

October 2022

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3ABN WORLD MAGAZINE



REFRESHING & NEW PG 4

We're adding new programs that will renew your spirit!

PG 6

SPECIAL FEATURE

WAS IT GOD?

How Jerry found his church home

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Dear 3ABN Family,

I was at a large event when I saw a tall, distinguished man walking straight toward me.

"How are you?" I asked.

"Great," he replied and then he proceeded to share an amazing story. "3ABN was my lifeline for over five years," he began. "You see, my family and I lived in a 'closed' country where no open Christianity was allowed. Church meetings were held underground, where government authorities would not see us, and we could not publicly proselytize or carry our Bibles in our hand.

"But miracle of miracles, we were somehow able to watch all nine of 3ABN's television networks and listen to your five radio networks via the Internet! There was no censoring of the 3ABN programming, even though Christianity is not allowed in that 'closed' country!"

I stood amazed as I praised God again for the miracles He performs to get 3ABN into areas that, according to man, are impossible. But with God, we know all things are possible, and I believe there are many others who watch 3ABN's Bible-based messages in "closed" countries around the world!

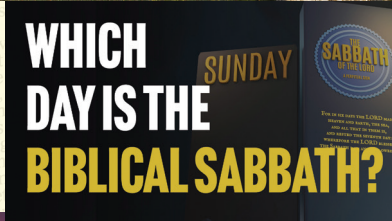
3ABN is a miracle ministry! For over 37 years, God has provided, protected, and sustained this ministry as it has grown to reach the world. You have been part of this miracle as you've prayed for and supported this ministry. Thank you from the bottom of my heart.

Greg Morikone
3ABN President



Have you checked the new **Favorite Bible Topics** category on 3ABN+?

CHECK IT OUT HERE



REFRESHING & NEW

by Bobby Davis

Our mission has always been to proclaim the three angels' messages of Revelation 14 in fresh and relatable ways, pointing our viewers and listeners to a loving God and a way of living that is exciting and vibrant. However, without the Lord's help and your loving support, we couldn't possibly keep up with the demand for fresh programming to fill 168 hours each week for each of our nine TV and five radio networks! But our God is faithful, supplying both the ideas *and* the wonderful people to do so.

New Health Programs

We'll soon have two new health series on 3ABN, and the first will be based on Jesus' question to the crippled man: "Would you like to be made whole?" (John 5:6). Program host, Risë Rafferty says, "In the pursuit of health and healing, we use things like medicine, therapy, exercise, and nutrition. But are we really making man *whole*? We have separated the concepts of health, happiness, and holiness; but in separating them, something has gone missing. It's God's design that these would be *one united experience*, because to truly flourish, our mind, body, and spirit must be individually nourished and also intimately intertwined. We will be focused on putting the pieces together, and by uniting health

professionals from different specialties, we will bring the interconnectivity of human physiology to the table to better understand the interdependence within the human body, and the natural laws that govern it. Diversity and interconnectivity are God's signature. And while these are inscribed throughout nature, they're especially seen in the human body."

Teenie Finley will host a new series that focuses on nutritional tips, fascinating scientific information, and cooking demonstrations of delicious foods. She will also provide good reasons why most of us need a change in our lifestyle or dietary habits. Look for these two new series soon!

New Relationship Programs

All of us deal with relationship problems, so we've invited Pastor Steve and Tammy Conway to share their experience and insights in a new series called *When We Talk*.

Tammy says, "This series will focus on discussions within the Christian community about relationships, with topics that will challenge and encourage us to self-reflect. They will open us up to healing and freedom in Jesus Christ, while creating a path for a new generation to restore the image of what God wants relationships to be. We'll address topics like conflict,

communication, dealing with grief and loss, and many others, so we hope you will watch!"

New Programs for the Spirit

Pastor James Rafferty will host a new 28 *Relate* series on the 28 Fundamental Beliefs of the Seventh-day Adventist Church.

"The idea came from a youth Sabbath School class, where we devoted 20 minutes each week to discussing what we believe," he explains. "Our focus was simply to teach them the basics, help them understand why we believe differently on certain points, and how each belief initiates a relationship with God. The goal for this new series is very much the same. We're planning short 15-minute presentations on each belief that are simple, relevant, practical, informative, and relational as well as doctrinal."

And finally, a new series called *Spotless—The Everlasting Covenant* will be hosted by Shelley Quinn, with an accompanying book by the same name.

"On the day of His resurrection, Christ gave two Bible studies to His disciples," Shelley says. "He took them through the writings of Moses, the Psalms, and the Prophets, opening their understanding of His identity and mission as the Messiah. This series is designed to do the same, developing an infinity focus of the Lord's

Without the Lord's help and your loving support, we couldn't possibly keep up with the demand for fresh programming.

progressive unfolding of His everlasting covenant. We will show how He is loving and loyal, and that He makes all the covenant promises. He invites us to enter into covenant with Him, with an expectation of reciprocal love and loyalty from His covenant people. The Word of God will wash away all pre-conceived (and ill-conceived) notions about the personality of God, who revealed Himself as an up-close-and-personal God from Creation forward."

Thank you for all you do so that we can bring refreshing new programs to potential millions of viewers and listeners around the world. Your support makes all the difference! ☺



Was It *God*?

Jerry Stilwell says that from a very young age, he felt like the black sheep. “Growing up, I didn’t know anything about my father,” he says, “and my mom worked in the bars—and ran in the bars. She married abusive men, and let’s just say things were really bad... so bad that at age 17 I left home and joined the Marine Corps. Then I found that drinking took care of the pain, something I’d experienced a lot of—both physical and emotional.”

A Life Spared

“As a kid, I’d visited churches with friends from time to time; but the concept of a loving heavenly Father was out of the question. In my mind, any father concept meant abuse, broken bones, and emotional torture, so I couldn’t imagine a God that loved me enough to die for me.

“However, things kept happening that I couldn’t explain—like when I overdosed on barbiturates, survived falling asleep at the wheel on an interstate, and felt an invisible hand lift me out of the water as I was drowning. I decided God wasn’t going to let me die that way, but by age 37, life was absolutely intolerable, and I made my last attempt to end it.... Well,

let’s just say that the Lord prevented that, too, and I cried out, ‘God, you take the bottle, and I’ll take the Bible!’ I turned to God even though I didn’t think it could work. I thought He’d be like my other step-fathers—but I was wrong! Things changed drastically, and I’ve never had to go back to the bottle again to deal with life.”

A New Beginning

Since Jerry’s wife had been a lifelong member of the Assemblies of God, he began going to church with her after he got saved. “I did everything I could to live for the Lord for nearly 20 years,” he says. “I went to prayer meetings, learned a lot about prayer, and was able to do both ministry and mission work for that church. But I slowly realized we weren’t following the Bible in all things, so I began looking for a church that did.”

After two years of searching other denominations, their websites, and even requesting sermons from them on the book of Revelation, Jerry says he hadn’t found one that didn’t veer away from what he knew was in the Bible. Then, in March 2020, his wife had back surgery, and after picking her up from the hospital, nothing seemed to go right. “It had been a long day

of trying to get her home and comfortable, and I finally sank into my recliner and turned on the TV. But all I could hear was the Lord saying, *Jerry, you missed one. You missed a church.* And here’s where things get very strange,” he says, “because the Seventh-day Adventist Church came to mind and *I’d never even heard of it!*”

“About a month later, Missouri’s governor signed an order shutting down most of the state, including the nearby Springfield airport, and I suddenly noticed I had twice as many broadcast TV channels available. They might have shut down the airport radar, which I suspect interferes with the channels, but either way, that’s when I discovered 3ABN. I watched everything—preaching, Bible studies, programs on food and health, Sabbath School, kid’s programs... if they aired it, I watched it! And when the shutdown was lifted and the airport started up again, I lost 3ABN, so I started watching online.”

Was It God?

“3ABN was instrumental in bringing me the Seventh-day Adventist beliefs,” Jerry says, “but when I prayed and searched for a church in my area, the Lord picked the New Horizons Church in nearby Republic, Missouri. It was very small, with maybe a dozen in attendance—and later I heard they were thinking about closing it down! Seeing their need, I began praying for God to fill the seats. It took two years, but He did with 11 baptisms—including my own—and five more who came in by profession of faith!”

Pastor Rodney Long says, “We’re blessed to have Jerry and his wife with us, and he’s taken an active role in prayer and outreach. I believe the Vision and Mission process we went through as a church really

helped launch our growth—and we’re still growing with 50 or 60 attending each week. We also have 40 contacts for our Bible school—and it’s only been running for a month!”

Jerry is a prayer warrior for his church. “I pray for those who are sick, those who send in an interest card, and those I speak with on the phone,” he says. “I also mail the Bible studies and try my best to make contact with those who sign up online.”

Pausing for a moment, he adds, “Was all this coincidence, or was it God? *I say God!* He answered my prayers and led me to a church where I not only hear the truth but can also join my brothers and sisters in praying for the Holy Spirit to be poured out with greater power. My only desire is for others to see Jesus in me, and my greatest reward is to see them get saved!”

We praise God for Jerry and for the loving church family he’s found at the New Horizons Seventh-day Adventist Church. Your prayers and support continue to help us reach those who are searching for truth! ☺

If you’re in the area, stop by and worship with the New Horizons church family at 4421 South Farm Road 85 in Republic, Missouri. Jerry, Pastor Rod, and the entire church family would love to see you!



OCTOBER 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



PREMIERES
SUNDAY, OCTOBER 2
2:30 PM CENTRAL

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	Timeless Healing Insights CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press ★ /Creation Is! Science CC
3:00	3ABN Today LIVE ↻ 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Three Cosmic Messages: Earth's Final Conflict CC 1hr
10:00	Strategies for Strongholds ★ CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	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	IIW Sabbath School 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

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	Kids X-Press ★ / Bible Treasures CC
5:00	Evolution Impossible CC
5:30	The Incomparable Jesus CC
6:00	Mission 360 CC
6:30	Timeless Healing Insights 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	Featured Ministries 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



Desperate moments? 3ABN's Prayer Line is there!
Thank you for making that possible.

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	Country Wisdom CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Isl 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	Strategies for Strongholds ★ 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

SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Tiny Tots for Jesus CC
7:00	Sing Along / Bible Gems CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	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

PHOTO: SVETLANA CHRISTIAN



Find out how to obtain victory through Jesus Christ from sexual strongholds like adultery, pornography, homosexuality, and sex addiction. Hosted by Coming Out Ministries, this program features powerful testimonies from those who were set free and the strategies they used to draw closer to their Savior.

ON 3ABN:

SUN 10:00 p.m., FRI 3:00 a.m.

ON 3ABN DARE TO DREAM NETWORK:

WED 2:00 am, 10:00 a.m., and 7:00 p.m.
All times Central

NEED PRAYER? CALL THE 3ABN PASTORAL PRAYER LINE AT 618-627-4651.



Faith Through Hearing

The Bible says, “So then faith comes by hearing, and hearing by the word of God” (Romans 10:17), and making that possible is the whole reason 3ABN’s ministry exists. Every minute of every day someone hears something on one of our networks that changes their life for eternity, and nothing thrills us so much as to hear about it from you. Your letters, notes, and emails are a tremendous source of encouragement. Each one is read, and we take great care to pray for your prayer requests, listen to your suggestions, and rejoice in your victories. Just look at how the Lord is blessing our viewers and listeners around the world through spiritual, emotional, and physical healing:

Blessing Through Television

Clyde writes from California, saying, “I have been watching 3ABN since the Sky Angel days. You are always in my prayers—many of you by name. I just watched a re-airing of your Thanksgiving Day program and it lifted my spirits. My precious late wife and I loved to sing along with Tim Parton on Mondays and Fridays. Three days before her passing, she sang “What a Day That Will Be,” a song our son plays on the harp. Now she’s resting in Jesus, and I believe that one day, all sorrow and tears will cease. What a glorious day! What a blessed hope! We are blessed!”

We often hear from viewers who are being ministered to in distant lands—like **Vesimira**, who emailed us from the other side of the globe to say, “I am a Seventh-day Adventist from Bulgaria. I live alone, but I feel such a part of the 3ABN family. You have blessed me tremendously, especially with your cheerful demeanor. May God bless you, and please pray for my healing. You are in my prayers, too.”

Kymberlie watched a sermon by Pastor John Lomacang entitled, “If People Only Knew What Was Coming (What Should You Do?)” and took the time to comment, saying, “This was a fantastic sermon! I stumbled across 3ABN’s YouTube Channel tonight—it’s always good to find new people to get a well-balanced message from God’s Book. It’s amazing how God will lead you to what you need to hear in the current moment. I’m truly blessed. I was hanging on every word and would back up to

“So then faith comes by hearing,

and hearing by the word of God.” Romans 10:17

really take in the message. I will strive to step up my part—we all need to live our lives like each day was our last day on Earth, doing everything we can to spread the gospel. God bless you, and God bless all who read this message.”

Christie writes from Rhode Island, saying, “I am particularly grateful for the physical and spiritual exercise programs provided by Dick Nunez, Casio Jones, and the sister doctors, Andi and Lindi. You cannot imagine how beneficial these programs have been.”

Blessing Through Radio

As we work for the Lord, we see how He uses 3ABN to bless others and change the whole course of their lives. Just look at what the Lord has done for **Charles**, who writes from a correctional facility in Indiana. He says, “First, I want to thank you for your sacrifice and dedication. I truly enjoy listening to the different segments of your radio broadcasts. I have few opportunities in the day to hear God’s Word, but your broadcasts instantly bring me closer to Him. I’m pleased to be able to listen to my favorite teachers of the gospel any time, day or night. One of my two jobs is to be a suicide watch companion at night. I sit with guys struggling with thoughts of suicide. In the quiet of my four-hour shifts, I turn on 3ABN Radio on WYLJ 107.5 FM in Terre Haute and soak in God’s message.”

Blessed By Your Support

We appreciate those who provide financial support for 3ABN’s ministry, like **Josephine**, who writes to us from Arizona, saying, “How my husband and I enjoy our Sabbaths with you.... And the *3ABN Sabbath School Panel* is so good! This is our first donation; please keep us in prayer.”

Siony and her husband sent a note with their donation, saying, “Enclosed is a check for your blessed ministry. Every drop in the bucket helps. Oh how I love watching 3ABN, whatever the program. I’ve been watching for more than 30 years, and 3ABN is the best part of my life. The Praise Him Music Network lifts up my spiritual life when I’m facing struggles. Your prayers are a power tool that make my life inspired as I eagerly await Jesus’ Second Coming.”

Blessed By Your Prayers

Helen, another long-time viewer in Iowa, writes, “I have been watching 3ABN since 1990. I enjoy all your programs, especially the *3ABN Sabbath School Panel* and the Bible prophecy programs. They confirm my belief in God and strengthen my hope for eternity. I have a group of four or five ladies who are fellow prayer warriors. We pray twice daily by phone for all ministries, and especially for 3ABN. May God continue to bless you. We can’t wait for that day we all join as one family in Jesus.”

What a blessing you are to all of us here at 3ABN. We can’t wait to be reunited in Heaven, as well. If you have any comments on our programming, or if you have a special prayer request, please don’t hesitate to call, email, or mail us a note. We really do love to hear from you! ☺



The Word is In the Music

When the Federal Communications Commission (FCC) announced it would offer new construction permits for non-profit radio stations, 3ABN Radio Network quickly encouraged supporters to see if a frequency might be available in their area. However, we didn't realize that God had something in store for us *in our own backyard!*

3ABN Radio General Manager Jay Christian says, "When our engineer Mike Babb and I were helping someone look for a frequency, we said to each other, 'Why don't we see if something's available in our own area?' We hadn't thought of it before, since 3ABN already had WDQN FM 95.9 in Du Quoin, a short drive away, but since our signal is weakest to our east, we decided to look there first. We asked a friend to help us, and when he called back and said there was a frequency available near our headquarters in West Frankfort, it's fair to say we were very surprised. When we asked our FCC lawyer if we could apply for a second station, he said yes, but that if someone else applied for it, they'd stand a better chance of getting a construction permit."

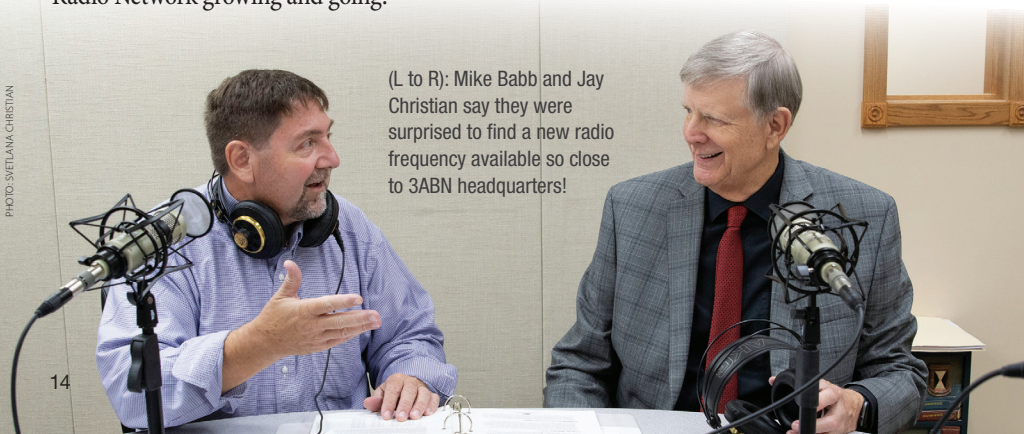
Jay says that 3ABN's administrative team gave him the green light to apply, even though there were only a few days left before the application deadline. "I wasn't sure we'd make it, but God stepped in, and our application was submitted in plenty of time—with *fifteen minutes to spare!*" he says with a grin. "When God wants something to happen, it gets done; and as we know, God directed it all!"

Mike Babb says the new transmitter will not be as powerful as WDQN, but that God knows just where the signal needs to go. "Although it's calculated to reach just over 38,000 souls who live in the signal's protected listening area," he explains, "there *is a potential* to reach an audience of around 150,000! And as an added bonus, we can put the antenna on our TV tower near West Frankfort, avoiding an additional cost."

"This will be our first 3ABN Radio Music Channel station," Jay notes, "and it will carry the message through the music 24 hours a day. In fact, our call letters will be WITM 88.7 FM, which stands for Where the **W**ord is **I**n **T**he **M**usic."

Mike says they hope to be on the air by the end of this year, and we praise the Lord for this amazing gift. We also want to thank you for your prayers and financial support that keep 3ABN Radio Network growing and going!

(L to R): Mike Babb and Jay Christian say they were surprised to find a new radio frequency available so close to 3ABN headquarters!



INGREDIENTS

- ¾ cup raw cashews
- 4½ cups water
- 1 small onion, diced
- 6 cups cauliflower florets
- 3 Tbsp McKay's chicken seasoning
- salt to taste

DIRECTIONS

1. Place cashews and 1 cup of water in blender and blend on high for 2–3 minutes, or until creamy.
2. In a large pot add a small amount of water or oil and sauté onions until they are translucent.
3. Add cauliflower, seasoning, and the rest of the water, then bring to a boil over medium-high heat for 7–10 minutes, or until cauliflower is soft.
4. Place cauliflower mixture in blender and blend until smooth.
5. Reheat in pot for 3–5 minutes. Remove from heat and serve.



Kylee Melo is a registered dietitian, a mom to three beautiful kids, and the author of the *Simply Fresh* cookbook. For recipes, her cookbook, and more, visit KyleesKitchen.com.



For more great recipes visit 3ABNRecipes.org



Find this cooking video on 3ABNPlus.tv
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