

October 2025

# 3ABN WORLD MAGAZINE



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**Led BY THE  
Spirit**



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## PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

"Hello, my name is Jackson," he said, "and it's so nice to meet you. Today is my birthday!" Extending his right hand to me in a firm handshake was a young man with a warm and friendly smile, and round, stylish glasses framing his young face.

"How old are you, Jackson?" I inquired.

"I am ten years old today," he beamed.

"Wow, you're growing right up. Ten is a big birthday."

His smile lit up the room at the 3ABN event he was attending, and I listened intently as he enthusiastically shared his thoughts about 3ABN. His questions and comments were wise beyond his years, and later that day, we met again, when once more, he shocked me with his question about 3ABN Russia and their anniversary. Then he went off to speak with someone else, his bright orange polo shirt reflecting his personality. *Such a friendly soul*, I mused.

Later, I learned that he had experienced serious family challenges, but what an inspiring little fellow! Despite the difficulties he's facing, he's decided not to let life get him down. He is a joy to be around!

As we said our goodbyes, I told him he'd be a pastor or an evangelist someday, and he grinned and said he'd like that.

How often have we let challenging circumstances get us down? I know I've felt discouraged and overwhelmed at times. But when I remember that God is always there, and that He has the answers to *all* of life's questions, a calm peace and happiness ensue. God is an ever-present help in time of need.

No matter what you're going through today, I pray you will let God be your strength and joy.

Greg Morikone  
3ABN President







# Led BY THE Spirit

by Craig Cleveland

PHOTOS SUPPLIED

God's Holy Spirit is changing lives in Canada, and as the youngest of 3ABN's networks, God is already blessing our efforts in a mighty way. Consider the striking impact of 3ABN Canada's Zoom Bible Study Initiative on one man's life.

## Mohamed's Journey

When we met him, Mohamed was emphatic: "If you teach me the Bible, from the Bible, and nothing else, I will follow you!" he exclaimed; to which we replied

that we indeed would teach him only the Bible—and that in doing so, he would find Jesus and join us in following Him.

"Well, I'm a Muslim," he replied, adding that he'd decided to be an atheist, even after studying with the Jehovah's Witnesses and the Mormons. "But *the very day* I made that decision, I saw *you*, Craig, walking through the woods, holding out a Bible, and saying that all the answers to my questions are in that Book. Then suddenly, I thought, *You haven't really tried the Bible. Try the Bible.*"

I'm happy to say that after months of a deepening friendship, Mohamed's eager desire is to be baptized in the church he's faithfully attending in Montreal, Quebec.

Just after he began studying with us, Mohamed found himself asking why he should take part in these studies. After all, he was born Muslim and had turned atheist. So why study Christianity? Then, he had a dream where he met a wise old man who told him to accept what he was hearing. "His message was very clear: 'Accept what these people tell you, and believe everything they say.' I think that's how God deals with humans. He always keeps it simple!"

For the next two nights, he had *the same dream. Same man. Same message.*

"I couldn't deny it, so that's what I did. I believe anything He puts in my way through the teaching of people like you, Craig and Dawna, and Pastor Remy. When I go to church, I accept their teachings, too, and I ask the Holy Spirit for wisdom.

"I'm not just happy anymore," Mohamed continues. "I'm just *blessed!* And being blessed is a whole different level *above* being happy!"

(Left): Craig and Dawna Cleveland meet Pastor Remy Balais, who faithfully brought Mohamed to church and engaged him in baptismal studies.

(Right top): 3ABN Canada's production team has been busy recording new health programs. (Bottom): Elijah Duffy and Lily Wheeler work with our social media, and are soon to be married.

Recently, we met Pastor Remy Balais in person for the first time at the General Conference Session in St. Louis, Missouri. What a joy it was to meet this dear man who took our long-distance Zoom efforts and personally brought Mohamed to church every week, involving him in a local Bible study, and preparing him for baptism.

Our 3ABN Canada Zoom Bible Study efforts include running ads on social media, and we have two team members to thank for this. Elijah Duffy develops and maintains the Bible study portal that makes connecting and sharing so much easier, and Lily Wheeler strategically places our social media ads, posts encouraging thoughts, sends Bible study card mail-outs, and monitors our ratings. God is blessing, and in the past six months, 125 people have signed up!

A few months back, we shared the story of Javaid, who left the Catholic priesthood and was baptized into the new truths he found in our Zoom Bible studies—truths he'd begun preaching in all six of his Catholic parishes. He is still very active in sharing the truth, working with a team of three others, holding Bible studies each week, and fixing up a home to be used for Bible studies in the future!

## New Health Programs

We're excited about two new programs in the making: *Ask the Doctor* and *The Healthy Skeptic*. Nwamiko Madden is spearheading them both, and he comes



with valuable media experience in film, church media, and his own Christian production company, Certain Sound Media. He's assisted by Michael Dauncey and his team at Dauncey Creative Group.

Through your prayers and financial support of 3ABN Canada, we're broadcasting God's love to the people of our country! ☺

Contact 3ABN Canada  
Email [info@3ABN.ca](mailto:info@3ABN.ca)  
Website [3ABN.ca](http://3ABN.ca)  
Phone (250) 298-6148







Left to right: Rodney Reynold, 3ABN Trinidad & Tobago President (3ABNTT), with passionate supporters Jousha O'Neil, 3ABNTT Volunteer in Tobago, and Tricia and David Fulton, 3ABN Ambassadors in Scotland, at the St. Croix Community Centre in Princes Town, Trinidad.

# From Atheism to Ambassadors

by Rodney Reynold

When David first arrived in Trinidad years ago, it was not for mission or ministry—it was for Carnival. At that time, his life revolved around materialism, worldly pleasures, and disbelief in God. “I was an atheist,” he explains. “When someone spoke to me about Jesus, I would laugh at them.”

But God had a different plan, and while on holiday at a beach house in Mayaro, David and his wife Tricia experimented with drugs and alcohol. What was supposed to be a “fun experience” turned into a frightening spiral of confusion and fear as David realized he was not in control of his life! He became terrified that he might harm himself or others.

## David's Cry for Help

“That was the first time I knew I needed help outside of myself,” David admits. “When my wife saw what was going on, she

began pleading with me to call out to Jesus, and at first, I resisted. But when the fear became overwhelming, I finally prayed, ‘Jesus, I take You as my Lord and Savior.’”

In that moment, everything changed. David describes the experience as his mind opening instantly, and his outlook transforming. For the first time, he became aware of God's presence. “I knew right then that Jesus was real,” he shares. “I had been rejecting Him for years, but He had been pursuing me all along.”

## Tricia's Journey

Tricia's journey of faith was equally powerful. Born in Trinidad and raised in the Presbyterian tradition, she moved to Scotland after marrying David in 2002. For years, she attended church but lacked a deep relationship with Christ. But that began to change as she studied the Bible and sought the Lord more personally.

“I started watching Christian preachers online,” Tricia says, “and one day, I kept hearing the word ‘salvation.’ So I prayed

and asked God what it meant, and the very next video I opened was a preacher explaining salvation in the exact way I was experiencing it. I knew God was speaking directly to me!”

Today, the couple lives in Scotland—a country with a population of over 5 million—and serve as 3ABN Ambassadors, joyfully sharing their testimony of God's transforming power, and

“...God still mends broken people and turns them into witnesses for His kingdom.”

As she grew in faith, Tricia felt convicted to be baptized by full immersion. But her Sunday church could not provide that, so God led her to connect with a woman she had briefly known ten years earlier. Through that contact, she discovered the Seventh-day Adventist Church in Scotland—something she and David had never heard of before.

## Another Turn

Their journey took another turn in 2023 when they returned to Trinidad. While traveling from Tobago, they spotted a van marked 3ABN Trinidad & Tobago (3ABNTT). Excited to see us, they reached out, opening the door to a future mission.

In August 2025, David & Tricia returned to Trinidad for holidays and became actively involved in a few community-based projects and events here with us, further strengthening their connection and service.

spreading the message of His love and truth wherever possible.

“What an absolute privilege it is to tell the world about Jesus,” David says. “We know from experience that He can reach the most unlikely people in the most unlikely places!”

You can watch David & Tricia's full testimony by scanning the QR code on your smartphone or tablet. Their story is one of grace, surrender, and transformation—an inspiring reminder that God still mends broken people and turns them into witnesses for His kingdom. Thank you for your prayers and support of our ministry in Trinidad & Tobago. ☺



[bit.ly/DavidsCry](https://bit.ly/DavidsCry)

WATCH  
HERE



## Connect With Us

To support the work of 3ABN Trinidad & Tobago (3ABNTT), visit [3ABN.tv](https://3ABN.tv), click Donate, and select “394 Trinidad & Tobago”.

**Rodney Reynold**

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# OCTOBER 2025 | 3ABN TV SCHEDULE

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

CC = CLOSED CAPTIONED 🔴 = LIVE PROGRAM ★ = NEW SERIES 🔵 = REPEAT OF LIVE PROGRAM

SUNDAY CENTRAL TIME	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	A Wolf in Sheep's Clothing CC
4:00	Thompsonville Worship Hour CC 1hr
5:00	Spotless CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Ready, Set, X-plore / Critters & Creation
7:30	Bible Treasures/Fit Club
8:00	3ABN Today CC 1hr
9:00	Your Favorites By Request CC
9:30	Adventures in Missions CC
10:00	3ABN Sabbath School Panel CC 1hr
11:00	3ABN Worship Hour CC 1hr
12:00p	The Incredible Journey CC
12:30	Digging Deeper CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / Creation Is! Science CC
3:00	3ABN Today LIVE 🔵 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Mission Revival/Miracles in Motion CC
10:00	Strategies for Strongholds CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	Adventist World Radio CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	Miracles in Motion/ Unshackled Purpose CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Prophecy Unsealed CC 1hr
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Ultimate Prescription CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	A Wolf in Sheep's Clothing CC
3:00	3ABN Today Bible Q & A CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Praise Him Now CC
5:30	IW Sabbath School CC
6:00	Spotless CC 1hr
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today Bible Q & A CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr



TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Piano Praise CC 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Child Impact Int./ Miracles in Motion CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE 🔵 2hrs
10:00	It's Coming CC 1hr
11:00	Featured Ministries CC
11:30	Multitude of Counselors CC
12:00p	Mark Finley Presents CC 1hr
1:00	The Incomparable Jesus CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Mission Revival/Journeys CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	Kids X-Press / Ready, Set, X-plore CC
5:00	Unshackled Purpose/Impact Hope CC
5:30	Rebuild CC
6:00	Mission 360 CC
6:30	The Ultimate Encounter CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

## New Season!

**Ultimate Prescription** with  
Dr. James Marcum and Nana Kwarteng

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Made For Health CC
3:30	Mission Revival / Recipes from Russia
4:00	Summer Camp Meeting CC 1hr
5:00	Praise Him Now CC
5:30	Enjoy Healthy Eating CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today Cooking CC 1hr
9:00	Shelley Quinn Presents CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today Cooking CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Critters & Creation / Fit Club CC
5:00	Generation. Youth. Christ. CC 1hr
6:00	Ultimate Prescription CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Made For Health 1hr
7:30	A Wolf in Sheep's Clothing CC
8:00	3ABN Today Cooking CC 1hr
9:00	It Is Written CC
9:30	3ABN Music Highlights CC
10:00	Love Me CC 1hr
11:00	3ABN Today Cooking CC 1hr
12:00a	Unlocking Bible Prophecy 🔵 1hr
1:00	Digital Disconnect CC
1:30	Raw Questions Relevant Answers/Intimate Clarity CC



She's discovering a new life in Jesus—thanks to you!

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



#### THURSDAY CENTRAL TIME

2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	House Calls CC 1hr
4:00	The Carter Report CC 1hr
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Kids Camp Kitchen Fun CC
7:30	Tiny Tots Kitchen /Tiny Tots Worship CC
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	Eternal Truths Matter CC
11:00	God's Last Message to the World CC 1hr
12:00p	Spotless CC 1hr
1:00	Adventist World Aviation CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Country Wisdom CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Is! Science CC
4:30	The Creation Case CC
5:00	Sabbath School Panel CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Bible Answers Live CC 1hr
1:00	3ABN Today LIVE 2hrs

#### FRIDAY CENTRAL TIME

3:00	Strategies for Strongholds CC
3:30	Live to Be Well
4:00	Digging Deeper CC
4:30	Action 4 Life CC
5:00	Rebuild CC
5:30	Ultimate Prescription
6:00	Body & Spirit CC
6:30	Contending for the Faith CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Optimize 4 Life CC 1hr
9:30	Authentic CC
10:00	Enjoy Healthy Eating CC
10:30	Life After Choice / Divine Design CC
11:00	Made For Health CC
11:30	Unshackled Purpose/Recipes from Russia
12:00p	3ABN Today Family Worship CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Raw Questions Relevant Answers/Journeys CC
2:30	Sanctuary, Salvation, & Our Savior CC
3:00	3ABN Today CC 1hr
4:00	A Day With the King CC
4:30	Sing Along/Critters & Creation CC
5:00	3ABN Music Highlights CC
5:30	Your Favorites By Request CC
6:00	Jesus for Asia Now CC
6:30	Child Impact Int./Miracles in Motion CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Homecoming CC 1hr
9:00	It Is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Child Impact Int. / Pause to Pray CC
11:00	3ABN Today CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Eternal Truths Matter CC

# SILENCING THE ACCUSER

**NEW!** by James Rafferty

#### SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Sing Along/Bible Gems CC
7:00	Kids X-Press/Bible Treasures CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Pioneer Media CC 1hr
12:00p	Summer Camp Meeting CC 1hr
1:00	3ABN Today Bible Q&A CC 1hr
2:00	3ABN Music Highlights CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	When We Talk CC
5:00	Breath of Life CC
5:30	Featured Ministries CC
6:00	Laymen Ministries CC
6:30	Salvation in Symbols and Signs CC
7:00	Secrets Unsealed Presents 1hr CC
8:00	3ABN Today CC 1hr
9:00	Imperative Life Lessons
9:30	HeartLift CC
10:00	Mark Finley Presents CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Secrets Unsealed Presents CC 1hr

If you have been afraid of the Investigative Judgment or feel that it undermines the assurance of salvation, then this book is for you!

From Genesis to Revelation, it unfolds a beautiful picture of biblical, practical, gospel-centered reasons for the Investigative Judgment. In the end, we learn that God is not only for us in the Judgment, He is with us. Truly, "the hour of His judgment has come" (Revelation 14:7).

The message of this book will be a powerful help for your personal journey with Christ, and a wonderful way to share the good news of the gospel with family, friends, and your community.

#### SILENCING THE ACCUSER

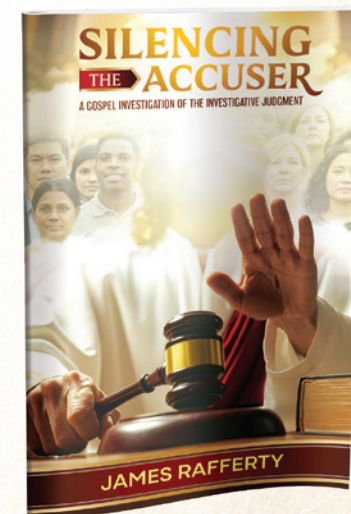
1 Booklet BSTA \$5\*

10 Booklets BSTA-10 \$20\*

25 Booklets BSTA-25 \$40\*

Case of 250 booklets BSTA-C \$250\*

\*Suggested Donation. Free shipping in the U.S.





# Blessed Abundantly

**W**e love getting emails from our viewers, like this one from Dr. Tess Belarmino, in Taiwan. She writes:

“Dear brothers and sisters at 3ABN, greetings in God’s love! Romans 8:28 is my catch verse as I continue to grow in the love and righteousness of Jesus.

“I was at the end of my rope, and just couldn’t find answers to all the whys in my life. Almost every week, one of my children was hospitalized, my spouse had his surgery, our investments failed, and to top it all off, my spiritual life was empty.

“One day, I knelt, cried out to God with my arms stretched wide, recited Bible verses to thank Him, and exchanged my sorrows for blessings. Exhausted, I turned on my TV set for the first time in months, and there was Shelley Quinn on *Exalting His Word*.

“A miracle happened at that moment! I was glued to the TV. I hugged my Bible and prayed with her. She emphasized declaring God’s words in Rhema affirmations, and her testimony moved me. From then on, I kept our TV on 3ABN 24/7 so my family could hear Bible truth.

“We decided to be baptized as a family, and I served as leader of the International Church/Adventist University Prayer Ministry for over four years. God has given my family and me various opportunities to serve Him, including being a Divine Worship Service speaker, participating in Gospel Week and Week of Prayer, and being a resource speaker in both local and international churches. Every speaking opportunity was the work of the Holy Spirit, and I praise and give all the glory to God! We continue to watch 3ABN *Sabbath School Panel* lessons, the 3ABN *Ignite* programs, *Amazing Facts*, and more.

“Please accept my sincere gratitude to all of you—Danny Shelton, Greg and Jill Morikone, and all the speakers at 3ABN—but especially Shelley Quinn. This network has served as an instrument of growth in my personal relationship with Jesus, and has blessed my family, as well.

“I attained my doctorate and now I am an assistant professor at Taiwan Adventist College, where I teach and work in student recruitment, urging them to draw closer to God, whose goodness has followed me, just as promised in Psalm 84:11, ‘For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly.’ God bless you all.” ☺



## Love Changed Me

by C. J. Lingle



PHOTO: SVETLANA CHRISTIAN

**W**hen the Lord brought me to 3ABN over six years ago, I had no idea what He would do for me, or how my time here would affect me.

### Wonderful Friends & Family

There are many different types of people and personalities working in this ministry, and that really taught me how to get along with all kinds of people from different walks of life. However, the best part about working here is how God has blessed me with such wonderful friends and extended family.

I work in the Production Department, and God has brought me into contact with many people I have grown close to. Our department is the youngest by far in terms of the age of our crew members, which is nice, because I have people around me that are around my age and have very similar struggles.

Some of my friends, though younger than me, have become such spiritual supports. Their love for Jesus and their Christ-like attitude toward others is so encouraging and refreshing. I do feel

greatly loved by them, and I hope they know how much I love and appreciate them all. It’s also nice to be able to laugh and have fun with my co-workers, since such a thing really is biblical, you know.

Through 3ABN, I have also picked up some extra family members through marriage. These dear people are always a source of encouragement, laughter, and straight-up genuine love. I can talk to them about pretty much anything—and

they listen. I know that with them and with my friends, I always have people I can count on. Their walk with Jesus inspires me, because even though they’re not perfect, they keep trying, and work very

hard for the Lord they love.

If you haven’t already noticed, the theme of my testimony is *genuine love*. Today, I know that while God accepts me just as I am, He is also making me into the man He always wanted me to be.

My 3ABN Family genuinely loves and accept me, too, and for that, I am forever grateful. ☺

“God has blessed me with such wonderful friends and extended family”





# NOW IS THE TIME

by Jasmine Carter

The signs are all around us: Jesus is coming soon! Now, more than ever, we must do everything we can to reach souls with the everlasting gospel. At 3ABN, our mission is to proclaim God's love, truth, and hope through television, radio, and digital platforms—and we believe that every moment counts. That's why we're launching a bold campaign to expand 3ABN's reach across multiple distribution outlets. Our goal is to make Christ-centered, family-friendly programming available everywhere possible—on cable, IPTV, and satellite, on OTT and FAST streaming channels, through public access TV stations, and even in AdventHealth hospitals, where people are searching for comfort and hope.

But we cannot do this alone. We need you—our faithful viewers and donors—to partner with us. Here's how you can help:

- **Donate toward airtime.** Not all opportunities are free. Your generous gift can cover the costs of purchasing and leasing airtime so that thousands more can hear the good news.

- **Work with us to place 3ABN on public access TV.** Did you know many local cable companies are required by law to provide community channels? For example, Spectrum offers Access 21 in North Carolina that's now airing some 3ABN programs. Ministries, churches, and nonprofits can submit content for broadcast; and in some cases, all it takes is a local resident requesting the program. Imagine the eternal impact of your neighbors flipping through channels and discovering life-changing truth on 3ABN!

- **Pray for open doors.** As we step forward in faith, we trust God to lead us to the right connections and platforms that will reach searching hearts.

Family, time is short. Together, we can spread the Three Angels Messages into homes, hospitals, and communities everywhere. Will you prayerfully consider how God is calling you to help? Every gift, every request, every prayer brings us one step closer to reaching souls for God's kingdom before Jesus comes.

To learn more, please contact me, **Jasmine Carter**, at (618) 627 4651 ext. 3130, or email us at [marketing@3abn.org](mailto:marketing@3abn.org).



"Now Is the Time" strategy meeting: turning prayer into distribution—city by city, screen by screen.

Be sure to earmark your donation

## #96

**3ABN Evangelism 365**



# NOT REALLY MEATLOAF

by Carin Lynch

## INGREDIENTS

- 1 small onion, chopped
- $\frac{3}{4}$  cup warm water
- 1 lb mashed firm tofu
- $\frac{1}{4}$  cup potato starch or instant mashed potato flakes
- 1 Tbsp Bragg Liquid Aminos (or soy-free Bragg Coconut Aminos)
- $1\frac{1}{2}$  cups crushed corn flakes
- 1 cup finely chopped walnuts
- 2 Tbsp extra virgin olive oil
- 1 tsp Wright's Liquid Smoke

## DIRECTIONS

1. Preheat oven to 350°F.
2. Sauté onions in water until softened.
3. In a large bowl, mix cooked onions with remaining ingredients and spoon into an oiled loaf pan.
4. Press down; then using a rubber spatula, push loaf away from sides of pan.
5. Bake for 45-50 minutes.



Carin Lynch serves as a North America Division Director for LIGHT (Lay Institute for Global Health Training).



For more great recipes visit [3ABNRecipes.org](https://3ABNRecipes.org)



Find this cooking video on [3ABNPlus.tv](https://3ABNPlus.tv)  
Just look for "Holidays Made Simple" (TDYC200003)



# DECODING the Deception

Searching for clarity in a world of confusion?  
Longing for Bible truth that cuts through the  
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*Don't miss this week of powerful messages  
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