September 2018

SABN SABN WORLD MAGAZINE

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> > "COVENANT IDENTITY"

> > > NETWORK FEATURE

3ABN PROCLAIM! NETWORK

Preaching & Teaching God's Word

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Curtis & Paula Eakins

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FAMILY WORSHIP Watch on Fridays at 8:00 p.m. & 11:00 p.m. CDT on 3ABN.tv

MISSED A PROGRAM?

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



Dear 3ABN Family,

As many of you may have already heard, I had quadruple bypass surgery on July 19. This came as a surprise in that I still play full-court basketball with the young guys. I have never had a heart attack, nor did I have chest pain. Once in a while, I would have a little shortness of breath, but not usually while exercising.

Since my family on my father's side has a history of heart problems (including heart attacks and death), I decided to go in for testing. I did very well on the nuclear treadmill stress test. In fact, I was at the 10-minute point and felt I could go farther when the medical team asked me to stop. But when the test results came back they told me they'd found some problem, and after talking with my family doctor, we decided to have a heart catheterization procedure. The results showed a number of blockages, and I was told I was a time bomb that could go off anytime!

I praise the Lord I got a second chance! My doctor performed a five-hour surgery, and four days later, they sent me home from the hospital! Yes, I know that rarely happens. My physician told me that because the problem was discovered before I had a heart attack, my healing would be much faster. They told me my arteries were large, which they attributed to my exercise routine.

God gets all the credit, and I want to thank Him for another chance to have more time to work in His vineyard here on earth! I'm especially thankful to my wife, Yvonne, my daughter, Melody, and my son-in-law, Greg Firestone, for their endless hours of staying by my bedside as advocates. Greg is an ICU nurse, and was a great blessing in the first few days.

In His love and mercy, God gave me a second chance here on earth. He allowed my doctors to correct the situation by bypassing the corrupted arteries before they clogged, causing a heart attack that could have been fatal.

It struck me that God loves each of us so much that He also gives us spiritual "second chances." The plan of salvation provides an "out" from the wages of sin. It gives us a second chance, if you will, to express godly sorrow when we fail our Savior. All we have to do is repent from our sins and Jesus promises that He will forgive us our sins and cleanse us from all unrighteousness.

Jesus is coming soon in the clouds of glory. Please join me in rededicating our lives to Him so He can use us as vessels of honor for His glory!

anny Shelton

Danny Shelton President & CEO



Our fall 3ABN Homecoming camp meeting is quickly approaching, and we are busy preparing an amazing weekend. Our theme this year is "Covenant Identity," and our guest speaker is Ty Gibson, who has recently written a groundbreaking new book entitled, *The Sonship of Christ: Exploring the Covenant Identity of God and Man*.

We are so excited about this powerful new material that we asked him to share it with us during our 3ABN Homecoming this month, and we are sure you will enjoy it.

Questions—and Answers

"Many questions come up when we ask what the Scripture

means when it calls Jesus the 'Son of God,' "Ty explains. "If Christ is Himself fully God, how can He also be the Son of God? Did He have a point of beginning? Was there a point in eternity past when He didn't exist? If Jesus is God's Son, does that bring the doctrine of the Trinity into question? And what are the implications of the Sonship of Christ for our own relationship to God as our Father?

"I believe the answers to these questions are found in the Bible, and that they open brilliant new insights into God's chapter of love," he continues. "I believe that the key is the biblical truth of covenant—the covenant identity of God and man, and that's what we'll explore during 3ABN's Homecoming camp meeting."

Inspiring Messages and More

You can see why we're excited to hear Ty's powerful sermons. They will undoubtedly shed light on how we may improve our relationship and understanding of our loving heavenly Father and His covenant with us. We're happy Ty can be with us for this camp meeting, and we hope you can be here, too!

For your comfort, our campus has beautiful free campgrounds and RV parking with water and electricity hookups. There are many local hotels within reasonable driving distances, as well. Check out our 3ABNcampmeeting.org website for more information.



September 27-29, 2018 "COVENANT IDENTITY"

We're happy to provide delicious vegetarian and vegan meals free of charge for all who attend camp meeting. In addition, we'll have children's meetings for all age groups, tours of our 3ABN studios, time for fellowship, and so much more.

If you can't be here in person, please pray for us and make plans to watch or listen to each meeting on 3ABN television or 3ABN Radio. You can also stream the programs online at 3ABN.tv, on mySDAtv or Roku devices, and on our 3ABN app for Apple and Android smartphones and tablets.

Jesus calls us into an intimate covenant relationship with Him as we prepare for His glorious Second Coming. Don't miss this chance to grow closer to the One who loves us most. Come to beautiful southern Illinois this fall and enjoy this refreshing spiritual feast. ©

TV BROADCAST SCHEDULE

THURSDAY, SEPTEMBER 27

7:00 PM	Welcome and Music
8:00 PM	Bible Question Panel
9:00 PM	Becoming the Covenant Son – Ty Gibson

FRIDAY, SEPTEMBER 28

9:00 AM	The Word and the World – CA Murray	
10:00 AM	The Personhood of the Holy Spirit – Shelley Quinn	
11:30 AM	Identity Crisis – Kenny Shelton	
2:30 PM	<i>Enigma</i> – John Lomacang	
7:00 PM	Ministry Reports/Music Hour - Danny Shelton	
8:00 PM	The Covenant Fulfilled in Christ – Ty Gibson	
SABBATH, SEPTEMBER 29		
9:00 AM	Sabbath School Panel – Jill Morikone	
9:00 AM	Sabbath School Panel – Jill Morikone	

- 10:30 AM Divine Service Danny Shelton
- 2:00 PM *Kids Time Praise* Brenda Walsh
- 3:30 PM The Transcendence of the Covenant Maker Ty Gibson
- 6:00 PM Testimonies/Music Danny Shelton
- 7:00 PM Our Covenant Identity in Christ Ty Gibson

ALL TIMES CDT (UTC-5)



3ABNCAMPMEETING.ORG

6 • NETWORK FEATURE | C. A. MURRAY

NETWORK Preaching and Teaching God's Word

Our 3ABN Proclaim! Network is blessed to feature some of the finest preachers and teachers in Adventism men and woman who are noted for their depth of study and their ability to make the Word of God come alive, while making timely and pertinent applications to our lives today.

You'll hear the Word preached with power and conviction by preachers like Mark Finley, Kenneth Cox, Lyle Albrecht, David Klinedinst, Dwight Nelson, Steven Bohr, Shelley Quinn, Kenny Shelton, Shawn Boonstra, CA Murray, and John Lomacang, and many more.

Relevant and Timely

The messages are relevant, timely, and filled with the Spirit of the Lord, and for these reasons, 3ABN Proclaim! is an indispensable part of the spiritual life and growth of the seasoned child of God, the new Christian, and even the non-Christian who is seeking to discover what it means to be a friend of the Savior.

Joyous News

We have been pleased to receive a consistent trickle of stories affirming that lives are being touched by the program offerings on 3ABN Proclaim!

Just a few months ago, we received the joyous news from a viewer that their search for a church home and family had come to an end—they had become a part of the Adventist family as they were baptized into their local Seventh-day Adventist church.

This viewer was happy and content in the Lord, and as often happens in the case of new-found faith, they wanted to trumpet their new status as a child of the God and thank whatever constellation of persons, practices, and Providences that conspired to bring them to Christ!

These testimonials are not only heart warming, but also affirm that 3ABN Proclaim! Network is an integral part of this ministry's evangelistic outreach.

Watched by Many

Some time ago, Moses Primo, our director of broadcasting and engineering informed us that 3ABN Proclaim! Network was the second most watched of all the 3ABN family of networks. This points out the fact that our preaching and teaching format has found a home in the hearts and homes of many viewers, and for this, we praise the Lord! ©

A Life of Service

Pastor CA and Irma Murray have been with 3ABN since January 2005, after a long and successful ministry with the Northeast Conference of Seventh-day Adventists. During those years, he not only pastored many churches, but also served as a Conference official and on the Executive Committee of the General Conference of Seventh-day Adventists. While in New York City, he worked on many feature films and TV specials for the Adventist Church, ABC, NBC and Fox. He also hosted and produced a radio call-in show, a weekly *Praise the Lord* television program for TBN, and even found time to author three books!

While here, he has served as general manager of our 3ABN Proclaim! Network, produced and co-hosted 3ABN Today, hosted the new Daniel—All Access series, and has preached at many other evangelistic events. He has endeared himself to us and to countless thousands around the world with his insightful sermons, his humor and laughter, and his beautiful gift of speech. Meanwhile, his is wife Irma has worked tirelessly alongside him as a producer, marketing specialist, and a host of many 3ABN Latino Network programs.

> As they retire, they are relocating to the city of David, in the Chiriqui Province of Irma's home country of Panama, where they will assist in a new church plant. We praise the Lord for their dedication and wish them His richest blessings!

8 SEPTEMBER 2018 | 3ABN TV SCHEDULE

CDT	SUNDAY	CDT	MONDAY	
2:00a	Pillars of Faith 🖸 1hr	2:00a	Revelation of Hope C 1hr	
3:00	Featured Ministries CC	3:00	Homecoming Camp Meeting CG 1hr	
3:30	From Sickness to Health 🖾	4:00	Table Talk 🖸 1hr	
4:00	House Calls 🖸 1hr	5:00	Divine Design/Grandma's House 💶	
5:00	Revelation's Ancient Discoveries 🖸 1hr	5:30	Cook:30 CC	
6:00	Body & Spirit Aerobics 😋	6:00	Body & Spirit 😋	
6:30	6:30 Pressing in to His Presence		-	
7:00	7:00 Tiny Tots for Jesus CC		•	
7:30	Praise C	7:30 Ultimate Prescription C		
8:00	3ABN Today CC 1hr		0 3ABN Today 🖸 1hr	
	•		House Calls C 1hr	
	Your Favorites by Request C		Free Indeed C	
	Adventures in Missions CC		Books of the Book CC Sabbath School Panel CC 1hr	
	Focus on God's Word 🖾 1hr		Behold the Lamb Presents CG 1hr	
	Inspirational Hour 🖸 1hr	1-	Off the Grid CG	
12:00p	HeartLift 🖸		Abundant Living G	
12:30	Pressing in to His Presence CC		Action 4 Life (Casio Jones)	
1:00	A Sharper Focus < 1hr		0 Heaven's Point of View (Frank Fournier)	
2:00	Body & Spirit 😋	3:00 3ABN Today 🖸 1hr		
2:30	Kids Time 🖸	4:00	Kids Time Praise 🖸	
3:00	3ABN Today LIVE < 2hrs	4:30	Kids Time 🖸	
5:00	The Carter Report CG 1hr	5:00	Liberty Insider 😋	
6:00	Raw Questions/Intimate Clarity 🛥	5:30	Your Favorites by Request	
6:30	Salvation in Symbols & Signs 🖾	6:00	Grace Pipeline CG	
7:00	Sabbath School Panel CC 1hr	6:30	Salvation in Symbols & Signs 🖪	
8:00	3ABN Today 1h r	7:00	Revelation's Ancient Discoveries 🖸 1hr	
9:00	Celebrating Life in Recovery C 1hr	8:00	3ABN Today CC 1hr	
10:00	Featured Ministries 🖸	9:00	Anchors of Truth C 1hr	
10:30	Lineage C	10:00	The Carter Report 1 hr	
	3ABN Today CC 1hr		3ABN Today CC 1hr	
	Secrets Unsealed Presents C 1hr		Multitude of Counselors	
			Hope in Motion CC	
1:00	Celebrating Life in Recovery C 1hr	1:00	ASI Conventions C 1hr	

3ABN *Comeconing* Fall CAMP MEETING 2018

CDT TUESDAY 2:00a Optimize 4 Life 🖸 2:30 Perfecting Me 3:00 Melody From My Heart CC 3:30 Free Indeed CC 4:00 Daniel All Access CC 1hr 5:00 Salvation in Symbols & Signs 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 🖸 8:00 3ABN Today LIVE < 2hrs 10:00 Pressing in to His Presence CC 10:30 Thunder in the Holy Land CC 11:00 Featured Ministries CC 11:30 Books of the Book CC 12:00p Spring Camp Meeting C 1hr 1:00 Battles of Faith CC 1:30 Cook:30 CC 2:00 Body & Spirit CC 2:30 HeartLift CC 3:00 3ABN Today CC 1hr 4:00 Kids Time Praise CC 4:30 Kids Time CC 5:00 Tiny Tots Kitchen / Tiny Tots Worship CC 5:30 Multitude of Counselors CC 6:00 Mission 360 CC 6:30 Salvation in Symbols & Signs CC 7:00 Secrets Unsealed Presents CC 1hr 8:00 3ABN Today CC 1hr 9:00 Behold the Lamb Presents C 1hr 10:00 Sabbath School Panel CC 1hr 11:00 3ABN Today CC 1hr 12:00a Raw Questions/Intimate Clarity CC 12:30 Exalting His Word CC 1:00 Adventures in Missions CC 1:30 HeartLift CC

BEGINNING SEPTEMBER 27

CDT	WEDNESDAY
2:00a	Celebrating Life in Recovery 1h r
3:00	Revelation's Ancient Discoveries 😋 1hr
4:00	Spring Camp Meeting C 1hr
5:00	Praise CC
5:30	Making Waves 😋
6:00	Body & Spirit 😋
6:30	It Is Written 🖸
7:00	Amazing Facts Presents CG
7:30	It Is Written Canada G
8:00	3ABN Today 🖸 1hr
9:00	Remodeling Your Life G
9:30	Divine Design/Grandma's House 😋
10:00	Revelation Insights C 1hr
11:00	Table Talk CG 1hr
12:00p	Daniel All Access C 1hr
1:00	Issues and Answers CG
1:30	Abundant Living 🖸
2:00	Action 4 Life 🖸
2:30	Perfecting Me
3:00	3ABN Today 🖸 1hr
4:00	Kids Time Praise
4:30	Kids Time 🖸
5:00	Everlasting Gospel 1h r
6:00	Free Indeed CC
6:30	Salvation in Symbols & Signs
7:00	A Sharper Focus 🕗 1hr
8:00	3ABN Today C 1hr
9:00	Amazing Facts Presents C
9:30	HeartLift 😋
10:00	It Is Written CC
10:30	Liberty Insider G
11:00	3ABN Today G 1hr
12:00a	A Sharper Focus < 1hr
1:00	Lineage CG
1:30	Divine Design/His Words Are Life CG

For the most up-to-date schedule for all the 3ABN networks, please visit 3ABN.tv

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

CDT

12:0

FOR **SHARING**

THURSDAY

GREAT

The Three Angels' MESSAGES Ν

CDT FRIDAY

3:00 Action 4 Life CC

6:00 Body & Spirit CC

9:30 Cook:30

2:00 Music CC

5:30 Heartlift CC

9:00 It is Written CC

10:00 Mission 360 CC

10:30 Hope in Motion CC

1:00 Breath of Life CC

12:00a ASI Conventions C 1hr

1:30 Thunder in the Holy Land

3:30 Heavens Point of View 4:00 Liberty Insider CC 4:30 Battles of Faith CC

5:00 Sabbath School Study Hour CC 1hr

10:30 Divine Design/His Words Are Life CC

1:00 Behold the Lamb Presents C 1hr

2:30 Your Favorites by Request CC

6:30 Contending for the Faith CC 7:00 Secrets Unsealed CC 1hr 8:00 3ABN Today CC 1hr 9:00 Optimize 4 Life CC 1hr

10:00 Health for a Lifetime G

11:00 Anchors of Truth CC 1hr 12:00p Sabbath School Panel CC 1hr

3:00 3ABN Today CC 1hr

4:00 Kids Time Praise CC 4:30 Kids Time CC

5:00 Featured Ministries CC

6:00 Jesus for Asia Now CC

6:30 Salvation in Symbols & Signs CC 7:00 Daniel All Access CC 1hr

8:00 3ABN Today Family Worship C 1hr

9:30 Maranatha Mission Stories CC

11:00 3ABN Today Family Worship < 1hr



IN SUMMARY

by John Lomacang

Revelation 14 contains three last-day messages for the people of Planet Earth. There's a battle for your eternal life. Only you can decide your fate!

CASE OF 180 (BTTAM-C) | \$135 Suggested Donation SINGLE BOOKLET (BTTAM) | \$2.00 Suggested Donation

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CDT	SATURDAY	
2:00a	Praise! CC	
2:30	It Is Written G	
3:00	Kenneth Cox Ministries 1h r	
4:00	Everlasting Gospel 1h r	
5:00	Revelation Insights C 1hr	
6:00	Perfecting Me	
6:30	Tiny Tots for Jesus 😋	
7:00	Kids Time Praise CG	THREE
7:30	Kids Time 😋	MES
8:00	3ABN Today 1h r	
9:00	Sabbath School Panel C 1hr	CUT
10:00	Sabbath School Study Hour < 1hr	GIVE
11:00	Worship Hour 1h r	
12:00p	Revelation's Ancient Discoveries 🖸 1hr	
1:00	New Perceptions CG 1hr	
2:00	Lineage	THREE ANGEL
2:30	Making Waves	CD (3ABN046-
3:00	3ABN Today C 1hr	\$15 Suggested D
4:00	Maranatha Mission Stories 😋	DVD (DVD017)
4:30	Kids Time Praise 🚾	\$15 Suggested D
5:00	3ABN Camp Meeting CC 1hr	_34SAAAA
6:00	Laymen Ministries 🛥	
6:30	Salvation in Symbols & Signs 🕰	
7:00	Breath of Life CG	The three ang
7:30	Raw Questions/Intimate Clarity CC	14 have been
8:00	3ABN Today 1h r	features some composers, ar
9:00	Table Talk 1h r	join together to
	GYC CC 1hr	Join Danny Sh
11:00	3ABN Today 1h r	Wintley Phipps
12:00a	Discover 🖸 1hr	from Oakwood
1:00	GYC CC 1hr	of the 3ABN m
2:00	Pillars of Faith CC 1hr	experience yo



NEW!

els' messages of Revelation set to music! Give Him Glory e of Christian music's top rrangers, and singers who to worship our Creator God. helton, Yvonne Lewis-Shelton, , Ryan Day, The Aeolians d University, and the rest nusical family on a worship ou won't want to miss!

2:00a	Laymen Ministries 🖸
2:30	Books of the Book 🛥
3:00	Spring Camp Meeting C 1hr
4:00	Remodeling Your Life G
4:30	Issues & Answers CG
5:00	Discover C 1hr
6:00	Body & Spirit Aerobics G
6:30	Jesus for Asia Now 🖸
7:00	TIny Tots for Jesus 🛥
7:30	Tiny Tots Kitchen /Tiny Tots Worship
8:00	3ABN Today 🔄 1hr
9:00	ASI Conventions C 1hr
10:00	From Sickness to Health
10:30	Grace Pipeline 🔄
11:00	Revelation of Hope 💶 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	The Heavens Declare
1:30	Taste of Paradise CC
2:00	Body & Spirit 😋
2:30	Contending for the Faith CC
3:00	3ABN Today 🖸 1hr
4:00	Kids Time Praise 🖸
4:30	Kids Time 🖸
5:00	Worship Hour 😋 1hr
6:00	The Carter Report 🖸 1hr
7:00	Sabbath School Study Hour 1h r
8:00	3ABN Today LIVE 🤣 2hrs
10:00	Kenneth Cox Ministries C 1hr
11:00	3ABN Today 🖸 1hr

12:00a Table Talk CC 1hr

1:00 3ABN Today LIVE < 2hrs



TO ORDER, USE THE ENVELOPE ATTACHED, VISIT 3ABNSTORE.COM, OR CALL 618-627-4651 FREE SHIPPING IN THE CONTINENTAL U.S. ONLY. All prices are in U.S. dollar amounts.

12 · CHANGED LIVES

FINDS HOPE

or many, Three Angels Broadcasting Network is the first contact they have with the gospel. For others who are desperate and lonely, 3ABN brings them hope and meaning. But in every case, the Holy Spirit guides them to watch and listen at the right moment, then awakens their desire to find likeminded believers.

Isabel Nango is one of these, and recently she shared her story with us. "Growing up in Puerto Rico was not easy," she says, "and after my parents separated, I lived with my grandmother until I was five. I was very sick at the time, and my mom insisted I go live with my dad and stepmother in Brooklyn, New York, so they could care for me. In a few months, I looked like a totally different little girl."

For the next few years, Isabel traveled back and forth between New York and Puerto Rico, but emotionally, she became more dejected and frightened each time. As her depression deepened, she hardly spoke a word, and didn't do well in school. When she was 16, she got a job and soon after, she got married; but when that marriage ended, her depression grew worse. "I didn't know what was wrong," she says. "All I could think of was ending my life, and I struggled just to feed myself. I married again, but after my second son was born, I started drinking to ease my pain.

"My parents had been Seventh-day Adventists, but had left the church when I was still very young. All I remembered were bits and pieces about Jesus, but I felt so bad about my sins that I didn't think He could forgive me. In desperation, I would kneel down and beg for deliverance."

After another divorce, Isabel met and married a good man who took care of her when she was diagnosed with lupus. Then, in 2014, she found out she had breast cancer and immediately began taking radiation treatments. "During this time, I really needed answers, so I began watching Christian TV preachers like Joel Osteen," she recalls. "But the whole time I kept thinking, *God, I wish there was an Adventist channel.* Then one day I discovered 3ABN on my cable lineup. The Lord had answered my prayers!

"On my way to my treatments, my husband would point out the Seventh-day Adventist Church, but I was too scared to go on my own. I watched 3ABN every day for several months, and finally, in May of 2015, I asked my sister if she'd go to church with me. She did, but I always sat in the back and could hardly speak to anyone.

"One day I called 3ABN's prayer line, and after they prayed, they sent me a book on the life of Jesus called, The Desire of Ages. I didn't think I could understand it, so I put it away. I cried for months, but 3ABN was always on, and little by little, I began to grow spiritually. When I asked for Bible studies, a woman at the church came to my house. She was very nice, but a few months later, she made plans to leave the country to visit her parents. So she introduced me to another lady who was already studying with someone, and when the three of us met, I had new friends! By the time I asked to be baptized, my fellow Bible student was ready for baptism, too. It was such a beautiful day, and my sisters,



3ABN brought new hope to Isabel after a lifetime of depression. She says, "By watching 3ABN, I've found out who Jesus really is. I talk to Him now, and He comforts me. I have truly fallen in love with my Savior!"

my husband, and my two sons were all there," she recalls.

"Later that year, my husband was diagnosed with liver cancer, and in October 2017, he passed away. God was faithful through it all, and I kept praying for relief from depression. I'd been taking anti-depressants for many years but asked my doctor to wean me off of them; and with God's help, I was able to do so!"

Isabel's joy overflowed one day as she watched a 3ABN camp meeting program. She called her sister to talk about it, but was told she couldn't find 3ABN on cable. "Later, though, when she moved to Florida, 3ABN was there to comfort her after she was diagnosed with cancer, herself. It became an important source of encouragement until she regained her health—and now she works at the Seventh-day Adventist church she attends! By the way, I'm happy to tell you that my parents rejoined the church, too.

"God is so good," Isabel exclaims. "Today, I get up in the morning and find myself humming a song. The lady who gave me Bible studies is now teaching me how to prepare healthier food, and I even discovered that I could read and understand *The Desire of Ages* book I was given! 3ABN helped me find out who Jesus really is. I talk to Him now and He comforts me. I have truly fallen in love with my Savior!"

We praise the Lord for Isabel, and for each of you who make 3ABN available to her and millions of others through your faithful prayers and financial support. ©



14 • HOW CAN I HELP?





Bringing Glory to God

by Tim Parton and Ryan Day

"Fear God and give glory to Him." Revelation 14:7.

As God's remnant people, we know better than anyone how important it is to glorify our Creator in all that we do (1 Corinthians 10:31); and here at Three Angels Broadcasting Network, we take this aspect of the gospel very seriously.

There are many ways we can give glory to God, and music has played a major role at 3ABN since its inception. It has always been Danny Shelton's dream to see a 24-hour music network established to communicate the everlasting gospel to the world, and the time has come! 3ABN is preparing to launch its newest television network—the 3ABN Praise Him Music Network—with the sole purpose of bringing glory to God and edifying the saints through music.

God has truly blessed His Church with incredible music talent, and our goal is to find and include those who are willing to share their musical gifts for the Lord. We could not possibly make this a reality without the help of God's faithful people. Your faithful prayers and financial support will make it possible for us to create content and purchase necessary equipment.

Please join us as we take a step in faith and, as the Holy Spirit impresses, please send your tax-deductible donations to the 3ABN Praise Him Music Network. May God bless you for all that you do to bring Him glory!

TOFU MAPLE CREAM & BERRIES Curtis & Paula Eakins

INGREDIENTS

- 2 Tbsp canola oil
- ½ tsp sea salt
- 2 Tbsp fresh lemon juice
- 1 tsp vanilla
- 3 Tbsp pure maple syrup

DIRECTIONS

PAUTA CIS

3ABN RECIPES • 15

- 1 pkg firm Mori Nu silken tofu
- 1 cup fresh blueberries
- 1 cup strawberries, sliced
- 1 cup blackberries
- 1 cup favorite granola

1. In a blender add canola oil, sea salt, lemon juice, vanilla, and maple syrup.

- 2. Add silken tofu and blend until smooth.
- 3. In parfait glasses, add a layer of berries and a layer of tofu mixture.
- 4. Repeat process twice, then top with your favorite granola and enjoy!

For more great recipes visit 3ABNRecipes.org.

Find this cooking video our YouTube playlist, 3ABN Today Cooking. Just look for "Supper Ideas" TDYC17032





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