

Bible Promises to Remember for Healing and Illness  
*Psalm 107:20, "He sent out his word and healed them; he rescued them from the grave."*

### I've Got Time!

My name is Tammy. This is my life. I will get saved when "I've Got Time". I was born Jan. 1, 1964. As I grew up, the Lord kept His hands on me. He healed my polio. Now I walk like you. "Thank you, Jesus." He showed me right from wrong. I think I'll get saved when I turn 30. "I've Got Time!" I got on drugs, He brought me through. "Thank you, Jesus!" I got pregnant, and cried to the Lord. He gave me a husband, I said to myself, "When I turn 30, I'll get saved, I've Got Time!" I've been shot in the back. The doctor said I would not walk again. I cried again to Jesus for two years. Now I run and jump. I should get saved Now! No, I'll wait until I'm 30. "I've Got Time." I have no food in my house. My children are hungry. I asked the Lord to make a way. Right then my doorbell rings. The UPS man is ringing my bell. He has a letter for me. I sing as I return in my house. I open the letter. It is a check for \$50. "Thank you, Jesus." Again, I promise "When I turn 30, I'll get saved, I've Got Time." I read my Bible. I know of the Lord. He and I go a long way back. "I've Got Time." It's Saturday, night. I am going out. I am going to have myself some fun. I put the kids to bed. When I step out, I see my sister running towards me. She told me one of my children was playing with matches, and was burnt. Again, I cried to the Lord. "Lord, Lord, Hear my prayer. Help me Lord." And, He did. He did not take my child. I did not lose my children to the state. I'm really going to get saved when I turn 30. "I've Got Time." My cancer went into

remission. My body Is healed. Praise the Lord! "I've Got Time!" I'm 30 now. Tonight, is my last night to live my unsaved life. Guess what? My birthday falls on Saturday. Therefore, Sunday, I will be at church praising the Lord. However, for now it's still Saturday. I am having so much fun at my party in my backyard. "I've Got Time!" They threw me in the pool. I felt a timer in my head. Something is happening to me. What's wrong? I don't know. I see light. There are people all around me, but I cannot talk. I cry to the Lord. I said, "Lord what time is it?" "It's 11:55." "But I don't know your voice. Who are you?" "My name is Lucifer. I don't love, I don't like, I just want your soul! Every time I came for you the Lord said No. Someone was praying for you, so I planted a seed to make you think you "had time". You see; I'm smart, I'm dirty, and I'm the best liar!" Tammy died December 31, 1993. Five minutes before she turned 30 years Old. Now tell me, **DO YOU HAVE TIME?**


Pass this onto all your family and friends especially unsaved ones ...  
 - Author Unknown  
 "Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; but exhort one another daily, while it is called "Today," lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, while it is said: "Today, if you will hear His voice, do not harden your hearts as in the rebellion.

~ (Hebrews 3:12-15)

Submitted by,  
 Prophetess Carrie Major



- Min. Kacithia L. Wright** ~ March 2nd
- Theresa Greene ~ March 6th
- Marquell Sutton ~ March 7th
- Latanya Floyd ~ March 7th
- Avianna B. Smalls ~ March 8th
- Davian B. Smalls ~ March 8th
- Jeannette Brown ~ March 13th
- Donna Bradley ~ March 14th
- Gwendolyn Doe** ~ March 14th
- Vermone Drake ~ March 16th
- Jessica Holmes-Green ~ March 18th
- Geneva "Connie" McKinnon ~ March 19th
- Bernice Wright ~ March 21st
- Theresa Jenkins ~ March 25th
- Geneva Smalls ~ March 25th
- Melanie Daniels ~ March 26th
- Deacon John Middleton** ~ March 27th
- Jessie Holmes ~ March 28th



### February Recap

**February 7th**  
 "GO"  
 Titus 2:11-14

**February 14th**  
 "Bought With A Price"  
 1 Corinthians 6:20

**February 21st**  
 "Be Very Sure"  
 Judges 21:25; John 3:14-21

**February 28th**  
 "There Is Good In It, Because There's GOD In It"  
 Psalm 34:19; Psalm 119:71  
 2 Corinthians 12:9,10

Stamp Here

# The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



### Then It Came To Me....

"Use It!!" Okay. We have the answer, "Use It." But, what question does this answer? Here is the question: What should I do with the knowledge I have gained about living for the LORD?

Some time ago, it was said to me that most people use only about two percent (2%) of their brain's capacity. I do not actually know if this is accurate. But, let us assume for a moment that it is factual. I immediately begin to wonder and ponder. What could or would the average person be doing intellectually if he pushed himself just a little more? What new heights might be reached or problems solved if he tried a little harder?

Then, we look at ourselves in Christ. He has saved all who call upon His name. He has sanctified us to the extent that we have relinquished our carnal minds. He continues to lead and mature us in knowledge and understanding. He feeds us in many ways. We can enjoy personal/private daily devotions, corporate worship, study of the Holy Bible, prayer, and fellowship. Many enjoy Christian broadcasts by radio, television, and online. We have audio tapes, CD's, and DVD's. Obviously, accessing Christian teaching is not a problem for most Christians in our area.

The chasm, or gap, seems most real between accessing (getting it) and assimilating (letting it get to us). We are addressing the flaw that keeps information from becoming inspired instruction.

What do we do to bridge the chasm or remove the flaw, thereby empowering us to live in the power of the Holy Spirit?

Empowerment comes for individual and corporate destinies as you and I begin using what we already have. Destiny is attainable as we use those things we already know. Another book may help; another version of the Holy Bible may help; another video or audio cassette may help; so might another conference. But, what can really begin to turn your world around is already with you and me. Simply, "Use It!"

Those things, which ye have both learned

and received, and heard, and seen in me, do: and the God of peace shall be with you." (Philippians 4:9)

Shalom, my Friends,  
 Pastor Kenneth C. Doe

### Women's History Month 2021



#### Valiant Women of the Vote: Refusing to Be Silenced."

The theme for March 2021 National Women's History Month captures the spirit of these challenging times. Since most 2020 women's suffrage centennial celebrations were curtailed, the National Women's History Alliance is extending the annual theme for 2021 to "Valiant Women of the Vote: Refusing to Be Silenced."

The National Women's History Alliance is determined that the important roles of multicultural suffragists and voting rights activists continue to be recognized and honored. We refuse to allow their voices to be silenced, even by a pandemic.

Many organizations have already rescheduled and extended their centennial events into 2021. With national attention moving on, 2021 will particularly recognize the remarkable new research, grassroots political activity, and artistic developments in every state.

These deepen our understanding and shine a brilliant new light on local women's political involvement, development, and leadership. Despite tremendous opposition, they refused to be silenced.

#### Women in SC History Septima Poinsette Clark

Known as the "Queen Mother of the Civil Rights Movement," Septima Clark was a leader in the NAACP, the Highlander School, and the Southern Christian Leadership Conference. Working together with

Esau Jenkins and Bernice Robinson, she helped establish Citizenship Schools across the South. These schools taught black people to read so they could vote, a requirement of the time. In all, these schools enabled two million African-Americans to vote. When Martin Luther King, Jr. was awarded the Nobel Peace Prize, he asked Mrs. Clark to accompany him to Norway, saying she deserved the award as much as he did.



Mary McLeod Bethune

Ms. Mary McLeod Bethune, who is the daughter of former slaves, is a Sumter County native who has seen a fair share of accomplishments and showed great humanitarianism. As an educator, stateswoman, philanthropist, and HBCU Bethune-Cookman University founder, Ms. Bethune has given our community more to be grateful for. Besides these well known successful acts of public service, her work with the Roosevelt administration where she led the informal "Black Cabinet," issues black communities faced, and mobilizing support for African American war participants, Ms. Bethune has become an important figure for the civil rights movement.



Bernice Robinson

Along with Ms. Clark, Bernice Robinson, another Civil Rights activist, assisted with teaching blacks to read. Together, these Charlestonians were able to better assist African Americans in understanding the Constitution enough to make their vote count. Besides helping over two million suppressed citizens gain their right to vote. Robinson worked as a seamstress, opened her own beauty salon and became secretary and chair of membership for the local Charleston National Association for the Advancement of Colored People (NAACP). In both 1972 and 1974, she unsuccessfully ran for the South Carolina House of Representatives, becoming the first African American woman to run for a political office in the state.



BETHESDA CHRISTIAN FELLOWSHIP  
 Post Office Box 515  
 Saint Helena Island, South Carolina 29920



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 every Wednesday 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.



"A CALL TO PRAY"

- Pray without ceasing: 1 Thessalonians 5: 17
- Make your request known to God: Philippians 4:6
- Cry out to God: Psalm 55: 17
  - Morning- - - - - 6:00am
  - Noon- - - - - 12:00 noon
  - Evening- - - - - 6:00pm
  - 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:

- 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
- Against the spirit of fear 2 Timothy 1:7
- The peace of God: Philippians 4:7
- Spiritual Healing and Physical Healing: Isaiah 53:5; Jeremiah 17: 14
- 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.

- Deacon Fields** ~ Beaufort, Port Royal, Parris Island, Hardeeville, Ridgeland
- Deacon Elliott** ~ Laurel Bay, Grays Hill, Seabrook, Dale, Sheldon, Jenkins, Burton, Big Estate,
- Deacon Holmes** ~ Warsaw, Lady's Island, Oaks
- Deacon Middleton** ~ Saxonville and Seaside road
- Deacon Rivers** ~ Lands End, Scott, Orange Grove, Ann Fripp, Tombee, Corner
- Deacon Bailey** ~ Indian Hill, Tom Fripp, John Fripp, Cedar Grove, Molly Hill, Folly Road, Coffin Point
- Deacon Glover** ~ Wallace, Edding Point, Croft, Mary Jenkins

Prayer Plan and Assignments

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

- Deacons Fields and Elliott ~ GROUP 1
- Deacons Holmes and Bailey ~ GROUP 2
- Deacons Middleton and Rivers ~ GROUP 3
- 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.

SC Women continued pg.1



Dr. Annie Bell Ranzy Stinson Weston

Born in 1912 in Calhoun County, Dr. Annie Bell Ranzy Stinson Weston became just like many other South Carolina raised women. Passionate about schooling and politics. Receiving a bachelor's degree from Benedict College, her master's degree from Columbia University in New York, and her Doctorate also from Benedict College, Dr. Weston was sure to not let anyone stand in her way. During the Civil Rights Movement, she encouraged others to do the same. She assisted with voter registration, attended the Democratic National Convention multiple times, and traveled frequently to become an advocate and provide lectures about politics and race.



Rep. Lucille Simmons Whipper

SC Representative Whipper, was also known for her civil right pioneer from a young age. In 1944 Representative Whipper was a student activist at her high school, the Avery Institute. With hopes after graduation to desegregate the College of Charleston and while at Talladega College the goal to integrate college organizations throughout the state, Rep. Whipper was highly aware of the lack of equality in the black community and wanted to assist in the change. Therefore, in the late sixties Mrs. Whipper and others organized Operation Catch-Up, a tutorial program for high school students, and also spearheaded the founding of the Avery Institute at the College of Charleston, a nationally-recognized archive of African-American history.

Bethesda Student Information Honor Roll

Taylor Eugene, Isaiah Holmes, Nailah White-Bruce, Johnathan Alexander, McKenzie Chaplin and Noelle Lipski



"A Seniors' Perspective"

Believe in Yourself or No One Will

I look in the mirror and who do I see? Do I know the person looking back at me? I can make that person who I want it to be. I am the only one who has the ability. I wake up in the morning and set the tone for the day, I can do what I want to do, I am leading the way. Being in the statistic is not in my society, I am who I am, I create my own policy. You can encourage me or you can put me down, I may twist and bend but I'll never hit the ground, Opportunity only knocks once, some people may say, I have the ability to accept it when it comes my way. I can do whatever I have set in my mind, Because when God made me, he made one of a kind. I don't have to impress you or try to be seen, I say what I say and mean what I mean. The world doesn't owe me anything but what I achieve, I can do all things and anything if I only believe. If you believe in me, it really doesn't matter, I have more to be concern about, than your silly chatter. Believe in yourself or no one else will, Just stop complaining so much and just be still. Do what you can to make a better you, Start with one thing, then, move on to number two. Those who didn't think you would get so far, They will see you when you become a shining star. "BELIEVE IN YOURSELF"

Written by: Theresa B. Jenkins

A Seniors' Perspective

Any senior who would to contribute to the Bethesda Herald Newsletter, please see Sister Ruth Johnson

Health Corner



Dr. Ardra Davis-Tolbert



This month is Women's Health Month. Our goal this month is to focus on general screening recommendations. We often times as women make sure everyone else is taken care of before we take care of ourselves. The truth really lies in the fact that if we are not well, the family is not well. So sisters, here is your checklist to maintain good general health. Make sure you stay well!

Are you up to date?

- ◇ BLOOD PRESSURE CHECK
  - ◆ YEARLY, ESPECIALLY WITH FAMILY HISTORY
- ◇ BLOOD WORK TO SCREEN FOR DIABETES
  - ◆ YEARLY WITH STRONG FAMILY HISTORY
  - ◆ OTHERWISE, SCREEN AT AGE 45 OR SOONER WITH SYMPTOMS
- ◇ BLOOD WORK TO SCREEN FOR HIGH CHOLESTEROL
  - ◆ YEARLY WITH STRONG FAMILY HISTORY
  - ◆ OTHERWISE, EVERY 3 YEARS STARTING AT AGE 18
- ◇ GOALS FOR WEIGHT MANAGEMENT
  - ◆ DAILY
- ◇ IMMUNIZATIONS UP TO DATE
  - ◆ GARDASIL (HPV), CERVICAL CANCER; SINGLE SERIES; AGES 9-26
  - ◆ INFLUENZA (FLU); YEARLY; ALL AGES
  - ◆ TDAP; ONCE IN ADOLESCENCE AND IN EACH PREGNANCY
  - ◆ TETANUS BOOSTER; EVERY 10 YEARS AFTER TDAP
  - ◆ INFLUENZA (FLU); YEARLY
  - ◆ TETANUS BOOSTER; EVERY 10 YEARS
  - ◆ HERPES ZOSTER (SHINGLES); AGE 50
  - ◆ PNEUMOCOCCAL; AGE 65
- ◇ MAMMOGRAM
  - ◆ BASELINE BETWEEN AGES 35-40

- ◆ YEARLY AFTER AGE 40
- ◆ EARLIER SCREENING IF FAMILY HISTORY OF BREAST CANCER (ESPECIALLY IF CANCER UNDER AGE 50)
- ◇ PAP SMEAR (GYN EXAM REMAINS YEARLY)
  - ◆ BEGIN AT AGE 21: EVERY 1-3 YEARS
  - ◆ AGE 30 AND BEYOND: EVERY 3-5 YEARS WITH HPV TESTING
  - ◆ CONSIDER STOPPING AFTER AGE 75
  - ◆ AFTER HYSTERECTOMY: CONSIDER STOPPING
- ◇ COLONOSCOPY OR OTHER COLON CANCER SCREEN
  - ◆ AGE 50; IF NORMAL AND NO FAMILY HISTORY, SCREEN EVERY 10 YEARS
  - ◆ AGE 45 IF FAMILY HISTORY OF COLON CANCER; EVERY 3-5 YEARS BASED ON FINDINGS AND FAMILY HISTORY
- NEW RECOMMENDATION TO SCREEN AFRICAN AMERICANS STARTING AT AGE 45 DUE TO HIGHER RISK (REGARDLESS OF FAMILY HISTORY)

TARGET GOALS:

- WEIGHT
  - ◆ BASED ON HEIGHT
- BLOOD PRESSURE
  - ◆ NORMAL: 120/70 OR LESS
  - ◆ BORDERLINE: 130-139/80-89
  - ◆ TOO HIGH: >140/90
- BLOOD SUGAR
  - ◆ FASTING BLOOD SUGAR: <100
  - ◆ HgbA1C: < 5.7 = NORMAL 5.7-6.4 = BORDERLINE > 6.5 = TOO HIGH
  - ◆ IF DIABETIC, TARGET HGBA1C IS < 7
- CHOLESTEROL
  - ◆ TOTAL CHOLESTEROL: <200
  - ◆ HDL (GOOD CHOLESTEROL): >40 IS GOOD, >60 IS EXCELLENT!!
  - ◆ LDL (BAD CHOLESTEROL): <160 IF NO RISK FACTORS, <100 IF RISK FACTORS (high blood pressure or diabetes)
  - ◆ TRIGLYCERIDES (BAD CHOLESTEROL): <160 IF NO RISK FACTORS, <100 IF RISK FACTORS