

3ABN

WORLD

3abn.org November 2008

3ABN's mission
has not changed

THE UNDILUTED MESSAGE

page 6

Danny Shelton
3ABN Founder

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The message was clear: *I want you to build a television station that will reach the world with the undiluted three angels' messages; one that will counteract the counterfeit.*

This month, Danny Shelton sits down to talk about how the Lord's words have created and shaped Three Angels Broadcasting Network. He also shares his dreams, and the lessons of the journey.

The message is more important than ever. Time is short. Are you ready?

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Dear 3ABN Partner,

Jesus said in Matthew 9:38, "Therefore pray the Lord of the harvest to send out laborers into His harvest."

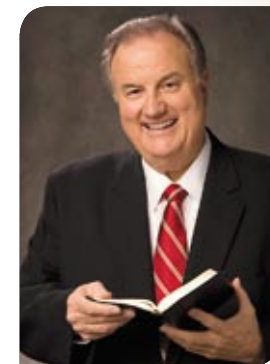
The gospel message may be indelibly inscribed on our minds. We may have a keen awareness of the needs that surround us, and know well the New Testament plan for proclamation. But until we become involved in spreading the gospel to a world where millions who have never heard the name of Christ are dying each day, we're not truly fulfilling the Great Commission.

Yes, we are to be involved personally in sharing our faith on a one by one basis. We should never neglect that. However, through the dream He gave Danny Shelton and the miracle of 3ABN, the Lord has given us a method whereby we can reach millions with this message. Jesus said, "Lift up your eyes and look at the fields, for they are already white for harvest!" John 4:35. I have no doubt in my mind that God has raised up 3ABN to be a part of giving the gospel message and reaping those who hear and accept the truth!

The difficulties that have been brought about by the economy have made it very hard for us to continue advancing the mission of reaching the world for Jesus. But in these closing hours of this world's history it is more important than ever that we support this effort. You, the lay men and women who believe this message, are our only means of support. We do not have any church organization to turn to in these difficult times, only you. Time is too late for us to simply "tread water." We must continue to give this message with a certain sound, and we appeal to you to support as God has blessed you during this special Anniversary month.

Thank you for your prayers and financial support of this ministry.

Keep on keeping on with Jesus!



*Jim Gilley is
3ABN's president.*

WRITE TO US!

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 3abnworld@3abn.org.

TEXARKANA, TEXAS:

"Please accept my faith gift and apply it to whatever area that is most in need. Please send me more information on how I can learn more and come closer to our

"The health and cooking shows helped me lower my cholesterol to normal levels without medication...."

—SAN BERNARDINO, CALIFORNIA

Lord, Jesus Christ. I just want you all to know that you are a blessing to the lost sheep (like me). I watch 3ABN now, and have no interest in watching any other channel! I have learned so much through your programs."

MANILA, PHILIPPINES:

"Turmoil is everywhere, and man shakes his head and says, 'Oh, there's no more future to gain, and hearts are failing.' But oh, many

thanks to God, we found you.... God created a beautiful 3ABN program that refreshes the tired soul. It's because of the dedicated members who contribute their whole effort to open the eyes of truth seekers. May God shower you with the Holy Spirit continually to do His task."

VIA E-MAIL:

"Praise be to God the Father, the Son, and the Holy Spirit—I have seen your work with the great commission which Jesus Christ gave us on your network. I enjoyed and learned a lot through your Camp Meeting and Ten Commandments Weekend. Because of your TV programming, I started worshipping God on Saturday."

PADUCAH, KENTUCKY:

"I've wanted to help your ministry for quite some time but have been letting Satan distract me. This is my first donation, and I'm praying that I will be able to help monthly. I really enjoy your programs. They have been such a blessing in my life. I know they bless millions all over the world."

NEW SOUTH WALES, AUSTRALIA:

"I love 3ABN! It's a huge part of my spiritual walk. 3ABN saved my life. I was about to commit suicide after divorce, bankruptcy, and the loss of my job and home.

I switched on 3ABN, and Pastor John Carter at that instant said, 'I don't know who you are, or where you are, but God does, and He has a plan for your life.' I was baptized in December 2005. Praise the Lord!"

SAINT MAARTEN, NETHERLAND-ANTILLES:

"I just wanted to let you know how much I enjoy 3ABN. I also enjoy all the health programs, and I have been trying to convince my sister to spend a vacation at a health center for the past five years. When I have transport I attend the Seventh-day Adventist church, and I am considering baptism. 3ABN has surely been a blessing to me."

STOCKPORT, OHIO:

"3ABN is my favorite channel. I don't know now what I would do without it. I am 81 years old, live by myself, and am trying to get enough recipes so I can go vegetarian. You all have proven to me that Seventh-day Adventism is the right way to go. Thank you so much for the happiness you have brought to me."

MIAMI GARDENS, FLORIDA:

"My wife and I enjoy watching 3ABN every day. We normally begin with *The Bible in Living Sound* program on 3ABN Radio every morning, and continue

throughout the day with 3ABN television. The Lord has blessed us tremendously, especially through watching your health programs. May God richly bless 3ABN and all those who continue to contribute to the success of this ministry through prayers and donations."

SAN BERNARDINO, CALIFORNIA:

"I have never given a donation before, but I have felt impressed to do so. I asked my husband for a satellite receiver for my birthday last year. It is the best gift I've ever received for my birthday. The health and cooking shows helped me lower my cholesterol to normal levels without medication, even though my doctor said it wasn't possible! I'm presenting some of the health topics at church that I've learned from 3ABN. God bless you."

MONTEGO BAY, JAMAICA:

"The last time I wrote to you, I asked you to pray for my husband who was suffering from prostate cancer. I am so happy to tell you that God has answered your prayers, and he is now totally healed! Thank you so much for your magazine. The letters bless my heart, and the articles are very interesting and inspiring. God is doing much for His people. May you continue to be blessed as you bless others with the Word of God." ■

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.

THE UNDILUTED MESSAGE

In the wee morning hours of November 15, 1984, Danny Shelton sat bolt upright in bed. The message was clear: *I want you to build a television station that will reach the world with the undiluted three angels' messages; one that will counteract the counterfeit.*

These were not his words. He'd seldom, if ever, used the word *undiluted*. It just wasn't in his vocabulary. And coun-

but later saved their lives and millions of others from a famine. Daniel, the young Hebrew captive, became the great advisor to the kings of Babylon and Medo-Persia. And then there was Ellen Harmon, the sickly, handicapped girl with a third grade education who answered God's call to speak and write for Him. She had helped establish the Seventh-day Adventist Church and its health, publishing, and educational systems that now serve millions.

"Okay, God, if this is from You, I'll go forward," he said, and thus began the greatest adventure of his life. The network he founded can now be seen and heard around the world 24 hours a day—in multiple languages, on 11 satellites, hundreds of cable companies, television and radio stations, and the Internet.

"I well remember our little transmitter shack," Danny begins. "It was only 12 by 20 feet, and we had one little VCR. Family and friends would crowd in there on Thursday nights,

teracting the counterfeit? He'd definitely never said that!

Why would God call him for this task? Danny began thinking of a long list of unlikely people God had called. There was Moses, the great leader of the Israelites who had lost his chance at the Egyptian throne by murdering a man. Then there was Joseph, who had been sold into slavery by his own brothers,

"Our viewers who have watched for many years will agree that 3ABN's message is the same one we've been giving all along."

PHOTO: KENTON ROGERS



"There are many things in life we work for but don't have the privilege of finding out what happened," he continues, "but with 3ABN we were able to see the fruition of our work in two short years. When the tough times came, the stories of changed lives kept us going. To us they were God's love letters, saying, *I'm in charge. If you keep your eyes on the changed hearts and the changed lives, you'll be able to stand the opposition.*

and we'd put our number on the screen. Then we'd pray for the phone to ring," he smiles as he remembers the scene, "and I can't tell you how thrilling it was when it did. Then everybody would be quiet while we got the name and address. Sometimes the connection was so bad we'd have to step outside, and someone would hold a flashlight so we could see to write. We didn't have advertising money for satellite guides or any kind of promotion, but channel-surfers across North America would stumble onto us, watch for a few minutes, and then call for our free booklet, *Steps to Christ*. It was the most exciting thing you could imagine.

"We still do that," he adds. "Today we face tremendous amounts of opposition because the more damage this ministry does to Satan's cause, the angrier he gets. Besides, every day that goes by we're one day closer to the Second Coming of Jesus. Satan's attacks against this network and its leadership are more intense than ever before. We're preaching the message the devil hates, and he's determined to stop it. That's why we need to stay in a constant state of prayer."

When asked about the phrase "undiluted three angels' messages; one that will counteract the counterfeit," he's quick to answer.



The undiluted message in Russian. Danny Shelton discusses the new 3ABN channel in the Russian language with Julia Outkina (center) and Sveta Barinova.

This channel will be made available on MOIPTV and MOPCWeb to the 300 million Russian-speaking people in the world, beginning November 1.

“Those words weren’t mine,” he says. “In my simple mind it either came from God or the devil. I thought, *If there was a TV station giving the undiluted truth, would it be of the Lord? Yes. Okay then, I’ll learn about the rest of it later.*

“At first I thought I should counteract other televangelists that weren’t preaching the same message we were,” Danny admits. “There had been several who had ended up in disgrace, and I found myself saying in churches that we wanted to counteract these people. But after a few weeks I had a dream, and the Lord made it clear that what I was doing was wrong.

“In my dream, I was in a huge orchard with apple trees heavily laden with ripe fruit. I said, ‘Lord, what are all these apples doing here?’

“These ripe, red apples represent the people who’ve learned of Me and who have given their lives to Me through watching

these television ministries—even though the messengers and the messages were sometimes flawed,’ the Lord answered. ‘It’s not your job to expose the preachers who aren’t teaching Bible truth as you know it, or even those who aren’t modeling Christ-like behavior. The people represented by the apples have given their lives to Me. And now, as they’re presented with the three angels’ messages, they are ripe for My harvest, and will fall into your hands.’

“That night I learned that our fight is not against people or other ministries, it’s against the devil. It doesn’t make any difference who’s preaching God’s Word. As long as it is God’s Word, it will not return to Him void (Isaiah 55:11). This is so much about God, and so little about people. I believe that if we hired an atheist actor to read the Bible, people would still come to Jesus! We just need to give them the truth, and the Holy Spirit will do the rest.

“But what I’ve never talked about in the past 24 years is that if there is an *undiluted* version of the three angels’ messages, then there must be a *diluted* version as well. Every person who stands up and preaches should be placed under scrutiny before the Word of God. Some people who claim to preach Bible truth

are not willing to ruffle the feathers of their members, giving them only what they *want* to hear instead of what they *need* to hear. They are the ones written of in 2 Timothy 4:3–4 which says, ‘For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables.’ The undiluted three angels’ messages of Revelation 14 point to the end times and the soon return of Jesus. They awaken us to the hour in which we live, and prepare us for His Second Coming.

“We’ve always believed that programming decisions were the most important ones we would ever make. We’ve been considered conservative in our preaching and music, but we believe we’re simply maintaining the foundational pillars upon which our church was built. Our commitment to keeping the original message is the most important mission we have.”

Danny leans forward in his chair. “We’ve probably turned down more speakers than we’ve put on because we believed their message was diluted,” he says.

“Over the years, the occasional pastor has come and preached something we realized later should not have aired, but our audience keeps us in tune, and their calls and letters have made us re-evaluate those speakers. While we realize that we’re imperfect, too, we believe that God’s Word is perfect, and we want to make sure that what goes out is truth. Our viewers

“God may not supply everything at once, but He does this for our sake. He knows He needs to keep us on our knees.”

who have watched for many years will agree that 3ABN’s message is the same one we’ve been giving all along.”

Danny then turns his attention to the challenges facing the ministry.

“As we watched God supply our small needs, I believe He was preparing us for the big ones,” he says. “Back then, we could run this network for a few hundred thousand dollars a year. Now it takes many millions, but the challenge is the same. It’s really all about the great controversy between good and evil. The difference is that the controversy is heightened now because we’re 24 years closer to Jesus’ coming! It’s more important than ever to take the undiluted three angels’

messages of Revelation 14 to a world that's so desperate for answers. I've learned not to put my trust in people, but to trust my God instead. I've failed and been failed, and I've learned that we have to keep focused on Christ, on the Bible, and on our mission.

"Another thing I've learned is that faith doesn't begin until our sight ends. If I can see all the answers by sitting down with a

and go on new satellites. We've done all of these things without money, and God has honored our faith every time. We've never lost a single television station construction permit, either—even though we've never had the money for any of them!

"I remember when I first realized God had provided us property, the money for the road, and the money for our first building. I knew that none of it was coming from me. After that, it was almost fun putting Him to the test! God may not supply everything at once, but He does this for *our* sake. He knows He needs to keep us on our knees.

"Sometimes a ministry dies with the ministry founder, but I don't want 3ABN to die when I die. I don't want it to die if I lose the vision, either, so this ministry is built to operate with or without Danny, Jim, or Mollie.

"It's important to know that the vision will not die with us because we can't keep up with this media explosion. That's why we've surrounded ourselves with people that have the vision—younger people with good minds that are technology savvy—who keep us on the front lines. We started when satellite broadcasting was new, and we concentrated on building an uplink that could reach thousands of homes. Now we reach

hundreds of millions through television and radio stations, cable companies, direct to home satellite broadcasts, phone companies, wireless Internet, IPTV, and so on. We must be on each of the front lines, just like we were back in 1986, when we first began broadcasting.

"Some time back someone told our director of broadcasting and engineering, Moses Primo, that we were the first Christian network to be available 24 hours a day around the world. We were pioneers, and we never had a road map. The church produced a few television programs, and we aired them, but there were no stations in the world showing only Seventh-day Adventist programming. And now look at what has happened!

"We need people to continue to catch the vision of getting the gospel to the world. And for those who already have, *please don't take that for granted*. The needs are far greater than ever before. We're trying to keep up with all of these; we're not just a satellite uplink anymore, and it takes a whole lot more money.

"Some may have larger businesses, but in a faith ministry you're not producing a product. If I produced a tire I would know the cost of making one. I would know what the demand would be, and I would have a

budget based on supply and demand. But we're not making tires here. We're dependent on people—on their gifts and generosity—instead of their need of a product.

"Because we've been around for 24 years, it's easy to assume we'll just continue, but today we're dependant on donors for nearly two million dollars each month, and because we don't produce a product to sell, we step out in faith, and the Holy Spirit impresses God's people of all faiths to contribute."

Danny then shares his belief that God carefully chose Pastor Jim Gilley to be 3ABN's president last year. "I thank the Lord for Jim," he says. "I doubt that very many understand what a tremendous responsibility he has."

Danny sits back for a moment, then adds, "I have a peace about this because I believe the Lord has the right leadership in place. 3ABN will always be in my heart as long as I live, but I see myself as a supporter to Jim and Mollie and the board of directors. I believe God wants me to continue to do what I've always done—help get the three angels' messages to the world—but from a different seat."

He smiles, and adds, "And I wouldn't trade *this* seat for the world!" ■

"I first realized God had provided us property, the money for the road, and the money for our first building. . . . After that, it was almost fun putting Him to the test!"

committee to figure out how to do it, it's not faith. Faith comes when I sit with that same committee and *know* that what God's called us to do is impossible. But as long as it's in line with preaching the gospel to the world, we step out in faith, and God honors it. God's not interested in our personal agenda, but if we keep our focus on giving the three angels' messages, He opens the doors of heaven.

"We've seen it time and time again," he continues. "We step out in faith and build studios and remote production trucks. We build television stations



by *Nikki Anderson*

Typically, during the month of November, people are more acutely aware of the many things for which they should be thankful. 3ABN Radio Network is very grateful for our affiliates who broadcast this message to their friends, family, and neighbors. We pray over the sacrifices, joy, tears, and hard work that go into building and maintaining the radio stations that spread the gospel to their local villages.

We praise the Lord for our listeners whose comments and encouragement keep the programming the best it can be. Those who work here, at 3ABN Radio Network, feel very blessed to be part of the instrument God has chosen to take His message to the “global village.”

From time to time we like to share with you the fruits of those labors, so here are just a few:

Taupo, New Zealand: “I am listening to your radio programs on 88.1 FM, and I really like

them. They speak about free booklets, and I am from New Zealand, and I don’t know how to get them. Can you send them to me please? I am spreading the word to all my friends, and it is marvelous to have the Bible explained. Thank you for that. Looking forward to hearing from you.”

Maria

Via e-mail: “Hello! I’m from Brazil and I’m listening to this fantastic radio [by Internet]! Have a nice Sabbath!”

Geovana

Superior, Wisconsin: “Today I was listening to Hope Radio (93.7 FM), and I heard the broadcast of *On the Road* featuring Vicki Griffin discussing ‘The Entertainment Trap.’ Please inform me as to how I might receive a copy of this broadcast, and the whole series, if it is indeed part of a series. Thanks.”

Jean

“Thank you for the radio which I can access through the Internet. I am enjoying listening to the radio while I am working on my assignments, as I am a mature-aged university student. I am glad that I have unlimited download as it would use up my download limits. We have got the dish here, but I am in my bedroom and the TV is out in the kitchen.”

Carolyn

Via e-mail: “I am listening to 3ABN Radio [by Internet]. I just come here to say, you are great! God bless you. By the way, I am from China.”

Allen

Kisii, Kenya: “I would like to thank you for your wonderful programs. I can hear you here in Kenya [on 89.7 FM] very clearly. I love your teachings and would actually like you to pray for me as well. I am a Christian in the Seventh-day Adventist Church. Thanks and God bless you.”

Julius

Cortland, New York: “Hi Jay. I wake up to your show every morning, and love the music on *Musical Meditations*. I also appreciate that you always give the song titles and singers. This morning you played a song I loved, but I can’t seem to find it

on iTunes or online. It was ‘Will You Be Ready’ by Ysis Espana. I’ve found lots of others who sing songs by that title, but I can’t find the one you played. Thank you for your help! I listen to WDRX-LP, 100.7 FM, Cortland Christian Radio.”

Donna

Via e-mail: “Thank you, thank you, thank you for 3ABN Radio in LaFollette, TN [WGND-LP, 101.7 FM].”

Chris

May you all have the blessing of a Happy Thanksgiving! ■

New Affiliate Station

We’re thrilled to announce our most recent radio affiliate station.

Welcome to the 3ABN Radio family!

KYHO-LP, 106.9 FM, Poplar Bluff, MO



Burton Cox (above) and John Walker (far left) work on their transmission equipment.



Nikki Anderson is the administrative assistant for 3ABN Radio.





THE PRAYER OF FAITH

by John Dinzey

In August 2008 I had the chance to attend the ASI (Adventist-laymen's Services and Industries) Convention for the Central American countries in Juan Dolio, Dominican Republic. I was looking forward to this trip for several reasons. First, it's hard to match the excitement of ASI members as they tell of how they're sharing Christ in the marketplace. Second, I was returning to my native country, which I left behind when I was only ten years old.

I always enjoy the year-around tropical weather, and the abundance of tropical fruit I'm particularly fond of. But perhaps most important was the fact that this is one of the countries where 3ABN Latino continues to be added to cable companies nearly every month.

During my stay I met Juan Almonte Peña, who had traveled there from the capital city of Santiago. He told me he'd heard about this laymen's convention and had felt that God was strongly impressing him to be there. He'd called to make hotel reservations but was told there were no rooms available.

"Are you sure that there are no rooms?" he asked the clerk. "I know I'm supposed to be there for these meetings."

"No sir," the lady answered. "I'm sorry, but we don't have any rooms available."

"I'm going to give you my phone number," Juan insisted, "because I just know that you'll be calling me back in five minutes to tell me you have a room. You see, I'm sure that God wants me to go to those meetings!"

The voice on the line was firm, "Sir, I'm sorry, but we've already turned away several people who have tried to reserve rooms for those same dates."

Juan didn't have to wait for a call back, because just before she hung up, the lady said, "Wait just a minute, sir. Let me double check this, but it seems that a room has just become available!"

Juan is a man of faith, but this story really began the year before. While sitting at home watching television, he discovered 3ABN Latino and began watching. He liked the Christ-centered programming so much he began to watch regularly. Soon he discovered that the teachings on 3ABN Latino reflected the truths of the Bible, and it wasn't long before he made a decision to be baptized and become a member of the Seventh-day Adventist Church.

But he also longed for his wife to join him, so he decided to wait and see if she would make the same decision, so they could be baptized together. Juan says he prayed for the Lord to use him to gently lead his wife to Jesus. It was important to him that she make her own decision, though.

What a thrill I felt as I heard Juan tell me his wife had made

a decision and that soon they would be baptized together!

During the last meeting Juan had the opportunity to share his story. He spoke of what a blessing 3ABN Latino had been to him and to his family. He also shared how grateful he was that the Lord had led him to come to the ASI convention, and how he felt closer to heaven just by being there.

"Are you sure that there are no rooms?" he asked the clerk. "I know I'm supposed to be there for these meetings."

But the blessing wasn't just his, because I saw the marvelous transformation in his life. He is now a calm and peaceful man, and it's such a thrill to meet those whose lives have been touched through the efforts of our small staff *and* your faithful prayers and financial support.

God's promise is being fulfilled, and one of the many ways God is doing this is through 3ABN. What promise am I referring to? The one in Isaiah 55:11 that says, "So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it." ■



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



Thankful Geese

Hey kids, check out this great idea for "Thankful Geese"! They'll look great on your Thanksgiving table! www.3abn.org/kids.



Big Cats Little Cats Word Search

P	O	U	N	C	E	H	J	K	F
B	L	B	K	T	I	G	E	R	U
O	Z	I	A	Q	V	Y	G	W	R
B	S	C	O	U	G	E	R	Q	S
C	N	X	T	N	U	Z	E	X	B
A	E	W	O	L	L	E	Y	Y	S
T	T	Y	P	A	W	S	B	W	H
A	T	M	S	O	N	B	A	S	M
I	I	R	E	P	A	L	I	H	G
L	K	M	Q	T	C	F	D	J	F

- | | | | | |
|--------|--------|--------|--------|---------|
| Pounce | Yellow | Claws | Fish | Meow |
| Tabby | Tiger | Paws | Fur | Kittens |
| Grey | Lion | Bobcat | Couger | Tail |



Hi Kids,

My friend RobbieD gave me these pictures of her kitties to share with you. Maxie loves giving "high fives," and Magpie has a unique way of relaxing on the sofa!

I thought these pictures might make you laugh. If you have a pet, why not stop and thank the Lord for giving you a special friend to love and care for?

Love,
Tammy



Magpie



Maxie



"In everything give thanks; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:18 (NAS)

WALKING INTO A BAPTISM

by Leora DeWitt

On my usual walk that morning in July I noticed a lady standing on her lawn holding a water hose. We acknowledged each other, but I felt compelled to walk up and engage her in conversation. Within two minutes, she told me she was a Seventh-day Adventist in her heart.

from her divorce. Much of her 37 years of married life were spent in virtual isolation because of a troublesome marriage.

“Although I’ve spent many years alone in this house, I never feel alone,” she says. “I have a Presence with me all the time. I feel like I’m covered with a warm blanket.”

Many hours of her day are spent sitting in a comfortable chair by the window, next to the front door. She watches the birds outside, rescuing their feed at times from greedy squirrels. She also enjoys looking at the pictures of her four children and family members which cover her walls. She’s been an avid viewer of Blue Mountain Television and Three Angels Broadcasting Network since their inception, and she was delighted when Pastor Lee Venden, of the Village Seventh-day Adventist Church, visited her to arrange her baptism. She says

We are good at putting out the net, but we are failing to draw it in! God has His remnant waiting in the wings.

“Have you been baptized?” I asked.

“No.”

“Would you like to be?”

“Yes,” she replied, and I was thrilled!

Velda Scoggin lives alone in Walla Walla, Washington, in the house she received as settlement



PHOTOS SUPPLIED BY LEORA DEWITT

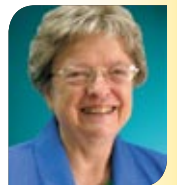
Velda Scoggin believed the truths she heard on 3ABN, but her disability kept her from joining the Seventh-day Adventist Church—until Leora DeWitt stopped by.

she considers him her pastor because “he has special techniques of delivery that indicate his concern for children. He may repeat a phrase so children will listen, and I like that because my mind is slower since suffering a stroke.”

It was discovered that Velda was thoroughly instructed in the tenets of the Seventh-day Adventist Church through watching Adventist television for years. Her first commitment to keeping the Sabbath was sealed several years ago when she saw Pastor Kenneth Cox preach a series in Melbourne, Australia. As he spoke, he showed a lengthy chart containing all the Bible texts about the seventh-day Sabbath.

“Pastor Cox had gone to his computer seeking for scriptures relating to the Sabbath,” she recalls. “I remember particularly three texts that compelled me to believe that keeping all the commandments is important: ‘Blessed are they that do His commandments, that they may have right to the tree of life’ (Revelation 22:14). ‘And the dragon . . . went to make war with the remnant . . . which keep the commandments of God, and have the testimony of Jesus’ (Revelation 12:17). ‘Here are they that keep the commandments of God, and the faith of Jesus’ (Revelation 14:12).”

Velda was an ardent Christian as a member of the Assemblies of God Church since she was bap-



Leora DeWitt works as a receptionist, secretary, and prayer bulletin coordinator for Gospel Outreach.

Her move to College Place, Washington, from Boston, Massachusetts (via China!), is a story of divine providence in itself!



When Pastor Lee Venden came to visit, he found Velda to be well acquainted with the Seventh-day Adventist beliefs.

tized by immersion as a young girl. However, she wanted to be re-baptized as an acknowledgment of the additional Bible truths she now believes.

The first time she stepped into an Adventist church was

mother raising her hands toward heaven and shouting “Glory to God!” with tears in her eyes—rejoicing that her daughter had chosen to serve Him.

At 88 years of age, Velda’s thrilled to have become a part of the worldwide Seventh-day Adventist fellowship, since no family members share her new faith. She says she never expected to become a member because physical disabilities bar her regular attendance at worship services, but each week she participates as part of the “invisible congregation.”

“Baptism has made a difference for me,” Velda says. “I can’t fully describe it, but something inside of me is different. Christ has been with me all through the years, I know. I guess the best way to describe it is that there has been growth. I know the Seventh-day Adventist Church is the right church. It is the true way. I have been brought nearer to the Word of God.

“Prior to being led to Adventist programming on television, I had no contact with Seventh-day Adventists, but I watched Blue Mountain Television from the time it began airing just a few hours each day,” she continues. “I’ve also watched 3ABN from its very beginning, when they broadcast from their first little house. I watch so consistently

because I find the programs restful and uplifting, and they teach the Bible without argument. I’ve supported 3ABN and Blue Mountain Television for years with my tithes and offerings because they have provided my source of inspiration.”

Velda shares one particularly poignant growth experience. In a grossly unfair situation she cried out to the Lord with angry tears, “May You do to them as they have done to my friends!”

Immediately, in her mind, she heard gentle, chiding, powerful words that she knew were from the Lord—words that she readily quotes more than a half century later: *That is not the Spirit of Christ, for He is merciful, and mercy rejoices against judgment.*

She recalls, “Although these words were a rebuke, they were biblical principles. Those few words have anchored me all through these years with their comfort and encouragement—especially when I have been ill-treated.”

Pastor Roger Johnson, who followed divine promptings to begin Blue Mountain TV in 1990, has visited Velda many times. From personal acquaintance he comments, “I consider Velda one of the many ‘electronic members’ I hope exist out there.”

I wonder how many hundreds of people, like Velda, listen and make commitments in their hearts, but have never been asked to move actively into the church whose truths they espouse in their hearts? Many are waiting for our invitation.

I believe television has made us into a spectator nation from childhood on up. Anything we have convictions about, but don’t



Velda’s first visit to the Village Seventh-day Adventist Church was on the day of her baptism. She asked the pastor to hold her under the water longer than normal, so this moment could be firmly imprinted in her memory.

actively respond to, weakens our ability to take action. Unfortunately many churches have become places where we sit in complacency, with no opportunity for a response, except to go through ritual. This is a deadening experience to even the most ardent believer, and it must change. We are good at putting out the net, but we are failing to draw it in!

God has His remnant waiting in the wings. Pray that He will send more people your way as you walk with Him day by day. ■

“Baptism has made a difference for me,” Velda says. “I can’t fully describe it, but something inside of me is different.”

on August 23, 2008, when she entered the Village Church to be baptized. Velda asked Pastor Venden to hold her under the water longer than normal, so that the memory would be more likely to imprint itself on her slowed-down brain. She explained she was eager to be re-baptized because her stroke wiped out all memory of her first baptism in the Snake River. Nevertheless, she does remember the following day when she saw her

WHAT DO WE BELIEVE?



“When I preach an evangelistic series I can only spend one night on any subject,” says Pastor Kenneth Cox, “and even though I do my best to explain it, there’s no question in my mind that people don’t get the full significance. I’ve often thought to myself, *Man, I wish I could go back over some of this with the folks.*”

As he shared this concern with 3ABN, plans quickly began to take place for a new monthly series to be broadcast live on 3ABN television in 2009.

“I’m thrilled to have the opportunity to spend five meet-

ings on each subject,” Pastor Cox continues. “I believe we are living in the very last days of earth’s history, and it’s vital that we be clear about what the Bible teaches, and what we believe.”

Jim Gilley, 3ABN’s president, is excited about the series. “We are looking forward with great anticipation to this entirely new approach in presenting our distinctive beliefs,” he says. “The three angels’ messages of Revelation 14 will be given clearly, and surely undiluted!”

Mollie Steenson, 3ABN’s vice president, is equally enthusiastic. “We’re calling the series

KENNETH COX’S GIVE ME THE BIBLE SERIES

January: Salvation

1. The Grace of God
2. Repentance
3. Forgiveness
4. Faith and Acceptance
5. Born Again

February: The Second Coming of Christ

1. We Have This Hope
2. Signs of the Time of the End
3. Signs of Christ’s Return
4. The Return of Jesus
5. Night Watch

March: The Holy Spirit

1. Promise of the Holy Spirit
2. Why Many Do Not Receive Any Benefit From the Holy Spirit
3. Fruits of the Spirit
4. Gifts of the Spirit
5. Latter Rain

April: The Sabbath

1. The Sabbath Day
2. Baptized Paganism (part 1)
3. Baptized Paganism (part 2)
4. Sabbath Covenant
5. How to Keep the Sabbath

May: Five Have Fallen (Daniel and Prophecy)

1. Babylon
2. Medo-Persia
3. Greece
4. Pagan Rome
5. Papal Rome

AIRTIMES

Broadcast the second weekend each month

- Thursday – Sunday, 7:00 p.m.
- Saturday, 11:00 a.m.

All times Central (CST/CDT).

Give Me the Bible, and instead of broadcasting one program per week, we’ll be airing them on consecutive nights. I think it’s important for us to receive these messages close enough together so as not to lose something from week to week.”

Pastor Cox will begin his series with the topic of salvation, followed in the coming months by the Second Coming

of Christ, the Holy Spirit, the Sabbath, and many others. Each series will become available in a DVD set after it airs live during the second weekend of each month (see list above for times and topics).

“We’re truly at the end times,” Mollie says. “There is no time to waste. We need to intensify our message and reach more people for the Lord.” ■

This schedule is an overview of the program lineup for North American and website broadcasts. Check out the schedule listings on our website, 3abn.org, for additional details and program changes.

Abbreviations and symbols: PDT = Pacific Daylight Saving Time (UTC-7); MDT = Mountain Daylight Saving Time (UTC-6); CDT = Central Daylight Saving Time (UTC-5); EDT = Eastern Daylight Saving Time (UTC-4). = Closed captioned. = Live program. = New series. = Repeat of live program.

Program titles in red are changes effective this month.

3ABN today
 Thursday LIVE / November 2008

Time: Thursday at 8:00 p.m. Central

Nov 6	TBA	Nov 20	3ABN Behind the Scenes
Nov 13	3ABN's 24th Anniversary Special	Nov 27	3ABN Thanksgiving Special

For more program information, please visit our website, www.3abn.org

Coming January 1, 2009

SONBEAM Channel™

3ABN LAUNCHES A 24-HOUR CHANNEL just for kids! The SonBeam Channel will be available on January 1, 2009, only on MOPCWeb™ and MOIPTV™ using high-speed Internet.

Now your children can watch wholesome Christian children's programming that you can feel good about. To find out more, just call 877-369-8560.

The SonBeam Channel—it's all about Jesus!

MOIPTV and MOPCWeb are trademarks of Media Opportunities IPTV, Inc.



Nov 13	3ABN 24th Anniversary Special. 8:00–10:00 p.m. CST.
Nov 27	3ABN Thanksgiving Special. 8:00–10:00 p.m. CST.
Dec 17– Dec 21	LIVE Generation of Youth for Christ Conference, San Jose Convention Center, San Jose, California. Wed.–Sat. 7:00–8:30 p.m.; Sat. 9:00 a.m.–12:30 noon CDT.
Dec 31	3ABN New Year's Eve Special. Times TBA.

3ABN: NOVEMBER

▼ SUNDAY

Daylight Saving
Time Ends
November 2

				← CHOOSE YOUR TIME ZONE	
PDT	MDT	CDT	EDT		
Midnt	1:00a	2:00a	3:00a	Exalting His Word (Shelley Quinn)	
12:30	1:30	2:30	3:30	Breath of Life (Walter Pearson)	
1:00a	2:00a	3:00a	4:00a	Amazing Facts Presents... (Doug Batchelor)	
1:30	2:30	3:30	4:30	Battles of Faith	
2:00a	3:00a	4:00a	5:00a	Digging Up the Past (David Down)	
2:30	3:30	4:30	5:30	It Is Written (Shawn Boonstra)	
3:00a	4:00a	5:00a	6:00a	Kenneth Cox Ministries Presents...	
3:30	4:30	5:30	6:30	...continued	
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)	
4:30	5:30	6:30	7:30	His Words Are Life/Grandma's House	
5:00a	6:00a	7:00a	8:00a	Kids' Time (Brenda Walsh)	
5:30	6:30	7:30	8:30	Kids' Time Praise	
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	India: Face to Face/World Prophecy News	
7:30	8:30	9:30	10:30	Exploring the Word (Lonnie Melashenko)	
8:00a	9:00a	10:00a	11:00a	Inspirational Hour	
8:30	9:30	10:30	11:30	...continued	
9:00a	10:00a	11:00a	Noon	Revelation Insights (Lyle Albrecht)	
9:30	10:30	11:30	12:30	...continued	
10:00a	11:00a	Noon	1:00p	Praise! (Kelly Mowrer)	
10:30	11:30	12:30	1:30	Marriage in God's Hands	
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	IIW Mini-Series (Shawn Boonstra)	
12:30	1:30	2:30	3:30	...continued	
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 (John Carter)	
3:30	4:30	5:30	6:30	...continued	
4:00p	5:00p	6:00p	7:00p	Adventures in Missions	
4:30	5:30	6:30	7:30	In Search of Truth (Charles Byrd)	
5:00p	6:00p	7:00p	8:00p	Celebrating Life in Recovery (Cheri Peters)	
5:30	6:30	7:30	8:30	...continued	
6:00p	7:00p	8:00p	9:00p	Issues & Answers	
6:30	7:30	8:30	9:30	In the Footsteps of Paul (Tony Moore)	
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	White Horse Media Presents... (Steve Wohlberg)	
8:30	9:30	10:30	11:30	...continued	
9:00p	10:00p	11:00p	Mon	Making Waves (Jim Ayer)	
9:30	10:30	11:30	12:30	Wonderfully Made	
10:00p	11:00p	Mon	1:00a	Mark—Books of the Book (Shepherd/Hart)	
10:30	11:30	12:30	1:30	ASI Video Magazine (Dan Houghton)	
11:00p	Mon	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	...continued	

3ABN: NOVEMBER

▼ MONDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a		Up Close CC
12:30	1:30	2:30	3:30		...continued
1:00a	2:00a	3:00a	4:00a		Revelation Speaks Hope (Brian McMahon) CC
1:30	2:30	3:30	4:30		...continued
2:00a	3:00a	4:00a	5:00a		Celebrating Life in Recovery (Cheri Peters) CC
2:30	3:30	4:30	5:30		...continued
3:00a	4:00a	5:00a	6:00a		Faith Chapel
3:30	4:30	5:30	6:30		Heaven's Point of View (Hal Steenson) CC
4:00a	5:00a	6:00a	7:00a		Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30		World Prophecy News/Grandma's House
5:00a	6:00a	7:00a	8:00a		Janice's Attic (Janice Smith)
5:30	6:30	7:30	8:30		Wonderfully Made
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 (John Lomacang)
7:30	8:30	9:30	10:30		...continued
8:00a	9:00a	10:00a	11:00a		Thinking About Home (Kathy Matthews)
8:30	9:30	10:30	11:30		Maranatha Mission Stories (Dick Duerksen)
9:00a	10:00a	11:00a	Noon		His Harvest Is Ready (C. A. Murray)
9:30	10:30	11:30	12:30		...continued
10:00a	11:00a	Noon	1:00p		Digging Up the Past (David Down)
10:30	11:30	12:30	1:30		Breath of Life (Walter Pearson) CC
11:00a	Noon	1:00p	2:00p		Grandma's House/His Words Are Life
11:30	12:30	1:30	2:30		Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p		Body & Spirit (Dick Nunez)
12:30	1:30	2:30	3:30		ShareHim Newsmagazine
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 (Linda Johnson)
2:30	3:30	4:30	5:30		Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p		Generation of Youth for Christ 2007
3:30	4:30	5:30	6:30		...continued
4:00p	5:00p	6:00p	7:00p		Health for a Lifetime (Don Mackintosh)
4:30	5:30	6:30	7:30		Melody From My Heart
5:00p	6:00p	7:00p	8:00p		House Calls (John Lomacang)
5:30	6:30	7:30	8:30		...continued
6:00p	7:00p	8:00p	9:00p		Exploring the Word (Lonnie Melashenko)
6:30	7:30	8:30	9:30		World of Praise (Wintley Phipps)
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 (John Carter)
8:30	9:30	10:30	11:30		...continued
9:00p	10:00p	11:00p	Tue		Hebrews—Books of the Book (Gibson/Rafferty) CC
9:30	10:30	11:30	12:30		Issues & Answers
10:00p	11:00p	Tue	1:00a		Health for a Lifetime (Don Mackintosh)
10:30	11:30	12:30	1:30		Maranatha Mission Stories (Dick Duerksen)
11:00p	Tue	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

▼ TUESDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a		Wonderfully Made
12:30	1:30	2:30	3:30		By My Spirit (Ed Reid)
1:00a	2:00a	3:00a	4:00a		Nature's Lesson Book (Greg Evans)
1:30	2:30	3:30	4:30		...continued
2:00a	3:00a	4:00a	5:00a		Faith Chapel
2:30	3:30	4:30	5:30		Praise! (Kelly Mowrer)
3:00a	4:00a	5:00a	6:00a		Everlasting Gospel CC
3:30	4:30	5:30	6:30		...continued
4:00a	5:00a	6:00a	7:00a		Body & Spirit (Dick Nunez)
4:30	5:30	6:30	7:30		In Search of Truth (Charles Byrd) CC
5:00a	6:00a	7:00a	8:00a		Revelation Insights (Lyle Albrecht)
5:30	6:30	7:30	8:30		...continued
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		Help Yourself to Health (Agatha Thrash)
8:30	9:30	10:30	11:30		Variety
9:00a	10:00a	11:00a	Noon		Revelation Speaks Hope (Brian McMahon) CC
9:30	10:30	11:30	12:30		...continued
10:00a	11:00a	Noon	1:00p		3ABN On the Road
10:30	11:30	12:30	1:30		...continued
11:00a	Noon	1:00p	2:00p		Heaven's Point of View (Hal Steenson) CC
11:30	12:30	1:30	2:30		Let's Cook Together
Noon	1:00p	2:00p	3:00p		Body & Spirit Aerobics (Dick Nunez)
12:30	1:30	2:30	3:30		Mark—Books of the Book (Shepherd/Hart) ★
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 (Linda Johnson)
2:30	3:30	4:30	5:30		Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p		Kids' Time Praise
3:30	4:30	5:30	6:30		Melody From My Heart
4:00p	5:00p	6:00p	7:00p		ShareHim Newsmagazine
4:30	5:30	6:30	7:30		Exalting His Word (Shelley Quinn) CC
5:00p	6:00p	7:00p	8:00p		Secrets Unsealed Presents...
5:30	6:30	7:30	8:30		...continued
6:00p	7:00p	8:00p	9:00p		Battles of Faith
6:30	7:30	8:30	9:30		Making Waves (Jim Ayer)
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		Discover (David Asscherick) CC
8:30	9:30	10:30	11:30		...continued
9:00p	10:00p	11:00p	Wed		Ten Commandments Weekend 2008
9:30	10:30	11:30	12:30		...continued
10:00p	11:00p	Wed	1:00a		Special Feature
10:30	11:30	12:30	1:30		...continued
11:00p	Wed	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

3ABN: NOVEMBER

▼ WEDNESDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Mark—Books of the Book (Shepherd/Hart) ★
12:30	1:30	2:30	3:30	Exploring the Word (Lonnie Melashenko)
1:00a	2:00a	3:00a	4:00a	Battles of Faith
1:30	2:30	3:30	4:30	Laymen Ministries (Jeff Reich)
2:00a	3:00a	4:00a	5:00a	World of Praise (Wintley Phipps)
2:30	3:30	4:30	5:30	3ABN Classics
3:00a	4:00a	5:00a	6:00a	Generation of Youth for Christ 2007
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30	Back to Nature/Grandma's House
5:00a	6:00a	7:00a	8:00a	His Words Are Life/World Prophecy News
5:30	6:30	7:30	8:30	Thinking About Home (Kathy Matthews)
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	Kenneth Cox Presents...
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Marriage in God's Hands (Tom and Alane Waters)
8:30	9:30	10:30	11:30	In the Footsteps of Paul (Tony Moore)
9:00a	10:00a	11:00a	Noon	Revelation Now (Jac Colon)
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	In Search of Truth (Charles Byrd) [CC]
10:30	11:30	12:30	1:30	Liberty Insider (Lincoln Steed)
11:00a	Noon	1:00p	2:00p	By My Spirit (Ed Reid)
11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p	Body & Spirit (Dick Nunez)
12:30	1:30	2:30	3:30	World of Praise (Wintley Phipps)
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Teen Pathways
3:30	4:30	5:30	6:30	Exploring the Word (Lonnie Melashenko)
4:00p	5:00p	6:00p	7:00p	Amazing Adventure (Doug Batchelor) ★
4:30	5:30	6:30	7:30	...continued
5:00p	6:00p	7:00p	8:00p	White Horse Media Presents... (Steve Wohlberg)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra) [CC]
6:30	7:30	8:30	9:30	Amazing Facts Presents... (Doug Batchelor) [CC]
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	3ABN On the Road
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Thu	Revelation Insights (Lyle Albrecht)
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Thu	1:00a	Secrets Unsealed Presents...
10:30	11:30	12:30	1:30	...continued
11:00p	Thu	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

▼ THURSDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Help Yourself to Health (Agatha Thrash)
12:30	1:30	2:30	3:30	Hebrews—Books of the Book (Gibson/Rafferty) [CC]
1:00a	2:00a	3:00a	4:00a	House Calls (John Lomacang)
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	Health for a Lifetime (Don Mackintosh)
2:30	3:30	4:30	5:30	Issues & Answers
3:00a	4:00a	5:00a	6:00a	Amazing Facts Presents... (Doug Batchelor) [CC]
3:30	4:30	5:30	6:30	Adventist Frontier Missions [CC]
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)
4:30	5:30	6:30	7:30	So Send I You (May Chung)
5:00a	6:00a	7:00a	8:00a	IW Mini-Series (Shawn Boonstra) ★ [CC]
5:30	6:30	7:30	8:30	...continued
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	Nature's Lesson Book (Greg Evans)
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Liberty Insider (Lincoln Steed)
8:30	9:30	10:30	11:30	Laymen Ministries (Jeff Reich)
9:00a	10:00a	11:00a	Noon	Keepers of the Flame
9:30	10:30	11:30	12:30	Health Headlines/World Prophecy News
10:00a	11:00a	Noon	1:00p	Secrets Unsealed Presents...
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Melody From My Heart
11:30	12:30	1:30	2:30	Let's Cook Together
Noon	1:00p	2:00p	3:00p	Body & Spirit Aerobics (Dick Nunez)
12:30	1:30	2:30	3:30	Marriage in God's Hands
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Kids' Time Praise
3:30	4:30	5:30	6:30	Making Waves (Jim Ayer)
4:00p	5:00p	6:00p	7:00p	The Carter Report (John Carter)
4:30	5:30	6:30	7:30	...continued
5:00p	6:00p	7:00p	8:00p	Central Study Hour [CC]
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	Kenneth Cox Ministries Presents...
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Fri	Celebrating Life in Recovery (Cheri Peters) [CC]
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Fri	1:00a	Heaven's Point of View (Hal Steenson) [CC]
10:30	11:30	12:30	1:30	Praise! (Kelly Mowrer)
11:00p	Fri	1:00a	2:00a	3ABN Today LIVE (repeat) 🔵
11:30	12:30	1:30	2:30	...continued

3ABN: NOVEMBER

▼ FRIDAY

PDT	MDT	CDT	EDT	◀ 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	White Horse Media Presents... (Steve Wohlberg)
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	The Carter Report (John Carter)
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Central Study Hour
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30	Exalting His Word (Shelley Quinn)
5:00a	6:00a	7:00a	8:00a	Kids' Time Praise
5:30	6:30	7:30	8:30	Making Waves (Jim Ayer)
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	Special Feature
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Wonderfully Made
8:30	9:30	10:30	11:30	Digging Up the Past (David Down)
9:00a	10:00a	11:00a	Noon	Ten Commandments Weekend 2008
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Up Close
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Mark—Books of the Book (Shepherd/Hart)
11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p	Discover (David Asscherick)
12:30	1:30	2:30	3:30	...continued
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	In the Footsteps of Paul (Tony Moore)
3:30	4:30	5:30	6:30	Variety
4:00p	5:00p	6:00p	7:00p	Breath of Life (Walter Pearson)
4:30	5:30	6:30	7:30	Praise! (Kelly Mowrer)
5:00p	6:00p	7:00p	8:00p	Secrets Unsealed Presents...
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra)
6:30	7:30	8:30	9:30	Maranatha Mission Stories (Dick Duerksen)
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	Sat	ShareHim Newsmagazine
9:30	10:30	11:30	12:30	Exalting His Word (Shelley Quinn)
10:00p	11:00p	Sat	1:00a	Keepers of the Flame
10:30	11:30	12:30	1:30	India: Face to Face/His Words Are Life
11:00p	Sat	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

▼ SATURDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Revelation Now (Jac Colon)
12:30	1:30	2:30	3:30	...continued
1:00a	2:00a	3:00a	4:00a	3ABN On the Road
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	3ABN Classics
2:30	3:30	4:30	5:30	In the Footsteps of Paul (Tony Moore)
3:00a	4:00a	5:00a	6:00a	It Is Written (Shawn Boonstra)
3:30	4:30	5:30	6:30	Hebrews—Books of the Book (Gibson/Rafferty)
4:00a	5:00a	6:00a	7:00a	His Words Are Life/Back to Nature
4:30	5:30	6:30	7:30	Kids' Time Praise
5:00a	6:00a	7:00a	8:00a	Tiny Tots for Jesus (Linda Johnson)
5:30	6:30	7:30	8:30	Kids' Time (Brenda Walsh)
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	Central Study Hour
7:30	8:30	9:30	10:30	...continued
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	Revelation Speaks Hope (Brian McMahon)
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Amazing Adventure (Doug Batchelor)
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Ten Commandments Weekend 2008
11:30	12:30	1:30	2:30	...continued
Noon	1:00p	2:00p	3:00p	House Calls (John Lomacang)
12:30	1:30	2:30	3:30	...continued
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	Maranatha Mission Stories (Dick Duerksen)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Kids' Time Praise
3:30	4:30	5:30	6:30	Tiny Tots for Jesus (Linda Johnson)
4:00p	5:00p	6:00p	7:00p	Laymen Ministries (Jeff Reich)
4:30	5:30	6:30	7:30	Melody From My Heart
5:00p	6:00p	7:00p	8:00p	Discover (David Asscherick)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Mark—Books of the Book (Shepherd/Hart)
6:30	7:30	8:30	9:30	Heaven's Point of View (Hal Steenson)
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	Revelation Now (Jac Colon)
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Sun	His Harvest Is Ready (C. A. Murray)
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Sun	1:00a	3ABN On the Road
10:30	11:30	12:30	1:30	...continued
11:00p	Sun	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued



3ABN RADIO is available 24/7 on the Internet, through digital satellite, and via over-the-air radio broadcasts. To learn more, check detailed schedule listings, or listen online, visit our website: 3abnradio.org.

Abbreviations and symbols: CST = Central Daylight Saving Time (UTC-5). ⚡ = Live program. ★ = New series. ♻️ = Repeat of live program. **Program titles in red are changes effective this month.**

RADIO FEATURE



This radio program features Ed Reid, Stewardship Director of the North American Division of Seventh-day Adventists. Ed teaches us about the Holy Spirit and exposes the work of Satan in this series based on his book, *Battle of the Spirits*. Tune in Tuesdays at 3:30 a.m and 1:00 p.m. Central Time, and check your radio schedule for other days and times during the week.

3ABN RADIO: NOVEMBER

CDT	SUNDAY
2:00a	Thinking About Home
2:30	Dynamics in the Science of Prayer
3:00a	Heaven's Point of View
3:30	Faith Chapel
4:00a	Revelation Insights
4:30	...continued
5:00a	Musical Meditations
5:30	...continued
6:00a	Rags to Riches/Growing in Grace
6:30	Freedom's Ring/The StoryHouse
7:00a	Your Story Hour
7:30	Bible Answers
8:00a	3ABN Today
8:30	...continued
9:00a	His Words Are Life/Melody From My H.
9:30	The Bible in Living Sound
10:00a	Central Study Hour
10:30	...continued
11:00a	Worship Hour
11:30	...continued
Noon	Lift Him Up
12:30	Marriage in God's Hands
1:00p	Revelation Speaks Hope
1:30	...continued
2:00p	It Is Written
2:30	Left Behind: Fact or Fiction?
3:00p	3ABN Today LIVE (repeat) ♻️
3:30	...continued
4:00p	...continued
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	Revelation Insights
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	Marriage in God's Hands
11:00p	Homeschool of Health
11:30	Freedom's Ring/The StoryHouse
Mon	The Prophecy Code
12:30	...continued
1:00a	3ABN Today
1:30	...continued

Daylight Saving Time Ends November 2

CDT	MONDAY	CDT	TUESDAY
2:00a	Help Yourself to Health	2:00a	Bible Answers LIVE ♻️
2:30	His Words Are Life/Rags to Riches	2:30	...continued
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Your Health News/Growing in Grace	3:30	By My Spirit
4:00a	Kids' Time	4:00a	Kids' Time
4:30	It's Your Money!	4:30	Issues & Answers
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Thinking About Home	6:00a	Health for a Lifetime
6:30	Christian Concerns	6:30	Freedom's Ring/Endtime Insights
7:00a	The Bible in Living Sound	7:00a	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
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	Bible Answers	10:00a	Lift Him Up
10:30	Your Family Health/Health Headlines	10:30	Homeschool of Health
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Your Story Hour
12:30	Freedom's Ring/Melody From My Heart	12:30	Abundant Living/Growing in Grace
1:00p	Help Yourself to Health	1:00p	By My Spirit
1:30	His Words Are Life/Rags to Riches	1:30	Dynamics in the Science of Prayer
2:00p	Kids' Time	2:00p	Kids' Time
2:30	It's Your Money!	2:30	Issues & Answers
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	Wonderfully Made	3:30	Women at the Well
4:00p	The Prophecy Code	4:00p	The Prophecy Code
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	3ABN On the Road	6:00p	3ABN On the Road
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
8:00p	Heaven's Point of View	8:00p	Health for a Lifetime
8:30	Thinking About Home	8:30	Genesis to Revelation Seminar
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	Wonderfully Made	10:30	Women at the Well
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
Tue	The Prophecy Code	Wed	The Prophecy Code
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

3ABN RADIO: NOVEMBER (continued)

CDT	WEDNESDAY	CDT	THURSDAY
2:00a	Help Yourself to Health	2:00a	Help Yourself to Health
2:30	His Words Are Life/Rags to Riches	2:30	His Words Are Life/Rags to Riches
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Bible Answers	3:30	Bible Answers
4:00a	Kids' Time	4:00a	Kids' Time
4:30	Issues & Answers	4:30	Issues & Answers
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Health for a Lifetime	6:00a	Thinking About Home
6:30	Christian Concerns	6:30	The StoryHouse/Endtime Insights
7:00a	The Bible in Living Sound	7:00a	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
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	Left Behind: Fact or Fiction?	10:00a	Genesis to Revelation Seminar
10:30	Your Family Health/Health Headlines	10:30	Stop Smoking Clinic
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Your Story Hour
12:30	When God's People Pray	12:30	Heaven's Point of View
1:00p	Help Yourself to Health	1:00p	By My Spirit
1:30	His Words Are Life/Rags to Riches	1:30	His Words Are Life/Rags to Riches
2:00p	Bible Answers LIVE	2:00p	Kids' Time
2:30	...continued	2:30	Issues & Answers
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	Wonderfully Made	3:30	It Is Written
4:00p	The Prophecy Code	4:00p	The Prophecy Code
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	3ABN On the Road	6:00p	3ABN On the Road
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
8:00p	Health for a Lifetime	8:00p	3ABN Today LIVE
8:30	Your Health News/Freedom's Ring	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	Wonderfully Made	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
Thu	The Prophecy Code	Fri	The Prophecy Code
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today LIVE (repeat)
1:30	...continued	1:30	...continued

CDT	FRIDAY	CDT	SATURDAY
2:00a	3ABN Today LIVE (cont.)	2:00a	Lift Him Up
2:30	...continued	2:30	Genesis to Revelation Seminar
3:00a	Voice of Prophecy/Between the Lines	3:00a	3ABN On the Road
3:30	By My Spirit	3:30	...continued
4:00a	Central Study Hour	4:00a	Revelation Insights
4:30	...continued	4:30	...continued
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Health for a Lifetime	6:00a	Rags to Riches/Growing in Grace
6:30	More Abundant Life	6:30	More Abundant Life
7:00a	The Bible in Living Sound	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	Melody From My H./Endtime Insights
9:30	...continued	9:30	Christian Concerns
10:00a	Bible Answers	10:00a	Central Study Hour
10:30	Your Family Health/Health Headlines	10:30	...continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Heaven's Point of View
12:30	When God's People Pray	12:30	Women at the Well
1:00p	Help Yourself to Health	1:00p	Revelation Speaks Hope
1:30	Breath of Life	1:30	...continued
2:00p	Kids' Time	2:00p	Issues & Answers
2:30	Issues & Answers	2:30	Faith Chapel
3:00p	Voice of Prophecy/Between the Lines	3:00p	House Calls
3:30	Marriage in God's Hands	3:30	...continued
4:00p	The Prophecy Code	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	3ABN On the Road	6:00p	Revelation Insights
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	Heaven's Point of View
7:30	More Abundant Life	7:30	Rags to Riches/Growing in Grace
8:00p	Worship Hour	8:00p	3ABN Today
8:30	...continued	8:30	...continued
9:00p	3ABN Today	9:00p	Bible Answers
9:30	...continued	9:30	Christian Concerns
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	Marriage in God's Hands	10:30	Left Behind: Fact or Fiction?
11:00p	Crossroads on 3ABN Radio	11:00p	Faith Chapel
11:30	...continued	11:30	By My Spirit
Sat	Revelation Speaks Hope	Sun	Revelation Speaks Hope
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

EFFIE'S REMARKABLE GIFT



by **Tammy Chance**

Carefully molding the clay with her bare hands, she smooths every curve of their lovely faces with her light touch. She peers at them through eyes that are dimming with age, and fashions each unique feature with all the love and tenderness of a mother.

With face, arms, and legs completed, a mold is made, and the liquid porcelain is poured in and baked. Then she turns her attention to their soft bodies, and finally, to the most fun part of all. Carefully and deliberately she picks their eyes, hair, and the colors for their cheeks, lips, fingernails, and toenails. She sews their delicate clothes so

that every doll has a complete outfit, and some have several.

There are some truly remarkable people in this wonderful world, and I believe Effie Eisele is one of them. I remember her call to 3ABN's Donation Center some years back asking if we would be interested in her "homemade" dolls. Assuming she meant some kind of cloth doll, I asked her for the details. As Effie began explaining the process, I was very curious to see one of her doll creations. Before too long, two large packages arrived. I quickly opened the boxes and folded back the tissue paper.

"Oh my," I said. "Oh my!"

They were *huge* dolls—more

than two feet tall! As my eyes ran over them repeatedly, I was amazed at their flawless beauty. Their exquisite outfits looked like they'd been purchased from a designer shop.

It wasn't long before those two dolls were sold. Then we sold another two, and then another and another. Each one was stunningly unique.

Effie made toddlers, Asian babies, newborns (complete with a layette, of course), and even one or two that looked like preschool children. Her dolls have been purchased by people all over the United States, and have been featured on the cover of a craft magazine.

When I decided to write this story I called to ask her how she got into doll making, and some of her answers were quite surprising. When I asked how old she was when she first began making dolls, she told me she was 81! One day she had accompanied her daughter to a craft store where she purchased some sculpting clay, "because it looked interesting." Effie began experimenting with the clay, and became quite good at designing faces. "It's funny," she says, "but I realized that the faces usually turn out to resemble my family members or friends!"

"How on earth did you

learn to sculpt and paint those cute little mouths and tiny little fingernails so perfectly?" I asked next.

"Oh, the Master Sculptor Himself must have taught me," she answered, "because I couldn't have done it on my own."

Effie is 97 years old now, and she's still making dolls! Her new passion is creating "preemie babies"—complete with preemie outfits, of course. Every day she thanks God that she can still see well enough to make these beautiful creations, and all of us thank God for her willingness to support 3ABN's ministry by donating some of her dolls to us. Over the years Effie's generosity has enabled us to put several thousand dollars into reaching people who so desperately need to hear about Jesus.

"What is this you have in your hand?" In Effie's case, it is a beautiful creation, crafted with love and care. And after reading this story, I'm sure that when you hear the word *remarkable*, you'll think of Effie—just like I do. ■



Effie Eisele still makes her beautiful dolls at 97 years of age. Her new passion is creating "premie babies."



Tammy Chance and her husband Bruce work in 3ABN's Donation Center. Your gifts have brought in hundreds of thousands of dollars over the years to be used in spreading the gospel.



Type II

Diabetes

What You Can Do

by Agatha Thrash, M.D.

For over 70 years, traditional treatment for diabetes was a high fat, low carbohydrate diet, with insulin by injection, or pills by mouth. Justification for prescribing the high fat diet was that it kept the blood sugar from rising too much after a meal, and it prevented too much sugar from spilling into the urine. But the disadvantages of fatty diets far outweigh the advantages! This diet doesn't reduce blood sugar, nor the insulin requirement to handle it. In fact, it tends to make the body *less* sensitive to insulin, and induces resistance to it. Elevation of blood fats leads to hardening of the arteries, promotes the accumulation of ketone bodies in the body tissue and fluids, and accelerates aging.

Other methods to control diabetes have been high protein,

high carbohydrate, and high fiber diets.

Protein diets seem to prevent a significant rise in blood sugar, but are typically impractical, monotonous, and expensive. They also promote kidney and liver failure, as well as hardening of the arteries, and therefore are not recommended.

Refined carbohydrate diets (high in sugar, white flour, white rice, etc.) are rapidly absorbed, elevating blood sugar after meals, as well as increasing triglycerides (blood fats). Such a diet is a detriment in treating diabetes, and is no treatment at all.

However, when complex carbohydrates such as whole grain bread and cereals, brown rice, bran, fruit, vegetables, and no refined sugar compose most of the meal, the disadvantages of a high carbohydrate diet disappear. In fact, when diabet-

ics switch from 45% refined carbohydrates to 85% complex carbohydrates, their glucose tolerance improves.

After a low fiber meal (the typical American diet), blood sugar shoots up rapidly, triggering a spurt of insulin into the blood stream, which in turn sends the blood sugar down as rapidly as it ascended. With high fiber meals, there is less rapid rise in blood sugar since fiber slows the digestive process, and glucose absorption proceeds more slowly. Most Americans on a high meat diet eat only 14–20 grams of plant fiber a day, but the ideal vegetarian diet provides 65–70 grams.

Another advantage of a high fiber diet is that the fiber increases the number of insulin docking sites on cells. Insulin must hook with sugar (glucose), then slide into insulin docking sites (receptors) on cells. For sugar to be properly utilized, the docking sites must accept insulin. Obese individuals have fewer insulin receptors, hence fewer sites for sugar-hooked insulin to slide into.

Fasting for several days, until the blood glucose falls below 100, multiplies insulin docking sites. This usually takes three to five days, and should be done *only in Type II (adult onset) diabetics*. If the person is obese,

fasting for a day or two a week, non-consecutively, can be very helpful for diabetic control.

Type I diabetics should never fast.

In addition, a high fiber diet lowers blood fats, helping to carry cholesterol and triglycerides out of the body, thus lessening the risk of coronary heart attack. In contrast, high insulin levels cause what we might call “irritation” of the blood vessels, increasing the risk of hypertension, stroke, and heart attack.

Exercise is important and cannot be overemphasized since it enhances the sensitivity of the tissues to insulin, increases the number of insulin receptors, and decreases body fat.

We've found over the years that a total vegetarian diet (high in fiber and unrefined carbohydrates, but low in fats), coupled with a regular exercise program and weight control, is the very best way to control diabetes and prevent the serious complications of this disease. By far the majority of people we've treated stay on this program because they enjoy the food, which is palatable, practical, and attractive. In fact, the whole family can benefit from eating this way.

Best of all, most of those who stay on the program never need to take pills or insulin again! ■



Dr. Agatha Thrash cofounded Uchee Pines Institute with her husband, Dr. Calvin Thrash. Together they wrote a book entitled *Diabetes and the Hypoglycemic Syndrome*, which can be ordered online at ucheepines.org.

MORAVIANS AND METHODISTS

by Michael Prewitt

In 1735, John Wesley, age 32, and his brother Charles, age 27, decided to do mission work among native Americans and help pastor the colonies. They set out on the long voyage across the Atlantic—a trip that wasn't for the faint of heart.

On the open seas their ship was hit by a violent storm. While most of the English passengers were terrified, the Moravian Christians had complete peace. They were singing a psalm when the storm burst, and even as the main sail split and waves crashed over the deck, they sang on.

Afterward, John asked, "Were you not afraid?"

"I thank God, no," one of them replied.

He asked again, "But were not your women and children afraid?"

The man replied, "No; our women and children are not afraid to die."¹

The Moravians seemed infused with peace. Even when abused and mistreated, they acted with kindness, willingly doing more than their share.

John decided to observe them further while in America, and their worship deeply inspired him. "The great simplicity as well as the solemnity of the whole almost made me forget the seventeen hundred years between, and imagine myself in one of those assemblies where form and state were not; but Paul, the tentmaker, or Peter, the fisherman, presided; yet with demonstration of the Spirit and of power."²

In 1737 he met with Count Zinzendorf, bishop of the Moravian Church, who was also doing mission and church work in the colonies. The personal, practical theology of those German Christians won his heart.

In 1738 John and Charles, back in London, had more meetings with the Moravians. At one of these John was especially touched by a reading of Martin Luther's preface to the book of Romans. A sense of trust in Christ and assurance of acceptance came over him, and he believed he had forgiveness of his sins. It was a blessed realization he had never experienced in all his years of

rigorous self-denial. Then and there he felt he had found the true gospel.

The Wesleys and their friends had long practiced prayer, fasting, and deep Bible study, and had devoted themselves to service and godly living. They now understood these works could never save them—salvation was a gift of God received through faith in Christ. They didn't stop their disciplined lifestyle. Instead, they now saw godly living as the fruit of holiness.

A notable aspect of John Wesley's preaching was what he called "Christian perfection." Wesley addressed it thoroughly in a book, *A Plain Account of Christian Perfection*, but despite his efforts, the subject remained poorly understood and contentious his whole life. For him, Christian perfection meant complete surrender to God, and living wholly each day for God. It meant freedom from habitual sin and growth in character. It did not mean a Christian would do everything perfectly, not make mistakes, or not face hard temptations. It did not mean one could never sin again, or that one had



The faith of Moravian fellow-passengers during a storm at sea changed the course of John Wesley's spiritual life.

no further need of Christ. He based this doctrine on numerous texts, including Mark 12:30; 1 Corinthians 10:31; 2 Corinthians 7:1; 1 Thessalonians 5:17; 1 John 3:6; and 1 John 5:18.

Even when correctly understood, it was hard for many to swallow. It meant they would need to give up cherished practices that most churches ignored. Wesley was accused of being "over-righteous" and fanatical.

Still, other Christians found comfort in a Savior who could set them free from bondage to sin. It brought a practical, rubber-meets-the-road aspect to Christianity for those who saw sin as the true source of all the misery in our world. Wesley's teachings played an important role in the start of the holiness movement that was to sweep over America in the Second Great Awakening. ■

1, 2. John Whitehead, *Life of the Rev. Charles Wesley*.



Michael Prewitt is the manager of the Publishing Department at 3ABN.

THE CROSSROADS OF DREAMS

by Hal Steenson

Before God gave His dream to Danny Shelton for 3ABN, He gave a dream to a little lady who attended the First Christian Church in Thompsonville, Illinois—and it was a dream about cows!

Her name was Fonda Summers, and she had accepted an invitation to attend a prayer meeting at a Seventh-day Adventist church in West Frankfort, not realizing she was there to hear about another dream that would come to a divine crossroad with her own.

At prayer meeting that Wednesday night, Danny knew he had to step out in faith and share the dream God had given him. The burden to find land was heavy on his heart that night because he knew he needed the right property for this project. He had already contacted someone that owned land near Thompsonville about selling it; however, the landowner had been reluctant to do so. (Thank God!)

As he stood up in front of a handful of people in that little

church that night, he took a deep breath and said, “I’m asking you to pray about something with me. We have a very special need.” Danny didn’t ask them to pray for the money needed to get this station off the ground; he asked them to pray for the land to build it on. God had chosen the right man for the job—one who was a builder, and who also knew the proper way to build something; the land must come before the building.

That night they prayed for God’s will, which is always the best way to pray. Fonda Summers was sitting in that Wednesday night meeting with a dream of her own.

Two days later, Goldie Shelton called her son.

“Danny, doesn’t God work in marvelous ways?”

“Yes, He does,” Danny replied.

“Do you remember Fonda Summers, a lady in her mid-70s from Thompsonville?”

“Yes,” Danny answered, “I know her.”

“Well, last Wednesday night,

she was at our service when you shared your dream about the satellite station. She went home and prayed until God impressed her to give you some of her land to build on. She just called me, and wants you to call her, if you’re interested.”

Danny called Mrs. Summers and discovered the land was in the vicinity of where Clarence said it needed to be. Surely, the Holy Spirit was in control of this thing. Then she said she had told the Lord she wanted to help, but didn’t have anything to give. That was when God asked her the same question He asked Moses: “What is this in your hand?”

“Lord,” she said, “all I have is eight acres of land.”

Then it dawned on her. *Land! That’s what Danny needed!* So she decided to give him two acres on the back of her property.

Later Mrs. Summers told this story: “Forty years ago, my husband and I were going to sell off some of our land, but before we did, I had a dream. In it I saw a fence encircling our property.

The south gate was opened and the most beautiful fattened cattle came in from every direction until the back of the property was filled with them. It seemed to me the Lord was going to use this property for something special, and through the years I’ve had this dream on two other occasions. Then, last night the dream came back, only this time the Lord showed me the cattle represented people coming from all over the world—won to Christ by the spirit of truth coming from the back part of my property. This land is yours to build God’s television station.”

Wow, God, thought Danny, this is way too good to be true, and it’s all so easy!

However, the easy part was over, and the “living by faith,” the “trusting God daily,” and the “lots of hard work” part was about to begin—five gallons of diesel fuel at a time. But that’s another story. ■



PHOTO SUPPLIED BY DAN SUMMERS

Fonda Summers’ dream about her land led her to donate it to 3ABN’s ministry. This very field turned out to be the only spot where we could broadcast to satellite without interference!



Hal Steenson is a part of 3ABN’s pastoral staff and presenter of the program, Heaven’s Point of View. Hal is the husband of Mollie Steenson, 3ABN’s general manager.



IVORY TOWER LIVING

Ivory towers always topple, and only then do we find out who we really are

by Mollie Steenson

I have an old Amplified Bible that I've studied for about 25 years. You know the kind of Bible—front cover gone, dog-eared, dirty, marked up with ink and highlighters—it's one of my greatest treasures. My grungy Bible chronicles years of promises I've received from God's Word. As a rule, when a scripture has a special meaning, I highlight it, add the date, and write how it spoke to my heart in the margin.

For instance, Proverbs 24:10 tells me, "If you faint in the day of adversity, your strength is small." It's highlighted in orange, and in the margin I wrote, "I will never faint when adversity arises. 4/26/1986."

Back then I'd been a Christian for about nine years, and my husband was the pastor of a rapidly-growing church. Our finances were plentiful, we were young, and had two beautiful children. God was blessing, and life was abundantly good. At that time there had been no adversity to speak of in my Christian life, so with great assurance I made that bold statement, "I will never faint when adversity arises." The truth was that I didn't know whether I would or not, because I had never faced adversity.

I call this sort of thinking "ivory tower living"—a state where one has yet to experience the adversities of life, but has nevertheless formed a mind-

set based on theory, not on experience.

Let me give you a few examples of ivory tower statements:

A wife says, "If my husband ever does *that*, I will walk right out the door!" Or a husband says, "If my wife ever does *that*, I'm out of here!" Have you ever said, "My child will never do *that*," and later had to eat those words? Until we've walked through those adversities, how can we know what we'll do?

It's easy to make bold statements when we're walking through a pleasant meadow, but it's another thing to make that same statement when we're walking through the harsh realities of life. Ivory towers always topple, and only then do we find out who we really are.

The Bible tells us in Genesis 1:27, "So God created man in His own image; in the image of God He created him; male and female He created them." You see, in the Garden of Eden, a male and a female were created in the very image of God. Then something happened, and there was a defacing of that image. But, praise God, He sent Jesus Christ so that His image could be restored to mankind.

In Romans 8:29, the Bible says, "For whom He foreknew, He also predestined to be conformed to the image of His Son..." Each

of us has been predestined to be conformed to the image of Jesus. The word *conformed* indicates a changing from one form to another—in this case, a changing from what we currently are to the very image of Christ. How can such a drastic change take place?

Isaiah 48:10 says, "Behold, I have refined you, but not as silver; I have tested you in the furnace of affliction." I can hear you saying, *Oh, no, Mollie. Please don't start talking about furnaces and affliction!* But look closely at this scripture. Where does God choose you? In those furnaces of affliction you're walking through. There are no ivory towers in the furnaces of affliction.

When I wrote my bold statement in my Bible back in 1986, I was writing about something I'd never walked through, so I was writing only in theory. Today my ivory tower has been knocked over and I've been through the furnaces of affliction. I know from experience whether I will faint or not. It's what comes out the other side of the furnace that defines who we are.

Are the fires of your furnace of affliction growing hotter each day? Then please know for a fact that God is right there with you. He is forming His image in you, and the result will fit you for your destiny—an eternity in His presence. ■



Mollie Steenson is 3ABN's vice president. In addition to her duties at the network, Mollie enjoys teaching Sabbath school at the Thompsonville Seventh-day Adventist Church.



WHAT?

THIS CAME FROM 3ABN?

If you receive an e-mail that doesn't sound quite right, trust your intuition!

The phone rings at our vice president's desk. "Hello, this is Mollie, how may I help you?"

"Mollie, I'm really concerned about an e-mail I just received..."

Recently hundreds of concerned 3ABN viewers contacted us about a disturbing rant they received, with an e-mail return address of mail@3abn.org.

First, and most importantly: This e-mail, and others like it, did not come from 3ABN. They are the unfortunate misuse of the wonderful Internet tool God has given us for information, communication, and the spreading the gospel—just another way in which Satan is trying to bring confusion, discouragement, and suspicion on the Lord's people.

So what happened? Was it an accident?

Hardly. It's called *e-mail spoofing*, a nasty practice that's growing throughout the world. Simply put, spoofing is making

an e-mail appear as though it came from somebody else—in this case, from 3ABN.

If you have an e-mail account you've experienced an inbox jammed with hundreds of junk e-mails, known as *spam*. Many of them appear to be sent by a friend or relative, but when opened, they spew out advertisements, pornographic pictures, or worse—a nasty computer virus that immediately begins chewing up your computer hard drive and sending itself to all your friends!

So what can be done?

Sadly, not much. Illinois has an anti-spoofing law on the books, but computer hackers have become increasingly adept at evading detection. We do contact the Internet providers they use, but even if we can find out who the guilty party is, they're usually long gone.

Why would anyone want to use 3ABN's name?

Because they have an agenda,

and are trying to use our good name to support it.

Here are several important facts we want you to keep in mind:

They have not used our e-mail list. We guard your privacy with many layers of security. For example, our accounting network is not even connected to the outside world!

We don't use mass e-mailing to spread the gospel. We broadcast it over television, radio, and the Internet.

We don't spread derogatory or hateful comments. Period.

So if you receive an e-mail that doesn't sound quite right, trust your intuition! Use your delete button, and say a prayer that the Lord will protect us from Satan's devices. And use it as a reminder that the devil is desperate.

Look around. Everywhere there is suspicion, strife, and sin. Time is short for the devil—and that's good news! ■

3ABN STEWARDSHIP AND TRUST SERVICES



IN ADDITION TO regular gifts to 3ABN's ministry, many of you have also helped us grow through immediate and deferred gifts of your assets.

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

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

3ABN Stewardship & Trust Services

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GIVE ME THE BIBLE



New series with Kenneth Cox
begins January 8, 2009!

Watch a new series every month!

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