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## **3ABN** WORLD MAGAZINE



The Three Angels' Messages

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Executive Editor: Jill Morikone Managing Editor: Bobby Davis Creative Director: Chrystique Neibauer Graphic Designers: Adam Dean, Janelle Owen Photographer: Svetlana Christian

Proofreaders: Barbara Nolen, Mitch Owen, J.D. Quinn

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Explore faith and science with Cliff Goldstein in this dynamic series that presents the reasons behind our beliefs. You'll find this program especially helpful if you long to reach relatives, neighbors, or friends who may not believe in the Bible—or even in God. Cliff reaches people where they are, using history, science, philosophy, and nature.

#### **MISSED A PROGRAM?**

Watch the series on our YouTube channel. Just look for the playlist and be sure to share the videos!

#### PRESIDENT'S LETTER | Danny Shelton



Dear Family,

It seems the devil is doing everything he can to distract and divide God's remnant church. His goal is to divide us through politics, culture, race, etc., but now is the time to be united, not divided. We are to give the "Elijah message" to a lost and dying world. "He will turn the hearts of the fathers to the children, and the hearts of the children to their fathers." Malachi 4:6. We can only do this when we, as God's people, are united in spirit and truth.

We are dedicating our entire Spring Camp Meeting to the proclamation of the three angels' messages! God has given Seventh-day Adventists a warning message to proclaim to a last day generation on planet earth. This message is wrapped in love by Jesus, Himself, and is found in Revelation 14.

Our Spring Camp Meeting runs from June 6-9, and we will have 16 ser-

mons by 12 speakers, including John Bradshaw, James Rafferty, Dr. John Nixon, Wintley Phipps, David Shin, Stephen Bohr, Jay Gallimore, and Steve Wohlberg.

In addition, we will have a number of brand new songs written about the three angels' messages, including, "Give Him Glory," "Glorious Church," "They Sang a New Song," "Behold I Come Quickly," and others. These songs were written after months of study and prayer by the writers of this beautiful new music project.

We are dedicating our entire Spring Camp Meeting to the proclamation of the three angels' messages!

We encourage you to make plans to be with us for this 3ABN camp meeting; but if you cannot make it, all of it will be broadcast live on 3ABN television and radio, as well as YouTube.

Thank you so much for your prayers and financial support as we endeavor to take this present truth message to a lost and dying world before Jesus comes back to take His children home.

May God bless you abundantly more than you could ever ask or think.

Danny Shelton

President & CEO

## SJABN SPRING CAMP MEETING June 6-9, 2018

#### THE THREE ANGELS' MESSAGES

Don't miss this special 16-sermon presentation of the three angels' end-times messages, found in Revelation 14:6-12.

Spring Camp Meeting Guest Speakers

















s we approach our 3ABN Spring Camp Meeting, we're excited to be focusing on the Three Angels' Messages of Revelation 14:6-12. As we see the rapid developments predicted by the prophets of old, the urgency of proclaiming those messages throughout the world becomes even more pronounced. In fact, our ministry took its name from these messages!

During this "Year of Present Truth," there is nothing more important than to fully comprehend what this truth is, so we've asked some of our most gifted speakers to come and share on each part of these messages.

Of course, there will be music, and this year you'll hear brand new songs written about the three angels' messages by Danny Shelton and award winning Christian songwriters, Lanny Wolfe, David Huntsinger, and Aaron Wilburn. You won't want to miss our two-hour live concert on Friday night at 6:00 p.m. Central!

We have free RV parking and hook ups, as well as delicious free vegetarian meals for all. We'll have programs for children and young adults, informational seminars for the Blessing Is On the "GO!" movement and our Planned Giving and Trust Services department. We'll have guided tours of our studios and headquarters, and marvelous opportunities to enjoy fresh air and peaceful walks in God's beautiful southern Illinois countryside.

Ask around, and you'll find that those who have attended are excited to come back! In fact, they insist on returning year after year!

Join the fellowship, invite your friends, and come for a blessing you'll never forget. We'll be waiting for you with open arms! €

#### TV BROADCAST SCHEDULE • CDT (UTC-5)

#### **WEDNESDAY, JUNE 6**

6:00 PM Welcome and Music

7:00 PM The Sure Word of Prophecy – John Bradshaw

8:00 PM The Everlasting Gospel – James Rafferty

#### **THURSDAY, JUNE 7**

9:00 AM *Evangelizing the World* – Dr. John Nixon

10:00 AM Fear God and Give Him Glory - Wintley Phipps

11:30 AM The Hour of His Judgment Has Come - CA Murray

2:30 PM Worship Him Who Created - David Shin

6:00 PM Music Hour

7:00 PM Mystery Babylon Has Fallen - Stephen Bohr

8:00 PM *The Mark of the Beast* – Jay Gallimore

#### FRIDAY, JUNE 8

9:00 AM God's Holy Wrath-Fire & Brimstone - Shelley Quinn

10:00 AM The Smoke of Their Torment – Steve Wohlberg

11:30 AM The Patience of Commandment-keeping Saints - John Lomacang

6:00 PM "Give Him Glory" Concert

8:00 PM The Blessed Rest From Their Labors - David Shin

#### **SATURDAY, JUNE 9**

9:00 AM 3ABN Sabbath School Panel

10:30 AM *Divine Service* – Danny Shelton

The Sharp-Sickle Reaping – Jay Gallimore

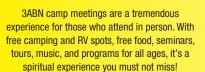
Three Angels' Message Summary - Stephen Bohr

Second Resurrection/Lake of Fire - Kenny Shelton

7:00 PM New Heaven and New Earth - Steve Wohlberg

8:00 PM 3ABN Spring Camp Meeting Afterglow





For latest information, visit 3ABNcampmeeting.org





#### Be blessed by sermons and reports from your 3ABN Family!



Yvonne Lewis-Shelton



























### **Dreams Come True!**

Dare to Dream has programs designed with you in mind. DARE to DREAM Our goal is to provide Christ-centered programming that



offers practical tools for living. Our world has many problems, but the Bible has many solutions. Dare to Dream wraps the timeless biblical principles into contemporary contexts, and transcends culture. Here is a sample of our wide variety of programming.

#### **DOLLARS & SENSE**

Host Ryan Mack is a frequent CNN contributor, author, and, most importantly, a Christian. On this program he takes biblical principles and applies them to financial



precepts. He exposes the financial predators in the inner city, and cautions against check cashing centers and furniture rentals. Learn how to improve your credit, make out a budget, as well as the basic concepts of financial literacy.

#### **CREATIVE COOKING**

Now in its second season, our new vegan program, Creative Cooking, features delicious recipes by Nicole Braxton that are internationally infused and packed with flavor! Her goal is to enable you to "travel the world one bite at a time," and her focus is on restoration, total wellness, and connecting with the community. You'll find



her recipes under the "Resources" section of our website, d2dnetwork.tv.

#### LIVE TO BE WELL

Dr. Kim Logan Nowlin hosts her new program, Live to Be Well, that addresses the



whole person's physical, mental, emotional, and spiritual health. Featuring guests from all walks of life, she is committed to bringing the good news of Jesus Christ to each and every viewer. Dr. Kim is engaging, funny, and compelling. You'll definitely want to watch this program!

#### **WORKIN' THE DREAM**

Have you ever wondered how to take Jesus with you into the workplace? Do you need to know some basic things like how to prepare a resume, or what HR people look for? Host Eric Kelly is a long-time employment coach and mentor who will



teach you how to land and keep your dream job. Workin' the Dream's elements of comedy, as well as the teaching segments with Eric, make it the "go-to" place for learning how to live out your Christianity in the workplace.



#### THE MISSING PEACE

How's your prayer life? Are your prayers stale? Too formal? Boring? Dr. Nadine Joseph Collins is a prayer warrior, and along with host, Jason Bradley, she can revolutionize your prayer life! Prayer is the key to a deeper experience with God, and

she will teach you the principles of prayer, and how to have a richer relationship with the Lord. Tune in and watch your prayer life go "WOW!"

#### A FATHER'S HEART

Many inner-city families are single-parent, female dominated units. Sometimes the fathers are just not there, or, if they are involved in their children's lives, they are unaware of how to parent successfully. A Father's Heart is hosted



by Xavier Morales and features Pastors Denry White and Gordon Frasier. This program focuses on teaching men how to be godly, effective fathers, and helps those who just don't know where to begin. With amazing transparency, they make themselves vulnerable to show that even if you don't have all of the answers, you can make a huge difference in your child's life by consistently showing up and applying spiritual principles. ©

Our desire is to continue spreading the gospel of Jesus Christ around the world, and we need your support to do so. If the Holy Spirit impresses you, please send your taxdeductible love gift to Dare to Dream, PO Box 220, West Frankfort, IL 62896. Thank you for your prayers and your financial support!

#### 8 • MAY 2018

#### **3ABN TV SCHEDULE**

PDT -2 hours • MDT -1 hour • EDT +1 hour Red titles are changes effective this month.

**©** = CLOSED CAPTIONED **♦** = LIVE PROGRAM ★ = NEW SERIES **○** = REPEAT OF LIVE PROGRAM

CDT	SUNDAY	CDT	MONDAY
2:00a	Pillars of Faith C 1hr	2:00a	Revelation of Hope C 1hr
3:00	Featured Ministries 🕶	3:00	Homecoming Camp Meeting C 1hr
3:30	From Sickness to Health 🚾	4:00	Table Talk C 1hr
4:00	In the Beginning CC	5:00	Divine Design/Grandma's House 🖸
5:00	Revelation's Ancient Discoveries	5:30	
6:00	Body & Spirit Aerobics CG	6:00	•
	Melody From My Heart <b>©</b>	6:30	•
		7:00	·
	Kids Time CC	7:30	·
7:30	Praise!	8:00	•
8:00	3ABN Today 🖸 1hr		House Calls C 1hr
9:00	Your Favorites by Request CC		Free Indeed CC
9:30	Adventures in Missions CC		Books of the Book 🖸
10:00	Focus on God's Word 🖸 1hr	11:00	Sabbath School Panel C 1hr
11:00	Inspirational Hour 🖸 1hr	12:00p	
12:00p	HeartLift CG	1:00	Off the Grid 🖸
	Pressing in to His Presence		Abundant Living CC
	A Sharper Focus • 1hr		Action 4 Life (Casio Jones)
	·	2:30	Heaven's Point of View (Frank Fournier)
	Body & Spirit C		3ABN Today C 1hr
	Tiny Tots for Jesus c	4:00	Tiny Tots for Jesus 🗷
3:00	3ABN Today LIVE ◆ 2hrs	4:30	Kids Time 🕶
5:00	The Carter Report 4 1hr	5:00	Liberty Insider 🕶
6:00	Sabbath School Panel C 1hr	5:30	· ·
7:00	Salvation in Symbols & Signs CC	6:00	Grace Pipeline 🕶
7:30	Perfecting Me 🖸	6:30	
8:00	3ABN Today 🖸 1hr	7:00	
9:00	Celebrating Life in Recovery C 1hr	8:00	•
	Featured Ministries	9:00	
			The Carter Report
	Your Favorites by Request   CARN Tarkey (77 thr)	11:00	· · · · · · · · · · · · · · · · · · ·
	3ABN Today C 1hr	12:00a	
12:00a	Secrets Unsealed Presents  1hr	12:30	·
1:00	Celebrating Life in Recovery C 1hr	1:00	ASI Conventions  1hr



SUNDAYS at 9:00 a.m. & 10:30 p.m. MONDAYS at 5:30 p.m. FRIDAYS at 2:30 p.m. *CDT (UTC-5)* 

	WIII TIWI PANTUN		
CDT	TUESDAY	CDT	WEDNESDAY
2:00a	Optimize 4 Life 🖸	2:00a	Celebrating Life in Recovery 4 1hr
2:30	Perfecting Me 🖸	3:00	Revelation's Ancient Discoveries 🖸 1hr
3:00	Melody From My Heart 🖸	4:00	Spring Camp Meeting C 1hr
3:30	Free Indeed	5:00	Praise CC
4:00	House Calls C 1hr	5:30	Making Waves CC
5:00	Salvation in Symbols & Signs 🗷	6:00	Body & Spirit 🕶
5:30	Wonderfully Made 伍	6:30	It Is Written 🚾
6:00	Body & Spirit Aerobics 🕶	7:00	Amazing Facts Presents
	The Heavens Declare CC	7:30	It Is Written Canada <b>G</b>
	Health for a Lifetime 🔼	8:00	3ABN Today C 1hr
7:30	Maranatha Mission Stories 🕶	9:00	Remodeling Your Life 🗷
8:00	3ABN Today LIVE 2hrs	9:30	Divine Design/Grandma's House 🗷
	Pressing in to His Presence	10:00	Melody From My Heart 伍
	Thunder in the Holy Land G	10:30	Salvation in Symbols & Signs CC
	Featured Ministries CG	11:00	Table Talk CC 1hr
	Books of the Book	12:00p	3ABN On the Road C 1hr
	Spring Camp Meeting   1hr	1:00	Issues and Answers CG
	Battles of Faith CC	1:30	Abundant Living G
	Cook:30 🗷	2:00	Action 4 Life 🕶
	Body & Spirit CC	2:30	Perfecting Me CC
	HeartLift CC	3:00	3ABN Today CC 1hr
	3ABN Today C 1hr		Tiny Tots for Jesus 🗷
	Tiny Tots for Jesus CC		Kids Time 🕶
	Kids Time CC		Everlasting Gospel C 1hr
	Kids Time Praise CC		GYC CC 1hr
	Multitude of Counselors	0.00	A Sharper Focus 6 1hr
	House Calls C 1hr		3ABN Today C 1hr
	Secrets Unsealed Presents C 1hr		Amazing Facts Presents CC
	3ABN Today C 1hr		I Want This City CG
	Behold the Lamb Presents C 1hr		It Is Written @
	Sabbath School Panel C 1hr		Liberty Insider @
	3ABN Today C 1hr		3ABN Today C 1hr
	Heaven's Point of View C		A Sharper Focus • 1hr
	Exalting His Word CC		·
	Adventures in Missions CC		In the Footsteps of Paul C
1:30	I Want This City CC	1:30	Divine Design/His Words Are Life 🖸



# One Man's Story of God's Faithfulness

WALTER THOMPSON, M.D.

CDT	THURSDAY
	THURSDAY

2:00a	Laymen	Ministries CC
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2:30 Grace Pipeline CC

3:00 Spring Camp Meeting C 1hr

4:00 Remodeling Your Life

4:30 Issues & Answers CC

5:00 Discover CC 1hr

6:00 Body & Spirit Aerobics

6:30 Jesus for Asia Now CC

7:00 Homecoming Camp Meeting C 1hr

8:00 3ABN Today CC 1hr

9:00 ASI Conventions CC 1hr

10:00 From Sickness to Health

10:30 HeartLift CC

11:00 Revelation of Hope C 1hr

12:00p Ultimate Prescription

12:30 Multitude of Counselors CC

1:00 The Heavens Declare CC

1:30 Taste of Paradise CC

2:00 Body & Spirit CC

2:30 Contending for the Faith CG

3:00 3ABN Today 4 1hr

4:00 Tiny Tots for Jesus CC

4:30 Kids Time CC

5:00 Pillars of Faith C 1hr

6:00 The Carter Report 1hr

7:00 Sabbath School Study Hour C 1hr

8:00 3ABN Today LIVE 4 2hrs

10:00 Kenneth Cox Ministries CC 1hr

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11:00 3ABN Today CC 1hr

12:00a Table Talk 🚾 1hr

1:00 3ABN Today LIVE 1hr

#### CDT FRIDAY

2:00a 3ABN Today LIVE (continued) 1hr

3:00 Salvation in Symbols & Signs

3:30 Heavens Point of View

4:00 Liberty Insider CC

4:30 Battles of Faith CC

5:00 Sabbath School Study Hour C 1hr

6:00 Body & Spirit CC

6:30 Contending for the Faith

7:00 Secrets Unsealed C 1hr

8:00 3ABN Today CC 1hr

9:00 Behold the Lamb Presents G 1hr

10:00 Health for a Lifetime CC

10:30 Divine Design/His Words Are Life

11:00 Celebrating Life in Recovery C 1hr

12:00p Sabbath School Panel G 1hr

1:00 Optimize 4 Life CC

1:30 Cook:30 CC

2:00 Action 4 Life CC

2:30 Your Favorites by Request

3:00 3ABN Today CC 1hr

4:00 Tiny Tots for Jesus 🖸

4:30 Kids Time CC

5:00 Featured Ministries CC

5:30 Music CC

6:00 Jesus for Asia Now

6:30 Camp Meeting Music Projects 

1.5hrs

8:00 3ABN Today Family Worship 🖸 1hr

9:00 It Is Written

9:30 Maranatha Mission Stories

10:00 Mission 360 CC

10:30 Hope in Motion

11:00 3ABN Today Family Worship C 1hr

12:00a ASI Conventions 

1hr

1:00 Breath of Life GG

1:30 Thunder in the Holy Land

In this deeply personal booklet by Walter Thompson, M.D., you'll find a God who knows our heart's desire, and who is more than able to provide our every need. Our God is truly faithful!

#### CDT SATURDAY

2:00a Praise! CC

2:30 It Is Written CC

3:00 Kenneth Cox Ministries C 1hr

4:00 Everlasting Gospel CC 1h

5:00 Revelation Insights CC 1hr

6:00 Perfecting Me CC

6:30 Tiny Tots for Jesus CC

7:00 Kids Time Praise CC

7:30 Kids Time CC

8:00 3ABN Today CC 1hr

9:00 Sabbath School Panel C 1hr

10:00 Kenneth Cox Ministries C 1hr

11:00 Worship Hour C 1hr

12:00p Revelation's Ancient Discoveries C 1hr

1:00 New Perceptions C 1hr

2:00 Sabbath School Study Hour C 1hr

3:00 **3ABN Today**  1hr

4:00 Maranatha Mission Stories

4:30 Kids Time CC

5:00 Kids Time Praise CC

5:30 Tiny Tots for Jesus CC

6:00 Laymen Ministries CC

6:30 Salvation in Symbols & Signs CC

7:00 Breath of Life CC

7:30 Multitude of Counselors

8:00 3ABN Today CC 1hr

9:00 Table Talk CC 1hr

10:00 Grace Pipeline CC

10:30 Making Waves CC

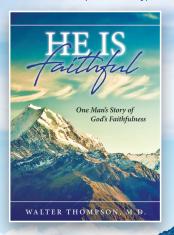
11:00 3ABN Today CC 1hr

12:00a Discover CC 1hr

1:00 GYC CC 1hr

#### **FREE BOOKLET OFFER**

Call: 618-627-4651 CODE: GIFT04 (1 Per family)





Thursdays 5:00 p.m., 9:30 p.m. CDT (UTC-5)

Pumped Up Parents is a compelling program featuring vignettes that show the right and wrong ways to parent, as seen through the eyes of family counselor, Laketia Carrell. Watch her share amazing insights and biblical concepts as she works with families on this compelling program! Tell your friends and neighbors who have children, grandchildren, nieces and nephews to tune in to Dare to Dream. You're bound to learn something new!

WATCH ON D2DNETWORK.TV

# Pathway to Life DECISIONS AND BAPTISMS

When our presenters returned from the *Pathway to Life* evangelistic series in Phoenix, Arizona, they were eager to tell us how the Lord had blessed. After experiencing the power of the Holy Spirit—both in their preaching, and through those who made decisions for the Lord—this is what they had to say.

#### The Philip Experience

John Dinzey preached at the Phoenix Central Valley Spanish Seventh-day Adventist Church, and near the end of his series, he noticed a man he didn't recognize come up during his altar call. "His name was Sigifredo, and he told me after the service that he'd been watching 3ABN Latino for over a year. Then he told me he'd been watching our series at home, but decided to come meet me in person. He spoke with me, with Pastor Antulio Espinoza, and with several others who were soon as convinced as Philip was with the Ethiopian in Acts 8. 3ABN Latino and careful Bible study had prepared him for baptism—the next day! I just praise the Lord!"

#### Ministering to a Minister

CA Murray met a lady minister of a local Sunday-keeping church after one of his sermons at the Desert Cove Seventh-day Adventist Church in El Mirage. "She was not aware that there are

two sets of God's Law in Exodus 25 and Deuteronomy 31," he says. "She told me, 'Although I've pastored for many years, I've never assumed I knew enough. In fact, coming to your meetings has shown me that I don't know as much as I thought! I'll be using what I've learned about the State of the Dead in an upcoming funeral, and your sermon today has given me my material for my next sermon on Sunday!' I knew I was in the presence of someone who was seeking the truth when she stated, 'If it is in the Bible, and it can be proven, I will follow it.' Her sincerity has led—and will lead her to the Seventh-day Adventist Church!"

#### Giving In To the Holy Spirit

Pastor Kenny and Chris Shelton were blessed to minister at the Chandler Seventh-day Adventist Church and witnessed a real sense of revival and reformation as the Holy Spirit touched the hearts of the people. A man named Doug, who held a membership in another denomination, had visited this church many times, but during this series, the truth of God's Word was suddenly clearer than ever before. He submitted to the urging of the Holy Spirit and took a decisive stand for truth. Frank, a former Catholic of 57 years, also came forward and was baptized with tears in his eyes. The Sheltons report, "A godly fire was lit in the Phoenix area during the

Pathway to Life series, and we are praying that it will continue to spread and catch more souls for the Kingdom of God!"

#### A Call to Repent

As Pastor John Lomacang preached on "Washing Away the Past" at the Paradise Valley Seventh-day Adventist Church,

he mentioned some of the weaknesses of the tribes of Israel. He specifically noted that Revelation doesn't mention the tribe of Dan—the most critical one, who focused on everyone else's sins, except his own. "I remember mentioning that Dan didn't make it, and then moved to the well-educated Pharisee, Nicodemus," he recalls. "Then later, during my appeal, I said, 'The Lord wants to give some of you eternal life; however, some of you want a cigarette, instead.'

"Apparently this angered a lady in the audience greatly, because she sought me out after the meeting and said, 'My first name is Barbara, and my last name is Dann—and you've been calling me out all night!'

I replied, 'Barbara, I haven't been calling you out; the Holy Spirit has been calling you,' and suddenly she told me that she was the most critical person I'd ever meet—using a few curse words for emphasis!

'Not only are you critical, but you have a foul mouth,' I replied, but she wasn't done! 'You said Nicodemus was educated? I have a master's degree, and I know better. And the bit about wanting a cigarette? I've been smoking for 11 years—as an Adventist! In fact, I smoked my last cigarette on December 24.' "Then she shot me a very



Pastor John and Angela Lomacang with Barbara Dann (center) as she starts a new walk with the Lord.

puzzled look, and said, 'I think the Lord is giving me one last chance, Pastor, and I have to make it right with Him. What's going to be different this time?'

"'Barbara, this time you're going to repent,' I replied, and to make a long story short, she took off her jewelry and was rebaptized that final Sabbath. When we parted, she gave me a big hug and said, 'I know you're not going to forget me!'"

#### I Was Praying, And...

Shelley Quinn saw many people baptized at the Phoenix Central Seventh-day Adventist Church, and one night, she had a visitor who told her that she was an answer to prayer.

"A couple of weeks ago, I was driving home from work, praying to the Lord because I wanted to find Jesus," Angela said. "When I got to my new apartment, I looked in my mailbox—and there was a flier for this seminar! I've been here every night because although I grew up in church, when I was 13 I veered off—and I've been kinda lost since. But I know my time is now! I love this church, and just don't want you guys to leave!"

Get the full stories and many more at 3ABNPhoenix.com by clicking on "iSite Review." ©



## Streaming God's Grace Every Day

What a blessing the Internet has become for so many. Today, the grace of God, the joy of salvation, and the three angels' messages of Revelation 14:6–12 are proclaimed with power around the world every second of every day through this medium! This marvel is made possible by the advances in technology that are now available to the citizens in every nation—or as the Bible puts it, "to every nation, tribe, tongue, and people." Revelation 14:6.



As God allowed mankind to develop this amazing tool for the spreading of the gospel, He impressed 3ABN to adopt it early on, and we began streaming our Christ-centered programs to those who watched on computers. In a few years, WiFi set top boxes like

mySDATV and Roku, as well as Apple and Android tablets and smartphones, were able to stream 3ABN TV and radio programs all day long.

> It is plain to see that this is the future of television and radio programming, and we praise the Lord that we are able

to use this marvelous method to reach the world with the good news of salvation and the three angels' messages. However, as the number of viewers and listeners increases, the number of hours they stream our programming increase proportionally—as does the cost of transmitting larger and larger amounts of data.

So here's the good news: Over the past year, our data streaming has more than doubled, and that means we're reaching more people! It also means the cost of providing this service has increased, as well. Perhaps there's no better way you can help spread the gospel than to donate to the cost of sending out streams of hope through 3ABN's eight TV and five radio channels on the Internet, so please pray and ask the Holy Spirit what He would have you do. Thank you for helping to hasten the return of our Savior. Jesus Christ!

Thai Micheff Sisters Veggie Wrap

INGREDIENTS

1 package frozen extra-firm tofu, thawed

and cut into small-size cubes

2 tsp blackened seasoning

½ tsp salt (optional)1 cup cucumbers, diced1 cup carrots, julienned1 medium avocado, diced

1 packed cup romaine lettuce, shredded 4 whole wheat tortilla wraps

#### Peanut Sauce:

½ cup crunchy peanut butter ¼ cup sparkling apple juice

2 Tbsp lemon juice 2 Tbsp tamari sauce ½ tsp cayenne 2 tsp agave nectar

#### **DIRECTIONS**

Place the tofu in a skillet sprayed with nonstick cooking spray. Sauté over medium high heat. Sprinkle blackened seasoning and salt (if desired) over the top, then toss gently. Sauté until blackened.

Toss cucumbers, carrots, and lettuce together. In a separate bowl, mix peanut sauce ingredients together until smooth. Save ½ cup peanut sauce for dipping.

Mix the remaining sauce with the vegetables. Add avocado. Toss gently to coat.

Place 1 cup filling in the middle of a wrap, then roll tightly.

Yields: 5 cups filling, 5 wraps







34BN's Spring Camp Meeting is right around the corner. Make plans to join us in person, or watch and listen on 34BN television or 34BN Radio!

SEE PAGE 4 for more details.



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