

Church News

New Youth



Choir Members Welcome! Youth Choir rehearsal will be held every Saturday before the Second (2nd) and Third (3rd) Sundays from 11:00 am to 12:30 pm unless you receive a message indicating that rehearsal will be cancelled. If you are in grades Sixth (6th) to Twelfth (12th) and you're interested in becoming a member of the Youth Choir Ministry please join us during those rehearsal times.

Thank you,
Youth Choir Director
Sister Gwen Smith

Ministry Events for October

October 9th

Wednesday, Pine Grove at 7:30 pm

October 20th

Nazareth Baptist Church at 6:00 pm

Sunbeam Choir

Ministering October 13th

Bethesda Herald Newsletter

We would like to Highlight our Students Academic and Athletic achievements through out this upcoming year. We can't do that without your participation, so help us let them know, we're **Proud** of what they're doing this school year.

Honor Roll ~ Submit a Photo

Please give Achievements to
Church Secretary

Welcome to Bethesda Christian Fellowship

A Reminder to All!

New Members / New Converts
Restoration / Christian Experience

There are Sunday **Orientation Classes** (Four) that you are **Required** to Complete.

Please see, **Minister Cory Jackson** for Information.

Bethesda Christian Fellowship After-School Ministry

After-school tutoring/homework assistance is available on Mondays and Tuesdays from 3:00 to 5:30 PM in the fellowship all.

Applications are available in the vestibule or see Sister Bessie Clarke or Sister Priscilla Drake. Volunteers are welcome.

October Breast Cancer Awareness Month

Although the exact cause of breast cancer is not known, most expert agree that several things can increase your risk of developing breast cancer.

Top risk factors linked to breast cancer:

1. Aging. Breast cancer risk increases as you get older. By age group, breast cancer is diagnosed in:

- * 4 out of 1000 women in their 30s
- * 15 out of 1000 in their 40s
- * 24 out of 1000 in their 50s
- * 35 out of 1000 in their 60's

2. Being Female. Although breast cancer can and does occur in men, most breast cancers are found in women.

3. Personal History. Women who have dense breast or who have been diagnosed with breast cancer before are at increased risk.

4. Family History. A woman's risk increases if her mother, sister, daughter, or two or more close relatives, such as cousins, have a history of breast cancer, especially if they were diagnosed at age 50 or younger. Those with a strong family history may benefit from testing for a gene specifically associated with the life time risk of developing breast cancer. This should be discussed with your physician to see if you should have this testing.

5. Not breast feeding. Women who don't breast feed have a higher risk of breast cancer than those who breast feed. The more months of breast feeding, the lower the risk of breast cancer.

6. Hormones. Female hormones play a part in some types of breast cancer. Your risk is higher if:

- * You use estrogen-progestin hormone therapy after menopause for several years
- * If you begin your menstruation before age 12 and start menopause later than age 55
- * Your first baby at a later age or you do not bear any children
- * Being overweight which can increase the amount of a hormone called estrogen in your body.

October



A'Nya Bridges ~ Oct. 2nd
Ronald Johnson ~ Oct. 2nd
Cheryl Hendrix ~ Oct. 3rd
Madline Alston ~ Oct. 4th
Christine B. Simmons ~ Oct. 6th
Elaine Rivers ~ Oct. 10th
Amber Johnson ~ Oct. 18th
Willie Mae Grant - Oct. 22nd
Derek L. Simmons ~ Oct. 23rd
Carol Clark ~ Oct. 28th
Jeanne D. Effinger ~ Oct. 30th

October



Pastor Kenneth C. & Gwendolyn H. Doe



Three weather make-up days for Hurricane Dorian

The Beaufort County Board of Education approved three make-up days to compensate for instructional days missed due to Hurricane Dorian.

South Carolina state law requires minimum numbers of instructional days or hours, depending on the grade levels of students. Districts must incorporate three make-up days into their annual calendars, and once those three days are used, local boards of education have authority to waive up to three additional days.

The newly revised calendar includes:

- November 11 as a full instructional day.
- Nov. 26 as a full instructional day.
- Nov. 27 as a half-day.

That combination added three instructional days, and the Board voted to use its state statutory authority to waive the fourth day missed due to Hurricane Dorian.



Then It Came To Me,...

How much is enough?"

A challenge being faced by Christianity everywhere is the church's relationship with the world. How should we relate to the world? Do we have any responsibility to the world? If so, how is that carried out? Then, what should be the world's influence on the church?

Without a doubt, the church is directed and expected to influence the world. The Word of God teaches us that there is a strict line of separation between the church and the world. Those who are not God's belong to their father, the devil. The church is obliged to be "salt and light." These substances do influence their surroundings. Salt and light bring change to any situation. Besides this, the church is commissioned to take to the world the good news of the liberating work of Jesus Christ.

Christians must reflect on our effectiveness in influencing the world. We must also, with equal vigilance, assess the influence of the world on the church. Let us be clear on this matter: there are technologies, money matters and other concerns in the world which are available to the church and the world. While the world will use these concerns to glorify its father - the devil, the church must capitalize on the possibilities these concerns give for bringing glory to our father - Jehovah.

With that understood, we must still answer this matter: How much influence should the world have on the church? The answer is simple ~ None!!! That answer probably brings some resistance and scorn from some saints. However, the truth remains.

Consider these truths:

- II Corinthians 6:14 ~ "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



The Place of the Outpouring

with unrighteousness? And what communion hath light and darkness?

• I Corinthians 5:6 - "Know ye not that a little leaven leaveneth the whole lump?" So, "How much is enough?" None, simply none. We must be guarded against the influences of language, dress, standards of conduct or any matters that the world embraces. If it pleases the devil, it cannot glorify God, our Father.

Let our minds be settled. Let us not continue to go back and forth over what is already settled in heaven.

Any defilement by the world hinders our walk with God and fellowship among believers. Expect the Holy Spirit to empower us as we seek to please our Lord.

Shalom, my Friends
Pastor Kenneth C. Doe

RECLAMATION MONTH 2019



Reclaiming Souls for the Kingdom of GOD!!!

September 1st ~ Staying Connected

Pastor K.C Doe

September 8th ~ In Any Case

Pastor K.C Doe

September 15th ~ The Inheritance of the Reclaimed!

Pastor K.C Doe

September 22nd ~ The Inheritance of the Reclaimed pt. II

Pastor K.C Doe

September 29th ~ Snake Talk

Pastor Fred W Coit

"A Seniors' Perspective"



In the stillness, hear your Lord- your Friend whisper words of affection and encouragement to your heart. These words belong to God's faith-filled people since ancient time and they belong to you still today.

Isaiah 41:10 ~ Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Submitted by,
Sister C. Bennett

What is your Digital Footprint & Why It Matters

Once you put something online, it's there forever. That is one of the most well-known phrases in social media and internet use. Everything you do online - whether it's sharing an incredible story of a breakthrough in your industry or posting a selfie of you in a bikini that says "Thug Life" on the buttocks, everything you do online leaves a trail.

All of these interactions you have on the internet make up what's known as your "digital footprint" - the trail of information that you leave behind every time you do something online. The internet itself is a universe of data - data that can be recorded and accessed with the right talents. That data can both help and hinder your job search in dozens of different ways.

That's why having social media profiles that accurately and positively represent you and your professional passions can create a number of networking opportunities and open doors that may have your dream jobs contacting you; filling your inbox with requests for you and your abilities.

How a Digital Footprint Works

The internet is data. When you visit a website, the website logs your IP address (data). When you comment on a website, add a comment to your retweet, like a post,

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participate in a forum, or add a photo to your Instagram, you are creating more data online.

The data may be passive or active:

- **Active Data** – Active data is when you, by choice, share something online. Whether it's personal information like a Tweet on Twitter or a photo you upload to a photo sharing board, that's active data.

- **Passive Data** – Passive data is information collected about you, often through other sources. For example, if you visit a website about lawn care, websites may collect that data and link it to your profile or IP address. It's passive because you did not release the data by choice.

You don't always have control over passive data, but you can control active data. You get the opportunity to choose what you do online. You can choose whether to post picture of you with a shirt that says "Never Work" or you can choose to like and share an incredible article about changes to your industry that are relevant to employers.

Why Your Digital Footprint Matters

Your digital footprint can have a significant effect on your future. Imagine you are looking for a job, and you apply to a company that is very interested in hiring you. What happens if they try to find information about you online? Will they find any embarrassing photos? Will they find you follow professional organizations? Will they find any controversial statements? Will they find incredible insight? What is available that confirms that you are perfect for their business?

If you are like most people, you have probably Googled your name before to see what you came up with. But it's unlikely that you've taken the time to thoroughly analyze what can be linked to you, and whether or not it will affect you. Remember, your digital footprint is everything you've done online, including:

- Website Comments ~ Especially those linked to a full name.
- Blogs/Blog Posts ~ Posts you've written.
- Social Media ~ In all forms where you have a presence.
- Other People's Blogs/Websites ~ Posts written about you.
- Public Records and More ~ Information shared by third parties that collect data.

- Even though there is some anonymity on the internet, your name is out there, and it may be linked to information that you do not want shared or openly available for information that you do. You may make comments under a pseudonym, but if your pseudonym can be connected to your name (and often people use the same handles on multiple sites, including Facebook user profile names, Pinterest names, and Instagram names), then everything you've shared can be connected to that name as well. That's why you have to ask yourself: What will employers find?

You want them to find the "best you."

Your digital footprint does not have to be a negative. Some professionals have an outstanding digital footprint, because they've been able to control what occurs under their name and they've successfully (whether actively or accidentally) marketed themselves positively. Your digital footprint can be in your control, and if you embrace that control you can make employers beg for you, not vice versa.

Cleaning Up Your Digital Footprint

Individuals rely on a clean and professional digital footprint in order to make sure that they are able to maximize their career choices. That means that you have a great opportunity in front of you – you can create a digital footprint that will truly make an impact. You can figure out what exists, analyze it, and determine how much it can affect you and how. You have the potential to spot problems, create solutions, and start generating a digital footprint that can be seen by clients, teammates, and your current and future boss.

Many people Google their name. But very few take the time to complete this level of analysis, and when you clean up your digital footprint and make yourself more employable, (by ensuring that your online history will not affect you in your personal or professional life negatively, and possibly positively), your digital footprint can be a weapon in your employment arsenal.

Please share this with our Youth!

Published by The Social Index

Health Corner



Dr. Ardra Davis-Tolbert

Childhood Obesity

Childhood Obesity- What Can We Do About It?

Childhood obesity has become a public health concern in the United States. Today, up to 24% of American children and adolescents are overweight and up to 18% are obese. In particular, the highest rise is in minority populations. These measures are determined by the body mass index (BMI). The BMI is a measurement of weight with respect to a person's height. The BMI does not look directly at body fat but this measurement is the closest correlate.

There are many reasons why a child or adolescent becomes overweight or obese. Some variables we cannot change. These factors include: genetics, hormonal disorders and certain required medications. The variable I will focus on today is one that we can totally control. It is also the variable that has changed the most over the years- lifestyle.

To sum it all up, our lifestyle changes over the past two to three decades have made us lazier and we eat bad. As technology has advanced, we have become more sedentary. Meals which were once a gathering time for families to sit and talk about their day have become more meals on the go. These changes have us now dealing with what have been more traditionally adult problems but now in a younger population. The consequences are great and affect both the physical and mental aspects of a child's life. Some of these are: hypertension (high blood pressure), diabetes, hypercholesterolemia (high cholesterol), liver and kidney diseases, low self-esteem and social isolation. So what can we do about this? In a young growing body that is

supposed to be getting taller and heavier, it can be become challenging to minimize excess weight gain but still foster appropriate growth when it is supposed to be happening. Direction should always be from a health care provider. Here are a few tools to get started:

- **GET MOVING!**
 - * Decrease TV and computer time.
 - * Walk 30 minutes every day.
 - **ADEQUATE REST**
 - * Children and adolescents need at least 8-10 hours of sleep a night.
 - * Lack of sleep make children more tired and less apt to be more active.
 - **DECREASE SUGARS**
 - * Decrease in what is considered free sugar intake; in particular, avoid things with the ingredients monosaccharides or disaccharides. Examples are honey, syrups, and fruit juices.
 - **DECREASE FATS**
 - * Goal is to decrease intake of total fats; especially saturated fats. Examples are French fries, pizza, potato chips, cookies, and cakes.
 - **DECREASE SODIUM**
 - * Minimize the amount of salt added when cooking or eating.
 - * Look for salt substitutes.
 - * A good rule of thumb: Most packaged foods found on a shelf have very high sodium content and should be avoided.
 - **INCREASE WATER INTAKE**
 - **INCREASE FRESH FRUITS AND VEGETABLES**
 - **LIMIT FRIED FOODS**
 - * The oils used to fry food have a lot of fat. This in turn gets absorbed in to the foods we eat.
 - **LOW FAT DAIRY PRODUCTS**
 - * Whole milk has a significant amount of sugar and fat. 2% milk is not much different. Low fat milk is considered 1% or skim. Whole milk is critical to a developing toddler.
- **THE TRANSITION TO LOW FAT DAIRY PRODUCTS NEEDS TO BE AT THE RECOMMENDATION OF**

YOUR CHILD'S HEALTHCARE PROVIDER.

We spend a lot of time focusing our energy on making our children successful for future careers. I encourage us all to continue doing the same. We must also recognize the importance of maintaining healthy lifestyles for them as well. This will involve the entire family, the child and the healthcare team. It truly takes a village! One step at a time, one meal at a time, one day at a time.

Christians Should Be Different!

Christians are unlike their neighbors in many ways. Some of these are apparent while many of them remain invisible. One objective of Christian living is to become like Christ (I Peter 1:14-16). Thus, the qualities of the Savior should be apparent in every mature Christian. Peter neatly summed Christian characteristics in 2 Peter 1:5-8, saying: "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that you shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ." I John 4:17 states: "Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world." Modern life has many aspects. Let's examine, briefly, a few Christian attitudes and actions typical in every aspect.

In matters of religion, Christians hear neither inner voices of instruction, nor the teachings of men; they listen well, however, to the voice of God, the Holy Bible. I Cor. 2:12, 13 teaches: "Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God. Which things also we speak, not in the words which man's wisdom teacheth; comparing spiritual things with

spiritual."

The apostle, Paul, instructing the young evangelist, Timothy, wrote (in I Timothy 6:3-5), saying: "If any man teach otherwise, and consent not to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness; he is proud, knowing nothing, but doting about questions and strife's of words, whereof cometh envy, strife, railings, evil surmising's, perverse disputing's of men of corrupt minds, and destitute of the truth, supposing that gain is godliness: from such withdraw thyself." Thus, Christians can have no creed but that of Christ as revealed by the Bible: Jesus prayed, soon before His execution (John 17:17-21), that all of His followers would teach the same thing so that, "They all may be one . . . that the world may believe that thou hast sent me."

Many aspects of modern life styles trouble today's people. Christians, however, have direction about marriage, family relationships, child-raising, and the selection of friends; they are untroubled in their own lives by today's philosophies, but they grieve deeply over the results of sinful ideas and associations upon our civilization.

The book of Hebrews (Chapter 13, verse 4) reveals that, "Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge."

Jesus said about divorce in Matthew 5:32: "But I say unto you, that whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery; and whosoever shall marry her that is divorced committeth adultery." Thus, fornication, or adultery, is the only cause for divorce satisfactory to God. Paul instructed Jesus' followers regarding family relationships as follows: Therefore, as the church is subject unto Christ, so let the wives be to their own husbands in everything." Paul also said: "Children, obey your parents in the Lord: for this is right. Study carefully Ephesians 5:22 through 6:4.

First of two parts from the interactive Bible website