

Reaching Tender Hearts
3ABN Kids Network points to Jesus

SPECIAL FEATURE
Simply Amazing
3ABN in Trinidad & Tobago

**8** 3ABN TV SCHEDULE

12 The Privilege of Ministering
Nothing compares to this joy

14 "You Came to Me"
Taking hope behind the bars and walls

3ABN RECIPES
Broccoli Fruit Salad
By Melody Caviness



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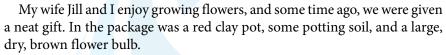




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## PRESIDENT'S LETTER | Greg Morikone

## Dear 3ABN Family,



We followed the planting instructions carefully, which included leaving the top quarter of the bulb exposed. Then, we thoroughly watered the soil. We waited patiently for a few days, and suddenly, one morning, we saw the tiniest little green sprout of life emerging from the top of the dead-looking flower bulb!

After several weeks, the little green sprout had turned into a long thick stem, with flower buds at the top; and not long afterward, Jill and I had beautiful, large, red amaryllis flowers to enjoy.

It's truly a miracle how a dry and dead-looking bulb can produce such a magnificent and stunning flowering plant. God alone is the only One who can bring life from a dry bulb.

Our world is in turmoil and life can look dry and hopeless. Yet I remind myself of the dry amaryllis bulb and how life springs up from what looks like an impossible situation. I gain great assurance from the Bible and all its promises about how God makes a way, even in the most difficult situations—like when the Lord said, "Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert." Isaiah 43:19.

God is using 3ABN to provide the water of life to many people who are thirsty for Bible truth. We hear from so many of you, telling how 3ABN has blessed you, and how God's Word has transformed your life.

Thank you for supporting 3ABN in helping to provide life-giving truth and hope to the entire world, twenty-four hours a day, seven days a week.



Greg Morikone 3ABN President







by Bobby Davis

pattern on which to base our entire 3ABN Kids Network than the life of Jesus Christ. His love for children surpasses the love of their own parents—and He certainly understands how to reach their tender hearts.

This same tender approach is at the center of Francine Bergmann's goals. As general manager of the 3ABN Kids Network, setting the tone for new programs and the principles that will determine their direction is her ultimate aim.

## **JESUS, MY LIGHT**

There's a captivating, sweet spirit to her new program. "We're calling it, *Jesus*, *My Light*," Francine tells us, "because it's going to be focused on Christ's character, and how we can reflect Him.

"Even as a small boy, Jesus was an example to all of us, no matter how young or old. I want children to relate to Him since He experienced all the same challenges—losing a tooth, being bullied and teased, and being strongly tempted to do wrong. Jesus took time at the beginning and end of each

day to talk to His Father and focus on His Word; and by His example, He showed us what to do with every problem.

"There will be other parts that tie into that theme," Francine explains. "We will focus on things like nature, the lessons we learn from Jesus' character, and the marvels of science. My desire is to have the kids present much of the program, too, because I want children *involved!* I encourage everyone to contact us, because the more kids we have actively participating in new programs like *Jesus, My Light*, the more they will catch the vision of serving others—just like Jesus did."

## REACHING OUT IN MANY WAYS

"Aunt" Francine is excited about a new nature program scheduled for July, too. "We've invited our beloved friend and 'Science Guy,' Ben Roy, for a series that features more of his fascinating experiments," she says. "I'll be taking walks with the kids and pointing out object lessons in nature and health that tie into Ben's experiments. We're going to have a blast!" she exclaims.

"I also get to go along with the kids on a family excursion to Costa Rica on Rich Aguilera's trip from November 1–8 to record episodes for his new series! (See sidebar for more information.)

3ABN Kids Network has been working with Pastor Bradley Booth, an author of children's books, and we're recording a new *Kids Time* radio program with him and others. These programs will be filled with inspirational stories and fun songs that children of all ages will enjoy!

"In addition, we've just finished editing the first season of our Kids Camp programs, and what a joy they are to watch! All our new episodes are available on demand at 3ABNKidsCamp.tv, and we've put all the recipes, crafts, and lyrics for the sing-along songs on there, too! Be sure to watch for news about our next Kids Camp in the summer of 2021!"

## **HEARTFELT THANKS**

"I can't begin to tell you how much we value your financial support," Francine says. "We need to reach young people, and this is a ministry for them. A lot needs to happen, and there is a lot of interest for more children's programming coming in from other countries. That takes extra resources, so we ask you to pray earnestly and listen to what the Holy Spirit impresses you to do to bring the love of Jesus to children of all ages around the world! Thank you, from the bottom of my heart!"







PRAY about how you can help



PARTICIPATE in our new programs



DONATE at 3abnkids.tv

## CONTACT

Francine Bergmann kids@3abn.org (618) 627-4651 ext. 3757



RICH AGUILERA'S
FAMILY COSTA RICA TRIP
For more information go to:
onemustardseed.com





t's hard to describe the experience we had this spring when our 3ABN team visited the dual-island country of Trinidad & Tobago. Its unique ethnic blend of cultures and religions come together in a people whose sincere hospitality was felt intensely during our stay.

#### **EVERYONE WATCHES**

Greg and Jill Morikone, 3ABN's president and vice president/COO, came back energized from their visit. "It's wonderful to see the impact 3ABN has had on that nation," Greg says, "and I'm so grateful for the vision Danny Shelton had as he worked with our pioneer supporters 20 years ago to bring 3ABN to that part of the Caribbean."

Jill shares his enthusiasm. "It is simply amazing!" she says. "3ABN is carried by ten cable companies on the islands, and it is wonderful to see the impact 3ABN's ministry has had. People of all faiths, and even those with no religious affiliation, watch 3ABN!"

### LONG AND BEAUTIFUL DAYS

The days were packed with meetings and visits with church leaders, school children, and 3ABN supporters. Then each evening, 3ABN's team presented a full program of testimonies, music, and preaching to eager audiences. "We're so happy to partner with the Seventh-day Adventist Church to spread the gospel in Trinidad and Tobago," Greg says, "and we're especially grateful to Elder Leslie Moses, President of the South Caribbean Conference, for his tremendous support.

"We're also thankful for our 3ABN volunteer representative, Rodney Reynold," Jill adds. "He did an amazing job of coordinating this trip, and worked tirelessly for months to distribute 100,000 flyers in advance!"

Our team visited the Rio Claro and Sangre Grande Adventist schools, where 500 to 600 excited kids shared their love for Jesus and enjoyed a devotional talk from Pastor John Lomacang, a story with Aunt Francine, and songs with Tim Parton.

Every night they met in a different church with enthusiastic members who love 3ABN and are blessed by it. "At one church we were surprised to see people showing up at 3:00 o'clock to get a good seat for the 6:30 p.m. service!" Greg says.

#### **POWERFUL TESTIMONIES**

The experiences they had in Trinidad and Tobago made the trip extra special. When they flew to Tobago, Rodney Reynold met a man on the plane and introduced him to them.





L: Pastor Lyndon Lewis baptizes 3ABN viewer Philip in the sea. R: Children praying during a special 3ABN service

"He had watched 3ABN a lot," Greg recalls, "so we invited him to come to the Mt. St. George Seventh-day Adventist Church that evening. He did, and then came forward during the altar call and requested baptism!"

Jill shares several other encounters. "We met a Pentecostal pastor who accepted the Sabbath as a result of watching 3ABN, and another lady told us about her Jehovah's Witness friend who had been watching 3ABN every day for the past 10 years!

"And then there was Philip, who was baptized in the ocean that week as a result of watching 3ABN." She pauses. "Meeting him was special, and it touched our hearts."

Greg recalls meeting a woman from the Church of Christ who was visiting a Seventh-day Adventist Church for the first time. "The next night, she came forward during the altar call!" he says. "We met people of all faiths who were visiting a Seventh-day Adventist Church for the first time because they watched 3ABN!

During the team's time in Tobago, Diamond Andrews, president of the laymen's organization, ASI Tobago, coordinated their trip and took good care of the group. He and Pastor Toney Mapp, president of the Tobago Mission of Seventh-day Adventist, shared how 3ABN has helped build up the Adventist Church in their corner of the world.

### A SPECIAL DAY

Sabbath was a special day, as our team worshiped with 2,700 people crowded into the University of the Southern Caribbean Seventh-day Adventist Church. In addition, over 3,000 people watched online. After anointed preaching and music, they enjoyed sweet fellowship with the believers.

"We are so grateful for the ministers who partner with 3ABN in the evangelistic work of the Seventh-day Adventist Church," Jill says. "I want to thank Pastor Lyndon Lewis of the San Fernando Church, Pastor David Holder of the Stanmore Avenue Church, Pastor Ian Morris of the Pioneer Church, and Pastor Winston King of the Mt. St. George Church in Tobago—they were all so wonderful. I also want to thank our 3ABN team—Seth and Amy Davis who captured it all on video, Pastor John Lomacang for his anointed messages and altar calls, Tim Parton for his amazing music, Aunt Francine for her children's stories, Jason Bradley for his Dare to Dream updates, Jason Bergmann for his 3ABN reports, and Angela Lomacang for her 3ABN Radio reports. We have seen first-hand that when the laity and the Church work together, much can be accomplished to the glory of God!"

## MAY 2020 | 3ABN TV SCHEDULE

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

		- 11211 0		
CDT	SUNDAY	CDT	MONDAY	
2:00a	Pillars of Faith G 1hr	2:00a	Revelation of Hope  1hr	
3:00	Featured Ministries GG	3:00	3ABN Homecoming  1hr	
3:30	From Sickness to Health 🕶	4:00	Table Talk 🚾 1hr	
4:00	House Calls C 1hr	5:00	His Words Are Life/Grandma's House	
5:00	The Incomparable Jesus 🖸	5:30	Cook:30 CC	
5:30	Evolution Impossible		Body & Spirit CC	
6:00	Body & Spirit Aerobics 🗷		Pressing in to His Presence CC	
6:30	Amazing Facts with Doug Batchelor G		Tiny Tots for Jesus	
7:00	Amazing Adventures		Bible Gems / Creation Crafts C	
8:00	3ABN Today C 1hr		3ABN Today C 1hr House Calls C 1hr	
9:00	Your Favorites By Request 🖸		Free Indeed CG	
9:30			Books of the Book CG	
	3ABN Sabbath School Panel C 1hr		3ABN Sabbath School Panel C 1hr	
			Behold the Lamb Presents 1hr	
	3ABN Worship Hour C 1hr		Off the Grid 🖾	
	Secrets to Wellness		Abundant Living CG	
	Piano Praise CC		Action 4 Life (Casio Jones)	
1:00	Revelation's Ancient Discoveries   1hr	2:30	Heaven's Point of View	
2:00	Body & Spirit 🕶	3:00	3ABN Today 🕶 1hr	
2:30	Tiny Tots Kitchen/Tiny Tots Worship 🚾	4:00	Kids Camp Kitchen Fun	
3:00	3ABN Today LIVE <b>○</b> 2hrs	4:30	Tiny Tots Kitchen/Tiny Tots Worship 🚾	
5:00	The Carter Report	5:00	Liberty Insider GG	
6:00	Raw Questions/Intimate Clarity CC	5:30	Your Favorites by Request	
6:30	Salvation in Symbols & Signs - Daniel	6:00	Grace Pipeline 伍	
7:00	3ABN Sabbath School Panel   1hr	6:30	Salvation in Symbols & Signs - Revelation <	
8:00	3ABN Today 🕶 1hr		Revelation's Ancient Discoveries 1hr	
9:00	Focus on God's Word CC 1hr		3ABN Today C 1hr	
10:00	Featured Ministries 🖸		Spring Camp Meeting 1hr	
10:30	Lineage CG		The Carter Report 1hr	
	3ABN Today C 1hr		3ABN Today C 1hr	
	Secrets Unsealed Presents C 1hr		Multitude of Counselors	
1.000	October of the Court of the Cou	12:30	Music CC	



# Live with James Karrerry MAY 28, 8:00 P.M. CDT



	1171 20,0	.00	P.H. CDI
CDT	TUESDAY	CDT	WEDNESDAY
2:00a	Optimize 4 Life 🕶	2:00a	Kenneth Cox Ministries C 1hr
2:30	Mission TREK 🚾	3:00	Revelation's Ancient Discoveries 🚾 1hr
3:00	Melody From My Heart 🖸	4:00	Spring Camp Meeting C 1hr
	Sanctuary, Salvation, & Our Savior	5:00	Praise CC
	New Perceptions C 1hr	5:30	Adventist World Radio 🖸
	Salvation in Symbols & Signs - Revelation	6:00	Body & Spirit 🕶
	Wonderfully Made CC	6:30	It Is Written 🕶
	Body & Spirit Aerobics CC  The Heavens Declare CC	7:00	Amazing Facts with Doug Batchelor
0.00	Tiny Tots for Jesus CC	7:30	It Is Written Canada 🕶
	Maranatha Mission Stories CG	8:00	3ABN Today C 1hr
	3ABN Today LIVE 2 2hrs	9:00	Remodeling Your Life G
	Pressing in to His Presence	9:30	The Incomparable Jesus 🖼
10:30	Thunder in the Holy Land	10:00	3ABN Australia Homecoming 🕶 1hr
11:00	Featured Ministries CC	11:00	Table Talk CG 1hr
11:30	Books of the Book 🕶	12:00p	Celebrating Life in Recovery 4 1hr
12:00p	Anchors of Truth C 1hr		Issues and Answers CG
1:00	Your Favorites by Request CC	1:30	Abundant Living
	Cook:30 🗷		Action 4 Life CC
	Body & Spirit 🕶	2:30	Perfecting Me G
	HeartLift G		3ABN Today CC 1hr
	3ABN Today C 1hr Bible Gems / Bible Buzz C		Sing Along / Bible Treasures
	The Creation Case		Tiny Tots Kitchen/Tiny Tots Worship G
	From Sickness to Health C		3ABN Sabbath School Panel 🗷 1hr
	Multitude of Counselors	6:00	Sanctuary, Salvation, & Our Savior
	Mission 360 CC		Salvation in Symbols & Signs - Revelation
6:30	Salvation in Symbols & Signs - Revelation		A Sharper Focus 4 1hr
7:00	Secrets Unsealed Presents C 1hr		3ABN Today 🚾 1hr
8:00	3ABN Today 🕶 1hr		Amazing Facts with Doug Batchelor
9:00	Behold the Lamb Presents G 1hr		Evolution Impossible
10:00	Amazing Facts with Doug Batchelor <a>G</a>		It Is Written 🚾
	The Creator Revealed		Liberty Insider CG
	3ABN Today 🚾 1hr		3ABN Today C 1hr
	Raw Questions/Intimate Clarity		A Sharper Focus 1hr
	Exalting His Word  Adventures in Missions		Lineage CG
	Adventures in Missions CC  The Creator Revealed CCC		Life After Choice/Divine Design 🗷
1:30	THE GREATOR NEVERIEU	1.50	THE VITEL CHOICE/DIVING DESIGN

1:00 ASI Conventions C 1hr

1:00 Celebrating Life in Recovery 4 1hr



## Watch Kids Camp programs—on demand! 3ABNKIDSCAMP.TV



## DOWNLOAD CRAFTS, RECIPES, AND SONGS - ALL FOR FREE

## **CDT THURSDAY** 2:00a Laymen Ministries CC 2:30 Maranatha Mission Stories CC 3:00 Spring Camp Meeting 1hr 4:00 Secrets Unsealed 1hr 5:00 Discover CC 1hr 6:00 Body & Spirit Aerobics 6:30 Jesus for Asia Now 7:00 Kids Camp Kitchen Fun 7:30 Tiny Tots Kitchen / Tiny Tots Worship 8:00 3ABN Today C 1hr 9:00 ASI Conventions ( 1hr 10:00 From Sickness to Health 10:30 Mission TREK 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 Creation Crafts / Bible Buzz 4:30 The Creation Case 5:00 3ABN Homecoming C 1hr 7:00 Sabbath School Study Hour 1hr 8:00 3ABN Today LIVE 4 2hrs 10:00 Kenneth Cox Ministries C 1hr 11:00 3ABN Today **C** 1hr

ABN	IKIDSCAMP.TV
	FRIDAY
3:00	Action 4 Life 🕶
3:30	Heavens Point of View
	Liberty Insider @
4:30	Battles of Faith CC
5:00	Sabbath School Study Hour 🖸 1hr
6:00	Body & Spirit 伍
6:30	Contending for the Faith
	Amazing Adventures
8:00	3ABN Today 4 1hr
9:00	Optimize 4 Life 🕶 1hr
9:30	Cook:30
	Health for a Lifetime CC
	Life After Choice/Divine Design 🖸
	Thompsonville Worship Hour 🖸 1hr
12:00p	Daniel All Access C 1hr
1:00	Behold the Lamb Presents C 1hr
2:00	Music 🖸
2:30	HeartLift C
	3ABN Today 🚾 1hr
	A Day With the King 🚾
	Sing Along / Bible Treasures
	Featured Ministries CC
	Piano Praise 🚾
	Jesus for Asia Now 🕶
	The Incomparable Jesus 🚾
	3ABN Sabbath School Panel  1hr
	3ABN Today Family Worship 🕶 1hr
	It is Written 🕶
	Maranatha Mission Stories 🖸
	Mission 360 CC
10:30	Hope in Motion/Praise Him Music Videos
11:00	
	ASI Conventions  1hr
	Breath of Life 🕶
1:30	Thunder in the Holy Land

-	
CDT	SATURDAY
2:00a	Praise! CC
2:30	It Is Written 🕶
3:00	Daniel All Access 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 😋
7:00	Bible Gems / Bible Buzz 🕶
7:30	Sing Along / Bible Treasures GG
8:00	3ABN Today C 1hr
9:00	3ABN Sabbath School Panel 🚾 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Spring Camp Meeting C 1hr
12:00p	Sabbath School Study Hour 🚾 1hr
1:00	New Perceptions
2:00	Kids Praise Too!
2:30	Adventist World Radio
3:00	3ABN Today C 1hr
4:00	Maranatha Mission Stories 🚾
4:30	Hope in Motion/Praise Him Music Videos 🖸
5:00	Sanctuary, Salvation, & Our Savior
5:30	Lineage 🕶
6:00	Laymen Ministries 伍
6:30	Salvation in Symbols & Signs - Daniel
7:00	Table Talk 1hr 🕶
8:00	3ABN Today C 1hr
9:00	Breath of Life 🚾 1hr
9:30	Raw Questions / Intimate Clarity CC
10:00	GYC CC 1hr
11:00	3ABN Today C 1hr
12:00a	Discover C 1hr
1:00	Anchors of Truth C3 1hr







Kids Camp Programs Available Now!



12:00a Table Talk C 1hr

1:00 3ABN Today LIVE 2 2hrs



A christian's life is spent looking for opportunities to serve God and those around them, and we're so grateful for those of you who take the time to let us know how 3ABN has blessed you. We praise God for what He is doing in your life, and feel privileged to be a small part of it. Here's just a sampling of the gratitude expressed by viewers and listeners around the world who benefit from your support of this ministry.

## **Blessed**

Many of our viewers expressed their gratitude for our Winter Camp Meeting, which was held in the much warmer state of California this year. "We thank God for your camp meeting," Siony writes. "Wow! For the first time, we didn't need to drive or fly to Illinois! We invited our daughter to attend, and she came to all the meetings with us. We looked forward to the spiritual feast that God prepared! Because of 3ABN's Bible-based ministry, the Spirit of Prophecy is being lifted up in your programs. God bless 3ABN!"

Teri agrees. "I attended the last day of your camp meeting programs in Loma Linda, California, and I must say I felt the Spirit of the Lord and walked away recharged. I cannot tell you how each of you touched me. I felt the Living Spirit of God and a renewed sense of mission and purpose. Meeting you in person was a delight. You all showed genuineness of heart and a real witness. I will certainly use what I've learned through the messages in my own ministry. Keep doing the work of God! It makes a huge difference for eternity!"

Patricia writes, "Thank you for the many different programs you offer. I really do appreciate the *3ABN Sabbath School Panel*. It is a great learning tool, giving me great insights. The music presentations, the children's programs, the various ministries that present the gospel messages, all your programming is truly good. Our time on earth is nearly done. God bless you as you strive to prepare viewers for the Kingdom of Heaven."

Theresa loves our 3*ABN Sabbath School Panel*, too. "God has blessed me to see 88 years this year, and I am enjoying your Sabbath School program immensely," she writes. "It helps to give me a chance to express my thoughts in my own Sabbath School class, so I thank you for what you are doing, and may God continue to bless your work."

What a privilege it is to serve our Lord and our brothers and sisters around the world.

## Refreshed

Others write about how this ministry has been influential in their decision to be baptized and join the Seventh-day Adventist Church. "3ABN Radio helped me to become a Seventh-day Adventist in 2010," says Paul. "Your programming refreshes me in God's Word, daily. Thank you for the ministry work you're doing for all the world. Keep on preaching, teaching, singing, cooking, and *laughing* until Jesus comes!"

Glenda appreciates a chance to worship with 3ABN on Sabbath. "I am older and of fragile health," she explains, "so I'm unable to get to church these days. I thank God for 3ABN, and I listen every Sabbath—and then some!"

Dorna appreciates our support of her beliefs. She writes, "Thank you very much for your programming. In a time when our beliefs are being challenged from all sides, it's awesome and exciting to have a beacon in the darkness—Adventists who believe in Adventism! Thank you for your steadfast witness. I am very happy to support your ministry as I am able. Let's do everything we can to hasten the Second Coming of our Lord!"

## **Touched**

Some viewers write to thank us for a program that really touched their hearts. Richard and Charleen write, "We just wanted to thank you for the Praise Him Music Channel. I really appreciate Tim Parton as he plays for *Your Favorites By Request*. Last night, I was particularly touched when I tuned in and found him praying for certain people while he softly played. Then he read the Bible while playing the piano. Bible verses are more apt to stick in my mind if I hear them played to music. This was so beautiful! I had never heard him praying while playing before, and I prayed along with him. We are so glad you brought Tim Parton on board—he is such a blessing. We are also very blessed by your 3ABN Sabbath School Panel every week. We know it takes a lot of preparation and study on the part of the participants. Like Tim Parton, the panel makes tremendous sacrifices. We deeply appreciate all of them and want to say thank you!"

We cannot thank our Heavenly Father enough for all of you. Your prayers and kind remembrance of this ministry sustain us and touch our hearts, too. What a privilege it is to serve our Lord and our brothers and sisters around the world, bringing hope

and comfort to the brokenhearted, freedom to the captives, and God's promise of eternal life for all who accept Jesus Christ as their personal Savior. Truly, nothing compares to the joy of ministering to God's children all over the world.

## Have you been blessed?



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

PO BOX 220 West Frankfort IL 62896



# "YOU CAME TO ME..."



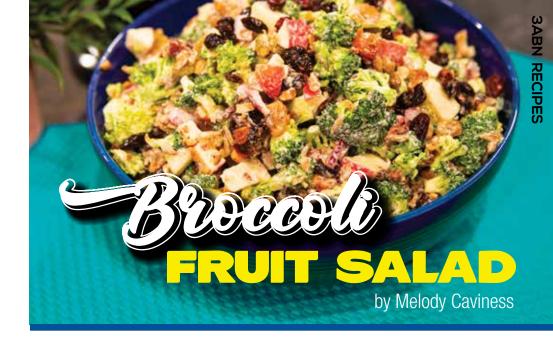
Although it's impossible to say that one aspect of 3ABN's ministry is more important than any other, we can certainly say that responding to our Savior's instructions in Matthew 25:36 is immensely rewarding. "I was in prison and you came to Me," He declares, clearly indicating that we are not to neglect the precious souls He died for who find themselves confined in prisons and jails throughout our world.

Ellen White wrote, "[The Savior] is acquainted with the sins of men, He knows all their acts, and reads their secret motives; yet He does not turn away from them in their iniquity. He pleads and reasons with the sinner, and, in one sense—that of having Himself borne the weakness of humanity—He puts Himself on a level with him. 'Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though . . . red like crimson, they shall be as wool."1 Jesus is our beautiful example, and what a call He gives for us to minister to those who are forced to deal with the harsh penalties of their sins.

To this end, 3ABN works hard to help inmates find hope and salvation in Jesus Christ through correspondence, gifts of literature, and thousands of Study Bibles. The thousands of letters we receive bear witness to what God is doing. "Living together as men in a box, there are many different challenges each day," an inmate writes. "During this time together, many men find time away from the distractions of the world to confess their sins to one another, to repent truthfully to God, and to choose to ask Christ into their hearts. This leads to many Bible studies. Thank you so much for the Bible and the book. They will be used daily in our studies. Here, where the library is small and the hearts are big, they are truly appreciated."

There's a growing need for funds to purchase Study Bibles and provide biblical literature to those who live behind bars. When they experience new life in Christ, they become God's tireless messengers, leading still others to find Jesus Christ!

We take prison ministry seriously, including teaming up with Lemuel Vega and the Christmas Behind Bars ministry to take much-needed care packages and the Word of God into prison facilities. Please prayerfully consider what you can do to help us continue to reach the captives Jesus died for, and thank you for all you do for Him!



## **INGREDIENTS**

#### **SALAD**

- 2 large pieces of fresh broccoli, cut or pulled into small bite size pieces
- 1/3 cup roasted almonds, slivers or diced
- ¼ cup sunflower seeds

#### **DRESSING**

- 1 cup Mel's Vegan Mayonnaise\* or use your favorite vegan mayo
- 1 fresh lemon, juiced
- 3-4 packet dried stevia

- $\bullet$  ½ cup roasted pumpkin seeds
- ½ cup golden raisins
- ½ cup Craisins, fruit sweetened
- 1 Honeycrisp apple, diced into small pieces
- 1/8 red onion sliced fine

Yay—Broccoli Fruit Salad!
"This is a favorite among many
who've attended my seminars.
Over and over again, I'm asked
for this recipe." - Melody Caviness

## **DIRECTIONS**

- 1. Prepare broccoli and add remaining salad ingredients in large mixing bowl.
- $2.\ In$  small bowl, add dressing ingredients and mix well.
- 3. Add mixture to salad ingredients and fold in until evenly covered.
- 4. Chill until served.

<sup>\*</sup> Recipe can be found on 3ABNRecipes.org



For more great recipes visit 3ABNRecipes.org

Find this cooking video in our YouTube playlist, 3ABN Today Cooking Just look for "Family Favorites" (TDYC18032)

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