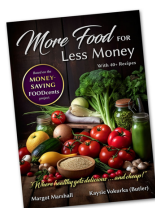


3ABN Australia Newsletter – Summer 2023

Report from the Producer/Host of Health Programming

It's been such a blessing to work at 3ABN Australia this year. I have enjoyed developing health programming and assisting in a variety of other areas.

A milestone project this year was releasing the *More Food for Less Money* e-cookbook with my co-author, Margot Marshall. This project was Margot's vision, along with the Healthy Living cooking video programs that accompany it. The book is a treasure chest of resources and recipes for a healthier life ...and wallet! Featuring FOODcents principles, it teaches how people can balance their diet by balancing their budget. Best of all, it's available FREE of charge!



We want as many people as possible to be able to get a copy, especially those who need it most. That's why we've also created sharing cards to make it easier to share this online resource with others in person. It's so encouraging to see that many people have already downloaded the book and are sharing it. It is our vision that this resource will bless people's lives and be a bridge that leads people one step closer to the truth.

Kaysie Vokurka



About Kaysie Vokurka



Kaysie Vokurka's educational background includes a BSc in Food & Nutrition and Biomedical Science, and a Diploma in Nutrition Consulting. In addition, she holds the Professional Plant-based Certification from Rouxbe Cooking School—a course that develops culinary skill in plant-based cuisine. Her professional experience ranges from working as a Nutritionist and Lifestyle Advisor at Cedarvale Health & Lifestyle Retreat, to consulting through her business, Phytonourish Nutrition & Wellness.

Earlier this year, Kaysie joined 3ABN Australia as Producer/Host Health Programming. She is passionate about health and sharing Jesus through media. Her other interests include birdwatching, bush walking, gardening, playing her violin, and spending time with her husband, Daniel. It is our hope and prayer that you will be blessed physically, emotionally, and spiritually by Kaysie's involvement here at 3ABN Australia!

Encouragement and Love

Joan phoned and said she loves the *More Food for Less Money* sharing cards. She has been handing them out left, right and centre. She handed one to a gentleman at the supermarket and he was most appreciative. He said, "I look after the food at home. This is just what I need."

David phoned to say that he will be promoting the Interless device that he had purchased the previous month. He is really happy with it because Interless only has Seventh-day Adventist programs on it.

End of Year Special Price

Interless device **\$150.00**. Postage is extra.
Great for gift giving or buy one for yourself!



Products – postage not included

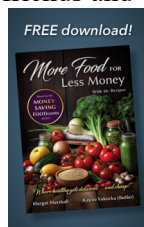
To view our online store go to our website and click the *Shop* button. Orders can be placed online (Australia only) or by phone (02) 4973 3456.

More Food for Less Money Share Cards

Promote the “More Food for Less Money” e-cookbook with these business card sized sharing cards. Carry them in your wallet or purse and share them with adults and children. Help your friends and relatives to “eat well, live healthier and longer, and spend less money.” Winston Craig, PhD, MPH, Professor of Nutrition & Wellness, Andrews University.

100 Cards (MFLMSC-100) **\$5.00**

500 Cards (MFLMSC-500) **\$25.00**



Spotless

Shelley Quinn

Experiencing the everlasting covenant through righteousness by faith.

Book (BSPL) **\$35.00**

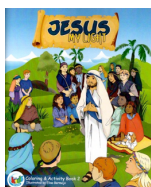
Set of 3ABN Study Guides:

Looking Higher

Set of 14 Study Guides

(3abnsg-set) **\$18.00**

Box of 10 sets (3abnsg-10set) **\$170**



Jesus My Light Coloring & Activity Book 2

Be a witness by sharing this coloring book with kids in your community. It encourages growth in their love for Jesus while teaching them about His character.

\$4.00 each or pack of 10 books **\$37.00**

Kids Network Craft Book

Over 100 projects to make, and many include science, technology, engineering, and mathematics (STEM) for discovery. Every church with children needs this!

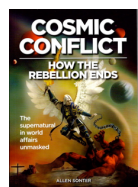
Spiral bound book (KNCB) **\$35.00**



3ABN Australia Homecoming 2023:

God's Ideal Thirteen one-hour sermons on DVD. Set contains 13 DVDs in paper sleeves. (HCAU23-set) **\$78.00**

Individual sermons available **\$11.00 each**



Cosmic Conflict – How the Rebellion Ends

Allen Sonter

This book unmasks the supernatural in world affairs. Book (BCCHRE) **\$4.00**

Case of 32 books **\$128**

Summer Camp Meeting 2023: Majoring in the Minors*

Eighteen one-hour sermons on DVD.

Set contains 18 DVDs in paper sleeves. (SCM23-set) **\$108.00**

*Sabbath School Panel and Music Hour episodes from these meetings are not included in this set. All programs available individually. **\$11.00 each**



Pre-Loved Items

Please see enclosed list of *Pre-Loved Items*. People have donated their pre-loved books, CDs and DVDs to make them available to our contacts and at the same time to support 3ABN Australia. They are in a variety of conditions—some items look new, while others are old and have signs of use. Items are sold as is, “first come-first served”. Postage is extra.

We are happy to receive pre-loved items to re-sell.

A Word from the Associate Director

Another year has almost ended and we are closer to the second coming of Jesus than we have ever been before. We are blessed to be able to make TV and Radio programs that help to build people's faith in God and prepare them for eternity through knowing Jesus.

We were recently visiting a church and, during lunch, some ladies spoke to us. They said they never miss watching 3ABN Now on a Sunday or Tuesday night and that they are blessed by it. Such comments, no matter who they are from, are a huge encouragement to us in our work for God.

Working on new programming isn't easy. We can have the ideas but finding the people to do the programs can be hard. Please keep us in your prayers as we enter the new year and seek to produce uplifting, Christ centred programs for people around the world. Also, consider how you can help 3ABN Australia financially. Without your support we cannot keep going forward. Thank you, may God richly bless you and your families in this coming year.

Rosemary Malkiewicz

