

September 2022

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3ABN WORLD MAGAZINE

OVERCOMING THROUGH *Christ*

PG 4

 3ABN Fall Homecoming
SEPTEMBER 22-24

with



Wintley Phipps



David Shin

and your
3ABN
family!



Join us
LIVE
in person



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Executive Editor: Jill Morikone
Managing Editor: Bobby Davis
Creative Director: Adam Dean
Graphic Designers: Janelle Owen, Svetlana Christian
Photographer: Svetlana Christian
Proofreaders: Valerie Morikone, Kiersten Poling, J.D. Quinn

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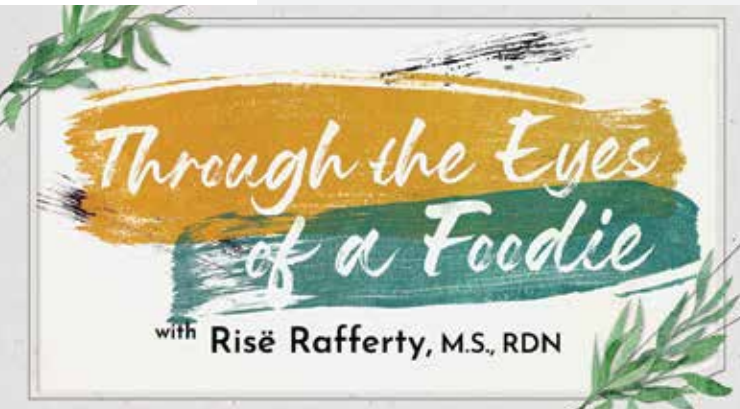
By mail: 3ABN Call Center / Attn: Subscriber Services / Feedback, P.O. Box 220, West Frankfort, IL 62896-0220

By email: 3abnworld@3abn.org or online at 3ABN.tv

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Ever wondered what a foodie sees in Scripture? Well, wonder no more. In these segments, Risë Rafferty shares insights on a variety of verses you may not have considered before. Her approach to Scripture is a fresh look at some rubber-meets-the-road (or food-hits-the-mouth) topics from gut health to superfoods. Educational and inspirational—in less than 2 minutes. Whew!


**Find the playlist on
3ABNPlus.tv, then
share it on your
favorite social media!**

PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

There's a little clothing alteration shop in the small town of Herrin, Illinois, just behind the owner's home. In order to enter this quaint shop, we walk down a smooth path, go under some shade trees, and pass by a splashing fountain. On either side of the entrance are two benches that invite every customer to sit for a moment and enjoy the peaceful surroundings.

As we step inside the shop, we see that it's filled with sewing machines, bolts of cloth, and shelves with spools of thread, buttons, and pins. But something else catches our eye: stenciled on the walls are Bible verses and encouraging quotes.

The shop owner and her husband are strong Christians, and recently, I visited her shop to get several suits altered. The lady and her husband struck up a conversation with me about 3ABN—which led to a discussion on religion, the Bible, and the times we live in. Then he began to share his testimony of how over 40 years ago, the Lord pulled him from the path of destruction—of drug dealing, drinking, and smoking—and put him on the path of going to church and living a lifestyle that is pleasing to God. What a blessing it is when we speak of the Lord and what He's done for us. As I stood to go, we all said, "We've just had church!"

As I left, I was reminded again of the power of our personal testimony—how it encourages others when they see what the Lord has done! We want to give you the opportunity to share your personal 3ABN testimony. We're looking for stories of how this ministry has impacted your life, led you to Jesus, or encouraged your walk with Him. We plan to feature as many testimonies as possible, so please email your stories to mail@3abn.org and thank you for being a part of our 3ABN Family!



Greg Morikone
3ABN President

OVERCOMING THROUGH Christ

3ABN's Homecoming Camp Meeting by Bobby Davis

For the first time in several years, we are planning an in-person Homecoming Camp Meeting—and we're really looking forward to seeing many of you there! Our theme is "Overcoming Through Christ," and we'll be broadcasting programs each day from Thursday, September 22, through Saturday, September 24.

Anyone who is aware of the state of our world knows that we're living in the End Times described in the Bible. Our world, our country, our churches, and our relationships are all affected by the wars and rumors of wars, political unrest, protests, and violence all around us. But no matter what we must go through, *we can be overcomers!*

"Our Homecoming Camp Meeting will start by focusing on Jesus Christ, our Overcomer, and end by focusing on the Holy Spirit, who gives us power to overcome," says 3ABN Vice President and COO, Jill Morikone. "We will be taking an in-depth look at some of the issues we all face, and see how we can overcome temptation, sin, and the enemy's strongholds. Then we'll see how the power of God can overcome addictions and obstacles of all kinds, whether they be finances, relationships, sickness, legalism, liberalism, or apathy. 3ABN's Homecoming features 12 powerful sermons by 3ABN speakers and our special guests, Pastor Wintley Phipps and David Shin, and we're looking forward to what the Lord has in store for us!"

"I'm looking forward to the messages and music, as we focus our attention on Overcoming Through Christ," adds 3ABN President Greg Morikone. "We are truly excited, and can't wait to see you again in person for our Fall Homecoming!"

HOPING TO SEE YOU IN PERSON!

For those who would like to attend in person, we have free RV and camper spaces with hook ups, tent spaces, and a nearby shower house. Just call us at 618-627-4651 to reserve your spot.

We will also provide delicious free meals prepared by Melody Caviness, programs for children of all ages, tours of our studios, and much more. For more information, including a list of local hotels in the area, please visit 3ABNCampmeeting.tv.

It's truly a family homecoming, so join us in person, or by TV, radio, or the Internet! ☺

WE CAN'T WAIT TO SEE YOU!



Greg Morikone



Jill Morikone



Danny Shelton



Yvonne Shelton



Ryan Day



John Dinzey



John Lomacang



Shelley Quinn



James Rafferty



Kenny Shelton



Wintley Phipps



David Shin

3ABN HOMECOMING BROADCAST SCHEDULE

All times Central (UTC-5)

THURSDAY, SEPTEMBER 22

- 6:00 p.m. *Music Hour*
- 7:00 p.m. *Christ, Our Overcomer* - Wintley Phipps
- 8:00 p.m. *Overcoming Temptation* - David Shin

- 7:00 p.m. *Overcoming Obstacles* - James Rafferty
- 8:00 p.m. *Overcoming Cultural Conundrums* - John Lomacang

FRIDAY, SEPTEMBER 23

- 9:00 a.m. *Overcoming Sin* - John Dinzey
- 10:00 a.m. *Overcoming Relationship Issues* - James Rafferty
- 11:30 a.m. *Overcoming Doubt* - Kenny Shelton
- 2:00 p.m. *Overcoming Apathy* - Jill Morikone
- 6:00 p.m. *Music Hour*

SATURDAY, SEPTEMBER 24

- 9:00 a.m. *Sabbath School Panel*
- 10:30 a.m. *Divine Worship Service* - Danny Shelton
- 2:00 p.m. *Overcoming Legalism* - Shelley Quinn
- 3:00 p.m. *Overcoming Liberalism* - Ryan Day
- 6:00 p.m. *Music Hour*
- 7:00 p.m. *Overcoming by His Spirit* - John Lomacang

God Said, “Don’t Give Up”



God chooses the most fascinating roads to bring us into His service. Take Curtis Badger, for instance, who left the corporate world to work for the Lord.

“Raised as a Catholic, I felt like church was an obligation, but nothing I learned there stuck or felt real. So after my parents divorced, we stopped going altogether.

“After high school, I joined the Army and served three tours in Saudi Arabia. Then I moved to Oklahoma and worked for a home health agency, and that’s where I met Dara. Some weeks later, she invited me to a music festival. We got along well, talked on the phone for hours, and fell in love. So after a few months, I proposed to her, and I’m happy to say that she gladly accepted and we got married!”

Discovering 3ABN

Dara was a Seventh-day Adventist, and when Curtis came to her parents’ home for a visit, he watched 3ABN for the first time. And while Dara shared her Adventist beliefs with him, she was careful not to force them upon him.

“Up to this point, church had consisted of the same routine of standing up, sitting

down, kneeling, and taking the bread and the wine,” he says, “and there was nothing to help me grow spiritually. But these new truths made sense, and without prompting, I asked to be baptized.

“Six weeks later, we were married, and *the very next day*, I lost my job! I looked for two months, until Dara’s good friend in Georgia sent me the Help Wanted ads from Atlanta. I got a job there that eventually led me to a corporate position for a national restaurant chain.

“We found a new church family, and then we took custody of three teenaged siblings whose father was sent to prison,” Curtis says. “And while we still attended our Adventist church, we decided to take the kids to the church they’d been raised in—and slowly, we fell away from our own. After the kids grew up and left home, we moved to a nearby city and tried several new Adventist churches, but never found one we felt a part of.

“Then in early 2021, my wife had a dream where her guardian angel said, ‘Dara, you knew what you needed to do but didn’t do it. You’re not going to make it.’

“She woke up horrified and determined to get right with God, start keeping the Sabbath, and get back to church. However, COVID-19 had closed most of the churches around us!

“Two weeks later, our TV quit working. We had wanted access to 3ABN for 20 years,” Curtis says, “so we were delighted to find it was already on our new Roku smart TV—and that’s how we got reconnected to the Seventh-day Adventist Church!”

A Ministry Move

Finding 3ABN sparked a strong desire in Curtis to get into ministry work, too. He couldn’t find any opportunities locally, so he talked things over with his wife and began looking at volunteering at their local Church Conference Office. “However, I quickly realized I needed more understanding of Adventist beliefs, and I wanted to learn public speaking,” Curtis says. “So after a few months, I decided to expand my search outside of Georgia. I checked 3ABN’s website and applied for a position with their Kids Network. I was so certain that this was God’s will that I started looking at homes in the area! I didn’t hear back from them for a while, so when I felt impressed by the Lord, I sent them another email. This time I got a video interview; but although it went well, the job had already been filled. About four weeks later, they set up another interview, but nothing came of that, either. More time passed, and finally, I got an invitation for an in-person interview.

“By this time, I was so convinced things were finally going to happen, that when I asked for a few days off from work to travel to 3ABN and they denied me, I turned in my notice!” Curtis says.

“More time passed, and 3ABN decided not to create the position I had interviewed



Curtis Badger (right) is delighted to work with 3ABN Production Manager Jorge Jaque and Program Coordinator LaDonna Terrill in scheduling new television programs.

for, so it was time for a heart-to-heart talk with God! I remember my first two-way conversation with Him very well,” he says. “I was doing yardwork, and during that conversation, He spoke clearly, saying, ‘Don’t give up!’ So I emailed 3ABN again saying that if anything came up, I’d be available.

“That night, I got on my knees and prayed, fully surrendering myself to God—and the very next morning I received a call and accepted the position of camera operator and studio worker. To my surprise, a few weeks into my new job, 3ABN’s Production Manager Jorge Jaque asked me about taking over as production coordinator, scheduling production staff and handling the details for three studios and the Worship Center!

“Yes, God certainly brought me here for a reason, and everything worked out—including selling our home in Georgia and closing on a new one just four days later!

“Dara is happy working from home as a benefits specialist for a software company, and we’ve merged into our new church family, too. I’m doing what I know God wants me to do, and I couldn’t be happier!”

What a road they have traveled, and we praise the Lord for Curtis and Dara! We believe, as he does, that God has called each of us to serve Him. ☺

SEPTEMBER 2022 | 3ABN TV SCHEDULE

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

SUNDAY CENTRAL TIME	
2:00a	Pillars of Faith CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	House Calls CC 1hr
5:00	Digital Disconnect CC
5:30	Evolution Impossible CC
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Your Favorites By Request CC
9:30	Adventures in Missions CC
10:00	3ABN Sabbath School Panel CC 1hr
11:00	3ABN Worship Hour CC 1hr
12:00p	Live to Be Well CC
12:30	Piano Praise CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Tiny Tots Kitchen/Creation Is! Science CC
3:00	3ABN Today LIVE ↻ 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Three Cosmic Messages: Earth's Final Conflict CC 1hr
10:00	Featured Ministries CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	His Words Are Life/Grandma's House CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	Pressing in to His Presence CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today CC 1hr
9:00	House Calls CC 1hr
10:00	Free Indeed CC
10:30	Books of the Book CC
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Heaven's Point of View CC
3:00	3ABN Today CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	ASAP Ministries CC
5:30	Your Favorites by Request CC
6:00	Country Wisdom CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr



Orchestral Praise

An Orchestral Journey of
 Majestic Worship & Powerful Praise
3ABN048-2 \$15.00 USD Suggested Donation

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	Mission TREK CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	New Perceptions CC 1hr
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Wonderfully Made CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE ↻ 2hrs
10:00	Piano Praise CC
10:30	Adventures in Missions CC
11:00	Featured Ministries CC
11:30	Exalting His Word CC
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	Digital Disconnect CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Unshackled Purpose/Intimate Clarity CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	The Creation Case CC
5:00	Evolution Impossible CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	The Incomparable Jesus CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	The Creator Revealed CC
11:00	3ABN Today CC 1hr
12:00a	Praise CC
12:30	Jesus For Asia Now CC
1:00	Free Indeed CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Three Cosmic Messages: Earth's Final Conflict CC
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	HeartLift CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Grace Pipeline CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	3ABN Sabbath School Panel CC 1hr
6:00	Sanctuary, Salvation, & Our Savior CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Digital Disconnect CC
10:00	It Is Written CC
10:30	Adventist World Radio CC
11:00	3ABN Today CC 1hr
12:00a	Billy Blackwood and Friends ↻ 1hr
1:00	Lineage CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC

3ABN has good news on health and healing!

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



THURSDAY CENTRAL TIME	
2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	Revelation's Ancient Discoveries CC 1hr
4:00	The Carter Report CC 1hr
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Kids Camp Kitchen Fun CC
7:30	Tiny Tots Kitchen /Tiny Tots Worship CC
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	Mission Trek CC
11:00	God's Last Message to the World CC 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	The Heavens Declare CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Contending for the Faith CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Is! Science CC
4:30	The Creation Case CC
5:00	3ABN Homecoming CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Table Talk CC 1hr
1:00	3ABN Today LIVE 2hrs

FRIDAY CENTRAL TIME	
3:00	Battles of Faith CC
3:30	Live to Be Well
4:00	The Incomparable Jesus CC
4:30	Action 4 Life CC
5:00	Multitude of Counselors CC
5:30	Ultimate Prescription
6:00	Body & Spirit CC
6:30	Contending for the Faith CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Optimize 4 Life CC 1hr
9:30	Cook:30
10:00	Secrets to Wellness CC
10:30	Life After Choice / Divine Design CC
11:00	Thompsonville Worship Hour CC 1hr
12:00p	Daniel All Access CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Raw Questions Relevant Answers/Journeys CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	A Day With the King CC
4:30	Sing Along / Jesus My Light CC
5:00	Featured Ministries CC
5:30	Your Favorites By Request CC
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today Family Worship CC 1hr
9:00	It is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Hope in Motion / Pause to Pray CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Thunder in the Holy Land CC

3ABN Proclaim!
NETWORK

SATURDAY CENTRAL TIME	
2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Tiny Tots for Jesus CC
7:00	Bible Gems / Bible Buzz CC
7:30	Sing Along / Bible Treasures CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Mark Finley Presents CC 1hr
12:00p	Bible Answers Live CC 1hr
1:00	New Perceptions CC 1hr
2:00	Kids Praise Too! CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Hope in Motion / Pause to Pray CC
5:00	Breath of Life CC
5:30	Authentic CC
6:00	Laymen Ministries CC
6:30	Unshackled Purpose/Journeys CC
7:00	Summer Camp Meeting 1hr CC
8:00	3ABN Today CC 1hr
9:00	White Horse Media
9:30	Salvation in Symbols and Signs - Daniel CC
10:00	Table Talk CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Anchors of Truth CC 1hr

3ABN *Proclaim!* Network features some of the finest preachers and teachers—men and women noted for both their depth of study and their ability to make the Word of God come alive.

Relevant, timely, and Spirit-filled messages make 3ABN *Proclaim!* an amazing source of spiritual growth for the seasoned child of God, the new Christian, and even the non-Christian who seeks to understand what it means to be a friend of the Master.

If you crave the truth, the whole truth, and nothing but the truth, then 3ABN *Proclaim!* is just what you've been looking for.

Watch it on 3ABNPlus.tv



“Then your light shall break forth like the morning, your healing shall spring forth speedily.” Isaiah 58:8

Every week we receive letters and emails from our 3ABN family of viewers and listeners, and what an encouragement they are to us. Here are some of the ones we've received recently.

3ABN FRANÇAIS

Pastor Albert, from the Democratic Republic of Congo writes, "Thank you very much for your availability and your dedication to the commissioning of this platform which helps us by drawing directly from the Source. May God bless you abundantly."

Another viewer writes, "Hello, I am a brother in faith who walks in hope and does the work of an evangelist. I beg you to pray for me so that the Master will give me the strength to continue to go from place to place to announce the gospel, and that by His faithfulness, He may glorify Himself in my difficulties."

We get many short notes online from viewers around the world, like this one from Mike, who writes, "Hello from France, where I am watching 3ABN Français on the Internet!"



Letters FROM Family

Claudius says, "Every Sabbath we watch 3ABN Français. Happy Sabbath. Maranatha!" and another viewer writes, "I want to greet you and thank you for your deep reflections, which have done me a lot of good. May the Lord continue to inspire you, and may God bless you abundantly!"

We also get many prayer requests, like the one from Jean-Pascal who wrote us, saying, "I need Bible study and prayer for my family and me. Thank you."

FINDING NEW TRUTH

Tammy writes, "I am a new 3ABN viewer, and I would like to thank whoever sent me the three *Focus on Truth* booklets. God bless you!"

Leande in South Africa says, "I want to say thank you for sharing the truth concerning the Sabbath and other Bible truths on 3ABN. I came from a Pentecostal background, but

never knew these truths. I am very ill and in need of this. I believe the Holy Spirit guided me to your channel and to the truth. Thank you so much, and may God bless you greatly."

Nitza says, "God bless the *Bible Questions and Answer* panel! I'm not a Seventh-day Adventist, but I love it when Monday comes around and I can watch the *3ABN Today Bible Q & A* program! It's one of my favorites, and I always look forward to it because I learn so much! Thank you, my Lord Jesus, for this broadcast. Amen."

Rachel wrote about how she was blessed by Pastor John Lomacang's sermon, "If People Only Knew What Was Coming." She says, "I thank God I stumbled upon this channel today. The sermon was quite profound, and the Word of God really refreshed my spirit. Thanks, Pastor Lomacang, for sharing it. The Holy Spirit led me here. Hallelujah!"

Kevin writes, "To all of you at 3ABN, thank you for what you do. I've watched you guys and gals just about every day for the last 12 years. I have learned so much about the Bible from you all, which before wasn't clear to me. Now, not only do I know the truths of God's Word, but I have fallen head-over-heels for my Lord and Savior! I feel joy and peace, and you make me feel like family—especially on Sabbath. I love you all."

Paul, from Wisconsin, writes, "Thank you, 3ABN people! I don't have TV or the Internet anymore, but I listen to you on 3ABN Radio. I appreciate all of your Bible studies and sermons! I became a Seventh-day Adventist 12 years ago, and 3ABN helped educate me into the Remnant faith. God bless all of you!"

And finally, Will writes, "I became a Seventh-day Adventist because of watching 3ABN, and by studying every prophecy and doctrine preached here!"

We love hearing from those who have found a new church and joined the family of God! Is there any greater joy?

GRATEFUL TO HELP

Many write us a small note with their monthly gifts, expressing their love and appreciation for 3ABN's ministry. Like Suzanne from Minnesota, who recently wrote, "Hello! I'm finally able to contribute to your good work! Your programming has been true to the Bible over the years, and I've soaked up the teachings from the very beginning. Thank you!"

Chester wrote us from Kansas, saying, "I just wanted to send my gratitude for the books and Bible that I requested. Of course, everything comes in God's timing, which is always on time! I was moved by the letter stating that the Bibles are paid for by donors and only provided to inmates. I told myself, *Well, I can donate to help this cause!* I hope that this small donation will help further all ministries within 3ABN. Once again, thank you!"

Marvin and Judy from Michigan write, "Dear 3ABN Family, thank you for your ministry. God is certainly blessing many people through 3ABN. We are thankful for God's blessing to us throughout our lives, and now that we're old, He continues to watch over us. We are sending a small gift to you. We aren't rich, but we want to store our treasure in the Bank of Heaven!"

Thank you for taking the time to write us your notes of encouragement. We praise God for you, and are grateful to have you as part of our growing 3ABN Family. Won't it be a grand family reunion in Heaven? ☺



THE Truth Matters

Long before Danny Shelton was impressed to build a television station that would reach the world, he was convinced that the truth mattered. So it's not strange that he felt that his call included the "undiluted three angels' messages" that would "counteract the counterfeit." God certainly blessed his efforts to share the truth, and over the years there have been thousands, if not millions, who have received Jesus Christ as their Savior or developed a closer walk with Him as a result of watching and listening to 3ABN.

Then God led him to another aspect of ministry—spreading the truth through publishing, and more recently, through a series titled *Focus on Truth*.

His latest offering is *The Truth About the Lord's Day*, addressing many questions like, *Does the Lord have a special day, and if so, then what is its purpose? Why does it matter to God what day we choose to worship on? And is it really our choice—or God's?*

Using the Bible as the source of all truth, Danny takes a commonsense approach to this topic and leaves no doubt as to the scriptural basis for his conclusion that observing the Lord's Day is more than just picking a day. It's a matter of worship—and it concerns the *object* of our worship. The ultimate question is, *Whom will we serve, God or man?*

Now you can evangelize by handing out copies of *The Truth About the Lord's Day!* Due to the generosity of 3ABN supporters, the printing costs have been covered, so these booklets are available now for you to distribute for free—all you pay is shipping! The truth matters, and the Lord will bless your efforts!

Perfect for Sharing!

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MICROWAVE POPCORN

by Risë Rafferty, M.S., RDN



Humanity is exposed to thousands of new environmental chemicals in concentrations that were not present 100 years ago. Perfluorinated substances (PFCs or PFAS) are over 5,000 chemicals used in waterproof clothing, stain-resistant fabrics and carpets, and non-stick pots and pans. An exposure assessment by the German Federal Institute of Risk Assessment (BfR) found that eating both salt and fresh water fish accounted for approximately 90% of the total dietary exposure to PFAS,¹ while the U.S. Food and Drug Administration reported coated food packaging materials that make them greaseproof and waterproof as the largest possible source of exposure. (That's why French fry, pizza, and hamburger grease doesn't end up on your pants!)

In one study, researchers found: "For children, residential dust concentrations, frequency of wearing waterproof clothes, frequency of having canned fish, hotdogs, chicken nuggets, French fries, and chips, and whether they ate microwave popcorn were significant positive predictors of individual PFC serum concentrations."² In a Canadian study, microwave popcorn was found to have the highest levels of PFCs. PFAS leach onto our food from the packaging, and when heated, these compounds are released into the air and inhaled.

Because Danish research found PFCs in the packaging of all the brands of microwaveable popcorn they tested, they took microwave popcorn off the shelves in 2015. However, five months later, it was back, because Liven, a Spanish snack company, "developed a stronger paper bag made from cellulose that is impermeable to fat and did not need a fluorinated chemical coating."³

Their reasons for taking such a radical step were based on research that is unveiling its association with ADHD; cardiovascular disease; developmental toxicity; neurotoxicity; arthritis; immunotoxicity; prostate, bladder, liver, breast, and thyroid cancers; liver toxicity; carcinogenicity; metabolic dysregulation; and hormone disruption. If Liven could find a better option, we can, too.

1. Stahl T, Mattern D, Brunn T, Toxicology of perfluorinated compounds. Environmental Sciences Europe (2011).
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3. marketplace.chemsec.org - "The Danish popcorn revolution of 2015"
4. Genuis S., Curtis L., Birkholz D., Gastrointestinal Elimination of Perfluorinated Compounds Using Cholestyramine and Chlorella Pyrenoidosa. ISRN Toxicology (2013)



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