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WORLD

MAGAZINE



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By Leslie Caza



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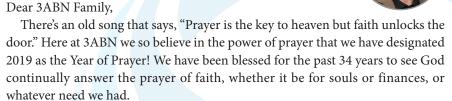
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We believe that the devil is trying to divide our Church on doctrinal issues that have been the pillars of our Church since its inception. He knows that a house divided against itself cannot stand! We are asking you to join in prayer with us to defeat the devil and bring us together as people of the Word who have been gifted

with the messages of the three angels of Revelation 14. We cannot now lose focus of our calling as a commandment-keeping Church to take the undiluted truth into all the world.

PRESIDENT'S LETTER | Danny Shelton

Prayer works: James 5:16 says, "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual

"We ask you to join us in designating 2019 as *The Year of Prayer*."

fervent prayer of a righteous man availeth much." We, as a Church, have been gifted with the Spirit of Prophecy as well as the keys to understanding Daniel and Revelation by God Himself.

We have been called to be the Remnant Church that helps lighten the earth with the glory of God from the messages of the three angels of Revelation 14. Only continual prayer can bring us together as a World Church that resembles and reflects the character of God. This is a serious calling. Luke tells us, "For unto whomsoever much is given, of him shall be much required." Luke 12:48. We do not want to be found wanting when Jesus comes back to claim His own.

We ask you to join us in designating 2019 as The Year of Prayer. We need wisdom from our Heavenly Father to overcome the devil in these closing moments of earth's history! James 1:5–6, says, "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed."

Also, please pray for 3ABN that we, united with you, will be faithful to take this great gospel of the kingdom into all the world! Thank you for your prayers and your financial support of your 3ABN during this new year!

Danny Shelton

3ABN Founder/President

Starting January 2 on 3ABN.tv



Life After Choice is a collection of raw and vulnerable stories of those who faced a crisis pregnancy. Some chose life by keeping their baby or opting to place their child up for adoption. Others chose abortion. But all found redemption and healing from the pain of their consequences through the grace and forgiveness of Jesus Christ.



"The Lord is in charge of this ministry, and our responsibility is to be diligent and trust God for the results"

s we start the new year, we're full of anticipation of what is in store for this ministry—and for each of you! Whatever God has planned for us, we know it will be about reaching others with the undiluted three angels' messages of Revelation 14:6–12 that brings glory to our Creator!

"We look at the vision and direction God has for this ministry," says 3ABN general manager, Jill Morikone, "and we see what God has done since He called Danny Shelton 34 years ago to present the three angels' messages to a lost and

Jill is so grateful for her wonderful assistant, LaDonna Terrill who ensures things run smoothly and keeps track of countless details. "She is invaluable to 3ABN and to me," Jill says



dying world. This year, the Lord impressed Danny to call 2019 the Year of Prayer, and what better way to open a new year than to focus on prayer and rededicating our hearts and lives to God? We can work in ministry, but it means nothing until we're connected to Jesus, humbly depending on Him and seeking His face. What God asks us to do in this ministry can only be accomplished through much prayer."

Greg Morikone, 3ABN's general vice president and production manager, agrees. "Inspired by the Holy Spirit, Ellen White wrote that 'Prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence." We must never neglect our personal prayer life, as well."

SAME MESSAGE, NEW METHODS

Greg and Jill are both excited about the future. "God is the One who set the vision of 3ABN, and we don't plan on changing or deviating from that," Jill says. "But how we *deliver* the message is chang-

1 Ellen G. White, Steps to Christ, p. 94.

ing. We must stay up with the times and technology, and we must continue to deliver the truth in new ways."

"Here in the United States, and also overseas, we're finding that most people watch us online," Greg says. "In fact, I hear people say all the time, 'We can watch on satellite, but we watch you online, instead.' We're definitely seeing a trend."

Jill agrees, "I think people are very busy, so video on-demand is key. That's why our 3ABN YouTube channel is so popular. Over and over people tell us, 'Oh, we watch 3ABN on YouTube!' and then tell us it's because they can stop the program to answer the phone; they can watch the program again, or even share a YouTube link to a program on social media. We know that the Internet is powered by searches, so we're deliberately using keywords that help people find what they're looking for-words like 'Seventh-day Sabbath,' or 'What happens when you die?' This helps them find answers to questions they're struggling with."

"There are thousands of programs on demand on our 3ABN YouTube Channel, Greg adds, "and you can easily subscribe to it and receive a notification when a new program becomes available. It's only by the support of our faithful viewers and listeners that we can find ways to reach new groups of people across the world."





Greg says he feels tremendously blessed to have the help of Jorge Jaque, 3ABN's Assistant Production Manager, in managing the ministry's largest department.

Jill says the Lord is making sure the three angels' messages are reaching the young and the old, the lost and the hopeless. "But while we talk about methods of delivery, we must remember that the *message* is equally important; so we're seeking to reach young people with the same message in fresh and relevant ways."

A BEAUTIFUL LETTER

Jill pulls out and reads a beautiful letter she received that week. "It says, 'Dear Jill, enclosed is my donation to 3ABN. I am a disabled senior on a very low fixed income and battling cancer. Please pray for me. Thank you, and God bless you.'

As tears well up in her eyes, Jill continues, "Her letter touched my heart because inside was a \$1 bill. I can't help but think of all the people who sacrifice—including many who face life-threatening battles, themselves. They want the gospel to go out!

"Surely, the Lord will multiply and bless these dollars—whether it's one or a thousand. We're so blessed and grateful to join hands with those at home who pray for us and support us. The Lord is in charge of this ministry, and our responsibility is to be diligent and trust God for the results."



God has called 3ABN—

the "Mending Broken People"

network—to proclaim His love

and lead people in His ways of

righteousness.

Shelley Quinn

We live in a broken world—broken truth, broken promises, broken trust, broken hearts, broken spirits—but

God promises, "I will seek what was lost and bring back what was driven away, bind up the broken and strengthen what was sick." Ezekiel 34:16.

God raised up

3ABN as a tool in His mighty hands to offer hope to the hopeless that will cause them to rest in His love and faithfulness. Our Christ-centered programming aims at this high calling, and we thank all of you who make it possible by your generous financial support.

Ambitious Goals

Last year we launched eight new series: Revelation's Ancient Discoveries (a Revelation series); Daniel All Access (a prophecy series on the book of Daniel); Intimate Clarity (examining human sexuality through the clear lens of God's love); Raw Questions—Relevant Answers (targeting tough questions from our youth); The

Three Angels' Messages (sixteen presentations on Revelation 14); Covenant Identity (exploring the covenant identity between

God and man); Pathway to Life (our evangelism campaign in Phoenix, Arizona); and the 2018 3ABN Sabbath School Panel.

God used these programs to reach untold thousands, as evidenced by the daily reports that pour into our ministry. We are seeking to reach a diverse audience, and some of our new "outside the box" series are resonating with our YouTube audience like never before. We hope you are blessed by these programs, too.

New Programs

We know time is short, so our production schedule for 2019 is equally as ambitious. You can look forward to a number of new series launches, beginning with *Life After Choice* this month. It features raw and redemptive stories of those who narrowly avoided the pain of abortion, or who were

led by God through abortion recovery. A new 2019 3ABN Sabbath School Panel also kicks off in January, featuring a study of Revelation for the first quarter.

In March, we look forward to launching two new series: *The Creator Revealed*, hosted by Dr. Tim Standish of the Geoscience Research Institute—featuring evidences of a recent Creation, with the power and intelligence of God as the creative force; and *Secrets to Wellness*, hosted by Teenie Finley—featuring simple lifestyle choices to improve health.

In addition, we'll begin producing some exciting new series. Pastor David Shin will be recording a teaching series on the Sanctuary and Pastor Jay Gallimore will bring his special approach to a new series on Revelation. Our 3ABN Spring Camp Meeting will feature 16 sermons on the Ten Commandments, and two additional seasons of the popular series *Raw Questions—Relevant Answers* will be produced, featuring last year's hosts—Dee Casper, Mark Paden, and Michelle Doucoumes—in a rotating fashion with new guests on each program.

As you know, God's blessing is on the "GO!" and 3ABN is dedicated to public evangelism, so we are in the planning stages for another multi-location evangelistic series that will be broadcast live in 2019.

Also, in various stages of development, are a new medical series and one on how to develop an intimate relationship with God.

The Lord has called 3ABN—the "Mending Broken People" network—to proclaim His love and lead people in His ways of righteousness. We sincerely thank all of you who partner financially with us to make these series possible. We could not do it without your support!











3ABN JANUARY TV SCHEDULE

PST -2 hours • MST -1 hour • EST +1 hour Red titles are changes effective this month.

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

■ = CLUSED CAPTIONED			= REPEAT OF LIVE PROGRAM
CST	SUNDAY	CST	MONDAY
2:00a	Pillars of Faith CG 1hr	2:00a	Revelation of Hope 🖸 1hr
3:00	Featured Ministries CC	3:00	Homecoming Camp Meeting Ca 1hr
3:30	From Sickness to Health 🖸	4:00	Table Talk C 1hr
4:00	House Calls C 1hr	5:00	Divine Design/Grandma's House
5:00	Revelation's Ancient Discoveries	5:30	Cook:30 🚾
6:00	Body & Spirit Aerobics CC	6:00	Body & Spirit CC
6:30	Amazing Facts with Doug Batchelor		Pressing in to His Presence CC
7:00	Tiny Tots for Jesus CC	7:00	•
7:30	Praise CC		Ultimate Prescription 2APN Today 77 thr
8:00	3ABN Today C 1hr		3ABN Today C 1hr House Calls C 1hr
	HeartLift CG		Free Indeed CC
	Adventures in Missions CC		Books of the Book CC
	Focus on God's Word G 1hr		Sabbath School Panel C 1hr
	Inspirational Hour C 1hr	12:00p	Behold the Lamb Presents G 1hr
	Your Favorites by Request CG	1:00	Off the Grid 🖸
	Pressing in to His Presence CC	1:30	Abundant Living
	A Sharper Focus 1hr	2:00	Action 4 Life (Casio Jones)
	·	2:30	Heaven's Point of View <a> Image: Teach of Vie
	Body & Spirit CC	3:00	3ABN Today 🖸 1hr
	Kids Time C	4:00	Kids Time Praise 🚾
	3ABN Today LIVE 2 2hrs	4:30	Kids Time CC
	The Carter Report C 1hr	5:00	Liberty Insider 🖸
6:00	,		Your Favorites by Request
6:30	Salvation in Symbols & Signs G		Grace Pipeline CC
7:00	Sabbath School Panel C 1hr	6:30	Salvation in Symbols & Signs CC
8:00	3ABN Today C 1hr	7:00	Revelation's Ancient Discoveries C3 1hr 3ABN Today C3 1hr
9:00	Celebrating Life in Recovery C 1hr		Anchors of Truth CC 1hr
10:00	Featured Ministries CG		The Carter Report C 1hr
10:30	Lineage CG		3ABN Today 4 1hr
11:00	3ABN Today 🕶 1hr		Multitude of Counselors
12:00a	Secrets Unsealed Presents 🚾 1hr	12:30	Hope in Motion 🖸
1:00	Celebrating Life in Recovery CC 1hr	1:00	ASI Conventions 1hr



SONGS of FAITH • RYAN DAY

NEW!

You'll enjoy both new and traditional renditions of several classic songs and hymns on this great album. Order your copy today!
Suggested Donation USD \$15.00 (MUSICO22-2)

100	00		,
CST	TUESDAY	CST	WEDNESDAY
2:00a	Optimize 4 Life 🖸	2:00a	Celebrating Life in Recovery 🚾 1hr
2:30	Perfecting Me 🖸	3:00	Revelation's Ancient Discoveries 🖸 1hr
	Melody From My Heart 🖸	4:00	Spring Camp Meeting C 1hr
	Free Indeed CC	5:00	Praise CC
	Daniel All Access 1hr	5:30	Making Waves CC
	Salvation in Symbols & Signs CG	6:00	Body & Spirit 🕶
	Wonderfully Made CC	6:30	It Is Written 🖸
	Body & Spirit Aerobics CC	7:00	Amazing Facts with Doug Batchelor
	The Heavens Declare CC		It Is Written Canada 🕶
	Tiny Tots for Jesus CC Maranatha Mission Stories CC		3ABN Today 🚾 1hr
	3ABN Today LIVE • 2hrs		Remodeling Your Life CG
	Pressing in to His Presence		Free Indeed CC
	Thunder in the Holy Land G		Revelation Insights 1hr
	Featured Ministries CC		Table Talk C 1hr
11:30	Books of the Book 🖸		Daniel All Access 1hr
12:00p	Spring Camp Meeting C 1hr		Issues and Answers 🖼
1:00	Battles of Faith CC		Abundant Living G
1:30	Cook:30 CC		Action 4 Life CC
2:00	Body & Spirit 🕶		Perfecting Me CC
2:30	HeartLift CC		ŭ
	3ABN Today 🕶 1hr		3ABN Today C 1hr Kids Time Praise C
	Kids Time Praise CC		
	Kids Time 🕥		Kids Time CC
	Tiny Tots Kitchen /Tiny Tots Worship		Sabbath School Panel C 1hr
	Multitude of Counselors Mission 000 Missio		Life After Choice/Divine Design CC
	Mission 360 CC		Salvation in Symbols & Signs
	Salvation in Symbols & Signs Secrets Unsealed Presents 1hr		A Sharper Focus 4 1hr
	3ABN Today C 1hr	8:00	3ABN Today 🕶 1hr
	Behold the Lamb Presents @ 1hr	9:00	Amazing Facts with Doug Batchelor
	Amazing Facts with Doug Batchelor	9:30	HeartLift G
	Perfecting Me	10:00	It Is Written 🖸
	3ABN Today C 1hr	10:30	Liberty Insider 🖪
	Raw Questions/Intimate Clarity <	11:00	3ABN Today C 1hr
12:30	Exalting His Word CC	12:00a	A Sharper Focus • 1hr
1:00	Adventures in Missions <a> <a> <a> <a> <a> <a> <a> <a> <a> <a>	1:00	Lineage CC
1:30	HeartLift CC	1:30	Life After Choice/Divine Design 😋

≝Creator § Revealed §



FRIDAY

3:00 Action 4 Life GG

4:00 Liberty Insider

4:30 Battles of Faith

6:00 Body & Spirit CC

5:00 Sabbath School Study Hour C 1hr

6:30 Contending for the Faith

7:00 Secrets Unsealed C 1hr

8:00 3ABN Today C 1hr

9:30 Cook:30

2:00 Music CC

2:30 HeartLift CC

4:30 Kids Time CC

9:00 It is Written CC

10:00 Mission 360 CC

10:30 Hope in Motion

1:00 Breath of Life CC

12:00a ASI Conventions G 1hr

1:30 Thunder in the Holy Land

3:00 3ABN Today CC 1hr

4:00 Kids Time Praise CC

5:00 Featured Ministries

6:00 Jesus for Asia Now CC

7:00 Daniel All Access CC 1hr

5:30 Your Favorites by Request CC

6:30 Salvation in Symbols & Signs CC

8:00 3ABN Today Family Worship C 1hr

9:30 Maranatha Mission Stories CC

11:00 3ABN Today Family Worship 1hr

9:00 Optimize 4 Life C 1hr

10:00 Health for a Lifetime CC

11:00 Anchors of Truth C 1hr

12:00p Sabbath School Panel C 1hr

10:30 Life After Choice/Divine Design CC

1:00 Behold the Lamb Presents C 1hr

3:30 Heavens Point of View

CST THURSDAY

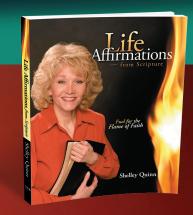
- 2:00a Laymen Ministries CC
- 2:30 Maranatha Mission Stories CC
- 3:00 Spring Camp Meeting C 1hr
- 4:00 Remodeling Your Life CC
- 4:30 Issues & Answers CC
- 5:00 Discover CC 1hr
- 6:00 Body & Spirit Aerobics
- 6:30 Jesus for Asia Now CC
- 7:00 Tlny Tots for Jesus 🕰
- 7:30 Tiny Tots Kitchen / Tiny Tots Worship
- 8:00 3ABN Today C 1hr
- 9:00 ASI Conventions CC 1hr
- 10:00 From Sickness to Health
- 10:30 Grace Pipeline CC
- 11:00 Revelation of Hope C 1hr
- 12:00p Ultimate Prescription
- 12:30 Multitude of Counselors
- 1:00 The Heavens Declare
- 1:30 Amazing Facts with Doug Batchelor
- 2:00 Body & Spirit CC
- 2:30 Contending for the Faith
- 3:00 3ABN Today C 1hr
- 4:00 Kids Time Praise
- 4:30 Kids Time CC
- 5:00 Worship Hour CC 1hr
- 6:00 The Carter Report C 1hr
- 7:00 Sabbath School Study Hour C 1hr
- 8:00 3ABN Today LIVE 2 2hrs
- 10:00 Kenneth Cox Ministries C 1hr
- 10.00 Refilled Ook Milliot 103
- 11:00 3ABN Today **G** 1hr
- 12:00a Table Talk C 1hr
- 1:00 3ABN Today LIVE 2 2hrs

COMING SOON ON 3ABN.TV!

The Creator Revealed explores what nature reveals about its Creator. Join Dr. Tim Standish of the Geoscience Research Institute and Shelley Quinn as they explore whether nature points toward the indifferent, impersonal, evolution theory or to a loving and involved Creator God.

CST SATURDAY

- 2:00a Praise! CC
- 2:30 It Is Written CC
- 3:00 Kenneth Cox Ministries C 1hr
- 4:00 Revelation Now C 1hr
- 5:00 Revelation Insights C 1hr
- 6:00 Amazing Facts with Doug Batchelor
- 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 Revelation's Ancient Discoveries C 1hr
- 11:00 Worship Hour CC 1hr
- 12:00p Sabbath School Study Hour C 1hr
- 1:00 New Perceptions C 1hr
- 2:00 Lineage
- 2:30 Making Waves
- 3:00 3ABN Today CC 1hr
- 4:00 Maranatha Mission Stories CC
- 4:30 Kids Time Praise
- 5:00 3ABN Camp Meeting C 1hr
- 6:00 Laymen Ministries
- 6:30 Salvation in Symbols & Signs CC
- 7:00 Table Talk 1hr CC
- 8:00 3ABN Today CC 1hr
- 9:00 Breath of Life CC 1hr
- 9:30 Raw Questions / Intimate Clarity CC
- 10:00 GYC CC 1hr
- 11:00 3ABN Today CC 1hr
- 12:00a Discover CC 1hr
- 1:00 Anchors of Truth C 1hr



Begin 2019 with fuel for the flame of faith

Do you long to know God's plan of love? Do you want a more intimate relationship with God? Look no further than the Bible in your hands. Shelley Quinn's book is a collection of spiritual affirmations that you can speak aloud. Each affirmation begins first with a prayer and is followed by a number of texts to read aloud along with other pertinent scriptures on the topic.

USD \$14.00 (BLAFS)

Suggested Donation

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Free Shipping in the United States.
All prices are in U.S. dollar amounts.

Our Inbox Is Full!



It's a Joy to Hear From You

Once again, our emailbox is stuffed with amazing testimonies, and we just have to share some of them with you!

3ABN Radio Music Channel

asna, in Brisbane, Australia, wrote us saying, "I recently discovered the 3ABN Radio Music Channel and listen to it on my mobile phone.... It's wonderful to be able to hear music that is soothing and enjoyable, and not worry about changing the station because all the music is so nice. Your music is a blessing to my day!"

Margarita loves the music, too, and writes, "Thank you for the beautiful music you play on 3ABN Radio. I just have to sing along! What a blessing your radio network is, and may God bless you all!"

3ABN Sabbath School Panel

Our viewers keep sending us emails about our *3ABN Sabbath School Panel* as they dig into the Adult Bible Study Guide each week. One of them wrote, "This [Preparation for End Time Events] is the best series of Sabbath School lessons! I would very much like to have this series

to listen to, again, along with other sets to share with friends and neighbors."

Well, we had good news for that viewer, since all of the *3ABN Sabbath School Panel* programs are available for free on our 3ABN YouTube Channel—on demand! If you'd like to purchase a DVD or multiple copies, just call 618-627-4651.

Avina writes, "I love, love, love your Bible study on Sabbath afternoons. I was born and raised a Seventh-day Adventist but didn't study Revelation like I should have.... I recently got a Roku box and now I get 3ABN. Best investment I've ever made!"

Lori sent us a lovely email that says, "I am a Seventh-day Adventist in the Northeast, and I want to thank you for your commitment to this important ministry. Working in broadcasting comes with challenges, but God is greater than any obstacle.... So be encouraged and keep on being a light. The 3ABN Sabbath School Panel and Table Talk are my favorite programs;

and from one musician to another, kindly relay to Tim Parton that his gifted hands and sweet spirit are always a blessing to me. Keep looking up!"

Other Favorites

Helen emailed us to say, "I am 85 years old and just wanted to let you know that every day I watch your *Kids Time* program. I enjoy those children so much; it's my favorite program of the day."

Donna emailed us about an episode of our *Raw Questions/Relevant Answers* series that struck a chord.

"I wanted to let you know how much I appreciate 3ABN," she says. "I just watched your program... and although I believe it was designed with younger adults in mind, I certainly could relate to the questions presented. I recently returned to the Seventh-day Adventist Church after nearly 25 years of 'wandering in the wilderness.' Satan is constantly reminding me of my past, and that God doesn't want me. But by the grace of God, I know better! May God continue to richly bless your ministry."

A New Member

Sheryl wrote about how the Holy Spirit used our programs to change the course of her life. "I was raised Anglican from birth," she says, "but one day I found 3ABN, and my life has never been the same since.... On my fifty-sixth birthday, I decided that my present to myself would be to attend a Seventh-day Adventist church. I'd never been to one before, and after the service, I was invited to an evangelistic series. That invitation was the turning point in my life,

and one month later, I was baptized into the body of Christ as a member of the Five Rivers Seventh-day Adventist Church. I attend church regularly, am involved with

"Thank you, 3ABN, for being a part of my salvation and letting God use you in a mighty way."

youth ministry, and thank God for His love and guidance in my life. Thank you for your commitment to serve the entire world. May God continue to bless you!"

Thank Yous

Angila writes, "Thank you for being a part of my salvation and letting God use you in a mighty way. In the precious name of Jesus, I pray that He be with you all, each and every day."

Lisa says, "I pray God will continue to make His face shine upon and bless you and your families and 3ABN to be even more effective, so that you can reach more lost people with the saving message of Jesus Christ."

And finally, Cherie sums up many of our viewer's sentiments this way: "Praise God, you are consistently clear and honest, while being sensitive, hope-filled, God-centered, and completely biblically grounded. May God continue to lead, guide, bless, and protect all of you and your ministry. Thank you, thank you!"



Email: 3abnworld@3abn.org Write: 3ABN WORLD MAGAZINE

PO BOX 220, West Frankfort IL 62896

3ABN ON XfINITY GOD GAVE THE INCREASE

The light of the glorious gospel now shines throughout all of Indiana and Michigan on xfinity cable channel 1677!

Miracles happen, when we bring our petitions to the Lord, trusting that He will fulfill His Word. In John 14:14, Jesus tells us, "If you ask anything in My name, I will do it."

Several years ago, Moses Primo, 3ABN's Director of Broadcasting and Engineering; Moses Primo, Jr., former 3ABN Marketing Manager; and lay pastor, Ray Alexander met with officials from Com-

cast Communications, the parent company to xfinity, in negotiations for carriage of 3ABN's programming. After much perseverance in prayer, and ongoing negotiations, God proved true to His never-changing Word! 3ABN is now available to 600,000 subscribers in all of Indiana and Michigan!

"I have planted, Apollos watered; **but God gave the increase.**" 1 Corinthians 3:6.

With unspeakable joy, we praise the Lord for this miracle. "With men this is impossible, but with God all things are possible." Matthew 19:26. Just as the apostle Paul stated, some plant, others water, but God gives the increase.

Join us in sharing this miracle news with your family, friends, and communities in all of Indiana and Michigan. Complimentary flyers and door hangers are available upon request.

If you live outside of Indiana and Michigan, *you can be a part of the next miracle in the making!* Partner with us by contacting your local cable company through handwritten letters, telling them why you love 3ABN's programming, and asking them to add 3ABN to their lineup!



FOR MORE INFORMATION, CONTACT JENNIFER

Jennifer Todd, 3ABN Partnerships Manager jennifer.todd@3abn.org | 618-627-4651 extension 3120

xfinity (Channel 1677)

To subscribe in Indiana or Michigan, or for further details, contact xfinity at 800-934-6489.



INGREDIENTS

- 1 cup red bell pepper, chopped
- 1 small onion, chopped
- 1 medium zucchini, cut into ½" cubes
- 2-12 oz pkg Mori-Nu tofu (firm is best, but any will do)
- ¼ cup nutritional yeast flakes
- ¼ cup cornstarch
- 2 tsp lemon juice
- 1 tsp salt or salt substitute (optional)
- $1\frac{1}{4}$ tsp Italian seasoning
- 1½ tsp garlic and herb seasoning (Weber is nice, but others will do. If salt-free, adjust salt to your taste)
- ¼ tsp turmeric
- 1 cup lightly packed chopped spinach
- non-stick spray

DIRECTIONS

- 1. Preheat the oven to 375°F.
- 2. In a non-stick skillet over medium heat, dry "roast" the red pepper, onion, and zucchini (or 3 cups of vegetables) until they are tender and most of the liquid from the vegetables is cooked off.
- 3. Put the tofu, nutritional yeast, cornstarch, lemon juice, and salt in a blender or food processor and puree until smooth and creamy, stopping occasionally to scrape.
- 4. Add tofu mixture into skillet with vegetables and mix in Italian seasoning, garlic & herb seasoning, and turmeric.
- 5. Add the chopped spinach, stir evenly.
- 6. Spray an 8-inch square or round pan with non-stick spray.
- 7. Spread vegetable/tofu mixture evenly into pan and bake for 1 hour.
- 9. Allow to cool a bit before serving.

NOTE: This dish sets up better after being chilled, so if you can make it a day in advance and reheat it, all the better!



For more great recipes visit 3ABNRecipes.org.

Find this cooking video our YouTube playlist, 3ABN Today Cooking.

Just look for "Some Things for Everyday and Special Occasions" (TDYC18008).







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