

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00am	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	Joy In the Morning	Rivers of Life	9:00am
9:30am	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	True Light Broadcast		9:30am
10:00am	International Definition	Backpack Beat	Special Programming	Special Programming	The Claysmile Show	Special Programming	Life In 3 Dimensions	10:00am
10:30am	Potomac Pride	Special Programming			International Investor		International Investor	The Former and Latter Rain Message
11:00am	Mental Health Minutes	Perils for Pedestrians	Relatively Speaking	Healthy Living	Media Watch On Hunger and Poverty	Daughters of Distinction Live	A Meeting with Eli	11:00am
11:30am	Planet Earth, Our Loving Home	Vegetarianism, The Noble Way of Living	Special Programming		Sleepless in Gaza & Jerusalem	Falun Gong Stories		11:30am
12:00pm	Life Matters	Songs of Grace	Today on Self Improvement with Dr. Yolonda Gamble	Punjabi Community Hour	My Crossroads, the Power of Choice	Amazing Facts	Road to Recovery	12:00pm
12:30pm	In Transition with Libra Johnson	The School of the Prophets	Practical Living				Power of Liberty Ministries	12:30pm
1:00pm	Igreja Batista Brasileira Em Washington DC	Cristo Es El Camino	Greek Christian Hour	God is Love	Special Programming	Special Programming	Voice of Glory	1:00pm
1:30pm	Tomorrow's World		Greater than Gold	Eckankar		Armor of God		1:30pm
2:00pm	Rivers of Life	Ministerio Palabra De Vida Eterna	Meeting with Eli	Let's Talk TV		The School of the Prophets	A Journey Through Aesthetic Realms	2:00pm
2:30pm				Daughters of Distinction Live		God's Will & Grace	Eckankar	2:30pm
3:00pm	Ancient Words Speak Today	Dining at the Table of the Lord	Mt. Zion Baptist Church	Joy In the Morning	Life In 3 Dimensions	The Sound of Light	The Hidden Truth	3:00pm
3:30pm	Hour of Deliverance	It's Getting Better All the Time		DWC Difference Makers	Special Programming			3:30pm
4:00pm	The Sound of Light	Voice of Glory	Amazing Facts	Lifting Him Higher	Igreja Batista Brasileira Em Washington DC	Let's Talk TV	God is Love	4:00pm
4:30pm				The Former and Latter Rain Message	Una Posibilidad	Dining at the Table of the Lord	Words of Peace	4:30pm
5:00pm	My Crossroads, the Power of Choice	A Meeting with Gangaji	Good News	HIS GLORY	Cristo Es El Camino	Today on Self Improvement with Dr. Yolonda Gamble	Hour of Deliverance	5:00pm
5:30pm			True Light Broadcast	Falun Gong Stories		Tomorrow's World	Special Programming	5:30pm
6:00pm	Road to Recovery	The Hour of Solution	The Word of God	Power of Liberty Ministries	Ministerio Palabra De Vida Eterna	Greek Christian Hour	Cristo Es El Camino	6:00pm
6:30pm	Armor of God	Una Posibilidad		God's Will & Grace		Greater than Gold		6:30pm
7:00pm	International Investor	Jazz Cardio Strength and Stretch	Inspirational Programming	Special Programming	Special Programming	Songs of Grace	Mt. Zion Baptist Church	7:00pm
7:30pm	The Claysmile Show	Deak's Fitness		Getting Fit		Ancient Words Speak Today		7:30pm
8:00pm	Mental Health Minutes	Perils for Pedestrians		Relatively Speaking	God's Will & Grace	Practical Living	DWC Difference Makers	8:00pm
8:30pm	Sleepless in Gaza & Jerusalem	International Definition		Potomac Pride	Words of Peace	Good News	Lifting Him Higher	8:30pm
9:00pm	Relatively Speaking	WORLDDOCS		Special Programming	In Transition with Libra Johnson	Punjabi Community Hour	The Hour of Solution	9:00pm
9:30pm	Media Watch On Hunger and Poverty				HIS GLORY		9:30pm	
10:00pm	Vegetarianism, The Noble Way of Living	Healthy Living	Punjabi Community Hour	Planet Earth, Our Loving Home	Special Programming	The Word of God	A Meeting with Gangaji	10:00pm
10:30pm	Special Programming	Special Programming	Special Programming	Special Programming	A Journey Through Aesthetic Realms		10:30pm	
11:00pm				Special Programming	Special Programming	Special Programming	WORLDDOCS	The Hidden Truth
11:30pm	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	11:30pm
12:00am to	Tuesday (Overnight) Special Programming	Wednesday (Overnight) Music Programming	Thursday (Overnight) Special Programming	Friday (Overnight) Music Programming	Saturday (Overnight) Special Programming	Sunday (Overnight) Special Programming	Monday (Overnight) Special Programming	12:00am to
2:00am to 6:00am	VBB / Washington Ear	VBB / Washington Ear	VBB / Washington Ear	VBB / Washington Ear	VBB / Washington Ear	VBB / Washington Ear	VBB / Washington Ear	2:00am to 6:00am
6:00am to 9:00am	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	Special Programming	6:00am to 9:00am

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Programs subject to change. To find the most current schedule, go to [www.mymcmedia.org](http://www.mymcmedia.org)

Purple = Health/Fitness   Pink = Informational   Blue = Inspirational