

# "A Seniors' Perspective"

## What More Can You Ask?

GOD's love endures forever, what a wonderful thing to know. When the tides of life runs against you and your spirit is downcast and low, GOD's kindness is forever around us, always ready to freely impart strength to your faltering spirit, always ready to impart strength to your lonely heart. GOD's presence is ever beside you, as near as the reach of your hand, you have but to tell Him your troubles there is nothing He won't understand. Knowing GOD's love is unfailing and His mercy unending and great. You have but to trust in His promise. GOD comes not too soon or too late so wait with a heart that is patient for the goodness of GOD to prevail for never do prayer go unanswered and His mercy and love never fail.

Submitted by  
Sis. Evelyn S. Washington

## A Seniors' Perspective

Any senior who would like to contribute to the Bethesda Herald Newsletter please contact Sister Ruth Johnson

## Bethesda Herald Newsletter

We would like to place all Anniversaries, Birthdays, Graduations and Special Achievements in the Newsletter, but we need your help.

(inevsmall@scenturylink.net)



- July 5th ~ Roberta Smalls
- July 8th ~ Carolyn Smalls
- July 11th ~ Deeborah Lashawn Greene-Small
- July 13th ~ Cynthia Toi Grant Green
- July 19th ~ Kwaglyn Drake
- July 26th ~ Kasia Fields
- July 29th ~ Tiffany Ford
- July 29th ~ James K. Mack III
- July 29th ~ Jawan Mack
- July 31st ~ Inez Smalls
- July 31st ~ Isaac Smalls

## Recap June Sermons

Sub Series Theme: "This Is Where I Really Live"

### Psalm 23

June 7th ~ Fully Persuaded  
~ Psalm 23:6; Romans 8:38,39

Sub Series Theme: "A Major Message from A Minor Prophet"

### Book Of Micah

June 14th ~ The Provocation  
Micah 1:2

June 21st ~ When Leaders Sell their Souls  
Micah 3:1-12

June 28th ~ What Does the LORD Require  
Micah 6:8

COVID-19 continued from pg.3

- Cover your mouth and nose when coughing or sneezing.
  - Get tested if you don't feel well.
  - Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

## Important to Wear a Face Covering

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other preventive measures, including social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces. Be safe, Be careful, Be Blessed and Be Mindful of others and your surroundings.

\*This list does not include all possible symptoms. The CDC will continue to update this list as they learn more about COVID-19.

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

## Testing locations

- **Beaufort Memorial Hospital** ~ (drive-thru)
- **Lowcountry Urgent Care** ~ locations on Lady's Island and in Beaufort (onsite)

"We Have the Victory" is an original Christian poem by Mike Shugart. It is a celebratory reminder that Jesus Christ has won the victory over sin and death.

## We Have the Victory

God's heavenly chorus Proclaims before us That Jesus Christ is Lord! Forever is He. Before history, All things were made by His Word. From lowest of depths To highest of heights, And breadth of land and sea, The songs are sung Of the battle He won. We have the Victory!

--Mike Shugart



Decently and in order." These words are part of I Corinthians 14:40. The entire verse is, "Let all things be done decently and in order." It was an admonition from the LORD through the Apostle Paul concerning maintaining order in worship assemblies. The Corinthian church needed guidelines that assured that "tongues, prophecies," nor any other permissible activities would be abused, thereby compromising the integrity of the worship experience. It seems Paul was saying that even good things needed to be managed.

Now, let us fast forward from Paul and the first century Christian church to Paul's word to us, the twenty-first century church. More particularly, let us seek the voice of the LORD from this verse to the summer situations of our children, families, and communities. Even now the LORD'S words to us are the same, "Let all things be done decently and in order."

Each summer, we hear of a variety of negative situations that involve someone's child or group of children being in an inappropriate place at an inappropriate time without appropriate supervision. Fathers, mothers, grandparents, and other guardians, you are responsible for your children's location and behavior twenty-four hours each day.

Summer school programs, summer camps, clubs, Vacation Bible School, and other resources may offer assistance. Still, parents and guardians must face and embrace responsibility for children. This includes what they do, where they go, how they behave, what they wear, and with whom they associate, among other things.

Freedoms must be given form and structure. In other words, destinations must be specific, time for each activity must be set, curfews must be set and enforced.

Besides giving form to their outside activities, parents must provide structure for the home scene. Children need chores appropriate for their abilities. Rewards are fine. They

# The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



must, however, be rewards which have been earned.

In other words, "Let all things be done decently and in order" I Corinthians 14:40.

The negative patterns of summers must be turned around. It is our job to get it done. So, think ahead. Plan ahead. Work your plan. Thereby, we and our children may be able to look back on an enjoyable, blessed summer.

Shalom, my Friends,  
Pastor Kenneth C. Doe

## "A CALL TO PRAY"

1. Pray without ceasing:

1 Thessalonians 5: 17

2. Make your request known to God:

Philippians 4:6

3. Cry out to God:

Psalm 55: 17

a. Morning- ----- 6:00am

b. Noon- ----- 12:00 noon

c. Evening- ----- 6:00pm

d. Midnight- ----- 12:00 Midnight

We are praying for the body of Christ to rise to the occasion with a spirit of BOLDNESS so the world can see JESUS:

## FOCUS PRAYER:

1. Souls for the Kingdom: Revelation 2 and 3 ... "He that hath an ear, let him hear what the Spirit saith unto the churches." Jeremiah 6: 11-17
2. Against the spirit of fear 2 Timothy 1:7
3. The peace of God: Philippians 4:7
4. Spiritual Healing and Physical Healing: Isaiah 53:5; Jeremiah 17: 14
5. The love of God to abide within us: 1 John 2:15-17

NOTE: Suggested scriptures:

Psalm 50, 142, 141, 91, 90, 46-49 etc.

## Deacons and Wards of Bethesda Christian Fellowship

1. **Deacon Fields** ~ Beaufort, Port Royal, Parris Island, Hardeeville, Ridgeland
2. **Deacon Elliott** ~ Laurel Bay, Grays Hill, Seabrook, Dale, Sheldon, Jenkins, Burton, Big Estate,
3. **Deacon Holmes** ~ Warsaw, Lady's Island, Oaks

4. **Deacon Middleton** ~ Saxonville and Seaside road

5. **Deacon Rivers** ~ Lands End, Scott, Orange Grove, Ann Fripp, Tombee, Corner

6. **Deacon Bailey** ~ Indian Hill, Tom Fripp, John Fripp, Cedar Grove, Molly Hill, Folly Road, Coffin Point

7. **Deacon Glover** ~ Wallace, Edding Point, Croft, Mary Jenkins

## Prayer Plan and Assignments

~In this plan, all wards are identified by their Deacon leader.

1. Deacons Fields and Elliott ~ GROUP 1
2. Deacons Holmes and Bailey ~ GROUP 2
3. Deacons Middleton and Rivers ~ GROUP 3
4. Deacon Glover ~ GROUP 4

~Each group will begin with this assignment:

- GROUP 1 - 6 A.M. -Focus 1
- GROUP 2 - 12 NOON -Focus 2
- GROUP 3 - 6 P.M. -Focus 3
- GROUP 4 - 12 MIDNIGHT -Focus 4

~Each successive week, each Group will move down to the next focus.

~The length of the prayer time is less important than the intensity of the prayer time.

Thank You For Your Cooperation. GOD BLESS.

## Bethesda Christian Fellowship Live Streaming



Sunday Church Services will be live streamed on Facebook and Youtube at 10:00 am until further notice.

Log onto Facebook, or Youtube type Bethesda Christian Fellowship in search box at the top of page, click on Bethesda with the above logo, scroll down to live stream. (Remember to Like the Bethesda Page.)



There is "Just A Word" segment being live streamed on Wednesdays at 1:00 pm.



# 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 dotting 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.

## Christians Should Be Different Part II

**Because much of the world entertainment** emphasizes promiscuous sex, extols law violation and condones drug use, the Christian must look elsewhere for relaxation and entertainment. When selecting activities for recreation and entertainment, the Christian must consider:

- 1.) Will this activity violate my conscience? Romans 14:22,23.
- 2.) Will my doing this activity cause weaker Christians to lose their faith or will it set a bad example of Christian behavior for others? I Cor. 10:23-33.
- 3.) Will this activity place me under evil influences? I Cor. 6:19,20.
- 4.) Will my doing this activity conflict with Christian duty? Christians must put God and His kingdom first. Matthew 6:33.
- 5.) Will my doing this activity arouse in me indecent responses? Books, magazines, and movies that create indecent desires are contrary to Christianity. Paul instructed, "Whatsoever things are pure . . . think on these things." Philippians 4:8.
- 6.) Is this activity both legal and right? Christians should always respect the rights of others as well as obey the law of the land.

**In matters of government, law and taxes the Christian** must be obedient to civil authority although others might take their obligation to authority lightly. Jesus said, in Mark 12:17, "Render to Caesar the things that are Caesar's, and to God the things that are God's." When speaking about civil government, Paul said: "Let every soul be subject unto the higher powers. For there is no power but of God; the powers that be are ordained of God." Read Romans 13:1-7. Thus, Christians obey their government's laws. They give their measure of taxes, and their automobiles need no radar detectors because they will not be driven above the speed limit. Christians are aware that a civilization's fabric can be torn and destroyed by widespread lawlessness.

**Materialism** represents one aspect of life where there seems little difference between the Christian and the disbeliever. When submerged in materialistic outlooks, the Christian's conscience is bothered, for materialism is foreign to the religion of Jesus who said, in Luke 12:15-31: "Therefore, I say unto you, take no thought for your life, what you shall eat: neither for the body, what you shall put on. The life is more than meat and the body is more than raiment."

We concede that materialism invades much of today's society, including the church. Yet, many Christians avoid materialism: New church buildings are being erected through funds gathered by the mortgaging of Christian's possessions, while loans obligated by Christians for the cause of Christ are being repaid by savings from driving older cars, living in smaller houses, and wearing older styles. But, compared to the many who claim to be the Lord's, these are few. Truly materialism is a great weakness among the Lord's people today.

Christians are different because they live by the word of God. Thus, they are free of much of the envy, strife, and worry common to worldly people. Yet, even the best of Christianity misses the goal of being entirely like Christ. Christians must continue to pattern their lives after that of their Savior, Jesus Christ.

from the Interactive Bible Website

## Extreme Heat Awareness



Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your activities to avoid extreme heat.

In whatever activity you do outdoors, take care when the temperatures rise. If you exercise outdoors in hot weather, use these commonsense precautions to prevent heat related illnesses.

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature.

To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids. The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated. **Heat illnesses include:**

**Heat cramps**~ Heat cramps are painful muscle contractions. Affected muscles may feel firm to the touch. Your body temperature may be normal.

**Heat syncope and exercise-associated collapse** ~ Heat syncope is a feeling of lightheadedness or fainting caused by high temperatures, often occurring after standing for a long period of time, or standing quickly after sitting for a long period of time. Exercise-associated collapse is feeling lightheaded or fainting immediately after exercising, such as after a race.

**Heat exhaustion** ~With heat exhaustion, your body temperature rises as high as 104 F (40 C), and you may experience signs and symptoms including nausea, vomiting, headache, weakness, and cold, clammy skin. If left untreated, this can lead to heatstroke.

**Heatstroke**~ Heatstroke is a life threatening emergency condition that occurs when your body temperature is greater than 104 F (40 C). Your skin may be hot, but your body may stop sweating to help cool itself. If your heatstroke occurs during exercise in hot, humid weather, you may continue to sweat for a short time after exercising. You may

develop signs and symptoms including confusion, irritability, heart rhythm problems, dizziness, nausea, visual problems and fatigue. You need immediate medical attention to prevent brain damage, organ failure or even death.

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms include:

**Muscle cramps, Nausea or vomiting, Weakness, Fatigue, Headache, Sweating extensively, Dizziness or lightheadedness, Confusion, Irritability, Low blood pressure, Increased heart rate, Visual problems**

If you develop any of these symptoms, you must lower your body temperature and get hydrated. Stop your activity immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition. Remove extra clothing or sports equipment. If possible, fan your body or wet down your body with cool water. You may place cool, wet towels or ice packs on your neck, forehead and under your arms, spray yourself with water from a hose or shower, or sit in a tub filled with cold water. Drink fluids ~ water or a sports drink. If you don't feel better within 30 minutes, contact your doctor. If you have signs of heatstroke, seek immediate medical help. Once you've had heatstroke, you're at a higher risk of getting a heat illness again. Get cleared by your doctor before you return to exercise if you've had heatstroke. Watch the temperature. Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity. Get acclimated. If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. As your body adapts to the heat over the course of one to two weeks, gradually increase the length and intensity of your workouts.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids. Dress appropriately. Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear a light-colored, wide-brimmed hat. Avoid midday sun. Exercise or outdoor

chores should be done in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas ~ or do a water workout in a pool.

Wear sunscreen. A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air conditioned building.

Understand your medical risks. By taking some basic precautions, your daily activities don't have to be sidelined when the heat is on.

## COVID-19

- **Anyone** can have mild to severe symptoms. (Kids, Teens, Young Adults)
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.