

# 3ABN

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## WORLD

A friendly church

### Come to West Jordan!

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Shelley Quinn hosts

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Shelley Quinn  
Host of *Exalting His Word*

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## WELCOME

**W**elcome to *3ABN World* magazine! If you're looking for encouragement this month, you won't have to look far. Just read about the viewers in Salt Lake City, Utah, who are finding a wonderful church home at the West Jordan Seventh-day Adventist Church (p. 6). Then find out how God answered a very specific prayer for Stacy Truhlar in Pennsylvania (p. 8). And we know you'll enjoy Teresa Wilson's mouth-watering recipe for Stuffed Manicotti (p. 14)! It's all here along with your TV and Radio Preview Guides, a devotional, and much more. So relax, read, and enjoy — and we hope to see you at this year's 3ABN Spring Camp Meeting (May 25–28)!



ISSN 1552-4140

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**About 3ABN World**  
*3ABN World* is a monthly publication of Three Angels Broadcasting Network. Subscriptions are free.

**Subscriber services**  
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3ABN Call Center  
 Attn: Subscriber Services  
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 West Frankfort, IL 62896-0220  
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 Subscribe online at [www.3abn.org](http://www.3abn.org)

**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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 Website: [www.3abn.org](http://www.3abn.org)

Office hours (Central Time):  
 Mon–Thu: 8:00 a.m. to 5:30 p.m.  
 Fri: 8:00 a.m. to 12:00 noon

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“We also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it . . . as it is in truth, the word of God, which also effectively works in you who believe.”

**1 THESSALONIANS 2:13 (NKJV)**

Dear Family,

Every day I receive thrilling testimonies! Some share how our programs have led to an exciting conversion experience, deliverance from darkness, or great comfort in trials. Others say our Scripture-based messages caused them to reexamine and change their walk with God, brought them back to church, or introduced them to a closer relationship with Christ. Can you see why I stay so excited?

Different presenters draw different folks. We're blessed to have an array of speakers that appeal to a variety of viewers. Still, there's one thing we know: **It's not about the messenger—it's about the message!**

Led by the Spirit, we do our best to make certain that 3ABN broadcasts the undiluted truth of God. Thank God our programs are received as His wonderful words of life. His Word is doing an effective work throughout the world!

Thank you for helping us spread the Gospel. Your prayers and financial support keep us growing and going forward. May the Lord bless you more than you could ever ask or think.

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: worldmagazine@3abn.org

### MEXICO, PAMPANGA PHILIPPINES:

"I am a frequent watcher of 3ABN programs... and learning the truth about the Sabbath led me to become a part of the Adventist believers. I was baptized in 2002, and I owe 3ABN a great deal of gratitude for airing such Christian programs which helped pave the way for my soul's conversion and salvation. Thank you and God bless you more!"

### VIA E-MAIL:

"Until I found your network on Dominion Sky Angel, I was not very familiar with vegetarian cuisine. I thought being a vegetarian meant picking the pepperoni off your pizza and eating your cheeseburger

without the burger! Over the last three years I've been able to learn new cooking skills, and dramatically improve the health of my family. My children love the *Tiny Tots for Jesus* program, especially the cooking segments. My son even gave his preschool teacher a lecture on milk during snack time, and then insisted on having apple juice instead! I appreciate all your hard work and look forward to many more quality programs."

### LEBANON, MISSOURI:

"Thank you for broadcasting the truth. My girlfriend and I, while searching for the truth, had our prayers answered by watching 3ABN. We have been recently baptized in the Seventh-day Adventist church. We will never be the same."

### SAN ANTONIO, TEXAS:

"I was once an active member in the church many years ago, but like so many, I was led astray and turned my back on God. Through the years I

have had many hardships, a divorce, several terrible injuries, bankruptcy, etc. I tried so very hard to make things happen, to be a good person, but nothing came of it. I hit bottom last year. I clinched my fist in anger and screamed at God, "Why, why?" I see now that it was self that was the problem all the time. I saw 3ABN on channel 14 here in San Antonio, but would just skip by it on my way to the next babbling program on TV. One night I actually stopped and listened for a while. Before long it became a regular morning thing for me. God was working on my heart. The sin in my life was being revealed to me. That was three months ago. Two weeks ago I came home from work on Friday and told my wife that I couldn't live like this anymore. I got on the computer, found the address to the nearest Seventh-day Adventist church, and we went. For the first time I can say that I know that I am forgiven. I could not say that just six months ago! Thank you,

and God bless the ministry He has guided you into!"

### SULTANATE OF OMAN:

"We have an attendance of about 40 members in our church, including children. Every year we have a special project which we call Our Gift to Jesus. This year our project was to collect funds for 3ABN which we are now sending you. Please find enclosed a check for \$500. There are many people in Oman who keenly watch 3ABN and also listen to 3ABN Radio, and we do hope to contact them, since many of them do not know that there is a Seventh-day Adventist church in Oman. Please pray for us. We do remember you all in our daily prayers."

### EUREKA, SOUTH DAKOTA:

"Dear 3ABN, just a note with the check. This is special from me. I was dog-sitting for my friends for a few weeks, so I'm sending a good portion of the check to help keep 3ABN on the air. I need 3ABN since I live alone."

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.

# Watch 3ABN And Come to West Jordan!



Above: Pastor Dick Bullock baptizes Jane Jacob, a 3ABN viewer from Salt Lake City, Utah.

**W**hen you visit the West Jordan Seventh-day Adventist Church in Salt Lake City, Utah, you'll notice that members come dressed in many ways, most of them are smiling, and that you can't get in the door without being warmly greeted!

For the past seven years, Pastor Dick Bullock has led a growing congregation that today numbers 150 vibrant Christians, and for all of those years and more, 3ABN has been broadcast throughout the Salt Lake Valley.

"Channel 26 is a 3ABN affiliate station, and is owned by Christian Life Broadcasting," Pastor Bullock explains. "The station is supported by

all the local churches, and the transmitter and antenna are located at the Wasatch Hills Seventh-day Adventist Church, overlooking the valley. We make sure that a real person answers when viewers call the local number on their screen."

Pastor Bullock explains that 3ABN has helped his church in two ways. "It has gotten into homes that we wouldn't even know about, and it has given us a common bond as a church family — with each other, and with people who visit us for the first time after watching for a while."

Increasing numbers of 3ABN viewers from Salt Lake City have been coming to these local churches, and

they're finding a wonderful fellowship of believers. "I usually introduce our visitors to my congregation, and then ask my members to raise their hands if they first came to our church through watching 3ABN. When so many hands go up, it makes our visitors feel very much at home."

We praise the Lord for Pastor Bullock and his church family for providing 3ABN viewers with a place of worship and a family — the family of God.

And if you're ever in the Salt Lake City, Utah, area, don't leave without spending a wonderful Sabbath day with the West Jordan Seventh-day Adventist Church family. You'll be glad you did! ■

*Above: The West Jordan Seventh-day Adventist Church, 2125 W 9000 S, West Jordan, UT 84088. Telephone: (801) 566-7100.*

# TESTIMONY



L to R: The Williamsport, Pennsylvania, Seventh-day Adventist Church. Stacy Truhlar (right) recently joined the Williamsport church along with several other candidates. Visitors to the Williamsport church will find a warm church family ready to greet them.

Photos: Elaine Scott

“3ABN will soon be added to SusCom Digital Cable!” The news caught Stacy Truhlar’s attention as she channel-surfed. She had seen the rest, and this new religious channel intrigued her.

Over the years, Stacy’s lifestyle choices had left her feeling empty and broken. Relationships and drinking could not fill the emptiness in her life. “I would hear people say, ‘The Bible says this or that,’ but I am one who needs to see for myself.”

About two years ago the Lord impressed her to pick up the Bible and start reading, and soon she fell in love with Jesus Christ. She began to visit various churches, but did not

attend any of them regularly — until she began watching 3ABN.

She listened intently when she heard about the seventh-day Sabbath, and soon she decided to visit the Williamsport, Pennsylvania, Seventh-day Adventist Church.

Naturally, she was a bit nervous to walk into a new church full of strangers by herself. That morning she prayed to find someone there that she knew, and imagine her surprise as she saw her son’s doctor sitting in the congregation!

After church Dr. Sharon Michael invited Stacy to go with her to Sabbath lunch at a friend’s house. “I never lacked an invitation for Sab-

bath lunch for the next two months!” Stacy says.

Happiness filled her heart at her outdoor baptism a few months later, and her family’s initial concern turned to joy as they saw the changes in her life.

“I had been searching for what was missing in my life, and today I feel at peace and have found true happiness,” Stacy says. “The empty void has been filled!”

Have you seen someone come to your church as the result of watching 3ABN Television or hearing 3ABN Radio? Be ready for them with open hearts, and give them a warm welcome into God’s family! ■

by Berni Denslow

*“I had been searching for what was missing in my life, and today I feel at peace and have found true happiness,” Stacy says. “The empty void has been filled!”*



Berni Denslow and her husband Al travel extensively with our 3ABN production team as volunteers.

# AN ANSWERED PRAYER

## Reach Out and Touch Someone

**T**he phrase, “Reach Out and Touch Someone,” is often overused in our world today; however, with 3ABN Radio, that is exactly what is happening. God has blessed 3ABN Radio with many affiliates that are committed to spreading God’s final message of hope to a lost and dying world. We have received several e-mails from listeners that bring this point home, and here are excerpts from two of those messages:

**“I heard a heartfelt plea to turn to Jesus. I was actually brought to tears as I fell on my knees next to the radio. Thank you so much for your wholesomeness.”**

A listener in Iceland writes: “I am so blessed to have 3ABN Radio and TV here in Iceland. Please keep up the good work. You are blessing so many people that will probably never let you know! May God bless you all, and thank you for not only sharing God’s Word, but it is obvious that a lot of quality

work is done at 3ABN Radio. Best regards to all of you hard workers out in the field. You are working in the right field — God’s field.”

Another listener writes from Channahon, Illinois: “I was bored, I went to the radio ... and heard the most wholesome music I’d ever heard. I heard a heartfelt plea to turn to Jesus. I was actually brought to tears as I fell on my knees next to the radio. Thank you so much for your wholesomeness.”

3ABN Radio Network is fulfilling the gospel commission, reaching out to people everywhere — where they work, in their homes, and in their cars. We want to be ready when God tells His Son, “Go, and bring My children home!” ■

by Jim Morris

**Visit our website at [www.3abn.org/radio/](http://www.3abn.org/radio/) then click on Feedback to give us your comments.**



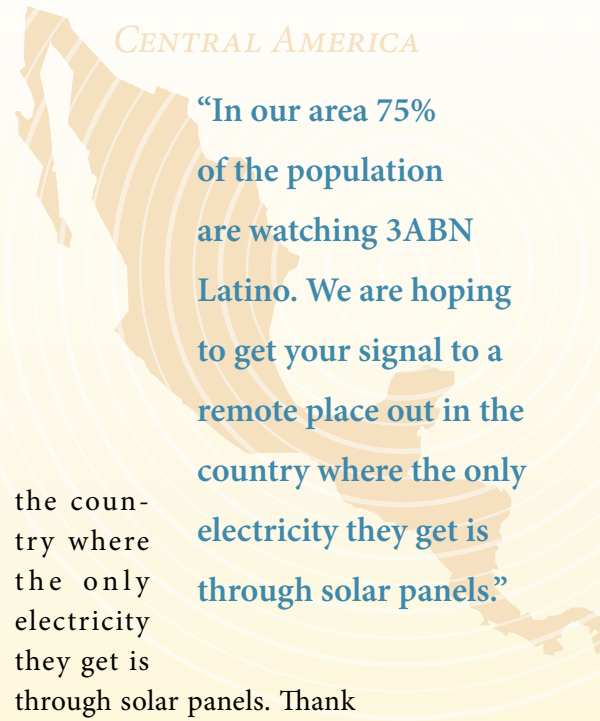
Jim Morris is the General Manager for 3ABN Radio.

## It’s All About Him

**A**t the airport one day I saw a shirt that read, “It’s All About Me.” At first I smiled and thought, “That’s true,” and then I thought, “No, that is *not* true.” How many of us actually think that it *is* true, though? Many, I’m afraid.

It is definitely not about us, it is all about Him! God has given us a task — to go and tell the world that He loves us, and that He wants to spend eternity with us. 3ABN Latino is working hard to make that happen. We receive mail from our viewers every day that tells us how this network has brought them closer to God. I would like to share with you two of the many letters I’ve received.

From Matiquas, Nicaragua, Humberto writes: “We are delighted to tell you that the 3ABN programming has been a blessing to us; in our area 75% of the population are watching 3ABN Latino. We are hoping to get your signal to a remote place out in



the country where the only electricity they get is through solar panels. Thank you for your kindness.”

And this letter arrived from Jalapa, Guatemala: “Your programs at 3ABN Latino are a blessing to me even though I am not a Christian. Please pray that I become one. I know your program helps many people like me. God bless you, Norma.”

God has raised up 3ABN Latino in this day and age to tell everyone that it is not about us. *It’s all about Him!* ■

by Sandra Juárez



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

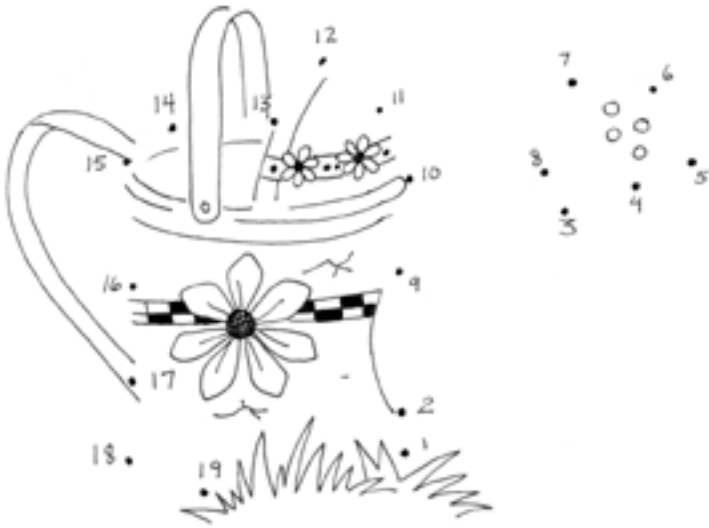
**Hey kids!** Check out our website for instructions on a hummingbird feeder that is simple and fun to make! Find out cool facts about hummingbirds, too!  
[www.3abn.org/go/kids/2005-05](http://www.3abn.org/go/kids/2005-05)



Tammy Larson loves bluegrass gospel music, and has just taught herself to play the fiddle!

## Connect the Dots

Connect the dots and color the picture!



### Memory verse

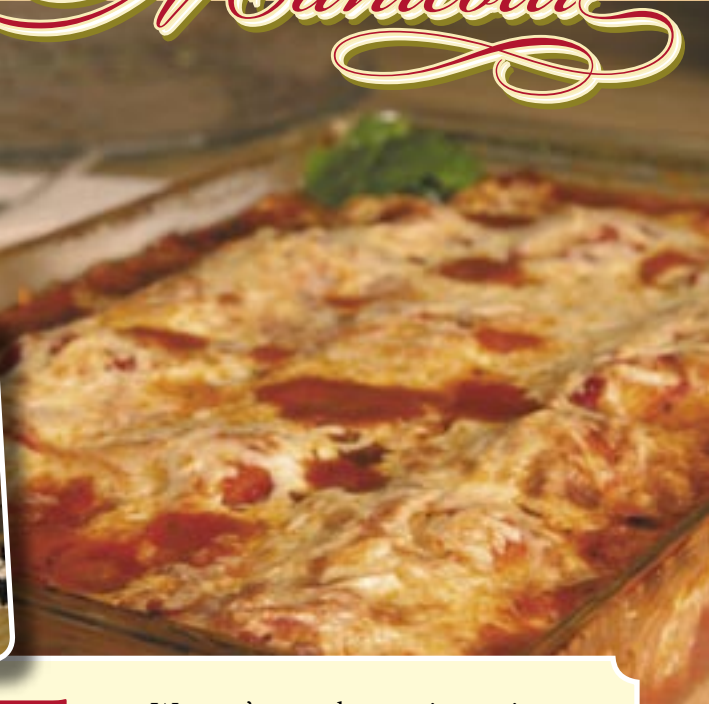
Song of Solomon 2:11-12 (NLT): "For the winter is past, and the rain is over and gone. The flowers are springing up, and the time of singing birds has come, even the cooing of the turtledoves."

# Stuffed Manicotti



Teresa Wilson always greets her customers with a smile at Earth's Harvest Vegetarian Restaurant & Health Foods Store in Thompsonville, Illinois. She enjoys sharing health information, along with her love for Jesus, every chance she gets!

**T**ERESA WILSON's mouth-watering recipes are often featured on our Wednesday cooking edition of *3ABN Today*. They have also kept our staff members and guests coming back again and again to her Earth's Harvest Vegetarian Restaurant and Health Food Store right here in Thompsonville, Illinois. This month Teresa has graciously shared a delicious recipe you're sure to love. In fact, it's a popular choice on her menu each month!



## TERESA'S VEGAN STUFFED MANICOTTI PASTA

- ½ cup cashews
- ¾ cup water
- 3 Tbsp. Bill's Best Chik'nish Seasoning
- 3 Tbsp. vegan parmesan cheese
- ¼ tsp. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. Italian seasoning
- ½ tsp. salt
- 3 cups hard tofu, drained
- 1 pkg. pasta shells
- 1 to 2 jars pasta sauce
- 1 to 2 blocks vegan mozzarella cheese, shredded



**I**N BLENDER, mix cashews and water until smooth. Add Chik'nish seasoning, vegan parmesan cheese, garlic powder, onion powder, Italian seasoning, and salt. Blend well. You may need to add a small amount of water if the mixture is too thick for your blender to handle; however, you do want a *thick* mixture.

Put pasta noodles on to cook, and mash the drained tofu in a bowl, then add to your blender mixture. Add one block of shredded vegan mozzarella cheese. Mix well.

Lightly grease the bottom of a 9 × 13 inch casserole dish with olive oil, then add enough pasta sauce to cover the bottom of the dish. Stuff the noodles with the mixture from your blender, placing them in rows in the dish. Cover the shells with pasta sauce, sprinkling the rest of the vegan mozzarella cheese on top. Cover with aluminum foil and bake at 350°F for 30 minutes. Serves 4–6.

**LOOK FOR HEALTHY VEGAN RECIPES EACH WEEK ON 3ABN!**



## Exalting His Word

Whether you've seen her hosting a 3ABN Today or an Up Close program, sharing a Bible teaching from a set or on the road, there's something you will always recognize



about Shelley Quinn. This lady is passionate about God's Word!

When we asked Shelley to tape a series with us, she knew immediately what the series title would be — *Exalting His Word*. "I lifted it from Scripture," she says. "It's a text in Psalm 138:2 that says, 'You have exalted above all else Your name and Your word, and You have magnified Your word above all Your name.'" (AMP)

3ABN viewers have eagerly embraced the teachings of this program. The companion book of the same title has become one of the most

requested resources 3ABN offers. The teaching focus is to bring people into a more intimate relationship with Christ, through a more intimate relationship with the Word.

Shelley is Codirector and Speaker of Word Warrior Ministries. She is thrilled to see her series inspiring the formation of Word Warrior Squadrons throughout the United States.

"If God magnifies His Word above all else, so should we!" she says. "God is raising up a multitude of voices around the world to exalt His Word. It contains transforming power! In fact, 2 Peter 1:4 explains that we partake of His divine nature as we partake of His promises."

In February, Shelley and her husband J.D. moved all the way from Texas to join the 3ABN staff, and by special arrangement, Shelley will also continue with Word Warrior Ministries, speaking at camp meetings, retreats, and revival series. ■

## Lift the Mask

Growing up I learned three things: "Depend only on yourself, make respect a requirement in every relationship, and your reputation is all you have." As a child this translated to: "Don't tell your business to anyone but God, don't let others be rude to you, and *no kissing!*"

By adulthood I had made them the foundation of my life. In reality I was broken-hearted, insecure, and very alone, but my mask held strong! I pleaded to the Lord for help, but only received open invitations from church members. "Are you still there Lord?" I cried. "Why won't you send me the help I prefer — quietly and secretly within the confines of my home without another person in sight."

Still wanting to help others, I listened to a friend's problems one day.

"I thank God for our friendship," she said, "because *we need each other.*"

Thankful that she appreciated me, I shrugged at the

thought of me *needing her.* "The Bible says that 'Two are better than one, because they have a good reward for their labor,'" she contin-

ued. "For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up." Ephesians 4:9 (NKJV).

There are two steps I must take when I face trials: lay my burden at Jesus' feet, and surrender to how He chooses to help me. Every day I discover new joys as my masks are lifted away.

"Lord, thank You for the awesome work that You have begun in me. Please remove the masks I've hidden behind, revealing to me, and the rest of the world, the woman You have called me to be." ■

by Halima Martin



Halima Martin is a video engineer and graphics designer for 3ABN Today. She enjoys writing Christian plays and short stories.

# SCHEDULES

The following schedules provide a general overview of the weekly program lineup. **Programs in RED are changes from the previous month.** Some 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). GMT = Greenwich Mean Time (UTC), the standard international time zone. During Daylight Saving Time (DST), all U.S. time zones 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

May 2005

Don't miss Shawn Boonstra, the new Speaker-Director of It Is Written Television, a worldwide ministry that reaches 130 countries each week in nine different languages. He will be appearing on our *3ABN Today Live* program to speak on "The Power of the Word!" So tune in for a blessing — May 5 at 8:00 p.m. Central Time on *3ABN Today Live*!



Shawn Boonstra ▶

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

May 5	Shawn Boonstra, "The Power of the Word!"
May 12	David Farmer, Christopher Jones, Kurt Threlkeld, "The Sabbath Question"
May 19	"Behind the Scenes at 3ABN"
May 26	3ABN Camp Meeting Live, "Bible Questions"

**E-mail your questions and comments, or request our free offer: [live@3abn.org](mailto:live@3abn.org)**

## Special programs (these preempt our regular weekly programs)

May 25-28	<b>3ABN Spring Camp Meeting:</b> daily television coverage Come to southern Illinois and expect a blessing!
June 30-	<b>General Conference Session:</b> daily television coverage Join us for live programs and more from the 58th General
July 9	Conference Session, in St. Louis, Missouri.

# 3ABN TELEVISION : MAY : SUNDAY

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

3ABN TELEVISION : MAY : **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	Melody From My Heart
10:30	11:30	12:30	1:30	5:30	ASI Video Magazine
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 : MAY : **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	Tiny Tots for Jesus
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	Christian Concerns
10:30	11:30	12:30	1:30	5:30	Lift Him Up
11:00p	Wed	1:00a	2:00a	6:00a	3ABN Today
11:30	12:30	1:30	2:30	6:30	...continued

3ABN TELEVISION : MAY : **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	Adventures in Peace and Happiness
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	Christian Concerns
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	Adventures in Peace and Happiness
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 : MAY : **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 : MAY : **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	Adventures in Peace and Happiness
8:30	9:30	10:30	11:30	3:30	ASI Video Magazine
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	3ABN Today
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 : MAY : **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	Marriage Matters
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	Homeschool of Health
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



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**The Voice of Prophecy**



**N**ew this month on 3ABN Radio: Lonnie Melashenko is the director-speaker for The Voice of Prophecy, the world's second-oldest religious broadcast. The Voice of Prophecy also operates the Discover Bible School, which offers Bible courses in 66 languages and dialects.

CT	SUNDAY
2:00a	Revelation Insights
2:30	...continued
3:00a	Thinking About Home
3:30	Genesis to Revelation Seminar
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	Sabbath School
10:30	...continued
11:00a	Worship Hour
11:30	...continued
<b>Noon</b>	Thinking About Home
12:30	Christian Concerns
1:00p	Revelation Insights
1:30	...continued
2:00p	<b>It Is Written</b>
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
<b>Mon</b>	The Prophecy Code Seminar
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	<b>Voice of Prophecy/Between the Lines</b>	3:00a	<b>Voice of Prophecy/Between the Lines</b>
3:30	Profiles	3:30	<b>News &amp; Commentary/Melody From MH</b>
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	Your Family Health/Health Headlines	7:00a	Thinking About Home
7:30	<b>Faith Chapel</b>	7:30	<b>Faith Chapel</b>
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	<b>Marriage Matters</b>	10:00a	<b>Marriage Matters</b>
10:30	Homeschool of Health	10:30	<b>Wonderfully Made</b>
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	Power Up for Life	12:30	<b>Abundant Living/Growing in Grace</b>
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	<b>Voice of Prophecy/Between the Lines</b>	3:00p	<b>Voice of Prophecy/Between the Lines</b>
3:30	It Is Written	3:30	It Is Written
4:00p	The Prophecy Code Seminar	4:00p	The Prophecy Code Seminar
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
<b>Tue</b>	The Prophecy Code Seminar	<b>Wed</b>	The Prophecy Code Seminar
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	Your Family Health/Health Headlines	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	Homeschool of Health	10:30	Wonderfully Made
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	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	The Prophecy Code Seminar	4:00p	The Prophecy Code Seminar
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
<b>Thu</b>	The Prophecy Code Seminar	<b>Fri</b>	The Prophecy Code Seminar
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	Revelation Insights
2:30	...continued	2:30	...continued
3:00a	Voice of Prophecy/Between the Lines	3:00a	Thinking About Home
3:30	By My Spirit	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/News & Comment.	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	Janice's Attic
10:00a	Marriage Matters	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	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	A New Revelation
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	The Prophecy Code Seminar	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
<b>Sat</b>	On the Road: Prophecy	<b>Sun</b>	On the Road: Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

## Smell the Posies!

**T**ake time to smell the posies! Are you tired of struggling with the stresses of life?

Are your nerves frazzled and about to break? Do you

posies.

It's summertime — time to take a stroll through your garden. Time to pull a few weeds, bending down to smell the sweet scent of the roses, the pinks, and the petunias.

You say you have no garden to go too? Then it's time to get out the shovel, roll up your sleeves and start digging, for there is nothing quite like a garden to bring you back to reality in a world of artificiality.

Only in the garden can God's healing remedies — the bright sun, the fresh air, the feel of each muscle at work, and the big cool glass of water — do their job. While you work to prepare a bed in which to plant the seeds — watching them sprout and grow and finally reaping a rich harvest — a change will take place in the garden of your soul as well.

Take time to smell the posies! ■

by Walter Thompson, MD

*It's time to get out the shovel, roll up your sleeves and start digging!*



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

toss and turn in the nighttime, and awaken as worn-out as when you went to bed? Are the kids driving you batty, and your soul companion testing your patience? Is the boss asking too much and pushing too hard?

If your answer to these or any similar questions is "Yes," it's time to stop and smell the

## It's Camp Meeting Time!

**W**e hope you're planning to be with us for our 3ABN Camp Meeting this month. Our theme will be "Revival and Restoration," and we have a terrific lineup of guests and musicians for you.

We do have a few changes, though. The first and most important change is that Camp Meeting will begin on Wednesday, May 25, at 7:00 p.m. with a "live" broadcast with Pastor Kenneth Cox. Another important change is that we will be providing only two meals a day. Please call us at 618-627-4651 to order your meal tickets.

You may also want to visit our website at [www.3abn.org](http://www.3abn.org) for a complete listing of area motels and camp grounds. Unfortunately, all of our RV sites are full at this time.

Come on down and find out firsthand why thousands of people flock to Southern Illinois each spring and fall, and be sure to come expecting a blessing! ■

### Video of the Month

Our Video of the Month for May is a two-hour 3ABN *Today Live* program entitled, "Helpful Home Remedies," with Dr. Agatha Thrash of Uchee Pines Institute in Alabama. It's packed full of simple solutions for a variety of ailments, and it's yours for only \$20 postpaid! Just call us during regular business hours at 618-627-4651 and enjoy!



### Investing In Eternity

**HERE ARE FIVE GOOD** reasons to develop a Charitable Gift Annuity with 3ABN:

1. Your gift provides you with a fixed income for life and helps 3ABN evangelize the world!
2. You may fund a Gift Annuity for as little as \$5,000 per individual or \$10,000 per couple, provided that you are 55 or older.
3. You receive an immediate tax deduction, and much of the interest is tax-free.
4. To gain a higher rate with greater income, you may develop a Deferred Gift Annuity with a future payout provided you are 45 or older.
5. You may fund a Charitable Gift Annuity for another person and claim the tax deduction yourself.

A Gift Annuity is unique in that while the gift is irrevocable, the investment may earn you more than your initial gift — depending on your age.

#### For more information:

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# *General Conference*

Watch 3ABN for live coverage of the Seventh-day Adventist General Conference Session 2005, June 30 – July 9, in St. Louis, Missouri!

For more information, visit our website, [www.3abn.org](http://www.3abn.org)

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