



SYDNEY PROGRAM GUIDE

Sunday 15th March 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

Believe Right And See Your Youth Renewed

Religious

07:30 am Joel Osteen CC G

Get Ready For Overflow

Religious.

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

09:00 am Taste Of Australia With Hayden Quinn (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am Studio 10 Sunday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

Melbourne's Best 4x4 Tracks

Australia's foremost 4x4 expert "MR 4X4" Pat Callinan takes you on some of his all-time favourite four-wheel drive adventures.



SYDNEY PROGRAM GUIDE

Sunday 15th March 2020

01:00 pm All 4 Adventure (Rpt)

CC PG
Coarse Language

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

02:00 pm The Living Room (Rpt)

CC PG

Barry DuBois creates a DIY doggy door. Chris Brown heads to the island of Bora Bora, Miguel Maestre teams up with culinary royalty and Heston Blumenthal and Amanda Keller care for some baby animals.

03:00 pm Dancing With The Stars Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Dancing about their own experiences, there will be stories of heartbreak and joy as the celebrities cast their minds back to what it was like to navigate the playgrounds and hallways of school.

05:00 pm 10 News First

CC

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

A miscommunication during a serious rescue could cost two people their lives. Mouse & Jess must overcome their anxiety & administer adrenaline to a young woman suffering from an allergic reaction.

06:30 pm The Sunday Project

CC

ALL NEW EPISODES

Join The Sunday Project Hosts Peter Van Onselen, Lisa Wilkinson, Tommy Little, Susie Youssef and our guest panellist Harry Styles as they dissect, digest and reconstitute the daily news.

07:30 pm Dancing With The Stars

CC PG

ALL NEW EPISODES

The judges go head-to-head in the ultimate battle. Each will lead their couple in three exclusive jaw-dropping routines. With their professional reputations on the line, the stakes couldn't be higher.



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Sunday 15th March 2020

09:30 pm	The Graham Norton Show (Rpt)	CC M Sexual References, Supernatural Themes	<u>Ethan Hawke, Toni Collette, Aiden Turner, Jo Brand, Liam Payne</u> Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced interview show. Guests this week: Ethan Hawke, Toni Collette, Aiden Turner, Jo Brand and Liam Payne.
10:30 pm	Hughesy, We Have A Problem Encore (Rpt)	CC M Sexual References, Coarse Language	SPECIAL ENCORE PRESENTATION Hughesy, Peter Helliar, Joel Creasey, Em Rusciano, Nikki Britton tackle the first world problems we just can't seem to solve.
11:30 pm	The Sunday Project Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION Join The Sunday Project Hosts Peter Van Onselen, Lisa Wilkinson, Tommy Little, Susie Youssef and our guest panellist Harry Styles as they dissect, digest and reconstitute the daily news.
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
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03:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
04:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
04:30 am	CBS This Morning	CC	ALL NEW EPISODES CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Monday 16th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Carter attempts to talk sense into Zoe and show her that she can do better than Thomas Forrester. Meanwhile, Siblings, Thomas and Steffy, argue over his true intentions and past transgressions.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

The game has taken a turn and for one player, an opportunity presents itself after a major player is betrayed and vows revenge, looking to build their numbers and blindsides the hell out of someone!



SYDNEY PROGRAM GUIDE

Monday 16th March 2020

02:40 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	Judge Judy	CC PG
04:00 pm	Farm To Fork (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

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ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

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SEASON FINALE

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Shauna worries that Ridge and Brooke will reunite when Thomas and Zoe get married. Meanwhile, Unbeknownst to him, Thomas Forrester's tangled web of deceit is being quickly unraveled.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Monday 16th March 2020

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Australian Survivor: All Stars

CC PG
Coarse Language

ALL NEW EPISODES

When the reward challenge is a night away complete with spa and bed, it's every tribe member for themselves. Once the winner is decided, those back at camp plan a devious move for the next vote.

09:00 pm Hughesy, We Have A Problem

CC

ALL NEW EPISODES

Hughesy, Stephen K Amos, Becky Lucas, Claire Hooper, Dave O'Neil tackle the first world problems we just can't seem to solve.

10:00 pm Just For Laughs (Rpt)

CC MA15+
Sexual References,
Coarse Language

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Becky Lucas, Peter Helliar, Al Del Bene and Tommy Little.

10:30 pm Akmal Presents The Comedy Festival Sampler (Rpt)

CC M
Sexual References,
Coarse Language

Akmal Presents The Comedy Festival Sampler

Akmal presents a sample of some of the best acts to appear this year's comedy festivals around the country. Featuring Arj Barker, Kitty Flanagan, Lawrence Mooney, Jimeoin and of course, Akmal himself.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Stephen Colbert welcomes guest Julia Louis-Dreyfus. Plus, a musical performance by Moses Sumney.



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Monday 16th March 2020

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Tuesday 17th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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07:30 am Judge Judy (Rpt)

CC PG

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08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr Phil

CC M
Sexual References,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

When the reward challenge is a night away complete with spa and bed, it's every tribe member for themselves. Once the winner is decided, those back at camp plan a devious move for the next vote.



SYDNEY PROGRAM GUIDE

Tuesday 17th March 2020

02:40 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Farm To Fork (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC
06:30 pm	The Project	CC

ALL NEW EPISODES

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ALL NEW EPISODES

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Steffy drops an unexpected surprise on Hope, the truth about Thomas. Meanwhile, Bill and Brooke find themselves intertwined in an unplanned and passionate kiss.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.



SYDNEY PROGRAM GUIDE

Tuesday 17th March 2020

07:30 pm Australian Survivor: All Stars

CC PG
Coarse Language

ALL NEW EPISODES

Sometimes the swing vote in Survivor is the most powerful position to be in. During Tribal Council, one tribe member is implored for their vote by both sides, giving them the power of the game.

08:30 pm NCIS (Rpt)

CC M

Hail & Farewell

After human remains are discovered at a construction site, NCIS investigates the murder of a Marine believed to have been killed in the 9-11 attack on the Pentagon.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

09:30 pm NCIS (Rpt)

CC M
Violence

Judge, Jury

Kasie solves a 30-year-old murder case, but a loophole in the legal system may set the suspect free; McGee visits an elite technology company that is offering him a highly paid position.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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11:30 pm The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Stephen Colbert welcomes guests Reese Witherspoon & Tracy Letts. Plus, Stand-up comedy by Ali Sultan.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

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02:00 am Home Shopping (Rpt)

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Home Shopping

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Wednesday 18th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

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SPECIAL ENCORE PRESENTATION

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07:30 am Judge Judy (Rpt)

CC PG

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08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr Phil

CC M
Coarse Language,
Drug References,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Wednesday 18th March 2020

02:10 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Farm To Fork (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

ALL NEW EPISODES

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Hope, Liam, and Steffy hatch a plan to keep Douglas safe and put Thomas in his place. Meanwhile, Brooke and Bill consider their shared kiss and their relationships with Ridge and Katie.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Wednesday 18th March 2020

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Australian Survivor: All Stars

CC PG
Mild Coarse
Language

ALL NEW EPISODES

After missing out on the immunity challenge win, a hunt for an idol ensues and as always with Tribal Council, not all is as it seems and Jonathan has one last trick up his sleeve.

08:30 pm Bull

CC M
Mature Themes

ALL NEW EPISODES

Behind The Ivy

An elite boarding school's counselor, asks Bull to help the parents of an athletic scholarship student bring a wrongful death suit against the school after the teen dies suddenly while training.

09:30 pm Bull

CC PG
Mature Themes

ALL NEW EPISODES

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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11:30 pm The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Stephen Colbert welcomes guests Kerry Washington & Thomas Lennon. Plus, stand-up comedy by Randall Otis.



SYDNEY PROGRAM GUIDE

Wednesday 18th March 2020

12:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
01:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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04:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am	CBS This Morning	CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Thursday 19th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

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08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Hope, Liam, and Steffy hatch a plan to keep Douglas safe and put Thomas in his place. Meanwhile, Brooke and Bill consider their shared kiss and their relationships with Ridge and Katie.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr Phil

CC M
Mature Themes

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01:00 pm Ambulance Australia Encore (Rpt)

CC M
Drug References,
Mature Themes

SPECIAL ENCORE PRESENTATION

A frantic call from a witness to a serious motor vehicle accident, requires concise and reassuring advice from the Emergency Medical Dispatcher in the Operations Centre as the caller steps in to help.



SYDNEY PROGRAM GUIDE

Thursday 19th March 2020

02:00 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Farm To Fork (Rpt)	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

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Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Steffy and Brooke urge an unwavering Zoe to see the light about Thomas's obsession with Hope. Meanwhile, Hope and Liam arrive to Thomas and Zoe's wedding with a master plan.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Thursday 19th March 2020

06:30 pm The Project

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Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Ambulance Australia

CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

The importance of first aid is shown while paramedics battle the logistics of extricating a man at a train station. Things turn bizarre as paramedics help a man struck in the groin by a javelin.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

09:30 pm To Be Advised

10:30 pm Blue Bloods

CC M
Drug References

ALL NEW EPISODES

Friends In High Places

Henry and Danny butt heads over a case involving a man who is volatile toward his wife. Frank gets caught in the middle of an ongoing battle between the NYPD and FDNY, and Erin receives a big offer.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray

Guest Starring: Dan Lauria

11:30 pm The Project Encore (Rpt)

CC

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SYDNEY PROGRAM GUIDE

Thursday 19th March 2020

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Friday 20th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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07:30 am Judge Judy (Rpt)

CC PG

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08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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08:30 am Studio 10

CC PG

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12:00 pm Dr Phil

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01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Friday 20th March 2020

03:00 pm Judge Judy CC PG

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03:30 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

04:00 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Bill rails against Thomas to Wyatt. Meanwhile, Zoe urges Thomas to move forward with their vows after Douglas has a meltdown during the ceremony.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Graham Norton Show (Rpt) CC PG
Mature Themes

Join the hilarious and cheeky Graham Norton as he hosts Chris Hemsworth, Paul Rudd, Julianne Moore, Kit Harington and Tom Walker.



SYDNEY PROGRAM GUIDE

Friday 20th March 2020

08:30 pm The Graham Norton Show (Rpt) CC PG
Mature Themes
Join the hilarious and cheeky Graham Norton as he hosts Will Smith, Naomi Scott, Kevin Hart and Octavia Spencer.

09:30 pm Kitty Flanagan: Hello Kitty (Rpt) CC M
Sexual References, Coarse Language
Kitty Flanagan: Hello Kitty.
Watch as Kitty answers all the difficult questions... What's wrong with teenagers? Why are babies so angry? And of course, are all women who own cats mental?

11:20 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 20th March 2020

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 21st March 2020

06:00 am I Fish (Rpt) CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

ALL NEW EPISODES

06:30 am Leading The Way With Dr. Michael Youssef CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

SPECIAL ENCORE PRESENTATION

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am What's Up Down Under (Rpt) CC G

Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

08:00 am The Offroad Adventure Show (Rpt) CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

09:30 am Studio 10 Saturday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm Pooches At Play (Rpt) CC G

Melbourne To Geelong

The Pooches At Play team begin their caravanning adventure, providing plenty of tips for a road trip with your pet, including packing, car travel safety, food and anxiety tips and much more!

12:30 pm Jamie & Jimmy's Food Fight Club (Rpt) CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.



SYDNEY PROGRAM GUIDE

Saturday 21st March 2020

01:30 pm Buy To Build CC G

ALL NEW EPISODES

Buy to Build offers a look at the country's latest display homes and land developments and matches the perfect combination for our weekly couple.

02:00 pm The Living Room (Rpt) CC PG

The Living Room's newest recruit, Matt Leacy helps a couple sift through 30 tons of dirt and Miguel's cooking skills are put to the test when asked to prepare a delicious meal using 2-minute noodles.

03:00 pm What's Up Down Under CC G

SEASON FINALE

Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

03:30 pm Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

04:00 pm Taste Of Australia With Hayden Quinn CC G

ALL NEW EPISODES

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

04:30 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

There has never been a rescue at Bondi Beach like this in 70 years as tragedy strikes when two unconscious patients are discovered in the water. The lifeguards will need to act quick to save lives.



SYDNEY PROGRAM GUIDE

Saturday 21st March 2020

07:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

Harrison's life is put on the line when he attempts to save a brother and sister who, in their panic, start to drown the lifeguard that is there to rescue them.

07:30 pm Ambulance Australia Encore (Rpt)

CC M
Coarse Language,
Mature Themes

The importance of first aid is shown while paramedics battle the logistics of extricating a man at a train station. Things turn bizarre as paramedics help a man struck in the groin by a javelin.

08:30 pm Ambulance (Rpt)

CC M
Violence,
Strong Adult Themes

The call centre receives a call they fear the most - two people appear to be shot and the gun man is on the loose. Can the paramedics get to the victims before it's too late?

09:30 pm 999: What's Your Emergency? (Rpt)

CC M
Coarse Language,
Mature Themes

I Never Thought I'd Find Myself In This Situation...Ever

With over 300 people losing their homes every day, the number of people sleeping rough in the UK has doubled in six years. This episode explores the impact of homelessness on Wiltshire Police.

10:30 pm Blue Bloods Encore (Rpt)

CC M
Drug References

SPECIAL ENCORE PRESENTATION

Friends In High Places

Henry and Danny butt heads over a case involving a man who is volatile toward his wife. Frank gets caught in the middle of an ongoing battle between the NYPD and FDNY, and Erin receives a big offer.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray

Guest Starring: Dan Lauria

11:30 pm Bull Encore (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

Behind The Ivy

An elite boarding school's counselor, asks Bull to help the parents of an athletic scholarship student bring a wrongful death suit against the school after the teen dies suddenly while training.



SYDNEY PROGRAM GUIDE

Saturday 21st March 2020

12:30 am Bull Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am The Aussie Pastor

PG

ALL NEW EPISODES

Ap20194 - Why Do Bad Things Happen?

Bad things seem to be so indiscriminate. They strike without warning and with a randomness that leaves people confused, hurt, and scared. Why do they happen? Why are they so random? There is an answer

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



SYDNEY PROGRAM GUIDE

Sunday 22nd March 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

Live Full Of Faith

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Blessed Indeed

Religious.

08:00 am Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

08:30 am Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

09:00 am Taste Of Australia With Hayden Quinn (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am Studio 10 Sunday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!



SYDNEY PROGRAM GUIDE

Sunday 22nd March 2020

12:00 pm The Living Room (Rpt) CC PG

Cherie gives an ugly facade a frugal facelift. Meanwhile, Chris plays matchmaker to some giant Panda's & Miguel explores the life of artisan bakers. Plus, the gang check out gadgets in Hot Or Not.

01:00 pm Dancing With The Stars Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

The judges go head-to-head in the ultimate battle. Each will lead their couple in three exclusive jaw-dropping routines. With their professional reputations on the line, the stakes couldn't be higher.

03:00 pm All 4 Adventure (Rpt) CC PG
Coarse Language

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

04:00 pm Whichcar CC PG

ALL NEW EPISODES

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

04:30 pm RPM CC

ALL NEW EPISODES

Scott Mackinnon and Kate Peck share the latest news, views and highlights from the world of motorsport. Guest panellists provide behind the scenes insight into Formula 1, MotoGP, Supercars and more.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Bondi Rescue (Rpt) CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

06:30 pm The Sunday Project CC

ALL NEW EPISODES

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.



SYDNEY PROGRAM GUIDE

Sunday 22nd March 2020

07:30 pm Dancing With The Stars CC PG

ALL NEW EPISODES

Remaining couples are matched with an eliminated professional dancer to perform as a trio. The judges are looking for a new level of skill as our Stars battle for a spot in the Top 4 semi-final.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language,
Crude Humour,
Nudity

Usain Bolt, Channing Tatum, Jennifer Saunders, Beattie Edmondson, Rob Brydon, Florence & The Machine

Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced show. Guests: Usain Bolt, Channing Tatum, Jennifer Saunders, Beattie Edmondson, Rob Brydon. Plus, Florence & The Machine.

10:30 pm Hughesy, We Have A Problem Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Hughesy, Stephen K Amos, Becky Lucas, Claire Hooper, Dave O'Neil tackle the first world problems we just can't seem to solve.

11:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 22nd March 2020

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Monday 23rd March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Bill rails against Thomas to Wyatt. Meanwhile, Zoe urges Thomas to move forward with their vows after Douglas has a meltdown during the ceremony.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
Strong Adult Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC PG
Mild Coarse Language

SPECIAL ENCORE PRESENTATION

After missing out on the immunity challenge win, a hunt for an idol ensues and as always with Tribal Council, not all is as it seems and Jonathan has one last trick up his sleeve.



SYDNEY PROGRAM GUIDE

Monday 23rd March 2020

02:20 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

SEASON PREMIERE

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Bill shares his disapproval of Brooke's and Ridge's relationship with Wyatt. Meanwhile, Having followed Douglas upstairs, Hope stuns the wedding party upon her return to the ceremony.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Monday 23rd March 2020

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Australian Survivor: All Stars CC

ALL NEW EPISODES

With one tribe member on the bottom of the group, they know the only way to secure their place in the game is to win individual immunity.

08:30 pm Hughesy, We Have A Problem CC

ALL NEW EPISODES

Hughesy, Luke McGregor, Fiona O'Loughlin, Sam Taunton, Felicity Ward tackle the first world problems we just can't seem to solve.

09:30 pm To Be Advised

11:20 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 23rd March 2020

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Tuesday 24th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Bill shares his disapproval of Brooke's and Ridge's relationship with Wyatt. Meanwhile, Having followed Douglas upstairs, Hope stuns the wedding party upon her return to the ceremony.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

With one tribe member on the bottom of the group, they know the only way to secure their place in the game is to win individual immunity.



SYDNEY PROGRAM GUIDE

Tuesday 24th March 2020

02:10 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Steffy comes clean to Ridge and Brooke about her part in Thomas's manipulation of Hope and Liam. Meanwhile, Douglas sets a sweet surprise in motion and for Liam, Hope and baby Beth.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Tuesday 24th March 2020

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Australian Survivor: All Stars

CC

ALL NEW EPISODES

With the next immunity challenge deciding who will make the final three, it's more important than ever to be on your game, but for one castaway, island life is taking a toll on their body.

08:30 pm NCIS

CC

ALL NEW EPISODES

In A Nutshell

A Navy officer is murdered the same way his parents were murdered a decade ago and the team stumbles across a storage container filled with dollhouses that display re-creations of murder scenes.

09:30 pm NCIS: Los Angeles

CC M
Strong Violence

ALL NEW EPISODES

Mother

Akhos Laos, a former black ops agent originally recruited and trained by Hetty Lange, returns to seek revenge on Hetty for the life she introduced him to.

10:30 pm NCIS: Los Angeles (Rpt)

CC M

Under Pressure

When napalm is discovered at a crime scene, the team investigates the only casualty for possible links to terrorism.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Tuesday 24th March 2020

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Wednesday 25th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Steffy comes clean to Ridge and Brooke about her part in Thomas's manipulation of Hope and Liam. Meanwhile, Douglas sets a sweet surprise in motion and for Liam, Hope and baby Beth.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Australian Survivor: All Stars Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

With the next immunity challenge deciding who will make the final three, it's more important than ever to be on your game, but for one castaway, island life is taking a toll on their body.



SYDNEY PROGRAM GUIDE

Wednesday 25th March 2020

02:10 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

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ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Brooke welcomes Ridge back home with a night of romance and passion. Meanwhile, Liam and Hope lovingly reunite their family with the help of a very crafty Douglas.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Wednesday 25th March 2020

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Bondi Rescue

CC PG
Coarse Language,
Mature Themes

SEASON PREMIERE

Australia's East Coast has been devastated by drought and fires. While the fires continue to blaze, the smoke impacts the lifeguards visibility, quality of air and their ability to protect beachgoers.

08:30 pm Bull

CC M
Medical Procedures

ALL NEW EPISODES

Quid Pro Quo

Bull is hired by a doctor, Samir Shadid, who's accused by the Manhattan U.S. attorney of bribing his way into college, just as Bull's ex-wife, Isabella, is due to give birth.

09:30 pm Bull

CC M
Violence

ALL NEW EPISODES

Flesh And Blood

Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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11:30 pm The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 25th March 2020

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

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CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

07:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Brooke welcomes Ridge back home with a night of romance and passion. Meanwhile, Liam and Hope lovingly reunite their family with the help of a very crafty Douglas.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Violence,
Coarse Language,
Drug References

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Ambulance Australia (Rpt)

CC M
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

The importance of first aid is shown while paramedics battle the logistics of extricating a man at a train station. Things turn bizarre as paramedics help a man struck in the groin by a javelin.



SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

02:00 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC

ALL NEW EPISODES

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Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

ALL NEW EPISODES

Shauna piques Quinn's interest by mentioning a secret that could affect Ridge. Meanwhile, Sally dodges Wyatt's pointed questions while ignoring texts from Dr. Escobar.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm Ambulance Australia

CC

SEASON FINALE

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

09:30 pm To Be Advised

10:30 pm Blue Bloods

CC M
Mature Themes

ALL NEW EPISODES

Grave Errors

Danny goes undercover when a woman claims to have heard someone plotting a murder, while Eddie confronts her boss who has a personal vendetta against the commissioner and the Reagan family name.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Dylan Walsh

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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03:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning CC

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Friday 27th March 2020

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CC PG
Mature Themes

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CC PG

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08:00 am The Bold & The Beautiful (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Shauna piques Quinn's interest by mentioning a secret that could affect Ridge. Meanwhile, Sally dodges Wyatt's pointed questions while ignoring texts from Dr. Escobar.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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CC PG
Coarse Language,
Mature Themes

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Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm Ambulance Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.



SYDNEY PROGRAM GUIDE

Friday 27th March 2020

02:00 pm	Entertainment Tonight	CC
02:30 pm	Judge Judy (Rpt)	CC PG
03:00 pm	Judge Judy	CC PG
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ALL NEW EPISODES

Quinn becomes ecstatic when she finds salacious evidence that will destroy Brooke!. Meanwhile, Sally is unnerved when Dr. Escobar makes an unexpected house call about her diagnosis.

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Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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SYDNEY PROGRAM GUIDE

Friday 27th March 2020

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CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Graham Norton Show (Rpt)

CC M

Join the hilarious and cheeky Graham Norton as he hosts Madonna, Sir Ian McKellen, Danny Boyle, Lily James, Himesh Patel & Sheryl Crow.

08:30 pm The Graham Norton Show (Rpt)

CC M

Join the hilarious and cheeky Graham Norton as he hosts Charlize Theron, Seth Rogen, Matthew Broderick and Zac Efron.

09:30 pm Just For Laughs

CC M

Sexual References,
Coarse Language,
Drug References

Just For Laughs

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Tommy Little, Troy Kinne, Harley Breen, Rhys Nicholson, Lizzy Hoo, Cal Wilson and Ismo.

10:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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11:30 pm The Late Show With Stephen Colbert

CC PG

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Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 27th March 2020

02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
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05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

06:00 am I Fish (Rpt) CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

ALL NEW EPISODES

06:30 am Leading The Way With Dr. Michael Youssef CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

SPECIAL ENCORE PRESENTATION

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am What's Up Down Under (Rpt) CC G

Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

08:00 am The Offroad Adventure Show (Rpt) CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

09:30 am Studio 10 Saturday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm Pooches At Play (Rpt) CC G

Torquay To Bells Beach

The team check out pet friendly things to do with your dog when visiting Torquay and Jan Juc along the Great Ocean Road. Tips include after-beach grooming and other useful health & training advice.

12:30 pm Jamie & Jimmy's Food Fight Club (Rpt) CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.



SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

01:30 pm Buy To Build CC G

SEASON FINALE

Buy to Build offers a look at the country's latest display homes and land developments and matches the perfect combination for our weekly couple.

02:00 pm Good Chef Bad Chef (Rpt) CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

02:30 pm The Living Room (Rpt) CC PG

It's a battle of chicken and the egg in this episode. Chris has all the info to raise a healthy, happy chook, Miguel recreates a Spanish version of Hot Cross Bun & Barry helps revamp a family room.

03:30 pm Three Veg And Meat (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

04:00 pm Taste Of Australia With Hayden Quinn CC G

ALL NEW EPISODES

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

04:30 pm Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

Jessie rescues an American tourist from relatively calm waters, which results in a CPR effort from not just the Lifeguards but also paramedics and the Jewish Medical Response team.



SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

06:30 pm **To Be Advised**

07:30 pm **Ambulance Australia Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.

08:30 pm **Ambulance** (Rpt) CC M
Coarse Language,
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

09:30 pm **999: What's Your Emergency?** (Rpt) CC MA15+
Coarse Language,
Strong Adult Themes

Life Is Not Meant To Be Shit Forever

With mental health support services across the UK being cut, this episode meets police call handlers and paramedics who find themselves trying to help people who have severe mental health needs.

10:30 pm **Blue Bloods Encore** (Rpt) CC M
Mature Themes

Grave Errors

Danny goes undercover when a woman claims to have heard someone plotting a murder, while Eddie confronts her boss who has a personal vendetta against the commissioner and the Reagan family name.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Dylan Walsh

11:30 pm **Bull Encore** (Rpt) CC M
Medical Procedures

SPECIAL ENCORE PRESENTATION

Quid Pro Quo

Bull is hired by a doctor, Samir Shadid, who's accused by the Manhattan U.S. attorney of bribing his way into college, just as Bull's ex-wife, Isabella, is due to give birth.

12:30 am **Bull Encore** (Rpt) CC M
Violence

SPECIAL ENCORE PRESENTATION

Flesh And Blood

Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.



SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

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Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am The Aussie Pastor

PG

ALL NEW EPISODES

Ap20195 - How To Get To Heaven

We all want to go to heaven, and it seems that a million different religions offer a million different ways. So how do we get to heaven? The Bible has the answer

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.