

SPECIAL FEATURE
FRESH NEW PROGRAMMING

A Day In Our Studios
A report from 3ABN Australia

Fresh New Programs
Check out what's coming to 3ABN!

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CHANGED LIVES

Changing Lives Down Under
A report that warms our heart

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Reaching the Nations

New languages reach more people

Cabbage Cashew Stir Fry
By Lucia Tiffany



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PRESIDENT'S LETTER | Greg Morikone



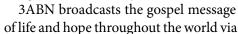
Dear 3ABN Family,

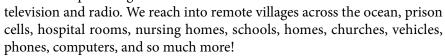
It's springtime here in Southern Illinois. Winter will soon be a distant memory. Our wood stove is shut down for the season, the snow shovel is put away, and the mower is prepped for the first cutting of the year. The trees that looked dead all winter long start to show signs of life as the buds swell. The grass starts to show new growth along with the shrubs and perennial flowers.

Life—what a blessing it is. What a gift from God! I'm ashamed to say that I've taken life for granted way too many times. Life is precious and this time of year reminds me that each of us should thank God that we have another day to make a difference in someone's life for eternity.

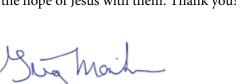
At 3ABN, we count it a tremendous privilege to be teamed up with God and with you to bring a life-changing message of truth to the world!

I recently spoke with a 101-year-old 3ABN supporter who told me, "Greg, time is of the essence." He's absolutely correct; time *is* of the essence when it comes to sharing the love of Jesus with someone, and making sure my relationship with God is growing. Tomorrow is not guaranteed for any of us.





How can we do this? Because you see the importance of life and sharing the hope of Jesus with them. Thank you!



Greg Morikone 3ABN President



od has been using 3ABN to spread the gospel message for nearly four decades, and 3ABN Australia is one of its international offspring. With only a handful of staff, God has enabled us to produce TV and radio programs that reach the world. But what goes into the production of our TV programs? Let me give you an overview of the process involved with two of our series!

GOD'S LAST MESSAGE

God's Last Message has become our most popular sermon series. During our initial production meeting with Dr. Allan Lindsay, we discussed a number of items, like what truth did we want to establish? What would the overall theme and length of the series be? What would the program titles be for each episode, and would he sit or stand? We also had to determine the set layout, whether or not to have a live audience, a series name, and ideas for the opening titles and graphics.

While Dr. Lindsay worked on eight new sermons, our production team worked on graphics and found suitable music for the open and close. Joel Ridgeway also designed a horseshoe-shaped, interactive timeline that worked extremely well as Dr. Lindsay pieced together the prophetic narrative found in the book of Daniel.

After months of hard work and countless meetings, we began recording. After the first week, those who were in our live audience were eager to return for all the other sermons—and they were not disappointed!

Once recording was completed, the series was in post-production for a short time, then it was sent to 3ABN in the U.S., where they added it to their schedule and aired it around the world. And, of course, like all our 3ABN Australia programs, *God's Last Message* has aired on 3ABN Australia Radio, as well. Only God knows how many millions are being blessed by this wonderful series.

LET GOD SPEAK

Let God Speak is a weekly series we produce that currently has almost 380 episodes. Before recording this series, we had to find people to take part in it, set the format, and develop the opening titles, credits, and music. We began recording

(L): Let God Speak panelists bring lively discussions and deep insights into the Word of God. (R top): 3ABN Australia's studio control room. (R bottom): Dr. Allan Lindsay on the set of God's Last Message.

with Pastor Mike Browning as producer and host back in 2015, using green screen technology that allowed us to put in a different background. However, in 2017, we were able to move to Studio B and take advantage of our new video wall. Interestingly, since the COVID–19 pandemic began, we've changed desks three times due to distancing rules!

Our current producer, Rod Butler, receives the Seventh-day Adventist Adult Bible Study Guide early since we record the programs well in advance of their airtimes. After each recording, he emails all potential panel members to find out who is available on the next recording date. From the responses received, a host and two panel members are assigned for each lesson. Usually, the host studies their allocated lesson and writes a script for it, including questions and sample answers. Then it's sent to the other panel members who study the lesson and make the answers their own.

Meanwhile, the 3ABN Australia production team is busy at work. They add the chosen Bible references, name supers, and graphics into the computer, making sure they're in the correct order. Some parts of the script are put into the teleprompter so they can be read during the program and mics are prepared in advance so there will be no problems on the day of recording. Of course, if Studio B has been used for other programs since the last session, they set up the desk, cameras, and lighting again for the series.

On recording day, host and panel members arrive at the appointed time and have basic television makeup applied. They





discuss the lesson with the host and take their seats in the studio for the recording. Once a group has recorded their episode, a new group arrives, so it's a busy day for all our staff. Our production team ensures the recording is completed successfully and, after any editing is done, the recording is sent to 3ABN in the U.S.

Of course, these are only two of the many TV programs we've produced. Each series has its own details and production routines, but we all enjoy the varied assignments that come with working for the Lord in this ministry, and we thank Him for allowing us to be part of His work.

It truly is a pleasure to work for 3ABN, and this can only happen because of the wonderful donors in Australia and New Zealand who faithfully give to 3ABN Australia. Thank you for giving to this ministry. You are a blessing to people around the world, to God, and to us!

4 5



Three Angels Broadcasting Network exists for one reason—to proclaim the undiluted three angels' messages of Revelation 14:6–12 to the world. The first angel calls the earth's inhabitants to fear God, give Him glory, and worship Him as their Creator. The second angel calls them to abandon false worship, and the third calls each person to choose between loyalty to God or the Antichrist. What a sacred task it is to produce programs that proclaim these mighty messages to a lost and dying world!

"Each year, we produce new programs designed to touch the hearts of our viewers," says 3ABN Production Manager, Jorge Jaque, "and this year, we've completed construction of our LED wall in Studio B that accommodates every type of program needed by our networks. With pre-designed backgrounds and a few furniture pieces, we can quickly set up for the next series without changing all the walls."

More Inspiration

The list of new programs this year is truly amazing! We've already begun airing Pastor Mark Finley's new series, *Revived by His Spirit*, explaining the work of the

Holy Spirit and our deep need for Him. We are also producing weekly episodes of our *3ABN Sabbath School Panel* and *3ABN Worship Hour*, bringing inspiration for God's holy Sabbath hours. In addition, we're recording new episodes of *Unshackled Purpose*, *Jesus My Light*, and *Creation Is! Science* this year.

Among the many new programs on 3ABN, we're preparing a new series called TruthTrek with James Rafferty that addresses each of the 28 Fundamental Beliefs of the Seventh-day Adventist Church, as well as an enlightening health series with his wife, Risë Rafferty. A new marriage series with Pastor Steve and Tammy Conway will deal with everything from blended families to addiction and adoption. Shelley Quinn will host a new series focusing on God's Everlasting Covenant—a life-changing study that will draw us into an intimate relationship with God and help us understand the connection between grace and obedience.

We have plenty of live events, as well, including our *3ABN Summer Camp Meeting* in June, followed by live coverage of the General Conference Session of the Seventh-day Adventist World Church in St. Louis, Missouri! In August, we'll broad-

(Right top): 3ABN Production Manager Jorge Jaque speaks to Program Development Manager, Shelley Quinn, on the *Sabbath School Panel* set. (Bottom): Pastor Mark Finley on the set of *Revived by the Spirit*.

cast the ASI Convention from Orlando, Florida, followed in October by our *3ABN Homecoming Camp Meeting* and a live series with Pastor John Lomacang from the Pleasant Hill Seventh-day Adventist Church in California. Teenie Finley will host a new cooking series, and new Christmas programs will be recorded for each of our networks. And finally, we'll end the year with another wonderful GYC Conference, live from Phoenix, Arizona.

And Still More

In addition to the new programs for 3ABN's parent network, we'll record many more programs on each of our other networks, too. 3ABN Français will add several new French-language programs, and 3ABN Latino will produce a new Spanish cooking program called *Los Cinco Sentidos (The Five Senses)* and a new health program, as well.

3ABN Kids Network will debut their new flagship program called *Kids X-Press*, giving kids worldwide the chance to share what they're doing to spread the love of Jesus. They'll learn fun ways to use their hobbies and talents for the glory of God while making good choices and developing godly characters.

3ABN Dare to Dream Network will add a new season of the popular *Creative Cooking* program, hosted this time by Dr. Helen Stoddart. They'll also produce a new series with Pastor John Lomacang called *Hiding in Plain Sight*, exposing the dark side of the entertainment industry and its occult connections. Still another new series will feature powerful testimo-







nies and Bible-based strategies for combatting the devil's strongholds.

All these programs require tremendous effort from our faithful production team, and as their manager, Jorge tells us how blessed he feels. "In worship this morning I shared how I see God's guidance in our productions," he said. "There's not a shadow of a doubt that He wants to do this, because He's keeping our whole crew healthy through this pandemic. Not once have we ever had to shut down production, and I know it's because we need to put these programs on the air. I can get pretty emotional about this! There's a reason we are here, and the only explanation that makes sense is that God is doing this for us and with us."

Please continue to pray for our Production Department, and thank you for the support that makes new programs possible. Together we *are* reaching the world for Jesus Christ!

6 7

APRIL 2022 | 3ABN TV SCHEDULE

PT -2 hours • MT -1 hour • ET +1 hour Red titles are changes effective this month.

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

- 65	- OLOGED ON HONED - LIVE I HOUNAIN	- INLW O	ETIES = TELENT OF EIVETTION NAME		
SUNDAY CENTRAL TIME			MONDAY CENTRAL TIME		
2:00a	Pillars of Faith G 1hr	2:00a	Revelation of Hope C 1hr		
3:00	Featured Ministries CG	3:00	3ABN Homecoming		
3:30	From Sickness to Health CC	4:00	Table Talk 🚾 1hr		
4:00	House Calls 1hr	5:00	His Words Are Life/Grandma's House		
5:00	Digital Disconnect	5:30	Cook:30 CC		
5:30	Evolution Impossible	6:00	Body & Spirit 🕶		
6:00	Body & Spirit Aerobics 🚾	6:30	3		
6:30	Amazing Facts with Doug Batchelor		Tiny Tots for Jesus CC		
7:00	Amazing Adventures	7:30	, , ,		
8:00	3ABN Today C 1hr		3ABN Today C 1hr		
9:00	Your Favorites By Request	9:00			
9:30	Adventures in Missions CC	10:30			
10:00	3ABN Sabbath School Panel 🖾 1hr	11:00			
11:00	3ABN Worship Hour		Behold the Lamb Presents C 1hr		
12:00p	Live to Be Well		Off the Grid 🖸		
12:30	Billy Blackwood & Friends	1:30	Abundant Living CG		
1:00	Revived by the Spirit 1hr	2:00	Action 4 Life (Casio Jones)		
2:00	Body & Spirit CC	2:30	Heaven's Point of View		
2:30	Tiny Tots Kitchen/Creation Is! Science	3:00	3ABN Today 🕶 1hr		
3:00	3ABN Today LIVE 2 2hrs		Kids Camp Kitchen Fun 🚾		
5:00	The Carter Report 1hr	4:30	Tiny Tots Kitchen/Tiny Tots Worship 🖸		
6:00	Jesus for Asia Now 🖸	5:00	ASAP Ministries 🕶		
6:30	Salvation in Symbols & Signs - Daniel	5:30	Your Favorites by Request		
7:00	3ABN Sabbath School Panel 🚾 1hr	6:00	Country Wisdom 🕶		
8:00	3ABN Today 🖸 1hr	6:30	Salvation in Symbols & Signs - Revelation		
9:00	Three Cosmic Messages: Earth's Final Conflict 1hr	7:00	Unlocking Bible Prophecy 1hr		
10:00	Featured Ministries CC	8:00	ŕ		
10:30	Lineage CG	9:00	- F - 3		
11:00	·		The Carter Report 1hr		
	Secrets Unsealed Presents		3ABN Today C3 1hr The Carter Report C3 1hr		
	Celebrating Life in Recovery C 1hr	1:00			
		1.00			



24 Hour Preaching and Teaching We're here when you need inspiration! Watch us on 3ABNPlus.tv

	NETWORK	us on o	ADIT MORE
TUESDAY CENTRAL TIME			WEDNESDAY CENTRAL TIME
2:00a	Optimize 4 Life 🕶	2:00a	Kenneth Cox Ministries 🕶 1hr
2:30	Mission TREK 🚾	3:00	Three Cosmic Messages: Earth's Final Conflict
3:00	Sanctuary, Salvation, & Our Savior	4:00	Spring Camp Meeting C 1hr
3:30	Authentic CG	5:00	White Horse Media GG
4:00	New Perceptions CG 1hr	5:30	HeartLift CG
5:00	Salvation in Symbols & Signs - Revelation	6:00	Body & Spirit CC
	Wonderfully Made 礌		It Is Written 🖸
	Body & Spirit Aerobics		Amazing Facts with Doug Batchelor
	The Heavens Declare CC		It Is Written Canada 🕶
	Tiny Tots for Jesus 🖸		3ABN Today C 1hr
	Maranatha Mission Stories		-
	3ABN Today LIVE 2 2hrs		Grace Pipeline CC
	Piano Praise CC		Thunder in the Holy Land
	Adventures in Missions Featured Ministries G		3ABN Australia Homecoming 🖸 1hr
	Exalting His Word CC		The Carter Report 1hr
	Revelation's Ancient Discoveries 4 1hr		Celebrating Life in Recovery 1hr
	Digital Disconnect		Lineage 🕶
	Cook:30 C	1:30	Abundant Living G
	Body & Spirit CG	2:00	Action 4 Life 🚾
	Unshackled Purpose/Intimate Clarity 🖼	2:30	Perfecting Me GG
	3ABN Today 🚾 1hr	3:00	3ABN Today C 1hr
	Bible Gems / Bible Buzz	4:00	Sing Along / Bible Treasures 🖸
	The Creation Case CG	4:30	Tiny Tots Kitchen/Tiny Tots Worship 🚾
5:00	Evolution Impossible CC	5:00	3ABN Sabbath School Panel C 1hr
5:30	Multitude of Counselors	6:00	Sanctuary, Salvation, & Our Savior
6:00	Mission 360 CC	6:30	Salvation in Symbols & Signs - Revelation
6:30	The Incomparable Jesus 🚾	7:00	A Sharper Focus 6 1hr
7:00	Secrets Unsealed Presents 🚾 1hr		3ABN Today C 1hr
8:00	3ABN Today C 1hr		Amazing Facts with Doug Batchelor G
9:00	Behold the Lamb Presents 🕶 1hr		Digital Disconnect CC
10:00	Amazing Facts with Doug Batchelor G		It Is Written 🕶
10:30	The Creator Revealed		Adventist World Radio 🖼
	3ABN Today 🕶 1hr		3ABN Today G 1hr
	Raw Questions Relevant Answers/Intimate Clarity		•
	Jesus For Asia Now 🖸		Unlocking Bible Prophecy 1hr
	Free Indeed CC		Lineage CC
1:30	The Creator Revealed	1:30	Unshackled Purpose/Raw Questions Relevant Answers

On the subway. On the train. 3ABN is there!

Scan the QR code with your smartphone to quickly donate to 3ABN with PayPal.



TILLI	IDCDAV	'CENTR <i>A</i>	I TIME
		CENTRA	

- 2:00a Laymen Ministries CC
- 2:30 Maranatha Mission Stories
- 3:00 Revelation's Ancient Discoveries 4 1hr
- 4:00 The Carter Report 4:00 Thr
- 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 C 1hr
- 10:00 From Sickness to Health
- 10:30 Mission Trek
- 11:00 God's Last Message to the World 11:00 Ihr
- 12:00p Ultimate Prescription
- 12:30 Multitude of Counselors CC
- 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 / Creation Is! Science
- 4:30 The Creation Case
- 5:00 3ABN Homecoming C 1hr
- 6:00 The Carter Report 4 1hr
- 7:00 Sabbath School Study Hour C 1hr
- 8:00 3ABN Today LIVE 4 2hrs
- 10:00 Kenneth Cox Ministries 4 1hr
- 11:00 3ABN Today C 1hr
- 12:00a Table Talk CC 1hr
- 1:00 3ABN Today LIVE 2 2hrs

FRIDAY CENTRAL TIME

- 3:00 Battles of Faith CC
- 3:30 Live to Be Well
- 4:00 The Incomparable Jesus
- 4:30 Action 4 Life CC
- 5:00 Sabbath School Study Hour C 1hr
- 6:00 Body & Spirit CC
- 6:30 Contending for the Faith
- 8:00 3ABN Today C 1hr
- 9:00 Optimize 4 Life CC 1hr
- 9:30 Cook:30
- 10:00 Secrets to Wellness
- 10:30 Life After Choice / Divine Design
- 11:00 Thompsonville Worship Hour C 1hr
- 12:00p Daniel All Access G 1hr
 - 1:00 Behold the Lamb Presents C 1hr
 - 2:00 Billy Blackwood & Friends CG
 - 2:30 HeartLift CC
 - 3:00 3ABN Today C 1hr
 - 4:00 A Day With the King
 - 4:30 Sing Along / Jesus My Light
 - 5:00 Featured Ministries
 - 5:30 Your Favorites By Request
 - 6:00 Jesus for Asia Now CC
 - 6:30 Salvation in Symbols & Signs Revelation 🚾
 - 7:00 3ABN Sabbath School Panel 4 1hr
 - 8:00 3ABN Today Family Worship

 1hr
 - 9:00 It is Written CC
 - 9:30 Maranatha Mission Stories 🖸
- 10:00 Mission 360 CC
- 10:30 Hope in Motion / Pause to Pray
- 11:00 3ABN Today Family Worship 1hr
- 12:00a ASI Conventions CC 1hr
- 1:00 Breath of Life CC
- 1:30 Thunder in the Holy Land



BRINGERS OF THE DAWN

A JOURNEY THROUGH THE REFORMATION

SATURDAY CENTRAL TIME

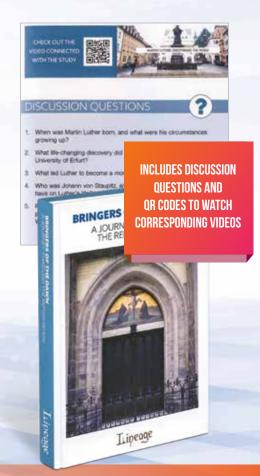
- 2:00a Praise! CC
- 2:30 It Is Written CC
- 3:00 Daniel All Access C 1hr
- 4:00 Revelation Now CC 1hr
- 5:00 Revelation Insights

 1hr
- 6:00 Amazing Facts with Doug Batchelor
- 6:30 Tiny Tots for Jesus CC
- 7:00 Bible Gems / Bible Buzz CC
- 7:30 Sing Along / Bible Treasures
- 8:00 3ABN Today C 1hr
- 9:00 3ABN Sabbath School Panel G 1hr
- 10:00 3ABN Worship Hour C 1hr
- 11:00 Revived by the Spirit CC 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 C 1hr
- 4:00 Maranatha Mission Stories
- 4:30 Hope in Motion / Pause to Pray
- 5:00 Breath of Life GG
- 5:30 Authentic CC
- 6:00 Laymen Ministries
- 6:30 Unshackled Purpose/Raw Questions Relevant Answers
- 7:00 Spring Camp Meeting 1hr
- 8:00 3ABN Today CC 1hr
- 9:00 White Horse Media
- 9:30 Salvation in Symbols and Signs Daniel 🗷
- 10:00 Table Talk C 1hr
- 11:00 3ABN Today CC 1hr
- 12:00a Discover CC 1hr
- 1:00 Anchors of Truth C 1hr

Discover how the Reformation impacted the lives of individuals and whole nations—and defined Christianity, itself. But reformation is not a thing of the past. It is still alive and well, and can make a difference in our lives in the same way it changed the lives of millions centuries ago. If you enjoy the *Lineage* series, you'll want to read this book!

Now Available at 3ABNStore.com. Watch Lineage on 3ABN.tv

(BBTD) USD\$35.00 suggested donation



Changing Lives Down Under

hat a blessing 3ABN Australia is as they broadcast programs seen on 3ABN International throughout the South Pacific and the world, changing lives and adding precious souls to God's kingdom. Elizabeth Serra answers the phones, emails, and letters at our Australian headquarters, and her glowing reports bring joy to our faithful team.

"I had a lovely call this morning from Beulah in Western Australia," she says. "She's been a Catholic all her life, but when she asked God recently to provide her spiritual food, she stumbled onto 3ABN Australia Radio the very next day. She believes it was an answer to prayer! She asked me to pray for her surgery the next day, then told me she'd called other places for prayer, but had been asked if she was of their faith, or if she planned to make a donation. She didn't care for that and told me, 'That's not how Jesus operated. He helped all who needed Him, and it didn't depend on their religious beliefs or if they could pay Him!' I pray God gives her His peace and that she will continue to be blessed by the messages she hears on 3ABN Australia Radio.

"Another call came in from a gentleman in Ballarat, Victoria, who wanted to know how he could pick up 3ABN Australia Radio. I told him about the 3ABN app, and he plans to listen that way. Although I didn't quite get his name, I'm praying for his salvation!"

BAPTIZED

The Holy Spirit has blessed 3ABN Australia's efforts with many baptisms, too. "I was just speaking with Maralyn from Western Australia, and she expressed her appreciation for the messages she hears," Elizabeth says. "She told me that messages by Dr. Lindsay and Pastors Geoff Youlden and Danny Milenkov really impacted her husband, helping him make his decision to be baptized last September.

"Then I spoke with Eva, who told me eight people walked into her church in Maryborough, Queensland, and said, 'We are now Seventh-day Adventists!' Apparently, they'd been watching 3ABN and are on fire for the Lord. One of the ladies at her church started having a women's Sunday morning tea for about 20 people, and Eva made up packets of Insight tracts produced by 3ABN Australia so each guest could have one. Her new friends are so excited about what they're learning!"

Young people are being baptized as the result of 3ABN Australia, too! Young Abbey wrote to say that the COVID-19 pandemic made her realize how much the Lord cared for her. "The lockdown here in New South Wales began on my eleventh birthday, and from there, it all went downhill," she writes.

"I had been given a radio for my birthday the year before, and my parents suggested I start listening to it.So I found 3ABN Australia Radio and left it on day and night because I loved listening to the testimonies.

"As a result, I was baptized in February of 2021," Abbey beams. "But although I'm only 12, I feel the devil's temptations," she adds, "so every Sabbath, I go to the Lismore Seventh-day Adventist Church—a place Satan is not allowed! 3ABN has changed my life."

AUSTRALIAN PROGRAMS

Noela responded to 3ABN Australia's series, *Evolution Impossible*, with this comment: "I enjoy viewing programs on 3ABN, and particularly try not to miss seeing the ones produced here in Australia. I really appreciated the current *Evolution Impossible* series. It kept my interest as each participant explained clearly why evolution is impossible. I eagerly await the next episodes. Many thanks for 3ABN, and may God continue to bless you all as you work for Him."

Heather, from Rathmines, New South Wales, also appreciates Australian programs. "I have just enjoyed your musical program featuring various local artists," she says. "It has been a real blessing. Please do it again some time! As a matter of fact, I just happened to be 'home' in Brisbane this week and turned our satellite TV onto 3ABN Australia. Such peace for my soul throughout this turbulent time! Thank you so much to each of the musicians and singers. I have ordered some CDs and will come by and collect them before the end of the month."

GIVING TO THE LORD'S WORK

Many are faithfully giving to 3ABN Australia each month, as well as to special projects, like sending Interless boxes loaded with 3ABN programs to the Pacific Islands where Internet access is either impossible or costly. "Leone phoned me from Tasmania to make a donation of \$1,300," Elizabeth reports, "and she told me she especially enjoys 3ABN Australia programs and the mission segments. Her husband sold his peddle canoe and donated the money to 3ABN Australia! Praise the Lord!

"Then I received this email from Kathy, saying, 'This may be the second email you receive from me today regarding my deposit of \$5,000 for the Interless boxes for the Pacific Island nations. I pray that opening up 3ABN for our island fields will bring a new confidence in our people and a revival. What a wonderful opportunity and marvelous God-given skills were given to the person who developed this technology. God bless!"

Yes, your faithful support of 3ABN Australia is making a difference. Whether their programs are watched here in North America or across the world "Down Under," they continue to lift up Jesus, day and night! €



"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Matthew 28:19–20.

The Lord has been with 3ABN's ministry ever since Danny Shelton was impressed to "build a television station that would reach the world with the undiluted three angels' messages." So we praise Him for the latest technology behind the launch of our 3ABN+ app, giving our worldwide audience a way to watch our programs both in livestream and on-demand!

"I'm thrilled about this new opportunity to reach millions of people through an app on their smartphones, tablets, computers, and smart TVs," says 3ABN President, Greg Morikone. "But there are millions more who don't speak English as their native tongue, and we have a real burden to bring them the gospel in their own language. That's why we've chosen several of our most popular evangelistic series and will send them to professionals skilled in translation and voiceover. Soon they will be available with multiple language audio tracks, like Mandarin, Korean, and Tamil!

"The technology is truly amazing," he continues, "and we believe the 3ABN+ App is perfect for evangelism. Viewers and listeners can easily use it to share links to programs with friends and family through social media, or by text and email; and now we can reach an even wider audience with extra language tracks!

"This is just a first step toward making programs available in even more languages," Greg adds. "And while it costs money, we are going forward in faith, following Jesus' Great Commission to reach the world with the gospel (Matthew 28:19–20). With technology rapidly advancing and time running out, we must use everything we can to spread the gospel in as many languages as possible in the near future."

God has given us this incredible platform to reach the world and we are committed to using 3ABN+ to do our part in making sure Jesus Christ is lifted up so millions more can look upon Him and be saved. Please consider helping us translate these programs into multiple languages, and thank you for your continued love and support!



INGREDIENTS

- ½ cup raw cashews, rinsed thoroughly
- 1 Tbsp light olive oil (optional)
- 1/2 cabbage, finely shredded

DIRECTIONS

- 1. Heat cashews (with oil, if desired) over medium heat in a non-stick pan, stirring frequently. When lightly roasted, remove and set aside.
- 2. Add cabbage to hot pan and stir constantly, adding water (1 Tbsp at a time) to keep it from sticking or scorching. Cabbage should wilt to a slightly crisp texture in a few minutes.
- 3. Add seasoning and stir well.
- 4. Add cashews and drizzle with lemon juice.
- 5. Serve over brown rice or by itself.

- ½ tsp chicken-style seasoning, or to taste
- 1/2 fresh lemon, juiced



Eating a half-cup of cooked cabbage provides 30–35 percent of your daily vitamin C needs. It also provides:

- 81.5 micrograms of vitamin K
- 11 milligrams of magnesium
- 22 micrograms of folate*

*www.medicalnewstoday.com





Find this cooking video on 3ABNPlus.tv!

Just look for "Improving Your Immune Response With Food" (TDYC210003)



3ABN Sabbath School Panel **COME STUDY WITH US!**

SUN 7:00PM; MON 11:00AM; WED 5:00PM; FRI 9:00AM; SAT 9:00AM

"For the Lord gives wisdom; from His mouth come knowledge and understanding." PROVERBS 2:6



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