

January 2025

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3ABN WORLD MAGAZINE



3ABN | radio network

25 Years ANNIVERSARY

Broadcast Blessings PG 4



PG 12

CHANGED LIVES

HE FELL IN LOVE WITH JESUS

WE SHARE GOOD NEWS PG 14



Dear 3ABN Family,

I enjoy any opportunity to hike in the woods, but especially enjoy the fall and winter months, since there are no ticks or chiggers to bite me when I go exploring off-trail.

On one recent hike, I noticed a gnarly tree that was not growing straight at all. The trunk was twisted and had a strange protrusion high up in the tree. I wondered, *Why is this tree so misshapen?*

It didn't take long to see the problem. Climbing up the bark of the tree were several thick and tough-looking honeysuckle vines. Through the years, they had grown larger, reaching up to the top branches. Upon further inspection, it looked as though the vines and tree had been battling each other for years—the vines twisting and choking the tree to gain higher access, while the tree sought to envelop and grow over the invasive vines. That's what caused the strange protrusions and gnarly appearance of the trunk.

As I looked at the large vines growing up and around that tree, the Lord reminded me of James 1:14–15 “But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.”

Just like the vines around the tree, sin will choke and bind us if we allow it to grow in our lives. It is so much better to let Jesus pluck out those sins right away, before they become full-grown.

The beautiful fact is Jesus can make us whole no matter how far we have strayed from Him. All we need to do is turn back toward our Savior, surrender moment by moment, and let Him do His work in us!

As we start this new year, my prayer is that I will surrender daily to the work God wants to do in my life, letting Him pluck out the sins. I pray you desire the same.

Greg Morikone
3ABN President



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On the cover (top center, then clockwise): Jay Christian, 3ABN Radio Network General Manager; Mike Babb, Engineer; C. J. Lingle, Editor; Nikki Anderson, Special Projects/Host; Dara Badger, Editor; Angela Lomacang, Editor/Host; Jennifer Todd-Ehler, Administrative Assistant.

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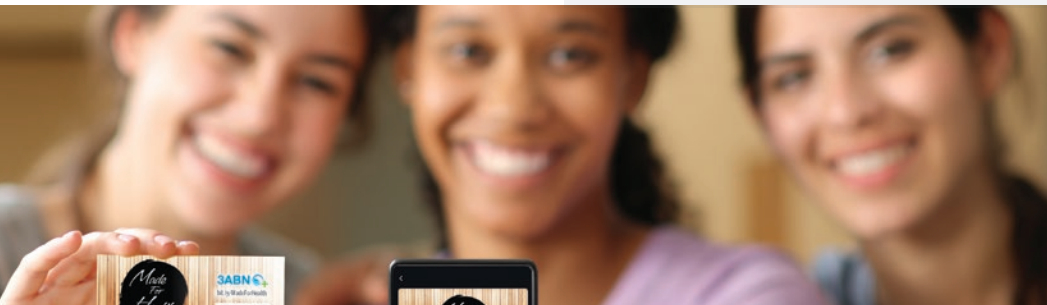
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Sharing's So Easy!

Call 618-627-4651, extension 2 to order complimentary 3ABN cards to share in your community.

Broadcast Blessings

by Jay Christian

3ABN | radio network

25 Years
• ANNIVERSARY •

PHOTO: SVETLANA CHRISTIAN

Our Silver Anniversary! How time flies. In preparation for this article, 3ABN Radio's former Administrative Assistant, Nikki Anderson, our current Administrative Assistant, Jennifer Todd-Ehler, and I were reminiscing about the 25-year history of our network and we had a wonderful time! There were many laughs and yes, even a few tears. But since it would take every page in this magazine to mention them all, here are just some of the highlights.

A NETWORK IS BORN

In 1999, our 3ABN leaders began assembling staff members for one of the first new networks to be added since Three Angels Broadcasting Network began. God put us in rural Illinois and our building was the 3ABN Uplink, nestled between cow pastures and corn fields. We didn't know exactly who would carry us or who would listen to us, but we were all confident that God wanted this network, so we went to work building it.

On February 28, 2000, we hit the airwaves (or more accurately, the satellite waves). Only those who had large C-band satellite dishes could hear us, but we were on our way! Then, just one week later, the Federal Communications Commission announced a new class of low-power FM radio stations would be starting up. Who knew? God did, of course!

We told our TV viewers (and a few satellite radio listeners) that an average church or other religious entity could own a radio station and broadcast the message of salvation to

their neighbors; and suddenly, we were inundated with those who were interested! Over the years, many stations have joined us along with Internet radio stations and web audio "players" that have made our streams available around the world.

We have approximately 350 affiliates, and most are operated by "beginners" who knew nothing about radio broadcasting when they started. Some are reaching their local communities, while others have gone on to purchase or build new full-power radio stations to reach many listeners. We are honored to work with those who love the Lord and want to spread His Word.

Over the years, many interesting reports have come in from our affiliates about how they're reaching their communities. Some mention attending local events and we've heard numerous stories of how God has blessed their efforts. But then there are the amazing stories! One station had its antenna installed on top of an old telephone pole—by a blind man! Another radio station was built and on the air in less than 30 days. Still another station's signal goes around a small mountain to reach the town on the other side (which is impossible); and one station had its antenna installed upside down (by accident, of course) and still effectively reached out into the community with the message of salvation! Even prison ministry workers visiting inmates mention their local 3ABN radio stations as a source of Bible truth. Today, we have affiliates not only in the United States, but around the world in numerous countries, including Australia and New Zealand.

In 2016, God inspired us to expand beyond our voice programs and create a new network dedicated to music (we'll share that story another time), and thanks to the generous support of a 3ABN donor, we launched the 3ABN Radio Music Channel, featuring uplifting music interwoven with meaningful messages about God, salvation, the Bible, and more. What does the future hold for 3ABN Radio? If the past is any indication, God will continue to surprise us and bless listeners around the world with radio programs and music that will lead them to eternal life.

OUR DEDICATED STAFF

I'd like to take a moment to thank our dedicated 3ABN Radio staff. Jennifer Todd-Ehler is our Administrative Assistant, Mike Babb is our Engineer, and Angela Lomacang is a Radio Editor and an ambassador-at-large for 3ABN Radio when she travels with her husband John in their ministry, or for 3ABN. Dara Badger is a Radio Editor but also works in our TV Programming Department, Nikki Anderson handles special projects, and C. J. Lingle helps as a Radio Editor while also working in our TV Production Department. We certainly have a great, God-sent staff!

We can't wait to see what God has in store for us—and for you! Thank you very much for your generous prayers and financial support, and as we look forward to an eternity with Jesus in Heaven, may God richly bless you! ☺

3ABN Radio staff:
(clockwise, seated) Jay Christian, Jennifer Todd-Ehler; (back row L to R): Angela Lomacang, Dara Badger, Nikki Anderson, C. J. Lingle, Mike Babb.





(Left): 3ABN School of Discipleship leaders (L to R): James Rafferty, Ryan Day, and Ian Vandervalk. (Middle): Students interact with teachers in class. (Right): 3ABN President, Greg Morikone addresses SOD students during worship.

THE Discipleship Experience

by James Rafferty

“We do hope the Holy Spirit leads you to attend our next 3ABN School of Discipleship Intensive...”

PHOTOS: SVETLANA CHRISTIAN

I first learned how to study the Bible using a Greek and Hebrew concordance in June of 1985. Some dates are lost in the brain files, but that one is not one of them.

Learning how to study the Bible by going directly to the Greek and Hebrew changed my life dramatically, propelling me into full-time ministry. It made me a confident and earnest (though not perfect) teacher of the Bible. Taking what I had learned and teaching it to others also brought me into contact with the person who became my wife of 35 years. So when 3ABN asked me to join a team of employees who would strike out to start a Bible school now known as the 3ABN School of Discipleship (or SOD), I was all in.

The SOD Experience

The natural choice of topic for me to teach was Bible Prophecy, a favorite. However, I felt led by the Holy Spirit to go back to basics and teach How to Study the Bible, since understanding how to explore God’s Word is essential for building a love for studying it.

Of course, there are other vital topics that make up our six-day SOD Intensive.

Biblical insights regarding how to pray are both taught and practiced every morning, and Bible doctrines are also emphasized—including how to effectively defend your faith. There’s a class on health where the eight “doctors” (basic health principles) offer each student a NEW START (Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in God). By applying these principles, one student was able to quit using insulin during the nine days he was here!

You’ll also receive a thorough course on church history, and the insights it offers into the Seventh-day Adventist Church and its beginnings are amazing. I’ve sat through it three times and have learned something new each time!

Another key component of SOD is evangelism. This class teaches both the dos and don’ts, as well as some of the best methods for reaching the heart. You’ll also get loaded up with some amazing evangelism materials that can propel you into ministry in your local church and community.

Many of our students are especially appreciative of the evening discipleship sessions, where each instructor dedicates

some extra time to meet with them for 30-minute, one-on-one sessions. Spending time with students who need a little extra prayer and counsel, or who have questions that need more time or privacy, makes SOD a true discipleship experience.

The food and lodging are also included. The two meals a day are amazing, not only because the food is healthy and delicious, but also because the staff members who prepare it are truly loving, attentive, and enjoy interacting with our students.

If you have never visited 3ABN, SOD offers you an opportunity to meet our amazing administrative team. Each of them takes time to meet and share with our class during the week. A special tour of 3ABN is also included, giving you a behind-the-scenes look and a chance to learn a little of how life-changing, Christ-centered programs are produced and broadcast throughout the world.

There are so many reasons to prayerfully consider attending SOD. Not only will your personal journey with Christ be enriched, but you will leave with a greater ability to help enrich the lives of others in your church, family, and community.

We Are a Family

Last, but not least, is the fact that once you’ve attended SOD, we hope you’ll stay in contact with us via Facebook, and, of course, through personal emails. We’re all on a journey of faith, together as a family. We are the body of Christ (1 Corinthians 12). Our desire is to help you with the experience and resources God has so graciously given us, to come alongside and speak into you the riches of God’s abundant love, faith, and hope (1 Corinthians 13:13).

We do hope the Holy Spirit leads you to attend our next 3ABN School of Discipleship Intensive, which will run from March 14 through 23. It’s such a joy to teach people what made such a huge impact on my own life and see how it impacts their walk with God. Once you learn these basics, you can share them with others, too—and in turn, they can teach others, who reach out to others—working together to fill the Earth with God’s glorious gospel! Amen. ☺

For more information, or to apply for our March 2025 School of Discipleship Intensive, visit **3ABNSOD.COM** MARCH 14-23, 2025. APPLY TODAY!

NEW!

BIBLE STUDY GUIDES FOR KIDS!

Hey kids, do you enjoy being a detective? Well, here's a fun way to search for truth using your Bible! The Detectives of Truth Bible Study Guides can be downloaded from our **3ABNKids.tv** website, along with quiz cards and directions for fun crafts. And now, they're available as lesson sets in bright and colorful folders packed with weekly study guides, a fun crossword puzzle, a craft suggestion, and a special sheet of fun stickers to mark your progress!

Invite your friends to study with you and get to know your Best Friend, Jesus!

Bible Study Guide Packets (2025)

B1 - "Jesus, My Savior"

B2 - "Messages from Above"

B3 - "Holding Fast to My Faith"

B4 - "The Gift of Salvation"

1 Packet - KNDOT-P \$10*

1 Year of Lessons (4 packets of 13 lessons) - KNDOT-BSET \$25*

10 packets (mix or match) - KNDOT-10PK \$50*



1 Sticker sheet & 13 Lessons included in each packet

*Suggested donation.
Free shipping in the United States.

A SPECIAL WAY TO *Connect*



Ever wished you could sit down with our *3ABN Sabbath School Panel* members? Well, now you can! Each week, our Sabbath School Panel brings a fresh perspective to the study of God's Word, and tens of thousands of viewers are tuning in from all over the world. But we want to be *even more* connected to you, so we've decided to have a once-a-month gathering online with you—our 3ABN Family!

One Friday, every month, we stream a live, interactive Zoom video webinar called *3ABN Sabbath School Panel Connect*, and we'd love to have you with us! It's a chance to gather with other 3ABN Family members from around the world to share a devotional time, and answer your Bible questions live!

We are thrilled to have 3ABN Family members join us from Australia to Afghanistan, from Canada to the Czech Republic, and from Zambia to Zimbabwe for this live program! Many of them are setting their alarm clocks for the middle of the night so they can be with us!

3ABN Sabbath School Panel Connect goes live every third Friday of the month at 7:00 p.m. Central, and to be a part of it, all you have to do is sign up for our panelists' notes at 3ABNSabbathSchoolPanel.com. When you do, you'll also receive a special invitation each month that will connect you to our panelists, live!

Thank you for studying along with our Sabbath School Panel each week, and we hope you'll sign up for their notes, too. It's just another way to connect with you—our 3ABN Family. 🌐



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Bibles for Cuba

by John Dinzey



Do people in Cuba need Bibles? *Absolutely!* Cuban people are facing one of the most challenging times of their history, and this has sparked a growing interest in religion and the comfort that can only be found in God’s Word.

Most of us are unaware that in that country, all official religious activity must be approved by the Cuban Council of Churches—and that includes bringing in large shipments of religious books and Bibles. On a recent visit, I spoke with Pastor Joel Dopico, President of the Cuban Council of Churches, and Pastor Alain Montano, Director of the Cuban Bible Society. Both were enthusiastic about 3ABN’s project to bring Bibles to Cuba, and I am happy to report that they have approved our plans to ship them into Cuba.

AN IDEAL TIME

Pastor Montano mentioned that now is an ideal time to bring in Bibles, since the struggles in Cuba have intensified people’s desire for hope and encouragement. He added that when they’ve offered free Christian tracts and Bibles, they’ve seen an impressive number of people lined up to receive them.

I visited a Seventh-day Adventist church in Havana, and during a Bible reading, I noticed an elderly man reading a Bible held together by staples! Now, I’m not saying this is the case with *every* Bible in Cuba, but it does illustrate the urgent need. Unlike the U.S., Cuba has no religious bookstores, and Bibles are mainly available through church offices.

During last October’s *Behind the Scenes* program, 3ABN President Greg Morikone announced we would like to ship 20,000 Bibles to Cuba. Each Bible costs about \$3, excluding shipping, and a portion of them will be donated to the Cuban Union Conference of Seventh-day Adventists for free distribution to local churches. However, the great majority of Bibles will be given out to those who request one when they see them offered for free in 3ABN Latino programming included on Cuba’s *El Paquete* TV package.

In the midst of one of the darkest and most challenging times the Cuban people have faced, we pray and hope they will read these Bibles and give their hearts to Jesus, saying, “Your word is a lamp to my feet and a light to my path” (Psalm 119:105). Please consider supporting this historic project with your prayers and finances as the Lord impresses upon your heart. ☺

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309
BIBLES
FOR
CUBA

He Fell in Love

with Jesus



Dan Richardson lives off the grid. His home has no electricity, his water comes from a spring, and his cell-phone signal is so weak that only text messages go through. But God knew his heart and reached him through 3ABN!

“I grew up on a farm in Irvine, Kentucky,” he says, “and everybody in my family was a member of the Christian Church. I was baptized when I was 12, but I had no idea what I was doing, even though we all attended church religiously every Sunday morning and evening.”

“I really hated being told that if I didn’t go, I’d burn in hell forever; but I didn’t have a good picture of what a loving God He really is. When we moved to Lexington, Kentucky, I got into sports, and by the time I got to college, I’d quit going to church altogether.”

Eventually, Dan got into drugs and alcohol and lived that way for many years. “I spent a lot of time in nightclubs and worked in a lot of cities around the country, but my demise came when I moved to New Orleans. I had been living in the world, but now I was *living in Babylon!*”

Something Better

Then, in 2016, Dan had a stroke, and that same year, he had open-heart surgery. “That got me doing some serious thinking. *Something’s gotta change*, I thought, so I changed my diet—slowly. Even after those changes, I was far from being a vegetarian. I didn’t think a meal was any good unless you had a big piece of meat with it!

“The changes were slow, but I felt like I was actually doing something for my health. Oh, I still drank alcohol and kept drinking soft drinks. And although I got off cigarettes, I picked up a pipe. But then I thought, *I need to cut down on salt and caffeine.*”

“I wanted to get closer to God, and I knew He would help me, so I started seeking God deliberately. So I visited several Baptist Churches, then the Methodist Church, and the Church of Christ.

“As I looked at the people who attended, I realized that many of them just wanted to get out of there and go home to watch sports. They were in a hurry to leave church and go to restaurants, and that just didn’t feel right.

“I kept thinking, *There must be something better than this.*”

“I told you I don’t have electricity, TV, or the Internet, and that I’m so far off the grid that my cell phone barely works. But in 2019 I began listening to WCOG 89.1 FM in Livingston, Tennessee. They broadcast 3ABN Radio, and as I listened, I started thinking about the Sabbath a lot. I thought, *This has some merit, but what is this Seventh-day Adventist Church?* I’d never heard of them—much less in Lafayette, where I lived. So I looked them up, and one Sabbath, I walked into the Lighthouse Seventh-day Adventist Church.

Major Changes

“Soon I was taking Bible Studies, and I fell in love with Jesus Christ! They told me things I’d never heard

before, and showed me what a wonderful, loving, Creator God we have. Soon, I was thinking, *I gotta get baptized because I might not make it till tomorrow!* I’d only been studying with them for three months, but when I spoke with Pastor Roger Schmidt, he agreed, and I was rebaptized.

“In that short amount of time, Jesus came into my heart, and I quit all the things that were harming me. My diet changed, I quit smoking and drinking, and made other major changes, too. I no longer talked and thought as I used to.

“Now, at the age of 74, I get to preach a sermon there about once a month. I love talking to people about Jesus, what He’s done in my life, and how He’s changed

me completely. I’ve even had the chance to support and visit an Advent Hope orphanage in Kenya!

“I’ve learned so much, too—especially about the Book of Revelation. We hear some crazy stuff about that book on Christian radio stations—like the ‘Secret Rapture,’ and all that. However, I can’t find anything secret about Jesus’ Second Coming in the Bible!”

Living for the Lord

Dan is also involved in prison ministry at the local county jail, offering Amazing Facts

Bible studies and other literature to those who are incarcerated. “I love sharing with the guys, and my goal is to plant seeds there and encourage them to let Jesus into their lives. If they do, their lives will change, like mine did!

My fondest dream is to live long enough to see the Second Coming of Jesus, but until that day, I’ll live for my Lord. I shouldn’t be alive right now for the way I lived, but I believe He has work for me to do.

“If 3ABN Radio hadn’t been here, I’d probably be dead, or at least lost in darkness, without any hope. Thanks to 3ABN I became a Seventh-day Adventist. I fell in love with Jesus and He changed my life completely.

“One of my favorite Bible verses says, ‘Oh, that they had such a heart in them that they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!’” (Deuteronomy 5:29). He truly is my personal Savior!” ☺

“If 3ABN Radio hadn’t been here, I’d probably be dead...”



We Share Good News

by Rodney Reynold

PHOTOS SUPPLIED

In June 2024, 3ABN Trinidad & Tobago (3ABNTT) took a significant step by officially registering as a non-profit organization (NPO). With our dedicated board of directors, we are now poised to expand our impact and strengthen our commitment to serving our communities.

Outreach and Community Engagement

In August, we participated in a major community event organized by the Trinidad and Tobago Association of Retired Persons (TTARP). Over 800 people visited our booth, making it an excellent opportunity to share valuable health resources with them. This was only one of many community-based projects we've been involved in, including health fairs, 5K races, crime walks, street preaching, and book drives. We also attend workshops, conventions, and trade shows, introducing 3ABN programs that educate, uplift, and inspire.

You Can Make a Difference

3ABN TV is now available on 10 of our cable companies, including Air Link Communications, Flow, and Digicel, making it possible for us to reach more viewers and continue our mission.

Our immediate needs include a used pickup truck, since we travel between 5,000 and 7,000 kilometers a month across the country, and office space to anchor our operations and further strengthen our outreach efforts. We also need funds for the purchase, shipment, and distribution of 300,000 booklets, like *Can the Christian Church Affirm LGBTQ+?* and others in the *Focus on Truth* series.

We have now opened a Republic Bank Limited account, allowing for direct online donations (see sidebar). Thank you for working with us to reach out to every soul, offering hope, salvation, and eternal life through our Savior, Jesus Christ!



FOR MORE INFORMATION



Visit 3ABNtt.tv

Call Rodney Reynold, 3ABNTT President, at 1-868-341-4111 or email him at 3abntt@3abn.tv

Donate through Republic Bank Limited (Account No. 340 802 353 501) or through 3ABN.tv/donate code fund 394

(Above): The 3ABNTT team shares the exciting news about Jesus and 3ABN's Christ-centered programming anywhere people gather.



FOREVER CHEMICALS

by Risë Rafferty, M.S., RDN

Forever sounds so inviting when talking about love, youthfulness, and eternal life; but not when it comes to war, guilt, or toxic substances. Perfluorinated substances (PFAS and PFCs) are a category of “forever chemicals” that includes thousands of compounds. As the name suggests, these are chemicals that don’t degrade, and that is one of the problems. But the other problem is that they negatively affect our health. Increased risk for high cholesterol, thyroid disease, decreased fertility, attention-deficit/hyperactivity disorder (ADHD), ulcerative colitis, and obesity, as well as kidney, prostate, and testicular cancer are all common concerns that have known association with PFAS.

PFAS are found in waterproof clothing, stain-resistant fabrics and carpets, and non-stick pots and pans. Both tap and bottled water can contain PFAS, and sadly, 99 percent of bottled water samples collected from 15 countries worldwide were found to be contaminated.

Fish are of special concern, since they concentrate PFAS in their flesh. The grease-proof food packaging materials that are used to serve french fries, pizza, and hamburgers contain PFAS, and for this reason, the U.S. Food and Drug Administration (FDA) is pushing a phase-out of this kind of food packaging.

In one study, researchers found that, “For children, residential dust concentrations, frequency of wearing waterproof clothes, frequency of having canned fish, hotdogs, chicken nuggets, french fries, and chips, and whether they ate microwave popcorn were significant positive predictors of individual PFC serum concentrations.”¹ Microwave popcorn is a consistent commonality in those with elevated PFA concentrations in their blood. The more regularly microwave popcorn is consumed the higher the levels reported.

Though they don’t eat microwave popcorn, even polar bears have PFA toxicity in their tissues with researchers drawing associations to their exposure with thyroid and cholesterol abnormalities.² PFAs would not be so much of a problem if they stayed in the non-stick frying pan or popcorn bag, or degraded right away. But they don’t. Someday, God will do a deep clean of our Earth, and we won’t have to deal with war, guilt, or toxic substances anymore—forever. ☹

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