

March 2023

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3ABN WORLD MAGAZINE

WHEN WE TALK

NEW YEAR, NEW PROGRAMS

KEEP GROUNDED AND GROWING

PG 4



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Dear 3ABN Family,

Every day we are surrounded by sounds. Some are very loud while others are quiet and subtle. All are unique. The lonely call of the barred owl on a cool spring evening. The distant car horn. The steady tick of a clock. The murmur of voices in a crowd. The bugle call for taps. The roar of ocean waves. The silence of falling snowflakes. A baby's laughter. The groan of anguish.

We often identify something by the sound it makes, or its emotional utterance. Some sounds cause me to be alert—like the ringing of my phone—while I pay little attention to other sounds, like the ticking of my office clock.

As Christians, we have a wonderful message (“sound”) to give to the world! It's the message of Jesus' love, the gift of salvation, and God's Law of Liberty. It must be shared with clarity and love. The great truths of the Bible can soften hard hearts, bring hope to the discouraged, and sight to the spiritually blind.

3ABN's sole purpose is to proclaim this undiluted message so others can hear. Jesus is coming soon!

What sound are you giving your family, your co-workers, or even the stranger in the grocery store? Can they hear the love of Jesus, the gospel message found in the Word of God?

Won't you join with 3ABN in giving the trumpet a certain sound? Together, we will soon hear the words, “Well done, good and faithful servant” (Matthew 25:21).

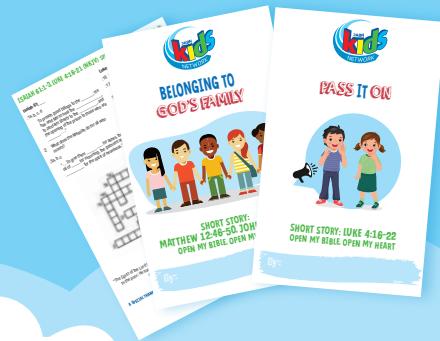
Greg Morikone
3ABN President



Good News Phone

Have you ever made a phone?
Call up a friend to share the “Good News” and proclaim the freedom that our precious Savior gives to all (Isaiah 61:1).

Find this lesson and craft at
3ABNKids.tv then share it with
your friends! It's fun!



NEW YEAR, NEW PROGRAMS



The Lord continues to bless our efforts to produce new programs that keep our viewers grounded and growing in their faith. Here are some of our newest series, including some that premiere this month!

WHEN WE TALK

Every relationship faces challenges, and a new series this month with Pastor Steve and Tammy Conway, Co-Founders and Directors of Stamena4Life Ministry, will take a candid and fresh approach to them.

“The topics we’ll cover encourage each of us to self-reflect,” Tammy says. “They’ll open us up to healing and freedom in Jesus Christ, create a path forward for a new generation, and restore what God intended for our community, relationships, marriage, and family.”

The Conways really do tackle a wide and fascinating variety of topics, so be sure to tune in for *When We Talk*, beginning Wednesday, March 1 at 6:00 p.m. Central.

ETERNAL TRUTHS MATTER

International evangelist Pastor Mark Finley knows firsthand that the ancient words of Scripture speak powerfully to this generation. And now, you’re invited to join him as he unravels topics like: Satan’s greatest deception, the Bible truth

Satan hates the most, and the question that atheists cannot answer. In this series, Pastor Finley will constantly expose the devil’s master plan of deception, so be sure to watch *Eternal Truths Matter*, Wednesdays at 9:30 p.m., Thursdays at 10:30 a.m., and Saturdays at 1:30 a.m. Central.

ENJOY HEALTHY EATING

Ernestine “Teenie” Finley hosts another new program we’re excited about. She is known worldwide for her evangelism training seminars, health expos, and cooking classes. In her new series called *Enjoy Healthy Eating* she’s joined by her daughter and granddaughter as she shares her vast experience on plant-based diets and the many advantages of following the Bible’s advice for a long and healthy life. *Enjoy Healthy Eating* airs Wednesdays at 5:30 a.m., Fridays at 10:00 a.m., and Mondays at 6:30 p.m. Central.

UNSHACKLED PURPOSE

For many years, Lemuel Vega has worked hard to reach those who are incarcerated through his Christmas Behind Bars ministry, attending to their physical and spiritual needs. So we’re thrilled that he’s back for another season to share more of his best prison talks with us, taking ordi-

Left: Steve and Tammy Conway on the set of 3ABN’s new relationship series called *When We Talk*.

Right, top to bottom: Pastor Mark Finley hosts *Eternal Truths Matter*; Teenie Finley (center) hosts *Enjoy Healthy Eating*; Jason Bradley (center) and Lemuel Vega (right) host *Unshackled Purpose*.

nary objects and giving them extraordinary purpose. Season Two of *Unshackled Purpose* begins this month on Friday, March 3 at 6:45 p.m., and re-airs each week on Saturdays at 6:30 p.m., Tuesdays at 2:30 p.m., and Thursdays at 1:30 a.m. Central.

A NEW HEALTH PROGRAM

Of course, that’s not all, since we’re always developing and producing fresh programs for you. In fact, we’ve wrapped up the recording of a new series with Risë Rafferty that will be coming your way soon!

“We’ve lost something in separating the concepts of health, happiness, and holiness,” Risë says, “and understanding how these are connected within the body’s systems allows us to treat disease and dysfunction in a truly holistic way.”

“In pursuing health and healing, we use things like medicine, therapies, exercise, and nutrition. But are we making man whole?” she asks.

“In our new series, we’ll focus on putting those pieces together by bringing in health professionals from different specialties to explain and emphasize the interdependence within the human body, and the natural laws that govern it.”

Yes, it’s going to be an exciting year of programs, and we hope you’ll tune in and share them with your friends and family. When you watch a 3ABN program you like, let your friends know on social media!

And, as always, thank you for making new programs possible. ☺



TUNE IN & WATCH

WHEN WE TALK

WED 6:00 p.m., MON, 6:30 a.m.
TUE 11:30 a.m. Central

ETERNAL TRUTHS MATTER

WED 9:30 p.m., THU 10:30 a.m.
SAT 1:30 a.m. Central

ENJOY HEALTHY EATING

WED 5:30 a.m., FRI 10:00 a.m.
MON 6:30 p.m. Central

UNSHACKLED PURPOSE

FRI 6:45 p.m., SAT 6:30 p.m. TUE 2:30 p.m.
THU 1:30 a.m. Central

Thank you FOR MAKING NEW PROGRAMS POSSIBLE.

WE COULD NOT MAKE THEM WITHOUT YOU!



The Soto family is a delightful addition to our family!
(Left to Right): Cesar, Khaleb, Lenny, and Arialys.

the COVID-19 pandemic and our friends thought we'd lost our minds; but we felt at peace with it. After all, we'd asked the Lord to show us if it was His will by allowing our house to sell quickly—and it sold for our asking price! So in July 2020, we moved to Tennessee.”

Growing in Faith

Unfortunately, when Cesar and Lenny arrived, things were not what they had hoped for. However, the Lord used this experience to increase their dependence on Him.

“Over the years, we'd acquired a lot of belongings,” he says, “and even though we had sold some of them, we'd still brought too many things with us. We gave many of them away, then made the decision to move into an RV, meaning we had to downsize some more. That continued for the next two years, and we believe that through this process, God was showing us what really mattered.

“I began thinking about doing other work and got quite a few interviews,” Cesar continues. “Several of them offered attractive salaries and benefits, but we'd have to move to a big city again, and the Lord had made it clear He wanted us in the country. *And that's where Ricky Carter came in!*” he exclaims.

“Ricky and I had known each other for the past 23 years, but only from online forums. We'd always talked about what the Lord was doing in our lives, and I was happy for him when he started work at 3ABN. But when I told him I was planning to leave ministry work, he called.

“Cesar, 3ABN might be looking for someone with your skills. Why don't you



Cesar Soto uses his talents to design 3-D environments for our television series. Cesar and Lenny have three children: Yexciel serves in the U.S. Coast Guard, Arialys studies at Southern Adventist University in Tennessee, and Khaleb enjoys being homeschooled.

send me a résumé?’ he said, and one day later, I received a call to come meet with Greg and Jill Morikone!

“When they offered me a position making 3-D visualizations for environments on 3ABN's TV series, Lenny and I were both excited and hesitant. But when we saw that God had closed many doors and opened this one, we knew He was guiding us here.”

Cesar and Lenny have fit right in with our 3ABN Family. “It's been amazing to see how much our church and our 3ABN family really care about us,” she says. “And I'm really enjoying being able to homeschool our youngest.”

For his part, Cesar says he is excited at the possibilities God is opening up for 3ABN's television ministry. “Greg and Jill have a vision—and they are not afraid to use new technologies!” he says. “Lenny and I believe God is doing something big here at 3ABN, and we're happy to be a part of it.”

Yes, God opens the doors—and brings us the best and most dedicated workers, too! ☺

God Opened the Door

by Bobby Davis

Cesar and his wife Yorlenny “Lenny” Soto moved to our area recently, and we're thrilled to have them as new members of our 3ABN Family!

Born in Puerto Rico but raised on the mainland, Cesar attended Atlantic Union College (AUC) in South Lancaster, Massachusetts. “I worked with Lenny's brother in maintenance,” he says, “and her family practically adopted me!”

Originally from Chicago, Illinois, Lenny and her family had moved to AUC, where she got her nursing degree. “After Cesar transferred to Andrews University in Michigan, to finish his graphic arts degree, we began dating,” she says, “and the following year, we got married.”

Cesar worked in the printing/publishing industry for almost ten years before moving his family to Savannah, Georgia, where he got his graduate degree. “Then, we moved to Florida,” he says, “where I began working for the aerospace and

defense industry. Life was good, but after 12 years, we both felt the Lord impressing us to move out of the city. That took a while, though, because we had great jobs and benefits that were hard to step away from. However, by the summer of 2019, we were finally at peace with the idea of moving to the country.”

For some time, the couple had been impressed that they should work with a self-supporting ministry somewhere in North America. “We found one in Tennessee, but we were very hesitant to go there,” Cesar says. “We even said, ‘Anywhere but there, Lord!’ However, we got a call saying that they needed someone with the exact skills we had, so we gave in and began to prepare—somewhat grudgingly—for a new adventure.

“Lenny quit her job, and then my work announced a round of layoffs—with a generous severance package—so I put my name on the list. We were the middle of

MARCH 2023 | 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



3ABN
INTERNATIONAL



Watch 3ABN International
on 3ABN+, 3ABN.tv, Roku,
or mySDATv.

SUNDAY CENTRAL TIME	
2:00a	It's Coming 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	The Incredible Journey 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 L 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	When We Talk ★ CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today CC 1hr
9:00	Free Indeed CC
9:30	Books of the Book CC
10:00	House Calls CC 1hr
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	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	Enjoy Healthy Eating 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	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Pioneer Media 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 L 2hrs
10:00	Piano Praise CC
10:30	Adventures in Missions CC
11:00	Featured Ministries CC
11:30	When We Talk ★ 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	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Three Cosmic Messages: Earth's Final Conflict CC
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Enjoy Healthy Eating CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Shelley Quinn Presents CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	3ABN Homecoming CC 1hr
6:00	When We Talk ★ CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	It's Coming 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Eternal Truths Matter 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 L 1hr
1:00	Lineage CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC



Lives are being changed by Study Bibles from 3ABN! Want to help? Scan the QR code with your smartphone to quickly donate to 3ABN with PayPal.



Perfect for Sharing!



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	Eternal Truths Matter 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 Is! Science CC
4:30	The Creation Case CC
5:00	Sabbath School Panel CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	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	Enjoy Healthy Eating 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	Child Impact Int. / Unshackled Purpose CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today Family Worship CC 1hr
9:00	It is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Child Impact Int. / Pause to Pray CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Eternal Truths Matter CC

SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Tiny Tots for Jesus CC
7:00	Sing Along / Bible Gems CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Pioneer Media CC 1hr
12:00p	Bible Answers Live CC 1hr
1:00	Summer Camp Meeting 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	Child Impact Int. / 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	Secrets Unsealed Presents 1hr CC
8:00	3ABN Today CC 1hr
9:00	White Horse Media
9:30	Sanctuary, Salvation, & Our Savior CC
10:00	Mark Finley Presents CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Secrets Unsealed Presents CC 1hr

The Truth About the Lord's Day

Does the Lord have a special day? Does what day we choose to worship Him matter? Discover the fascinating answers to these questions as Danny Shelton digs deep into this important topic. This booklet is perfect for sharing!

Case of 250 BF0T04-C
Pay only USD \$25.00* shipping

Offer good in U.S. only. For overseas shipping, please contact us for pricing.

*Suggested donation



LET YOUR Light SHINE!



As Christians, we have a tremendous responsibility to become students of the Bible! All who are true followers of Christ will search the Scriptures so they can share its light with all those who are in darkness.

Every day we receive letters, phone calls, and emails from precious souls who are watching and listening to 3ABN; and their joy in discovering answers to lifelong questions makes them quick to share with others! Here are a few of the letters we've received recently.

JESUS LED ME HERE

Sabinus watched a program called "Revelation's Startling Predictions for the 21st Century" with Pastor Mark Finley and wrote, "What a sermon! I'm amazed by what I'm learning. I'm not a Seventh-day Adventist, but I love the way you explain the Scriptures because for me, this last book of the Bible is not easy to understand. I thank God for leading me to 3ABN to hear your series on *Revelation's Ancient Discoveries*. Jesus led me to this station to hear your sermons. I am watching from Trinidad, and since I've started listening, I have never missed a day.... Please pray that, by God's grace, I will follow Him wherever He leads."

Glynnis also appreciated this series and wrote, "Pastor Finley, I'm watching the sixth sermon in this series and it has touched my heart like no other. With tears, I humble myself and accept Jesus—and Him alone—always. I praise God for using you in a mighty way as His hands, His feet, and His mouthpiece!"

CATCHING THEIR ATTENTION

Janet in Texas sent us this short note: "I would like to say thank you for your ministry. I have learned so much. Sometimes I would read my Bible but couldn't understand the passage, so I asked the Lord to lead me to a ministry where I could find answers to my questions—and God sent me to 3ABN. Your ministry has given me so many answers, and when this happens, all I can say is, 'Look at God work!' Please accept this donation to help with your prison ministry."

SABBATH TRUTH

Janet lives in Maryland and wrote us recently about her decision to keep the Sabbath. "I fellowshiped with another church for about 30 years, but I have been watching 3ABN for a while. Thanks to you, I'm now committed to keeping the seventh-day Sabbath.... I am ordering a

"My entire family is on fire for Jesus and the proclamation of the three angels' messages...."

case of *The Truth About the Lord's Day* and will pass them out to my friends and family. The Word of God says, 'Let all things be done decently and in order' (1 Corinthians 14:40), so I am asking prayer for my pastor—and for myself before I talk to him. I am sending a love gift, and thank you again. Keep up the good work."

Humphrey writes to us from Africa, saying, "We have been greatly blessed by your TV programmes, and especially by the *3ABN Sabbath School Panel*. I am Kenyan, and my entire family is on fire for Jesus and the proclamation of the three angels' messages of Revelation 14. We would love to partner with you here in Africa. *The Truth About the Lord's Day* booklet would do wonders here. God bless you immensely as you prepare many for the Second Coming of our Lord and Savior, Jesus Christ."

YOUTUBE EVANGELISM

Estella, who watches 3ABN on YouTube, wrote us a note, too. She says, "I'm so thankful that God led me to y'all in 2004, during one of the darkest times of my life. I was just flipping channels and came upon 3ABN. I'd always believed in the Trinity—the Father, Son, and Holy Spirit—but that, along with the Lord's Prayer and some other Catholic rote prayers, was all I was living by. I grew up with several questions I had never asked out loud: *Who would protect me if my parents abandoned me? Is Satan going to get me? Will God punish me?* It was through 3ABN that I learned that I have come this far in life only by the grace of God. Someday, I hope to visit 3ABN. But until then, may God bless each and every one of you."

INSPIRED TO GIVE

3ABN relies on the Holy Spirit to impress those who support this ministry, and when we receive letters like these, it just increases our faith that God will continue to provide:

Ralph in Florida wrote to us, saying, "My wife Sandra and I have a savings account which keeps being replenished by the Lord's blessings. We want to share it with your ministry. It's a fun experience to find that we have new funds each year to distribute to the Lord's work. Enclosed is your portion to work with for another year. May the Lord richly bless you in all that you do for Him."

Portia, who lives in Alabama, watched a 3ABN program with her grandson about NAPS (the National Association for the Prevention of Starvation) and was moved to write to us, saying, "My six-year-old grandson saw a brochure about your organization. He had \$5 and insisted on giving it to you. He said he wanted to feed the hungry children. If he can give his money, I can at least give something, too. I pray that God will richly bless what you are doing."

Yes, we are called to give God's last warning to all the world, but in order to do that, we must study our Bibles and do all we can to spread the light we've been given. Jesus called each of us to be a witness to Him, saying, "You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house." Matthew 5:14–15. *So let your light shine!* ☺



Given with Love

What a blessing you are to this ministry! In addition to those who have committed to blessing 3ABN through their prayers and financial support, hundreds more give us valuable items that can be transformed into funds to carry on the Lord's work.

We treat their precious gifts with great care, knowing that they're given with much love. Each item's value is extensively researched and documented by Bruce Chance, our 3ABN Donation Center Manager, who is greatly assisted by Addie Weesner.

Bruce has carefully developed a network of professional dealers and private buyers, and with the Lord's blessing, is usually able to get more for those items than the average seller could.

Useful Gifts

"We stay up to date on the value of useful items," Bruce says, "and we focus on gold, silver, platinum, diamonds, real jewelry, sterling silver, and gold and diamond watches.* We praise the Lord for those who are eager to help 3ABN's ministry through their donated items, but I always advise them to first put their gift in God's hands, and then trust 3ABN to get the best price possible.

"For those who would like to claim a tax deduction for the value of their donated items, we will send them, upon request, an assessed value receipt for the current market value of their item on the date we received it.

"I want to thank our viewers and listeners for supporting 3ABN's mission to reach a lost and dying world," Bruce adds. "You are truly building up treasure in Heaven while helping the Lord's cause here on earth."

**For other useful items we accept, please visit 3ABN.tv/donation-center.html*

BEFORE YOU SEND IT

Please call Bruce Chance before sending any items at (618) 627-4651 extension 3078, or email him at: bruce.chance@3abn.org.

Visit 3ABN's eBay store by clicking on the eBay logo at 3abn.org/donation-center.html



Bruce Chance



Addie Weesner

INDIAN STYLE

Mixed Vegetable Sauté

by Padmaja Medidi

PHOTOS: SVETLANA CHRISTIAN

INGREDIENTS

- 2-4 Tbsp oil
- 1-2 green chilies, chopped
- 2 heaping cups of frozen, mixed vegetables (carrots, peas, green beans, corn, lima beans)
- ½ tsp mustard seeds
- 5-6 curry leaves
- ½ tsp cumin seeds
- 1 tsp ginger, finely grated
- ½ tsp hing (asafoetida)
- 1 tsp garlic, chopped
- ½ red onion, chopped
- 1 tsp Madras curry powder
- salt to taste
- 2 Tbsp cilantro, chopped

DIRECTIONS

1. Heat oil in a pan on medium. Add mustard seeds, cumin seeds, and hing. When mustard seeds start popping, add onions, green chilies, and curry leaves. Give a quick stir.
2. Add ginger and garlic. Cover and cook for 2 minutes.
3. Remove lid and stir until onions are translucent.
4. Add Madras curry powder, mixed vegetables, and salt to taste. Mix well.
5. Cover and cook for about 5 minutes, stirring occasionally.
6. Add cilantro and sauté for another minute. Remove from heat and serve.

For more great recipes visit 3ABNRecipes.org

Find this cooking video on 3ABNPlus.tv
Just look for "Authentic Indian Cooking - Part 5" (TDYC210007)



Jason Bradley

Lemuel Vega

UNSHACKLED

P U R P O S E

New Season Begins
March 3!

Object Lessons You'll Remember - With Lemuel Vega
and Jason Bradley

FRI 6:45 p.m., SAT 6:30 p.m., TUE 2:30 p.m., and THU 1:30 a.m., CENTRAL



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