

3ABN Australia Newsletter – Autumn 2024

3ABN Australia Radio

Dear 3ABN Australia viewers and listeners,

I hope you have been tuning in to our radio programs and podcasts and are being blessed by them. I am pleased to let you know that there are three new radio programs for you to listen to.

“Health, Hope & Happiness” was produced in conjunction with Cedarvale Health & Lifestyle Retreat and features short messages from nutritionist Kaysie Vokurka about wellness tips for everyday life. New episodes are planned to be added as time permits.

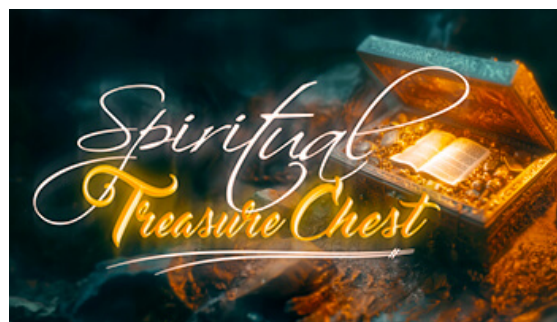


“Heavenly Harmonies” hosted by Dr Kylie Fisher is about how music, specifically hymns, can enrich your spiritual experience! Each week, she discusses a different hymn, focusing on its scriptural allusions and how those can inform our appreciation/performance of the hymn, then the hymn is played. It is for both musicians and those who just enjoy listening to hymns.



“Spiritual Treasure Chest” is a series presented by Bill Gates. Bill is dedicated to sharing biblical

knowledge and spreading the hope of Jesus’ return. The topics are a source of guidance and encouragement, illuminating the path to eternal life, which lies just a choice away.



The year 2023 saw a modest increase in the number of podcasts listened to, bringing the total to nearly 212,000. I am thankful to God that these important messages can be shared around the world! I encourage you to check out the On-Demand podcasts for yourself and to share links with people you know. Just visit www.3abnaustralia.org.au and click on the listen button and you will see all the programs you can listen to and share.

Blessings,
Kyle Serra



New Radio Programs

Heavenly Harmonies – Dr Kylie Fisher
Health, Hope & Happiness – Kaysie Vokurka
Treasure Chest – Bill Gates

New Television Programs and Schedule Revision

On Sunday, 11th March 2024 we're introducing a fresh TV schedule with a new line-up of programs, including more from 3ABN (US) and the 3ABN Kids network. We also have a new Australian series: Your Lifestyle As Medicine with Kaysie Vokurka. The rearranged schedule will enable viewers to see many programs they may not have seen before because of the airing hours. Go to our website for the schedule or phone us for help on (02) 4973 3456.

New Australian TV Program

Your Lifestyle As Medicine – Kaysie Vokurka

Departmental Report About "Your Lifestyle As Medicine"

I am very excited to share about a new health program airing this Autumn. Your Lifestyle As Medicine is an interview series that focuses on what you can do in everyday life to help you enjoy optimal health. This series aims to have *something for everyone*, in various ages and stages of life.

Each half-hour episode explores principles and practises that are powerful for promoting health, and also for preventing and alleviating illness. An array of health professionals will be featured. The episode topics will cover an assortment of lifestyle aspects across key areas of lifestyle medicine, including but not limited to:

- Emotional and mental wellbeing
- Making lifestyle changes
- Nature therapy
- Physical activity
- Nutrition
- Sleep
- Social wellbeing
- And more!

The series will be rolled out on 3ABN International with the new Television Schedule, and will first air on March 11, with new episodes airing weekly. Subsequently, episodes will be accessible via 3ABN Australia Catch-Up and Youtube.

Blessings,

Kaysie Vokurka
Producer/Host Health
Programming



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.

Interless Device Special Price

Interless device is on special for only **\$150.00**. Postage is extra. Great for gift giving or buy one for yourself! No Internet is required to view 3ABN programs. However, through Internet you can access all the Seventh-day Adventist Channels as well.

3ABN Australia Funding Projects

- **Monthly satellite fees** for VAST and IS-19.
- **Building maintenance** – painting outside of building, replacing external doors etc.
- **Funding for More Food For Less Money cards** and their distribution to food banks, housing departments etc.

A Word from the Associate Director

Praise Report – Intelsat-19

On Sunday morning, February 18, an email from Telstra said that, due to a power problem on the IS-19 satellite, 3ABN's transponder had been permanently turned off. We would be informed when an alternative platform was found. So, we were off air—indefinitely! All our radio affiliates in Australia and New Zealand need access to our signal on IS-19, as do many viewers who are financially challenged. And there is no alternative satellite. This was a major problem! Of course, we prayed, as did many others. Only God could work this out—and He did. Two days later, on the Tuesday, 3ABN was not only on air again—on the same transponder—but 25 foreign language channels were moved to our transponder! This means we have a whole new group of potential viewers. God is so good. If you knew the situation we were facing, you would understand that this is indeed a miracle. Praise God for answering prayers so amazingly!

Rosemary Małkiewicz

