpose in my life. I come to Jesus, and then I go for Jesus. I want to bring as many people as I can to Him.

"In the past, I upset some people because I didn't know how to witness for Him. But I've learned that in order to witness effectively, the Holy Spirit must be present. He's the One who convicts, and if He's not present, then the Lord has not prepared them, yet. We must be careful of what we say, and how we say things.

"The next principle is to teach people by telling them stories and by asking them questions. That's what Jesus did, and I've been blessed to learn this and share it with my fellow church members."

### Actively Involved

Pastor Abner Razon beams as he speaks of the Garcia family. "José and his wife Yolanda are very involved in church life," he says. José is a church elder and

often gives Bible studies and seminars on how to witness for Christ effectively. He's involved in prison ministry, teaches Sabbath School, and even preaches from time to time. His wife Yolanda is the director of our Pathfinders and Adventurers Clubs, and his three daughters are very active, too.

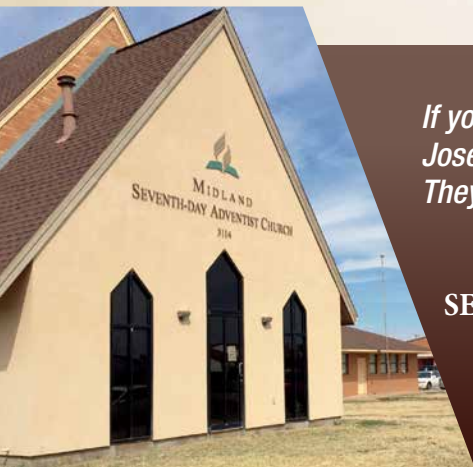
"In addition to all this, our church and the Texico Conference sponsor satellite dishes with 3ABN for each of our new members—and José volunteers to install them. The Garcia family is truly a blessing to our church and our community."

### The Truth He Longed For

As he concluded, José had one more thing to say. "You know, at the time, I believe that the only 3ABN station around was right here in Midland, Texas. And there is no doubt in my mind that this was the reason the Lord made sure I moved here. It wasn't for a job. It was so I could finally find the truth I longed for!"



A Pathfinder family! José and Yolanda with their daughters (left to right) Laura, Bianca, and Rebecca.



*If you live in the area, you're invited to join José and his family for Sabbath Services. They would love to meet you!*

**MIDLAND**  
SEVENTH-DAY ADVENTIST CHURCH  
3114 Travis Avenue  
Midland, Texas



# Waiting for a Message

by Jill Morikone

I sat on the love seat and stared out the back door. The sun was just setting, turning everything a golden hue; but the house was quiet. Too quiet. *Oh, God, help him be okay.* The ticking of the clock on the wall broke the stillness. Sabbath was upon me now. No need to wrap myself in worry. Greg or no Greg, I needed to open these hours with God.

“Remember the Sabbath day, to keep it holy,” my voice broke the stillness, competing with the clock on the wall. *If only he had cell reception, I’d know he was okay. How could our lives have so fully intertwined as one?*

## Staying Warm

I could’ve gone on the trip, but the thought didn’t exactly appeal to me. Besides, this trip was for Greg and his dad.

Greg had meticulously prepared. Warm down sleeping bag, weighing only two pounds, rated down to 20 degrees. Check. Water filter. Check. Moisture-wicking clothes. Check. Trekking poles and hiking boots. Check. Dehydrated food, lightweight cooking set, spork. Check.

Backpacking is fun—so I’ve been told—but this was wintertime. Not my idea of fun, camping in the snow, shivering in one of those mummy bags in the middle of nowhere. We had tried out his new sleeping bag ahead of time. We laid it outside one night as the wind whistled, the temperature around 20°F. I wriggled into it and Greg zipped me up, and then pulled the little strings around my head. Only my face was exposed. *Boy, was it cold!*

“Okay, sweetie. I’ll be back in five minutes. Tell me how you feel then.”



**Jill Morikone** is the administrative assistant to 3ABN’s president, a columnist for the *Adventist Review*, and involved in teaching Sabbath School and women’s ministries. She’s married to 3ABN production manager, Greg Morikone.

PHOTO: SHUTTERSTOCK.COM/PACROVKA, KOSTANPROFF

I don’t like being cold, but the bag warmed quite quickly. I was surprised how comfortable I felt, watching the stars overhead, hearing the wind blow, yet wrapped up in my own cocoon of down fluff.

All too soon, Greg appeared. And the truth is I was a bit reluctant to leave my warm bed under the stars and head inside. Maybe that was the draw of this backpacking trip. Being outside in nature. Leaving everything behind and spending time with God. *But wintertime?*

## “I’m Going to Miss You”

A major snowstorm ripped through the Mid-Atlantic states, and a few days later, Greg headed that way early on Friday morning. I hugged him tightly. “Be careful. I’ll be praying for you,” I said over the lump in my throat. “I’m going to miss you.”

He nodded. “I’ll let you know which trail we’re taking, since I’m not sure how much cell reception we’ll have out there.” He picked up his stuff. “Always know that I love you.”

And now it was Friday night, and I hadn’t heard anything since noon, just as they started on the trail. He’d sent a final text message. “At least eight inches of snow on the ground. In case anything happens, we’re taking Trail 220. I should be in contact with you by noon on Sunday.”

*If I could just know he was okay. That he wasn’t injured. Or cold.* We’d been apart before, but always with cell reception.

Refusing to sit in the shadows, I turned on the light and ate my supper. Later, I knelt by our bed. *We haven’t missed a night praying together for the last 15 years,* I thought. As I prayed, I recalled the times my Maker, my Husband, had wanted to call me. Often, I’d been too busy, too distracted, too indifferent to answer. So He’d sent me a *text message*, filled with the love and longing of His heart.

I’m trying to listen more. To hear His voice in His Word, to catch the slightest whisper of His Spirit. For it is in communication, that we stay connected.

By the way, Greg came home safe and sound. Thank You, Jesus! ☺

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He’d sent a final text message. “At least eight inches of snow on the ground. In case anything happens, we’re taking Trail 220. I should be in contact with you by noon on Sunday.”

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# Cheryl's Yummy Soup

From the kitchen of  
Barbara Nolen

**Barbara Nolen** is an administrative assistant to 3ABN's vice president, Mollie Steenson. She has a passion for cooking, reading, decorating, and loves spending time working with her flowers in the great outdoors. Barbara is a widow with two adult children.

## INGREDIENTS

- 4 cup Yukon Gold potatoes, cubed, with skin
- 1 large bunch asparagus spears, sliced into  $\frac{3}{4}$ " pieces (approximately 3 cups)
- 3 cups portabella or white button mushrooms, sliced
- 1 cup yellow onion, diced
- 2–4 cloves garlic, minced
- 2–3 Tbsp parsley, fresh or dried
- $\frac{1}{2}$  tsp powdered sage
- $\frac{1}{2}$  tsp rosemary, dried
- $\frac{1}{2}$  tsp thyme, dried
- 1–2 Tbsp nutritional yeast flakes
- 1–2" fresh turmeric root, peeled and grated fine, or 1–2 tsp dried turmeric
- 2 tsp Celtic or Himalayan salt, or to taste
- potato flakes
- water to cover vegetables

## THICKENING MIXTURE:

- $\frac{1}{2}$  cup cashews, soaked for at least 2 to 3 hours prior, or overnight
- 3 Tbsp tapioca powder or other thickener
- $\frac{1}{2}$  cup water

## DIRECTIONS

1. Combine all ingredients and cover the vegetables with water in a Dutch oven pot. Cover and bring to a boil, then reduce heat and simmer for 20 minutes or until vegetables are tender.
2. While they are cooking, make thickening mixture by blending drained cashew nuts, tapioca powder, and water until creamy. Add to soup mixture while stirring, so it doesn't clump. (Note: *Do not* add this mixture at the beginning of cooking, because it will cause sticking and scorching!)
4. Simmer soup for 5–10 minutes, then add potato flakes if needed, to bring soup to the thickness you desire.

This recipe was an answer to my sister Cheryl's prayer. She was tired of the "same old, same old," and wanted something different. So she offered up a prayer for God's guidance.

The next thought she had was, *You like potato soup, mushroom soup, asparagus soup, so why not combine them?*

It worked! She always makes extra to share with neighbors, and they always ask her to make more.

We hope you enjoy it, as well. And be sure to share it, since that brings an added blessing! ☺

*Barbara Nolen*



PHOTOS: SVETLANA CHRISTIAN





# TOP 10 TRAVEL TIPS

by Dr. James Marcum

Often find health topics to write about from e-mails like this one, sent to our [heartwiseministries.org](http://heartwiseministries.org) website:

*“I travel extensively, sometimes great distances over an extended period of time. After every trip, I feel washed out for about a week. I take my medications faithfully. Do you have any suggestions?”*

Many are traveling, and the world is smaller than ever. Travel increases even more during the holidays and in the summer. Our bodies’ function depends on many complex interactions like sleep patterns, eating patterns, and habits of movement—all of which can be changed dramatically during travel.

I have patients every week asking about travel, and I do not recommend taking a trip if they are having symptoms, have just finished a medical procedure, or are taking a new medication. Those health issues should be discussed with their provider before travel.

Here are my top ten travel tips to help you stay healthy:



**1. Drink lots of water.** Whether traveling by plane, train, boat, or automobile, make sure you are hydrated. Every chemical reaction in your body depends on water, and you need to keep the parts lubricated.



**2. Move every hour, and try to maintain an exercise program.** Traveling often involves extended periods of sitting, which causes the blood flow to diminish. Moving helps lower your risk of clots in the veins, while increasing your metabolism. If you can maintain a movement program, it will also lower the stress chemistry that comes with traveling.



**3. If possible, maintain your own time zone for your eating and sleeping patterns.** This will cause less disruption to your circadian rhythms, which regulate your entire body. Recovery back home will also be easier.



**4. Avoid stimulants like caffeine and energy drinks.** These disrupt your sleep patterns.



**5. Avoid big meals before lying down, preferably eating four hours before sleep.** Politely say no, or just have a nibble. Try not to break your eating patterns, even if everyone is eating big at night, or at off hours. This is crucial if you intend to rest well.



**6. Take medications from home, and have a copy of your medical records.** An ideal way to do this is to type out your medical problems, shrink them to wallet or pocketbook size, and laminate them. Often, medical records can be stored in your smartphone or mobile device, as well.



**7. Be careful with food and water.** Water sources need to be verified, and in some instances, it might be safer to drink other beverages. Food must be from safe sources—especially freshly prepared food that depends on the cleanliness of others.



**8. Carry insect repellent, as insects can carry disease.** In addition, don’t forget to pack snacks and sunscreen from home, if possible.



**9. Read up!** The Centers for Disease Control has an excellent website for travel advisories and special precautions: [cdc.gov/travel](http://cdc.gov/travel).



**10. Make prayer and worship a priority, asking God for health.** You may have to be a little more creative, but do not miss your worship time while traveling. Remember Daniel’s example.

Place this list somewhere and review the next time you travel. ☺



**James L. Marcum M.D. FACC** is a board certified, practicing cardiologist who also serves as speaker/director for Heartwise Ministries. His latest books, *Medicines that Kill*, and *Ultimate Prescription*, are available from 3ABN.



[www.heartwiseministries.org](http://www.heartwiseministries.org)



# Home Comforts

by Terry Shelton

A smile crept across my lips as I watched the comical antics of some feral kittens through my window. We had started feeding three cats, and now, sometimes there were ten. One kitten, however, really caught our eye. Her golden yellow hair made her look like a lion, and it was pure love at first sight.

## Ours, Except...

One day, while she was looking down, eating her food, I grabbed her by the scruff of the neck and brought her inside. At last, she was ours! Surprisingly, she didn't fight, scratch, or bite. She was just visibly shaken, and her little heart raced.

We gave her a warm flea bath, then dried and cuddled her for a while till we felt safe to let her roam the house.

Then we watched as she padded her way back to the door I'd brought her through, except now she was on the inside. Our door panes run almost to the floor, so she sat there and stared outside, meowing loudly. Then she roamed the house with a sad meow.

We could do nothing to console our little sweetheart, but when we picked her up, she would purr loudly, which seemed to indicate she was pleased. But the minute we put her down, right back to the door she went, staring longingly outside, crying to be set free once more. When I showed her the food and water bowls, she seemed to have no interest. We placed her gently in a little carrier with some warm blankets, and she seemed at peace. When morning came, I figured

she would need to visit the litter box, so I tenderly placed her in it, but to no avail. Her response was simply to wander the house, crying for freedom.

Finally my heart couldn't take it. I simply couldn't make her stay inside, so she got her wish, and once again she seemed happy to be with her siblings in familiar surroundings.

## Choices

For the next few days, at feeding time, she'd approach the



Finally my heart couldn't take it.

I simply couldn't make her stay inside, so she got her wish.

door and stare inside; and since it was January, I figured she might want to try indoor life again. But as soon as I opened the door she ran away quickly! I was offering her a warm home with food, safety, and all the comforts a cat could want, but she ran away, choosing to stay outdoors in the cold rain and snow.

We put out a medium-sized doghouse with some blankets in it and noticed the cats often took shelter there from the harsh weather. But these accommodations were nothing compared to what she could have just inside our door. She could choose comfort, but she wouldn't. Even on the morning when we awoke to two inches of snow, she still turned and fled when I opened the door.

I know we have the ability to reason on a much higher level than our animal

friends, but surely she could understand the value in being inside — especially in January! *Why doesn't she get it?* I asked myself.

## "I Have Loved You . . ."

One day, my wife and I discussed this and she reminded me of the spiritual parallels in this story. That kitten represents us, and our family represents God. Before we come to God, we are out in the world, seemingly

enjoying our freedom. But somewhere along the way, we discover He has a better life for us. He draws us to Him, and we come, cautiously; but some of us run away, simply refusing His offer.

God says, "I have loved you with an everlasting love; therefore with lovingkindness I have drawn you." Jeremiah 31:3. Have you chosen to run from the comfort God can provide? My experience has taught me that it's better inside, with God's love. ☺



**Terry Shelton** serves as the lay pastor of the Seventh-day Adventist Church in West Frankfort, and works in the Information Technology department of a local hospital. He dreams of serving in full-time ministry someday, and loves to share Jesus with those who are hurting.







# I'LL NEVER FORSAKE YOU

by Dr. Senez Rodriguez

I'm not sure why that curious bird was given its name, but to me, it represents one of the many unexplainable things we find in nature that speak to our God's love for all of His creatures. You've most likely seen this curious and beautiful bird, because its habitat extends from Canada to the far corners of the United States (including parts of Alaska), Mexico, Central America, the Caribbean islands, the northwestern parts of Colombia and Venezuela, and even parts of Perú and Ecuador. Now, why is it called a killdeer? It has nothing to do with deer, and much less with killing anything.



3ABN's campus after lunch on a beautiful, sunny day. A flock of them were diligently nesting in the gravel at the edge of the road. Interested in watching them a bit closer, I began to carefully approach them, not realizing there was a nest nearby with four camouflaged eggs that looked just like the surrounding rocks. To my surprise, even before I got very close, the killdeer engaged in what ornithologists call a "protective behavior." Making a loud wailing noise, it pretended to have a broken wing and simultaneously moved away from the nest, with the apparent intention of grabbing my attention, distracting me, and getting me away from the eggs. Once I was far enough from it,

## PROTECTIVE BEHAVIOR

I confess that I'd never seen them up close till last summer, while walking with my wife around



**Dr. Senez Rodriguez** is a retired professor of clinical psychology with many years of pastoral experience. His wife Sonia, also a retired teacher, is the production coordinator for 3ABN Latino Network.

the killdeer must have perceived that the nest was no longer in danger and flew away with what I interpreted as a cheerful song saying, "I fooled you! I fooled you!"

## DAVID'S BEHAVIOR

Did you know that the Bible talks about a similar "protective behavior" David engaged in while fleeing from King Saul as he entered the territory of Achish, the king of Gath? David knew he was in enemy territory, and his fear grew exponentially when he heard Achish's servants asking one another, "Is not this David, the king of the land? Did they not sing one to another of him in dances, saying: 'Saul had slain his thousands and David his ten thousands?'" 1 Samuel 21:11. David realized he had to do something rather quickly, before it was too late.

Now, he didn't make lots of noise,

YOU CAN IMAGINE THAT ACHISH WAS NOT PLEASSED WITH HIS SERVANTS FOR BRINGING A MADMAN SO CLOSE TO HIM.



A killdeer pretends to have a broken wing as it tries to lure humans away from its nest.

like the killdeer do; nor did he pretend to have a broken arm, because killdeer are not found in that part of the world. Instead, the Bible says that when he was arrested and taken to Achish, he cleverly pretended to be a madman. He "scratched on the doors of the gate, and let his saliva fall down on his beard." 1 Samuel 21:13.

You can imagine that Achish was not pleased with his servants for bringing a madman so close to him. He said, "Look, you see the man is insane. Why have you brought him to me? Have I need of madmen, that you have brought

this fellow to play the madman in my presence? Shall this fellow come into my house?"

## GOD'S PROMISE

Little did Achish know that it was actually God who gave David the wisdom to quickly engage in a successful (and rather funny) "protective behavior" in the fulfillment of His promise: "And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed." Deuteronomy 31:8. As children of the Almighty God of Heaven, we need not be afraid when circumstances put us in harms way, for He has promised never to forsake those who serve and live for Him. That promise is still true for you and for me, because He says so! ☺



# In Relation to a Holy God

by Dr. R. Dean Davis

To the ancients, the degree of holiness of anything is determined by its distance or nearness to God. If an object belongs to God, it is sanctified or holy because it is separated from common usage and dedicated to Him. Likewise, people are classified by their closeness or distance from Him. If they have no relationship with God, they are “far from” Him. If they are “close” to Him, they are holy.

## Seven Levels

God’s complete number is seven, as demonstrated in the seven-day Creation. Therefore, the Hebrew camp is divided into seven levels (representing the cosmos), starting from the point most distant from God, and finishing nearest to Him.

The outermost level represents the outside world, where the mixed multitude is camped. They are generally thought to be largely composed of the Egyptians who joined the Hebrews in the exodus, and who often influenced them to sin. The second level is the twelve tribes, camped around the tabernacle. The third level is the Levites, who camp between the tribes and the tabernacle and are responsible for maintaining it. The fourth level is composed of the Levites who minister within the tabernacle and camp directly in front of it. The fifth level is the tabernacle court, where the sacrificial animals are burned on the altar. The sixth level is the first compartment of the tabernacle, called the Holy Place, where the sacrificial blood is taken. The seventh level is the compartment called the Most Holy Place, where God rules from, cosmically. His cosmic rulership is derived from the fact that the Ark of the Covenant is His footstool. “Heaven is My throne, and the earth is My footstool.” Isaiah 66:1.



**Dr. R. Dean Davis** is a retired theology professor who writes from South Lancaster, Massachusetts. His son, Bobby Davis, is the managing editor for 3ABN World.

## Limited Access

The closer one gets to God, the more limited the access—and the holier the ground. Only Levitical priests and repentant sinners bringing their sin or guilt offerings can enter the tabernacle court; only the priests can take the sacrificial animal’s blood into the Holy Place; and only the High Priest may enter the restricted Most Holy Place *once a year*, after he’s made atonement for himself.

## Mount Sinai

Let’s look back in time for a moment. Mount Sinai is God’s sanctuary before the earthly tabernacle is built. The distance or nearness to God is again regulated by one’s role in relationship to Him. The Hebrews are called to the base of the mountain to purify themselves, since the Lord will descend on its top on the third day (Exodus 19:1–23). Moses builds an altar and offers whole burnt offerings here (Exodus 24:4–5), making this area correspond to the later tabernacle court. Moses, Aaron, Nadab, Abihu, and 70 elders ascend the mountain to an area equivalent to the Holy Place, but God wants Moses to ascend farther by himself, to be nearer to Him in what corresponds to the Most Holy Place (Exodus 24:1–2).

## The Garden of Eden

The Garden of Eden is the first earthly sanctuary, and the equivalent of the Most Holy Place, where God dwells with Adam and Eve before sin. However, after sin enters the world, they can only worship God outside the east gate—in the equivalent of the courtyard, or outer world.

## Twofold Emphasis

God communicates a twofold message through the sanctuary. First, He shows that the closer we are to Him in fulfilling our designated role, the holier the ground where we stand—and the holier our role.

Second, our holiness is determined by the closeness of our relationship to Him, and the distance we are from God determines whether we are considered holy at all. ☪



The CLOSER we are to [God] in fulfilling our designated role, the HOLIER THE GROUND where we stand—and the HOLIER OUR ROLE.

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# 3ABN MAILBOX

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Letters and other materials sent to 3ABN November be used in whole or in part, and edited for content, grammar, and readability, unless otherwise requested.

**Sent to our staff at 3ABN Australia:** “My husband and I are not Seventh-day Adventists, but I just wanted to drop a line and tell you that we enjoy watching some really good programs on 3ABN. It has also sparked off a renewed interest in us to return to the vegetarian diet we tried for a few years some time ago. We appreciate the good content of the programs we watch on 3ABN.”

**Hyattsville, Maryland:** “A few years ago, I changed my TV Internet carrier to Verizon Fios, and was very happy to see that I could view 3ABN programs. A few months ago, you added the Friday evening sunset program, and I want to thank you for this addition. It is great to give people a look at ways they can start the Sabbath.”

**Jackson, Tennessee:** “I watch your ministry frequently. I have been blessed by your study of the Word, and your health, dietary, and exercise programs. I am a born-again believer. May God bless your ministry.”

**Andersonville, Tennessee:** “During a long illness, I happened to find 3ABN when I was channel surfing. I dragged myself off the couch and dug out my mostly unused Bible, and started taking notes. From then on, I watched most of the day and night, and in early 2007, when I was well

enough, I found a Seventh-day Adventist church and began attending. I was baptized on May 5, 2007, and I can’t say enough how much I love your programs, and how grateful I am to Danny for following the inspiration God gave him.”

**Brooklyn, New York:** “Thank you for 3ABN’s wonderful teaching and preaching. I have gained much knowledge in the last three months. I stumbled onto this network when I got Verizon Fios. I have found a Seventh-day Adventist church, and have changed my day of worship. Thank you!”

**Kirov Region, Russia, to our 3ABN Russia Staff:** “Five years ago I accepted Jesus as my personal Savior. My problem is that I am spiritually weak, but I have an earnest desire to follow the Lord. This is why I would like to take your Bible study course.”

**Litchfield, Minnesota:** “I watch 3ABN every day and have started going to the Seventh-day Adventist church. I’m retired at 88 years of age, and now back to the Bible and God.”

**East Moline, Illinois:** “How I thank God for you and the tremendous work you’re doing. If I were younger (I’m 88), I would go with you to London! Since I began viewing 3ABN, I now consider myself a Seventh-day Adventist. God bless you!”

## Be a part of the 3ABN family and use your talents in reaching people for Christ!



**3ABN KIDS NETWORK IS LOOKING FOR A VOLUNTEER** who has television experience in program development and production. If you are creative, organized, and passionate about children’s ministries, this is the place for you! Kids Network is developing new programs just for kids and would welcome someone who is missionary-minded and willing to volunteer their time. If the Holy Spirit impresses, please contact Brenda Walsh, 3ABN Kids Network, PO Box 220, West Frankfort, IL 62896, or email [brenda@brendawalsh.com](mailto:brenda@brendawalsh.com) for more information.



**DARE TO DREAM IS LOOKING FOR A VIDEO EDITOR** that has solid experience with digital technology and editing software packages (i.e. Final Cut, Adobe Photoshop, and After Effects), and knowledge of video format conversions, video transfers, and mastering to any platform. Familiarity with 3D effects and 3D compositing. Please submit résumé and demo reel to: Human Resources—3ABN, PO Box 220, West Frankfort, IL 62896



**3ABN IS LOOKING FOR A SPECIAL PROJECTS/PROMOTION PRODUCER** proficient in camera work, with advanced skills in audio/video acquisition, remote ENG shooting, remote lighting and ENG/field audio recording. Must have editing experience using Adobe Audition, Final Cut 7, and Final Cut X (or similar programs) and knowledge of video format conversions, video transfers, and mastering to any platform. Please submit résumé and demo reel to: Human Resources—3ABN, PO Box 220, West Frankfort, IL 62896

### “What is this you have in your hand?”

If you’d like to donate something, please contact Bruce or Tammy Chance at (618) 627-4651, or e-mail [tammy.chance@3abn.org](mailto:tammy.chance@3abn.org). All gifts are U.S. tax-deductible.

Although we appreciate your support, please call us before you ship anything, since we cannot accept musical organs, time-shares, pearls, and many other items. Thank you for your generosity!

Another way to support 3ABN—our eBay® store: [giftshop.3abn.org](http://giftshop.3abn.org)

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