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3ABN

MAGAZINE



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Science points to a Loving Creator

"For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead...."
ROMANS 1:20









BIBLICALLY-BASED SCIENCE PROGRAMS AVAILABLE

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

PRESIDENT'S LETTER | Danny Shelton



Dear 3ABN Family,

It's hard to believe that in just a few months we will be looking at the year 2020, and the good news is that we'll be that much closer to the Second Coming of Jesus Christ! The signs are all around us. Prophesies are being fulfilled. However, the real question for us today is, Are we preparing to meet our Lord when He breaks the eastern skies at the sound of the last trump?

I was raised a Seventh-day Adventist, as were many of you. My mother became an Adventist the year I was born, in 1951. However, the devil has been making great inroads, chipping away at the pillars of our Bible faith. Only a few years ago, I would never have dreamed that many of our members, and

even some pastors and church leaders, would accept and support same-sex marriage and abortion! The devil has tried for centuries to make the law of God void by substituting the fourth commandment with Sunday worship. We as Seventh-day Adventists have always been vocal about keeping all of God's Ten Commandments, but many are now silent when it comes to same sex marriage and abortion because it's politically incorrect to stand in support of these two commandments.

"The devil has been making great inroads, chipping away at the pillars of our Bible faith."

No one is perfect, and we all fall short of the glory of God. But when we do, we can confess our sins and Jesus is only too happy to forgive us and cleanse us from all unrighteousness. However, we cannot continually disobey God's Law and expect Him to forgive us of something we don't repent of. Continually rejecting God's Law is rebellion against the Creator, Himself!

Let's pray for the revival and reformation that will soon take place. Let's rededicate our lives to Jesus Christ and ask Him for the ability to discern truth from error. Once we submit our lives totally to Jesus, He will use us to do great and mighty things when we come in the name of the Lord. Jesus said, "Go ye into all the world..." and with your help, prayerfully and financially, 3ABN will continue to take the three angels' messages of Revelation 14 to a lost and dying world before probation closes. Won't you join us?

Danny Shelton

3ABN Founder/President

3ABN Australia Thrives! by Rosemary Malkiewycz

n August of last year, 3ABN Australia celebrated 15 years as a registered organization, so we decided to celebrate this milestone with a 3ABN-style Homecoming event *in Australia!* We were blessed to have Greg and Jill Morikone, John and Angela Lomacang, Tim Parton, and Ryan Day join us for our first major event. Among others, our local speakers included Charissa Fong, Pastors Geoff Youlden and Danny Milenkov of *Focus On God's Word*, Pastor Gary Kent of *The Incredible Journey*, and Dr. Allan Lindsay from *Keepers of the Flame*.

3ABN Australia's Homecoming was held at the Avondale Seventh-day Adventist Memorial Church in Morisset, New South Wales, from October 11 through 14, with the theme, "Knowing God," based on John 17:3. In addition to the sermons, we had congregational singing with Tim Parton and two beautiful concerts, the first of which featured local musical artists. The second, titled, "From Calvary to Glory," included songs from various 3ABN music projects and told the Story of Redemption from Jesus on the Cross, to Heaven, at last. The concerts included four 3ABN music videos with live performances by Tim Parton, Ryan Day, John Lomacang, and Rosemary Malkiewycz.

People attended from all states of Australia, and some even came from overseas. One couple wrote, "Thank you for your contribution that gave us a spiritual feast during the 3ABN Homecoming Weekend," and another person said, "Praise God! Praise God! What an awesome and great Homecoming meeting."

The following weekend, we took the 3ABN group down to Launceston, Tasmania, for a 3ABN Rally and concert. We had a lovely time with our friends there and were all blessed.

Those who attended, enjoyed Homecoming Weekend so much that we decided to hold another one this year from October 11 through 13, at the Wahroonga Seventh-day Adventist Church in Sydney. Our theme will be, "Certainty Amid Uncertainty," and all our speakers and musicians will be local. Pastors Geoff Youlden and Danny Milenkov, and Doctors Allan Lindsay, John Ashton, and Ross Grant, among others, will be speaking; and we'll have another inspiring concert on Saturday night. If you are in our part of the world, make sure you attend, as you will be richly blessed.

Australian Programming

3ABN Australia Radio, which is available on 3ABN's free smartphone app, plays programs from 3ABN Radio Network in the United States and 3ABN Australia Radio. Currently, over 30 percent of our programming is recorded here at 3ABN Australia, including well over a dozen radio series, and the audio portion of some of



"Our [radio] listeners live in well over 100 countries around the world."

our 3ABN Australia TV programs. At the moment, we have 107 radio station affiliates broadcasting our programming all across Australia and New Zealand.

We are amazed by the reach of 3ABN Australia Radio programs through "audio-on-demand," and we've found that interviews and children's programs are the most popular. Our listeners live in well over 100 countries around the world, and on every continent, except Antarctica. The top five countries are Australia, the United States, Brazil, Mexico, and the Netherlands, where they listen mainly through our website, Sound Cloud, and our 3ABN smartphone app.

Our television programs are sent to 3ABN's headquarters in the United States and then broadcast by 3ABN's International Network across Australia and New Zealand on the Optus D2 satellite, as well as the VAST direct-to-home satellite system here in Australia. 3ABN International can also be seen via the 3ABN.tv and 3ABNAustralia.org.au websites. Those who miss a program can still watch it for six weeks after it has aired by visiting the Catchup section of our 3ABN Australia website. Our most viewed programs are from our Sabbath School series, *Let God Speak*, along with, *3ABN Now, A Day With the King*, and *Healthy Living*. The top ten countries accessing our programs this way are Australia, the United States, New Zealand, the Philippines, the United Kingdom, Canada, South Africa, Romania, Papua New Guinea, and Malaysia.

Since *A Day With The King* began airing on the 3ABN Kids Network last year, traffic on that program's website has increased tremendously. Visitors from the United States are up 207 percent, and surprisingly, viewers in France have soared 260 percent!

As we prepare for a two-day youth event and all the other new series being planned this year, we want to thank you for your financial support. You make it possible for us to continue preparing people of all ages for the soon coming of Jesus Christ!

Below left: On the set of *Let God Speak*, a 3ABN Australia Sabbath School program. Below right: A recording in progress at 3ABN Australia's control room.





Dare to Dream Update by Jason Bradley

There are a lot of exciting things taking place with 3ABN's Dare to Dream Network. We've added some new Bible fillers, changed a few sets, and added new episodes to some of your favorite programs.

Dare to Dream is in a state of constant growth as we are always yearning to provide our viewers with content that will aid them in their walk with Jesus. Here are a few programs you might be familiar with:

Creative Cooking is an innovative new cooking program featuring some of the best vegan chefs anywhere! Watch them prepare their scrumptious recipes as they share the health benefits and spiritual aspects of good nutrition with you.

Chew's Challenge is hosted by Chef GW Chew (a.k.a. Pastor Chew); his wife, Chef Tina; and Chef Tim Lawson. Together, they make a dynamic team! Chew's Challenge is a 28-day challenge for weight loss and health enhancement. Chef Chew has developed the FORK system: F=Faith, O=Organization, R=Recipes, and K=Knowledge. Watch as he takes us through each phase of this system, helping us to get healthier and lose weight.

Salvation in Symbols and Signs - Have you struggled to comprehend Bible prophecy? Well, struggle no more! Pastors James Rafferty and Ivor Myers unpack the signs and symbols in the prophetic books of Daniel and Revelation in this series.

Dollars & Sen\$e is hosted by Ryan Mack, CNN commentator, author, and financial literacy expert. You'll be fascinated as he presents his practical, insightful, and biblical principles of money management.

A Father's Heart - Many young men want to improve their parenting, but just don't know how. Watch as they share stories and insights on successful parenting techniques that can be immediately implemented.

Workin' the Dream is a faith-based series about winning at work. Discover the unwritten rules that executive mentors share with only a chosen few of their favorites. These guidelines will help you find, get, and grow in your dream job.

Foundation of Our Faith - This program features a speaker and a musical evangelist in each four-part series. Learn how Jesus is

(Left to right): Eric Kelly, of Workin' the Dream; James Rafferty, Jason Bradley, Yvonne Lewis-Shelton, and Ivor Myers, of Salvation in Symbols & Signs; Nicole Braxton of Creative Cooking.











(Left to right): Dwayne Lemon, of Foundation of Our Faith; Chef Tim Lawson, and Chef GW Chew, with his wife Tina. on the set of Chew's Challenge; Gordon Fraser, Denry White, and Xavier Morales, of A Father's Heart.

the foundation of our faith, and how everything in the Bible points to Him. We invite some of the most renowned evangelists and music ministers to share their gifts on the program to win souls for the Kingdom.

Pure Choices focuses on sexual purity and deals head-on with sensitive issues in a tasteful, enlightening, and non-condescending manner.

All our programs are designed with you in mind, and we focus on the total person-body, mind, and spirit. This is God's mission for us, and by His grace, these programs are ministering in effective ways to our viewers around the world.

Positive Feedback

Viewer response has been wonderful. A Dare to Dream viewer in Kingston, Jamaica, writes, "I have been a viewer of 3ABN since December 25, 2001, when I came to believe in Jesus Christ. I want to say that I really appreciate and have been blessed by your series, Salvation in Symbols and Signs. Praise God for inspiring 3ABN Dare to Dream Network to do this Bible study on the book of Revelation! I have been watching the series on YouTube, which I find very convenient to watch ondemand on my computer or smartphone. May God continue to bless you and the panel of the series, as well as the Dare to Dream team."

Dolores writes, "I love to see the programs on Dare to Dream because they are very timeless and needed in our spiritual growth;" and Lolita says, "What an awesome network. I love Chew's Challenge, a program that teaches a plant-based diet using Pastor Chew's F.O.R.K. system. May the Lord continue to use your network to reach the world." Carol says, "I watched Dollars & Sen\$e tonight and I am hooked! I never imagined my Bible could hold so much information about my finances! The show was amazing and I really hate to wait until next week to see it again. This is what more ministries should talk about in their sermons. I am so inspired to learn more!"

Watch 3ABN Dare to Dream Network by visiting d2dnetwork.tv. There you can also download some amazing recipes and gain access to all the other great resources available.

If you've been looking for study guides to help you navigate through the book of Revelation, visit salvationsymbols.tv, and please continue to pray for 3ABN Dare to Dream as we share the gospel of Jesus Christ around the world.

If you've been blessed by the programs that air on 3ABN's Dare to Dream Network, please let us know. Just email your feedback to d2d@3abn.org





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
	Pillars of Faith CG 1hr		
			Revelation of Hope 1hr
	Featured Ministries CC		Homecoming Camp Meeting 1hr
	From Sickness to Health 🖸		Table Talk C 1hr
4:00	House Calls C 1hr		His Words Are Life/Grandma's House
5:00	The Incomparable Jesus 🖸		Cook:30 CC
5:30	Free Indeed CC		Body & Spirit CC
6:00	Body & Spirit Aerobics 🖸		Pressing in to His Presence CC
6:30	Amazing Facts with Doug Batchelor 🚾		Tiny Tots for Jesus CC
7:00	Tiny Tots for Jesus 🖸		Ultimate Prescription G
7:30	Praise CC		3ABN Today C 1hr
8:00	3ABN Today 🖸 1hr		House Calls C 1hr
	Your Favorites By Request		Free Indeed CC
	Adventures in Missions 🖸		Books of the Book 🗷
			Sabbath School Panel C 1hr
	Focus on God's Word 1hr	12:00p	Behold the Lamb Presents 🕶 1hr
	Inspirational Hour 1h r	1:00	Off the Grid 🚾
12:00p	Secrets to Wellness CC	1:30	Abundant Living <a>G
12:30	The Creator Revealed	2:00	Action 4 Life (Casio Jones)
1:00	A Sharper Focus 1hr	2:30	Heaven's Point of View
2:00	Body & Spirit CC	3:00	3ABN Today C 1hr
2:30	Tiny Tots Kitchen/Tiny Tots Worship 🖸	4:00	Kids Time Praise 🕶
3:00	3ABN Today LIVE ○ 2hrs	4:30	Tiny Tots Kitchen/Tiny Tots Worship <a>C
5:00	The Carter Report C 1hr	5:00	Liberty Insider 🕶
6:00	Raw Questions/Intimate Clarity CC	5:30	Your Favorites by Request
	Salvation in Symbols & Signs	6:00	Grace Pipeline G
7:00	Sabbath School Panel C 1hr	6:30	Salvation in Symbols & Signs 🗷
	3ABN Today C 1hr	7:00	Revelation's Ancient Discoveries 🔼 1hr
	•	8:00	3ABN Today CC 1hr
	Celebrating Life in Recovery C 1hr	9:00	Anchors of Truth G 1hr
	Featured Ministries CC	10:00	The Carter Report C 1hr
	Lineage CG	11:00	3ABN Today 🕶 1hr
11:00	3ABN Today C 1hr	12:00a	Multitude of Counselors
12:00a	Secrets Unsealed Presents	12:30	Music CC
1:00	Celebrating Life in Recovery	1:00	ASI Conventions C 1hr

Revival Weekend_from RUSSIA!

Watch on 3ABN.tv

FRIDAY, **JULY 12,** 8 PM



FRIDAY, JULY 12, 8 PM SATURDAY, JULY 13, 11AM, 1PM, 5 PM <i>All times CDT (UTC-5</i>)			3ABN RUSSIA
CDT	TUESDAY	CDT	WEDNESDAY
2:00a	Optimize 4 Life 🕶	2:00a	Celebrating Life in Recovery 🚾 1hr
2:30	Mission TREK CC	3:00	Revelation's Ancient Discoveries 1hr
3:00	Melody From My Heart 😋	4:00	Spring Camp Meeting 1hr
3:30	Free Indeed	5:00	Praise CC
	Daniel All Access C 1hr	5:30	Adventist World Radio 🕶
	Salvation in Symbols & Signs C	6:00	Body & Spirit 🕶
	Wonderfully Made CC	6:30	It Is Written CG
	Body & Spirit Aerobics CC	7:00	Amazing Facts with Doug Batchelor <
	The Heavens Declare C		It Is Written Canada 🕶
	Tiny Tots for Jesus Maranatha Mission Stories		3ABN Today 🕶 1hr
	3ABN Today LIVE 2 2hrs		Remodeling Your Life CC
	Pressing in to His Presence		The Incomparable Jesus 🗷
	Thunder in the Holy Land G		Revelation Insights C 1hr
	Featured Ministries CC		Table Talk C3 1hr
11:30	Books of the Book 🖸		Daniel All Access C 1hr
12:00p	Spring Camp Meeting 1hr		Issues and Answers CG
1:00	Battles of Faith CG		Abundant Living G
1:30	Cook:30 CC		Action 4 Life CG
2:00	Body & Spirit 🕶		
2:30	HeartLift CG		Perfecting Me CC
3:00	3ABN Today C 1hr		3ABN Today C 1hr
4:00	Kids Time Praise 🗷		Kids Time Praise CC
	The Creation Case <a>C		Tiny Tots Kitchen/Tiny Tots Worship
	From Sickness to Health		Sabbath School Panel 🖸 1hr
	Multitude of Counselors		Life After Choice/Divine Design 🖸
	Mission 360 G	6:30	Salvation in Symbols & Signs
	Salvation in Symbols & Signs C	7:00	A Sharper Focus 6 1hr
	Secrets Unsealed Presents C 1hr	8:00	3ABN Today C 1hr
	3ABN Today 1hr Behold the Lamb Presents 1hr	9:00	Amazing Facts with Doug Batchelor
	Amazing Facts with Doug Batchelor	9:30	Secrets to Wellness 🗷
	The Creator Revealed	10:00	It Is Written 🖸
	3ABN Today 🖾 1hr	10:30	Liberty Insider CG
	Raw Questions/Intimate Clarity CG	11:00	3ABN Today CC 1hr
	Exalting His Word	12:00a	A Sharper Focus 🔾 1hr
	Adventures in Missions CC	1:00	Lineage CC
1:30	The Creator Revealed	1:30	Life After Choice/Divine Design 🖸









CDT THURSDAY

2:00a Laymen Ministries CC

2:30 Maranatha Mission Stories

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 CC

6:30 Jesus for Asia Now

7:00 Tiny Tots for Jesus 🖸

7:30 Tiny Tots Kitchen /Tiny Tots Worship

8:00 3ABN Today CC 1hr

9:00 ASI Conventions C 1hr

10:00 From Sickness to Health CC

10:30 Mission TREK CC

11:00 Revelation of Hope CC 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 CC

4:30 The Creation Case

5:00 Thompsonville Worship Hour C 1hr

6:00 The Carter Report C 1hr

7:00 Sabbath School Study Hour C 1hr

8:00 3ABN Today LIVE 4 2hrs

10:00 Kenneth Cox Ministries C 1hr

11:00 3ABN Today C 1hr

12:00a Table Talk CC 1hr

1:00 3ABN Today LIVE 2hrs

CDT FRIDAY

3:00 Action 4 Life CC

3:30 Heavens Point of View

4:00 Liberty Insider

4:30 Battles of Faith

5:00 Sabbath School Study Hour CC 1hr

6:00 Body & Spirit CC

6:30 Contending for the Faith

7:00 Secrets Unsealed C 1hr

8:00 3ABN Today C 1hr

9:00 Optimize 4 Life C 1hr

9:30 Cook:30

10:00 Health for a Lifetime CC

10:30 Life After Choice/Divine Design

11:00 Thompsonville Worship Hour 1hr

12:00p Daniel All Access C 1hr

1:00 Behold the Lamb Presents C 1hr

2:00 Music CC

2:30 HeartLift CC

3:00 3ABN Today C 1hr

4:00 A Day With the King

4:30 Kids Praise Too!

5:00 Featured Ministries CC

5:30 Your Favorites by Request

6:00 Jesus for Asia Now

6:30 The Incomparable Jesus

7:00 Sabbath School Panel G 1hr

8:00 3ABN Today Family Worship C 1hr

0.00 SADIN TOUGH LAITING WOLSHIP

9:00 It is Written CC

9:30 Maranatha Mission Stories CC

10:00 Mission 360 CC

10:30 Hope in Motion/Praise Him Music Videos

11:00 3ABN Today Family Worship C 1hr

12:00a ASI Conventions CC 1hr

1:00 Breath of Life CC

1:30 Thunder in the Holy Land

CDT SATURDAY

2:00a Praise! CC

2:30 It Is Written CC

3:00 Kenneth Cox Ministries C 1hr

4:00 Revelation Now CC 1hr

5:00 Revelation Insights C 1hr

6:00 Amazing Facts with Doug Batchelor

6:30 Tiny Tots for Jesus CC

7:00 Kids Praise Too!

7:30 A Day With the King

8:00 3ABN Today CC 1hr

9:00 Sabbath School Panel C 1hr

10:00 Revelation's Ancient Discoveries C 1hr

11:00 3ABN Australia Homecoming C 1hr

12:00p Sabbath School Study Hour C 1hr

1:00 New Perceptions C 1hr

2:00 Kids Praise Too!

2:30 Adventist World Radio

3:00 3ABN Today CC 1hr

4:00 Maranatha Mission Stories

4:30 Hope in Motion/Praise Him Music Videos

5:00 3ABN Camp Meeting C 1hr

6:00 Laymen Ministries CC

6:30 Salvation in Symbols & Signs CC

7:00 Table Talk 1hr CC

8:00 3ABN Today C 1hr

9:00 Breath of Life CC 1hr

9:30 Raw Questions / Intimate Clarity

10:00 GYC CC 1hr

11:00 3ABN Today CC 1hr

12:00a Discover CC 1hr

1:00 Anchors of Truth C 1hr

Delicious recipes and surprising nutritional information—served with an extra helping of humor!



New Set, New Season

Coming Soon





ichael Younkin grew up just outside of Williamsport, Pennsylvania, a city once known as the "Lumber Capital of the World," and the birthplace of Little League Baseball. From an early age, he adored his father and followed him around, trying to do everything he did; and when he wasn't with his dad, he was outdoors, exploring and riding his bike.

It's interesting to note that the Lord gave him a talent and passion for audio at a young age. "When I was nine or ten, I'd sit in the back and run the tape recorder for Mr. Grove while my parents sang in choir practice," he recalls. "Later, he let me run sound for our church, too. That's not something every kid that age gets to do, and as I look back, it had a huge impact on my life."

Michael majored in TV production at Southern Adventist University in Collegedale, Tennessee, where he became friends with Joel Baker and Ted Prouty, two men who began working for 3ABN right after graduation. Then, in 2004, 3ABN needed a "mic wrangler"

> for a live series with Doug Batchelor in Chattanooga, Tennessee, so Joel asked Michael if he'd be interested.

> "Sure I was interested, and I had a blast as I got to know the crew," he exclaims. "So as I finished school that year I applied for an internship and traveled with the 3ABN production truck crew that summer. Our first trip was to Chicago where Pastor Kenneth Cox was holding an evangelistic series. I was nervous, but as I pulled up, I saw Joel and two other guys throwing a football in the parking lot, which made me feel alright. Our travels took us back to 3ABN for Camp Meeting, then west to Sacramento



Michael holds a reflector while shooting the "Slugs" episode of Grandma's House near Chehalis, Washington.

and Las Vegas. We even traveled to Washington State to shoot the first season of the Grandma's House series. I'd traveled a lot with my dad in his big rig when I was a kid, so I couldn't help but catch 'the bug' that summer. I was doing the two things I really loved, TV production and traveling!"

After his college graduation, Michael had only one thing on his mind—to get a good-paying job and pay off his student loans. "I wanted to stay in the Chattanooga area," he says, "but after every good job interview, something always came up and the job would fall through. Finally, I called 3ABN and agreed to work there, but only on a temporary basis!" Michael laughs. "As I look back over the past 13 years, I realize God closed the doors on what I wanted to do because He wanted me here. And when

I stopped fighting and worrying about it, I discovered I could pay off my loans and live just fine.

"Then, in 2010, we went to Georgia for an event and I met a young lady named Rachael who had given a report of a mission trip. We stayed in touch and dated for about a year-and-a-half, and then we were married. That was an unexpected benefit of being on the road."



Using His Talents

Michael's first job was running a camera, but he Michael remixes audio on ProTools. jumped at the chance to help everyone else. "My niche seemed to be audio; but because I had the right license, they asked me to drive our box truck. While mic wrangling backstage, I learned stage management and tried to be helpful to the producers and directors. Later, I was put in charge of hooking up the trucks for audio and video, and it seemed like the more things I did, the more I loved it."

Next, Michael began traveling with 3ABN Latino to events across the United States and overseas. During a trip to Colombia, a locally hired director wasn't working out, so they asked Michael to step in. "I'd never directed a live program, didn't speak Spanish, and all the camera operators didn't speak English!" he says with a laugh. "But God worked everything out and we got through it." He went on to direct hundreds of Spanish programs for the next few years, adding editing and post-production to his skills.

Two years ago, after discovering that Michael knew how to use ProTools software, E.T. Everett, 3ABN's Sound Center manager, gave him a recording to work on, "and I've been remixing audio ever since," he says.

"This year I was given the chance to work on the stage design for our Spring Camp Meeting, and I enjoyed diving into the Bible and everything I could read on the Ten Commandments for background.

"I've learned so much through the years, and I've especially learned to trust God. He takes care of us and provides for our needs; and at the end of the day, my relationship with Him is still growing as He gives me new opportunities to serve Him and this ministry."

Indeed, God gives each of us talents—then gives us more if we faithfully use them for Him. When it comes to talents, we work on the plan of addition, while God works on the plan of multiplication!

Michael and Rachael Younkin enjoy a walk with their two dogs. Emma (left) and Journey (right)





or many years, our 3ABN Russia production center longed for a satellite channel by which they could broadcast the three angels' messages of Revelation 14 in the Russian language to over 144 million people in the former Soviet Union. "We could hardly allow ourselves to dream in our prayers that someday 3ABN Russia would get its own satellite broadcasting," says Julia Outkina, our 3ABN Russia executive director, "but there is nothing impossible for our Lord, and in November 2013, we began broadcasting on satellite. God continues to bless and today we're on *two satellites*—Express AT-1 and Express AT-2— at almost half our original cost!

"Our signal is now rebroadcast by 171 cable operators covering 527 cities and towns. We're also seen on seven IPTV (Internet-based "on-demand") platforms and eight foreign partners, twenty-four hours a day," Julia continues. "In addition, our partnering satellite channels broadcast our programs up to several hours a week, including TBN in Russia; CNL in Russia and Kazakhstan; TBN Baltiya in the Baltic States; TB7 'Heaven' in Finland, Ukraine, Sweden, Estonia, Russia, Poland, Israel, and Germany; and Hope Channel Russia, where 80 percent of their programs are produced by 3ABN Russia. To date, we also have contracts with 45 regional TV channels that broadcast our individual programs from five minutes to an hour each week, and we stream our programming on multiple websites and mobile apps. Under the Lord's blessing, our 36 full and part-time workers have been able to produce 282 programs in just the past six months!"

For only \$2,077 a week, 3ABN Russia reaches millions of viewers! Thank you for your faithful prayers and financian support that bring the gospel to this vast area of the world!



by Heidi Thompkins and Ivan Raj

COOKIE

- 2 cups raw almonds, soaked*
- 2 cups pitted dates, soaked*
- 6 Tbsp carob powder
- *soak at least 4 hours or overnight

STRAWBERRY ICE CREAM

- 4 bananas frozen
- 1 (12 oz) bag frozen strawberries
- 1 (6 oz) can frozen apple juice concentrate
- ½ cup raw cashews

DIRECTIONS

- 1. Process almonds, dates, and carob powder in food processor into a sticky dough ball.
- 2. Press half the dough into the bottom of a 9x5-inch loaf pan lined with parchment. Keep rest of the dough wrapped in plastic.
- 3. Blend slightly thawed frozen bananas and add fruit for other flavors of ice cream (see recipe above).
- 4. Spread ice cream on top of bottom layer of cookie sandwich.
- 5. Freeze until the ice cream layer is frozen. Time will vary based on how cold your freezer is.
- 6. Press remaining dough onto the ice cream layer and return to freezer for 30 mins.
- 7. Allow to thaw for a few minutes before cutting into bars or squares.



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