

# 3ABN WORLD

New from 3ABN Books

## Mending Broken People

page 6

God brought them together

## A 3ABN Love Story

page 8

3ABN volunteers

## Rewards Out of This World!

page 14

Dr. Kay Kuzma



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## WELCOME

**T**ruly it has been 20 years of miracles, and you'll want to read all about Kay Kuzma's new book available this month (p. 5). Don't miss how God brought Henry and Pat Forsythe together in the same church (and in marriage) by watching 3ABN (p. 8), and enjoy Mollie Steenson's devotional about getting ready for winter (p. 17). Check out the old-fashioned remedies for the common cold in Dr. Walt Thompson's article, "Bless You!" (p. 30). All that plus news, program listings, and more are in the pages of this month's *3ABN World* magazine. Enjoy it, and then share it with a friend!

*COVER: Dr. Kay Kuzma spent hours on the phone interviewing people around the world and recording their stories for Mending Broken People, a new book from Pacific Press. (Photo: Cinda Sanner.)*

## Thank You for Your Love

*"Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name."* Psalm 100:4

Dear Family,

This is the time of year when my heart seems to turn in an even greater way toward our Heavenly Father with thankfulness for all the many blessings He has given me. My family, friends, health, church, the air I breathe, and the food I eat — but most important of all, I am grateful for the peace that He has blessed me with this past year.

2004 has been a very eventful year for me. I've experienced great heartbreak and there has been heart rejoicing. I have shed many tears but I have also laughed a lot. Through it all, I have felt the grace of God as He has kept me secure in Him. One of the main ways God has blessed me is through you, my 3ABN Family. Thank you for your many prayers and for extending your hand in encouragement, love, and support.

Through it all I have recommitted my life to the Lord and as I have witnessed firsthand His keeping power, I am more encouraged than ever to do all I can to fulfill the Great Commission. These truly are the closing moments of Earth's history and I rejoice that I am able to be a part of this great end-time movement of God.

Love,




*Danny Shelton is the president and founder of 3ABN.*

**Thank you for your many prayers and for extending your hand in encouragement, love, and support.**



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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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**“I have watched you, prayed for 3ABN and for you, sent money, and talked about 3ABN to anyone who would listen to me since 1985.”**

**Grayling, Michigan:** “My husband has Alzheimer’s disease, and he especially enjoys the singing and all the children’s programs. Some days he can understand and appreciate the preaching and is very religious minded — which is a precious gift as he suffers from this terrible disease. It is a privilege to care for the one you love and I pray for the patience and guidance from the Lord that I need to get through each day. We are sending monthly donations for this 20th year, and we are wishing we could do much more. Keep up the good work, and God bless you all!”

**Miami, Florida:** “Thank you so much for your station. I listen over the Internet everyday because 3ABN is not yet available on my local cable system. Soon, though, I will

be able to get 3ABN on my TV, as I will be subscribing to Dominion Sky Angel Network. Keep on doing what God has commissioned you to do. In order to help the message go forward I am committing to sending \$20 per month to support 3ABN’s ministry. I know that it is not much, but will be sending more as the Lord blesses.”

**Sidon, Lebanon:** “I enjoy your station a lot. I live in Lebanon, and I have started a small church here in my city. We have about 20 members now, all from various denominations, and we are all keeping the Sabbath and tithing now! Please pray for our church, and God richly bless all of you.”

**Blenheim, New Zealand:** “I am a pastor in New Zealand, and last night we were so privileged to watch and enjoy *3ABN Today Live* with Danny singing. . . . It was good to hear New Zealand mentioned in the program! Yesterday, while preaching at

a nearby church, I ‘signed up’ two more families to receive 3ABN! Our little church has about 55–65 attending most Sabbaths, and we have already installed 6 satellite dishes, and others are contemplating the purchase. I will do the installations for them. More satellite dishes are going up in Christchurch and on the North Island. Blessings and power to you. Maranatha!”

**Farwania, Kuwait:** “I have come to know about 3ABN through a co-worker, who is working with me here in Kuwait. We are from India, and he told me to watch 3ABN’s TV programs. I have been watching for the past 15 days. It’s a wonderful ministry. I am learning a lot in the Word of God. I want to know the whole truth! Please pray for me and my family. God bless you all abundantly for this wonderful ministry to the entire world.”

**Klerksdorp, South Africa:** “I have been watching your program with a 12-foot dish

on the Thaicom-3 satellite. 3ABN is my favourite channel, and I only discovered it in January of this year. Because your *3ABN Today Live* program airs in the middle of the night here, I taped your *3ABN Today Live* program on depression, and looked at it tonight. I am a pharmacist and have been on antidepressants for 30 years! Please send me your free offer, and may God bless you.”

**Brighton, Colorado:** “I am a little old lady, 88 years old, in a retirement center here in Colorado. I have watched you, prayed for 3ABN and for you, sent money, and talked about 3ABN to anyone who would listen to me since 1985. I can still send \$20 a month, and this check is for the last 6 months. God bless you abundantly, more that you can imagine!”

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

## WRITE TO US!

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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.

Coming soon from 3ABN Books...

## Mending Broken People

This month a special book will be published in celebration of 3ABN's 20th Anniversary! *Mending Broken People*, written by Dr. Kay Kuzma, Founder and Speaker of Family Matters Ministries, is published by Pacific Press. Kay has been a friend to this ministry since 1985 when she and May Chung moved their own display materials to one side, making room for 3ABN at the ASI Convention in Big Sky, Montana. Kay was also one of the first speakers to come to 3ABN, taping a series on parenthood. Over the years she has not only contributed with programming but also given her unending support for this ministry.

Kay began writing her book in 1997 when she came to speak during a live series with Pastor Doug Batchelor. Although she was well

acquainted with the early miracles, she discovered that not everyone in church leadership shared her enthusiasm. As she listened to Danny, she exclaimed, "If people only knew how God was using this ministry, they would praise Him for it instead of criticizing it!"

That's when the thought came to her: *Write the 3ABN story*.

"What?" she exclaimed, "Not me!" She thought about the half-dozen partially completed manuscripts sitting on her desk, and of the editors she'd already disappointed for missing her deadlines. But the impression persisted, so she mentioned it to Danny.

"That's a good idea," Danny said, explaining that his good friend Bob Ellis, a journalist from West Frankfort, Illinois, had also been impressed to write a book. He encouraged them both,

Photo: Cinda Sanner



and after Kay talked with Bob, they decided that the 3ABN story was big enough for two books! Kay would focus on the miracles, and Bob would write for the non-believer. His book, *A Channel of Blessing*, was published in 2002, and when Kay saw it, she felt guilty for not finishing the one she had started on years before.

Now, almost two years later, it's ready — just in time to celebrate 3ABN's 20th anniversary. But as Kay says, "The book's not really finished. It never can be because the miracles just keep coming — and they just seem to be getting bigger!"

"It's been a fascinating seven years!" Kay says, reflecting on the grueling research process of interviewing hun-

dreds of people for this story. She and her family even came under direct attack from Satan when her husband Jan suffered several devastating strokes while they were both at 3ABN and the book neared completion. But the Lord provided a miracle of their own, and Jan recovered almost completely!

"It's not just Danny's story," she says with a smile. "*Mending Broken People* is the story of staff, friends, viewers, and community members who have been impacted by 3ABN. I believe the 3ABN story is one of the most incredible sagas of God's miraculous power that has ever been recorded, and I predict that once you start reading it, you'll have a hard time putting it down!" ■

*The task of writing and editing almost 500 pages of manuscript copy was monumental. For years Kay carried the manuscript with her, editing wherever she found the time.*

A 3ABN

# Love Story

For twenty years 3ABN has been helping to “Mend Broken People” by broadcasting the greatest love story every told — the story of Jesus Christ. Each month we receive thousands of letters and e-mails telling us how this ministry has touched their lives, but from time to time we come across an extra-special story like this one — a story that will bring hope to those who are still searching for truth, and for love...

After many years of marriage Henry Forsythe suddenly lost his life’s partner. “I was devastated,” he says, “and out of pain and loneliness I spent most of my time in the bars.”

As his despair grew he began to attend church. “I tried several churches,” he

tells us, “but I couldn’t find the comfort that other people had found in religion.” Many people he met told him that God spoke to them, “But God had never told me anything, so I felt that I was not a part of His plan, and somehow I was not good enough.”

One day he “stumbled” onto 3ABN’s local channel. What he heard finally made sense to him and soon he sought out the local Seventh-day Adventist church in Marion, Illinois.

Meanwhile, not too far from there, Pat Jacobs was facing her own grief as she dealt with her husband’s terminal illness. After buying a new satellite system she began programming their TV, and 3ABN’s local station came on. “I had never heard of 3ABN before, and when I

realized that the station was just a few miles up the road, it got me interested. Since then I’ve discovered a new way to live and become closer to God.” As her husband’s health continued to deteriorate, she longed for him to be baptized. Her prayers were answered, and even though her husband did not understand her new beliefs, he was baptized at his church several months before he passed away.

Now, with the full blessings of her children, Pat sought out the nearest local Seventh-day Adventist church and began attending a Bible study class. “I walked in the first night, only to discover it was a singles’ group,” she says. “I started looking around and checked everyone out” — and one of them was Henry. Over time, and with the gentle leading of the Holy Spirit, God brought them together in a very special way. Both had experienced great loss, and both had discovered a new faith, a new lifestyle, and a loving relationship with



Jesus Christ.

The day Pat was baptized she not only began a new life with Jesus, but also with her new husband — Henry! “I have a new light and a new walk with Jesus Christ, and it’s so good!” Pat beams. Henry can hardly contain himself as he declares, “My one desire is to share my new faith and the life-changing experience I had with anyone who will listen!”

We’re so happy that God and 3ABN helped to bring Mr. and Mrs. Henry & Pat Forsythe together. They have truly caught the vision, and now they’re reaching out to bring Jesus Christ to a lost and dying world. ■

by Cathy Sanchez

*Through watching 3ABN, Henry & Pat Forsythe began attending the same church. But they couldn’t have guessed what would happen next!*



*Cathy Sanchez works with public relations and the 3ABN Today program.*

## School's In Session for 3ABN Radio!

**S**eptember we held another radio training school. We usually have two per year, in March and September. These train-



*LPFM students learn editing from 3ABN Radio's Jim Morris.*

ing schools are held for the specific purpose of giving low-power FM radio station owners some introductory instruction on building and operating their low-power FM radio stations. The people who attend the schools must already have been awarded a construction permit from the FCC and have signed an Affiliate Carriage Agreement with 3ABN Radio. Coming from all over the U.S. on their own time and expense, they are truly dedicated servants of the Lord!



*Nikki Anderson is the administrative assistant for 3ABN Radio.*

The school has progressed

over the last three years in many ways: It has gone from 2.5 days to 4 days in length, from mostly lecture to a lot of hands-on learning, and from being here all day (even lunch was brought in) to breaking for lunch at a vegetarian restaurant. They are fed VERY well in many different ways!

We try to make the school interesting as well as informative. The students typically enjoy the hands-on experience where they take turns interviewing and being interviewed. One student even helped by recording an announcement with me! And it's a great opportunity to meet other owners and become part of a growing network of LPFM affiliates who can help each other with the knowledge and experience that they have gained along the way. They also have fun! We believe God wants these stations to be an adventure with Him! ■

By Nikki Anderson.

## What Can You Do for God?

**R**ecently I heard the story of General William Booth. He was losing his eyesight so he went to a specialist. His son Bramwell was given the difficult task of telling his father there would be no recovery.

"Do you mean that I am going blind and I shall never see your face again?" the General asked.

"Yes, I'm afraid so," his son replied.

"My son, I have done what I could for God and for His people with my eyes. Now I shall do what I can for God without my eyes."

What an inspiration! I know for a fact that there are many 3ABN Latino supporters who, just like General William Booth, have a burden to get the gospel of Jesus Christ out to a world that is dying in sin. They are doing all they can for the Lord, and because of them 3ABN Latino is now available to cable viewers throughout 70% of the Dominican Republic,

and about 50% of Costa Rica!

They're telling their friends and anyone who will listen about the Christ-centered programming on 3ABN Latino. I encourage you to tell your Spanish-speaking friends about it, too!

And don't forget to tell them

about our two special events this month on 3ABN Latino. The first is '04 *Revival*, with Pastor Doug Batchelor which will air at 8:00 p.m. CT (November 5-14). The second is *La Red 2004: Descubra* (Spanish Net 2004: Discover), with Pastor Frank Gonzalez at 7:00 p.m. CT (November 12-20).

Please pray for the Holy Spirit to be poured out in a mighty way, and ask yourself, "What can I do for God?" ■

By Sandra Juárez.



*General William Booth, founder of the Salvation Army.*



*Sandra Juárez is the program director for 3ABN Television and the production manager for 3ABN Latino.*

Art: The Salvation Army International Heritage Centre



Tammy Larson is a jib camera operator and artist for 3ABN.

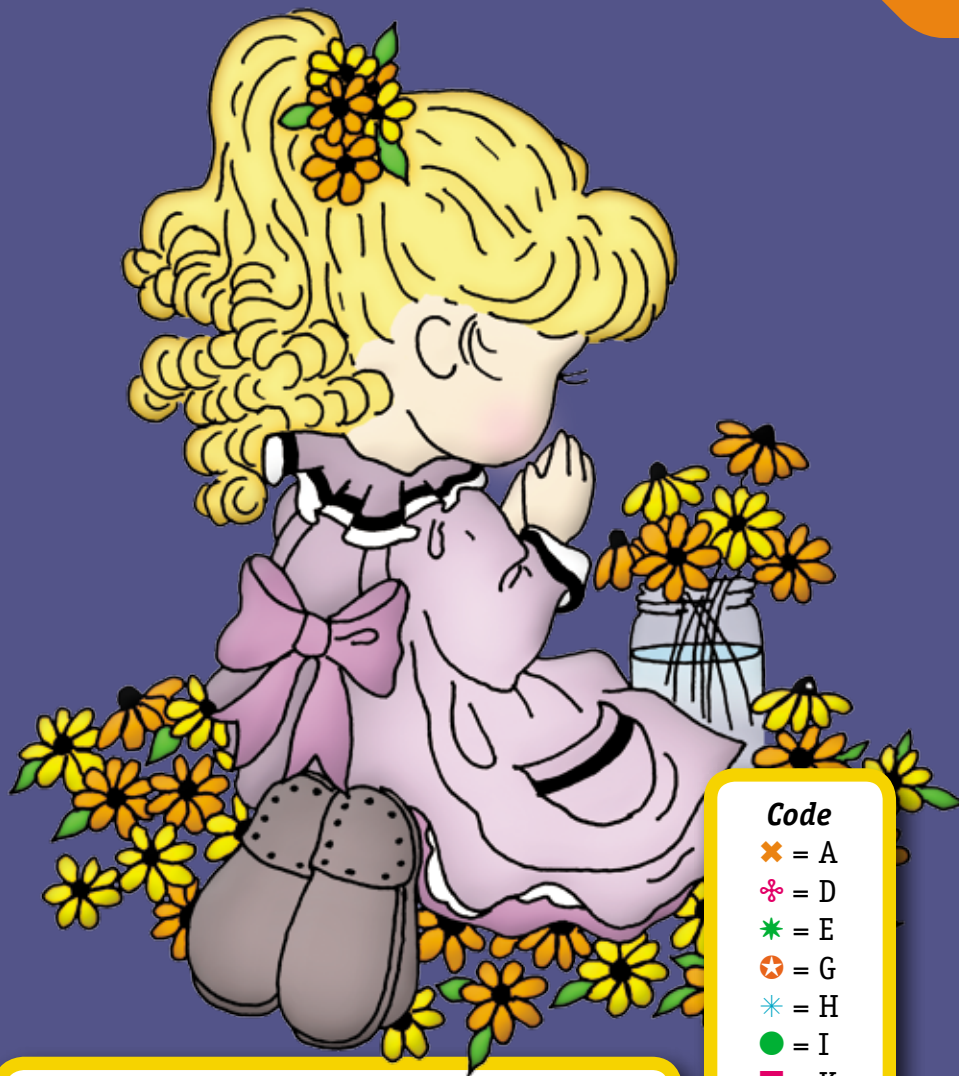
Hi Kids!

November is Thanksgiving Month in the United States. It's a month where we remember that the Pilgrims' prayers were answered when they prayed for food. God sent the Native Americans to bring them food, and the tradition of Thanksgiving Day was born!

Can you think of someone who needs a helping hand? Maybe you can rake some leaves, or even bake them a pumpkin pie. Do something special for someone and you'll feel really good!

Your friend, Tammy

PS: Enjoy this month's Bible Code!



## Memory verse

Matthew 25:40: "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." (KJV)

Try it!



## Check out this website!

Make a Thanksgiving card to share with someone! You'll find the steps here:  
[www.3abn.org/go/kids/2004-11](http://www.3abn.org/go/kids/2004-11)

### Code

- ✕ = A
- ✿ = D
- \* = E
- ⊗ = G
- ✧ = H
- = I
- = K
- ▲ = L
- ▼ = N
- ❖ = O
- 💧 = R
- = S
- = T
- ◻ = U
- ◆ = V

## Bible Code

Use the code to figure out the message below.

— — — — —  
 ❖ ⊗ ● ◆ \* ○ \* ✕ ▼ ■ ▪  
 — — — — —  
 ◻ ▼ ○ ❖ ○ \* \* ▲ ❖ 💧 ✿!

# Rewards Out of This World!

“This country has many great traditions, and volunteering is surely one of the nobler ones,” says Ethel Carlsson, as she begins to talk about one of her favorite subjects. “For 24 years



*Ethel Carlsson has volunteered in many countries and dedicated three years of service to 3ABN. She currently lives in Walla Walla, Washington.*

speech — with just a touch of her native Swedish accent — and her sweet concern for all she comes in contact with are outward expressions of her love for Jesus. Her first contact with 3ABN happened several years ago when a local church member, who was excited about 3ABN, installed a large satellite dish at her home in Gold Beach, Oregon. This was his “mission work,” and soon he had an eager recruit. “I would go to bed, and I would record 3ABN all night,” Ethel says. “We started a lending library of tapes, and now all of the church members have 3ABN dishes in their homes!”

But something troubled her. She had started calling 3ABN’s fledgling Marketing Department and couldn’t always get through. At the time there were only one or

two people working there, and she sensed a need. “I thought to myself, ‘If there isn’t anyone there to always answer the phone, then maybe I could help.’” And the rest is history.

Ethel worked tirelessly in both our Call Center and Marketing Departments in a variety of positions for three years. “My fondest memories of working at 3ABN involved getting the word out about

the wonderful programs and events to the church magazines as well as the local and national newspapers,” she adds with a smile. “One of my favorite authors says this: ‘In such a time as this every child of God should be actively engaged in helping others.’<sup>1</sup> ‘For all that we

speech — with just a touch of her native Swedish accent — and her sweet concern for all she comes in contact with are outward expressions of her love for Jesus. Her first contact with 3ABN happened several years ago when a local church member, who was excited about 3ABN, installed a large satellite dish at her home in Gold Beach, Oregon. This was his “mission work,” and soon he had an eager recruit. “I would go to bed, and I would record 3ABN all night,” Ethel says. “We started a lending library of tapes, and now all of the church members have 3ABN dishes in their homes!”

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**Want to volunteer at 3ABN?**  
**Call Debbie Otterson:**  
**618-627-4651 ext. 3008**

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*Above: Grace Yost gives tours of 3ABN’s studios to the thousands of visitors each year.*



*Left: June Cobb and Donna Carr collate children’s activity books, which are sent as free gifts to young viewers all over the world.*



*Below: Robert Turner staples the books together when they are completed. Each booklet is a labor of love.*





*Clint Cobb's wiring skills really come in handy, and save us a bundle! Below, Dick Hutchinson helps us save thousands of dollars each year printing materials on our own presses.*

might become through the right use of our talents God holds us responsible.”<sup>2</sup> “And besides,” she adds, “in blessing others, volunteers bring down God’s richest blessings on themselves!”

Volunteer workers lighten the load, speed up the work and spread a wonderful spirit of joy. They are typically pleasant and affable people, and they bring joy to the work place. Truly they have found the true source of happiness

through altruism — helping others expecting nothing in return, and the rewards are out of this world!

Many 3ABN volunteers have worked in our Call Center, Administration, and Pastoral Ministries offices. Others have volunteered on the road with our production crew. And some have even followed us around the country decorating the stages for our live events with flowers! We can’t begin to thank all of those who have helped us in preparing for camp meetings, and all of our guests, who are volunteers as well, giving of their time and paying for their travel expenses to come and record programs!

We praise God for so many who have answered the Holy Spirit’s call to help stretch the reach of the gospel by working for Him! Together we can work to hasten our Lord’s soon coming! ■

1. Ellen G. White, *Christ’s Object Lessons*, p. 363.
2. Ellen G. White, *Christian Service*, p. 260.

## Come Before Winter

**A**s I drove up one gusty August afternoon, Hal had just hung a squirrel feeder in the backyard and restored the dilapidated one for the birds. I asked what he was doing and he said, “Getting ready for winter.”

“Honey, it’s a long way from winter.”

“Tell that to the squirrels and birds when the snow starts to fall,” he replied.

It reminded me of the words of Paul in 2 Timothy 4:21: “Do thy diligence to come before winter.” Paul was in a jail cell in Rome and needed help when he asked his young disciple to bring him three things: his cloak, his books, and his parchments. Undoubtedly these things were of great importance to him, but why?

First, he asked for his cloak in preparation for his health. Next, he asked for his books — most likely scriptures which would prepare him for holiness. And last he

asked for his parchments — perhaps the words he had personally penned about his Lord. Could these parchments have been Paul’s way of making preparation for his happiness in the winter of his life? The Bible doesn’t say whether

Timothy brought them in time, but what if he was too “busy” with conferences, programs, or the mundane, so that he arrived too late? How sad that would have been.

Our Lord has many children who are going through winter seasons and need someone willing to come before winter to provide feeders of health, holiness, and happiness. The snow will come — are you making preparation? ■

By Mollie Steenson.



*Mollie Steenson is Operations Manager for 3ABN.*

# SCHEDULES

The following schedules provide a general overview of the weekly program lineup. **Programs in RED are changes from the previous month.** Special events that may preempt the regularly scheduled programming are not included in the listings. Check out the "Programming" section of our website, [www.3abn.org](http://www.3abn.org), for more detailed weekly schedules and program changes.

United States Time Zones: PT = Pacific (UTC-8); MT = Mountain (UTC-7); CT = Central (UTC-6); ET = Eastern (UTC-5). During Daylight Saving Time (DST), all hours reflect DST hours. 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.

## 3ABN Today Live

November 2004

If you like to hear miracle stories, then you won't want to miss a very special *3ABN Today LIVE* program on November 11 (8:00 p.m. Central).

Join Danny Shelton and special guests as we take a look back on 20 years of miracles and celebrate what the Lord has done through the ministry of Three Angels Broadcasting Network.



*Celebrate 20 years of miracles with 3ABN Founder and President Danny Shelton.*

▼ Date    ▼ Guest/Topic    Time: Thursday at 8:00 PM Central; repeat Friday at 1:00 AM Central

11/4	3ABN Special
11/11	3ABN 20th Anniversary Special
11/18	Behind the Scenes at 3ABN
11/25	3ABN Thanksgiving Special

## Special programs coming up . . .

11/5-11/14: '04 Revival with Doug Batchelor  
6:00-7:30 p.m. Central

# 3ABN TELEVISION : NOVEMBER : SUNDAY

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Windows of Hope	
12:30	1:30	2:30	3:30	Homeschool of Health	
1:00a	2:00a	3:00a	4:00a	Melody From My Heart	
1:30	2:30	3:30	4:30	Faith Chapel	
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ	
2:30	3:30	4:30	5:30	...continued	
3:00a	4:00a	5:00a	6:00a	3ABN On the Road	
3:30	4:30	5:30	6:30	...continued	
4:00a	5:00a	6:00a	7:00a	Marriage Matters	
4:30	5:30	6:30	7:30	Christian Concerns	
5:00a	6:00a	7:00a	8:00a	Kids Time Praise	
5:30	6:30	7:30	8:30	Janice's Attic	
6:00a	7:00a	8:00a	9:00a	3ABN Today	
6:30	7:30	8:30	9:30	...continued	
7:00a	8:00a	9:00a	10:00a	Digging Up the Past	
7:30	8:30	9:30	10:30	Voice of Prophecy	
8:00a	9:00a	10:00a	11:00a	Worship Hour	
8:30	9:30	10:30	11:30	...continued	
9:00a	10:00a	11:00a	Noon	The Revelation of Jesus Christ	
9:30	10:30	11:30	12:30	...continued	
10:00a	11:00a	Noon	1:00p	Melody From My Heart	
10:30	11:30	12:30	1:30	World Prophecy News/Health Headlines	
11:00a	Noon	1:00p	2:00p	Abundant Living	
11:30	12:30	1:30	2:30	Left Behind: Fact or Fiction?	
Noon	1:00p	2:00p	3:00p	Faith Chapel	
12:30	1:30	2:30	3:30	Back to Nature/Rags to Riches	
1:00p	2:00p	3:00p	4:00p	3ABN Today LIVE (repeat)	
1:30	2:30	3:30	4:30	...continued	
2:00p	3:00p	4:00p	5:00p	...continued	
2:30	3:30	4:30	5:30	...continued	
3:00p	4:00p	5:00p	6:00p	The Carter Report	
3:30	4:30	5:30	6:30	...continued	
4:00p	5:00p	6:00p	7:00p	Adventures in Missions	('04 Revival)
4:30	5:30	6:30	7:30	3ABN On the Road	('04 Revival)
5:00p	6:00p	7:00p	8:00p	...continued	('04 Revival)
5:30	6:30	7:30	8:30	Issues & Answers	
6:00p	7:00p	8:00p	9:00p	Christian Concerns	
6:30	7:30	8:30	9:30	Food for Thought	
7:00p	8:00p	9:00p	10:00p	3ABN Today	
7:30	8:30	9:30	10:30	...continued	
8:00p	9:00p	10:00p	11:00p	Wonderfully Made	
8:30	9:30	10:30	11:30	Melody From My Heart	
9:00p	10:00p	11:00p	Mon	The Revelation of Jesus Christ	
9:30	10:30	11:30	12:30	...continued	
10:00p	11:00p	Mon	1:00a	Christian Concerns	
10:30	11:30	12:30	1:30	Global Mission Frontline	
11:00p	Mon	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	...continued	

### 3ABN TELEVISION : NOVEMBER : **MONDAY**

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	Janice's Attic
1:30	2:30	3:30	4:30	Adventures in Missions
2:00a	3:00a	4:00a	5:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Dynamics in the Science of Prayer
3:30	4:30	5:30	6:30	Thinking About Home
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	By My Spirit
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	House Calls (live)
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Left Behind: Fact or Fiction?
8:30	9:30	10:30	11:30	Food for Thought
9:00a	10:00a	11:00a	Noon	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Issues & Answers
11:00a	Noon	1:00p	2:00p	Breath of Life
11:30	12:30	1:30	2:30	Cooking by the Book
Noon	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Faith Chapel
4:00p	5:00p	6:00p	7:00p	Laymen Ministries ('04 Revival)
4:30	5:30	6:30	7:30	Bible Answers ('04 Revival)
5:00p	6:00p	7:00p	8:00p	House Calls (repeat) ('04 Revival)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Christian Concerns
6:30	7:30	8:30	9:30	Windows of Hope
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	The Carter Report
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Tue	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Tue	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Genesis to Revelation Seminar
11:00p	Tue	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

### 3ABN TELEVISION : NOVEMBER : **TUESDAY**

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Kids Time Praise
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	By My Spirit
1:30	2:30	3:30	4:30	Health for a Lifetime
2:00a	3:00a	4:00a	5:00a	Revelation Insights
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Homeschool of Health
3:30	4:30	5:30	6:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Abundant Living
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today LIVE (repeat)
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	...continued
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Rags to Riches/Health Headlines
8:30	9:30	10:30	11:30	Breath of Life
9:00a	10:00a	11:00a	Noon	Revelation Insights
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	Help Yourself to Health
11:30	12:30	1:30	2:30	His Words Are Life/Back to Nature
Noon	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Kids Time Praise
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Wonderfully Made
3:30	4:30	5:30	6:30	Exalting His Word
4:00p	5:00p	6:00p	7:00p	Cooking by the Book ('04 Revival)
4:30	5:30	6:30	7:30	Lift Him Up ('04 Revival)
5:00p	6:00p	7:00p	8:00p	By My Spirit ('04 Revival)
5:30	6:30	7:30	8:30	Abundant Living
6:00p	7:00p	8:00p	9:00p	Help Yourself to Health
6:30	7:30	8:30	9:30	Global Mission Frontline
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Rags to Riches/Back to Nature
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	Wed	Revelation Insights
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Wed	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Lift Him Up
11:00p	Wed	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

3ABN TELEVISION : NOVEMBER : **WEDNESDAY**

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	Janice's Attic
1:30	2:30	3:30	4:30	Melody From My Heart
2:00a	3:00a	4:00a	5:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Back to Nature/His Words Are Life
3:30	4:30	5:30	6:30	Teen Pathways
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Bible Answers
5:00a	6:00a	7:00a	8:00a	Marriage Matters
5:30	6:30	7:30	8:30	Laymen Ministries
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Adventures in Peace and Happiness
7:30	8:30	9:30	10:30	3ABN On Location
8:00a	9:00a	10:00a	11:00a	...continued
8:30	9:30	10:30	11:30	Voice of Prophecy
9:00a	10:00a	11:00a	Noon	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	3ABN On the Road
11:30	12:30	1:30	2:30	...continued
Noon	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Thinking About Home
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Teen Pathways
4:00p	5:00p	6:00p	7:00p	Adventures in Peace and Hap. ('04 Revival)
4:30	5:30	6:30	7:30	ASI Video Magazine ('04 Revival)
5:00p	6:00p	7:00p	8:00p	Marriage Matters ('04 Revival)
5:30	6:30	7:30	8:30	Health for a Lifetime
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	World Prophecy News/Rags to Riches
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Everlasting Gospel
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Thu	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Thu	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Health for a Lifetime
11:00p	Thu	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

3ABN TELEVISION : NOVEMBER : **THURSDAY**

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Kids Time Praise
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	3ABN On Location
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	Revelation Insights
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Issues & Answers
3:30	4:30	5:30	6:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Variety
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Digging Up the Past
7:30	8:30	9:30	10:30	His Words Are Life/Health Headlines
8:00a	9:00a	10:00a	11:00a	ASI Video Magazine
8:30	9:30	10:30	11:30	Homeschool of Health
9:00a	10:00a	11:00a	Noon	Revelation Insights
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Issues & Answers
11:00a	Noon	1:00p	2:00p	Lift Him Up
11:30	12:30	1:30	2:30	Wonderfully Made
Noon	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Food for Thought
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Kids Time Praise
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Digging Up the Past
3:30	4:30	5:30	6:30	Health Headlines/Back to Nature
4:00p	5:00p	6:00p	7:00p	The Carter Report ('04 Revival)
4:30	5:30	6:30	7:30	...continued ('04 Revival)
5:00p	6:00p	7:00p	8:00p	Sacramento Central Sabbath S. ('04 Revival)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	3ABN Today LIVE
6:30	7:30	8:30	9:30	...continued
7:00p	8:00p	9:00p	10:00p	...continued
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Marriage Matters
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	Fri	Revelation Insights
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Fri	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Abundant Living
11:00p	Fri	1:00a	2:00a	3ABN Today LIVE (repeat)
11:30	12:30	1:30	2:30	...continued

### 3ABN TELEVISION : NOVEMBER : FRIDAY

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	3ABN Today LIVE (cont.)
12:30	1:30	2:30	3:30	...continued
1:00a	2:00a	3:00a	4:00a	Sacramento Central Sabbath School
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	3ABN On the Road
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Melody From My Heart
5:00a	6:00a	7:00a	8:00a	By My Spirit
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Teen Pathways
7:30	8:30	9:30	10:30	Breath of Life
8:00a	9:00a	10:00a	11:00a	Adventures in Peace and Happiness
8:30	9:30	10:30	11:30	Genesis to Revelation Seminar
9:00a	10:00a	11:00a	Noon	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	Wonderfully Made
11:30	12:30	1:30	2:30	By My Spirit
Noon	1:00p	2:00p	3:00p	Windows of Hope
12:30	1:30	2:30	3:30	Dynamics in the Science of Prayer
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Variety
4:00p	5:00p	6:00p	7:00p	Breath of Life ('04 Revival)
4:30	5:30	6:30	7:30	3ABN On the Road ('04 Revival)
5:00p	6:00p	7:00p	8:00p	...continued ('04 Revival)
5:30	6:30	7:30	8:30	Faith Chapel
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	Teen Pathways
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	By My Spirit
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	Sat	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Sat	1:00a	Sacramento Central Sabbath School
10:30	11:30	12:30	1:30	...continued
11:00p	Sat	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

### 3ABN TELEVISION : NOVEMBER : SATURDAY

PT	MT	CT	ET	← CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Bible Answers
12:30	1:30	2:30	3:30	Breath of Life
1:00a	2:00a	3:00a	4:00a	Melody From My Heart
1:30	2:30	3:30	4:30	Issues & Answers
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	3ABN On the Road
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Exalting His Word
4:30	5:30	6:30	7:30	Faith Chapel
5:00a	6:00a	7:00a	8:00a	Tiny Tots for Jesus
5:30	6:30	7:30	8:30	Kids Time
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Sacramento Central Sabbath School
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	SDA Worship Hour
8:30	9:30	10:30	11:30	...continued
9:00a	10:00a	11:00a	Noon	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Lift Him Up
11:00a	Noon	1:00p	2:00p	Global Mission Frontline
11:30	12:30	1:30	2:30	Exalting His Word
Noon	1:00p	2:00p	3:00p	Marriage Matters
12:30	1:30	2:30	3:30	Laymen Ministries
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	3ABN On Location
2:30	3:30	4:30	5:30	...continued
3:00p	4:00p	5:00p	6:00p	Kids Time Praise
3:30	4:30	5:30	6:30	Tiny Tots for Jesus
4:00p	5:00p	6:00p	7:00p	Kids Time ('04 Revival)
4:30	5:30	6:30	7:30	3ABN On the Road ('04 Revival)
5:00p	6:00p	7:00p	8:00p	...continued ('04 Revival)
5:30	6:30	7:30	8:30	His Words Are Life/Rags to Riches
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	Homeschool of Health
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Wonderfully Made
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	Sun	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Sun	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Bible Answers
11:00p	Sun	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued



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CT	SUNDAY
2:00a	Dimensions in Prophecy
2:30	...continued
3:00a	<b>Thinking About Home</b>
3:30	Genesis to Revelation Seminar
4:00a	Musical Meditations
4:30	...continued
5:00a	...continued
5:30	...continued
6:00a	Freedom's Ring/ <b>Abundant Living</b>
6:30	<b>Rags to Riches</b> /Growing in Grace
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	Sabbath School
10:30	...continued
11:00a	Worship Hour
11:30	...continued
<b>Noon</b>	Thinking About Home
12:30	Christian Concerns
1:00p	Dimensions in Prophecy
1:30	...continued
2:00p	Your Story Hour
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	Genesis to Revelation Seminar
7:30	<b>Rags to Riches</b> /Growing in Grace
8:00p	3ABN Today
8:30	...continued
9:00p	Bible Answers LIVE
9:30	...continued
10:00p	Dimensions in Prophecy
10:30	...continued
11:00p	Endtime Insights/Doorways
11:30	Freedom's Ring/ <b>Abundant Living</b>
<b>Mon</b>	Revelation Insights
12:30	...continued
1:00a	3ABN Today
1:30	...continued

CT	MONDAY
2:00a	Health for a Lifetime
2:30	His Words Are Life/Endtime Insights
3:00a	Marriage Matters
3:30	<b>Profiles</b> (new!)
4:00a	Musical Meditations
4:30	...continued
5:00a	...continued
5:30	...continued
6:00a	Help Yourself to Health
6:30	Christian Concerns
7:00a	Your Family Health/Taste of Health
7:30	Between the Lines
8:00a	3ABN Today
8:30	...continued
9:00a	Crossroads on 3ABN Radio
9:30	...continued
10:00a	When God's People Pray
10:30	Homeschool of Health
11:00a	3ABN On the Road
11:30	...continued
<b>Noon</b>	Your Story Hour
12:30	Marriage Matters
1:00p	Health for a Lifetime
1:30	His Words Are Life/Endtime Insights
2:00p	Kids Time
2:30	Issues & Answers
3:00p	Wonderfully Made
3:30	It Is Written
4:00p	Revelation Insights
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	...continued
6:30	...continued
7:00p	Between the Lines
7:30	Health Headlines/Doorways
8:00p	Help Yourself to Health
8:30	Breath of Life
9:00p	3ABN Today
9:30	...continued
10:00p	Your Story Hour
10:30	It Is Written
11:00p	Crossroads on 3ABN Radio
11:30	...continued
<b>Tue</b>	Revelation Insights
12:30	...continued
1:00a	3ABN Today
1:30	...continued

CT	TUESDAY
2:00a	Bible Answers LIVE (repeat)
2:30	...continued
3:00a	Marriage Matters
3:30	Issues & Answers
4:00a	Musical Meditations
4:30	...continued
5:00a	...continued
5:30	...continued
6:00a	Help Yourself to Health
6:30	Freedom's Ring/Rags to Riches
7:00a	Thinking About Home
7:30	Between the Lines
8:00a	3ABN Today
8:30	...continued
9:00a	Crossroads on 3ABN Radio
9:30	...continued
10:00a	Abundant Living/Growing in Grace
10:30	Homeschool of Health
11:00a	3ABN On the Road
11:30	...continued
<b>Noon</b>	Your Story Hour
12:30	Marriage Matters
1:00p	Melody From My Heart
1:30	By My Spirit
2:00p	Kids Time
2:30	Issues & Answers
3:00p	Wonderfully Made
3:30	It Is Written
4:00p	Revelation Insights
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	...continued
6:30	...continued
7:00p	Between the Lines
7:30	Thinking About Home
8:00p	Help Yourself to Health
8:30	You Ask, God Answers
9:00p	3ABN Today
9:30	...continued
10:00p	Your Story Hour
10:30	It Is Written
11:00p	Crossroads on 3ABN Radio
11:30	...continued
<b>Wed</b>	Revelation Insights
12:30	...continued
1:00a	3ABN Today
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	Marriage Matters	3:00a	Marriage Matters
3:30	Issues & Answers	3:30	Issues & Answers
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	Help Yourself to Health
6:30	Christian Concerns	6:30	Doorways/Rags to Riches
7:00a	Your Family Health/Taste of Health	7:00a	Thinking About Home
7:30	Between the Lines	7:30	Between the Lines
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	When God's People Pray	10:00a	Abundant Living/Growing in Grace
10:30	Homeschool of Health	10:30	Homeschool of Health
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
<b>Noon</b>	Your Story Hour	<b>Noon</b>	Your Story Hour
12:30	Marriage Matters	12:30	Marriage Matters
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	Wonderfully Made	3:00p	Wonderfully Made
3:30	It Is Written	3:30	It Is Written
4:00p	Revelation Insights	4:00p	Revelation Insights
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	Between the Lines	7:00p	Between the Lines
7:30	Health Headlines/Freedom's Ring	7:30	<b>Profiles</b> (new!)
8:00p	Help Yourself to Health	8:00p	3ABN Today LIVE
8:30	Breath of Life	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
<b>Thu</b>	Revelation Insights	<b>Fri</b>	Revelation Insights
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	Dimensions in Prophecy
2:30	...continued	2:30	...continued
3:00a	Marriage Matters	3:00a	Thinking About Home
3:30	Issues & Answers	3:30	Genesis to Revelation Seminar
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	Your Family Health/Taste of Health	7:00a	Your Story Hour
7:30	Between the Lines	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	Janice's Attic
10:00a	When God's People Pray	10:00a	Sabbath School
10:30	Homeschool of Health	10:30	...continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	...continued	11:30	...continued
<b>Noon</b>	Your Story Hour	<b>Noon</b>	Thinking About Home
12:30	Marriage Matters	12:30	By My Spirit
1:00p	Health for a Lifetime	1:00p	3ABN On the Road
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	A New Revelation
3:00p	Wonderfully Made	3:00p	Breath of Life
3:30	You Ask, God Answers	3:30	When God's People Pray
4:00p	Revelation Insights	4:00p	Dimensions in 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	Between the Lines	7:00p	Genesis to Revelation Seminar
7:30	More Abundant Life	7:30	More Abundant Life
8:00p	Help Yourself to Health	8:00p	Bible Answers
8:30	Genesis to Revelation Seminar	8:30	Rags to Riches/Growing in Grace
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	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
<b>Sat</b>	A Closer Look	<b>Sun</b>	A Closer Look
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

## BLESS YOU!

How to prevent a cold — and some old-fashioned remedies if you catch one!



Dr. Walter Thompson is a semi-retired surgeon from Chicago who currently serves as 3ABN's board chairman.

**A**re you tired of “catching colds”? Here are some ideas about how *not* to get “caught,” and some simple, risk-free treatment options if you do! All of our 3ABN health programming is geared towards **prevention** of disease, so let’s see what we can do to avoid them:

- 1 **Without being rude, avoid close contact with the “bugs.”** Cold viruses spread by sneezing, coughing, and direct hand-to-hand contact, and a person is most contagious when they first feel ill. Love your friends from a distance until they get well — and wash your hands before touching your face!
- 2 **Keep your immune system healthy by not “pigging out” on junk food and drinks — including milk!** Stick to plenty of unrefined plant foods, go to bed early, and fill your body with plenty of water — at least 8 glasses a day! Take a long walk every day preferably in the sunshine and in pure air. Avoid tobacco, alcohol, caffeine, and other drugs.
- 3 **Manage your stress.** Begin each day with God, asking Him to fill your life with His love — in fact, nothing works better than love to eliminate stress!

“Cold” viruses begin multiplying rapidly in your throat and nose, spreading quickly to the rest of your body. Therefore, **the best time to treat a cold is when you first develop symptoms.** To get over a cold quickly, do all of the above, plus the following:

- 1 **Take a long, hot bath. Dry off quickly, then crawl into bed and cover up, allowing your body to cool slowly before resuming activity. Be sure to drink plenty of water to replace what you’ll lose in perspiration.**

- 2 **Here’s an “old-fashioned” way to cure a sore throat: Wrap a clean, wet sock around your neck, cover the sock with a plastic wrap, and pin a warm scarf snugly around it. Remember that the “bugs” hate the heat!**
- 3 **Place a quarter teaspoon of salt in a bit of warm water and gargle several times daily. This kills and washes away the “bugs” before they can multiply.**
- 4 **Garlic, echinacea, and plant foods high in natural vitamins will boost your immune system.**

And by the way, love your neighbor by avoiding the spreading of your germs to him or her. Don’t sneeze or cough around others, and dispose of your used tissues where others won’t have to handle them. If you must touch public things, be sure your hands are clean. These simple ideas have been around for a long, long time. Use them and you’ll agree that our bodies are “fearfully and wonderfully made”! (Psalm 139:14.) ■

By Walter Thompson, MD.

## Video of the Month

Our November Video of the Month is an exciting account of miracles all over the world with Pastor Mark Finley, of the *It Is Written* telecast! This two-hour 3ABN *Today* program will renew your faith, and it can be yours for only \$20 postpaid on VHS or DVD. Call us during regular business hours and order your copy today!



## Giving

**W**e are so grateful for your faithful prayers and financial support which have kept 3ABN’s ministry going and growing for the past 20 years! Your regular monthly gifts have allowed 3ABN to continue broadcasting to the world, and your larger gifts have helped this ministry to grow.

Another wonderful way to support is through Charitable Gift Annuities. They provide a fixed rate of interest based on the age of the annuitant that can go as high as 11.3% for persons of 90 years and over, along with a large charitable deduction and a tax-free income.

For more information on funding a Charitable Gift Annuity with 3ABN please contact Dr. Leonard and Rita Westphal, and thank you for your continuing support for this ministry!

**For more information:**  
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