

3 Powerful Prayers for Coronavirus - For Those Sick and Those Worried

Psalm 56:9 reminds us, "The very moment I call to you for a Father's help the tide of the battle turns and my enemies flee. The one thing I know; God is on my side." This Psalm stood true in biblical times, and it proves true in this day as well. Though there is great fear surrounding the threat of disease, we can rest assured that we have a Father in Heaven who is with us in all things. This truth is true especially today with the spread of the coronavirus. Join us in praying for those affected by the coronavirus and those who are worded.

A Prayer for Those Who Are Ill with Coronavirus
Father God, You are the ultimate Healer. Father, we come before You to pray for those infected with this virus. We pray for not only their healing, but for them to be comforted while they heal. Lord, please eradicate every ounce of this virus from their bodies. Please heal every cell in their bodies, every infected part of their being. We pray for no lasting effects in their bodies from this illness. Father, please heal them inside and out and provide them with the medical care they need, with the medications they need, and with the healing not only physically but spiritually so that they may live life and life abundantly ahead. In Jesus' name, Amen.

A Prayer for Those Who Are Worried about the Spread of the Coronavirus
Father, Worry and fear are not of Your heart. 1 John 4 reminds us that perfect love casts out all fear, and we pray Your perfect love upon the hearts of all those who are burdened with fear of this virus. Lord, we know with no doubt that You are bigger than the threat of anything, especially

illnesses. Please comfort those who are living in fear, please free them from the bondage that anxiety creates within. Remind them that You are still on the Throne and that You are still in control. Fully rain down the serenity that comes only from the Prince of Peace. Help those who are living in unease to trust You in this time so that in times to come we may rest assured that You will be faithful to be with us until the end of age. We rest at the Throne of the Almighty such fears and cast them upon You (1 Peter 5:7), for Your burden is Light and Your Yoke is easy (Matthew 11:30), we know You cover us with Your wings (Psalm 91:4). In Jesus' name, Amen

A Prayer for Those Treating the Sick
Father, we come to pray for those who are caring for the sick. It takes a kind and selfless heart to care for those who are sick, and so Father we pray for them. We pray that You would be their source of rest, their source of replenishment when weary, and their source of hope in such overwhelming times. Lord we know in Luke 6:38 that whosoever pours out shall be given back in proportion, so we pray blessings upon these caregivers. We also pray for their health that they may not fall ill. Father protect them with a hedge of protection against the germs of coronavirus and help those who are giving to be protected as they nurse others back to health. Bless them, oh Lord. In Jesus' name, Amen.

Now is a time to be in prayer not only for protection but for all involved in this time. Pray for a cure and for vaccines to be made so that this virus will not claim another life. Advancements are being made each day and praying for each step of the process is needed.

We live in an age where we are able to look back at worldwide illness that could easily be eradicated today because of discoveries in modern medicine, and in such we have the opportunity to pray for the lord to reveal to scientists and doctors what is needed to wipe coronavirus from the face of the earth so that it is a distant memory very soon. Relying on His wisdom through inspiration is crucial to those on the search for a cure.

Submitted by,
Prophetess Carrie Major

Happy Anniversary



Jerry & Carolyn Hewins ~ Feb. 22nd

February BIRTH DAYS

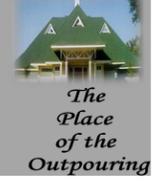
- Diane Dagin ~ February 2nd
- Dan Cuyler ~ February 7th
- Bessie Clarke ~ February 14th
- Austin Brandon Major ~ 18th
- Kathrine Austin ~ February 23rd
- Bernard Holmes Jr. ~ February 21st
- Annie Reeves ~ February 28th

A Seniors' Perspective
Any Senior who would like to contribute to the Bethesda Herald Newsletter.
Contact Sister Ruth Johnson by way of the church Secretary (843)838-4410



The Bethesda Herald

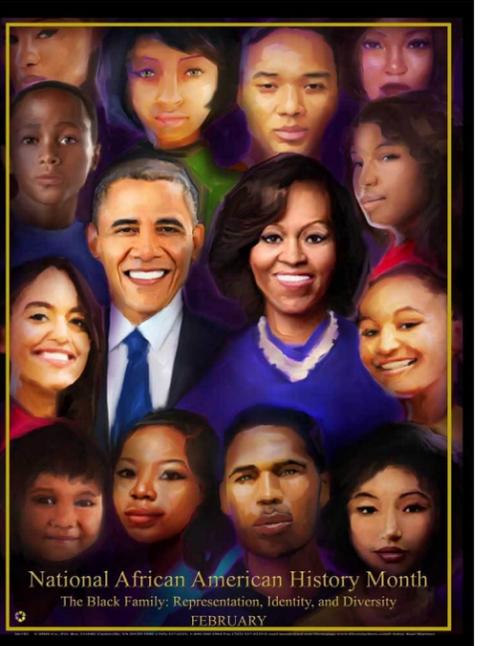
A Ministry of Bethesda Christian Fellowship



Stand!! Ephesians 6:13 offers this admonition and exhortation: "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand." Frustration, anxiety, anger, depression, feelings of failure, and many of their kinsmen are constantly available to wear down believers. What begins as a moment of doubt can become an overwhelming, devastating, ominous rush. Most of us probably expect some problems or pitfalls along life's way. However, Satan, the enemy of our souls, specializes in magnifying matters that in reality are manageable. In order to buffet Satan's attacks and advance evangelistic efforts, we are directed to put on the whole armour of God. Yes, you and I can endure and advance because of this armour. What happens, though, when we're subjected to prolonged and /or intense attacks?

What happens when saints have put on the whole armour and use the whole armour? What is our resolve when we have done all we know to do? Well, according to God's Holy Word, we "Stand." Ephesians 6:13 tells us why the armour is essential. The text teaches that we need the armour, "that ye may be able to withstand..." Withstand what, we may ask? Do you not remember those dastardly kinsmen who come bringing misery to us? Those kinsmen (fiery darts) are what we withstand. Why is it, though, that we can do a good job of employing armour, yet suffer loss? Sometimes, the fight leaves us so exhausted that we become vulnerable.

We let down our guards. We seem to assume that we can rest because our enemy is momentarily out of sight. Those moments, though ever so brief, can be the times when Satan launches effective offenses. We get a little too comfortable; we lay down our offensive armour; we compromise our ability to guard ourselves. How can we insure that we not fall victim to Satan's plans to wear us down, and then overtake us? Well, after we have done everything our armour empowers us to do; we just "Stand."
Shalom, my Friends,
Pastor Kenneth Doe



BLACK HISTORY MONTH 2021 The Black History Month 2021 theme, "Black Family: Representation, Identity and Diversity" explores the African diaspora, and the spread of Black families across the United States. Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

HOLY CONVOCATION 2021



"On Time Every Time" Recap

- January 4th - GOD and GOD Alone
Psalm 119:89
- January 5th - On Time, Every Time To Rescue
Mark 4:35-41
- January 6th - On Time, Every Time To Restore
Luke 15:11-32
- January 7th - On Time, Every Time To Forgive
Luke 23:32-43
- January 8th - On Time, Every Time For All
John 3:14-16; Romans 10:13; 1 Corinthians 3:15; Acts 16:31



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BLACK HISTORY MONTH

Photo courtesy of the Worcester Art Museum



This year, Black History Month returns to its roots with a new focus on black family ties.

The theme for 2021, "The Black Family: Representation, Identity, and Diversity", explores the wide-ranging diversity of black family life, from single to two-parent households to nuclear, extended and, more recently, bi-racial.

Throughout black history, factors such as slavery, inequality and poverty have put pressure on maintaining family ties, when a better life meant traveling far from home.

This may certainly be the reason why family reunions have always remained popular within the African American community. And that means annual get-togethers with far-flung family that includes a joyful exchange of memories, photos and storytelling every year.

Paradoxically, economic pressures that may pull black families apart may also often unite them. That is, against prejudice and bigotry many black families may pool resources or find job opportunities, or simply find emotional comfort within their own micro-community. In that respect, "brothers" or "aunties" may be good friends or neighbors who simply qualify for the title. Throughout American history, the black community has always exhibited an unwavering understanding of the value of family as an incomparable source of comfort, strength, and even survival.

BLACK HISTORY



Bessie Coleman

The first licensed African American female pilot. Born in Atlanta, Texas in 1892, Bessie Coleman grew up in a world of harsh poverty, discrimination and segregation.

She moved to Chicago at 23 to seek her fortune, but found little opportunity there as well. Wild tales of flying exploits from returning WWI soldiers first inspired her to explore aviation, but she faced a double stigma in that dream being both African American and a woman.

She set her sights on France in order to reach her dreams and began studying French. In 1920, Coleman crossed the ocean with all of her savings and the financial support of Robert Abbott, one of the first African American millionaires. Over the next seven months, she learned to fly and in June of 1921, the Fédération Aéronautique Internationale awarded her an international pilot's license. Wildly celebrated upon her return to the United States, reporters turned out in droves to greet her.

Coleman performed at numerous airshows over the next five years, performing heart thrilling stunts, encouraging other African Americans to pursue flying, and refusing to perform where Blacks were not admitted. When she tragically died in a plane accident in 1926, famous writer and equal rights advocate Ida B. Wells presided over her funeral. An editorial in the "Dallas Express" stated, "There is reason to believe that the general public did not completely sense the size of her contribution to the achievements of the race as such."



Richard Allen

"If true greatness consists in that self-sacrificing heroism and devotion which makes a man insensible and indifferent to his own personal welfare, interest, comfort and advantages; and to deny himself of all for the sake of others, and for the elevation and advancement of others, without a single promise of reward — we say, if these constitute greatness, then Richard Allen, the first bishop of the AME church, was great." Allen is considered the founder of the African Methodist Episcopal (AME) Church in America.

Former slave. Born into servitude in 1760 in Philadelphia, "Negro Richard" earned \$2,000 to buy his freedom and that of his brother in 1780. Richard Allen, the name he chose as a freedman, came of age during the

American Revolution, just as the antislavery movement and denominational Christianity were gaining prominence.

Allen discovered religion after hearing a Methodist preacher at a secret gathering of slaves in Delaware. In his biography, *The Life Experiences and Gospel Labors of the Rt. Rev. Richard Allen*, he wrote, "I was awakened and brought to see myself, poor, wretched and undone, and without the mercy of God must be lost." Preacher. Allen, his wife Sarah and others opened the doors of Bethel AME Church on July 29, 1794, on the site of a converted blacksmith shop on Sixth Street in Philadelphia. Allen was ordained the church's pastor. Driven to establish "Mother Bethel" by white Methodists' segregation of blacks, Allen brought other black Methodist congregations in Philadelphia together in 1816. They elected Allen bishop, a position he held until his death in 1831.

Abolitionist, Allen focused his sermons on the freedom of slaves, cessation of colonization, education of youths and temperance. He created denominational groups to care for and educate the poor. His home and Bethel AME were stops on the Underground Railroad. Educator, recognizing that former slaves and freedmen needed education, he opened a day school for black children and a night school for adults. Allen published articles in *Freedom's Journal* attacking slavery, colonialism and organizations that advocated the migration of blacks back to Africa. He authored three pamphlets about escaping the bonds of slavery, including *An Address to Those Who Keep Slaves and Approve the Practice*. Allen's legacy lives on today in the AME church's work, whose motto is "God Our Father, Christ Our Redeemer, the Holy Spirit Our Comforter, Humankind Our Family." — John X. Miller

Kamala Harris



First Black/Indian Woman Vice President of US

Lloyd J. Austin III



First Black Secretary of Defense of US

Health Corner



Dr. Ardra Davis-Tolbert

The Often Ignored Disease- Depression

Depression is a term that is often times misused but even more importantly underused. There are times when this term has inappropriately labeled someone. We have all at some point in time been "depressed". Circumstances of life can bring us to episodes in time where we are left feeling sad or lonely. This in no way defines a person as depressed.

Depression is a medical condition defined as a persistent feeling of sadness. It becomes an overwhelming feeling that can keep a person from living a normal, active life. It can last for long periods of time. Depression comes in all ages, all colors, all sizes. Half of all individuals suffering from depression never get diagnosed. The diagnosis of depression can be difficult to make because it is often manifested as other symptoms; especially in adolescents and the elderly. Some of these symptoms are:

- Changes in sleep, appetite or energy levels
- Difficulty concentrating
- Fatigue
- Body aches and pains

One out of every 10 people with depression commit suicide. Suicide can be preventable assuming each person is accurately diagnosed and properly treated. Both require an initial evaluation by a health care professional. There are also other medical illnesses that can cause depression. It is important to diagnose and if possible, treat these conditions because if they are treated properly, the issue of depression is resolved. Some of these conditions are: thyroid disease, chronic pain syndromes and other chronic medical illnesses. There are also some medications that as a side effect, cause depressive symptoms.

There is no one single reason people suffer from depression. If there is a family history of depression, there is strong evidence that supports a genetic tendency towards this disease. Therefore, not all people with depression will be treated by addressing some other medical illness. This is when

medical therapy comes in to play. Most people with depression are treated with one of the various types of anti-depressants. These drugs are chosen individually based on each person's predominant symptoms, other medical problems and medications and to minimize side effects. Interestingly, the same medication can work differently on different individuals; this is because each person's brain chemistry is different and the effects of the anti-depressants are partially based on the interaction with each person's brain chemistry. It can take two weeks before you notice a difference with drug therapy and up to six to eight weeks to reach maximum benefit.

St. John's Wort is an over the counter herbal remedy that has been found to improve mood. It has to be taken several times a day and can take up to six to eight weeks to notice an improvement. At the end of the day, it is not enough to control mood in everyone. In this scenario, prescription drug therapy would then be warranted.

And last but not least, EXERCISE improves mood. Repetitive exercising releases a natural hormone called endorphins. Endorphins are our natural "feel good" hormones. In order to truly benefit from exercise, it should be undertaken for about 30 minutes a day. Again, it may take a few weeks to notice a change.

Depression is a real disease just like any other medical condition. It is also manageable. This will require time and persistence but will be well worth the fight!

January Sermon Recap

Watch Night

Working with GOD, while GOD works for Us ~ **Philippians 3:12-15a**

January 3rd, 2021

"Calvary Alone" ~ **John 1:29; John 19:30**

January 10th, 2021

"Numbering in GODs' Economy" Psalm 20:1-9

January 17th, 2021

"Accepting Whatever GOD Allows" **Romans 8:31**

January 24th, 2021

Connected ~ **Jeremiah 33:1-3**

January 31st, 2021

Grace and Mercy ~ **Ministers Exhortations**

Bethesda Christian Fellowship

Live Streaming



Join Us on Sunday Mornings For Our Teaching and Learning Experiences

Sunday Church Services will be live streamed on Bethesda Christian Fellowship Facebook page and our Bethesda Christian Fellowship live stream Youtube channel 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.)

BETHESDA CHRISTIAN FELLOWSHIP

Access the broadcast by phone at 1(848)777-1500 Conference ID 8438384410

JUST A WORD

Please join us for "Just A Word" segment being live streamed on Wednesdays at 1:00 pm.

Sermons can be found on our Bethesda Christian Fellowship Facebook page and Bethesda Christian Fellowship St. Helena Island YouTube Channel

SENIORS

Any Senior who needs assistance with scheduling vaccinations through online registration, contact the church. Sister Priscila Drake will assist you with registration requirements.

