\\ \section*{Behind the\\ \section*{Behind the \\ \\ Scenes} \\ \\ Scenes}

We are bursting with excitement to share with you the news!

But we have to wait. . .

However, we have put hints in this newsletter about the upcoming fundraiser dinner on November 9th.

## Look carefully! You might

 spot the clues and be able to deduce the theme.Have fun! We look forward to seeing you next month at the dinner when we can make the reveal.


## Change is in the Air!

By Charlie Oliver

It started small ... I needed a specific type and length of cable to hook up a new piece of equipment in our studio control room. Well, it didn't really start there, it actually began when we were looking at some older equipment and decided it was time to upgrade. Funny how one thing can lead to another!

So, there I was two weeks ago out in engineering, looking for a BNC cable. I found lots of cables, and it was on. Sorting. Bins. Dumpsters. Dump runs. Spring cleaning at the end of summer. What starts in engineering apparently doesn't end in engineering! Denise was back in the control room, organizing and choosing paint colors while Pastor Kip and John were setting up the new control panel and tuning the cameras. The energy and projects didn't end there and are ongoing. l'd give shout-outs to everyone here if I didn't know l'd exceed my article word limit! Let's just say change is in the air!

As I sat in the engineering truck yesterday morning, waiting in line at the recycling center, I contemplated the events of the past few weeks and pondered my own life. We often carry so much clutter in our lives, and it can become overwhelming, causing us to stack it aside instead of dealing with it.

God works in powerful ways when we give Him our stuff. Much like the recycling center, God is able to take our "garbage" and turn it into amazing things. That doesn't mean it's always easy. Even there at the end, I had to be careful, checking in and following the attendant's instructions on where to go, then

## Important October Dates

October 6 - Happy National
Noodle Day! Let's raise our forks to the incredible diversity and deliciousness of noodles from around the world. Whether you prefer the comforting embrace of Italian pasta, the savory satisfaction of Japanese ramen, the spicy kick of Thai Pad Thai, or any other noodle dish, let's come together to celebrate this versatile and beloved food. Noodles have been bringing joy to our plates for centuries, and on this special day, let's savor every twirl, slurp, and bite. Here's to the endless possibilities and flavors that noodles bring into our lives.

October 22 - National Nut Day is a celebration that lets us go nuts for nuts! Whether you prefer roasted, salted, or sprinkled on your ice cream, this is the day to embrace the nutty goodness and crack a smile with every crunchy bite. So grab a handful, share the love, and remember, on National Nut Day, it's perfectly acceptable to go a little nutty!

## Inspirational Musings

By Jeanette Stark

Do you enjoy a good riddle? For instance, "What belongs to you, but other people use it more than you?" l'll give a clue and the answer at the end.

Here is another riddle, and for this we go to the Bible and Judges chapter 14:

## Out of the eater came something to eat, and out of the strong came something sweet.

We don't know a lot about Samson's childhood. We know God blessed him. The Bible tells us the Spirit of God began working in him. Then we pick up with him wanting a wife, and not just any wife; this is a Philistine girl. Let's take a little trip to the picturesque vineyards of Timnah.

As Samson wandered amidst the lush vineyards of Timnah, he encountered a young lion that charged at him. The Spirit of God descended upon him, infusing him with a power beyond imagination, and with his bare hands, he grappled with the lion, easily ripping it apart.
But it was not the lion that consumed Samson's thoughts. It was a beautiful woman he met in Timnah.

Days passed, and Samson returned to seek her hand in marriage. Yet, curiosity led him to take a detour, revisiting the site where he had defeated the lion. To his amazement, he found a swarm of bees had made a home within the lion's carcass, producing honey. He scooped up the honey with his hands, savoring its sweetness as he continued his journey.

Samson hosted a grand feast, where he proposed a challenge to his guests. He declared that if they could solve his riddle within seven days, he would reward them with thirty linen garments and thirty sets of fine clothing. But if they failed, they would owe him the same.


## Odds \& Ends: Viewer Submission

Sweet \& Sour "Meatballs"

Compliments of Geri Wytcherley Originally Published May 2007

## Ingredients for "meatballs":

1 package Mori-Nu Tofu - firm
1 medium onion
1 teaspoon Vege-Sal or seasoned salt
1/4 teaspoon garlic powder
1-2 tablespoon Bragg's Liquid Aminos or soy sauce
1 cup pecan meal
$11 / 2$ cups finely crushed saltine crackers or fine breadcrumbs dry

## Ingredients for Sweet and Sour Sauce:

$1 \quad 15 \mathrm{oz}$. can tomato sauce
1 cup seedless blackberry or apricot jam
$1 / 2$ teaspoon cumin
$1 / 2$ teaspoon Vege-Sal
1-2 tablespoons fresh lemon juice

## Directions:

1. In a blender, blend tofu, onion, Vege-Sal, garlic powder, and Braggs until smooth.
2. Pour this mixture into a large bowl and stir in pecan meal and cracker crumbs. When mixed well, form into balls.
3. Put on sprayed cookie sheets. Bake at 350 degrees for 30 45 minutes or until golden brown.
4. Put baked "meatballs" into baking dish. Mix sauce ingredients together; cover meatballs with sauce and bake until bubbly.

Thanks for taking the time to read what's on our mind, but we want to know what's on yours? Do you have a miracle to share? Possibly a poem, photo or famity recipe? Would you like to give someone a pat on the back or share an inspiring story? We cannot guarantee all submissions will be printed, but we'll try. Our mailing address is:
PO Box 766, Grants Pass, OR 97528 ,
or email us at newsletter@betterlifetv.tv

## Reaching the World

Emails, Letters \& Phone Calls

Dear Better Life,
I'm so glad to hear everyone talk about the story of Joseph on Women in the Word. In my opinion, it is one of the most interesting stories in the Bible. How he went from captive to prince and in a different country, as well.
-YouTube
Joseph is my favorite story! Thank you!
-YouTube

## Dear Better Life,

Thanks fo all you do for the cause of Christ. Your programs are a blessing. I appreciate the fact that Simple Truths Sabbath School is on Friday evening now.

Thanks for always being faithful.


Go to our website for a link to our YouTube channel to find your favorite programs to watch again.
walking and inspecting the ground for staples and nails before backing up to the pile (don't ask how I know to do this). But what happens next is no longer my concern. The recycling center will do what they do, and my stuff will be a benefit somewhere. Thank you Jesus for doing the same for me. Taking on my cares and burdens, somehow using them to bless both others and me in the process. -CO


Eager to prove their wit, the guests accepted his challenge. Samson presented his riddle: "From the eater came something to eat, from the strong came something sweet."

Days passed, but the guests remained unable to decipher the riddle's meaning. On the fourth day, their frustration boiled over, and they threatened Samson's bride, coercing her to obtain the answer.

Desperate and in tears, she implored Samson, accusing him of not loving her enough to reveal the riddle's secret. Samson ultimately succumbed to her persistence, and she wasted no time revealing the riddle to her people.

As the sun dipped below the horizon on the seventh day, the townsfolk confronted Samson with the answer: "What is sweeter than honey? What is stronger than a lion?"

I encourage you to read this amazing story found in Judges chapters 13, 14, 15, and 16 again. As you do, remind yourself that in many ways, Samson is a type of Christ.

Like Jesus, Samson was a deliverer and savior figure for the Israelites. He was raised up by God to rescue the Israelites from the oppression of the Philistines. Similarly, Jesus is our Savior who delivers us from sin and spiritual oppression.
"The one who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. Therefore this joy of mine is now complete."

John 3:29 ESV
Now, a clue for my earlier riddle: "everybody has one". Any guesses?

The answer to my riddle is: your name" and by calling us at 541-474-3089 and giving us your name, you will be entered to win a prize at our fundraiser dinner on Thursday, November 9, 2023. We hope to hear from you and be sure to tell us, you saw the "name clue" in October's newsletter.

## Donations Made to Better Life

## In Honor

Jim \& Nancy Yoder's 70th Anniversary<br>Ed \& Judy Whitlock

## In Memoriam

Madison Jewell Baird
Floyd \& Celeste Sweat, grandparents
Dave \& Arlean Bechtel
Ron Bechtel, son
Gene \& Gladys Burrill
Ron Bechtel
Brandon Currier
Sandra Chinn
Marta Davis
Ron Davis, husband
Richard \& Carol Rogers
Charles Dubay
Kenneth \& Scharlotte Dubay, parents

## Ron Dubay

Kenneth \& Scharlotte
Dubay, parents
Wanda Florea
Kimber Florea, daughter
Robert Graham
Ed \& Judy Whitlock
Lynn Hafer Joan Hafer, wife
Marcella Harrom
Charleen Gerlic, daughter
Anita Heisler
Bob Heisler, husband
Jim Hitchcock
Lois Bookout, wife
Jack Karp
Ed \& Judy Whitlock

Rita Bjelland Lathim
Floyd \& Celeste Sweat, parents
Jerry \& Zola Lewis
Sandra Chinn
Bill McFeeters
Ed \& Judy Whitlock
Jim McHan
Donald Erb
Olen Nations
Mary Nations, wife
Sandra Chinn
Don Oltman
Jeanne Oltman, wife
Don Schlarb
Ed \& Judy Whitlock
Kenneth Smith
LolaMay Smith, wife
Art Spenst
Charlene Spenst, wife
Dominic Michael
Springer
Andie Springer, mother
Edgar (Ed) Thompson
Vida Thompson, wife
David Thompson, son
Oral \& Pearl Tucker
Ron Bechtel
Bob Varney
Marianne Varney, wife
Delmer Wagner
Evelyn Wagner, wife
Melvin \& Alma Johnson

## Ken Ward

Donald Erb
Dustin Weidman
Kimber Florea, mother
Vern \& Virginia Wells
Pam \& Steve King, daughter

Hans Calvin Wiggers
Robin Martin, grandmother

If you wish to make a donation in honor of, or in memory of an individual please call our office during regular business hours, or mail your donation to:

Better Life
PO Box 766
Grants Pass, OR 97528
Phone: (541) 474-3089
Note: It may take up to 2 months fo names to appear in the newsletter.

## CHANNEL GUIDE

## Dish Network \& DirecTV

Ch. 30
Curry, Jackson, Josephine, Klamath, Lake \& Siskiyou Co.'s
Ch. 36
Benton, Coos, Douglas \& Lane Counties
ALSO watch via the internet using free apps for Roku, iOS and Apple TV

## CITY

CABLE ANTENNA

Ashland, OR .............. K25IM-D ........ 22 ................. 30
Bandon, OR ..............KAMK-LD ....... 21 ................... •
Brookings, OR ............ K48GO-D ....... 22 .................. 30
Canyonville, OR .........KAMK-LD ....... 21 ................... •
Cave Junction, OR ......K16NK-D ........ • .................. 30
Coos Bay, OR .............K44FH-D........ 21 .................. 44
Corvallis, OR ..............KAMK-LD ....... 12 ................... •
Crescent City, CA .......K25NO-D ....... 21 .................. 25
Eugene, OR ...............KAMK-LD ....... 12 .................. 36
Gasquet, CA ............. K25NO-D ....... •.................. 25
Gold Beach, OR .........KBLN-TV........ 22 ................... •
Grants Pass, OR .........KBLN-TV......... 22 .................. 30
Klamath Falls, OR .......K31NH-D........ 22 ................. 31
Medford, OR ............. K23EX-D ........ 22 .................. 30
Merlin, OR .................K33GJ-D........ 22 .................. 30
Mt. Shasta, CA ............KBLN-TV........ 13.................... •
Portland, OR...............KEVE-LD ........ • ................... 31
Port Orford, OR .........KBLN-TV........ 22 ................... •
Redding, CA .............. K33HH ........... • ................... 33
Reedsport, OR ........... KAMK-LD ....... 21 ................... •
Reno, NV ..................KNRC-LD......... •.................. 14
Rogue River, OR .........K17EZ-D.......... 22 ................. 30
Roseburg, OR ............KTVC............. 21 .................. 36
Springfield, OR .......... KAMK-LD ....... 12 .................. 36
Yreka, CA ..................K49IG-D......... 13................... 30

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Midnight | It's Coming | Coming Out | Country Wisdom | Bible Answers | Gospel Outreach |  | Praise! |
| 12:30 AM |  | Women in the Word | The Incredible Journey |  | Maranatha Mission Stories |  | Your Favorite by Request |
| 1:00 AM | Secret Life of the Desert | 3ABN Homecoming | SancuarySalvation\&OurSavior | Earth's Final Conflict | Revelations AndientDiscoveries | Doug Batchelor | Daniel All Access |
| 1:30 AM | From Sickness to Health |  | Authentic |  |  |  |  |
| 2:00 AM | David Klinedinst | Boots 'N Bibles | Stories of Faith | Women in the Word | Better Life Today | Catching the Light | Revelation Now |
| 2:30 AM |  |  | Nature Music | Receiving the Word | Adventist World Radio | Secret Life of the Desert |  |
| 3:00 AM | Digital Disconnect | Unlocking Bible Prophecy | The Whole Message | White Horse Media | Worship Hour Special Series | Multitude of Counselors | Revelation Insights |
| 3:30 AM | Evolution Impossible |  |  | Nature Music |  | UltimatePrescription |  |
| 4:00 AM | The Seventh Day | Stories of Faith | Better Life on Tour | GP Worship Hour | NEWSTART Now! | Maranatha Mission Stories | Amazing Facts Presents |
| 4:30 AM | The Carter Report | When We Talk |  |  | Voice of Prophecy | Contending for the Faith | Gospel Outreach |
| 5:00 AM | Amazing Adventures | Impact Canvasback | Fountain View Music | Amazing Facts Presents | Animal Encounters | Nature Music | Nature Music |
| 5:30 AM |  | Exercise Variety | Exercise Variety | Exercise Variety | Exercise Variety | Exercise Variety | IIW Sabbath School |
| 6:00 AM | 3ABN Today | 3ABN Today | 3ABN Today Live (repeat) | 3ABN Today | 3ABN Today | 3ABN Today | 3ABN Today |
| 6:30 AM |  |  |  |  |  |  |  |
| 7:00 AM | Your Favorites by Request | Bible Answers |  | Shelly Quinn Presents | ASI Conventions | Optimize for Life | Bible Answers |
| 7:30 AM | It's In The Bible |  |  | It's In the Bible |  | Cook:30 |  |
| 8:00 AM | GP Worship Hour | Authentic | Secret Life of the Desert | The Seventh Day | Nature Music | Enjoy Healthy Eating | Catching the Light |
| 8:30 AM |  | Variety | Variety | Variety | Variety | Variety | Stories of Faith |
| 9:00 AM | SimpleTruths Sabbath School | The Carter Report | Worship HourSpecial Series | Fountainview Music | GodsLastMessagetotheWorld | House Calls | Pioneer Media |
| 9:30 AM |  | Adventist World Radio |  | Help! I'm a Parent |  |  |  |
| 10:00 AM | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Secrets Unsealed | SimpleTruthsSabbathSchool |
| 10:30 AM |  |  |  |  |  |  |  |
| 11:00 AM | Boots 'N Bibles | Off the Grid | Maranatha Mission Stories | Lineage | Jesus for Asia Now | Behold the Lamb Presents | GP Worship Hour |
| 11:30 AM |  | Abundant Living | Cook:30 | Better Life Today | Amazing Facts Presents |  |  |
| Noon | Exercise Variety | Exercise Variety | Body \& Spirit | Action 4 Life | Body \& Spirit | RawQuestionsRelevantAnswers | Women in the Word |
| 12:30 PM | Better Life Today | Heaven's Point of View | UnshadklePupose//ntimateClarity | Receiving the Word | Journey 'n Journals | Exercise Variety | Fountainview Music |
| 1:00 PM | 3ABN Today Live (repeat) | 3ABN Today | 3ABN Today | 3ABN Today | 3ABN Today | 3ABN Today | Unlocking Bible Prophecy |
| 1:30 PM |  |  |  |  |  |  |  |
| 2:00 PM |  | Variety Hour | Variety Hour | Variety Hour | Variety Hour | Variety Hour | Variety Hour |
| 2:30 PM |  |  |  |  |  |  |  |
| 3:00 PM | Catching The Light | The Whole Message | Evolution Impossible | The Whole Message | White Horse Media | The Whole Message | Kids Time Praise |
| 3:30 PM | Journey 'n Journals |  | The Incomparable Jesus |  |  |  | Jesus 101 |
| 4:00 PM | Receiving the Word | Bible Buzz/Sing Along | Kids Time | Bible Gems/Creation Crafts | Kids Time | Kitchen Fun | Secret Life of the Desert |
| 4:30 PM | Women in the Word | Creation Case | Kids Time Praise | Kids Time Praise | Kids Time Praise | Grandma's House | It Is Written |
| 5:00 PM | 3ABN Sabbath School | Nature Music | Secrets Unsealed | It's Coming | Bible Answers | Islam \& Christianty | Secrets Unsealed Presents |
| 5:30 PM |  | Catching the Light |  |  |  |  |  |
| 6:00 PM | Worship Hour Special Series | Unlocking Bible Prophecy | Country Wisdom | Prophecy Unsealed | 3ABN Today LIVE | Simple Truths Sabbath School | Boots ' N Bibles |
| 6:30 PM |  |  | Gospel Outreach |  |  |  |  |
| 7:00 PM | Voice of Prophecy | Summer Camp Meeting | Behold the Lamb Presents | Doug Batchelor |  | Stories of Faith | White Horse Media |
| 7:30 PM | Good News for Muslims |  |  |  |  | Better Life Today | Nature Music |
| 8:00 PM | Strategies for Strongholds | Stories of Faith | Better Life Today | Catching the Light | Women in the Word | Boots 'N Bibles | Mark Finley Presents |
| 8:30 PM | Lineage | The Seventh Day | Adventist World Radio | It Is Written | Gospel Outreach |  |  |
| 9:00 PM | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Ken Cox Ministries | Authentic | 3ABN Today |
| 9:30 PM |  |  |  |  |  | Women in the Word |  |
| 10:00 PM | Better Life on Tour | Nature Music | Featured Ministries | NEWSTART Now! | Table Talk | GP Worship Hour | Discover Prophecy |
| 10:30 PM |  | Native New Day | Maranatha Mission Stories | Your Favorites by Request |  |  |  |
| 11:00 PM | Celebrating Life in Recovery | Mark Finley Presents | Prophecy Unsealed | Jesus 101 | 3ABN Today LIVE (Repeat) | 3ABN Family Worship | Jesus for Asia Now |
| 11:30 PM |  |  |  | UnstadededPupooeranQuestions |  |  | Fountainview Music |
| DVD copies are available for many programs. Please call (541) 474-3089 for more info. |  |  |  |  |  |  |  |


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