

Happy Anniversary



Jerry & Carolyn Hewins ~ Feb. 22nd



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



Natalie Smalls
Noelle Smalls



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



Johnathan L. Alexander



Taylor Eugene



Jasmine D. Smalls

also Selected as
 School Wide Student of the Month

Continued from page 2

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

Stamp Here



The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



January Sermon Recap

- January 2, 2022**
 What is Holy Communion All About?
 Ministers of Bethesda
- January 9, 2022**
 Good Morning
 Bishop Kenneth C. Doe
- January 16, 2022**
 A More Excellent Ministry
 Bishop Kenneth C. Doe
- January 23, 2022**
 A Chance To Change
 Bishop Kenneth C. Doe
- January 30, 2022**
 Why Is Sin A Problem for GOD
 Bishop Kenneth C. Doe

Shalom, my Friends,
 Bishop Kenneth C. Doe

"Redeeming the time." These words are part of the verse of scripture located at Ephesians 5:16. Our Holy Scripture is full of directives, suggestions and admonitions. All of this is for the welfare of mankind. For most of us there are some lessons that are more easily learned and kept than others. The temptation is to really shine where we are strong. The companion temptation is to ignore or minimize those matters that are more challenging to us. This, as well as all other temptations, must be resisted. The particular temptation we confront today is the ignoring and wasting of time. Many of us are plagued with the weakness of not using time wisely. We tend to argue that that simply is not true for us. However, before we close the door on this possibly being for us, let us consider these things.

The most obvious failure at "redeeming the time" is when we are not on task. We simply fail to do the things we should when we should. Perhaps it is an oversight. Maybe we just failed to understand where we should be and/or what we should be doing. If that is the case, then we need to be put on task. With guidance from the appropriate person, we should soon return to "redeeming the time."

Another possible reason for being off task may simply be that we have decided that something else is more important. In this case, we re-order priorities. Now, the matter to which we are giving our attention may be important. The most vital matter, though, is whether it is the task for that time. If it is not, then we are out of order, and we need to resume the established order of priorities.

Another perhaps less obvious failure at "redeeming the time" is somewhat tricky. In this case, the person is on task. The worker is present. The real issue is not presence, but productivity. Do we realize when we are being tempted to be in place, yet do little or nothing? We must remind ourselves that it is an assignment in kingdom-building. As such, it de-

HOLY CONVOCATION
 2022

"GOD HAS SOMETHING ON THAT MOUNTAIN FOR ME"

<p>Mount Calvary Mt Calvary - A New Beginning Bishop Kenneth C. Doe January 14, 2022</p>	<p>Mount Olive Mt. Olive-The Place of Separation Bishop Kenneth C. Doe January 13, 2022</p>	
<p>Mount Ararat It Must Needs Be Bishop Kenneth C. Doe January 10, 2022</p>	<p>Mount Sinai When GOD Calls the Meeting Bishop Kenneth C. Doe January 11, 2022</p>	<p>Mount Carmel Courage and Confidence for Mt. Carmel Bishop Kenneth C. Doe January 12, 2022</p>

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.

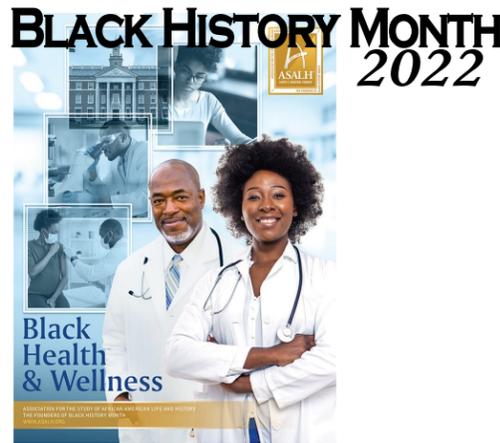
Join us in praying for those affected by the coronavirus and those who are worried.

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. 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



The theme for 2022 focuses on the importance of **Black Health and Wellness**. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birth workers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

In order to foster good health and wellness Black people have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools (i.e. Meharry Medical College, Howard University College of Medicine, Provident Hospital and Training School, Morehouse School of Medicine, etc.) and community clinics. Clinics were established by individuals, grassroots organizations and mutual aid societies, such as the African Union Society, National Association of Colored Women and Black Panther Party, to provide spaces for Black people to counter the economic and health disparities and discrimination that are found at mainstream institutions. These disparities and anti-Blackness led to communities developing phrases such as "When white folks catch a cold, Black folks get pneumonia." Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs including such as the Ronald E. McNair Scholars. Even the impact of popular culture texts like Doc McStuffins cannot be dismissed.

This year's theme for Black History Month, "Black Health and Wellness" also takes a look at how American healthcare has often underserved the African-American community. As the COVID-19 pandemic has recently shown, a widespread disparity of access to quality healthcare negatively impacts outcomes for

blacks and other minorities. For African-Americans, the root of the problem goes deep, and back centuries. Beginning with slavery a lack of economic opportunity, often put medical care out of reach for many African-Americans.

Even in good economic times, during the Jim Crow era "Whites Only" hospitals were commonplace throughout the South. Black medical facilities were often understaffed, underfunded, or non-existent. This stark reality gave credence to the saying: "When white folks catch a cold, black folks get pneumonia."

Black folk remedies helped pick up the slack involving rituals and incantations, harking back to its African roots. Many plant-based medicines were also part of the cure. These included garlic for high blood pressure, and aloe vera for skin injuries which have since been validated in scientific studies.

It was only into the 20th century when Black America was given a better shot at institutional health care. That's when the US government threatened to withhold Medicare payments to "Whites Only" medical institutions and -- almost overnight -- hospitals were desegregated. The year was 1964 with the passage of the Civil Rights Act.

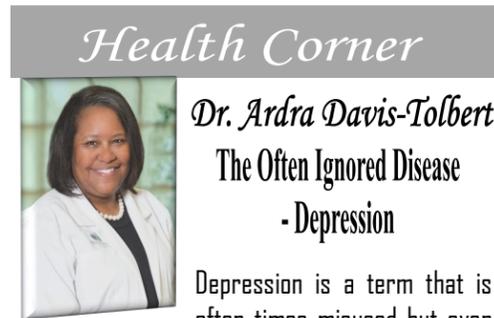
More than 40 years later, following years of negotiations with the health insurance industry, the Affordable Care Act was eventually passed by the Obama administration that gave better access to medical care for Americans of all colors. Today, (almost unbelievably for a rich industrialized nation), the US continues to lag behind the rest of the world in providing affordable medical care for a majority of its citizens. As a result, African-Americans, other minorities and especially the poor remain among the country's most vulnerable populations

Mid -Term Elections 2022 Your Vote is Your Voice

Through voting-rights campaigns and legal suits from the turn of the twentieth century to the mid-1960s, African Americans made their voices heard as to the importance of the vote.

The fight for black voting rights continues in this Nation today.

**Don't Be Silenced! Register To Vote!
Use Your Right !**



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!

Watch Night 2021

Good News

John 10:10

Overseer Kenneth C. Doe

Just A Word Recap

January 5th, 2022

"The LORD Wants All of Me"

Isaiah 53:5

Overseer Kenneth C. Doe

January 12th, 2022

"He Wants My Soul"

Isaiah 53:5 et.

Bishop Kenneth C. Doe

January 19th, 2022

"He Wants A Reunion With His Spirit"

Matthew 8:16-17

Bishop Kenneth C. Doe

January 26th, 2022

"My Body Your Temple"

1 Corinthians 6:19

Bishop Kenneth C. Doe

Bethesda Christian Fellowship Live Streaming



Join Us on Sunday Mornings For Our Teaching and Learning Experiences

Sunday Worship Services can be accessed via livestreaming on Sundays at 10 AM on:

- Bethesda Christian Fellowship Facebook page [Bethesda Christian Fellowship - Home | Facebook](#)
- Bethesda Christian Fellowship live stream on YouTube [Bethesda Christian Fellowship - YouTube](#)
- Our webpage [Bethesda Christian Fellowship \(revmediatv.com\)](#)

(Remember to Like the Bethesda Page.)

BETHESDA CHRISTIAN FELLOWSHIP

Access the broadcast by phone at

1(848)777-1500

Conference ID

8438384410

JUST A



Please join us for "Just A Word" segment that's livestreamed every Wednesday at 1:00 pm on Facebook.

Sermons can be found on our Bethesda Christian Fellowship Facebook page. Edited versions can be found on YouTube at Bethesda Christian Fellowship St. Helena Island, as well as, under Sermons on our webpage.

SENIORS

Any Senior who needs assistance with scheduling vaccinations Sister Priscila Drake will assist you with registration requirements.

