

April 2023

Visit us online at 3ABN.tv

3ABN WORLD MAGAZINE



Julia Outkina
3ABN Russia Executive Director

30
YEARS



**3ABN
RUSSIA**

Celebrating
GOD'S MIRACLES

PG 14

HOW CAN I HELP?

**3ABN IN THREE
NEW LANGUAGES!**

Front Cover: Julia Outkina and several Russian staff members. (L to R): Valeriy Malyshev, Sergey Kataev, Elena Utkina, Alexey Ronzhin, Daniil Patsukevich, Ivan Sevastyanov, Vadim Trusyuik, and Alexey Bochkarev.

NEWS & EVENTS

4 *Celebrating God's Miracles*
3ABN Russia celebrates 30 years

SPECIAL FEATURE

6 *A Full and Satisfying Life*
The Lord guided Terri all the way

8 **3ABN TV SCHEDULE**

CHANGED LIVES

12 *Amazing Changes*
God is changing hearts in Russia

HOW CAN I HELP?

14 *3ABN in Three New Languages!*
Chinese, Hindi, & Arabic coming soon

HEALTH HELP

15 *Better Communication*
Calm down your immune system



Vol. 18 #212
April 2023

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

3ABN World is a monthly publication. Subscriptions are free and available in the United States. Overseas subscriptions by request. ISSN 1552-4140

Subscriptions & Feedback

To subscribe, change your subscription, or send us feedback, please contact us in the following ways:

By phone: 618-627-4651 Sun–Fri 8:00 a.m.–11:00 p.m. (CT)

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

Copyright © 2023, Three Angels Broadcasting Network, Inc. Three Angels Broadcasting Network (3ABN) is a 501(c)(3) nonprofit company. 3ABN is not owned by any person or organization, but is governed, instead, by a board of directors who work very hard behind the scenes to ensure we stay true to our mission and reach people of all cultures and backgrounds. The biblical truths presented on 3ABN are consistent with the teachings of the Seventh-day Adventist Church. All donations are tax-deductible in the United States. Scripture is taken from the New King James Version® unless otherwise noted. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. All photos courtesy of Shutterstock.com unless otherwise noted. Cover Image: Angela Buzina

618-627-4651    
3ABN.TV | 3ABNSTORE.COM

PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

I enjoy the early morning hours. When my alarm clock rings, I know exactly what time it is—5:00 a.m. There is something very special about watching the darkness of night fade away to the light of the day. It's as though the sun is telling the world to wake up because there's a full day ahead of things to see and accomplish.

When I open our front door, I hear the birds singing their early morning songs—they sound so happy to be awake. Their cheerful little tunes will brighten any day.

As daylight pours across the fields, I see the springtime flowers turning their faces toward the sun. They've been sleeping all winter, and now it's time to wake up and produce beautiful blooms for others to enjoy.

Romans 13:11–14 says, “And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”

This is a powerful passage. It reminds us to wake up from any and all spiritual sleepiness and totally submit and commit our lives to Jesus. The alarm clocks are ringing that the end of the world is at hand. Let's not delay to wake up and warn those who are still sleeping that the Sun of Righteousness is coming. Jesus is coming soon!

Greg Morikone
3ABN President



JESUS IS ALIVE

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying... for the former things have passed away.” Revelation 21:4

Discover our risen Savior on 3ABN+



bit.ly/Discover-Who-Is-Jesus



It doesn't take long for 3ABN Russia's Executive Director, Julia Outkina, to begin reminiscing about the miracles of the past 30 years. Of course, she's uniquely qualified to do that, since she was there when 3ABN Russia was born in 1992. As an English teacher at Nizhny Novgorod's State University, Julia only attended Pastor John Carter's evangelistic meetings to hear a native English speaker. But instead, she unexpectedly gave her heart to the Lord and was baptized! Soon she began working as a translator during the construction of 3ABN's Russian Evangelism Center, later becoming its executive director, producing Russian language television programs, and launching 3ABN's Russian television and radio networks.

"Thirty years ago, I could not have imagined that 3ABN would someday proclaim the gospel of Jesus Christ to the 300 million Russian-speaking people of the world," she says. "But the Lord wanted this to happen, and we cannot begin to express our gratitude to 3ABN's administration and board of directors who continue supporting our mission."

AMAZING MIRACLES

"There have been many amazing miracles this past year," Julia says. "But one that stands out is our amazing LED wall. These video panels enable us to change sets instantly, eliminating the time it takes to change walls, furniture, and lighting."

"We never hoped to get one, but God performed this amazing miracle. Not only was the money given by a generous donor, but it was purchased and delivered to us at just the right time. If there had been even the smallest delay, it could not have happened!" she adds.

"We were also blessed with new cameras and control room equipment for our second studio, eliminating the need to haul and install equipment when we change studios. Our 3ABN leadership raised the money for all this, as well, and we finally can record simultaneously in both studios!"

"And then there's the miracle of a new company vehicle, bought at the end of 2021. When we saw the '022' on the license plate, we felt it was a reminder from God saying, *Have no fear. I will take*

care of you in 2022! You can be sure of Me and of My protection. I will be faithful—in 2022, and forever!"

INCREASED PRODUCTION

Julia says that 3ABN Russia has now recorded more than 14,000 television and over 12,000 radio programs in over 150 series. "Each program has its own audience and influence on the hearts of the people," she says. "But perhaps the largest audience increase has been the addition of 3ABN Russia on cable. We now have about 600 cable companies rebroadcasting our satellite signal, covering about 4,000 Russian cities and towns," she explains. "That's a long way from when we first aired our short programs on our local TV station, Seti NN (Networks of Nizhny Novgorod). At that time, they took six episodes and told us that if they had a negative response, they would stop airing them. However, before long, they wanted more because our programs were beating all the other channels in the ratings!"

"Our programs are still simple, but they have high audience appeal and are highly appreciated by many cable companies. When our satellite feed was temporarily interrupted, they called and begged us not to stop broadcasting!" she says.

GOD PROVIDES THE TALENT

"I'm amazed how the Lord has hand-picked the members of our team," Julia continues. "For many, working here has been a life-changing spiritual experience. We are only 35 people, including part-time workers; but we're united and enthusiastic. We pray to God for program ideas that will best bring glory to His Name and salvation to those who desperately want it."

"As we move forward, we talk more and more about trusting God's character,



PHOTO: ALEXEY RONZHIN



PHOTO: MAXIM PUMPOLOV

(Left): 3ABN Evangelism Center; Pastor John Carter and Julia Outkina. (Top): A new LED video wall offers 3ABN Russia new opportunities to change virtual sets very quickly. (Bottom): School children tour our control rooms and are introduced to 3ABN kids programs.

His will, and His plan for us—and I see the Lord's hand providing the needed talent. When a need is apparent for our operation, someone who has never shown that ability steps up. They understand that they're needed for the whole Russian population of this world! Yes, God provides for us, and He alone performs all the miracles we're aware of—and many we do not see. I know that these messages are needed now more than ever before, and we're grateful to the Lord—and to you—for giving us the privilege to proclaim them with power. Please pray for us, and thank you for all you do to keep us on the air in Russia and beyond." 🙏



A Full AND Satisfying Life

Terri Stanley is the newest member of our 3ABN Kids Network team, and the story of how the Lord brought her to this ministry is simply amazing.

“My parents divorced when I was young and I lived with my father,” she begins. “He was raised Seventh-day Adventist, and because of that, I attended Adventist schools and often went to church with my grandparents. But when I began attending public high school, I gradually lost interest in church.

“After I married my husband, we had a beautiful daughter; but while we enjoyed life together, I felt something was missing. I knew I needed God, and when I was 33, I finally gave my heart to Jesus and was rebaptized. Unfortunately, my husband didn’t understand the peace and joy I’d found, and became discontented. I feared he’d leave me, but I’d made up my mind to follow the Lord, so a friend from church and I began praying for him. I’m happy to say that a miracle happened, and my husband agreed to have Bible studies with our pastor. That led to him giving his heart to the Lord, and I watched him become a strong Christian!”

Troubled Times

Then came the sad day when Terri found out her daughter was using drugs. “What a heart-wrenching time that was,” she says. “And right after that, my husband was diagnosed with a systemic autoimmune disease. By 2014, his condition had become much worse—and that’s when we found out our daughter was pregnant. We were extremely concerned, but she assured us she was no longer using drugs.

“My husband grew so weak he could no longer work, so I took him to Uchee Pines Institute in Alabama where he was treated by Dr. Mark Sandoval. Sometime later, I got a call from a friend saying that Dr. Sandoval had an opening for an assistant; so I applied and got the job.

“I was excited to work in the medical missionary field, but as we began preparing to sell our home; we got a call saying our daughter was in labor. Rushing to her bedside, my heart was crushed when I discovered she was being closely monitored for

Left: Terri Stanley says that Maddie (right) is outgoing, talkative, and intelligent, and McKenzie (left) is quiet, smart, and loves to help in the kitchen. They both do well in school, love animals, and the great outdoors.

the drugs in her system; and for the next 17 days, her precious baby remained in the hospital as she was treated to clear her little body of the poisons.

“The baby couldn’t go home with her parents because they were still using drugs, so I was asked if I’d be willing to care for the child. Of course I said yes, but that day, all our plans and dreams changed. My husband did get to see her, but a few weeks later, he went to sleep in Jesus and now awaits Resurrection Day.

“Alone with an infant, working full-time to make ends meet, and dealing with my daughter, who went right back into drug use, was tough. The Uchee Pines job was out, and I felt God had let me down and rejected me as a worker for Him. My eyes were so blinded by bitterness that I couldn’t see that He’d given me an even greater assignment. Then, one year and six days after Madison was born, God blessed me with a second granddaughter, McKenzie, who was also placed in my care.

“Because the babies’ parents were still using, they chose to sign away their parental rights, and I was given the option to adopt my grandchildren, or put them in foster care. Of course, I adopted my two sweethearts, purposing in my heart that I would ‘bring them up in the training and admonition of the Lord’ (Ephesians 6:4) and I keep praying for my daughter.”

New Opportunities

During this time, Terri’s friend from church made plans to move to southern Illinois to be near her daughters, one of whom works at 3ABN. “I wanted to raise my granddaughters in the country, so I’d been looking in several states,” she says. “When my friend invited me to come live with her, I only half considered it. However, when I checked on homes for sale near 3ABN, one jumped off the screen at me. It was as if the Lord said, *This is it! This is the one!* I prayed before making an offer, and within two hours it was accepted!

“I’d recently retired and had no plans to go back to work. But God had other ideas, and shortly after I arrived, someone told me that Aunt Francine at 3ABN Kids Network needed an administrative assistant. I’m still amazed I work here, and because I’ve watched 3ABN for over 20 years, everyone seems like family to me. I’m blessed to be a part of writing for several projects, like Detectives of Truth Bible studies for kids, as well as helping prepare for this summer’s Kids Camp.

“At times in my journey, I felt as if my life was over! But now, as I watch kids share their love for Jesus, help provide Bible truths at a kid-friendly level, and raise my two girls—well, let’s just say that my life is full and satisfying. God is amazing and faithful beyond our comprehension, and I praise His holy and precious Name!” ☺



Aunt Francine and Terri Stanley

APRIL 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



Bringing good news
to over half a billion
people!

3ABN
Latino
NETWORK
3ABNLatino.tv

SUNDAY CENTRAL TIME	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	Thompsonville Worship Hour 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	Daniel All Access CC 1hr
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	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	Multitude of Counselors 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



From Cuba to Canada, and from Russia to Rwanda, 3ABN is available worldwide!

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



MAJORING IN THE MINORS

MAJOR MESSAGES FROM THE MINOR PROPHETS

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	Digital Disconnect 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	House Calls CC 1hr
12:00p	Generation. Youth. Christ. CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Raw Questions Relevant Answers/Journeys CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	A Day With the King CC
4:30	Sing Along / Jesus My Light CC
5:00	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	IIV 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

JUNE 7-10, 2023

**Come join us in person!
3ABN Summer Camp Meeting**

They're called the Minor Prophets—not because their messages were any less important, but because of the length of their books. In fact, their messages are vitally important to us today!

You'll enjoy anointed speakers and music, kids programs for all ages, free RV and camp sites, and complimentary meals!

- | | |
|--------------------|----------------|
| John Carter | Wintley Phipps |
| Dakota Day | Shelley Quinn |
| Ryan Day | James Rafferty |
| John Dinzey | Danny Shelton |
| Jay Gallimore | Kenny Shelton |
| Christopher Hudson | David Shin |
| John Lomacang | Eric Walsh |
| Jill Morikone | Steve Wohlberg |

Visit 3ABNCampMeeting.org for more information, or call 618-627-4651 to reserve a camping or RV site.



Amazing Changes



Our hearts are warmed by letters from our Russian viewers telling us how God has brought about dramatic changes in their lives. From humble beginnings, He has raised up 3ABN Russia and touched the hearts of countless souls!

Lyudmila tells us that she grew up without a father. “Things were difficult for us,” she explains. “There were no jobs for my mother, and she never got her pension; so I worked on a state farm to support our family while she stayed home and took care of my younger sister. In 1979, I was elected secretary of the farm’s communist party committee, and later became a specialist in cattle breeding and was put in charge of our livestock.

“Although I was an ardent atheist, my mother was a believer and prayed all the time,” she continues. “In school we studied Darwin’s theory of evolution, and I’d even made presentations on that topic. Not only did I not believe in God, but I also strongly denied His existence. However, after I retired, life became very difficult; and after the death of my mother and one of my sons, I began washing away my problems with alcohol.

“Then, in 1998, I watched a *Face to Face* program and wrote you a letter asking for

help and prayer for my other son, who was incarcerated. You kindly wrote me back, saying that one of your TV hosts would visit my son in prison. Then I began taking your New Life Bible study lessons, and when I finished them, you sent me a Bible as a gift!

“After I met God, everything changed. I began attending church, was baptized in May 2005, and He immediately helped me quit drinking.

“A year later, my other son died; but before he did, we sat on the couch and he asked me for forgiveness and told me how much he loved me. He also told me that he believed in God! I am so grateful to 3ABN Russia for leading me to the Lord. Thank you for my Bible, and may God allow you to continue bringing the gospel to those near and far.”

Inspired and Intrigued

Anna first watched our programs in 2006 on a local Nizhny Novgorod TV station called Seti NN. “I liked the programs because you shared about your personal relationship with God and the situations He’d helped you through,” she says. “It was all very inspiring and intriguing, because I’d been searching for God and had many

questions. The truth was revealed to me, not only through your *Face to Face* program, but also through other programs I watched on your website.

“I’m so happy 3ABN Russia exists. It always supports me spiritually and helps me get to know God more deeply as I learn what the Bible says about health, family values, and raising children. I can say with confidence that 3ABN Russia was put here to preach the gospel to the world!”

A Deep Impression

Andrey shares how 3ABN programming made a deep impression on him as a young lad. “I well remember how we would watch a TV show called *Face to Face* at 6:00 p.m.,” he says. “I was immediately interested because I’d never seen anyone speak in simple, accessible language about topics that interested me. It was clear that the hearts and souls of the presenters were invested in those programs, and although they were short, those few minutes were enough to interest a huge number of people.

“*Face to Face* inspired me, but I never wondered what kind of church it might come from. I just thought of it as a Christian TV show and continued watching from 1998 to 2003. The programs inspired me to read the Bible and look into 3ABN Russia; and as soon as I found out you were Seventh-day Adventist Christians, I looked up the nearest church. When I got there, I met some young people and asked where I might find their pastor, so they took me to his home. From that moment on, I’ve been connected to a living church that put me on a path to become a pastor. I studied at Zaosky Adventist University for four years, then began working for the West Russia Union Conference of Seventh-day Adventists. Recently, I

was ordained, and now I minister in the Kaliningrad region.

“Almost 25 years have passed since I first saw your *Face to Face* program, and today, 3ABN Russia can be seen across our nation and throughout the world on satellite, TV stations, cable, online, and on social media. Your programs are inspiring, and I believe you bring the faith we need to help us face the future with confidence. I know many who have come to God thanks to 3ABN Russia, just like I did; and on behalf of the Kaliningrad region, I want to congratulate you on your anniversary! Your selfless work is a great treasure, and we wish you success, inspiration, and many more souls for God’s kingdom.”

What beautiful testimonies! We are so blessed by these stories, and every soul won to God reassures us that the biggest miracles are yet to come! Please pray for your brothers and sisters in Russia and for those who watch our Russian language network around the world. Thank you for all you do for our Russian ministry. ☺

Large audiences were captivated by the simple, down-home setting of the first *Face to Face* programs where Julia Outkina introduced church members sharing their faith through home videos.



3ABN IN THREE NEW LANGUAGES!

Jesus was clear about His mission, and He was also clear when He instructed all His followers by saying, “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.” Matthew 28:19 (KJV). You have partnered with us in preaching the gospel for many years, but now there’s a

new evangelistic tool that will reach billions of people we’ve never been able to reach before!

To learn more about it, we spoke to Greg and Jill Morikone, 3ABN’s president and vice president/COO, and they told us about this new opportunity to make 3ABN programs available in three new languages.

“We are working with another Christian ministry that is translating programs that are fundamentally important for salvation,” Jill says. “Even now, they are being closed captioned and voiced by Christian translators into Simplified Chinese (Mandarin), Classical Arabic, and Modern Standard Hindi—three languages that are spoken by a combined total of over two billion people!”

FINDING SALVATION

Greg is passionate about this, as well. “Evangelism is the whole reason 3ABN exists,” he says, “so we’re always looking for new ways to spread the gospel. Since so many people now discover 3ABN by searching the Internet for certain topics, we’re focused on using keywords to make that easier. These new translated programs will soon be available on both our 3ABN+ app, on our 3ABNPlus.tv website, and our 3ABN YouTube channel. They’ll have descriptions in those translated languages, too, making it easier for non-English speakers to find them. We are praying that the Holy Spirit will guide those who are searching to type in those keywords in their language, and we believe that many of them will give their hearts to Jesus.

“Thank you for standing with this ministry as we do all we can to reach the souls that He died for,” Greg concludes. “We need your earnest prayers and support as we try to reach the many who have not yet heard about our Savior.”

God will surely add His blessing to every effort we make to reach the world with the good news of salvation!

BE SURE TO
EARMARK
YOUR
DONATION

#361
LANGUAGE
TRANSLATION



Cytokines are communication molecules by which the cells of our body talk to each other. They have specific effects on the communication between our immune cells and on their behavior in response to infection and trauma. They let our brains know when infection is brewing in some part of our body, signaling that it’s time to lose the appetite, turn up the temperature, feel mopey, and be miserable.

Animal research has found that when specific cytokines were inactivated, or their receptors in the brain were blocked, the brain didn’t perceive infection. It can be raging, but our brain doesn’t know it, so we feel great and go happily on our way. On the other hand, when cytokines were directly administered to the brain, the animals showed all the signs of infection—*when there wasn’t any*. They felt sick, even though they were perfectly healthy.¹

Some cytokines promote inflammation, while others are anti-inflammatory. For example, “a large number of cytokines are active in the joints of patients with rheumatoid arthritis (RA).”² Cytokines promote inflammation in the joint, as well as its destruction; but thankfully, they can be “talked down.” A small study of individuals with RA found that laughter was an effective way of reducing the pro-inflammatory cytokines and increasing the anti-inflammatory ones.

The kind of fat we eat also plays a role in cytokine regulation. While an excess of saturated fat increases the secretion of pro-inflammatory cytokines, omega-3 fatty acids reduce their production.³ Other nutrients that have been found to help modulate or balance out who’s got the mic in the cytokine family are polyphenols—a class of micronutrients found in whole plant-based foods. These amazing substances protect against cytokines getting out of hand and becoming excessive, uncontrolled, and destructive (think “cytokine storm”).⁴

Telling someone who is emotionally agitated or out of control to calm down is rarely helpful. Just like with cytokines, laughter and good food just might be what it takes to have better communication.

1. Azar B. (2001, December 1). A new take on psychoneuroimmunology. *Monitor on Psychology*, 32(11).
2. Brennan F, McInnes, I. (2008, November 3). Evidence that cytokines play a role in rheumatoid arthritis. *The Journal of Clinical Investigation*, 118(11).
3. Kang JX, Weylandt KH. (2008) Modulation of inflammatory cytokines by omega-3 fatty acids. *Subcellular Biochemistry*, 49.
4. Yahfoufi, N., Alsadi, N., Jambi, M., & Matar, C. (2018, November 2). The immunomodulatory and anti-inflammatory role of polyphenols. *Nutrients*, 10(11).



PHOTO SUPPLIED



Join us in Auburn, Washington!

3ABN Rally

APRIL 29, 2023



Auburn City Seventh-day Adventist Church | 402 29th St SE | Auburn, WA | More information, call 253-833-2560

Please note that this event will not be broadcast



PO Box 220 | 618-627-4651
West Frankfort, IL 62896 | 3ABN.tv

NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
THREE ANGELS BROADCASTING NETWORK