

3ABN WORLD

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Mollie Steenson
3ABN General Manager

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WELCOME

This month we wanted you to meet our new 3ABN general manager, Mollie Steenson. This incredible woman, with her wonderful Southern accent and that special “grace-under-fire” spirit tells how she came to 3ABN in “A Woman of Integrity” (p. 8). You’ll also meet our new 3ABN Latino Network general manager, John Dinzey (p. 17), and read about “Unmerited Favor” in José Medina’s devotional (p. 11). Find out about how God answered Jim Cyr’s sincere prayer in “Show Me the Truth” (p. 14), and be sure to try out a mouth-watering recipe for Dessert Pizza (p. 30). It’s all right here, along with your television and radio program schedules, in this month’s *3ABN World* magazine. Enjoy!



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Feedback

We would love to hear your feedback about 3ABN and *3ABN World*. We would especially enjoy learning how 3ABN has blessed you and your family or community. Please write to:

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“The Spirit of the Lord GOD is upon Me . . . to preach good tidings . . . to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound.”
ISAIAH 61:1

Dear Family,

Recently, while visiting a horse farm, I noticed a stall with only a two-by-four across the exit. Commenting how the low board couldn’t contain the horse within, I learned they wanted her out. Workers had knocked out the back wall, coaxed and prodded her toward the field, but she refused to budge.

Confined from birth to this stall, she had stood in her own waste for years, never tasting freedom. Here was her chance, but fear of the unknown held her captive.

I joined the effort to free her. After some mental and physical gymnastics in the stall with a frightened animal, I resorted to prayer. With God’s help and my urging, she stepped into the open.

When she realized there was no danger, she breathed the fresh air with nostrils flaring. She circled, tossing her head — first prancing, then kicking up her heels, and finally breaking into a gallop across the field. What an awesome sight!

Do you know anyone like this animal — finding security in familiar surroundings, fearful of stepping out to new territory? Share the good news! Christ came to set the captives free!

May God bless you for your continued prayers and financial support of 3ABN.

Love,



Danny Shelton is the president and founder of 3ABN.

Have you been blessed?

Have you been blessed by 3ABN? Or have you come to know the Lord Jesus Christ by watching or listening? We'd love to know!

Your testimony can make a difference in our readers' lives, so why not sit down and drop us a line? You can write to us at: 3ABN World, PO Box 220, West Frankfort, IL 62896. E-mail us at: mail@3abn.org

LEWISTON, IDAHO:

"Hi Y'all, I work at a truck stop and the other day as I was sweeping up litter outside I saw what looked like money lying on the ground. So I picked it up for a closer look and it was a \$100 bill! I started thinking, 'Where would it do the most good?' And 3ABN popped into my head. Now, I don't want to say it's from me, because it's not mine. I'm just the messenger, a bearer of a gift from someone else."

MADISON, WISCONSIN:

"I have been enjoying your telecasts for about a year now. I have learned so much by watching the Bible prophecy seminars, and many of the other programs, that I feel

compelled to help you as you have helped me. I am not a Seventh-day Adventist, but I think you know and understand the Bible, and it makes much more sense to me now, thanks to you. Please use the enclosed donation where you need it most."

AUSTRALIA:

"I have the opportunity to look at several hundred channels; however, I like 3ABN for its persistent dedication to service to our Creator. Indeed, with regard to 3ABN, of which I've been a viewer for almost four years, I face two difficulties: It has been difficult to become inclined to turn on other channels, and equally difficult to switch off many of the 3ABN programs — calm, quiet, and viewer-friendly."

RICE LAKE, WISCONSIN:

"I just want to tell you what a blessing the program was today. I manage a home for developmentally disabled adults. I was driving eight of them to their work center this morning. I was listening to

you on our little radio station here in Rice Lake (WWJP-LP 101.7 FM) when you asked the audience to sing along with 'Jesus Loves Me.' I turned up the volume and said, 'OK, let's sing!' Three of them are nonverbal, but they can make sounds. We sang along, and it was beautiful! I pray twice a day for the awesome ministry that 3ABN has all over the world! May the Lord continue to bless you and your wonderful staff and volunteers."

ST. LOUIS, MISSOURI:

"I want you to know that the Lord is helping us in this work. The spirit of the Lord is moving upon the hearts of the people. We have had people come to their door and let us know that they were already watching 3ABN. My friend and I just praise the Lord!"

VIA E-MAIL:

"I accidentally came across your station when I moved to Champaign, Illinois, in the summer of 2000 — but then again, nothing this good could have been an accident. It has

completely changed my life... While I feel very fortunate to have found you, I am also very sad that it took so long. I was born and raised in Atlanta, Georgia, and also lived in San Antonio, Texas; Blytheville, Arkansas; Merced, California; Newark, New Jersey; and Fort Lauderdale, Florida. I shiver to think that had I not moved to a city that just happened to carry 3ABN, what would my life be like living in that darkness? If there is something — *anything* — I can do, please let me know. May God continue to bless you."

VIA E-MAIL:

"I started watching 3ABN last summer, and I have to admit that at first I was very skeptical because of growing up in the Jehovah's Witnesses faith. But over time, watching your programs changed my life. The Lord has really blessed me for keeping the Sabbath. The Lord has really opened my eyes to things that I always felt confused about. Thank you for keeping the flame burning in this time of darkness." ■

Thank you for your comments, suggestions, prayers, and financial support as we seek to reach the world for Jesus Christ!

Letters and other materials sent to 3ABN may be used in whole or in part, and edited for content, grammar, and readability, unless otherwise requested.

ASI INTERNATIONAL CONVENTION COMING SOON!



It seems hard to believe that a whole year has gone by so quickly, and another Adventist-laymen's Services and Industries Convention is right around the corner! This year the ASI Convention will be held August 3–6 in Sacramento, California, and once again 3ABN is thrilled to provide daily live coverage of this exciting event!

Every year the ASI Convention provides a forum where lay people testify to the indwelling Christ working through them, giving them a power that touches those around them. It's truly a time of spiritual renewal and rejuvenation — and those of us

who attend can attest to that personally!

The 2005 ASI International Convention will highlight speakers, seminars, and testimonies of lay people from all over the world. The General Session speakers will be: Sung Kwon, National Executive Director of the North American Division Adventist Community Services; Henry Martin, Assistant President of Weimar Institute; Dr. John Chung, a board certified dermatologist; Samuel Koranteng-Pipim, Director of Public Campus Ministries for the Michigan Conference of Seventh-day Adventists; Shelley Quinn, a host for sev-

eral programs on 3ABN; and Pastor Randy Roberts, Senior Pastor of the Loma Linda University Church in California.

Youth evangelism will also have a prominent place at this year's convention, with reports of their efforts taking place in Sacramento before the convention. We'll be taping interviews and fascinating testimonies of God's mighty miracles, and show you some of the exciting ways people are witnessing as we visit their display booths.

Be sure to tune in for live coverage beginning on Wednesday, August 3, at 9:00 p.m. Central, and continuing each night of the convention.

We will also have special Sabbath services on Saturday, August 6, beginning at 11:00 a.m.

We want to thank all of you who make our live coverage a reality through your prayers and financial contributions. You make it possible for us to cover wonderful events such as these.

If you've never experienced being around excited Christians, then you're in for a treat. And if you've watched or attended an ASI Convention in person, you're sure to thrill at how the Lord has continued to bless the efforts of these dedicated Christian laymen.

Photos L to R:

■ 3ABN is proud to be an ASI member and to provide extensive live coverage of their international conventions.

■ We've met many of our 3ABN Today guests as they've visited our booth.

■ Your financial support will allow us to broadcast live from Sacramento, California.

■ Our dedicated television production team looks forward to the live broadcasts.

A Woman of Integrity



Despite her busy schedule, Mollie always takes time to listen. Her ability to multitask, and her ability to stand up gracefully under fire, make her a real blessing to this ministry.

By 9:00 a.m. on a typical day Mollie Steenson has already answered dozens of phone calls, talked with several staff members, and checked some of the hundreds of e-mails she receives each day! Her typical schedule includes meeting with staff, fielding questions, talking with viewers, signing purchase orders, approving magazine copy, and even hosting a program or a newsbreak! In addition, Mollie personally organizes and streamlines Danny Shelton's workload for the day. But how did this energetic and gracious lady become 3ABN's first general

manager? In her words, it all has to do with the Lord — and her upbringing.

Mollie grew up the middle child in a family of four girls and one boy. Her father, a farmer in rural Alabama, raised cattle, cotton, and corn — not necessarily in that order. “I got a strong back and a strong work ethic from that life,” she says with a smile. “Mom and Dad kept having girls, and they had to have help, so we were it! We were driving farm machinery and helping in the fields at a very early age.” She laughs as she recounts how she used to knock the boys off the back of

the hay truck she drove. “My legs were too short to reach the clutch and the brake, so I had to stand on the pedals, and would literally lurch forward between bales — and off they would fly!”

But Mollie longed to have a career as a secretary. She had barely landed her first secretarial position when she met a handsome young man named Hal, and after a whirlwind romance of 52 days they were married! Several years later Hal experienced a major conversion, and they moved to Florida so he could attend Bible college. Shortly before he was to receive his min-

isterial degree, he received an invitation from a friend who lived in West Frankfort, Illinois, and soon they moved to this area, starting a small church in their basement. Their ministry quickly grew into the largest charismatic church in the region, complete with a church school and a television ministry! They also met Danny Shelton, and their families became close friends.

When Danny was impressed in 1984 to build a station

How did this energetic and gracious lady become 3ABN's first general manager? In her words, it all has to do with the Lord — and her upbringing.

Hal and Mollie Steenson, along with their son Jeremy, have dedicated their lives to serving the Lord and working in 3ABN's ministry.



that would reach the world with the three angels' messages of Revelation 14, he turned to his friend Hal for prayer and confirmation of God's calling. Little did they know that someday both Hal and his wife were to hold positions of importance in this ministry!

3ABN began to flourish, and several years went by. During this time Hal and Mollie left the ministry they had started, and soon she began to work as an assistant to 3ABN's vice president. Mollie was curious about Seventh-day Adventist beliefs, and the Lord was stirring her heart to study the Bible truths she loved even more deeply. "Nobody tried to push their beliefs on me," she says. "I simply responded to the Holy

Spirit as He urged me to consider new light." Mollie says that one of the happiest days of her life was when she was joined in the baptismal waters by her husband and son.

Her duties are very fulfilling, even if at times very challenging. "When I was a child, someone commented once that I seemed fearless," Mollie recalls with a smile.

"My momma answered, 'Oh, she's not afraid of anything. She'd fight the Devil if she had to. And she'd win, too!'"

Her unshakable faith, her strong work ethic, and her undying loyalty to God and to this ministry have equipped Mollie for the challenges ahead. She is a woman of integrity — and a woman of prayer. And wrapped around all these qualities are the beautiful smile and calm exterior of a true Southern lady! ■

"My momma answered, 'Oh, she's not afraid of anything. She'd fight the Devil if she had to.'"

DEVOTIONAL

Unmerited Favor

I have to work at 4:00... Had a wonderful time with my fiancé at her dad's... but now I'm running late... I wonder what Lauren is doing right now... Uh oh, I'd better speed up to get to work on time... Oh no, cops! I'll just get in front of this car and then... Oh no! He's pulling me over... I can't afford a ticket or higher insurance prices! Dear Lord, please let the cop pass me by..." But he didn't. He pulled me over and asked for my license and proof of insurance.

Then he came back, and instead of giving me the ticket I deserved, he gave me grace instead, along with a warning to slow down!

That's what grace is all about. Just as the police officer forgave me for breaking the law, Jesus wants to cover me with His grace and forgive my sins! "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9.)



We are guilty of our sins and deserve to die, "For the wages of sin is death." (Romans 6:23.) "But unto every one of us is given grace according to the measure of the gift of Christ." (Ephesians 4:7.) As we confess our sins to the Lord, we receive His forgiveness. Therefore, even though we are guilty, through Jesus' grace we receive something we do not deserve, "but the gift of God is eternal life through Jesus Christ our Lord." (Romans 6:23.)

by José Medina



José Medina works in 3ABN's Pastoral Ministry department. He also translates English into Spanish for 3ABN Latino Network programming.



Check this out! This month we have a special surprise craft that involves dirt, an old boot, and something else! Check out our website to see what we're talking about! (Hint: When you're done, it will actually smell good!)

www.3abn.org/go/kids/2005-07

Hi, Kids!

Do you love horses? I sure do! I grew up on a farm in Nebraska, and when I was 12 years old, my parents gave me my first horse. I named her Gypsy, and she was a beautiful Missouri Fox Trotter. I have a friend who loves horses, and her name is RobbieD. In fact, we'll be featuring her artwork in this magazine soon.

Love,
Tammy



Tammy Larson is a real country girl. In fact, she sings with a bluegrass gospel band called Crystal River!

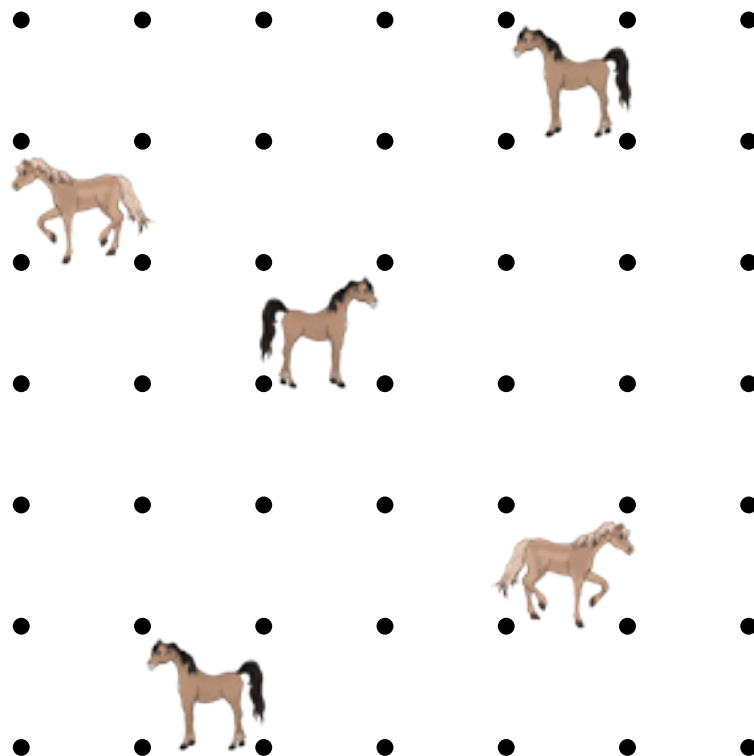


Memory verse

Revelation 19:11 (RSV): "Then I saw heaven opened, and behold, a white horse! He who sat upon it is called Faithful and True..."

How Many Horses Can You Catch?

Players take turns connecting two dots. Lines go across or down, not diagonally. Complete as many squares as you can. Initial each square you complete and take another turn. Squares in which horses are caught score 5 points. All other squares score 1 point.



SHOW ME THE TRUTH



Left: Jim and Judy Cyr are truly happy at last. They are excited about spreading the good news of 3ABN all over "the Valley."

Below: After obtaining permission to use 3ABN's logo, Jim made magnetic signs for his truck. He loves to share what 3ABN has done for him with anyone who asks.

St. David, Maine, is nestled in the beautiful St. John's River valley on the border with Canada. The people call themselves French Acadians and have a rich and proud tradition of potato farming, logging, and paper making. They are mostly Catholic, and many of their churches still celebrate the mass in French. This is where Jim and Judy Cyr were raised and married, and where they began their life together. But it wasn't long until an old service injury made his work unbearable, and after many years of pain he finally was put on disability.

Now Jim began to sink into a deep depression. His prayers seemed to go unanswered,

and it seemed that his God and church weren't working anymore. Thoughts of suicide plagued him, and one day he raised his face to the sky, saying, "Oh God, I have so many questions. It seems like it's just You and me in this world. *Please show me the truth!*"

In the meantime, Judy had talked him into buying a satellite dish, which he would watch all night. "A year went by, and I kept coming across 3ABN," he said.

Then one night, everything changed. "The preacher on 3ABN was speaking too fast for me to keep up, since English is not my first language," Jim says. "But half awake, and through the haze of my pain medication, I heard him

say something about 'What's wrong with my church?'

"Doug Batchelor really got my attention. 'Don't take my word for it,' he said over and over. 'Open your Bible.' So I did! When I realized that what he was saying was in the Bible, I *knew* it was true. At one point my wife's eyes bugged out and she turned to me and said, 'We've been lied to!'"

Judy ordered that entire video series from Amazing Facts, and together they began to study. "We had never been taught to *search the Scriptures for ourselves!*" she said.

It wasn't long until they had found a Seventh-day Adventist church and were baptized. They started the River of Life

Revelation Ministry, and today they are busy spreading literature anywhere they can. "It keeps disappearing, so we know we are planting seeds for the Kingdom!" Judy says with a smile.



Surely God's blessings are being poured out on this wonderful couple as they share Jesus in their own beautiful corner of the world! ■

Am I Making a Difference?

At 3ABN Radio Network we have a goal of providing “Lifestyle Programming — *With a Difference*,” and lately I have

I have recently been asked to do a most unusual task in a class that I am taking — that of writing my own eulogy.

begun to think more deeply about its meaning.

I have recently been asked to do a most unusual task in a class that I am taking — that of writing my own eulogy. As I pondered how I would want to be remembered by my loved ones and friends, I realized that my time on this earth has offered many opportunities to share my love for Jesus and my Heavenly Father. As I review the events of my life, I can truly say that working on the advancement

of 3ABN Radio Network has been one of the highlights of my brief life. In spite of the difficulties we’ve encountered, it has given me great joy to hear of the changed lives and the salvation that many have experienced as a result of God’s work through this ministry. As we reach out across this great nation (*and the world*) with our Christ-centered programming, we are touching lives and *making a difference* — encouraging people to make an eternal choice.

We are truly blessed at 3ABN Radio Network. God has given us the use of a marvelous technology for such a time as this to enlighten the world with His glory! And I am so blessed to be working in a field that I truly love. Soon our Heavenly Father will say to His Son, “Go get My children.” I want to be found waiting and watching for that wonderful event, don’t you? ■

by Jim Morris



Jim Morris is the General Manager for 3ABN Radio.

A Great Reaping

And He will send His angels with a great sound of a trumpet, and they will gather together His elect from the four winds, from one end of heaven to the other.” (Matthew 24:31.) Think about that event for a moment. Consider the joy when face to face we shall behold Him!

But wait! That moment hasn’t arrived yet. However, I believe that the Lord is setting the stage for a *great reaping!* Consider the amazing news of new cable companies that have decided to carry 3ABN Latino this past month: 10 cable companies in Colombia, seven in the Dominican Republic, four in Mexico, and two in Venezuela. God gave us a “WOW” month!

It’s amazing! Today, people can receive the good news of salvation through personal contact, the printed page, radio, television, and the Internet. Even as you read this article, someone may be making a decision to follow Jesus

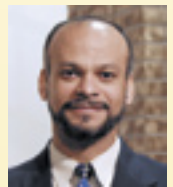
through one of these ways. That is an awesome thought! God is setting the stage for a great reaping!

During the month of April I received perhaps the greatest blessing and challenge of



my 15-year ministry at 3ABN when Danny Shelton, president of 3ABN, asked me to be the general manager of 3ABN Latino Network. I humbly request your prayers for the Lord to use me to bring Him honor and glory in this capacity. I look forward to working with you in helping to set the stage for a *great reaping!* ■

by John Dinzey



John Dinzey is the General Manager for 3ABN Latino Network. He also works in Pastoral Ministries.

SCHEDULES

This schedule is an overview of the program lineup for North American and website broadcasts. Satellite viewers should note that Hot Bird times are delayed 18 hours from the times listed in the GMT column, and Thaicom-3 times are delayed 12 hours. **Programs in RED are changes from the previous month.** Check out the "Programming" section of our website, www.3abn.org, for more detailed weekly schedules and program changes.

United States Time Zones: PT = Pacific Daylight Saving (UTC-7); MT = Mountain Daylight Saving (UTC-6); CT = Central Daylight Saving (UTC-5); ET = Eastern Daylight Saving (UTC-4). If you live where DST is not observed, you will need to subtract one hour from the times listed during months when DST is in effect. GMT = Greenwich Mean Time (UTC), the standard international time zone.

3ABN Today Live

July 2005

▼ Date ▼ Guest/Topic Time: Thursday at 8:00 p.m. Central; repeat Friday at 1:00 a.m. Central

Jul 7	General Conference report with Danny Shelton and Doug Batchelor
Jul 14	"3ABN Musical Special"
Jul 21	"Behind the Scenes at 3ABN"
Jul 28	James Marcum, M.D., "Kill the Stress Before It Kills You!"

E-mail your questions and comments, or request our free offer: live@3abn.org



New Series! Find out what you can do to preserve our precious freedom of religion. We will bring you the latest news from Washington and beyond, and show you what you can do to help. Saturdays, 8:30 p.m. Central Time.

Special programs (these preempt our regular weekly programs)

Aug 3-6	Adventist-laymen's Services and Industries (ASI) ... Sacramento, California ... daily broadcasts, 9:00-11:00 p.m. Central Time
Aug 12-13	3ABN Rally , Las Vegas, Nevada ... Fri: 9:00-10:30 p.m.; Sat: 11:30-2:30 p.m., 4:30-6:00 p.m. Central Time
Aug 26-27	3ABN Latino Rally (in Spanish) , Los Angeles, California ... Fri: 9:00-10:30 p.m.; Sat: 11:30-2:30 p.m., 4:30-6:00 p.m. Central Time

3ABN TELEVISION : JULY : SUNDAY

	PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	3:00a	7:00a	Windows of Hope
12:30	1:30	2:30	3:30	3:30	7:30	So Send I You
1:00a	2:00a	3:00a	4:00a	8:00a	8:00a	Up Close
1:30	2:30	3:30	4:30	8:30	8:30	...continued
2:00a	3:00a	4:00a	5:00a	9:00a	9:00a	Revelation Insights
2:30	3:30	4:30	5:30	9:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	10:00a	3ABN On the Road
3:30	4:30	5:30	6:30	10:30	10:30	...continued
4:00a	5:00a	6:00a	7:00a	11:00a	11:00a	Marriage Matters
4:30	5:30	6:30	7:30	11:30	11:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Noon	Noon	Kids Time Praise
5:30	6:30	7:30	8:30	12:30	12:30	Janice's Attic
6:00a	7:00a	8:00a	9:00a	1:00p	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	2:00p	Digging Up the Past
7:30	8:30	9:30	10:30	2:30	2:30	Voice of Prophecy
8:00a	9:00a	10:00a	11:00a	3:00p	3:00p	Worship Hour
8:30	9:30	10:30	11:30	3:30	3:30	...continued
9:00a	10:00a	11:00a	Noon	4:00p	4:00p	Revelation Insights
9:30	10:30	11:30	12:30	4:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	5:30	World Prophecy News/Health Headlines
11:00a	Noon	1:00p	2:00p	6:00p	6:00p	Abundant Living
11:30	12:30	1:30	2:30	6:30	6:30	Faith Chapel
Noon	1:00p	2:00p	3:00p	7:00p	7:00p	General Youth Conference
12:30	1:30	2:30	3:30	7:30	7:30	...continued
1:00p	2:00p	3:00p	4:00p	8:00p	8:00p	3ABN Today LIVE (repeat)
1:30	2:30	3:30	4:30	8:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	9:00p	...continued
2:30	3:30	4:30	5:30	9:30	9:30	...continued
3:00p	4:00p	5:00p	6:00p	10:00p	10:00p	The Carter Report
3:30	4:30	5:30	6:30	10:30	10:30	...continued
4:00p	5:00p	6:00p	7:00p	11:00p	11:00p	Adventures in Missions
4:30	5:30	6:30	7:30	11:30	11:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	Mon	...continued	
5:30	6:30	7:30	8:30	12:30	12:30	Issues & Answers
6:00p	7:00p	8:00p	9:00p	1:00a	1:00a	Christian Concerns
6:30	7:30	8:30	9:30	1:30	1:30	Food for Thought
7:00p	8:00p	9:00p	10:00p	2:00a	2:00a	3ABN Today
7:30	8:30	9:30	10:30	2:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	3:00a	Marriage Matters
8:30	9:30	10:30	11:30	3:30	3:30	Melody From My Heart
9:00p	10:00p	11:00p	Mon	4:00a	4:00a	Revelation Insights
9:30	10:30	11:30	12:30	4:30	4:30	...continued
10:00p	11:00p	Mon	1:00a	5:00a	5:00a	Christian Concerns
10:30	11:30	12:30	1:30	5:30	5:30	Global Mission Frontline
11:00p	Mon	1:00a	2:00a	6:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	6:30	...continued

3ABN TELEVISION : JULY : **MONDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	7:30	Kids Time
1:00a	2:00a	3:00a	4:00a	8:00a	Janice's Attic
1:30	2:30	3:30	4:30	8:30	Adventures in Missions
2:00a	3:00a	4:00a	5:00a	9:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	General Youth Conference
3:30	4:30	5:30	6:30	10:30	...continued
4:00a	5:00a	6:00a	7:00a	11:00a	Body & Spirit
4:30	5:30	6:30	7:30	11:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Noon	By My Spirit
5:30	6:30	7:30	8:30	12:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	House Calls (live)
7:30	8:30	9:30	10:30	2:30	...continued
8:00a	9:00a	10:00a	11:00a	3:00p	Left Behind: Fact or Fiction?
8:30	9:30	10:30	11:30	3:30	Food for Thought
9:00a	10:00a	11:00a	Noon	4:00p	Amazing Discoveries
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Stop-Smoking Clinic
10:30	11:30	12:30	1:30	5:30	...continued
11:00a	Noon	1:00p	2:00p	6:00p	Breath of Life
11:30	12:30	1:30	2:30	6:30	Cooking by the Book
Noon	1:00p	2:00p	3:00p	7:00p	Body & Spirit
12:30	1:30	2:30	3:30	7:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	9:30	Kids Time
3:00p	4:00p	5:00p	6:00p	10:00p	Janice's Attic
3:30	4:30	5:30	6:30	10:30	Faith Chapel
4:00p	5:00p	6:00p	7:00p	11:00p	Laymen Ministries
4:30	5:30	6:30	7:30	11:30	Left Behind: Fact or Fiction?
5:00p	6:00p	7:00p	8:00p	Tue	House Calls (repeat)
5:30	6:30	7:30	8:30	12:30	...continued
6:00p	7:00p	8:00p	9:00p	1:00a	Christian Concerns
6:30	7:30	8:30	9:30	1:30	Windows of Hope
7:00p	8:00p	9:00p	10:00p	2:00a	3ABN Today
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	The Carter Report
8:30	9:30	10:30	11:30	3:30	...continued
9:00p	10:00p	11:00p	Tue	4:00a	Amazing Discoveries
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Tue	1:00a	5:00a	Christian Concerns
10:30	11:30	12:30	1:30	5:30	Exalting His Word
11:00p	Tue	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : JULY : **TUESDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	Kids Time Praise
12:30	1:30	2:30	3:30	7:30	Kids Time
1:00a	2:00a	3:00a	4:00a	8:00a	Liberty Insider
1:30	2:30	3:30	4:30	8:30	By My Spirit
2:00a	3:00a	4:00a	5:00a	9:00a	Revelation of Hope
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	Homeschool of Health
3:30	4:30	5:30	6:30	10:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	11:00a	Body & Spirit
4:30	5:30	6:30	7:30	11:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Noon	Abundant Living
5:30	6:30	7:30	8:30	12:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today LIVE (repeat)
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	...continued
7:30	8:30	9:30	10:30	2:30	...continued
8:00a	9:00a	10:00a	11:00a	3:00p	Rags to Riches/Health Headlines
8:30	9:30	10:30	11:30	3:30	Health for a Lifetime
9:00a	10:00a	11:00a	Noon	4:00p	Revelation of Hope
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	6:00p	Help Yourself to Health
11:30	12:30	1:30	2:30	6:30	His Words Are Life/Back to Nature
Noon	1:00p	2:00p	3:00p	7:00p	Body & Spirit
12:30	1:30	2:30	3:30	7:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Kids Time Praise
2:30	3:30	4:30	5:30	9:30	Kids Time
3:00p	4:00p	5:00p	6:00p	10:00p	Wonderfully Made
3:30	4:30	5:30	6:30	10:30	Exalting His Word
4:00p	5:00p	6:00p	7:00p	11:00p	Cooking by the Book
4:30	5:30	6:30	7:30	11:30	Lift Him Up
5:00p	6:00p	7:00p	8:00p	Wed	By My Spirit
5:30	6:30	7:30	8:30	12:30	Abundant Living
6:00p	7:00p	8:00p	9:00p	1:00a	Help Yourself to Health
6:30	7:30	8:30	9:30	1:30	Global Mission Frontline
7:00p	8:00p	9:00p	10:00p	2:00a	3ABN Today
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	Rags to Riches/Back to Nature
8:30	9:30	10:30	11:30	3:30	Melody From My Heart
9:00p	10:00p	11:00p	Wed	4:00a	Revelation of Hope
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Wed	1:00a	5:00a	Stop-Smoking Clinic
10:30	11:30	12:30	1:30	5:30	...continued
11:00p	Wed	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : JULY : **WEDNESDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	7:30	Kids Time
1:00a	2:00a	3:00a	4:00a	8:00a	Janice's Attic
1:30	2:30	3:30	4:30	8:30	Melody From My Heart
2:00a	3:00a	4:00a	5:00a	9:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	Back to Nature/His Words Are Life
3:30	4:30	5:30	6:30	10:30	Teen Pathways
4:00a	5:00a	6:00a	7:00a	11:00a	Body & Spirit
4:30	5:30	6:30	7:30	11:30	Up Close
5:00a	6:00a	7:00a	8:00a	Noon	...continued
5:30	6:30	7:30	8:30	12:30	Laymen Ministries
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	Hope Beyond 2000
7:30	8:30	9:30	10:30	2:30	...continued
8:00a	9:00a	10:00a	11:00a	3:00p	So Send I You
8:30	9:30	10:30	11:30	3:30	Voice of Prophecy
9:00a	10:00a	11:00a	Noon	4:00p	Amazing Discoveries
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	Liberty Insider
11:00a	Noon	1:00p	2:00p	6:00p	3ABN On the Road
11:30	12:30	1:30	2:30	6:30	...continued
Noon	1:00p	2:00p	3:00p	7:00p	Body & Spirit
12:30	1:30	2:30	3:30	7:30	Thinking About Home
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	9:30	Kids Time
3:00p	4:00p	5:00p	6:00p	10:00p	Janice's Attic
3:30	4:30	5:30	6:30	10:30	Teen Pathways
4:00p	5:00p	6:00p	7:00p	11:00p	So Send I You
4:30	5:30	6:30	7:30	11:30	ASI Video Magazine
5:00p	6:00p	7:00p	8:00p	Thu	Up Close
5:30	6:30	7:30	8:30	12:30	...continued
6:00p	7:00p	8:00p	9:00p	1:00a	It Is Written
6:30	7:30	8:30	9:30	1:30	World Prophecy News/Rags to Riches
7:00p	8:00p	9:00p	10:00p	2:00a	3ABN Today
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	Everlasting Gospel
8:30	9:30	10:30	11:30	3:30	...continued
9:00p	10:00p	11:00p	Thu	4:00a	Amazing Discoveries
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Thu	1:00a	5:00a	Christian Concerns
10:30	11:30	12:30	1:30	5:30	Health for a Lifetime
11:00p	Thu	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : JULY : **THURSDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	Kids Time Praise
12:30	1:30	2:30	3:30	7:30	Kids Time
1:00a	2:00a	3:00a	4:00a	8:00a	Hope Beyond 2000
1:30	2:30	3:30	4:30	8:30	...continued
2:00a	3:00a	4:00a	5:00a	9:00a	Revelation of Hope
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	Issues & Answers
3:30	4:30	5:30	6:30	10:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	11:00a	Body & Spirit
4:30	5:30	6:30	7:30	11:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Noon	Variety
5:30	6:30	7:30	8:30	12:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	Tiny Tots for Jesus
7:30	8:30	9:30	10:30	2:30	His Words Are Life/Health Headlines
8:00a	9:00a	10:00a	11:00a	3:00p	Keepers of the Flame
8:30	9:30	10:30	11:30	3:30	Homeschool of Health
9:00a	10:00a	11:00a	Noon	4:00p	Revelation of Hope
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	Issues & Answers
11:00a	Noon	1:00p	2:00p	6:00p	Lift Him Up
11:30	12:30	1:30	2:30	6:30	Wonderfully Made
Noon	1:00p	2:00p	3:00p	7:00p	Body & Spirit
12:30	1:30	2:30	3:30	7:30	Food for Thought
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Kids Time Praise
2:30	3:30	4:30	5:30	9:30	Kids Time
3:00p	4:00p	5:00p	6:00p	10:00p	General Youth Conference
3:30	4:30	5:30	6:30	10:30	...continued
4:00p	5:00p	6:00p	7:00p	11:00p	The Carter Report
4:30	5:30	6:30	7:30	11:30	...continued
5:00p	6:00p	7:00p	8:00p	Fri	Central Study Hour
5:30	6:30	7:30	8:30	12:30	...continued
6:00p	7:00p	8:00p	9:00p	1:00a	3ABN Today LIVE
6:30	7:30	8:30	9:30	1:30	...continued
7:00p	8:00p	9:00p	10:00p	2:00a	...continued
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	Hope Beyond 2000
8:30	9:30	10:30	11:30	3:30	...continued
9:00p	10:00p	11:00p	Fri	4:00a	Revelation of Hope
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Fri	1:00a	5:00a	Christian Concerns
10:30	11:30	12:30	1:30	5:30	Abundant Living
11:00p	Fri	1:00a	2:00a	6:00a	3ABN Today LIVE (repeat)
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : JULY : **FRIDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	3ABN Today LIVE (cont.)
12:30	1:30	2:30	3:30	7:30	...continued
1:00a	2:00a	3:00a	4:00a	8:00a	Central Study Hour
1:30	2:30	3:30	4:30	8:30	...continued
2:00a	3:00a	4:00a	5:00a	9:00a	Revelation Insights
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	3ABN On the Road
3:30	4:30	5:30	6:30	10:30	...continued
4:00a	5:00a	6:00a	7:00a	11:00a	Body & Spirit
4:30	5:30	6:30	7:30	11:30	Melody From My Heart
5:00a	6:00a	7:00a	8:00a	Noon	By My Spirit
5:30	6:30	7:30	8:30	12:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	Teen Pathways
7:30	8:30	9:30	10:30	2:30	Breath of Life
8:00a	9:00a	10:00a	11:00a	3:00p	Stop-Smoking Clinic
8:30	9:30	10:30	11:30	3:30	...continued
9:00a	10:00a	11:00a	Noon	4:00p	Revelation Insights
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	6:00p	Up Close
11:30	12:30	1:30	2:30	6:30	...continued
Noon	1:00p	2:00p	3:00p	7:00p	Windows of Hope
12:30	1:30	2:30	3:30	7:30	Dynamics in the Science of Prayer
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	9:30	Kids Time
3:00p	4:00p	5:00p	6:00p	10:00p	Janice's Attic
3:30	4:30	5:30	6:30	10:30	Variety
4:00p	5:00p	6:00p	7:00p	11:00p	Breath of Life
4:30	5:30	6:30	7:30	11:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	Sat	...continued
5:30	6:30	7:30	8:30	12:30	Faith Chapel
6:00p	7:00p	8:00p	9:00p	1:00a	It Is Written
6:30	7:30	8:30	9:30	1:30	Teen Pathways
7:00p	8:00p	9:00p	10:00p	2:00a	House Calls
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	By My Spirit
8:30	9:30	10:30	11:30	3:30	Melody From My Heart
9:00p	10:00p	11:00p	Sat	4:00a	Revelation Insights
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Sat	1:00a	5:00a	Central Study Hour
10:30	11:30	12:30	1:30	5:30	...continued
11:00p	Sat	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : JULY : **SATURDAY**

PT	MT	CT	ET	GMT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	7:00a	Lift Him Up
12:30	1:30	2:30	3:30	7:30	Breath of Life
1:00a	2:00a	3:00a	4:00a	8:00a	Melody From My Heart
1:30	2:30	3:30	4:30	8:30	Issues & Answers
2:00a	3:00a	4:00a	5:00a	9:00a	Revelation Insights
2:30	3:30	4:30	5:30	9:30	...continued
3:00a	4:00a	5:00a	6:00a	10:00a	3ABN On the Road
3:30	4:30	5:30	6:30	10:30	...continued
4:00a	5:00a	6:00a	7:00a	11:00a	Exalting His Word
4:30	5:30	6:30	7:30	11:30	Faith Chapel
5:00a	6:00a	7:00a	8:00a	Noon	Tiny Tots for Jesus
5:30	6:30	7:30	8:30	12:30	Kids Time
6:00a	7:00a	8:00a	9:00a	1:00p	3ABN Today
6:30	7:30	8:30	9:30	1:30	...continued
7:00a	8:00a	9:00a	10:00a	2:00p	Central Study Hour
7:30	8:30	9:30	10:30	2:30	...continued
8:00a	9:00a	10:00a	11:00a	3:00p	SDA Worship Hour
8:30	9:30	10:30	11:30	3:30	...continued
9:00a	10:00a	11:00a	Noon	4:00p	Revelation Insights
9:30	10:30	11:30	12:30	4:30	...continued
10:00a	11:00a	Noon	1:00p	5:00p	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	Lift Him Up
11:00a	Noon	1:00p	2:00p	6:00p	Global Mission Frontline
11:30	12:30	1:30	2:30	6:30	Exalting His Word
Noon	1:00p	2:00p	3:00p	7:00p	Liberty Insider
12:30	1:30	2:30	3:30	7:30	Laymen Ministries
1:00p	2:00p	3:00p	4:00p	8:00p	3ABN Today
1:30	2:30	3:30	4:30	8:30	...continued
2:00p	3:00p	4:00p	5:00p	9:00p	Up Close
2:30	3:30	4:30	5:30	9:30	...continued
3:00p	4:00p	5:00p	6:00p	10:00p	Kids Time Praise
3:30	4:30	5:30	6:30	10:30	Tiny Tots for Jesus
4:00p	5:00p	6:00p	7:00p	11:00p	Kids Time
4:30	5:30	6:30	7:30	11:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	Sun	...continued
5:30	6:30	7:30	8:30	12:30	His Words Are Life/Rags to Riches
6:00p	7:00p	8:00p	9:00p	1:00a	It Is Written
6:30	7:30	8:30	9:30	1:30	Liberty Insider
7:00p	8:00p	9:00p	10:00p	2:00a	3ABN Today
7:30	8:30	9:30	10:30	2:30	...continued
8:00p	9:00p	10:00p	11:00p	3:00a	Wonderfully Made
8:30	9:30	10:30	11:30	3:30	Melody From My Heart
9:00p	10:00p	11:00p	Sun	4:00a	Revelation Insights
9:30	10:30	11:30	12:30	4:30	...continued
10:00p	11:00p	Sun	1:00a	5:00a	Christian Concerns
10:30	11:30	12:30	1:30	5:30	Cooking by the Book
11:00p	Sun	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN RADIO : JULY



TUNE IN ONLINE!

You can enjoy the full lineup of 3ABN Radio programs 24 hours a day! Visit our website, www.3abn.org, and follow the links to our online streaming broadcasts. And remember to tell your friends and family all about it!

Crossroads on 3ABN Radio



Greg and Lesa Budd co-host *Crossroads on 3ABN Radio* each Thursday. “Our goal is to interview people who will paint word pictures about what God is really like,” they say. We think they’re achieving their goal admirably! Listen to them on Thursdays at 9:00 a.m. and 11:00 p.m. Central.

CT	SUNDAY
2:00a	Thinking About Home
2:30	Genesis to Revelation Seminar
3:00a	Revelation Insights
3:30	...continued
4:00a	Musical Meditations
4:30	...continued
5:00a	...continued
5:30	...continued
6:00a	Rags to Riches/Growing in Grace
6:30	Freedom's Ring/Abundant Living
7:00a	Your Story Hour
7:30	Bible Answers
8:00a	3ABN Today
8:30	...continued
9:00a	Doorways/The StoryHouse
9:30	Janice's Attic
10:00a	Central Study Hour
10:30	...continued
11:00a	Worship Hour
11:30	...continued
Noon	Thinking About Home
12:30	Christian Concerns
1:00p	Revelation Insights
1:30	...continued
2:00p	It Is Written
2:30	Power Up for Life
3:00p	3ABN Today LIVE (repeat)
3:30	...continued
4:00p	...continued
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	...continued
6:30	...continued
7:00p	More Abundant Life
7:30	Rags to Riches/Growing in Grace
8:00p	3ABN Today
8:30	...continued
9:00p	Bible Answers LIVE
9:30	...continued
10:00p	Your Story Hour
10:30	Christian Concerns
11:00p	Endtime Insights/News & Commentary
11:30	Freedom's Ring/Abundant Living
Mon	Dimensions of Prophecy
12:30	...continued
1:00a	3ABN Today
1:30	...continued

CT	MONDAY	CT	TUESDAY
2:00a	Health for a Lifetime	2:00a	Bible Answers LIVE (repeat)
2:30	His Words Are Life/Endtime Insights	2:30	...continued
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Profiles	3:30	News & Commentary/Melody From MH
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	Bible Answers	6:00a	Help Yourself to Health
6:30	Christian Concerns	6:30	Freedom's Ring/Rags to Riches
7:00a	Homeschool of Health	7:00a	Thinking About Home
7:30	Faith Chapel	7:30	Faith Chapel
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Crossroads on 3ABN Radio
9:30	...continued	9:30	...continued
10:00a	Marriage Matters	10:00a	Marriage Matters
10:30	Your Family Health/Health Headlines	10:30	Wonderfully Made
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Your Story Hour
12:30	Power Up for Life	12:30	Abundant Living/Growing in Grace
1:00p	Health for a Lifetime	1:00p	Melody From My Heart
1:30	His Words Are Life/Endtime Insights	1:30	By My Spirit
2:00p	Kids Time	2:00p	Kids Time
2:30	Breath of Life	2:30	Issues & Answers
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	It Is Written	3:30	It Is Written
4:00p	Dimensions of Prophecy	4:00p	Dimensions of Prophecy
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	Christian Concerns	7:00p	It's Your Money
7:30	Health Headlines/Doorways	7:30	Thinking About Home
8:00p	Teen Pathways	8:00p	Help Yourself to Health
8:30	Breath of Life	8:30	Lift Him Up
9:00p	3ABN Today	9:00p	3ABN Today
9:30	...continued	9:30	...continued
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	It Is Written	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
Tue	Dimensions of Prophecy	Wed	Dimensions of Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

CT	WEDNESDAY	CT	THURSDAY
2:00a	Health for a Lifetime	2:00a	Health for a Lifetime
2:30	His Words Are Life/Endtime Insights	2:30	His Words Are Life/Endtime Insights
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	By My Spirit	3:30	Lift Him Up
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	Help Yourself to Health	6:00a	Bible Answers
6:30	Christian Concerns	6:30	Doorways/Rags to Riches
7:00a	Homeschool of Health	7:00a	Thinking About Home
7:30	Faith Chapel	7:30	Faith Chapel
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Crossroads on 3ABN Radio
9:30	...continued	9:30	...continued
10:00a	Marriage Matters	10:00a	Marriage Matters
10:30	Your Family Health/Health Headlines	10:30	Wonderfully Made
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Your Story Hour
12:30	When God's People Pray	12:30	Abundant Living/Growing in Grace
1:00p	Health for a Lifetime	1:00p	Melody From My Heart
1:30	His Words Are Life/Endtime Insights	1:30	By My Spirit
2:00p	Kids Time	2:00p	Kids Time
2:30	Issues & Answers	2:30	Issues & Answers
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	It Is Written	3:30	It Is Written
4:00p	Dimensions of Prophecy	4:00p	Dimensions of Prophecy
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	Christian Concerns	7:00p	It's Your Money
7:30	Health Headlines/Freedom's Ring	7:30	Profiles
8:00p	Help Yourself to Health	8:00p	3ABN Today LIVE
8:30	News & Commentary/Melody From MH	8:30	...continued
9:00p	3ABN Today	9:00p	...continued
9:30	...continued	9:30	...continued
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	It Is Written	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
Thu	Dimensions of Prophecy	Fri	Dimensions of Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today LIVE (repeat)
1:30	...continued	1:30	...continued

CT	FRIDAY	CT	SATURDAY
2:00a	3ABN Today LIVE (cont.)	2:00a	Thinking About Home
2:30	...continued	2:30	Genesis to Revelation Seminar
3:00a	Voice of Prophecy/Between the Lines	3:00a	Revelation Insights
3:30	By My Spirit	3:30	...continued
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	Help Yourself to Health	6:00a	Rags to Riches/Growing in Grace
6:30	More Abundant Life	6:30	More Abundant Life
7:00a	Homeschool of Health	7:00a	Your Story Hour
7:30	Faith Chapel	7:30	Bible Answers
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Doorways/His Words Are Life
9:30	...continued	9:30	Marriage Matters
10:00a	Marriage Matters	10:00a	Central Study Hour
10:30	Your Family Health/News & Comment.	10:30	...continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Thinking About Home
12:30	When God's People Pray	12:30	By My Spirit
1:00p	Health for a Lifetime	1:00p	Revelation Insights
1:30	His Words Are Life/Endtime Insights	1:30	...continued
2:00p	Kids Time	2:00p	Melody From My Heart
2:30	Issues & Answers	2:30	Teen Pathways
3:00p	Voice of Prophecy/Between the Lines	3:00p	Breath of Life
3:30	Lift Him Up	3:30	When God's People Pray
4:00p	Dimensions of Prophecy	4:00p	3ABN On the Road
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	More Abundant Life	7:00p	Stop Smoking Clinic
7:30	Thinking About Home	7:30	Rags to Riches/Growing in Grace
8:00p	Help Yourself to Health	8:00p	3ABN Today
8:30	Genesis to Revelation Seminar	8:30	...continued
9:00p	3ABN Today	9:00p	Bible Answers
9:30	...continued	9:30	Marriage Matters
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	Melody From My Heart	10:30	Power Up for Life
11:00p	Crossroads on 3ABN Radio	11:00p	When God's People Pray
11:30	...continued	11:30	By My Spirit
Sat	On the Road: Prophecy	Sun	On the Road: Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued



DESSERT PIZZA

I have a great recipe for a delicious (and nutritious) dessert that will make your mouth water! It's a dessert that tastes good, and is good for you!

PIZZA CRUST

Dissolve:

- ½ Tbsp dry yeast
- ⅓ cup warm water

Combine the following ingredients in a bowl and mix well:

- 1 cup whole wheat flour
- 1 cup unbleached, enriched, all-purpose flour
- 1 tsp salt

Combine in the blender:

- 2 Tbsp apple juice concentrate
- ½ cup raw cashews, rinsed
- ⅔ cup warm water

Place liquid in large bowl. Add flour mixture slowly to make dough. If it's too dry, add warm water, one tablespoon at a time. Place dough in a round pizza pan and poke it with a fork to avoid bubbling. Bake at 350°F for 20 minutes or until crust is slightly brown.



Idalia Dinzey loves to cook on 3ABN Latino when she is not working in closed captioning and taking care of her family.

WHIPPED TOPPING

- 1 pkg MoriNu tofu, extra firm
- 1 cup Florida Crystals
- 1 tsp vanilla
- ½ tsp lemon juice
- pinch of salt

Blend ingredients in a blender until creamy and chill until texture thickens a bit.

FRESH FRUIT

- 1 pound fresh strawberries, sliced
- 1 cup fresh blueberries

Spread topping on crust after it cools, then place the fresh fruit in any design you wish.

Video of the Month

You won't want to miss our Video of the Month! It's the two-hour "Bible Questions Live" program from our recent 3ABN Spring Camp Meeting! This program is a terrific way to share Bible truths with a friend, and it's yours on VHS or DVD for a suggested donation of only \$20.00. We'll even pay the postage! Call 800-752-3226 during regular business hours and order your copy today!



Giving

In addition to regular gifts to 3ABN's ministry, many of you have also helped us grow by arranging both immediate and deferred gifts of your assets.

Did you know that the best instrument for highly appreciated property such as real estate, stocks, and bonds is a Charitable Remainder Unitrust? With it you can avoid capital gains taxes on donated assets, receive attractive rates of interest, avoid probate expenses on donated assets, receive a large charitable deduction, and negotiate to receive either a fixed annual payout or a variable income.

Call our Stewardship and Trusts Services to find out how you can help 3ABN's worldwide ministry through Charitable Gift Annuities and Deferred Charitable Gift Annuities as well. And as always, thank you for your prayers and support!

For more information:

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ASI 2005

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