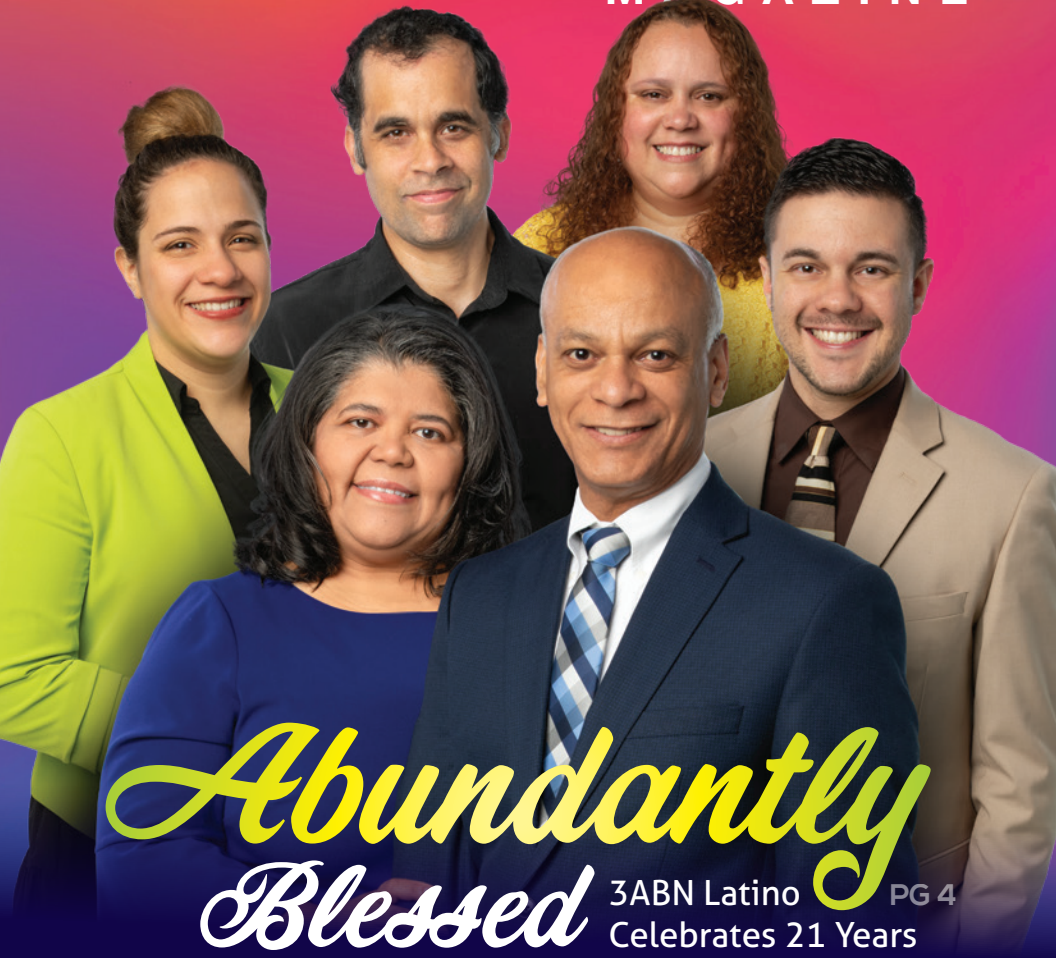


August 2024

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3ABN WORLD MAGAZINE



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Blessed*

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Cover: 3ABN Latino Team (clockwise, starting with front row): John Dinzey, General Manager; Idalia Dinzey, Administrative Assistant; Ana Salgas, Production Assistant; Andrés Iglesias, Video Editor; Clotty Cruz, Call Center Representative; Jose Del Valle, TV and Radio Producer.

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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Breakfast was great, but after the hard work that morning in the sunshine and fresh air, I was hungry! I enjoy the healthy meals Jill prepares for us—and lunch was no exception. After eating, the nourishment of the food re-energized me, and I was ready for more work.

Of course, just looking at the meal wouldn't have helped me at all. I had to get the food into my body in order to let it give me strength, and that reminds me of a couple of Bible texts. Matthew 5:6 says, “Blessed are those who hunger and thirst for righteousness, for they shall be filled,” and Psalm 34:8 says, “Oh, taste and see that the Lord is good ...” We need more than head knowledge of God. We must *experience* Him.

It's been several months since our 3ABN Summer Camp Meeting took place here on our campus, with the theme “Preparation for the Final Crisis.” People came from all over the United States and the world, and our auditorium was absolutely packed with spiritually hungry and soul-searching people who were looking for a closer walk with the Lord.

I was so blessed and encouraged each day by the meetings. It's amazing to see the power of God at work as we surrender our lives into His hands. When we submit to Christ, we allow Him to work inside us and change us. It's not just head knowledge; we *experience* Him in our lives.

Letting God come in and change us is like a good meal that can only benefit us if we take it into our body. My prayer is that we'll let Christ work in us each day as we surrender to Him.

Greg Morikone
3ABN President



Connect
with us!



3ABN
Latino
NETWORK





by John Dinzey

Abundantly Blessed

PHOTOS SUPPLIED

He was gone from home for over 20 years, unable to come back for fear of losing his life. But then came a message of hope: “Then the Lord said to Jacob, ‘Return to the land of your fathers and to your family, and I will be with you’” (Genesis 31:3).

As he considered God’s goodness, Jacob was overwhelmed! Expressing his thanks, he said, “I am not worthy of the least of all the mercies and of all the truth which You have shown Your servant; for I crossed over this Jordan with my staff, and now I have become two companies” (Genesis 32:10).

As I consider the wonderful things God has done this past year—and the many years I’ve been with 3ABN—I can identify with Jacob, and say, “I am not worthy of the least of all the mercies and of all the truth which You have shown Your servant.” I believe many of us who work at 3ABN can say the same thing. So I praise God in saying that 3ABN Latino has reached 21 years of existence—proclaiming the undiluted three angels’ messages, and being used to transform lives in North, Central, and South America, as well as Europe!

Full Steam Ahead in Cuba

Our work of preaching the gospel through television continues at full steam in Cuba since June of 2021, when a portion of 3ABN Latino’s programming became available throughout the country on *El Paquete* (*The Package*)—a unique, accessible, and economic way for the general public to watch international TV programs.

If a Cuban family wants to watch TV, they have four channels to choose from. But we know very well that people always want more. But cable TV is not the answer, since it does not exist in Cuba, and Internet service is still expensive and not readily available everywhere. So that makes the *El Paquete* Cuban TV package the number one source of international TV programming.

According to *El Paquete*’s general manager, he’s been surprised to hear that people are asking for 3ABN Latino programming when they come to purchase and download their weekly package to their memory devices. We’ve also heard that church members are sharing our programming

with their Bible study contacts! I believe the Lord is planting seeds in Cuba that will result in a great harvest of souls for His kingdom. We ask for your continued prayers and support to keep this project going and impacting lives in Cuba.

Focused on Evangelism

We rejoice to tell you that during the month of April, 3ABN Latino and our many volunteer speakers participated in dozens of evangelistic campaigns in Costa Rica, resulting in hundreds of baptisms!

Then on Saturday, April 20, we were blessed to join our church family of the Inter-American Division of Seventh-day Adventists for a live broadcast from San Pedro Sula, in Honduras. Reports at the conclusion of their recent evangelistic series say that over 8,000 people were baptized! My wife Idalia and I were present in an auditorium with over 2,000 people, and we were blessed to hear from many who had joined the Adventist Church as a direct result of watching 3ABN Latino.

3ABN Latino already has island-wide coverage in Puerto Rico on television channel 44.1, so recently, one of our producers, Pastor Jose Del Valle, held a week-long radio evangelism campaign over Radio Sol, WZOL 98.3 FM. As the week progressed, he couldn’t help but notice that Gerardo Berrios would make comments in the live chat every day that indicated God was working in his life.

Later, we found out that Gerardo had studied in Catholic universities and planned to dedicate his life to working there. But he began questioning his faith when he



3ABN Latino’s focus is on evangelism! (L): John and Idalia Dinzey attend evangelistic meetings in Costa Rica. (Top): Gerardo Berrios is baptized after watching 3ABN Latino. (Above): Pastor Jose Del Valle preaches an evangelism series on Radio Sol WZOL FM, Puerto Rico.

happened to come across 3ABN Latino while channel surfing. As he watched Pastor Robert Costa and others, his eyes were opened, and he felt peace. He visited the Ponce 5 Seventh-day Adventist Church, read *The Faith of Jesus* magazine they gave him, and says that the magazine, along with the various 3ABN Latino programs, led to his baptism on March 16 of this year. Gerardo is so grateful, and he thanks 3ABN Latino for his new beginning with God (you can read his letter on page 12).

Your prayers and financial support really do allow 3ABN Latino to be used by God to transform lives! ☺

3ABNLatino.tv

3ABN
Latino
NETWORK



PHOTOS SUPPLIED

Recently, 3ABN Trinidad and Tobago became a registered non-profit organization, largely due to the efforts of Rodney Reynold and a dedicated group of volunteers. For many years, they have worked tirelessly to share the Christ-centered programming on 3ABN television and radio with that country's 1.5 million people, and the results have been tremendous.

Rodney was raised in a Christian family that became Seventh-day Adventist when he was quite young, and his father and mother quickly embraced missionary work. "They were all about evangelism," he explains, "and we were all blessed to be involved in their ministry efforts."

Making 3ABN Available

Then, in 2005, Rodney watched his first evangelistic series on 3ABN. "I'd worked with evangelism in different positions at the church. But this was different!" he exclaims. "We managed to gather 25,000 signatures asking for 3ABN to be added to Rainbow Cable, and when they converted to digital,

they delivered! Then Digicel also added us, and began carrying 3ABN's Dare to Dream Network. But most recently, they added 3ABN Kids and 3ABN Latino, which is especially thrilling because there are over 50,000 Venezuelan refugees living in my country now! There are now ten cable companies that carry 3ABN throughout the islands of Trinidad and Tobago."

Fliers and Booklets

Knowing that the printed page is a powerful tool for evangelism, 3ABN Trinidad & Tobago (3ABNTT) is focused on distributing fliers and booklets all over the island, introducing people to the network. "We attend community activities almost every weekend, hold monthly medical ministry events, and attend health fairs, crime walks, marathons, and 5K runs. We also make sure to participate in church events like community guest days, evangelistic meetings, and even vacation Bible schools. We attend as many open-air events as we can, along with whatever opportunity the Lord



Doctors and specialists (left) join 3ABN Trinidad & Tobago volunteers (right) to bring health care to underserved communities. Rodney Reynold (above center) loads thousands of Focus on Truth booklets that will be passed out.



gives us to be around people. Last month we went to an event with 2,000 people, but we'll go to community activities sponsored by other churches, by the government, or any other organization that allows us to tell folks about 3ABN.

"We have seen God's hand in these activities. He's given us strength and grace, and He's carried us many times. In addition, I've met countless people by divine appointment.

"3ABN was brought to Tobago 25 years ago by Diamond Andrews, president of the local ASI chapter," Rodney explains, "and five years later, 3ABN came to Trinidad. What people see today is only the tip of the iceberg, and below the surface there's a lot of commitment from those who love the Lord and want to see the three angels' messages spread across our nation. We are reaching out to people from broken homes, broken marriages, and bad experiences in church, as well as those who are just tired of the problems they face in life. They come to be ministered to, and pure mission is embedded in everything we do.

"We distributed 10,000 of 3ABN's Focus on Truth booklets in just a few hours recently at a book drive, so we drove back to our warehouse and got 20,000 more.

Soon, those were gone, too! When people spot our vehicle, it's like Christmas. Many come from humble, low-income homes, and when we come to their door and offer a quality booklet or Bible studies, they eagerly accept what we have to offer.

"We hold monthly medical ministry events with Dr. Stacy Singh, and offer a prayer station with pastors and prayer warriors who pray for their needs. By the time they reach the doctor, they're ready to receive both medical *and* spiritual help!

"We ask God for vision and ideas, and when we think out of the box, we see His hand. Those things are what we live for!"

Currently, 3ABNTT needs funds to ship 100,000 copies of *Can the Christian Church Affirm LGBTQ+?*, rent office space and equipment, buy a heavy duty printer to print fliers and booklets for children, and purchase a diesel pickup truck, since they travel between 3,000 to 6,000 miles *every month* to different events. "We believe God will provide," Rodney says, "because 3ABNTT is focused on pure mission!"

WANT TO HELP 3ABNTT?



3abn.tv/donate
#394 - Trinidad & Tobago
Phone: 1-868-341-4111
Email: 3abntt@3abn.org

LOOKING FOR SOMETHING?



Are you wondering where the TV schedule went?

Well, we've moved it online to make room for more of everything! **But don't worry!** You can get individual schedules for all our television networks at **3ABN.tv**.

- Choose your time zone
- Get program descriptions
- You can even print them out!

No printer or internet access? No problem. Call **618-627-4651** and we'll mail you a free copy every month! *3ABN World* now has more pages each month for news, testimonies, kid's pages, and other features. *Enjoy!*

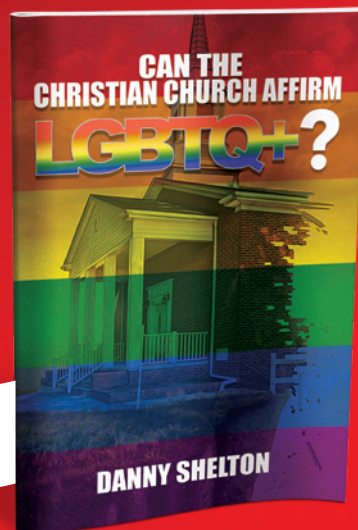
Helping Church Leaders Decide

Church leaders of every denomination struggle between compassion and the compromising of their faith as they try to respond to questions about LGBTQ+ individuals in their church. But what does *the Bible* say about this matter?

Can the Christian Church Affirm LGBTQ+? offers love, compassion, and practical insights while examining the seventh commandment and how it applies in today's culture. That's why we're mailing a copy to all 67,285 Christian churches in the United States!

To help us do this, visit **3ABN.tv** and click the Donate button, or call us at **618-627-4651** and donate to the LGBTQ Booklet mailing project. Thank you for helping us bring truth and clarity to church leaders who are truly seeking Biblical answers for their congregation.

CHURCH MAILING PROJECT
Fund code - LGBTQ 350



A new program is coming to our Dare to Dream Network this month. *Be Real. Be True. Be You.* is a pioneering program committed to nurturing young children's under-

standing of identity and sexuality while safeguarding their innocence. Based upon biblical teachings and the timeless story of Noah and the Ark, it instills foundational principles that counter the prevailing secular narratives on these topics.

The central focus of the series hosted by Michael Carducci is to empower children with knowledge rooted in God's design. Through engaging activities and age-appropriate discussions, we navigate concepts of identity and sexuality in a manner that respects their developmental stage.

Bible-based Teaching

Biblical narratives such as the story of Noah's Ark illustrate God's intention for identity and relationships, emphasizing the beauty of His Creation and the sanctity of human life.

One distinctive aspect of our program is the exploration of the rainbow's significance. Delving into the biblical symbolism of each color, we offer a profound understanding of God's covenant and promises. This enriches their spiritual awareness and enables them to discern God's signs in the natural world,

**BE REAL.
BE TRUE.
BE YOU.**

by Jason Bradley

while fostering a deeper connection to His Creation. *Be Real. Be True. Be You.* is not just about imparting knowledge. It also equips children with critical thinking skills that are crucial in helping them navigate

conflicting messages in our secular culture.

A Strong Foundation

By understanding God's perspective on identity and sexuality, children develop a strong foundation rooted in truth and righteousness. This knowledge empowers them to make informed choices aligned with biblical values, safeguarding their innocence and preserving their God-given identity.

As children engage with the program, they gain insight into their own identity and learn to appreciate God's providence and care for all living beings.

Be Real. Be True. Be You. nurtures a generation grounded in biblical principles, equipping them to navigate life's complexities with wisdom, integrity, and authenticity.

Be sure to tune in to this new series on 3ABN's Dare to Dream Network beginning this month! The series debuts on August 6, 2024. You may find the schedule at **d2dnetwork.tv**, or watch on demand at 3ABNPlus.tv. And please pray for this program and the countless children who need the Bible's guidance as they navigate our confusing world. ☺

BEGINS AUGUST 6 ON D2DNETWORK.TV

turn this

into this!

Download “Thirsting for Jesus” craft with full instructions here.

bit.ly/ThirstingForJesusCraft

Take Us With You

Did you know you can watch and listen to thousands of 3ABN programs, as well as live stream any of our TV and radio networks on our 3ABN+ app? It's *absolutely free*, and just look at all you can do with it!

- No commercial interruptions
- Thousands of programs on-demand, with more added every week!
- Search by topic, presenter, or title
- Download programs to watch offline
- Download and print PDF study guides, recipes, kid's crafts, and more

You can also watch or listen on:

 **Roku**  **fireTV**  **android**

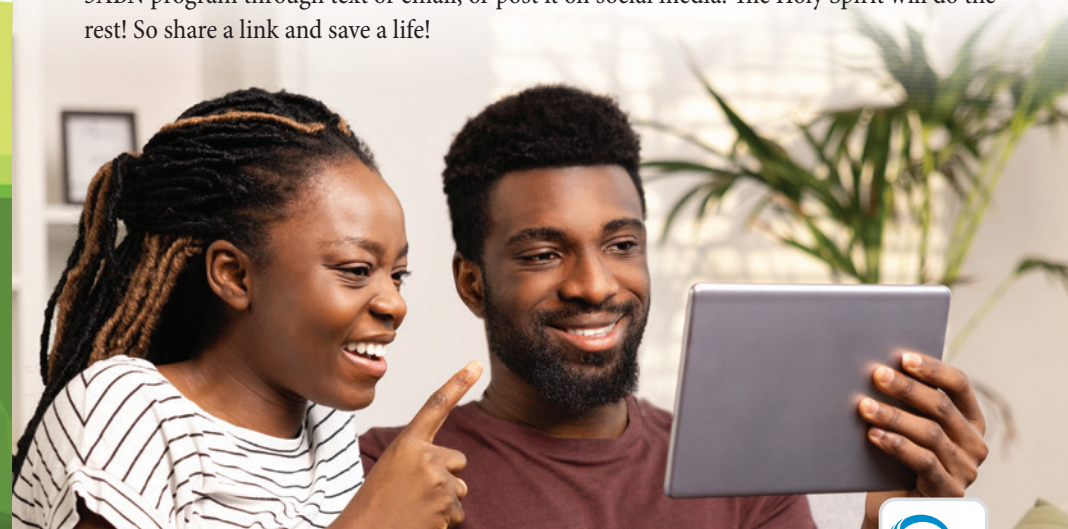
- Laptop and desktop computers (on 3ABNPlus.tv)

If you sign up for a free account, you'll also be able to:

- Pick up where you left off on another device
- Save programs to favorites
- Leave comments

Evangelism Made Easy

3ABN+ is a wonderful evangelism tool, as well. You can easily share a link to your favorite 3ABN program through text or email, or post it on social media. The Holy Spirit will do the rest! So share a link and save a life!



Download the free 3ABN+ app today





We Rejoice!

God uses 3ABN television and radio networks to reach millions of souls who are searching for hope, salvation, and faith. And, as Rhonda shares on the next page, sometimes He steps in with a miracle!

Gerardo in Puerto Rico writes, “At a time when I was considering issues and questions about my faith convictions, I was changing channels and came across 3ABN Latino. Messages from Pastor Robert Costa, and the various conversations and explanations I heard, opened my eyes and gave me peace. In addition, the Bible studies called *La Fe de Jesús* (*The Faith of Jesus*) that I received from the Ponce 5 Seventh-day Adventist Church, led to my baptism on March 16, 2024. 3ABN Latino is a great means of blessing.”

Martha in Guatemala writes, “The 3ABN Latino channel is a blessing in my life. I love the music, prayer keeps me close to God, and everything leads me to His throne of grace.”

Miriam also writes from Guatemala, saying, “I want to thank you for your prayers. My son returned home after I

finished praying with you, and since that day, he has not returned to drugs again. This channel is a blessing in my life.”

Ingrid writes from Tegucigalpa, Honduras, saying, “Thank you for encouraging and preparing us for the Second Coming of Jesus. I watch every day because it gives me peace.”

Maria sent us a note from Colorado, saying, “This is the first time I’ve watched 3ABN Latino, and the thoughts by Dr. Senez Rodríguez in *The Victorious Christian* have given me the desire to learn from Jesus. Thank you for being there and for taking the time to pray with me. May God continue to bless you.”

And finally, a note from **Rosa Elena in Colombia** says, “Thanks to your ministry, I’ve been edified by the Word of God. I now know the truth of our Lord Jesus Christ, and my daughter and I were baptized in March! May God continue to bless you greatly.”

Your support of 3ABN Latino makes a huge difference in the lives of countless viewers and listeners around the world.

Who Touched That Remote?

It was late November 2023, and Rhonda High was frustrated. “I’d been watching a Christian TV program that was pushing the ‘prosperity gospel,’ and I was disgusted,” she says. “Slamming my remote down, I said, ‘God, there has to be more! I’m sick of this nonsense!’ and as I did, my remote changed my DISH Network channel to 3ABN!”

I thought, *What in the world is this? I didn’t know I could even get this channel!* You see, I just have the basic TV package for senior citizens, but here were these people talking about the Sabbath.”

As Pastor James Rafferty spoke, Rhonda sat up straighter in her recliner and listened more closely. “I’d attended church all my life, but I had never heard anything like *this* before!” she exclaims. “I remember Ryan Day sharing on the Sabbath. Then Pastor John Lomacang sang and preached a sermon, followed by Shelley Quinn hosting *Spotless*. Greg and Jill Morikone were on *3ABN Today*, and to finish it off, Danny Shelton shared about the time when he only had \$2 to put in the offering plate. That day, my life changed forever, and it wasn’t long before I got the 3ABN+ app so I could use all the extra features. Finding 3ABN has surely been a blessing,” she continues, “and now I watch your programs nearly 16 hours a day!”

Eyes Wide Open

Rhonda says that all her life she followed wrong doctrine. “I was very disturbed when I realized how most Christians adopted Sunday as their day of worship, and that the Bible predicted it would happen way back in Daniel’s day (Daniel 7:25). I never did understand that part of the Bible, even though I read it. I missed the message, probably because I stuck to tradition, but now it makes perfect sense to me.

“I’m so impressed by the presenters on 3ABN, their lovely spirits, and how they know both the Old and the New Testament. At 72, my eyes have been opened, and I now worship on the Sabbath.

“I’ve talked about what I’m learning on 3ABN with all my friends, and now they’re watching, too! Today, I am an Adventist—even though I have yet to step into an Adventist church. I want to be rebaptized, and my friends all want to come to church with me!

“I soak in all the music, teaching, preaching, and Bible studies on 3ABN. I even watch the kids shows early in the morning! I’ve tried out many of the recipes, and I love them. I’ve even followed some of the exercises, and somehow, my knee pain is gone. God has healed me, and I can walk now!

“God leading me to 3ABN is the greatest blessing He’s given me so far. *I know* that He’s the One who changed my TV channel! No way could that remote just land on that channel when I threw it down!”
(Rhonda, we agree. Thank you, Lord!) ☺





Bibles *for* Cuba

We have an exciting opportunity to spread the gospel in Cuba! For several years, 3ABN Latino programs have been available in Cuba, despite the fact that satellite and cable delivery is unavailable. But nothing can stop the spreading of the gospel of Jesus Christ, and today the lifesaving truths presented on 3ABN Latino's television programming are available on *El Paquete (The Package)*—a unique distribution system where viewers buy a week's worth of international programming and download it onto memory sticks they can play back on their TV sets!

Thousands of people have discovered our programs included every week in the lineup; and by God's grace, they have reached out to us with their questions and requests for prayer. We are doing our best to connect them with local Seventh-day Adventist churches, and as part of that effort, we will offer them brand-new Bibles through various avenues. In addition, we are praying for additional funds to purchase or print a Bible study booklet to go with each Bible.

This project has many challenges, including the fact that printing the Bibles in Cuba is not feasible since they simply are not equipped to do this on the scale needed. However, where God guides, He provides, and we estimate the cost of printing and shipping them to Cuba will be only about \$7 per Bible!

Cubans are going through historic challenges, and they desperately need the hope found in God's Holy Word. Won't you consider helping us make these Bibles available to those who are so hungry for the gospel? The amount of donations will determine how many Bibles we can print and send—as well as the Bible study booklets needed. They will both be offered free of charge to those who view our programs on *El Paquete*, and we will deliver them throughout the country of Cuba.

Thank you for all you do for those who still haven't heard the life-saving truths contained in God's Word. He promises, "So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it" (Isaiah 55:11).



Brakes

by Risë Rafferty, M.S., RDN

Cars are typically valued and ranked based on acceleration speed and how fast they drive. However, of equal if not more importance, is how well they brake. The physics of determining how quickly a car can come to a complete halt is based on many factors including weight, shape, and braking technology. Cars ranked in the top five are probably no surprise: the Porsche 911 GT3 RS can go from 62.1 MPH (100 km/h) to 0 in 92.52 feet (28.2 m). The McLaren Senna and Ferrari 488 Pista are other cars with the best stopping gear. The faster and more valuable the car, the more it needs good brakes.

Like a high-performance car, the brain's proper function is also dependent on good brakes. The braking system of the brain relies on inhibitory brain cells and the specific compounds they make. The mental brakes do important things like calm us down, provide impulse control, suppress actions, provide opportunity for other parts of the brain to weigh in on important decisions, allow for delayed gratification, etc. Sometimes our mind takes us in the wrong direction, and we need to be able to slow down, stop, and turn around.

There are a lot of factors that affect our brakes, but worthy of highlighting is the effect that lifestyle—including dietary ingredients—has on mental performance.

Research with rats has shown that inhibitory brain cells can be impaired by eating a high-sugar diet. Sugar-accustomed rats were observed to be less able to control their behavior and make decisions. Another study observed that mice given sugar consumed more food later, specifically high-fat food. Researchers observed this was related to its effect on biochemical pathways that stimulate appetite.¹

In a comprehensive review of over 300 studies, the authors state, "Neural plasticity that occurs as a result of long-term sugar consumption has been shown to reduce impulse control and therefore lower the ability to resist the high fat/sugar foods contributing to the obesity epidemic."²

High sugar intake weakens our brakes.



Like a high-performance car, the brain's proper function is also dependent on good brakes.

1. Murray, S., Tulloch, A., Criscitelli, K., & Avena, N. M. (2016). Recent studies of the effects of sugars on brain systems involved in energy balance and reward: Relevance to low calorie sweeteners. *Physiology & Behavior*, 164, 504–508.

2. Jacques, A., Chaaya, N., Beecher, K., Ali, S. A., Belmer, A., & Bartlett, S. (2019). The impact of sugar consumption on stress driven, emotional and addictive behaviors. *Neuroscience & Biobehavioral Reviews/Neuroscience and Biobehavioral Reviews*, 103, 178–199.

**Be sure to earmark your donation
#309 Bibles for Cuba**





3ABN Fall Homecoming

"Revival of Righteousness"

Powerful messages by Mark Finley,
C. A. Murray, and many more.

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