

CONTENTS

od uses the most amazing methods to bring more truth to those who are seeking. Take for example the story of Jerry Weiler. I'm sure he never dreamed that the Lord would use his love for pigeons to bring him the three angels' messages of Revelation 14 (p. 18).

Why not ask the Lord to put you into the lives of those who need you, and to put the people you need into your life? Then keep your eyes open. You'll be amazed!

FEATURES

- 6 **Amazing!**3ABN Radio Network celebrates nine years
- 18 **The Messenger Pigeons**A pigeon video brings an extra message
- 36 New 3ABN Russian Channel New on MOIPTV
- 38 **Danger: The High Protein Diet** *It can kill you!*
- 40 Our Heritage: **The French Revolution** *The effects of atheism*
- 42 Did You Know? "Is It Too Late to Stop?" The miracle of the power lines
- 44 Devotional: Can You Say Shibboleth? They're looking for the Lord, not a lecture
- 46 **Spreading the Blessings**Doing more for the Lord

DEPARTMENTS

- 3 President's Letter
- 4 Letters
- 12 3ABN Radio: Forced Into Radio!
- 14 3ABN Latino: "We Want More!"
- 16 Kids Korner

BROADCAST SCHEDULES

- 24 3ABN Television Schedule
- 32 3ABN Radio Schedule



ISSN 1552-4140

Executive Editor Managing Editor Creative Director Design Assistant Copyeditors

Mollie Steenson Bobby Davis Michael Prewitt Adam Dean

Adam Dean Barbara Nolen J. D. Quinn

About 3ABN World

 $3ABN\ World$ is a monthly publication. Subscriptions are free.

Subscriber services

 $To start receiving a subscription or to change \\ your subscription, contact:$

3ABN Call Center Attn: Subscriber Services PO Box 220 West Frankfort, IL 62896-0220

Tel: 618-627-4651

Subscribe online at 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:

3ABN World PO Box 220 West Frankfort, IL 62896-0220 E-mail: mail@3abn.org Website: 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

Copyright © 2008, Three Angels Broadcasting Network, Inc. "Three Angels Broadcasting Network," "3ABN," "3ABN Books," "3ABN Letvision," "3ABN Music," "3ABN Radio," "3ABN Television," "SonBeam Channel," and the respective logos are trademarks or registered trademarks of Three Angels Broadcasting Network, Inc.

All Bible quotes are King James Version (KJV) or New King James Version (NKJV), unless otherwise noted Dear Partner.

I'm glad I don't have to pronounce "February" for you. I have as much trouble with that as did Walter Cronkite, the *CBS Evening News* announcer of the past. Every year on the first of February he would confess his difficulty in pronouncing that word.

One good thing about this month is that it's short! Here in Illinois it's cold, but occasionally we'll see a robin or a cardinal, and the promise of spring is renewed in our hearts.

This month we celebrate 3ABN Radio Network's ninth year. It continues to grow, and the impact it makes is fantastic! Recently we nearly doubled our network affiliates when 96 radio stations in

Australia joined our network all at once. And, of course, the new African stations are now reaching hundreds of thousands more with the message of a soon-coming Savior. I'm proud of Jay Christian and his

This month we celebrate 3ABN Radio Network's ninth year. It continues to grow, and the impact it makes is fantastic!

staff who work tirelessly to bring you excellent programs which focus on the three angels' messages of Revelation 14.

We continue to face both challenges and opportunities here at 3ABN. In spite of some of the most difficult financial times our nation and the world have ever faced, we are still on the air on 11

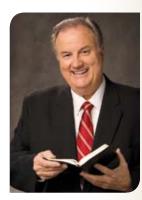
satellites around the world, and here in the United States on the 123 stations that you—our 3ABN Partners—own around the country. We're also on DISH Network on channel 9710, and on more cable outlets than I can begin to mention here.

With your continued support, we will stay strong, and even expand as the opportunities arise to spread the gospel 24/7 around the world!

Thank you for your prayers and support.

"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.

VIA E-MAIL:

teachings that enable me to understand the Bible very well. I also enjoy the recipes I hear on inspiring, and truly biblical your radio station from Kenya.

"My wife and I watch 3ABN daily and are certainly blessed. We started watching 'accidentally,' but have now come to realize it was Providence" -SAYRE, OKLAHOMA

> May God grant you more blessings as you continue to help me understand God clearly Radio here in the Philippines, I through your teachings and can still hear you by downloadsongs."

ARDMORE, OKLAHOMA:

"I really enjoy your programs. I a drug company, but I enjoy am also learning so much from listening to your program. I your study guides and from recorded your MP3 file to a God's Word. 3ABN has been CD so I can play it on my car a blessing to me since I moved stereo. I have shared copies with

day I happened on 3ABN while looking through the channels. I believe the Holy Spirit led me to this channel. I will be donating something each month so the good news of Jesus Christ can be spread worldwide. God bless this ministry!"

SAUDI ARABIA:

"I am a physiotherapist currently working in Saudi Arabia. I just want to thank you for all "I am very grateful for your the wonderful programs that are shown 24 hours a day, 7 days a week. Your educational, programs have become part of my daily life. Your channel is indeed an angel flying high in the air with the eternal message of good news to announce to all peoples, races, tribes, languages, and nations. May God bless you more!"

VIA E-MAIL:

"I'm so delighted that, even though we don't have 3ABN ing your recorded programs. I'm always on the road, since I am a sales representative for here from a smaller town. One some of my hitchhikers! Thank

God for 3ABN. I can always get and helpfulness touched my Thank you for connected to God through your heart. Be assured that my prayers ministry."

SAYRE, OKLAHOMA:

"I have just finished your [3ABN] KEENE, TEXAS: book, Ten Commandments Twice "Here is a small donation in reach the world Removed, and found the mate- appreciation for the blessing you for Jesus Christ! rial to be very informative. I are to me. I am 81 years old, and have started my worship of our find it more difficult each day to Letters and other Creator on Saturday. It is won-keep going. My Social Security derful to spend this time set check is minimal, and I have to to 3ABN may be aside for me, because it is God's work to make it cover the rising command. Thank you for all of cost of living. 3ABN is a bright or in part, and your work. God bless you all at light in a dark world. God bless 3ABN."

VIA E-MAIL:

"I am an avid listener of your "My wife and I watch 3ABN programs here in the Philippines, and my life has really changed. I We started watching 'accidenam now a Seventh-day Adven- tally,' but have now come to tist, and becoming involved in realize it was Providence. We various activities here in our pray for the continued blessing local church. I informed many of the station and its mission to of my friends about 3ABN, and win souls for the Kingdom." now they are watching it religiously. May God continue to PARIS, KENTUCKY: bless your program and may "Thank you much for the great unto Jesus' feet."

WILLINGBORO, NEW JERSEY:

"A member of the family—that's great Master. Their friendliness Thanks again."

remain with all of you wonderful, dedicated Christian people."

you."

MANDEVILLE, JAMAICA:

daily and are certainly blessed.

many more souls be brought study and reading material you sent to combine with my Bible study. I know in my heart that the Seventh-day Adventist Church is right with our Heavexactly how I felt when I visited enly Father. I am, however, sad 3ABN. No words can express my that I live too far from a Seventhdeep appreciation for a first class day Adventist church, and am operation. It seems everyone is unable to travel. The books you aware that they are serving a have sent mean so much to me.

your comments, suggestions, prayers, and financial support as we seek to

materials sent used in whole edited for content. grammar, and readability, unless otherwise requested.

Years of 3ABN Radio Network Celebrating

to describe 3ABN Radio Network in the past nine years—from that first simulcast with 3ABN television on New Year's Eve 1999, to a radio network that continues to grow at a phenomenal rate.

radio network staff, and asked them to share their memories of the early days.



Theresa Boote sacrificed a lot to help launch 3ABN Radio Network. She traveled frequently from her home in Canada to southern Illinois.

Theresa Boote found 3ABN television one day, and what she a few months. saw caused her to study her Bible carefully to prove what she heard was wrong! Instead, she came to and wrote us about her experience. After meeting Danny Shel-

mazing is the only way receive an invitation—make that more of an urgent request—to come down from Canada to start up our new radio division!

With no background in radio, Theresa felt totally inadequate, but earnestly sought the Lord's guidance. Then, with the great Recently we sat down with our sacrifice of leaving her family, she came to work with us, making the very long drive back home every few weeks. What a blessings she was, and her insistence on taking each decision to the Lord in prayer made all the difference.

> "First we needed miracles to get the required personnel in place, and then miracles to teach us what He wanted us to do," she says. "Next, the finances had to be released from His treasury as step by step, and prayer by prayer, the building, the radio equipment, the staff, and the programming all came together in a matter of

"No sooner were we on air, than we witnessed a miracle of God's impeccable timing. The believe the Bible truths for herself Federal Communications Commission announced it would take new applications for low ton, she was surprised one day to power FM stations—an unheard

of opportunity! We thanked the talk it over with his family and Lord and quickly informed God's people. The Lord impressed His faithful, courageous, and mentioned she wanted to work visionary people to rise to this high calling. They faced impossible challenges and daunting obstacles, but they stepped out in faith into this exciting and foreign territory of radio. Today I understand that there are 207 radio outlets broadcasting 3ABN Radio, and that's simply incredible! How convinced I have become that He has a great urgency to get the message to the world because He is 'nigh, even at the doors'!" Mark 13:29.

Jay Christian had enjoyed a interviews, and we were all successful career in radio for offered jobs the same day. We many years. He first came to felt the hand of God so strongly 3ABN television to give his per- that we all accepted." sonal testimony, and while he was here, we asked if he would there was much to do, and little be interested in helping to launch time to do it. But by the grace of the 3ABN Radio Network. At the God, on New Year's Eve, 3ABN time Jay was the manager for Blue Radio had its first broadcast. Not Mountain Television in Walla one radio station carried their Walla, Washington, and after signal, and only those with a seeking the Lord's will, he turned C-band satellite dish could hear us down. But a second call about it, but 3ABN had taken the first

pray about it again.

"My wife Annette had just for the Lord," Jay says, "and the timing of the second call wasn't



Jay Christian came here from Walla Walla, Washington. He provided much-needed expertise in radio

a coincidence. After more prayer our whole family came out for

broadcasting. When Jay arrived in 1999,

nine months later caused him to step in preaching the gospel to

3ABN World > February 2009

the world by radio, and on February 28, 2000, the network began broadcasting 24 hours a day.

we produced, and the rest was mostly audio tracks from 3ABN's television programming," Jay



Nikki Anderson spent many hours reassuring new low-power FM station owners. She rejoiced with them as they experienced God's miracles.

recalls, "but as time went on we found new programming, and produced more of our own. Our tower or their equipment." biggest challenge was editing, and for the better part of that first year I spent 60–70 hours a week doing just that!"

There were many other problems, but the small staff faithfully fell to their knees many times a day, and the Lord miraculously provided for each need.

Nikki Anderson's background tive assistant, and number one was in the medical field, but encourager. when she moved here she began working for 3ABN's engineering department.

"It was September of 2000, and it was hectic when they called me to 3ABN Radio!" Nikki says. "We did a mass mailing to many unhappy with the direction the

pastors in the U.S., informing them of the opportunity to build a low power FM station in their "Initially we had two programs city, and then spent many hours following up with phone calls. Potential station owners had a lot of questions, but convincing them that we had no hidden costs, and that our programming was indeed free, was really a trick!

> "As the application process continued, I spent a lot of time listening to their miracle stories. Then, when it came time for them to build their stations, we trained them on how to use their new equipment. I think that's when I adopted them all," she chuckles. "They were like my kids—calling home to tell me they got their

Nikki's duties expanded quickly, and it wasn't long before she was writing and producing on-air spots. For several years she dreamed of a women's Bible study program, and when she finally mentioned it, she was given the green light to produce Women at the Well. Today she is a producer, administra-

Michael Babb was another God-send. "For many years I worked in Portland, Oregon, for a commercial station," he says. "I'd learned so much, but I was

engineer who was working with an affiliate, and later became 3ABN. He mentioned I should check into 3ABN Radio, but I wasn't really interested, since I didn't really want to uproot my family. Months passed, and several more people mentioned 3ABN Radio was looking for an engineer. Finally, I got a dish and a receiver, and I was impressed at what I saw! Shortly after that my boss called me into his office. He explained that he was retiring a 3ABN employee when we soon, and that the new management might not give me my Sabcheck into 3ABN Radio.

"One by one, the Lord kept tions manager. working things out, and finally I came here for an interview. 3ABN Radio was— Although Satan tried his best to and is—amazing. discourage me, the Lord made Because he could it clear He wanted me here, and not relocate at the a few months later I moved my time, he would often family to Illinois. Let me tell you, make the long trip we've never regretted it, either. I from Tennessee and can assure you that we'd do it all return home on the over again!

"I'm so blessed when some- this time he set up one calls or writes and says, 'Your radio station has touched of radio staff to deal my heart.' It's confirmation that with the day-to-day operations I am where He wants me to be!"

WBLC-AM, a radio station in Lenoir City, just outside of back to school to become an

programming was taking. Then, Knoxville, Tennessee, when he during a mission trip to Tanza- heard about 3ABN Radio. He nia, I met Ian Miller, a volunteer immediately signed it up as



Michael Babb left Portland, Oregon, to become a 3ABN Radio Network engineer. His computer background was

bought the station. When Theresa Boote returned to her baths off. He also advised me to native Canada, Jim agreed to become 3ABN Radio's opera-

Jim's dedication to weekend. During an executive team

of the network, keeping in touch with them by telephone and **Jim Morris** was operating e-mail when he couldn't be there.

"When Jim decided to go



Jim Morris signed WBLC-AM in Lenoir City, Tennessee, as an affiliate. Soon he became 3ABN Radio's operations manager.

3ABN World > February 2009

3ABN World ≎ February 2009



Angie Lomacang feels the Lord prepared her for her radio work by having her run the audio board for her husband's music concerts.

advanced nurse practitioner, we felt a great loss," Jay says. "And when he had to leave perwork, we continued to work as a two-to-one decision was cast. that's rather unusual!"

Jim's support of 3ABN Radio continues, and despite his the editing work for the network incredibly busy study schedule, he remains as WBLC's station manager. "From the beginning, 3ABN Radio Network "We have a special relationship has been blessed with dedicated among the members of 3ABN employees who understand the Radio's staff. We're all like famtrue value of a network that ily here," she says. "We can tell if airs the undiluted three angels' messages 24 hours a day," he thing is bothering one of us. It's says. "Throughout the years amazing, but there are never any I've seen the Lord's continued hard feelings or any problems blessings, making this incredible with each other." growth of the network possible."

Angela Lomacang's story an unlikely background, as has a twist. When her hus- well. "I was working in 3ABN's

band John became the pastor of the Thompsonville Seventhday Adventist Church, he was quickly asked to help cohost the 3ABN Today television programs with his wife Angela. Several years later she was asked if she would consider working with 3ABN Radio, too.

"I have to admit that I was really overwhelmed with all this equipment," she says. "I felt very blessed to have my sweet friend, Martha Weber, training me. You manently to pursue his school see, Martha was seven months pregnant when I was hired, and I a team. Nikki, Michael, and I had to learn everything I needed have never held a meeting where to know in two months! I can't believe how patient she was with We've always been in complete me. She was a very dear friend to agreement on everything—and all of us, and we really enjoyed working with her."

> Today Angie does much of and hosts a Crossroads on 3ABN program. Other days she runs the audio board for other hosts. something is wrong, or if some-

Pam Clark came to radio from

housekeeping department signed up, add another 96 stabefore I came here," she says. tions in Australia alone, for a "My daughter had worked in total of 207 radio outlets around 3ABN's Call Center for quite a the world!" while and wanted to cut down on her hours, so she got this radio job before I did. Then, after several weeks, she changed her mind, and one day she said, 'Mom, today's my last day at the radio network.' I asked her if she thought I'd enjoy what she had been doing, and she encouraged me to call. The next day I found myself working here."

At first Pam felt overwhelmed. "There were computers and lots New plans for expanding of other equipment to learn 3ABN Radio programming about, but now it's a breeze!" through mobile phones are she says. "Today I do all kinds well underway by using MP3 of clerical work, as well as editing TV programs to make them all media players to use our 'radio friendly.' I realize some signal through a high-speed people might think my job Internet connection. Our plans tedious, but I love it. I'm editing include providing streaming a health series right now, and I get the added benefit of learning 3G network and other streamso much. They even get me to ing technology as well. And do some voice work, and we get even more exciting is the fact some good laughs!"

be poured out on 3ABN Radio by delivering our programming Network. "At the end of 2008 we to them through the Internet. received an e-mail from someone who will be launching 84 ical advances He has provided new low-power radio stations to spread the good news even throughout Australia," Jay says. farther! Please pray for 3ABN "Those stations, along with two Radio as we advance, on our smaller groups who have just knees, to do the Lord's work.



Pam Clark says she had no knowledge of computers when she began, "but now it's a breeze!"

But the best is still to come! audio, making it possible for audio to cell phones using the that we believe we'll soon be able to reach radio stations that God's blessings continue to cannot use our satellite signal,

Praise God for the technolog-

FORCED INTO RADIO!



by Nikki Anderson

t sounds like a very nega- impressed him to do—knowing *Tabernacle of the Air*, H. M. S. least make an attempt. Richards, felt as he started in radio broadcasting! For a year but he had no answer to that or two, several of his friends had challenge. Their straight talk been listening to him say that forced him into stepping out in he believed God wanted him to faith and preaching on the radio. preach the gospel on the radio, and apparently one day in 1929 was no money available, so a they had heard enough.

he must not really believe that jewelry to fund the venture. The God wanted him to preach on items came in quickly and the the air, or he would be on the first sale netted \$200! air! They also told him that if he

tive thing to say, but that's that God would make it happen. how the founder of *The* Then they admonished him to at

Pastor Richards was shocked,

As with most ministries, there pastor friend suggested they ask In essence, they told him that church members to donate old

Where did they work? Pastor had faith, he would do what God Richards' home was too small,

and there were young children eral Conference of Seventh-day always about, so they had to look Adventists brought the program elsewhere for their headquarters. under its wing. They finally decided on what a lean-to behind the garage which had once been a chicken better days!

air time, and in his first sermon, only to see them back out when Pastor Richards suggested the they were needed the most! listeners might want to donate Some have been reluctant, and money toward their radio even scared to step out in faith. expenses. They were surprised But they were all in very good as money came in via letters company—H. M. S. Richards from listeners. In fact, they had himself! a difficult time answering them all! Betty Canon volunteered to of this experience can also be answer letters in the evenings, said about the 3ABN Radio after her regular job, a task she Network and all its affiliates: performed for several years. "The Voice of Prophecy was born They outgrew the chicken house in evangelism. It has grown and and moved into the cold garage, prospered through the faith and but she stayed on because she sacrifice of God's people. It is loved the work, and loved work- dedicated to the gospel, and will ing for Jesus. Although Pastor continue to grow and bless the Richards had never dictated a world so long as it proclaims to letter, he said he found it to be all who will listen the good news an easy task—when someone of the crucified, risen, and soonelse fixed his grammar, spelling, coming Saviour."* and punctuation!

of the program was changed to versary—nine years, already! The Voice of Prophecy. In 1937 Thank you all for listening to our the Pacific Union Conference programming and rememberof Seventh-day Adventists recing us and our affiliates in your ognized the value of this radio prayers! broadcast and started sponsoring it, and in 1942 the Gen-

Several of our 3ABN Radio Pastor Richards described as affiliates have had a similar experience. Some have been "urged" by their fellow church house, and apparently had seen members into starting a radio station. Some have had friends By faith they purchased the pledge their help and support—

What Pastor Richards wrote

February marks another After a few years, the name 3ABN Radio Network anni-



Nikki Anderson is the administrative assistant for 3ABN Radio.

*"Forced Into Radio," The Youth's Instructor, June 1, 1948.

"We Want More!"

by Idalia Dinzey

of Seventh-day Adventists (IMU) held their first communications seminar, where pastors 3ABN Latino programming in could earn 20 hours of credit towards their continuing education requirements. My husband, television. John Dinzey, and I were privileged to be invited to share what God is doing through the 3ABN Latino Network with them.

Pastor César Gómez, IMU president, and Dr. Max Oviedo, their director of communications, have been great supporters. They share the vision and mission of 3ABN Latino, and I 14. believe they have been inspired by the Holy Spirit to invest and there! Those men literally sat equip their area pastors for evangelism with today's technology!

why some may not even consider the idea of utilizing tele- today through these commuvision, we learned that many nication tools. To put it mildly,

ast November the Inter- don't know how to use it. Johnny Oceanic Mexican Union and I were happy to encourage the 230 pastors gathered by sharing practical ways to share their communities and churches through the Internet and satellite

> We were also able to share the miracle of how 3ABN began: A simple carpenter, Danny Shelton, who had no education in communications, answered God's call to build a television station that would reach the world with the undiluted three angels' messages of Revelation

I wish you could have been on the edge of their seats—eyes wide with amazement, and lis-As we discussed the reasons tening intently. I could sense their awe at what God is doing were simply afraid because they they were very interested. In fact,

ing testimonies, miracles, letters, network, His people, and the and experiences we've had. Over and over we'd wrap things up and give way to another seminar their spiritual needs. presenter and they would cry out loudly, "More! More! We want Inter-American Division for to hear more!" What a thrill it is their willingness to work with to share God's goodness, God's us in reaching so many souls. victories, and God's ministry. And we want to thank you, There's no doubt in our minds our dear readers and supportthat 3ABN is truly a channel of ers, for making this ministry divine origin. With God as the possible. Without your prayers Supreme Provider, Founder, and and financial support we could Director, we never tire of telling not stretch our arms to lend a of His great works.

But the highlight for us was ing countries. the chance to interview four pastheir congregations. We're simwho desire to be used by God the world. If God's anointing our labor would be in vain. But working together this year!

they didn't want us to stop shar- praise God for anointing this ears and hearts of our viewers so that our programming can fulfill

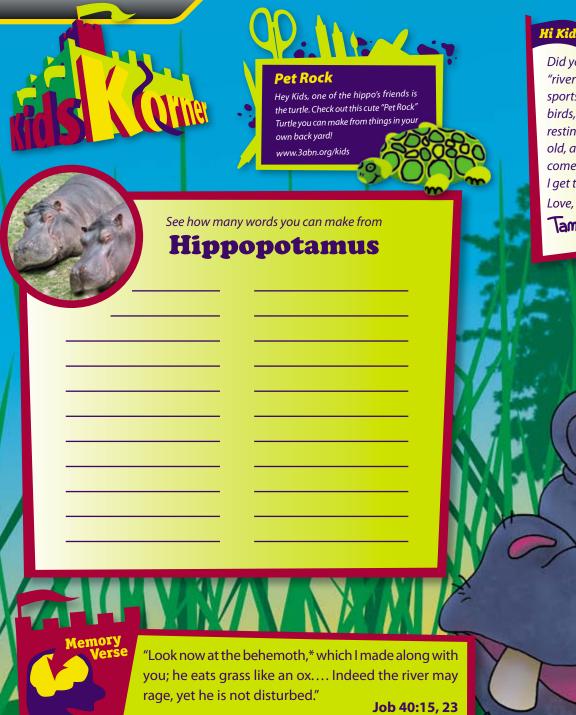
We thank the leaders in the spiritual hand to our neighbor-

Many churches and friends tors who are nurturing fruits of have installed a satellite system 3ABN Latino programming in to view 3ABN Latino, but how often are they using it? Is it used ple ordinary men and women only for the evangelistic series or special events? Why not start a to bring a message of hope to video lending library for your community? The Lord is comweren't on the programming, ing, so let's hasten His return by

Max Oviedo, director of communications at Inter-Oceanic Mexican Union; Idalia and John Dinzey from 3ABN Latino; and Max Ocono, a satellite technician for The Hope Channel.



Idalia Dinzey works for 3ABN Latino and loves sharing testimonies from



*Or river-horse, widely believed to mean the hippopotamus.

Did you know that the word "hippopotamus" comes from a Greek word meaning "river horse"? Of course they aren't related to horses at all, but hippos are great sports. When they're wading around in the river, they let various animals like turtles, birds, and even baby crocodiles use their broad backs for sunning and resting. Wouldn't that be a sight to see? Hippos can live to be 45 years old, and many weigh as much as 9,900 pounds! I wouldn't want to come face-to-face with our hippo friends on this earth, but when I get to Heaven, I think I'll ask for a ride!

Tammy

3ABN World > February 2009 17 16 3ABN World • February 2009

ESSENGER PIGEONS

erry Weiler never dreamed 700 pigeon breeds, too." that pigeons would ever his father brought home a couple in love with them.

"He startled me with a question. 'Jerry, if you were to die today, would you go to heaven?"

> them, raced them, and sold them. I've judged them, and still I began to question my beliefs, belong to several pigeon associations. But I got into show birds, Air Force during the Vietnam and my favorites have to be the War, I had all but lost my faith Hana Pouters, a German breed completely." that puff up their chest and have beautiful feathered feet. I don't because he was assigned to the popular pigeons are in this country, and most anyone's surprised painting runways and aircraft.

Born in West Branch, Michiplay such an important gan, some 60 miles north of Bay part in his life, especially when City, Jerry grew up in a Germanhe was 9 years old. That's when Irish family. "We were strict Catholics," he says. "Every Sunof street pigeons, and Jerry fell day we were in Mass, and I went through Catechism, my first "I've always loved pigeons," Holy Communion, and went he says. "I've bred them, raised to confession a bunch of times. My mother was very devout," he adds. "In fact, I almost wasn't born because she almost became a nun! I've been told that my great-great-grandpa came over on the boat and brought a statue of the Virgin Mary with him! Sadly, though, before I was 20, and by the time I joined the U.S.

Jerry never saw combat think most people realize how Air Force civil engineers here in the United States. "They had us to find out that there are some I operated boilers, and did all

sorts of plumbing," he says. "My father and grandfather had been tian welder who had just been joined the union, trained as an vou go to heaven?' apprentice, and then became a pipe fitter myself."

brought people into Jerry's path, hoped to get to heaven—but I remember one day I was signal- the kingdom of God.' ing a crane operator at a nuclear weren't going right that day,"



Jerry Weiler holds one of his prized pigeons, a

pipe fitters, but I had it in my born again. At one point he mind that I wanted to be a wild-said, 'Jerry, I've been struggling life biologist. After the Air Force to clean up my language, and I began classes at a community you're not making it any easier.' college, but I soon realized that I felt bad, so I apologized, and this career did not pay very well, then he hit me with a question and that I might have difficulty that startled me. He said, 'Jerry, surviving on their salary. So I if you were to die today, would

"I didn't know what to answer that question, you see, because I Throughout his life, God had had been raised a Catholic. I just although he did not recognize was never sure. Then he gave me this. "I was probably the typial a tract with a bunch of texts on it. cal working guy," he says. "I The first one was John 3:3 where didn't understand what the Bible Iesus told Nicodemus, 'Most said, and certainly wasn't living assuredly, I say to you, unless the way God wanted me to. I one is born again, he cannot see

"He told me he was sure he reactor construction site. Things would go to heaven, but that only made me mad. I was deterhe says, "and I was pretty frus- mined to prove him wrong, so I trated. I was cussing up a storm, went home, found my Catholic and it caught the attention of Bible, and dusted it off. My priest my coworker—a young Chris- had always told us to open our

hearts to Jesus—and that would and oil refineries. An interesting get us to heaven. But he never encounter happened in 1988 said anything about being 'born while he worked at a peaker again!"

work on Jerry's heart that day, and the Bible texts all seemed high, or in peak demand.) to fall into place. He began disfriends who raised pigeons, and then began attending his church. When Jerry did, he found the

"He immediately started asking me questions—he was pretty sure that the Mark of the Beast wasn't something good, and asked me if I could explain that all to him."

> It wasn't long before Jerry was Bible prophecy, and the signs son Adam began attending a coming.' different church just a few blocks move his membership closer to home.

Through the years Jerry and all that.' became quite good at his job and was trained to work in many areas, including power plants, chemical plants, nuclear plants,

plant in Michigan. (Peaker The Holy Spirit was hard at plants are used only when the demand for electricity is very

"I had been on a constant cussing all this with one of his search for more truth," Jerry says, "and one day I was invited to join a Bible study with some of the guys I worked with. I remember we talked about endtime events, and the signs the Bible predicts before the Second Coming of Christ. We talked a lot about the famines, diseases, wars, and turbulence in the world. Come to think of it, for all I know those guys might have been Seventh-day Adventists!"

When he arrived back home, most wonderful Christians Jerry logically went to his pasawaiting him with open arms. tor with fresh questions about born again himself, and after of Christ's Second Coming. "I being baptized in that church he was really surprised and disapattended for several years, even pointed when the pastor said, 'I though it was quite a distance don't know about all that stuff, from where he lived. Then his Jerry. All I know is that He's

"I expected more than that, so away, and soon Jerry decided to I said, 'That's the wrong answer, pastor. I want to know when He's coming—you know—Revelation

> "'Oh Jerry, we don't get into all that stuff, was all he said. And that's the last time I went to that church!"

another church, but his ques- me another show. Eventually tions still lingered. Then God he sent me all of them and I brought his prized pigeons back watched every single one." into the picture! Several years a Seventh-day Adventist.

it to him."

Jerry tells us what happened next. "When I got the tape I Georgia to work on a nuclear really enjoyed seeing John's power plant, and rented his handiwork, and the pigeons friend's old home for a while. were great, too. But when the "John gave me all sorts of books, video was over, suddenly a Bible including the Ten Commandprophecy show popped up. It ments Twice Removed and the was called Prophecy Beyond Antichrist Agenda," he says. "I 2000, with a man called Kenneth also obtained two copies of *The* Cox. I thought to myself, Whoa! Great Controversy Illustrated, by What's this? Kenneth Cox? Who Adventist author Ellen G. White. is this guy? But he captivated me I started reading them, and as I because he was talking about did, I remember thinking, I guess stuff I wanted to know about. It I know what church I'm going to." wasn't long before I called him

Jerry started attending up, and he said he would send

What Jerry didn't know is that man on the Fermi Nuclear Plant "I record a lot of 3ABN pronear Detroit, Michigan, Jerry grams," he says, "and Kenneth had befriended a superinten- Cox is one of my favorites. I dent—who just happened to be guess I recorded the pigeons over the beginning of one of John Drew lived in Baxley, his sermons, but for the life of Georgia, and had recently me I don't remember if I did retired. He remembered Jerry's that on purpose or not. I love show birds and thought they to witness, and I may have just might make a good hobby. "I sent him Kenneth Cox because had built a pen, so I called Jerry he explains things so well, and and ordered some pigeons from is easy to understand. I've got him," he says. "After I got them, Kenneth Cox tapes scattered I wanted him to know that they from Washington State to New were well taken care of, so one York, and from Michigan to day I decided to make a video. every corner of Georgia. I know I guess I just picked up a used that time is short, and we need tape, recorded over it, and sent to get the message out to anyone who will listen!"

Later on, Jerry traveled to

When he returned to Michi-

gan, Jerry looked up the number being impressed by his eagerness for Bill McPherson, the man to learn the truths of the Bible. on a hunch that Bill might just him off guard that the Bible be a Seventh-day Adventist.

ber from my grandson," Bill says. "I was at a flea market in Florida pastor, Frank Lugo, who had with the Holy Spirit." been studying with my children. and I knew he would help him."

was full of questions.

Pastor Lugo says. "When I started talking to him it became That was what was driving him. I but enough to get him into the every week." Bible. After our second visit we sat down and started going and attending church for about a through a series of biblical studies. At every turn I remember tized. "The elders always come in

who had trained him as an When we studied the prophecies apprentice so many years ago, of Daniel, I think it really caught clearly prophesied the coming "Jerry got my cell phone num- of the Messiah through the 70 week prophecy.

"He was never defensive at the time, and he immediately or antagonistic," Pastor Lugo started asking me questions. He continues. "I really believe that was pretty sure that the Mark the Holy Spirit had been workof the Beast wasn't something ing with him for a long time. good, and asked me if I could He wasn't resistant to the Bible explain that all to him. Wow, I truths; he truly embraced them. thought, I can't give him all that As I look back on those events, I right now over the phone, so I realize that it all had so little to suggested he speak with my do with me, and so much to do

Jerry shared his first impres-Pastor Lugo is a good listener, sions of Pastor Lugo and the Bay City Seventh-day Adventist When Jerry met the pastor he Church. "I remember thinking that Pastor Lugo was very "Jerry is a wonderful man," nice," he says, "and as I was leaving he invited me to come to church that Saturday. I thought abundantly clear that he wanted to myself, Boy, I hope this isn't to know the truth—what the some kind of cult! What do you Bible really says about salvation. mean, Saturday? Who goes to church on Saturday morning? think he was watching to see if I But I loved the worship service, would beat around the bush, so and we had a wonderful potluck he pelted me with questions. I lunch afterwards. It didn't take kept giving him short answers, much to keep me coming here

> After studying with the pastor year, Jerry was ready to be bap-

early and fill the baptismal tank take it away. Instead, He's shown with warm water," he says, "but me that He's in control, and He's for some reason, the hot water heater wasn't working that day. be any happier than that. I know When we got there they told me, my God." 'Jerry, the water's... well, a little cold!' Actually, it was only 60 degrees! I looked at the pastor, and asked him, 'What do you think? It can't be any colder than when I fell through the ice while trapping beavers! Let's go for it!

"We had the baptism, and it was a thrill—literally!" Jerry says with a good laugh. Then he adds, "And since I'm a plumber, no one else has had to be baptized in cold water ever since!"

Jerry? "Well, a lot of the pigeon retirement fund. I keep thinkshows are held on Saturday, but ing that sometime I'll check now that I'm doing this, I'm not on it, but as far as the world is getting any negative feedback. concerned, I know my God has But even if I did, it's so clear to everything under control. He me that the Old Testament supprepared me for all this, and I ports the New Testament, and can be happy regardless of my so many different verses back circumstances. I value my life each other up—I could never more, and I feel better than ever." turn my back on what the Lord has asked us to do.

time—I'm just astonished by it.

"I also have a peace of mind today that very few people have in this world. I can accept adversity much easier. God doesn't basis for this article.

going to take care of it. You can't

Reflecting on the state of the economy in the world, Jerry says, "You know, it seems every

"Were it not for those pigeons, I might have never known the truth. God is so good!"

How has life changed for day I'm losing money out of my

Jerry pauses for a moment, and then adds. "Who would "The idea of the U.S. being have thought that those pigeons represented in the Bible, and would have brought the message how history backs up the proph- to me? Were it not for those ecies all the way back from pigeons, I might have never Nebuchadnezzar to the current known the truth. God is so good!" =

> The editors wish to thank Bruce Babienco, volunteer correspondent for the Lake Union Herald. His story in that magazine became the

his 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: PST = Pacific Standard Time (UTC-8); MST = Mountain Standard Time (UTC-7); CST = Central Standard Time (UTC-6); EST = Eastern Standard Time (UTC-5). CC = Closed captioned. **②** = Live program. ★ = New series. **③** = Repeat of live program. Program titles in red are changes effective this month.

3AF	BN today Thi	ırsday	LIVE / February 2009 Time: Thursday at 8:00 p.m. Central
Feb 5	James Rafferty & Ty Gibson: "Daniel—The Gospel and Current Events"	Feb 19	3ABN Behind the Scenes
Feb 12	TBA	Feb 26	TBA
For	mara program information	nlagga vi	eit our waheita www.3ahn ara



GIVE ME THE BIBLE THE SECOND COMING

ARE YOU LOOKING forward to the glorious return of your Savior Jesus Christ? Are you ready to meet Him? Do you recognize the signs of His Second Coming?

Don't miss out on this month's Give Me the Bible series with Pastor Kenneth Cox. It begins on February 12, right here on 3ABN!

Why not record this special series and share it with a friend? It's a great way to share your faith, and the returns are out of this world!

		١
Give Me the Bible The Second Co of Christ!	-	g IMES CST
"We Have This Hope"	Thu 2/12	
"Signs of the End of Time"	Fri 2/13	
"Signs of His Coming"	Sat 2/14	11 a.m.
"The Coming of Jesus Christ"	Sat 2/14	7 p.m.
"The Night Watch"	Sun 2/15	7 p.m.

Feb 12-	Give Me the Bible: "The Second Coming." ThuSun. 7:00–8:00
Feb 15	p.m.; Sat. 11:00 a.m12:00 noon, 7:00-8:00 p.m. CST.
Mar 12-	Give Me the Bible: "The Holy Spirit." Thu.—Sun. 7:00—8:00
Mar 15	p.m.; Sat. 11:00 a.m12:00 noon, 7:00-8:00 p.m. CST.

3ABN: FEBRUARY	▼ SUNDAY
-----------------------	-----------------

MDN	PILDI	COART		▼ SUNDAI	
PST	MST	CST	EST		
Midnt	1:00a	2:00a	3:00a	Exalting His Word (Shelley Quinn)	CC
12:30	1:30	2:30	3:30	Breath of Life (Walter Pearson)	CC
1:00a	2:00a	3:00a	4:00a	Amazing Facts Presents (Doug Batchelor)	CC
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)	CC
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		11:00a		Revelation Insights (Lyle Albrecht)	
9:30	10:30	11:30	12:30	continued	
10:00a			1:00p	Bible Rx (Jim Marcum)	
10:30	11:30	12:30	1:30	Marriage in God's Hands 3ABN On the Road	
11:00a		1:00p 1:30	2:00p		
11:30	12:30 1:00p		2:30	continued	(CC)
Noon 12:30	1:00p 1:30	2:00p 2:30	3:00p 3:30	IIW Mini-Series (Shawn Boonstra)continued	رك
1:00p	2:00p	3:00p	4:00p	3ABN Today LIVE (repeat)	0
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	Hope on Fire	CC
4:30	5:30	6:30	7:30	Heaven's Point of View (Hal Steenson)	<u> </u>
5:00p	6:00p	7:00p	8:00p	Celebrating Life in Recovery (Cheri Peters)	<u></u>
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	Romans—Books of the Book (Lee Gugliotto)	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	White Horse Media Presents (Steve Wohlberg	1)
8:30	9:30	10:30	11:30	Faith Chapel	•
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)	CC
	11:30	12:30	1:30	ASI Video Magazine (Dan Houghton)	
10:30				- 4 Day m - 1	
10:30 11:00p	Mon	1:00a	2:00a	3ABN Today	

3ABN	• FEBR	RUARY		▼ MONDAY	
PST	MST	CST	EST	∢ 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 3:30	4:00a 4:30	5:00a 5:30	6:00a 6:30	Faith Chapel 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		Thinking About Home (Kathy Matthews)	_
8:30	9:30	10:30	11:30	Maranatha Mission Stories (Dick Duerksen)	(CC)
9:00a	10:00a	11:00a 11:30	Noon 12:30	His Harvest Is Ready (C. A. Murray)	
9:30 10:00a	10:30 11:00a		1:00p	continued 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 3:30	4:00p 4:30	5:00p 5:30	6:00p 6:30	Homecoming 2008continued	
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)	CC
7:00p	8:00p	9:00p	10:00p	3ABN Today	
7:30	8:30	9:30	10:30	continued	
8:00p	9:00p 9:30	10:00p 10:30	11:00p 11:30	The Carter Report (John Carter)	
8:30 9:00p	10:00p	11:00p	Tue	continued Hebrews—Books of the Book (Gibson/Rafferty)	(()
9:30	10:30	11:30	12:30	Issues & Answers	۳
10:00p	11:00p	Tue	1:00a	Hope on Fire	\mathbb{C}
10:30	11:30	12:30	1:30	Maranatha Mission Stories (Dick Duerksen)	<u> </u>
11:00p	Tue	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	continued	

▼ TUESDAY

				▼ TUESDAY	
PST	MST	CST	EST		
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)	(50)
3:00a	4:00a	5:00a	6:00a	Everlasting Gospelcontinued	(CC)
3:30	4:30	5:30	6:30 7:00a	Body & Spirit (Dick Nunez)	
4:00a 4:30	5:00a 5:30	6:00a 6:30	7:00a 7:30	Bible Rx (Jim Marcum)	
5:00a	6:00a	7:00a	8:00a	Revelation Insights (Lyle Albrecht)	
5:30	6:30	7:00a 7:30	8:30	continued	
6:00a	7:00a	8:00a	9:00a	3ABN Today LIVE (repeat)	٥
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		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	
	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)	CC
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	(55)
4:30	5:30	6:30	7:30	Exalting His Word (Shelley Quinn) Secrets Unsealed Presents	CC
5:00p 5:30	6:00p	7:00p	8:00p 8:30	continued	
	6:30	7:30 8:00p		Battles of Faith	
6:00p 6:30	7:00p 7:30	8:00p 8:30	9:00p 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	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	
10.30					
11:00p	Wed	1:00a	2:00a	3ABN Today	

26 3ABN World • February 2009 27

3ABN	• FEBF	RUARY		▼ WEDNESDAY	
PST	MST	CST	EST	∢ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Mark—Books of the Book (Shepherd/Hart)	CC
12:30	1:30	2:30	3:30	Exploring the Word (Lonnie Melashenko)	
1:00a	2:00a	3:00a	4:00a	Homecoming 2008	
1:30	2:30	3:30	4:30	continued	
2:00a	3:00a	4:00a	5:00a	World of Praise (Wintley Phipps)	CC
2:30	3:30	4:30	5:30	Teen Pathways	
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 7:30	8:00a 8:30	His Words Are Life/World Prophecy News	
5:30 6:00a	6:30 7:00a	8:00a	9:00a	Thinking About Home (Kathy Matthews)	
6:30	7:00a 7:30	8:30	9:30	3ABN Todaycontinued	
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		Marriage in God's Hands (Tom and Alane Water	·e)
8:30	9:30	10:30	11:30	In the Footsteps of Paul (Tony Moore)	٥)
9:00a	10:00a	11:00a	Noon	Revelation Now (Jac Colon)	
9:30	10:30	11:30	12:30	continued	
		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	Hope on Fire	CC
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)	CC
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	Amazing Adventure (Doug Batchelor)	
4:30	5:30	6:30	7:30	continued	
5:00p	6:00p	7:00p 7:30	8:00p 8:30	3ABN On the Road	
5:30 6:00p	6:30 7:00p	8:00p	9:00p	continued Bible Rx (Jim Marcum)	
6:30	7:00p 7:30	8:30	9:30	Amazing Facts Presents (Doug Batchelor)	CC
7:00p	8:00p	9:00p	10:00p	3ABN Today	رت
7:30	8:30	9:30	10:30	continued	
8:00p	9:00p	10:00p	11:00p	It Is Written (Shawn Boonstra)	CC
8:30	9:30	10:30	11:30	Romans—Books of the Book (Lee Gugliotto)	<u>@</u>
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

				▼ IHUKSDAY	
PST	MST	CST	EST		
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)	<u></u>
3:30	4:30 5:00a	5:30	6:30 7:00a	Romans—Books of the Book (Lee Gugliotto) Body & Spirit (Dick Nunez)	CC
4:00a 4:30	5:00a 5:30	6:00a 6:30	7:00a 7:30	So Send I You (May Chung)	
5:00a	6:00a	7:00a	8:00a	IIW 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		1:00p	Secrets Unsealed Presents	
10:30	11:30	12:30	1:30	continued	
11:00a		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 1:30	2:00p 2:30	3:00p 3:30	4:00p 4:30	3ABN Todaycontinued	
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	
11.1111	9:00p	10:00p	11:00p	Kenneth Cox Ministries Presents	
		10:30	11:30	continued	(6.5
8:30	9:30		Eu-i		\mathbb{C}^{C}
8:30 9:00p	10:00p	11:00p	Fri	Celebrating Life in Recovery (Cheri Peters)	_
8:30 9:00p 9:30	10:00p 10:30	11:00p 11:30	12:30	continued	
9:30 10:00p	10:00p 10:30 11:00p	11:00p 11:30 Fri	12:30 1:00a	continued Heaven's Point of View (Hal Steenson)	
8:30 9:00p 9:30	10:00p 10:30	11:00p 11:30	12:30	continued	CC

28 3ABN World • February 2009 29

•	3ABN	: FEBF	RUARY		▼ FRIDAY	
	PST	MST	CST	EST	◆ CHOOSE YOUR TIME ZONE	
	Midnt 12:30	1:00a 1:30	2:00a 2:30	3:00a 3:30	3ABN Today LIVE (cont.)continued	
	1:00a	2:00a	3:00a	4:00a	White Horse Media Presents (Steve Wohlberg))
	1:30	2:30	3:30	4:30	Hope on Fire	CC
	2:00a	3:00a	4:00a	5:00a	The Carter Report (John Carter)	
	2:30	3:30	4:30	5:30	continued	(GE)
	3:00a 3:30	4:00a 4:30	5:00a 5:30	6:00a 6:30	Central Study Hourcontinued	CC
	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)	(CC)
	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 8:00a	8:30 9:00a	9:30 10:00a	10:30 11:00a	continued Wonderfully Made	
	8:30	9:00a 9:30	10:00a 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	CC
	10:30	11:30	12:30	1:30	continued	
	11:00a		1:00p	2:00p	Mark—Books of the Book (Shepherd/Hart)	CC
	11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)	<u> </u>
	Noon 12:30	1:00p	2:00p	3:00p 3:30	Discover (David Asscherick)	CC
	1:00p	1:30 2:00p	2:30 3:00p	4:00p	continued 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)	CC
	4:30	5:30	6:30	7:30	Melody From My Heart	
	5:00p 5:30	6:00p 6:30	7:00p 7:30	8:00p 8:30	Homecoming 2008continued	
	6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra)	CC
	6:30	7:30	8:30	9:30	Maranatha Mission Stories (Dick Duerksen)	<u></u>
	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	CC
	8:30	9:30	10:30	11:30	continued	
	9:00p	10:00p	11:00p	Sat	ShareHim Newsmagazine	<u></u>
	9:30	10:30 11:00p	11:30 Sat	12:30 1:00a	Exalting His Word (Shelley Quinn) Keepers of the Flame	CC
	10:00p 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

				▼ SAI UKDAI	
PST	MST	CST	EST		
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	Melody From My Heart	
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)	CC
3:30	4:30	5:30	6:30	Hebrews—Books of the Book (Gibson/Rafferty)	CC
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	CC
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		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	Amazing Adventure (Doug Batchelor)continued	
10:30	11:30	12:30	1:30	Ten Commandments Weekend 2008	
11:00a 11:30	Noon 12:30	1:00p 1:30	2:00p 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)	(CC)
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	Praise! (Kelly Mowrer)	
5:00p	6:00p	7:00p	8:00p	Discover (David Asscherick)	CC
5:30	6:30	7:30	8:30	continued	
6:00p	7:00p	8:00p	9:00p	Mark—Books of the Book (Shepherd/Hart)	CC
6:30	7:30	8:30	9:30	In Search of Truth (Charles Byrd)	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	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	
			1.20	continued	
10:30	11:30	12:30	1:30		
10:30 11:00p 11:30	11:30 Sun 12:30	12:30 1:00a 1:30	2:00a 2:30	3ABN Todaycontinued	

30 3ABN World ∘ February 2009 31



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 Standard Time (UTC-6). \bigcirc = Live program. \Rightarrow = New series. = Repeat of live program. Program titles in red are changes effective this month.



Marriage in God's Hands

om and Alane Waters present simple, yet powerful, principles to help repair and strengthen marriages. Drawing from their extensive experience in marriage counseling, they discuss common mistakes couples make. No matter what state your marriage is in today, Marriage in God's Hands will give you biblical principles and powerful tools to make it better. Be sure to tune in on Sundays at 12:30 p.m. and 10:30 p.m. and Fridays at 3:30 p.m. and 10:30 p.m., CST.

3ABN RADIO: FEBRUARY

JADN	RADIO: FEDRUARI
CST	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 10:00a	The Bible in Living Sound
10:00a 10:30	Central Study Hourcontinued
10.30 11:00a	Worship Hour
11:30	continued
Noon	Lift Him Up
12:30	Marriage in God's Hands
1:00p	Discover Prophecy
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 8:30	3ABN Today continued
9:00p	Bible Answers LIVE
9:00p 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	Revelation Speaks Hope
12:30	continued
1:00a	3ABN Today
1:30	continued

000	NONE AV	0.011	HILLION AV
CST	MONDAY	CST	TUESDAY
2:00a	Help Yourself to Health	2:00a	Bible Answers LIVE
2:30	Faith Chapel	2:30	continued
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Heaven's Point of View	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	Classic Radio Sermons ★/A.L.	7:30	Classic Radio Sermons ★/R.R.
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	More Abundant Life
10:30	His Words Are Life/Your Health News	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	In Search of the Truth
1:00p	Help Yourself to Health	1:00p	By My Spirit
1:30	Faith Chapel	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	Revelation Speaks Hope	4:00p	Revelation Speaks Hope
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	Classic Radio Sermons ★/A.L.	7:30	Classic Radio Sermons ★/R.R.
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	Revelation Speaks Hope	Wed	Revelation Speaks Hope
12:30	continued	12:30	continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	continued	1:30	continued

3ABN RADIO: FEBRUARY (continued)

3:30 Bible Answers 4:00a Kids' Time 5:00a Musical Meditations 5:30		RADIO: ILDROARI (contin		
Breath of Life 2:30	CST	WEDNESDAY	CST	THURSDAY
2:30 Breath of Life 3:00a Voice of Prophecy/Between the Lines 3:30a Bible Answers 4:00a Kids' Time 4:00a Kids' Time 4:30 Issues & Answers 5:00a Musical Meditations 5:30continued 5:30continued 5:30 Christian Concerns 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00a 3ABN Today 8:30continued 9:30continued 9:30continued 9:30 Crossroads on 3ABN Radio 9:30continued 11:00a Ibeth in Living Sound 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30 When God's People Pray 1:30 Health Headlines/Your Family Health 2:00p Bible Answers LIVE 2:00p 3:30	2:00a	Help Yourself to Health	2:00a	Help Yourself to Health
3:30 Bible Answers 4:00a Kids' Time 4:30 Issues & Answers 5:00a Musical Meditations 5:30	2:30	Breath of Life	2:30	In Search of the Truth
4:00a Kids' Time 4:30 Issues & Answers 5:00a Musical Meditations 5:00a Musical Meditations 5:30continued 5:30continued 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00a 3ABN Today 8:30continued 8:30c	3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
4:30 Issues & Answers 5:00a Musical Meditations 5:30continued 6:00a Health for a Lifetime 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 7:30continued 8:30continued 9:00a Genesis to Revelation Semina 10:30 Homeschool of Health 10:30 Stop Smoking Clinic 3ABN On the Road 11:30continued 11:30continued 11:30continued 11:30continued 11:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30continued 2:30 Siop Smoking Spirit 1:30continued 2:30 Siop Smoking Clinic 11:30 Issues & Answers 1:00p Bible Answers LIVE 2:200p 2:30continued 2:30 Issues & Answers 3:00p Voice of Prophecy/Between the Lines 3:00p Revelation Speaks Hope 4:30continued 4:00p Revelation Speaks Hope 4:30continued 5:00p Musical Meditations 5:00p Musical Meditations 5:00p ABN On the Road 6:30continued 6:30continued 7:30 Classic Radio Sermons ★/Y.F.H. 8:30 His Words Are Life/Freedom's Ring 8:30 His Words Are Life/Freedom's Ring 8:30continued 9:30continued 10:30 Wonderfully Made 10:30 Wonderfully Made 10:30 Wonderfully Made 10:30 Wonderfully Made 10:30continued 10:30 Wonderfully Made 10:30continued 10:30 Wonderfully Made 10:30continued 10:30 Wonderfully Made 11:30continued 10:30 Wonderfully Made 10:30 Won	3:30	Bible Answers	3:30	Bible Answers
5:00a	4:00a	Kids' Time	4:00a	Kids' Time
5:30continued 6:00a Health for a Lifetime 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00a 3ABN Today 8:30continued 8:30continued 8:30continued 8:30continued 8:30continued 9:00a Crossroads on 3ABN Radio 9:30continued 9:30continued 10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 10:30continued 11:30continued 11:30continu	4:30	Issues & Answers	4:30	Issues & Answers
6:00a Health for a Lifetime 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/G.G. 3 ABN Today 8:30continued 8:30continued 8:30continued 9:30continued 9:30continued 10:00a Left Behind: Fact or Fiction? 10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 10:30 Homeschool of Health 11:30continued 11:30continued 11:30continued 11:30continued 11:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Wonderfully Made 1:30 Wonderfully Made 1:30 Lift Him Up 1:30 Lift Him Up 1:30 Lift Him Up 2:30 Lift Him Up 3:30 Wonderfully Made 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:30continued 5:30continued 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 11:30continued 11:30continue	5:00a	Musical Meditations	5:00a	Musical Meditations
Christian Concerns Christian Christian Concerns Christian Christian Concerns Christian Chr	5:30		5:30	***************************************
7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00a 3ABN Today 8:30continued 8:30continued 9:00a Crossroads on 3ABN Radio 9:30continued 9:30continued 9:30continued 9:30continued 9:30continued 10:30 Left Behind: Fact or Fiction? 11:00a 3ABN On the Road 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30 By My Spirit 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 1:30 Loop Bible Answers LIVE 2:00p 1:30continued 1:30continued 1:30continued 1:30continued 1:30continued 1:30 It Is Written 1:30continued 1:30		Health for a Lifetime	6:00a	
7:30 Classic Radio Sermons ★/Y.F.H. 8:00a 3ABN Today 8:30continued 8:30continued 8:30continued 9:00a Crossroads on 3ABN Radio 9:30continued 9:30continued 9:30continued 9:30continued 9:30continued 9:30continued 9:30continued 10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 10:30 3ABN On the Road 11:30continued 11:30continued 11:30continued 11:30continued 11:30 When God's People Pray 12:30 When God's People Pray 12:30 Health Headlines/Your Family Health 1:30 Leath Headlines/Your Family Health 1:30continued 2:30 Sible Answers LIVE 2:00p Bible Answers LIVE 2:30continued 3:30 Wonderfully Made 3:30 Wonderfully Made 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 3:30continued 5:00p Musical Meditations 5:30continued 5:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30	6:30		6:30	· .
8:00a 8:30continued 8:30continued 9:00a 9:30continued 9:00a 10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 11:00a 11:30 11:00a 11:30 Noon Your Story Hour 12:30 When God's People Pray 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 2:00p Bible Answers LIVE 2:30 Noop Voice of Prophecy/Between the Lines 3:30 Noop Noop Revelation Speaks Hopecontinued 4:00p 4:30 Xoop Musical Meditations 5:30continued 6:00p 3ABN On the Road 6:30continued 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 Noop Noon Noon Noon Noon Noon Noon Noon		_		
8:30 continued 9:00a Crossroads on 3ABN Radio 9:00a continued 9:30 continued 9:30 continued 10:00a Left Behind: Fact or Fiction? 10:00a Homeschool of Health 10:30 Stop Smoking Clinic 11:00a 3ABN On the Road 11:00a 3ABN On the Road 11:30 continued 11:30 continued 11:30 continued 11:30 continued 10:30 Help Your Story Hour 12:30 Help Yourself to Health 1:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 1:30 Help Yourself to Help Yourself to Help Your Story Hour 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Lift Him Up 1:30 Help Yourself Your Family Health 1:30 Help Yourself Your Your Your Your Story Hour 1:30 Help Yourself Your Your Story Hour 1:30 Help Yourself Your Your Story Hour 1:30 Help Your Your Story Hour 1:30 His Words Are Life/Freedom's Ring 1:30 Help Your Story Hour 1:30 Help Your Your Your Story Hour 1:30 Help Your Your Your Your Your Your Your Your	7:30	•	7:30	,
9:00a 9:30		•		<u> </u>
9:30 continued 10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 10:30 Stop Smoking Clinic 11:00a 3ABN On the Road 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 Health God's People Pray 12:30 Heaven's Point of View 1:00p Help Yourself to Health 1:00p By My Spirit 1:30 Lift Him Up 2:00p Bible Answers LIVE 2:00p Bible Answers LIVE 2:30 continued 2:30 Issues & Answers 3:00p Voice of Prophecy/Between the Lines 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:00p Revelation Speaks Hope 4:30 continued 5:00p Musical Meditations 5:30 continued 5:00p Musical Meditations 5:30 continued 6:00p 3ABN On the Road 6:30 continued 6:00p 3ABN On the Road 6:30 continued 7:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:00p 3ABN Today 9:00p 3ABN Today 9:30 continued 10:00p Your Story Hour 10:30 Wonderfully Made 10:30				
10:00a Left Behind: Fact or Fiction? 10:30 Homeschool of Health 11:00a 3ABN On the Road 11:30continued 11:30continued 11:30continued 11:30 When God's People Pray 1:00p Help Yourself to Health 1:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 2:00p Bible Answers LIVE 2:00p Kids' Time 2:30continued 3:30 Wonderfully Made 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:00p Musical Meditations 5:00p Musical Meditations 5:30continued 5:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Trospread 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radio 11:00p Revelation Speaks Hope 11:30continued				
10:30 Homeschool of Health 11:00a 11:00a 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued Noon 12:30 When God's People Pray 12:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Health Headlines/Your Family Health 1:30 Lift Him Up 2:00p Bible Answers LIVE 2:30 Lift Him Up 2:30 Issues & Answers 3:00p Voice of Prophecy/Between the Lines 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:30continued 4:00p Revelation Speaks Hope 4:30continued 4:30 Musical Meditations 5:30continued 5:00p Musical Meditations 5:30continued 6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00p 3ABN Today 9:00p Your Story Hour 10:30 Wonderfully Made 10:00p Your Story Hour 10:30 Wonderfully Made 11:30continued				
11:00a 11:30				
Noon Noon Your Story Hour 12:30 When God's People Pray 1:00p Help Yourself to Health 1:30 Health Headlines/Your Family Health 2:00p Bible Answers LIVE 2:30 Lift Him Up 2:30 Lift Him Up 2:00p Bible Answers LIVE 3:30 Locontinued 3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:30continued 5:00p Musical Meditations 5:30continued 5:00p Musical Meditations 5:30continued 6:00p ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:30continued Thu Revelation Speaks Hope				
Noon Your Story Hour 12:30 When God's People Pray 12:30 Heaven's Point of View				
12:30 When God's People Pray 1:00p Help Yourself to Health 1:30 Health Headlines/Your Family Health 2:00p Bible Answers LIVE				
1:00p Help Yourself to Health 1:30 Health Headlines/Your Family Health 2:00p Bible Answers LIVE				
1:30 Health Headlines/Your Family Health 2:00p Bible Answers LIVE				
2:00p Bible Answers LIVE				
2:30				
3:00p Voice of Prophecy/Between the Lines 3:30 Wonderfully Made 3:30 It Is Written 4:00p Revelation Speaks Hope 4:30continued 5:00p Musical Meditations 5:30continued 5:00p ABN On the Road 6:00p ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:30continued Thu Revelation Speaks Hope 3:00p Revelation Speaks Hope 4:00p Revelation Speaks Hope 4:00p Revelation Speaks Hope 4:00p Revelation Speaks Hope 4:00p Action of Prophecy/Between the Lines 3:00p Revelation Speaks Hope 3:30 It Is Written 1 It Is Written 10:00p Accontinued 10:00p Your Story Hour 10:00p Crossroads on 3ABN Radio 11:30continued 11:30continued 11:30 Revelation Speaks Hope				
3:30 Wonderfully Made 4:00p Revelation Speaks Hope 4:30continued 5:00p Musical Meditations 5:30continued 5:00p Musical Meditations 5:30continued 6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:30continued Thu Revelation Speaks Hope 3:30 It Is Written Revelation Speaks Hope Revelation Speaks Hope ### Wonderfully Made ### ### ### ### ### ### ### ### ### ##				
4:00p Revelation Speaks Hope 4:30continued 5:00p Musical Meditations 5:30continued 5:00p 3ABN On the Road 6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:30continued Thu Revelation Speaks Hope Revelation Speaks Hope 4:00p Revelation Speaks Hope Musical Meditationscontinued 6:00p				= =:
4:30continued 5:00p Musical Meditations 5:30continued 5:00p Musical Meditations 5:30continued 6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:00p 3ABN Today LIVE 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00pcontinued 9:30continued 9:30continued 10:00p Your Story Hour 10:00p 11:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radiocontinued Thu Revelation Speaks Hope 4:30continued 5:00p Musical Meditationscontinued 6:00p Musical Meditationscontinued 6:00p Musical Meditationscontinued 6:00p 3ABN On the Roadcontinued 7:00p The Bible in Living Sound 7:00p Classic Radio Sermons ★/G.G. 8:00p 3ABN Today LIVEcontinued 9:00pcontinuedcontinued 10:00p Your Story Hour 10:00p Crossroads on 3ABN Radiocontinued 11:30continued Revelation Speaks Hope				
5:00p Musical Meditations 5:30continued 5:30continued 5:30continued 6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00p 3ABN Today 9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:30continued Thu Revelation Speaks Hope Musical Meditationscontinued 3ABN On the Roadcontinued 1:00p The Bible in Living Sound 7:00p The Bible in Living Sound Classic Radio Sermons ★/G.G. 3ABN Today LIVE 8:30continued 9:00pcontinued 9:00pcontinued 10:00p Tour Story Hour 10:30 Urstory Hour 10:30 It Is Written 11:00p Crossroads on 3ABN Radiocontinued Thu Revelation Speaks Hope			•	
5:30continued 6:00p 3ABN On the Road 6:30continued 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:00p 3ABN Today LIVE 8:30 His Words Are Life/Freedom's Ring 8:30continued 9:00p 3ABN Today 9:00pcontinued 9:30continued 9:30continued 10:00p Your Story Hour 10:00p 10:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radiocontinued 11:30continued Thu Revelation Speaks Hope 5:30continued 6:00p 3ABN On the Roadcontinued 7:00p 3ABN On the Roadcontinuedcontinued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/G.G. 3ABN Today LIVEcontinuedcontinued 10:00p Crossroads on 3ABN Radiocontinued 11:30continued Thu Revelation Speaks Hope				
6:00p 3ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/G.G. 8:00p Health for a Lifetime 8:00p 3ABN Today LIVE 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00pcontinued 9:30continued 9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radiocontinued 11:30continued Thu Revelation Speaks Hope Fri Revelation Speaks Hope	•		•	
6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:00p 3ABN Today LIVE 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00pcontinued 9:30continued 9:30continued 10:00p Your Story Hour 10:00p 10:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radiocontinued 11:30continued Thu Revelation Speaks Hope 6:30continued 7:00p The Bible in Living Sound 7:00				
7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/Y.F.H. 8:00p Health for a Lifetime 8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:30continued Thu Revelation Speaks Hope 7:00p 7:30 Classic Radio Sermons ★/G.G. 3ABN Today 1:30 Classic Radio Sermons ★/G.G. 3ABN Today 1:30continued 8:00p 3ABN Today 1:30continued 8:00p 3ABN Today 1:30continued 1:00p 1:30continued 7:30 Classic Radio Sermons ★/G.G. 3ABN Today LIVEcontinued 1:00pcontinued 1:00p 1:30continued 1:00p 1:30continued 1:00p 1:30 Revelation Speaks Hope				
7:30 Classic Radio Sermons ★/Y.F.H. 7:30 Classic Radio Sermons ★/G.G. 8:00p Health for a Lifetime 8:00p 3ABN Today LIVE 3ABN Today LIVE 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:30 3ABN Today 9:30 3ABN Today 9:30 3ABN Today 10:00p Your Story Hour 10:00p Your Story Hour 10:30 Wonderfully Made 10:30 It Is Written 11:00p 11:30 3ABN Radio 3ABN Rad				
8:00p Health for a Lifetime 8:30				_
8:30 His Words Are Life/Freedom's Ring 9:00p 3ABN Today 9:00pcontinued 9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued Thu Revelation Speaks Hope Fri Revelation Speaks Hope				
9:00p 3ABN Today 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p 11:30 Crossroads on 3ABN Radio 11:30continued 11:30continued 11:30 Thu Revelation Speaks Hope 9:30continuedcontinued 11:30continued Thu Revelation Speaks Hope				<u> </u>
9:30continued 9:30continued 10:00p Your Story Hour 10:30 Wonderfully Made 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued Thu Revelation Speaks Hope 9:30continued 10:00p Your Story Hour 10:30 It Is Written 11:00p Crossroads on 3ABN Radio 11:30continued Fri Revelation Speaks Hope				continued
10:00p Your Story Hour 10:30 Your Story Hour 10:30 It Is Written 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued Thu Revelation Speaks Hope 10:00p Your Story Hour 10:30 It Is Written 11:00p Crossroads on 3ABN Radiocontinued 11:30continued Revelation Speaks Hope	-			continued
10:30 Wonderfully Made 10:30 It Is Written 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued Thu Revelation Speaks Hope Fri Revelation Speaks Hope	10:00p		10:00p	Your Story Hour
11:00p Crossroads on 3ABN Radio 11:30continued Thu Revelation Speaks Hope 11:00p Crossroads on 3ABN Radio 11:00pcontinued Revelation Speaks Hope			10:30	It Is Written
Thu Revelation Speaks Hope Fri Revelation Speaks Hope		Crossroads on 3ABN Radio		
			11:30	
12:30continued 12:30continued				Revelation Speaks Hope
	12:30	continued	12:30	continued
1:30continuedcontinued	1:30	continued	1:30	continued

2:00a 3ABN Today LIVE (cont.) 2:00a 3ABN Today LIVE (cont.) 2:30 Genesis to Revelation Seminar 3:00a Voice of Prophecy/Between the Lines 3:00a 3ABN On the Roadcontinued 4:00a Central Study Hour 4:00a Central Study Hour 4:00a Musical Meditations 5:00a Musical Meditations 5:00a Musical Meditations 5:30continued 5:30continued 5:30continued 6:00a Health for a Lifetime 6:00a More Abundant Life 6:00a More Abundant Life 6:00a More Abundant Life 7:00a The Bible in Living Sound 7:00a 7	00m	TRIRAY	60T	CAMTIDDAY
2:30 continued 2:30 Genesis to Revelation Seminar 3:00a Voice of Prophecy/Between the Lines 3:00a 3ABN 10n the Road 4:00a Central Study Hour 4:00a Central Study Hour 4:00a Musical Meditations 5:00a Musical Meditations 5:30 continued 6:00a Genesis to Revelation Insights continued 6:00a Musical Meditations 5:30 continued Musical Meditations continued More Abundant Life More Abundant Life More Abundant Life More Abundant Life Your Story Hour SaBN Today SaBN	CST	FRIDAY	CST	SATURDAY
3:00a Noice of Prophecy/Between the Lines 3:00a 3.3BN On the Road continued c				-
3:30 By My Spirit 3:30continued 4:00a Central Study Hour 4:00a Musical Meditations 5:00a Musical Meditations 5:30continued 5:30continued 5:30continued 6:00a Health for a Lifetime 6:00a More Abundant Life 6:30 More Abundant Life 7:00a The Bible in Living Sound 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Bible Answers 8:00a 3ABN Today 8:30continued 9:30 Classic Radio Sermons 4/MFMH 7:30 Bible Answers 10:00a Bible Answers 10:00a Bible Answers 10:00a Homeschool of Health 10:30continued 11:30continued 11:30				
4:00a				
4:30continued 5:00a Musical Meditations 5:30continued 5:30 More Abundant Life 6:00a Health for a Lifetime 6:30 More Abundant Life 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Bible Answers 8:00a 3ABN Today 8:30continued 9:30continued 9:30 Christian Concerns 10:00a Bible Answers 10:00a Bible Answers 10:00a Continued 10:30continued 10:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30 Breath of Life 11:30 Breath of Life 11:30 Breath of Life 11:30 Breath of Life 11:30continued 11:30continued 11:30 Marriage in God's Hands 13:30 Marriage in God's Hands 13:30 Marriage in God's Hands 13:30 Marriage in God's Hands 13:30continued 14:30continued 15:00p Musical Meditations 15:00p House Calss 15:00p House C				
5:00a				3
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 8:00a 3ABN Today 8:00a 3ABN Today 8:30 continued 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 Homeschool of Health 10:30 continued 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 Discover Prophecy 1:30 Breath of Life 1:30 continued 2:30 Issues & Answers 2:30 Faith Chapel 3:00p Marriage in God's Hands 3:30 continued 4:30 continued <t< td=""><td></td><td></td><td></td><td></td></t<>				
6:30 More Abundant Life 7:00a The Bible in Living Sound 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Bible Answers 8:00a 3ABN Today 8:30continued 8:30continued 9:00a Crossroads on 3ABN Radio 9:30continued 9:30continued 9:30 Christian Concerns Concinued 9:30 Christian Concerns Concinued 10:30 Homeschool of Health 10:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30 Breath of Life 11:30 Breath of Life 11:30 Breath of Life 11:30 Breath of Life 12:30 Issues & Answers 12:30 Issues & Answers 13:00p Voice of Prophecy/Between the Lines 13:30 Marriage in God's Hands 13:30 Marriage in God's Hands 13:30continued 13:30continued 13:30continued 14:30continued 15:00p Musical Meditations 15:30continued 15:3				
7:00a The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Bible Answers 8:00a 3ABN Today 8:30continued 8:30continued 9:00a Crossroads on 3ABN Radio 9:00a Melody From My H./Endtime Insights 0:00a Bible Answers 10:00a Bible Answers 10:00a Bible Answers 10:00a Bible Answers 10:00a Central Study Hour 10:30 Homeschool of Health 10:30continued 11:00a JABN On the Road 11:00acontinued 11:30continued 11:30 Worship Hour 11:30 When God's People Pray 12:30 When God's People Pray 12:30 When God's People Pray 13:30 Breath of Life 1:30continued 1:30 Marriage in God's Hands 1:30 continued	6:00a	Health for a Lifetime	6:00a	Rags to Riches/Growing in Grace
7:30 Classic Radio Sermons ★/MFMH 7:30 Bible Answers 8:00a 3ABN Today 8:00a 3ABN Today 9:00a Crossroads on 3ABN Radio 9:00a Melody From My H./Endtime Insights 0:00a Bible Answers 10:00a Christian Concerns 10:30 Homeschool of Health 10:30 Worship Hour 11:00a 3ABN On the Road 11:30 continued 11:30 continued 11:30 continued Noon Your Story Hour Noon Heaven's Point of View 1:30 When God's People Pray 12:30 Women at the Well 1:00p Help Yourself to Health 1:00p Discover Prophecy 1:30 Breath of Life 1:30 continued 2:30 Faith Chapel 1:sues & Answers 2:30 Issues & Answers 2:30 Faith Chapel 3:00p Woice of Prophecy/Between the Lines 3:00p House Calls • 4:00p Revelation Speaks Hope 4:00p ABN On the Road continued 5:30 continued 5:30 continued	6:30	More Abundant Life	6:30	
8:00a 8:30 3ABN Todaycontinued 8:30 continued 9:00a Crossroads on 3ABN Radio 9:00a Bible Answers 10:00a 10:30 Homeschool of Health 11:30continued 11:30 Noon Your Story Hour 12:30 When God's People Pray 12:30 When God's People Pray 12:30 Women at the Well 1:00p 1:30 Breath of Life 1:30 Sisues & Answers 1:00p 1:30 Breath of Life 1:30 Sisues & Answers 1:30 Marriage in God's Hands 1:30 Marriage in God's Hands 1:30 Musical Meditations 1:30 Mus	7:00a	The Bible in Living Sound	7:00a	Your Story Hour
8:30 continued 9:00a Crossroads on 3ABN Radio 9:00a Melody From My H./Endtime Insights 0:00a Bible Answers 10:00a Central Study Hour 10:30 Homeschool of Health 10:30 continued 11:00a 3ABN On the Road 11:30				
9:00a Crossroads on 3ABN Radio 9:00a Melody From My H./Endtime Insights 0:30 continued 9:30 Christian Concerns Central Study Hour continued 11:00a 3ABN On the Road 11:00a continued 11:30		3		3
9:30 continued 10:30a Bible Answers 10:30b Homeschool of Health 11:30a JABN On the Road 11:30acontinued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued 11:30 continued Noon 12:30 When God's People Pray 12:30 When God's People Pray 12:30 Breath of Life 1:00p Help Yourself to Health 1:00p Discover Prophecy 1:30 continued 1:30 c				
10:00a 10:30 Homeschool of Health 10:30 Homeschool of Health 11:00a 11:00a 11:30continued 11:30continued 11:30continued 11:30 When God's People Pray 12:30 When God's People Pray 12:30 Women at the Well 1:00p Help Yourself to Health 1:00p Discover Prophecy 1:30 Breath of Life 1:30continued 1:30				
10:30 Homeschool of Health 10:30continued 11:00a 11:00a 11:30continued 12:30 When God's People Pray 12:30 Women at the Well 1:00p Help Yourself to Health 1:00p Discover Prophecy 1:30 Breath of Life 1:30continued 1:30continued 1:30continued 1:30 Faith Chapel 1:30 Issues & Answers 1:30 Faith Chapel 1:30continued 3ABN Today 3ABN Today 3ABN Today				
11:00a 11:30 3ABN On the Road 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30continued 11:30 Women at the Well 1:00p Help Yourself to Health 1:00p Breath of Life 1:30continued 1:30 Serath of Life 1:30continued 1:30 Sisues & Answers 1:30 Issues & Answers 1:30 Invacinued Invacinued 1:30 Invacinued In				-
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 Discover Prophecy 1:30 Breath of Life 1:30continued 2:00p Kids' Time 2:00p Issues & Answers 1:30 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 3:30continued 4:00p Revelation Speaks Hope 4:00p 3ABN On the Road 4:30continued 4:30continued 5:00p Musical Meditations 5:30 Musical Meditations 5:30continued 5:30continued 6:00p ABN On the Road 6:00p Revelation Insights 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:00p Heaven's Point of View Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p Bible Answers 9:30continued 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 11:30continued 12:30continued 11:30 By My Spirit Discover Prophecy 12:30continued 12:30continued 11:00a 3ABN Today 1:00a 3ABN Todaycontinued				
NoonYour Story HourNoonHeaven's Point of View12:30When God's People Pray12:30Women at the Well1:00pHelp Yourself to Health1:00pDiscover Prophecy1:30Breath of Life1:30continued2:00pKids' Time2:00pIssues & Answers2:30Issues & Answers2:30Faith Chapel3:00pVoice of Prophecy/Between the Lines3:00pHouse Calls3:30Marriage in God's Hands3:30continued4:00pRevelation Speaks Hope4:00p3ABN On the Road4:30continued5:30continued5:00pMusical Meditations5:00pMusical Meditations5:30continued6:30continued6:30continued6:30continued7:00pThe Bible in Living Sound7:00pHeaven's Point of View7:30Classic Radio Sermons ★/MFMH7:30Rags to Riches/Growing in Grace8:00pWorship Hour8:00p3ABN Todaycontinued8:30continued8:30continued9:30continued9:30Christian Concerns10:00pYour Story Hour10:00pYour Story Hour10:30Marriage in God's Hands10:30Left Behind: Fact or Fiction?11:30continued11:30By My SpiritSatDiscover Prophecycontinued1:00a3ABN Today10:30continued <t< td=""><td></td><td></td><td></td><td></td></t<>				
12:30 When God's People Pray 1:00p Help Yourself to Health 1:00p Breath of Life 1:30 Breath of Life 1:30				
1:00pHelp Yourself to Health1:00pDiscover Prophecy1:30Breath of Life1:30continued2:00pKids' Time2:00pIssues & Answers2:30Issues & Answers2:30Faith Chapel3:00pVoice of Prophecy/Between the Lines3:00pHouse Calls3:30Marriage in God's Hands3:30continued4:00pRevelation Speaks Hope4:00p3ABN On the Road4:30continued5:30continued5:30continued5:30continued6:00p3ABN On the Road6:00pRevelation Insights6:30continued6:30continued7:30Classic Radio Sermons ★/MFMH7:30Rags to Riches/Growing in Grace8:00pWorship Hour8:00p3ABN Today8:30continued8:30continued9:30continued9:30Christian Concerns10:00pYour Story Hour10:00pYour Story Hour10:30Marriage in God's Hands10:30Left Behind: Fact or Fiction?11:00pCrossroads on 3ABN Radio11:00pFaith Chapel11:30continued11:30By My SpiritSatDiscover Prophecycontinued12:30continued12:30continued1:00a3ABN Today10:0a3ABN Today	12:30		12:30	
1:30 Breath of Life 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 Voice of Prophecy/Between the Lines 3:30 Marriage in God's Hands 4:00p Revelation Speaks Hope 4:30continued 4:30continued 5:00p Musical Meditations 5:30continued 5:00p ABN On the Road 6:00p ABN On the Road 6:00p ABN On the Road 6:30continued 7:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p Worship Hour 9:00p ABN Today 9:00p ABN Today 9:00p ABN Today 9:00p Your Story Hour 10:30 Marriage in God's Hands 10:30 Left Behind: Fact or Fiction? 11:00p Crossroads on 3ABN Radio 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 11:00a 3ABN Today 11:00a 3ABN Today 11:00a 3ABN Today 11:00a 3ABN Today 11:00a	1:00p		1:00p	Discover Prophecy
2:30 Issues & Answers 3:00p Voice of Prophecy/Between the Lines 3:300 Marriage in God's Hands 4:00p Revelation Speaks Hope 4:30continued 4:30continued 4:30continued 5:00p Musical Meditations 5:30continued 5:30continued 6:00p 3ABN On the Road 6:00p 3ABN On the Road 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:30continued 10:00p Your Story Hour 10:30 Marriage in God's Hands 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radio 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3:30 Faith Chapel 1:00a 3ABN Today 1:00a 3ABN Today 1:00a	1:30	Breath of Life		continued
3:00p Voice of Prophecy/Between the Lines 3:30 Marriage in God's Hands 4:00p Revelation Speaks Hope 4:30continued 4:30continued 5:00p Musical Meditations 5:30continued 5:30continued 6:00p 3ABN On the Road 6:00p 3ABN On the Road 6:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p Today 9:00p 3ABN Today 9:00p Faith Chapel 11:30continued 11:30 By My Spirit 5at Discover Prophecy 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3:30continued 1:00a 3ABN Today 3:30continued 1:00a 3ABN Today 3:30continued 3:00p Faith Chapel 1:30continued 3:00p	2:00p	Kids' Time	2:00p	
3:30 Marriage in God's Hands 4:00p Revelation Speaks Hope 4:30continued 4:30continued 5:00p Musical Meditations 5:30continued 5:30continued 6:00p 3ABN On the Road 6:00p Revelation Insights 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 10:00p Your Story Hour 10:30 Marriage in God's Hands 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 11:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3:30continued 1:00a 3ABN Today 1:00a 3ABN Today 3:30continued 3:30continued 4:30continued 4:30continued 4:30continued 4:30continued 4:30continued 4:30continued 4:30continued 5:00p Musical Meditationscontinued 6:00p Mevelation Insightscontinued 7:00p Bevelation Insightscontinued 8:30continued 9:00p ABN Today 9:00p Bible Answers Christian Concerns 10:00p Your Story Hour 10:30 Left Behind: Fact or Fiction? 11:00p Faith Chapel 11:30continued 11:30 By My Spirit Discover Prophecycontinued 11:30continued 3ABN Today				_
4:00p Revelation Speaks Hope 4:30continued 4:30continued 5:00p Musical Meditations 5:30continued 6:00p 3ABN On the Road 6:00p 3ABN On the Road 6:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p The Sible in Sermons ★ MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p Faith Chapel 11:30continued 11:30 By My Spirit 5at Discover Prophecy 12:30continued 11:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today	•			
4:30continued 5:00p Musical Meditations 5:30continued 5:30continued 6:00p 3ABN On the Road 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:30continued 9:00p Your Story Hour 10:30 Marriage in God's Hands 11:30continued 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 11:00a 3ABN Today				
5:00p Musical Meditations 5:30continued 5:30continued 6:00p 3ABN On the Road 6:00p The Bible in Living Sound 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:30continued 9:00p Your Story Hour 10:00p Your Story Hour 10:30 Marriage in God's Hands 11:30continued 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 11:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3ABN Today 3ABN Today	•		•	
5:30continued 6:00p 3ABN On the Road 6:30continued 6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:30continued 8:30continued 9:00p 3ABN Today 9:00p 3ABN Today 9:30 Christian Concerns 10:00p Your Story Hour 10:30 Marriage in God's Hands 11:00p Crossroads on 3ABN Radio 11:30continued 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 11:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3ABN Today 3ABN Today 3ABN Today				
6:00p 3ABN On the Road 6:30 Revelation Insightscontinued 7:00p The Bible in Living Sound 7:00p Heaven's Point of View 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Todaycontinued 8:30continued 9:00p 3ABN Today 9:00p Bible Answers 9:30continued 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 11:30continued 11:30 By My Spirit Sat Discover Prophecycontinued 1:00a 3ABN Today 1:00a 3ABN Today	-			
6:30continued 7:00p The Bible in Living Sound 7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 9:00p 3ABN Today 9:00p 3ABN Today 9:30continued 9:30 Christian Concerns 10:00p Your Story Hour 10:30 Marriage in God's Hands 11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN Radio 11:30continued 11:30 By My Spirit Sat Discover Prophecy 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today 1:00a 3ABN Today 3ABN Today 3ABN Today 3ABN Today 3ABN Today				
7:30 Classic Radio Sermons ★/MFMH 7:30 Rags to Riches/Growing in Grace 8:00p Worship Hour 8:00p 3ABN Today 8:30continued 8:30continued 9:00p 3ABN Today 9:00p Bible Answers 9:30continued 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 11:30continued 11:30 By My Spirit Sat Discover Prophecy Sun Discover Prophecy 12:30continued 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today	•		-	
8:00p Worship Hour 8:30	7:00p	The Bible in Living Sound	7:00p	Heaven's Point of View
8:30continued 9:00p 3ABN Today 9:00p Bible Answers 9:30continued 9:00p 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 11:30continued 11:30 By My Spirit Sat Discover Prophecy Sun Discover Prophecy 12:30continued 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today	7:30	Classic Radio Sermons ★/MFMH	7:30	Rags to Riches/Growing in Grace
9:00p 3ABN Today 9:00p Bible Answers 9:30continued 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 11:30continued 11:30 By My Spirit Sat Discover Prophecy Sun Discover Prophecy 12:30continued 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today	8:00p	Worship Hour	8:00p	3ABN Today
9:30continued 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 11:30continued 11:30 By My Spirit Sat Discover Prophecy Sun Discover Prophecy 12:30continued 12:30continued 1:00a 3ABN Today 1:00a 3ABN Today		continued	8:30	
10:00pYour Story Hour10:00pYour Story Hour10:30Marriage in God's Hands10:30Left Behind: Fact or Fiction?11:00pCrossroads on 3ABN Radio11:00pFaith Chapel11:30continued11:30By My SpiritSatDiscover ProphecySunDiscover Prophecy12:30continued12:30continued1:00a3ABN Today1:00a3ABN Today		, 3 _		
10:30Marriage in God's Hands10:30Left Behind: Fact or Fiction?11:00pCrossroads on 3ABN Radio11:00pFaith Chapel11:30continued11:30By My SpiritSatDiscover ProphecySunDiscover Prophecy12:30continued12:30continued1:00a3ABN Today1:00a3ABN Today				
11:00p 11:30Crossroads on 3ABN Radio11:00p 11:30Faith ChapelSat 12:30Discover Prophecy continuedSun 12:30Discover Prophecy continued12:30continued1:00a3ABN Today1:00a3ABN Today				
11:30continued11:30By My SpiritSatDiscover ProphecySunDiscover Prophecy12:30continued12:30continued1:00a3ABN Today1:00a3ABN Today				
SatDiscover ProphecySunDiscover Prophecy12:30continued12:30continued1:00a3ABN Today1:00a3ABN Today				
12:30 continued 1:00a 3ABN Today 1:00a 3ABN Today 12:30 1:00a 3ABN Today				
1:00a 3ABN Today 1:00a 3ABN Today				
j j				
		3		3

34 3ABN World ∘ February 2009 35

hen Julia Outkina quit her job as an English professor at the university, she could not have imagined that someday the Nizhny Novgorod studio she helped programs that could be seen across the former Soviet Union. that this programming would be programming! seen on a 3ABN Russian Channel around the world, but that's exactly what happened!

little hi-8 camera, and presented health to family issues, from our program to one little TV station in the fall of 1993. All of us had doubts as to how those grams to how to stop smoking. programs would be accepted by the general public, but the channel become a reality," Julia response was overwhelming," she says. "We began receiving prayer. The Lord definitely about a thousand letters a week, requesting the free Bibles we hours of programming that we offered. It was simply amazing!"

It would be several more years before they ventured to see if any other stations would take their programs, but soon they were on over 150 full-power TV stations and three satellite channels who build in Russia would produce shared a common desire to bring good moral content to the airwaves. They seemed more than Neither could she have imagined willing to air their Christian

The 3ABN Russia Channel was launched this past December, and features a wide variety "We started taping with one of programming ranging from healthy gardening to Christian poetry, and from children's pro-

> "I am delighted to see this says. "It's a definite answer to guided us to produce over 1,000 can initially use, and we are

series this year to compliment our lineup."

is only the latest way 3ABN is planned in the future, addressing different cultures and differlike the new SonBeam Channel the task. for children, are being launched initially on the MOIPTV and MOPCWeb systems, using highspeed Internet connections to them from a different viewpoint. bring the signal to those who, for various reasons, cannot pick up but we were never sure of it. All our satellite broadcasts.

is to move into Internet-based has accomplished communications," says Moses here." Primo, CEO of Media Opportunities IPTV (MOIPTV). "This will continue to method of program delivery open doors of allows subscribers to view opportunity to 3ABN's programming anywhere reach His children they have a high-speed Internet with the three connection. If they move, they angels' messages can take their set-top box with of Revelation 14. For more plug-and-play."

embraced this project so enthu- www.3angels.ru.

currently developing ten new siastically," Julia continues. "Although there are only 15 or so involved in TV production, The 3ABN Russian Channel our whole staff of 45 or so have put in more hours, and worked expanding its reach and appeal. harder than ever, to make this Several more channels are channel a reality. With all the technical challenges, God shows our engineers the shortest and ent languages. Many of them, most efficient way to accomplish

"When we look at our programs now, it sinks in that we are a 24-hour channel, and we look at We prayed for this for a long time, of our hearts are filled with grati-"The trend in the business tude to the Lord for all that He

Surely the Lord

them, plug it in, and watch an information on the 3ABN Rusever-growing variety of chan-sian Channel, please visit www. nels on their TV set. If they moiptv.net or www.mopcweb. missed a program, they can com. You can also reach them go back 48 hours and watch it by calling 877-369-8560 in the on the 'video on demand' that United States and Canada, or the system offers. It's literally 618-627-2300 from any country.

Those who prefer detailed "It's amazing to see how explanations in the Russian lanmy hard-working staff have guage can find them online at



The 3ABN Russia Channel is available on MOPCWeb and

There are over 300 million Russian-speaking people in the world.

DANGER: The High Protein Diet

by Dr. Agatha Thrash

ou've probably heard amounts of calcium to make up on a high-protein, low-carbohy- day), researchers found it was drate liquid diet to lose weight. impossible to maintain cal-These deaths are caused by irreg-cium balance—regardless of ular heart rhythms resulting from severe nutritional imbal- ingested! ances. But while these deaths are dramatic, there are many other harmful amounts of ammonia chronic, disabling disorders that come from a high-protein diet. ammonia has been shown to In fact, a high-protein diet is slow the growth of cells in a your liver, breaks down your ammonia will slow the growth body's own protein tissues, triggers a loss of calcium from your the growth of cancer cells bones, and leaves behind toxic apparently giving the cancer residues. Before your body man- cells an advantage! ages to eliminate these residues, it is often damaged, becoming tein diet is particularly detrimore susceptible to a variety of mental since they may easily diseases including cancer and lose bone matrix, resulting in arthritis.

a high-protein diet need large during a high protein diet—and

about the sudden deaths for the losses. With an extremely of those who have gone high-protein diet (140 grams a how much extra calcium one

Too much protein causes to accumulate in the body, and toxic to the body! This diet taxes cell culture. It seems clear that of normal cells, but hardly affects

For the elderly, a high-proosteoporosis, or thinning of A high-protein diet also the bones. Then, too, there's the causes excessive calcium loss loss of calcium, iron, zinc, and through the urine. People on phosphorus through the urine blood.

from complex (unrefined) carfor the human body to handle, you will become overweight. since both fats and proteins are than carbohydrates.

they represent the least "expenproduct. Protein, on the other sparingly. hand, is an "expensive" fuel, portion of food eaten.

Many people have a fear of used very sparingly. eating carbohydrates, thinking they will cause weight gain. us—in their natural form. Your This is a misconception. It's fats body will thank you!

we know that zinc is needed to and proteins that stimulate one balance other minerals in the to become overweight, rather than unrefined carbohydrates. In a completely primitive Eating high-carbohydrate foods society, an individual receives will not cause you to become about 10 percent of their calories overweight unless you eat highfrom protein, about 10 percent fat and high-protein sauces, from fat, and about 80 percent gravies, and other foods with them. In fact, if you use a highbohydrates. Studies indicate carbohydrate diet from natural this kind of diet is the easiest sources, it is highly unlikely that

Refined carbohydrates are far more difficult to metabolize absorbed rapidly into the bloodstream and put a strain on the Almost 100 percent of carpancreas, liver, stomach, and bohydrates can be converted other digestive organs, often to energy during digestion, so resulting in imbalanced blood biochemistry. Generally speaksive" form of body fuel, leaving ing, all refined or concentrated the smallest amount of waste foods should be taken quite

The best diet is a very simple since only 58 percent is avail- one consisting of fruits, vegable for "burning," leaving much etables, and whole grains. Apart waste material for your body from these three food groups, to dispose. Fats are even more all other foods should be used difficult, since only 10 percent sparingly. Some nutrients, like can be converted into fuel. So, salt, should also be used sparsince the production of heat, ingly, and oils should be severely the performance of work, and restricted, as they may cause an the forerunners for many other increased susceptibility to cannutrients are obtained from cer and heart disease. No added carbohydrates, it is plain that protein should be used, and they should represent the major very high protein foods—such as animal products—should be

Enjoy the foods God gives



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.



by Michael Prewitt

medieval darkness, knowledge was a hoax, and that priests and in the sciences was also fast pastors were deceivers. increasing. Many, looking with

Jesus called Satan the father of lies (John 8:44). In every century, old errors die away, and new deceptions are born. Our heritage is an anchor that keeps our faith from being dashed by the constantly changing winds of error and vanity, the changing fashions of ideas in our world (Ephesians 4:14).

> tures, superstitions, and scandals briefly promoted to national of the past, concluded that religion itself was corrupt, and that science and reason held brighter, nobler hopes. In the continent that had been the cradle of Western civilization, a new ideology was rising, one almost unknown in the past millennia of human during the Reign of Terror, history—atheism.

> a tight rein not only on church the history of Western nations. and state, but also on science. In so short a time, an estimated But as the discoveries of the 18,000-40,000 people died at Enlightenment overturned one the guillotine—so many that

t the same time that some began to distrust Chris-Christianity was emerg-tianity altogether. Men began ing from centuries of to openly claim that the Bible

These feelings soon engulfed horror on the persecutions, tor- a nation. The Franks were the first of the Germanic tribes to convert to Catholic Christianity. The nation named after them, France, was also the first European nation to denounce Christianity and declare itself a secular state.

> During the French Revolution of 1789-1799, atheism was religion. But if the sponsors of atheism imagined their philosophy would be a kinder, gentler change from the cruelty done in the name of Christianity, those dreams would soon be crushed.

Atheism ascended in France 1793-1794. It was one of the The medieval church had held bloodiest political upheavals in church teaching after another, the streets ran red with blood.

Many died without a trial, and many for being merely suspected of counter-revolutionary ideas.

The people of Paris become so callous to bloodshed that the guillotine became a form of entertainment. Citizens would pay for the best seats to watch would bring their children.1 Thus France sank to the depths of pagan immorality, when people watched human sacrifice for sport.

were outlawed.2

These events occurred, not in the Dark Ages, but during the tory, the French Revolution may Enlightenment, the so-called "Age of Reason." The revolution conflict. But not many decades had started more than a decade would pass before certain Chrisafter the founding of the United tians who were studying the States in 1776—in the face of prophecies of Scripture would the greatest civil declaration of see evidence of divine foresight human rights this world had and portents of great things soon ever seen. It was a solemn testi- to come. mony of the fate awaiting later 1. www.en.wikipedia.org/wiki/guillotine "post-Christian" movements in 2. Ellen G. White, The Great Controversy, p. Europe.



Eventually the situation in the next beheading, and parents France cooled, but not before the French general, Louis Alexandre Berthier, marched into the Vatican and took the reigning pope captive in 1798. Pope Pius VI died in exile in France, and "The rallying cry of the French the political power of the Cathoinfidels was, 'Crush the Wretch,' lic Church was dealt a nearly meaning Christ." Bibles were fatal blow. And so the French publicly burned. The weekly rest Revolution started in motion day was set aside for a 10-day two great changes in European week. Baptism and Communion religion: the rise of atheism, and the decline of Catholicism.

> To the casual observer of hisappear as just another tragic





Michael Prewitt is the manager of the Publishing Department at

Did You Know?

STORIES FROM 3ABN'S EARLY YEARS

"IS IT TOO LATE TO STOP?"



by Hal Steenson

he voice on the other end to your site—a mile and a quarter was his engineer friend, Clarence poles, and all the construction Larson, but it was hard to tell with will cost you? This will bankrupt all the panic in his voice.

"Is it too late to stop the building?" Clarence asked.

"Yes, it's it too late. Why?"

"We may have made a terrible mistake—a horrible mistake,"

"I don't think there's three-phase power way out in the middle of a cow pasture in Thompsonville, Illinois, Danny."

> Clarence continued, "and I'm feeling responsible because I'm the one who should have seen it!"

wrong?"

"I just realized we're going and see for ourselves." to need three-phase power for the satellite uplink, and I don't drove down the road together, think there are any of those power lines anywhere near the property! What earthly reason would anyone have to put three-phase power in the middle of nowhere? discouraged he became. You're going to have to pay half the cost to get industrial power There are only a few trailers and a

on the phone was almost off the highway! Do you realize frantic. Danny thought it what four large cables, plus power vou!"

> "Well Clarence," Danny replied, "I'm not going to worry about it. Either God has already figured out who's going to give us the money we need, or the threephase power is already out there, and we don't know it."

Clarence was still skeptical. "I don't think there's three-phase power way out in the middle of a cow pasture in Thompsonville, Illinois, Danny. I can't believe I didn't think of this sooner! I'm not going to rest until I know where "Slow down, Clarence. What's the closest three-phase power is."

"Well, then let's go right now

It was nine o'clock. As they Clarence beamed his powerful flashlight on every pole. No threephase power. The farther they got from the highway, the more

"I knew it wouldn't be out here.

farm house on this road, and they up to it." don't need all that power."

turn in the road, just a few hundred feet from the new 3ABN turnoff, Clarence's flashlight sand dollars. beamed up the next pole.

This is impossible!" he exclaimed. company representative. "There's nothing out here that requires it!"

back out to make sure they hadn't in order to provide power for our made a mistake. To their great own systems. That may be the amazement, they found that reason, but all I can say is you're the three-phase power lines cut a lucky man." through a field off the highway in a different direction. There seemed to be no rational explanation for this, either.

Clarence explained that two had provided. electrical companies supplied power to this area, "and the way things are going for you, Danny, nowhere and see if we can hook the Holy Spirit.

Sure enough, the power lines Coming to a sharp righthand belonged to the less expensive company, and 3ABN was able to connect for less than two thou-

"Why is there three-phase "That's it! That's it! There's the power out in the middle of a three-phase power—right here! field?" Danny asked the power

"I have no idea," he said. "Thirty or forty years ago our The next morning they went company ran three-phase lines

"I think it was more than luck," right to their driveway, and then Danny replied. "I believe God made a sharp turn, heading off had His hand in your plans years ago." Then he began to tell the man about the 3ABN project, and some of the miracles God

Actually, before the threephase power lines were ever laid through Thompsonville, Illinois, it's probably the cheaper one," he they were already laid as a part added. "Call them and find out of the 3ABN vision by the Threewhy there's three-phase power Phase Power Company of God running through the middle of the Father, God the Son, and God





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 vice president.

Can You Say Shibboleth?



by Hal Steenson

earning "Christianese" to use street language, because because of the twisting of the Babel. tongue required to pronounce some strange words. I did learn story with the Seventh-day to speak it, however.

There was to be one more new Christianese assignment, and it would prove to be the most complicated one of them all the inflexible enunciation of the Seventh-day Adventists denominational descent. I still denomination.

isn't always so easy. I that's where I'd been most of learned the Southern my life. The Assemblies of God Baptist vernacular, and then I crowd was tolerant, because became skilled at speaking the they figured I'd never been this Assemblies of God dialect. After deep into the "Spirit Realm." The learning to speak both of these Charismatics didn't really care, languages, I felt confident that because there were so many any Charismatic communica- denominations represented, tions would be easy enough, but that the Christianese spoken found that it was a little harder there sounded like the Tower of

However, it was a different Adventists (SDAs); I had to learn But that was not the end. what not to say to an Adventist member. I was afraid to open my mouth for fear that everyone would realize I couldn't speak their language, or that the language I used was of a foreign had the flavor of my previous The Baptists expected me associations with non-Seventhday Adventist Christianity on said, 'Let me cross over,' the men

life and served Him to the best of ites." Judges 12:5-6. their ability and knowledge, they it right.

new terminology periodically.

even destroy lives.

any Ephraimite who escaped who can't say "Shibboleth."

my tongue. Alas, what to do? of Gilead would say to him, 'Are There was no Rosetta Stone CD you an Ephraimite?' If he said, on how to learn to speak "SDA"! 'No,' then they would say to This may sound ridiculous him, 'Then say, "Shibboleth!"' to a second or third genera- And he would say, 'Sibboleth,' tion Adventist, but it's not so for he could not pronounce it funny when you're outside the right. Then they would take him denominational language bar- and kill him at the fords of the rier. Even though someone has Jordan. There fell at that time made Jesus Christ Lord of their forty-two thousand Ephraim-

How very careful we must often feel their fellow members be with those who are trying think that if they can't say it their best to walk our walk, but right, then they must not have are still unable to talk our talk. They may come through our Although it really shouldn't doors wearing wedding bands matter if you say you were "born and dripping in diamonds and again," "saved," or "baptized into pearls, but we must be conthe church," for some reason scious of a simple but beautiful it does matter to some people, truth—at least they came through and if we're not careful, we can our doors! They're looking for do great harm to those who truth, not a lecture—they're fervently seek the truth our looking for Christ, not critidenomination has to offer. We cism. We must allow them the must be aware that they're in opportunity to come in just as a learning process. I've been a they are, and permit the Holy Seventh-day Adventist for close Spirit time to change them. I've to ten years now, and I still hear caught a lot of fish through the years, but I've never caught a There's a story in the Bible filet. Jesus said, "I will make that speaks directly to this you fishers of men" (Matthew issue—a story of how words 4:19), but He is the only one can wound, discourage, and that can "clean" them-never us! If we'll just catch them, and "The Gileadites seized the allow God to clean them, it will fords of the Jordan before the make it a lot easier on everyone Ephraimites arrived. And when involved—especially for those



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 vice president.



Spreading the Blessings

Dr. Nick and Sophia Poulos have thrown their support behind 3ABN's ministry.

"We've encouraged many of our friends to partner with 3ABN through offerings, donations, annuities, and living trusts, so they too can be blessed."

to helping others. After and English.

in Alaska!

Southern California desert at an the programming very much.

r. Nick and Sophia Poulos RV resort, but as they watched have dedicated their lives 3ABN, they longed to do more.

"In the spring of 2005 we serving as a medic in World War fulfilled our dream to attend the II, he met Sophia, and soon after 3ABN Camp Meeting," Dr. Pouthey finished college they were los says, "and it was truly a bit of married. Being of Greek descent, Heaven on earth. God is leading Nick soon answered the "Mace- in such a miraculous way in donian Call" to go to Athens, spreading the 'Good News,' and Greece, to serve the Lord. Their we're so happy to partner with combined work involved work- 3ABN in this miracle ministry ing in a wide range of denomi- with our monthly donations. national services, education, Last year we took out two annuiwomen's ministries, children ties with 3ABN so we can have and youth—even teaching music a part in spreading the gospel."

Not content with watching by Eventually Nick decided to themselves, they decided to see if take medicine, and the Lord they could help bring 3ABN to blessed him with a long and their neighbors. "We spend our successful career. They never winters in the Fountain of Youth stopped working for the Lord, Spa and RV Resort in the souththough, and were continuously ern California desert, and after involved in helping with health talking to the 'powers that be,' the seminars, stop smoking clin- spa management added 3ABN to ics—even serving as a pastor their cable services. We've had as many as 5,000 people stay at After retirement they began the park at one time during the spending their winters in the winter, and people are enjoying

"The last few years we've encouraged many of our friends to partner with 3ABN through offerings, donations, annuities, and living trusts, so they too can be blessed. We're in our 80's, and we've been missionaries and served in several countries. but we've never seen a ministry used of God in such a mighty way. God has blessed us, and we hope and pray that we can continue to work for the Lord in giving the good news of His love, salvation, and soon return wherever we go."

What a blessing this lovely couple has been to this ministry. We praise God for them and many others who have made tremendous investments in bringing souls into the Lord's Kingdom. Their reward truly awaits them in Heaven!

3ABN STEWARDSHIP AND TRUST SERVICES



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 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.

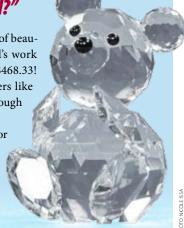
3ABN Stewardship and Trust Services

Dr. Leonard Westphal PO Box 907, Loma Linda, CA 92354 800-886-4800 • e-mail: trustservices@3abn.org

"What Is This You Have in Your Hand?"

DONNA, IN TAMPA, FLORIDA, dedicated her collection of beautiful Swarovski Crystal figurines to further the Lord's work through 3ABN's ministry. Her generous gift brought \$468.33! Because of the dedication and generosity of supporters like Donna, we're able reach millions of people each day through television, radio, and the Internet.

If you have something of value you would like to use for the Lord's work, please contact our Donation Center managers, Bruce and Tammy Chance, at 618-627-4651 or e-mail tammy.shelton@3abn.org. All gifts are taxdeductible in the United States.



3ABN S

Three Angels Broadcasting Network PO Box 220 West Frankfort IL 62896

618-627-4651



New This Month: "The Second Coming" Give Me the Bible—Live! with Pastor Kenneth Cox February 12–15

NONPROFIT ORGANIZATION U.S. POSTAGE

PAID
THREE ANGELS
BROADCASTING
NETWORK