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he Lord instituted the most sacred time of year for the Israelites as the Day of Atonement. It was a time for deep soul-searching and repentance—each of them standing before the mighty God of the universe. As we prepare for our Ten Commandments Weekend, why not ask ourselves honestly where we stand with God today? Is there something I must repent from? Am I doing all I can for my Savior? It was serious business for the Israelites. There's nothing more serious today.

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All Bible quotes are King James Version (KJV) or Ne

Dear 3ABN Partner.

Several years ago, Danny Shelton and 3ABN began to hold the Ten Commandments Weekend, and this has turned out to be one of the most important things we've done to keep the truths of God's Word before the people! We know that the Law of God is where Satan has focused his attack. The devil hates God's Law, and has been successful in causing many religious leaders to do the same by ignoring it.

In the first of the three angels' messages of Revelation, we find the following: "the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters." Revelation 14:7.

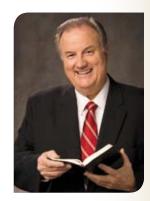
At the heart of the Ten Commandments we find that God tells us that He created the world. It's time to give even more emphasis Not only is God the Creator, His Ten Commandments show us His character, and what He wishes for our characters to be.

to this great truth. Not only is God the Creator, His Ten Commandments show us His character, and what He wishes for our characters to be. So it's not by chance that you may have noticed more programs on the subject of Creation lately on 3ABN.

Even though we believe we are living in the last hour of this earth's history, we are not ready to close the doors here and flee

to the mountains. We will "occupy until He comes," preaching the straight, undiluted three angels' messages to a world that greatly needs it. It's this straight message that is leading thousands out of darkness into light. Many young people, like the Rietman brothers, whose conversion was the cover story of the *Adventist Review* magazine on March 12, 2009, are finding God's truth on 3ABN, and responding! They responded to the straight evangelistic preaching of Pastor Lyle Albrecht, not to a watered-down message.

Thank you for helping us to keep 3ABN television and radio on the air.



Jim Gilley is 3ABN's president.

Keep on keeping on with Jesus,

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.

MARION, MICHIGAN:

"I keep you all in my prayers. Praying for others strengthens my faith in God. Oh, how I need Jesus, and how I thank Him for

"Because of you I have come to believe in God, and my life has dramatically changed. Thanks to you I have found happiness in God."

—LENA, GERMANY

need true life testimonies daily of God's wonderful strength, help each and every person that receives Him in faith. 3ABN... is a truly rich spiritual lifeline."

GREENVILLE, TENNESSEE:

"I received a very successful kidney transplant in February. SAINT JOSEPH, MISSOURI: On the way to the hospital I "We have a new visitor who

ing that if we were going into surgery, we should take our own music. I took a gospel CD and asked my surgeon if it would be okay to play it during surgery. He agreed. While I was in recovery, a nurse said that all the surgical team came out of surgery singing. I never dreamed of the far-reaching effect it would have on all of us."

LENA, GERMANY [TO 3ABN RUSSIA]:

"Because of you I have come to believe in God, and my life has dramatically changed. Thanks to you I have found happiness holding me to Him. How we all in God. I'll pray for you and for your prosperity. Please send me the New Life Bible Studies, as well as your bank account details so I can support you financially."

WILLIAMSPORT, MARYLAND:

"We are crop farmers, and instead of buying crop insurance this year we decided to ask the Lord to look after our corn crop, and we would give the insurance and His miraculous power to money to 3ABN and to ADRA [Adventist Development and Relief Agency]. God did bless us, and we had the highest-yielding corn crop ever! We are so glad we can send you this offering."

remembered hearing Jennifer has been coming for about a LaMountain [on 3ABN] say- month. He has been listening for

KLHM-LP (FM 100.7), and he already wants to be baptized. DEBRE ZEIT, ETHIOPIA: Praise God for 3ABN!"

YUMA, ARIZONA:

years the local company began bless you." including 3ABN as part of their program lineup. One person has **TEGUCIGALPA**, **HONDURAS**: been baptized and another is "You just don't know how happy requesting baptism, too. These we are that we receive 3ABN two people became acquainted Latino. I don't know how, but the or in part, and with the Seventh-day Adven- Lord has placed you in my heart tist Church through watching with high esteem—even though 3ABN. We had Pastor Mark Fin- I don't know you people. I love readability, ley's latest series in our church the Lord, and I love you all." this fall. We put an insert in the local paper, which did not result MILTON-FREEWATER, OREGON: in a large attendance, but we "Due to heavy medical bills we hope it was watched by many in were afraid we weren't going to the privacy of their own homes. be able to send our offering this The Yuma church would like to month. We prayed for funds, be a part of your TV ministry. and God answered in a most We are enclosing a check to be wonderful way. We praised Him used in your work of spreading for His concern for His people, the gospel."

GREEN BAY, WISCONSIN:

in the Lord for 35 years, but off time, all the channels were we've come into new depths that blank—except for 3ABN! Can have been so exciting, since we God do anything, or what?" stumbled onto 3ABN a year ago. We've plugged into the Green Bay Seventh-day Adventist Church, and since we've begun keeping the Sabbath, we've grown closer to the Lord than Glorystar 866-597-0728].

a while to the 3ABN broadcasts ever before. We really praise God Thank you for on our low-power radio station, for your TV programming..."

"I want to thank you for your financial support wonderful programs. 3ABN has changed my life. Thank you reach the world "Within the last two or three very much, and may God richly for Jesus Christ!

and His 3ABN ministry. When Sky Angel went off the air we were saddened at that time, too. "My husband and I have been When the day came for the cut-

> [Editor's note: Some Sky Angel system owners may be able to continue watching 3ABN for some time because DISH Network now carries 3ABN on the same satellite channel. It's important to note that eventually they will need to switch to a DISH Network subscription, or purchase a new dish and receiver from

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

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



3ABN's worldwide audience as quickly as our celebra- ton, agrees. "We see this event tion of God's Law through our Ten Commandments Weekend. Christians everywhere eagerly participated by inviting neighbors, friends, and strangers to reaffirmation of God's eternal watch the programs, as well as Law." distributing millions of books, drawing attention to the Ten ments Weekend has become Commandments.

caught the interest of Sabbath-

erhaps nothing has cap- keepers in recent years like the tivated the interest of Ten Commandments Weekend."

3ABN founder, Danny Shelas an incredible opportunity to focus attention on all ten of God's Commandments," he says, "and we're thrilled to see the

3ABN's Ten Commandan annual event, and each year "I am constantly amazed with we've invited some of the best this project," says 3ABN Presiministers and teachers to share dent, Jim Gilley. "Nothing has their insight into each of the Commandments.

Ten Commandments Weekend 2006 Washington, D.C.

ments Weekend was broadcast around the world from around the United States and the National Guard Armory in Puerto Rico. Washington, D.C., on May 5-7, 2006. For twelve weeks our production, pastoral, and programming teams worked tirelessly supporters came from all over to bring together set designs, the United States, and from as far lighting, sound, satellite uplinks, speakers, and volunteers for Caribbean! We received e-mails the first Ten Commandments and phone calls from viewers Weekend.

marked the largest, and lon- world.

gest, television production event 3ABN has ever under-Our first Ten Command- taken, featuring 17 hours of live broadcasts from five sites

The Ten Commandments Weekend-Washington, D.C. was a tremendous success. Eager away as the Middle East and the who watched in churches, audi-This special weekend toriums, and homes around the

For twelve weeks, 3ABN's production, pastoral, and programming teams worked tirelessly on the first Ten Commandments Weekend.







with the Ten Commandments to the public. Day celebration by churches and congregations across the and glory to God through this United States.

Ten Commandments Twice Removed

Coinciding with this event was a massive distribution of

Ten Commandments Weekend 2009

3ABN's Ten Commandments Weekend will be broadcast live from our Worship Center in Thompsonville, Illinois, on Friday, May 29, from 6:00 to 10:00 p.m. (CDT), and continue on Saturday, May 30, from 9:00 a.m. to 9:00 p.m. (CDT). Admission is free!

> five million copies of *Ten Com*mandments Twice Removed, by Danny Shelton and Shelley Quinn. Through special dona- God's magnificent Law of love! tions, thousands of books were made available free of charge to

The broadcasts coincided were willing to pass them out

"Our wish was to bring honor project, and we were excited about this chance to teach the truth in love," says Shelley Quinn, 3ABN Program Development Manager. "Due to the success we experienced, we immediately began planning for our second Ten Commandments Weekend!"

Ten Commandments Weekend 2007 Chicago, Illinois

The famed Arie Crown Theater in downtown Chicago, Illinois, was the next venue for what was now 3ABN's second annual Ten Commandments Weekend, and once again we focused the world's attention on

Plans were prayerfully made, and again God's people rallied churches and individuals who to the challenge of spreading the

Commandments Twice Removed. Through their efforts, entire marathon of live broadcasts. Sunday-keeping congregations of worship to the Sabbath!

over after that weekend, because the event also served as a springboard to a large evangelistic hour with Pastor Doug Batchcampaign held later that year by Pastor C.A. Murray. His series inspiring testimonies, and a entitled, His Harvest Is Ready, aired live for several weeks in Generation of Youth for Christ October from the Central His- who discussed the relevance panic Seventh-day Adventist of the Ten Commandments to Church in Chicago.

Ten Commandments Weekend 2008 "The Constitution of Grace"

Commandments Weekend was for the entire universe, and His held in 3ABN's Worship Center, grace as its underpinning. and was broadcast around the world. Once again, gifted men combined our Spring Camp and women of God lifted up Meeting and Ten Command-

word by giving away well over His Decalogue as a blueprint Left to right: a million more copies of *Ten* for living and loving in today's world throughout the 17-hour

Twelve internationallyhave chosen to change their day known speakers shared their heartwarming messages on each But the excitement wasn't of the Commandments, as well as the importance of religious liberty. A question-and-answer elor was added, along with panel of young people from the today's youth.

The theme for the 2008 event was "The Constitution of Grace"—presenting God's Law 3ABN's third annual Ten as the foundation of government

For the first time, we

Volunteers from Ouachita Hills Academy gathered for instructions and prayer before spreading out over Washington, D.C., to distribute Ten Commandments Twice Removed books.

Over five million copies were distributed worldwide, sometimes by the

Each book was offered with a sincere prayer that it would touch the heart of the reader.



Left: The Arie Crown Theater was the location for 3ABN's second Ten Commandments Weekend.

Right: 3ABN's current and past presidents, Jim Gilley and Danny Shelton, open the Ten Commandments Weekend 2008.

Inset: Rodney Laney directs from 3ABN's production truck.

convenient for those who lived far away to attend both events.

Ten Commandments Weekend 2009 "Ancient Words—Ever True"

annual Ten Commandments God's eternal Law as a blueprint Law in our sin-sick world.

celebrate God's Law with the theme. "Ancient Words-Ever True." We'll take a fresh look at each of the Ten Commandments

ments Weekend to make it through the eyes of internationally-known Christian speakers and the music of some of today's finest Christian artists.

Each of our speakers will bring out the power and grace This year marks our fourth of those ancient words, given to Abraham's descendants so many Weekend. For over 24 years we years ago, showing the incredible have held up the principles of relevance of God's unchanging

the Ten Commandments are expounded on, but we also get to meet people from all over the world, as they join us to proclaim God's eternal Law," says Mollie Steenson, 3ABN vice president. "We hope you can attend in person, but if not, we don't want you to miss a single moment of this exciting and inspiring weekend!"

For complete information on speakers, musicians, schedules, meal tickets, RV and camping spaces, and area hotel accommodations, please visit our special website: www.tencommandmentsweekend.org.

in a simplified manner, resulting in a powerful impact on people's lives. Ten Commandments Twice Removed is such a book! Well-organized, this

easy-to-follow Bible study restores the Ten Commandments to God's original intentions. With nearly seven million copies in circulation, this book has proven to be life-changing for many who are seeking more truth!

Ten Commandments Twice Removed

Danny Shelton and Shelley Quinn team up to answer critical questions about the Law of God and its relevance today with compelling clarity. Does man have the authority to change God's Law? Find out for yourself, using the Bible as your guide! Suggested Donation: \$2.50.

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We Bring You bv Nikki Anderson

new life into nature all on 3ABN." around us; it makes us feel vibrant and lively. It also brings 3ABN's Spring Camp Meeting, which infuses us with new energy, renews our hope, and boosts our faith. Good things to look forward to!

in so many places around the world—from tiny villages to major cities.

ing with Him to make this happen! We appreciate you keeping them all in your prayers.

we received:

"How can I hear you on radio? I would like to program you on the car radio.... My gift is small,

he month of May brings but I certainly do appreciate a lot of things. It breathes each and every one ministering **Delores**



And here are some e-mails:

"Hi! I just wanted to say thank you for having the option of listening to the radio broad-We also look forward to cast online. It has been such a sharing praise reports with blessing to my life. I listen to you. These encouraging mes- it while I'm at work, and many sages mean so much, and they times it has given me such hope really energize us! They let us and encouragement. May God know that God is making a way continue to bless you and your for His message to be heard ministry. Thank you!" Lisette



"I would like to say thank God bless all who are partner- you for airing Your Story Hour on your radio station weekday afternoons.... I enjoy listening to them, and I turn it on each day Here's an excerpt from a letter I am home, just to hear them. Thank you, and God bless you."

Jennifer



by Ty Gibson. Please keep this and 3ABN." kind of programming coming. May God raise up many more proclaiming this, drawing an attractive picture of Himself. Amazing!"



delighted that, even though we in Orange, New South Wales, in the Philippines, I could still reception whenever I go to town hear your musical program by to see if there are any problems. downloading your recorded pro- It is a wonderful blessing to lis-... but I enjoy listening to your may precious souls be drawn to program. I recorded your MP3 Jesus as a result." file to a CD so it would be playable on my car stereo. I seldom your recent programs (not only ones, too). I have shared copies John 10:27, 28.

"I do not need a response.... with some of my hitchers. Thank This is just a thanks for your God for your 3ABN. I can always ministry. I just listened to the get connected to God through program that began at 11:00 a.m. your ministry. God bless you Saturn



"I would like a copy of On The Road, 'The Entertainment Mike Trap,' by Vicki Griffin. I was listening to a radio station that was rebroadcasting 3ABN Radio "Hi Jay Christian, I'm so that I recently installed here do not have 3ABN Radio here Australia. I always check the grams. I'm always on the road, ten as I drive. Thank you for the since I am a sales representative messages that are presented, and Elwyn



Nikki Anderson is the administrative assistant for 3ABN Radio.

Jesus said, "My sheep hear get access to the Internet, and My voice, and I know them, and how I wish you could send me they follow Me. And I give them eternal life, and they shall never your musical programs, but, if perish; neither shall anyone possible, health and devotional snatch them out of My hand."

TEN COMMANDMENTS WEEKEND

"I have longed for thy salvation, O Lord; and thy law is my delight."

Psalm 119:174



by John Dinzey

t happened about twenty time, and once in a while he Commandments?" would approach me with some of the time, though, he expressed great joy when he discovered something new.

when he discovered the Ten who keep them. Commandments.

great!" he exclaimed. There was had the opportunity to see the joy in his voice as he marveled beauty, wisdom, and greatness at God's wisdom in giving us of God's eternal Law, and that's the Ten Commandments. "You why I'm looking forward to know, if the United States would this year's Ten Commandments keep these Commandments, Weekend. It seems that each what a difference it would make year God grants us a little betin this country!"

Then he asked me a question principles. that left me wondering.

"Has anybody talked to years ago. Ortega was read- the U.S. Government or ing the Bible for the first the President about the Ten

Wow! What a question! To question that puzzled him. Most Ortega it seemed so simple. He'd caught a glimpse of the wisdom and greatness of God, and he came to the conclusion that if His mother-in-law had given people found them and lived him a Bible and encouraged by them, we would have a bethim to read it. Not only did ter society. As I thought about he read it, but also he studied what he said that day I began to it, and tried to understand. understand in a deeper way that Little by little, Ortega made the world needs to hear God's changes in his life as he learned message. They need to know the wonderful teachings of the about God's Commandments, Bible—and then the day came and about the happiness of those

There are millions of people "These Commandments are like Ortega that still haven't ter understanding of His holy

As we laid plans for this year's

prayer, and we have seen God's pastors Robert Costa, speaker leading hand in the selection for Esta Escrito; Juan Caicedo, of speakers and locations. Our president of Colombia's Pacific venue in the United States is in Conference; and Pedro Iglesias, California at the Sacramento the secretary for the Colombia Central Seventh-day Adventist Union, among others. Church. We are grateful for their support, and for Pastor Doug a stadium with a seating capac-Batchelor and the Amazing Facts ity of over 5,000 people! 3ABN team. We are also grateful for the Latino has been on cable in that support of the Hispanic pastors city for over two years now, and in the Sacramento area who the local Seventh-day Adventist have enthusiastically embraced churches have reported that this event.

messages from pastors Doug that many who have been con-Batchelor, director and speaker sidering visiting a local church of Amazing Facts; Frank will come when they hear that Gonzalez, director and speaker some of the speakers and preof La Voz de la Esperanza; Milton senters they've seen on 3ABN Peverini, speaker emiritus for La Latino will be in their area. Voz de la Esperanza and Esta Escrito; Atilio Dupertuis, author is that those who watch the John Dinzey is the gen and retired professor of theology Ten Commandments Weekend at Andrews University; and Gib- on 3ABN Latino, or visit one erto Vega, pastor of the Spanish of the host sites, will join in Seventh-day Adventist Church saying, "I have longed for thy in Loma Linda, California.

will be Cali, Colombia, where (KJV).

event, we began every stage with we'll be blessed to hear from

In Cali we are hoping to fill many people have come in ask-We'll be blessed to hear ing for baptism. It is our hope

My sincere desire and prayer salvation, O Lord; and thy law Our international location is my delight." Psalm 119:174

Among the speakers for 3ABN Latino's Ten Commandments Weekend will be (left to right): Frank Gonzalez, director and speaker of La Voz de la Esperanza; and Milton Peverini, Speaker Emiritus for La Voz de la Esperanza and Esta



eral manager for 3ABN Latino Network.

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Bug Buddy

Hey kids, wanna make a really cool Bug Buddy? It's really easy, and you can let your imagination go.. "wild!" (Get it? Wild?) Check it out: www.3abn.org/kids







K	В	U	T	Т	E	R	F	L	y	X	M	G	У
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butterfly grasshopper potato bug

cicada horsefly praying mantis

cricket ladybug yellow jacket

firefly mayfly



"My voice You shall hear in the morning, O Lord; in the morning I will direct it to You, and I will look up."

Psalm 5:3

Hi Kids.

This month I got a special note from my niece, Azure. She took a picture of a praying mantis and sent it to me. Here's what her note said:

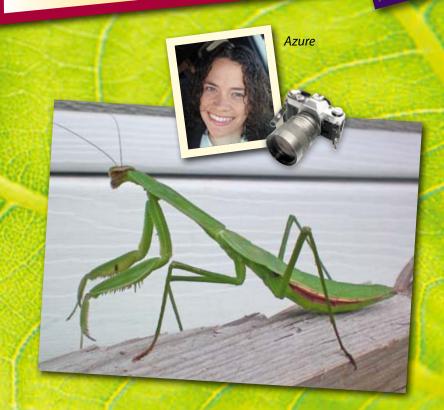
"The praying mantis is a pretty neat bug! God made them with a special neck that can turn halfway around. They also have very good eyesight, since they can see 60 feet away! Even though the praying mantis can grow up to six inches in length, they aren't that easy to spot. They're usually brown or green, matching the plants on which they live.

"The praying mantis is named for its long legs, which they bend and hold together as if they're praying. The word mantis means 'prophet' in Greek. I think God must have had a lot of fun designing this 'praying prophet.'"

Thank you, Azure, for that neat bug-fact!

Be sure to take some time to pray and thank God for making them for us to enjoy. God loves to hear our thank-you prayers.

Love, Tammy



NEVER GIVE UP

height nor depth, nor any other Adventists at the time, and all separate us from the love of bath. My father wasn't interested Lord." Romans 8:38-39.

hoped those words were true! She had known and loved Jesus as a little girl, but now she of. Our grandfather helped us a struggled with her fears. Have lot with food from the farm, but I grieved the Holy Spirit away? life was still very hard. I was only Could the Lord possibly forgive 4, and I had two baby brothers.

Although her childhood had not been easy, Evelyn recognized that God had always looked after her.

> me? Is it too late for Him to take *me back?* Those thoughts nagged her constantly for many years.

not been easy, Evelyn recognized that God had always looked after They followed me throughout her. "My father moved us from my life. Fort Wayne, Indiana, to Battle Creek, Michigan, when I was have many young people, and around three years of age," she when I was old enough to date I says. The Depression Era had wanted to have fun! So I picked just begun, and things were all the wrong types—the boys

either death nor life, nor very bad. While we were there, angels nor principalities my mother became a Seventhnor powers, nor things day Adventist. In fact, most of present nor things to come, nor the people in that town were created thing, shall be able to the shops were closed on Sab-God which is in Christ Jesus our in any sort of religion, though, and when he moved us back to Oh, how Evelyn Timme Fort Wayne a few years later, he took off, leaving my mother with three little children to take care

"I attended church with my mother until I was 16. I remember she worked day jobs for a dollar a day. She washed walls, did house cleaning—anything she could find. She stoked the coal furnace, and did custodial jobs for the church so she could send me to their church school. I learned a lot about the Bible in Although her childhood had the four years I attended, and I never forgot those things, either.

"The church we went to didn't



Evelyn Timme's mother and brother prayed for 40 years for her to return to her church.

"3ABN played a big part in this, and we're just thrilled," her brother Keith says.

who liked to drink and smoke and by the age of 16 I had left about it, she quickly discovered the church.

time when I was 19. We had a daughter, and my husband now claimed to be agnostic," she joined the service as a para-says. "In fact, he tried his best trooper. Then I discovered that to get me to be one. We went he was dating other women to the Lutheran church for a overseas, and I thought, No one while and even sent our girls to is going to do that to me! So I a Lutheran school. But then we started dating other men myself, stopped going. I was always a and found one that was 11 years believer, but my husband absoolder. I got divorced from my lutely refused to hear anything first husband, and married to about me going to an Adventist the second, but that only lasted a church. I didn't want to cause year, because he was an alcoholic trouble in our marriage because and I couldn't take it."

Evelyn met and married her that again." third husband, and had another daughter. Evelyn began feeling an urge to go back to church, but

when she spoke to her husband that his view of religion was "I was married for the first altogether different from hers.

"He was raised Lutheran, but I had already been divorced After her second divorce, twice—I just couldn't go through

> But something else was going on behind the scenes. "My mother and little brother

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Keith had remained Seventh- about the Seventh-day Adventist day Adventists, and all through those years I knew that they were Evelyn about it. She used to be praying for me. And, of course, one,' and I remember saying the Holy Spirit wouldn't leave that they believed in the Ten me alone!" she says.

the Bible all the way through. "I read it five times in the next five

"I want people to know that it's never too late. I want them to know that we can be saved—no matter what we've done."

> always felt that I was too wicked for the Lord to forgive me. I and I felt so guilty. But then I got to King David's story in the Bible, and realized that the Lord he knew about 3ABN." forgave him from his grave sins. God would forgive me, too, and that helped a lot.

Alzheimer's disease for the last six or seven years of his life," Evelyn continues. "I spent a lot go back to an Adventist church." of time caring for him, and two of my granddaughters moved in with me to help. During that Wayne First Seventh-day Adventime I began to attend another tist Church, and came to worship Sunday-keeping church with a with them one Sabbath. friend, and we were taking Bible studies when, out of the blue, one resa with her to an Adventist

Church. The minister said, 'Ask Commandments. Then I started In 2000, Evelyn began reading reciting the Fourth Commandment, 'Remember the Sabbath day to keep it holy....' That's years," she says. "You see, I had when the pastor broke in and changed the subject, because I don't think he wanted to get into that." Evelyn pauses, then adds, "I never went back."

One day she discovered a new TV station on her cable lineup. "I was flipping through the channels when I discovered 3ABN and I absolutely loved Pastor Doug Batchelor. It didn't take had cheated on my husband, me long to realize that he was a Seventh-day Adventist, so I called my brother to ask him if

Keith was overjoyed. "When That gave me hope! I knew that she called me and asked if I knew about 3ABN I told her that we watch it all the time! Then she "My husband suffered from told me she did, too, and the more she watched and studied her Bible, the more she wanted to

> Evelyn and her daughter Theresa looked up the Fort

"My mother had taken Theof the girls in the group asked church a few times when she was very young," she says, "but daughter looking at me and say- years. ing, 'Mom, we're home."

occasion with them.

says. "Because of the fact that unrighteousness." we were Adventists, her husband had not wanted her to have much (NAS) to 'Confess your sins to contact with us over the years. one another, and pray for one So it was very special for us to another so that you may be be able to be there for their baphealed. The effective prayer of a tism. 3ABN played a big part in righteous man can accomplish this, and we're just thrilled. My much.' I know that's true. My mother and I had been praying mother and brother's prayers for her for more than 40 years," made a huge difference in my he says. "I wish my mother was life. So never give up. Never give still alive to see it happen."

Evelyn will be 85 years old I never realized how much she next month. "We have a wongot from that. When we came in derful pastor, named Ramon the doors we were greeted with Ulangca, and I love my church open arms. They were so friendly family," she says. "I am so happy and sweet, and I remember my to be back in church after 65

"I want people to know that There was much rejoicing in it's never too late," she adds. heaven-and on earth-when "I want them to know that Evelyn and her daughter Theresa we can be saved—no matter were baptized. Her brother Keith what we've done. The Bible and his wife Sharon were there says in 1 John 1:19, 'If we confrom Florida to celebrate the fess our sins, He is faithful and just to forgive us our sins "We felt a lot of joy," Keith and to cleanse us from all

> "It also tells us in James 5:16 ир."

May Prayer Focus: Physical Illnesses

s our continuing Year of Prayer, please lift up your prayers to the Lord for those who are suffering from physical illnesses. We ask you to earnestly pray, claiming the promise of James 5:16 (NAS), "Confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."

NEEDED: A Few Special People



he note simply read, "It easily by pushing the CC (closed tioning. I am totally deaf and TVs require you to go through appreciate each close captioned several menu preferences to find program. Please tell the deaf it, and closed captioning will community how it works. Many usually stay on until someone would like to know. Much love, turns it off. and thank you, Art."

mind that there are nearly 25 mil-

There are nearly 25 million television viewers who are deaf or hearingimpaired—in the United States alone and closed captioning opens the door for Art, and many millions around the world, to "hear" the gospel!

> United States alone—and closed Art, and many millions around the world, to "hear" the gospel!

But what is closed captioning, and how do you get it? Closed important ministry. They volcaptioning is a system where we unteer several hours out of their can display the audio portion of day to bring the three angels' the TV program as text on your messages to their deaf brothers screen. You can turn it on and off and sisters.

would be nice if you did caption) button on your TV an article on closed cap- or remote control. Sometimes

What does it take to close Art's note brought back to caption our programs? Well, if we were to outsource it to lion television viewers who are commercial businesses, the cost would be staggering! Depending on the type of program, it could cost anywhere between \$400 to \$2,100 per hour! Then add the fact that almost none of our programs are scripted, so they would have to transcribe each word—adding several hundred deaf or hearing-impaired—in the dollars more to each hour.

So what can we do? The Lord captioning opens the door for has blessed 3ABN with some very special people who have decided to dedicate time and effort to help us with this very

"We definitely need more volunteers to help us with closed captioning, though," says Moses Primo, 3ABN's Director of Broadcasting and Engineering. "There are 168 hours of programming on each network each week, and we're adding more episodes all the time."

Cindy Clark is in charge of volunteer closed captioners, and spends many hours going over the programs volunteers send back to her each week.

"We're so grateful for those who are already helping," she says. "I have a lady who sends me back 3 or 4 completed programs every week."

to be a good closed captioning can dedicate several hours a volunteer, she says, "First of day to it, then we want to hear all, they need to have several from you!" hours a day for closed captioning. Some volunteers want to impress special people to help us work on it 15 minutes a day, with this enormous task. Won't and it takes them three months you pray and ask the Lord if this to get a single program back is something He would have you to us. This project is not for do? You can bring new hope to everyone. It takes a lot of time those who are so desperately and dedication each day, and it seeking the Lord.

What you need to be a successful closed captioning volunteer:

- · A computer running Windows XP or better
- · A printer is handy for printing out the directions for the software program
- Internet access with a minimum of DSL speed (preferably hi-speed)
- An e-mail account
- · Good typing and spelling skills
- · Several hours a day to dedicate to this project

Is this is for you? Then here's how to get started: Point your browser to mail.3abn.org/CC/

takes commitment. But if you enjoy detailed work, have good When asked what it takes typing and spelling skills, and

We believe that God will

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: PDT = Pacific Daylight Saving Time (UTC-7); MDT = Mountain Daylight Saving Time (UTC-6); CDT = Central Daylight Saving Time (UTC-5); EDT = Eastern Daylight Saving Time (UTC-4).
☐ Closed captioned.
☐ = Live program.
☐ = New series.
☐ = Repeat of live program.
Program titles in red are changes effective this month.

3AF	BN today /	Thu	<u> </u>	/ May 2009 at 8:00 p.m. Central					
May 7	Roy Gain: "How to Apply Principles from the Biblical Law"	May 21	TBA						
May 14	3ABN Behind the Scenes	May 28	3ABN Spring Cam	p Meeting					
For	For more program information, please visit our website, www 3abn org								

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

GIVE ME THE BIBLE FIVE HAVE FALLEN

We invite you to watch the finger of God as He moves down through nation after nation in "Five Have Fallen." With utmost accuracy, God foretold what would take place hundred of years before it happened, and this series will bring us up to our present time so you'll be able to understand what is happening today. Watch Bible prophecy come alive in our on-going live series, *Give Me the Bible*, with Pastor Kenneth Cox, beginning Thursday, May 14, at 7 p.m. CDT, right here on 3ABN!

	A STATE OF THE PARTY OF THE PAR			
TOPICS		A	ALL TIA	MES CDT
Babylon		Thu	5/14	7 p.m.
Medo-Persia		Fri	5/15	7 p.m.
Greece		Sat	5/16	11 a.m.
Pagan Rome		Sat	5/16	7 p.m.
Papal Rome		Sun	5/17	7 p.m.

May 14- May 17	Sat. 11:00 a.m12:00 noon, 7:00-8:00 p.m. CDT.
May 27- May 30	Thu. 9:00 a.m., 10:30 a.m., 12:00 noon, 2:30 p.m., 8:00 p.m.; Fri. 9:00 a.m., 10:30 a.m., 12:00 noon, 2:30 p.m. CDT. 3ABN Ten Commandments Weekend: "Ancient Words—Ever True." Fri. 6:00–10:00 p.m.; Sat. 9:00 a.m.–9:00 p.m. CDT.

3ABN: MAY **▼ SUNDAY**

3ABN:	MAY			▼ SUNDAY	
PDT	MDT	CDT	EDT	∢ CHOOSE YOUR TIME ZONE	
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	Give Me the Bible (Kenneth Cox)	CC
3:30	4:30	5:30	6:30	continued	
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)	
4:30	5:30	6:30	7:30	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 11:00a	Bible Alive (Dwight Hall)	
8:00a	9:00a	10:00a	11:00a 11:30	Inspirational Hourcontinued	
8:30 9:00a	9:30	11:00a		Revelation Insights (Lyle Albrecht)	
9:30	10:00a 10:30	11:30	12:30	continued	
	11:00a		1:00p	Bible Rx (Jim Marcum)	
10:30	11:30	12:30	1:30	Marriage in God's Hands	
11:00a		1:00p	2:00p	3ABN On the Road	
11:30	12:30	1:30	2:30	continued	
Noon	1:00p	2:00p	3:00p	IIW Mini-Series (Shawn Boonstra)	CC
12:30	1:30	2:30	3:30	continued	
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)	CC
5:00p	6:00p	7:00p	8:00p	Celebrating Life in Recovery (Cheri Peters)	CC
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 (Dr. and Mrs. 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)
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 Mark Pooks of the Pook (Shephard (Hart)	(50
10:00p	11:00p	Mon	1:00a	Mark—Books of the Book (Shepherd/Hart)	CC
10:30	11:30	12:30 1:00a	1:30	ASI Video Magazine (Dan Houghton) 3ABN Today	
11:00p 11:30	Mon 12:30	1:00a 1:30	2:00a 2:30	continued	
11.50	12.50	1.50	2.50	···continueu	

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DOT NOT COT FOR 4 CHARLE YOUR TIME TONE	3ABN: MAY				▼ MONDAY
PDI MDI CDI EDI CINOSE 100K 11ME 20KE	PDT	MDT	CDT	EDT	◆ CHOOSE YOUR TIME ZONE

PDT	MDT	CDT	EDT	∢ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Up Close	CC
12:30	1:30	2:30	3:30	continued	
1:00a	2:00a	3:00a	4:00a	Revelation Insights (Lyle Albrecht)	
1:30	2:30	3:30	4:30	continued	
2:00a	3:00a	4:00a	5:00a	Celebrating Life in Recovery (Cheri Peters)	CC
2:30	3:30	4:30	5:30	continued	
3:00a	4:00a	5:00a	6:00a	Faith Chapel	_
3:30	4:30	5:30	6:30	Heaven's Point of View (Hal Steenson)	CC
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)	
4:30	5:30	6:30	7:30	World Prophecy News/Grandma's House	
5:00a	6:00a	7:00a	8:00a	Janice's Attic (Janice Smith)	
5:30 6:00a	6:30 7:00a	7:30 8:00a	8:30 9:00a	Wonderfully Made	
6:30	7:00a 7:30	8:30	9:30	3ABN Todaycontinued	
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	Noon	His Harvest Is Ready (C. A. Murray)	
9:30	10:30	11:30	12:30	continued	
10:00a	11:00a	Noon	1:00p	Digging Up the Past (David Down)	
10:30	11:30	12:30	1:30		∤ (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 3ABN Today	
1:00p 1:30	2:00p 2:30	3:00p 3:30	4:00p 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	Homecoming 2008	
3:30	4:30	5:30	6:30	continued	
4:00p	5:00p	6:00p	7:00p	Health for a Lifetime (Don Mackintosh)	
4:30	5:30	6:30	7:30	Melody From My Heart	
5:00p	6:00p	7:00p	8:00p	House Calls (John Lomacang)	
5:30	6:30	7:30	8:30	continued	
6:00p	7:00p	8:00p	9:00p	Liberty Insider (Lincoln Steed)	_
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 The Carter Penert (John Carter)	
8:00p 8:30	9:00p 9:30	10:00p 10:30	11:00p 11:30	The Carter Report (John Carter)continued	
9:00p		11:00p	Tue	Hebrews—Books of the Book (Gibson/Rafferty	ر ردی
9:30	10:30	11:30	12:30	Issues & Answers	, 😀
10:00p	11:00p	Tue	1:00a	Hope on Fire	CC
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

				→ IUESDAY	
PDT	MDT	CDT	EDT	∢ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Wonderfully Made	
12:30	1:30	2:30	3:30	Bible Alive (Dwight Hall)	
1:00a	2:00a	3:00a	4:00a	Nature's Lesson Book (Greg Evans)	
1:30	2:30	3:30	4:30	continued	
2:00a	3:00a	4:00a	5:00a	Faith Chapel	
2:30	3:30	4:30	5:30	Praise! (Kelly Mowrer)	
3:00a	4:00a	5:00a	6:00a	Everlasting Gospel	CC
3:30	4:30	5:30	6:30	continued	
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez) Bible Rx (Jim Marcum)	
4:30	5:30	6:30	7:30	Revelation Insights (Lyle Albrecht)	
5:00a 5:30	6:00a 6:30	7:00a 7:30	8:00a 8:30	continued	
6:00a	7:00a	8:00a	9:00a	3ABN Today LIVE (repeat)	0
6:30	7:00a 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			Help Yourself to Health (Agatha Thrash)	
8:30	9:30	10:30	11:30	Variety	
9:00a	10:00a	11:00a		Romans—Books of the Book (Dr. and Mrs. Gugliotto)	CC
9:30	10:30	11:30	12:30	White Horse Media Presents (Steve Wohlberg	
	11:00a		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	ASI Video Magazine (Dan Houghton)	
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 6:30	7:00p 7:30	8:00p 8:30	continued	
6:00p	7:00p	8:00p	9:00p	Battles of Faith	
6:30	7:30	8:30	9:30	In the Footsteps of Paul (Tony Moore)	
7:00p	8:00p	9:00p	10:00p	3ABN Today	
7:30	8:30	9:30	10:30	continued	
8:00p	9:00p	10:00p	11:00p	Discover (David Asscherick)	CC
8:30	9:30	10:30	11:30	continued	
9:00p	10:00p	11:00p	Wed	Ten Commandments Weekend 2008	
9:30	10:30	11:30	12:30	continued	
10:00p	11:00p	Wed	1:00a	Special Feature	
10:30	11:30	12:30	1:30	continued	
11:00p	Wed	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	continued	

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BABN: MAY	▼ WEDNESDAY

	•				
PDT	MDT	CDT	EDT	◆ CHOOSE YOUR TIME ZONE	
Midnt 12:30	1:00a 1:30	2:00a 2:30	3:00a 3:30	Mark—Books of the Book (Shepherd/Hart) Liberty Insider (Lincoln Steed)	CC
1:00a 1:30	2:00a 2:30	3:00a 3:30	4:00a 4:30	Homecoming 2008continued	
2:00a 2:30	3:00a 3:30	4:00a 4:30	5:00a 5:30	World of Praise (Wintley Phipps) Teen Pathways	CC
3:00a 3:30	4:00a 4:30	5:00a 5:30	6:00a 6:30	Generation of Youth for Christ 2008continued	
4:00a 4:30	5:00a 5:30	6:00a 6:30	7:00a 7:30	Body & Spirit Aerobics (Dick Nunez) Back to Nature/Grandma's House	
5:00a 5:30	6:00a 6:30	7:00a 7:30	8:00a 8:30	His Words Are Life/World Prophecy News Thinking About Home (Kathy Matthews)	
6:00a 6:30	7:00a 7:30	8:00a 8:30	9:00a 9:30	3ABN Today continued	
7:00a 7:30	8:00a 8:30	9:00a 9:30	10:00a 10:30	Give Me the Bible (Kenneth Cox)continued	CC
8:00a 8:30	9:00a 9:30	10:00a 10:30	11:00a 11:30	Marriage in God's Hands (Tom and Alane Water In the Footsteps of Paul (Tony Moore)	s)
9:00a 9:30	10:00a 10:30	11:00a 11:30	Noon 12:30	Revelation Now (Jac Colon)continued	
10:00a 10:30	11:00a 11:30	Noon 12:30	1:00p 1:30	In Search of Truth (Charles Byrd) Liberty Insider (Lincoln Steed)	CC
11:00a 11:30	Noon 12:30	1:00p 1:30	2:00p 2:30	Hope on Fire Abundant Living (Curtis & Paula Eakins)	CC
Noon 12:30	1:00p 1:30	2:00p 2:30	3:00p 3:30	Body & Spirit (Dick Nunez) World of Praise (Wintley Phipps)	CC
1:00p 1:30	2:00p 2:30	3:00p 3:30	4:00p 4:30	3ABN Today continued	
2:00p 2:30	3:00p 3:30	4:00p 4:30	5:00p 5:30	Tiny Tots for Jesus (Linda Johnson) Kids' Time (Brenda Walsh)	
3:00p 3:30	4:00p 4:30	5:00p 5:30	6:00p 6:30	Generation of Youth for Christ 2008continued	
4:00p 4:30	5:00p 5:30	6:00p 6:30	7:00p 7:30	Amazing Adventure (Doug Batchelor)continued	
5:00p 5:30	6:00p 6:30	7:00p 7:30	8:00p 8:30	3ABN On the Roadcontinued	
6:00p 6:30	7:00p 7:30	8:00p 8:30	9:00p 9:30	Bible Rx (Jim Marcum) Amazing Facts Presents (Doug Batchelor)	(CC)
7:00p 7:30	8:00p 8:30	9:00p 9:30	10:00p 10:30	3ABN Today continued	
8:00p 8:30	9:00p 9:30	10:00p 10:30	11:00p 11:30	It Is Written (Shawn Boonstra) Romans—Books of the Book (Dr. and Mrs. Gugliotto)	(C)
9:00p 9:30	10:00p 10:30	11:00p 11:30	Thu 12:30	Revelation Insights (Lyle Albrecht)continued	
10:00p 10:30	11:00p 11:30	Thu 12:30	1:00a 1:30	Secrets Unsealed Presentscontinued	
11:00p 11:30	Thu 12:30	1:00a 1:30	2:00a 2:30	3ABN Today continued	

▼ THURSDAY

				▼ IHUK3DAI	
PDT	MDT	CDT	EDT	∢ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Help Yourself to Health (Agatha Thrash)	
12:30	1:30	2:30	3:30	Hebrews—Books of the Book (Gibson/Rafferty	7) (CC
1:00a	2:00a	3:00a	4:00a	House Calls (John Lomacang)	
1:30	2:30	3:30	4:30	continued	
2:00a	3:00a	4:00a	5:00a	Health for a Lifetime (Don Mackintosh)	
2:30	3:30	4:30	5:30	Issues & Answers	
3:00a	4:00a	5:00a	6:00a	Amazing Facts Presents (Doug Batchelor)	CC
3:30	4:30	5:30	6:30	Romans—Books of the Book (Dr. and Mrs. Gugliotto)	CC
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)	
4:30	5:30	6:30	7:30	ASI Video Magazine (Dan Houghton)	
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		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	2:00p	3:00p	4:00p	3ABN Today	
1:30	2:30	3:30	4:30	continued	
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus (Linda Johnson)	
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)	
3:00p	4:00p	5:00p	6:00p	Kids' Time Praise	
3:30	4:30	5:30	6:30	Making Waves (Jim Ayer)	
4:00p	5:00p	6:00p	7:00p	The Carter Report (John Carter)	
4:30	5:30	6:30	7:30	continued	(66)
5:00p	6:00p	7:00p	8:00p	Central Study Hour	(CC)
5:30	6:30	7:30	8:30	continued	a
6:00p	7:00p	8:00p	9:00p	3ABN Today LIVE	V
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 Give Me the Rible (Venneth Cov)	(5)
8:00p	9:00p	10:00p 10:30	11:00p 11:30	Give Me the Bible (Kenneth Cox)continued	(CC)
8:30	9:30 10:00p	10:30 11:00p	Fri	Celebrating Life in Recovery (Cheri Peters)	CC
9:00p	10:00p	11:00p	12:30	continued	در
9:30			1:00a	commueu Heaven's Point of View (Hal Steenson)	CC
10:00p	11:00p 11:30	Fri	1:00a 1:30	Praise! (Kelly Mowrer)	ردن
10:30	Fri	12:30 1:00a	2:00a	3ABN Today LIVE (repeat)	0
11:00p	12:30	1:00a 1:30	2:00a 2:30	continued	
11:30	12.50	1.50	2.50	contunueu	

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3ABN	: MAY		▼ FRIDAY

PDT	MDT	CDT	EDT	∢ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	3ABN Today LIVE (cont.)	
12:30	1:30	2:30	3:30	continued	
1:00a	2:00a	3:00a	4:00a	White Horse Media Presents (Steve Wohlberg))
1:30	2:30	3:30	4:30	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	
3:00a	4:00a	5:00a	6:00a	Central Study Hour	CC
3:30	4:30	5:30	6:30	continued	
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)	_
4:30	5:30	6:30	7:30	Exalting His Word (Shelley Quinn)	CC
5:00a	6:00a	7:00a	8:00a 8:30	Kids' Time Praise	
5:30 6:00a	6:30 7:00a	7:30 8:00a	9:00a	Making Waves (Jim Ayer)	
6:30	7:00a 7:30	8:30	9:00a 9:30	3ABN Todaycontinued	
7:00a	8:00a	9:00a	10:00a	Special Feature	
7:30	8:30	9:30	10:30	continued	
8:00a	9:00a	10:00a	11:00a	Wonderfully Made	
8:30	9:30	10:30	11:30	Digging Up the Past (David Down)	
9:00a	10:00a			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	Noon	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)	
Noon	1:00p	2:00p	3:00p	Discover (David Asscherick)	CC
12:30	1:30	2:30	3:30	continued	
1:00p	2:00p	3:00p	4:00p	3ABN Today	
1:30	2:30	3:30	4:30	continued	
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus (Linda Johnson)	
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)	
3:00p 3:30	4:00p 4:30	5:00p 5:30	6:00p 6:30	In the Footsteps of Paul (Tony Moore) 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	ت
5:00p	6:00p	7:00p	8:00p	Homecoming 2008	
5:30	6:30	7:30	8:30	continued	
6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra)	CC
6:30	7:30	8:30	9:30	Maranatha Mission Stories (Dick Duerksen)	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	Everlasting Gospel	CC
8:30	9:30	10:30	11:30	continued	
9:00p	10:00p	11:00p	Sat	ShareHim Newsmagazine	
9:30	10:30	11:30	12:30	Exalting His Word (Shelley Quinn)	CC
10:00p	11:00p	Sat	1:00a	Keepers of the Flame	
10:30	11:30	12:30	1:30	India: Face to Face/His Words Are Life	
11:00p	Sat	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	continued	

▼ SATURDAY

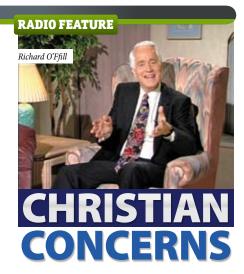
				▼ SATURDAY	
PDT	MDT	CDT	EDT	◆ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a	Revelation Now (Jac Colon)	
12:30	1:30	2:30	3:30	continued	
1:00a	2:00a	3:00a	4:00a	3ABN On the Road	
1:30	2:30	3:30	4:30	continued	
2:00a	3:00a	4:00a	5:00a	Melody From My Heart	
2:30	3:30	4:30	5:30	In the Footsteps of Paul (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 6:00a	6:30 7:00a	7:30 8:00a	8:30 9:00a	Kids' Time (Brenda Walsh) 3ABN Today	
6:30	7:00a 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	۳
8:00a	9:00a	10:00a	11:00a	Worship Hour	
8:30	9:30	10:30	11:30	continued	
9:00a	10:00a	11:00a		Give Me the Bible (Kenneth Cox)	\mathbb{C}
9:30	10:30	11:30	12:30	continued	
10:00a	11:00a	Noon	1:00p	Amazing Adventure (Doug Batchelor)	
10:30	11:30	12:30	1:30	continued	
11:00a	Noon	1:00p	2:00p	Ten Commandments Weekend 2008	
11:30	12:30	1:30	2:30	continued	
Noon	1:00p	2:00p	3:00p	House Calls (John Lomacang)	
12:30	1:30	2:30	3:30	continued	
1:00p	2:00p	3:00p	4:00p	3ABN Today	
1:30	2:30	3:30	4:30	continued	(66)
2:00p 2:30	3:00p	4:00p	5:00p	Maranatha Mission Stories (Dick Duerksen) Kids' Time (Brenda Walsh)	(CC)
3:00p	3:30 4:00p	4:30 5:00p	5:30 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	Adventist Youth Conference 2008	
9:30	10:30	11:30	12:30	continued 3ABN On the Road	
10:00p 10:30	11:00p 11:30	Sun 12:30	1:00a 1:30	continued	
10:30 11:00p	Sun	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	continued	
11.50	12.50	1.50			

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hristian Concerns is a continuing series featuring a variety of speakers who address issues, and present matters of concern to all Christians. Be sure to tune in Mondays and Wednesdays at 6:30 a.m., and on Saturdays at 9:30 a.m. and 9:30 p.m., CDT.

3ABN RADIO: MAY

3ABN	RADIO: MAY
CDT	SUNDAY
2:00a	When God's People Pray
2:30	Health for a Lifetime
3:00a	Heaven's Point of View
3:30	Faith Chapel
4:00a	A Closer Look
4:30	continued
5:00a	Musical Meditations
5:30	continued
6:00a	Rags to Riches/Growing in Grace
6:30	Freedom's Ring/The StoryHouse
7:00a	Your Story Hour
7:30	Bible Answers
8:00a	3ABN Today
8:30	continued
9:00a	His Words Are Life/Melody From My H.
9:30	The Bible in Living Sound
10:00a	Central Study Hour
10:30	continued
11:00a	Worship Hour
11:30	continued
Noon	Lift Him Up
12:30	Marriage in God's Hands
1:00p	Discover Prophecy
1:30	continued
2:00p	It Is Written
2:30	It's Your Money!
3:00p	3ABN Today LIVE (repeat)
3:30	continued
4:00p	continued
4:30	continued
5:00p	Musical Meditations
5:30	continued
6:00p	A Closer Look
6:30	continued
7:00p	More Abundant Life
7:30	Rags to Riches/Growing in Grace
8:00p	3ABN Today
8:30	continued
9:00p 9:30	Bible Answers LIVE
	continued
10:00p 10:30	Your Story Hour
	Marriage in God's Hands Homeschool of Health
11:00p 11:30	Freedom's Ring/The StoryHouse
Mon	3ABN On Location
12:30	continued
1:00a	3ABN Today
1:30	continued
1.50	continueu

CD.III	MONDAY	CD.III	MILLODAY
CDT	MONDAY	CDT	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	Left Behind: Fact or Fiction?	4:30	Health for a Lifetime
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	continued	5:30	continued
6:00a	When God's People Pray	6:00a	Issues & Answers
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/Abundant Living	7:30	Classic Radio Sermons/Rags to Riches
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 3ABN On the Road
11:00a 11:30	3ABN On the Roadcontinued	11:00a 11:30	continued
Noon		Noon	Your Story Hour
12:30	Your Story Hour 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	Lift Him Up
2:00p	Kids' Time	2:00p	Kids' Time
2:30	Left Behind: Fact or Fiction?	2:30	Health for a Lifetime
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	3ABN On Location	4:00p	3ABN On Location
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/Abundant Living	7:30	Classic Radio Sermons/Rags to Riches
8:00p	Heaven's Point of View	8:00p	Issues & Answers
8:30	Stop Smoking Clinic	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	3ABN On Location	Wed	3ABN On Location
12:30	continued	12:30	continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	continued	1:30	continued

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3ABN RADIO: MAY (continued)

2:00a Help Yourself to Health 2:30 Breath of Life 2:30 In Search of the Truth 3:00a Voice of Prophecy/Between the Lines 3:00a Voice of Prophecy/Between Si:30 Bible Answers 4:00a Kids' Time 4:30 Dynamics in the Science of Prayer 4:30 Health for a Lifetime 5:00a Musical Meditations 5:30continued 5:30continued 5:30continued 5:30 Christian Concerns 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 8:00a 3ABN Today 8:00a The Bible in Living Sound 7:30 Sermons/Grow 8:00a 3ABN Today	the Lines
2:30 Breath of Life 3:00a Voice of Prophecy/Between the Lines 3:30 Bible Answers 3:30 Bible Answers 3:30 Bible Answers 4:00a Kids' Time 4:30 Dynamics in the Science of Prayer 5:00a Musical Meditations 5:30continued 6:00a Issues & Answers 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 2:30 In Search of the Truth 3:00a Voice of Prophecy/Between 3:30 Vice of Prophecy/Between 3:30 Wick Time 4:30 Health for a Lifetime 4:30 Musical Meditationscontinued 6:00a Musical Meditationscontinued 7:00a The StoryHouse/Endtime In 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Grow	the Lines
2:30 Breath of Life 3:00a Voice of Prophecy/Between the Lines 3:30 Bible Answers 3:30 Bible Answers 3:30 Bible Answers 4:00a Kids' Time 4:30 Dynamics in the Science of Prayer 5:00a Musical Meditations 5:30continued 6:00a Issues & Answers 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 2:30 In Search of the Truth 3:00a Voice of Prophecy/Between 3:30 Vice of Prophecy/Between 3:30 Wick Time 4:30 Health for a Lifetime 4:30 Musical Meditationscontinued 6:00a Musical Meditationscontinued 7:00a The StoryHouse/Endtime In 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Grow	the Lines
3:30 Bible Answers 4:00a Kids' Time 4:30 Dynamics in the Science of Prayer 5:00a Musical Meditations 5:30continued 6:00a Issues & Answers 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 3:30 Bible Answers 4:00a Kids' Time 4:30 Health for a Lifetime 5:00a Musical Meditationscontinued 6:00a Chealth Sermons Server 6:30 The StoryHouse/Endtime In 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Grow	a y nsights
4:00a Kids' Time 4:30 Dynamics in the Science of Prayer 5:00a Musical Meditations 5:30continued 6:00a Issues & Answers 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 4:00a Kids' Time 4:00a Kids' Time 4:00a Kids' Time 4:30 Health for a Lifetime 5:00a Musical Meditationscontinued 6:00a Chealth for a Lifetime 6:00a Musical Meditationscontinued 6:00a The StoryHouse/Endtime In 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Grow	nsights
4:30 Dynamics in the Science of Prayer 5:00a Musical Meditations 5:30continued 5:30 Essues & Answers 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 4:30 Health for a Lifetime 5:00a Musical Meditationscontinued 6:00a Choose Sending Sen	nsights
5:00a Musical Meditations 5:30continued 5:30continued 5:30continued 5:30 When God's People Pra 6:30 Christian Concerns 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 5:00a Musical Meditationscontinued 6:00a When God's People Pra 6:30 The StoryHouse/Endtime In 7:00a The Bible in Living So 7:30 Classic Radio Sermons/Grow	nsights
5:30continued 5:30continued 6:00a Issues & Answers 6:30 Christian Concerns 6:30 The StoryHouse/Endtime In 7:00a The Bible in Living Sound 7:30 Classic Radio Sermons/Your Family H. 7:30 Classic Radio Sermons/Grow	nsights
6:00a Issues & Answers 6:30 When God's People Prace 6:30 The StoryHouse/Endtime In 7:00a 7:30 Classic Radio Sermons/Your Family H. 7:30 Classic Radio Sermons/Grow	nsights
6:30Christian Concerns6:30The StoryHouse/Endtime In The StoryHouse/Endtime In The StoryHouse/Endtime In The Bible in Living Sound7:30The Bible in Living Sound7:00aThe Bible in Living Sound7:30Classic Radio Sermons/Grow	nsights
7:00a 7:30 The Bible in Living Sound 7:00a 7:30 The Bible in Living So Classic Radio Sermons/Your Family H. 7:00a 7:30 Classic Radio Sermons/Grow	
7:30 Classic Radio Sermons/Your Family H. 7:30 Classic Radio Sermons/Grow	und
· · · · · · · · · · · · · · · · · · ·	
8:00a 3ABN Today 8:00a 3ABN Today	ing in Grace
8:30continued 8:30continued	
9:00a Crossroads on 3ABN Radio 9:00a Crossroads on 3ABN R	adio
9:30continued 9:30continued	
10:00a It's Your Money! 10:00a Genesis to Revelation	Seminar
10:30 Homeschool of Health 10:30 Stop Smoking Clinic	
11:00a 3ABN On the Road 11:00a 3ABN On the Road	
11:30continued 11:30continued	
Noon Your Story Hour Your Story Hour 12:30 Heaven's Point of View	_
	7
1:00p Help Yourself to Health 1:00p Health Headlines/Abundant Living 1:30 By My Spirit Lift Him Up	
1:30 Health Headlines/Abundant Living 1:30 Lift Him Up 2:00p Kids' Time	
2:30 Eight Answers Live 2:30 Rius Time 2:30 Health for a Lifetime	
3:00p Voice of Prophecy/Between the Lines Voice of Prophecy/Between	the Lines
3:30 Wonderfully Made 3:30 It Is Written	the bines
4:00p 3ABN On Location 4:00p 3ABN On Location	
4:30continued 4:30continued	
5:00p Musical Meditations 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 So	und
7:30 Classic Radio Sermons/Your Family H. 7:30 Classic Radio Sermons/Grow	
8:00p Issues & Answers 8:00p 3ABN Today LIVE	Ø
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 Your Story Hour	
10:30 Wonderfully Made 10:30 It Is Written	
11:00p Crossroads on 3ABN Radio 11:00p Crossroads on 3ABN R	adio
11:30continued 11:30continued	
Thu 3ABN On Location Fri 3ABN On Location	
12:30continued 12:30continued	
1:00a 3ABN Today 1:00a 3ABN Today LIVE (rep	eat) 🔾
1:30continued 1:30continued	

CDT	FRIDAY	CDT	SATURDAY
2:00a	3ABN Today LIVE (cont.)	2:00a	Lift Him Up
2:30	continued	2:30	Genesis to Revelation Seminar
3:00a	Voice of Prophecy/Between the Lines	3:00a	3ABN On the Road
3:30	By My Spirit	3:30	continued
4:00a	Central Study Hour	4:00a	A Closer Look
4:30	continued	4:30	continued
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	continued	5:30	continued
6:00a	In Search of the Truth	6:00a	Rags to Riches/Growing in Grace
6:30	More Abundant Life	6:30	More Abundant Life
7:00a	The Bible in Living Sound	7:00a	Your Story Hour
7:30	Classic Radio Sermons/Melody From M.H.	7:30	Bible Answers
8:00a	3ABN Today	8:00a	3ABN Today
8:30	continued	8:30	continued
9:00a	Crossroads on 3ABN Radio	9:00a	Melody From My H./Endtime Insights
9:30	continued	9:30	Christian Concerns
10:00a	Bible Answers	10:00a	Central Study Hour
10:30	Homeschool of Health	10:30	continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	continued	11:30	continued
Noon	Your Story Hour	Noon	Heaven's Point of View
12:30	Thinking About Home	12:30	Women at the Well
1:00p	Help Yourself to Health	1:00p	Discover Prophecy
1:30	Breath of Life	1:30	continued
2:00p	Kids' Time	2:00p	When God's People Pray
2:30	Dynamics in the Science of Prayer	2:30	Faith Chapel
3:00p	Voice of Prophecy/Between the Lines Marriage in God's Hands	3:00p	House Callscontinued
3:30	3ABN On Location	3:30	3ABN On the Road
4:00p 4:30	continued	4:00p 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	A Closer Look
6:30	continued	6:30	continued
7:00p	The Bible in Living Sound	7:00p	Heaven's Point of View
7:30	Classic Radio Sermons/Melody From M.H.	7:30	Rags to Riches/Growing in Grace
8:00p	Worship Hour	8:00p	3ABN Today
8:30	continued	8:30	continued
9:00p	3ABN Today	9:00p	Bible Answers
9:30	continued	9:30	Christian Concerns
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	Marriage in God's Hands	10:30	Stop Smoking Clinic
11:00p	Crossroads on 3ABN Radio	11:00p	Faith Chapel
11:30	continued	11:30	By My Spirit
Sat	Discover Prophecy	Sun	Discover Prophecy
12:30	continued	12:30	continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	continued	1:30	continued

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by Mark Anthony

rittatas—they're easy and great! Traditionally frittatas are an egg, meat, and dairy dish which is primarily served for breakfast. But this special recipe is completely vegan! I've taken out all the animal products—without taking out any of the taste. It's a great source of protein that your family can enjoy for any meal.

SPINACH FRITTATAS

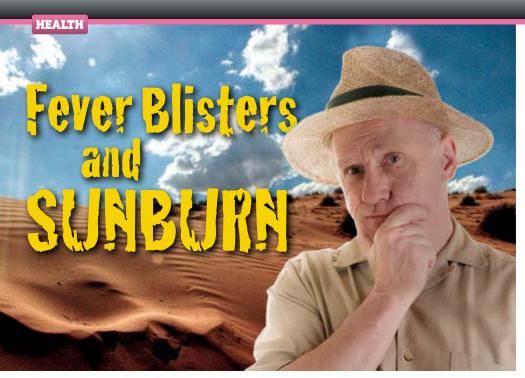
- 1/2 lb spinach, fresh or frozen, drained
- safflower oil, for oiling pan
- 1 lb. firm tofu, crumbled
- ½ cup soy milk, rice milk, or other non-dairy milk of choice
- 2 Tbsp. arrowroot
- 2 Tbsp. nutritional yeast flakes
- 1 Tbsp. garlic, minced
- 1½ tsp. agar-agar flakes
- 1 tsp. Dijon mustard
- 1 tsp. sea salt
- ¼ tsp. turmeric
- ¼ cup freshly chopped basil
- ¼ cup freshly chopped parsley
- 1 cup red bell pepper, finely diced
- ½ cup green onions, thinly sliced
- 1/2 cup vegan soy mozzarella cheese, shredded

Lightly oil a 10-inch quiche pan or spring-form pan and set aside. In a food processor, place the tofu, soy milk, arrowroot, nutritional yeast flakes, garlic, agar-agar, Dijon mustard, salt, and turmeric, and process for 2 minutes, or until it forms a smooth purée. Pour half of the tofu mixture into the prepared quiche pan, evenly distribute the spinach and the remaining ingredients in the pan, and then top with the remaining tofu mixture. Using a spoon, slightly swirl the two mixtures together, and then smooth the top. Bake at 375°F for 35 to 45 minutes, or until the filling is firm to the touch, and dry on the top. Remove the frittata from the oven, and allow to cool for 10 minutes before cutting. Serve warm, cold, or at room temperature. You can also pan fry individual servings in an omelet pan, fold, and finish off in the oven on a baking sheet. Garnish with a checkerboard vegan cheese melt. Serve with sautéed potatoes and fresh fruit.



Chef Mark has been a chef in Las Vegas for over 20 years before coming to the Lord by watching 3ABN. No longer working the casinos, he is now a private caterer for celebrities, but his real passion is teaching people to prepare delicious vegan cuisine.

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by Dr. Agatha Thrash

others escape ever having a sin- even before, if there is a bit of gle one. Still others develop fever tingling and burning—put an blisters only after some kind of ice cube on the lesion and hold trauma, such as sunburn.

the Herpes I, or Herpes simplex entirely eradicated by this simple I, virus, and often start in late measure. childhood. They recur from time to time, causing one to develop a painful lesion on the lip for as much as a week or ten days. A fever blister begins with too. If you carefully time the a red spot, proceeds to a blister, becomes a crusted lesion, and should always be able to avoid finally a shallow ulcer.

But here's some good news! The entire course of the disor-

old sores or fever blisters der can be substantially shortare the bane of life for ened by a very simple treatment. some individuals, while When the red spot appears—or it there for 30 to 60 minutes. Fever blisters are caused by Usually the fever blister will be

> Another important preventative measure is to avoid sunburn. It not only causes fever blisters, but other problems, length of sunlight exposure, you sunburns.

The human body should always be treated delicately, and

should not be abused in any skin to be more susceptible to as keratoses, pigmented spots, warty lesions, etc.

Sunburns can also alter the pigment of your skin, causing other disorders such as depigmented spots, or small areas of vitiligo. Freckling and other pigmented spots may become permanent after a severe sunburn, and too much sun can also cause a flare-up of psoriasis. Sunburn can cause you to become feverish, developing a fever up to 102-103°F. And if swelling. you're very sensitive to the sun, you can develop low blood pressure, or even faint. The source of the low blood pressure is the clothed. Your body can be more dilation of blood vessels in the skin, which draws much blood to the surface with a relative lack of blood in the interior of since that promotes the onset of the body.

One man who had innumerable fever blisters all his trated foods, since the defense life stopped having them, and mechanisms of your body are Dr. Agatha Thrash never had another, when he handicapped if the blood has to stopped eating chocolate. Once deal with a load of sugar, salt, oil, he had a piece of devil's food and other heavy nutrients. We cake and a fever blister suddenly should always eat as little as we reappeared. It was probably the can get by with as long as weight chocolate, but sugar could have is maintained. played a part, too.

It is felt that the herpes virus way, even by getting too much may be linked to cancer of the sunshine. The sun can burn mouth, so if you are subject to your skin so that it ages more fever blisters, this is another rapidly, and it will cause your reason why you should never smoke. Powdered goldenseal various diseases of aging, such may be applied to a fever blister with a toothpick, moistening it with a bit of water. This will often

> Here's some good news! The entire course of the disorder can be substantially shortened by a very simple treatment.

substantially relieve the pain and

In order to prevent fever blisters:

- Keep your extremities well easily attacked by viruses if your extremities become chilled.
- Avoid emotional tension, fever blisters.
- Limit the use of concen-



cofounded Uchee Pines Institute with her husband, Dr. Calvin Thrash. Together they wrote a book entitled, Home Remedies, which can be ordered by calling 706-323-9194.

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by Michael Prewitt

than proof that Jesus was returning soon? To many believers in the 1830s and '40s, William's sermons and tracts convinced many thousands to join the movement.

above all else passed from years, trembled.

Imagine, then, the crushing blow as each date for the Second Coming in 1843 and early 1844 passed. Though shaken, William and his supporters believed their went. It was another bitter blow. basic understanding was correct. They had studied the prophecies and history again and again. The whole system seemed solid, and over us as I never experienced

hat could be more It seemed the Holy Spirit had exciting for Christians blessed their movement with His presence—but still their Lord had not come. They felt torn between what ought to be, and what was. William Miller's explanation of Many gave up and left the move-Daniel 8:14, along with events ment, while others, including in the world, and signs in the William, still believed they were sky,* seemed to show just that. on the right track, yet somehow wrong in the details.

In August 1844, at a camp meeting of the believers, Samuel We can scarcely imagine the S. Snow declared what would be emotions of the Millerites as the known as the final accepted Milnearness of the event they desired lerite date for the end of the 2300day prophecy of Daniel 8. Using to months, to weeks, to days. the calendar of the Karaite Jews, The blessed hope! The start of and basing the day of Christ's eternity in glory! Those who return on the day of the cleansing believed the Second Coming was of the sanctuary (Yom Kippur) near were overcome with joy and that year, Snow gave to the group hope, while others scoffed—or October 22, 1844. It was brilliant and convincing scholarship, and the Millerite believers were once again jubilant, hopeful. Yet the object of their fondest hopes was not to be. October 22 came—and

"Our fondest hopes and expectations were blasted, and such a spirit of weeping came past events lined up perfectly. before...," said Hiram Edson, a

Millerite. "We wept, and wept, but he never saw the till the day dawn."

persisted, offering various explacoming soon.

Was it all for nothing? Would the 2300-day prophecy never be of ground, but two themes are understood? What the Miller- worth noting: First, that the first ites could not have known was and second advents of Christ that two important streams of are the key points of history and thought were about to converge. prophecy, and both very impor-One stream was a belief in the tant for Christians to understand. historical fulfillment of the 2300day prophecy. The other, a more two judgments, and two resurrecthorough understanding of the tions—one before and one after "judgment"—the final reckoning the 1,000 years of Revelation 20. of good and evil before God.

him to be an exceptionally devout (as though a converted Jew), he this idea led. wrote a book, The Coming of the Messiah in Glory and Majesty, *See 3ABN World, January 2009-April 2009.

influence it would

The larger share of Millerites have. His book was first published abandoned their beliefs. Others in Spanish in 1811, about 10 years after his death, and an English nations and revisions. William version was printed in 1827. It Miller could not pinpoint his spread widely and became all the mistake, and died on December more popular in Protestant circles 20, 1849, still believing Jesus was after the Catholic Church added it to their list of forbidden books.

> Lacunza's book covered a lot Second, that the Bible describes

Many who were studying the Let's turn back the clock to the prophecies read Lacunza's book, early 1800s where we find Manuel and although not free of error, de Lacunza, a Jesuit priest exiled it nevertheless stirred up new to Italy from his homeland of thoughts—chiefly that a resurrec-Chile. All who knew him believed tion prior to the Second Coming and the millennium required a Christian. Disguised under the judgment which must come first. pen name Juan Josafat Ben-Ezra Next month we'll explore where

The writings of Manuel de Lacunza had a far-reaching influence, opening new lines of thought within the Second Advent movement.



Michael Prewitt is the manager of the Publishing Department

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Did You Know?

STORIES FROM 3ABN'S EARLY YEARS

OF CREDIT



by Hal Steenson

he phone call came from Scientific Atlanta with the honestly. estimate for the equipsatellite. Sue, who was in charge informed Danny that it would cost \$350,000 to have the satellite uplink dish and transmitter built and installed. Then she told

"All I have is \$10,000," Danny replied, seemed to come to a standstill. "and that seemed like a lot of money just a few minutes ago!"

> him she would need a deposit of to call Sue again, and tell her \$70,000 to begin the work.

"All I have is \$10,000," Danny lot of money just a few minutes ago!"

credit?" Sue asked.

A letter of credit? I don't even have a credit card! However, I believe borrow money to build this station. It's His vision, and He will ready to be delivered. always supply, if I will always obey.

"No, I don't," he replied

Just a few days earlier, Danny ment needed to put 3ABN on had been praising God for his encounter with the district sales of their finance department, representative for this very company. As he'd shared the miracles God had already performed, the man had seemed impressed. It must have been orchestrated by God, but now everything

> A few days later, he received another call from that sales rep. After hearing about their conversation, he encouraged Danny about the miracles.

"Sue, I wonder if I could replied, "and that seemed like a take a moment to tell you how this station has come about," Danny began. After telling her "Do you have a letter of the miraculous stories, he didn't ask her to make an exception to Danny thought for a moment. the company's policies; he just told her the Lord had impressed him that He would supply all what God impressed on me is his needs. He also told her he true—that I would not have to believed the money would be there when the equipment was

She asked if he really thought

that he could come up with loan you the money at a very low 3ABN's first satellite \$350,000 in three months.

"Yes," Danny replied.

Then came the surprise. "I'm a Christian too, and I don't know but felt that was not what God why I'm doing this, but I believe wanted him to do, so he told you, and I'm going to trust you," May that God would not allow Sue said. "We'll start immedi- him to go in debt. ately on the equipment—but don't forget—three hundred and fast approaching, and he was fifty thousand dollars!" Then surprised to hear from May she made arrangements to set up the cost of the equipment have the money interest-free, on installments until the project and that he could pay it back was completed.

Danny reflected back to a said no. conversation with a lady he'd in Colorado. As May Chung listened to him, she seemed impatient.

going now, Danny," she'd said. "What is the problem?"

When he told her that Scientific Atlanta was working on an estimate, and that the equipment would probably cost around giving you \$100,000." \$400,000, she'd had a grand plan.

needs to be up quickly that I'll from the King of kings!

interest rate, and you can pay it back as the donations come in."

He had been overwhelmed.

Now the first payment was again. She told him that he could whenever he could. Again he

Danny prayed earnestly, met at the laymen's convention knowing that any day Sue would call again.

When the phone rang again, it was May. But this time she "We need to get this up and told Danny she would give him \$100,000 toward the equipment. "Oh yes," she added, "I called Ellsworth McKee, a dedicated Adventist, and owner of Little Debbie Snack Cakes. He's also

Danny had good news for Sue "Danny, she said, "I'm so when she called. He didn't need impressed that this network a letter of credit—he had a letter

dish cost over \$350,000. "I don't know why I'm doing this," said Sue, the head of Scientific Atlanta's finance department. And with that, she ordered the equipment with Danny's down-payment of only \$10,000!



Hal Steenson is a part of 3ABN's pastoral staff and presenter of the program, Heaven's Point of View. Hal is married to Mollie Steenson, 3ABN's vice president.

tion of \$15, postpaid in the U.S.)

For more on the 3ABN story, see Mending

Broken People, by

Kay Kuzma. It's avail-

able from 3ABN, and

online at www.3abn.org.

(Hardcover, 396 pages,

for a suggested dona-

THAT CHANGES EVERYTHING

by Ben Burkhamer

at work, and one at home, too. My four sisters and I learned to and I were blessed with our first respect adults from an early age. son, Benny. How I loved him, It was always, "Yessir," and "Yes, ma'am," and though we were with a different view of God than allowed to question him, in the the one I still had. end we were required to obey.

was raised, and although I knew I were both startled when he he loved me, he would never clearly said, "Hi, Dad." show physical affection. In fact, I have no memory of him ever hugging me, although I'm sure that out loud? As the shock wore he did.

old, my drill sergeant dad got saved. Suddenly the drinking until he was three years old. man who fought in bars became the dad that read the Bible to us seemed to play a lot by himself. for two and three hours at a time, and this went on until I moved tures, and odd noises. He would out at 18!

My image of God was shaped by my relationship with my ing sound delighted him and dad—I grew up knowing that made him giggle. Then came the God loved me, but I couldn't feel day he was diagnosed as autistic. it. Unfortunately, that kept me from having that close, personal Benny bonded with me. An

y father spent many muddled prayers were, Lord, I years in the military. know you're a loving God, but I He was a drill sergeant can't seem to see You that way.

> After we married, my wife and how I wanted to raise him

One day, when he was only Dad raised me better than he three months old, my wife and

We looked at each other in amazement! Did he really say off, we were both convinced that Then, when I was seven years our son was a genius—but those were the last words he spoke

> Soon we realized that Benny He would fixate on lights, texspend hours pouring water from one cup to another—the splash-

From the day he was born, relationship I longed for. My autistic child is so special and gifted, and it was I who had was learning and growing—and much to learn. Along the way the Lord taught me many things, Benny was five.

We had tried to potty train him for two years—a challenge for any parent, but an especially difficult one for us. Then a flash of inspiration—Benny still loved that splashing sound!

"Benny," I exclaimed, "you can reproduce that splashing sound in the toilet!" The idea clicked with him—instant potty training!

A few weeks later I was struggling again with my view of God any! I felt a huge when I happened to glance out lump in my throat, the window, and what I saw made me laugh. There stood my face. the dog, a curious look on his face, and his head tilted to one I get it," I managed to side. Right next to him was my son—"reproducing the splashing sound" in the dog's water bowl!

love and pride that swelled in my chest. Even though Benny wasn't me more than I love my son doing what was right, he was trying to do what was right! My son that changes everything.

that made it okay!

Suddenly the Lord spoke to but perhaps the most important my heart. Ben, that's how I see lesson was one I learned when you! I don't want to smack you

> From the day he was born, Benny bonded with me. An autistic child is so special and gifted, and it was I who had much to learn.

down when you do something wrong. I just love you. You're my son, and you're learning!

What an epiphand tears ran down

"Thank you, God. whisper, as my throat

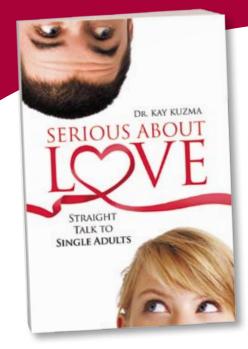
tightened even more. The love I had in my heart for my son was I can't describe the feelings of the same love He had for me!

> I cannot imagine God loving Benny. But I know He does. And



Ben Burkhamer is a studio manager for 3ABN. He's also a parttime police officer and firefighter.

SERIOUS ABOUT LOVE STRAIGHT TALK TO SINGLE ADULTS



to evaluate your present—or future—relationships, as well as guidance on dating and love.

Find out what to look forand watch out for-in a potential



Kay Kuzma earned her doctorate in early childhood education from UCLA, and is a dynamic motivational speaker, family life educator, and prolific author. She and her husband Jan currently live in Tennessee.

relationship would be a last- ering marriage. ing commitment—but it never quite turned out that way. Or dating someone, or are just lookperhaps you are seriously dating and you're not exactly sure what right one," this book will help your next step should be. Is there you understand the serious side a way to really know if someone of love. is right for you?

down-to-earth advice on how States).

date; how to understand the difference between romantic illusions and true love; how to break up and remain friends; f you've ever fallen in love, what physical involvement you can probably recall a means to a relationship; and time when you hoped a topics to discuss before consid-

> Whether you've just started ing forward to meeting "the

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