

We would like to place all Anniversaries, Birthdays, Graduations and Special Achievements and church information in the Newsletter, but we need your help. Honor Roll ~ Please Submit a Photo.

Please submit to church secretary. **Sister Barbara Jean Holmes** email: bethesdachristianfellowship36@gmail.com



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

HAPPY ANNIVERSARY



Bishop Kenneth C. & Gwendolyn H. Doe 33yrs
Deacon York & Mildred Glover 25yrs

Pine Groove Baptist Church

The church will fellowship at Pine Grove Baptist Church in Burton on Friday, October 7th.



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

BETHESDA CHRISTIAN FELLOWSHIP
After School

October 24, 2022

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.

New Youth



Choir Members
Welcome!

Youth Choir rehearsal will be held every Saturday before the Second (2nd) and Third (3rd) Sundays from 1:00 am to 11:30 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

Important: Continue to Wear 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 Schools, stores and restaurants).

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

WISDOM AND WONDER IN GOD'S WORD

Please join us for "Wisdom and Wonder in GOD's 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.

Stamp Here



Then It Came To Me,...

"The Church-A Reasonable Priority." An ongoing pastoral concern is that "the Church, our Church," be held in utmost esteem by members of our fellowship and the general body of Christ. We often have to deal with believers who seem to consider the Church a choice among choices, something to do when I want to do that something.

This is a serious malady. It is, at best, an indication of misplaced priorities. At its worst, it could indicate an unregenerate heart - a church member who is not a Christian. Both indicators are negative; both are serious.

So, thank you for indulging this serious attempt to present this in a palatable manner. The love of God constrains us to embrace this matter.

One might ask, "How do you know this? Are you judging people and their motives?"

Well, how does one know that the Church as a priority may be misplaced? There are signs, evidences that reveal this. They include irregularity in and indifference to church matters. To show up and/or participate passionately for a while, then passionately not show up and/or participate is dangerous. It is dangerous because it shows instability. Let the word of God speak to us. "A double minded man is unstable in all his ways" (James 1:8). To vacillate between jobs-well-done and jobs-half done is evidence that "the Church" is not a consistent priority.

No one is being judged. However, we are all under constant review. All sorts of excuses are offered.

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



For some, it is "family problems, personal matters, lack of spiritual clarity, temporary lapses into old habits," and a lot more.

Just know that any Christian who is drawn away after other interests, lusts, or likes to the detriment of his/her relationship with the Church is in rebellion. Hebrews 10:25 teaches,"... Not forsaking the assembling of ourselves together...; but exhorting one another..." So please receive this appeal and exhortation "that the church maintains a place of affection above all institutions of human origin" (Church Covenant -modified).

Shalom, my Friends
Bishop Kenneth C. Doe

September Sermon Recap

September 4th
Why We Do, The Things We Do
John 19:28-37

Series: TRUSTING GOD IN ALL THINGS

September 11th
The Faith Versus Fear Dilemma
Mark 10:17-27

September 18th
The Faithful Steward
James 5:1-6

September 25th
Obedience Ushers In Restoration
Numbers 27:1-23
1 kings 17:1-4

Month of October 2022

GRACE GROUP

WARDS
Deacon Fields, Deacon Glover and Deacon Rivers
Sundays - 1st and 3rd

October 2nd and October 16th
10:00 am
Doors Secured at 10:00 am Sharp

MERCY GROUP

WARDS
Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays - 2nd and 4th

October 9th and October 23rd
10:00 am
Doors Secured at 10:00 am Sharp

October 30th

Ward Attendance (To Be Determined)
10:00 am
Doors Locked at 10:00 am Sharp

Month of November 2022

MERCY GROUP

WARDS
Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays - 1st and 3rd

November 6th and November 20th
10:00 am
Doors Locked at 10:00 am Sharp

GRACE GROUP

WARDS
Deacon Fields, Deacon Glover and Deacon Rivers
Sundays - 2nd and 4th

November 13th and November 27th
10:00 am
Doors Locked at 10:00 am Sharp

You can also join via Conference Call.
Dial (848) 777-1500, when prompted, enter 8438384410.

RADIO BROADCAST
Tune in on Sunday Afternoons
2:30 - 3:30 PM - WKWQ 100.7

Please continue to practice Covid protocols.

Health Corner



Dr. Andra 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.



Voter Registration Deadlines in South Carolina

- **Online registration deadline:** Sunday, October 09, 2022
- **Register by mail deadline:** Must be received by Tuesday, October 11, 2022
- **In person registration deadline:** Sunday, October 07, 2022

Beaufort Alumnae Chapter Delta Sigma Theta Community Service Award 2022



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.

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 (1 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." 1 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. 1 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 1 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



"A Seniors' Perspective"

THE LEGEND OF THE SPIDER

There's an old Danish Legend with a lesson for us all. Of an ambitious spider and his rise and his fall, Who wove his sheer web with intricate care As it hung suspended somewhere in mid-air, Then in soft, idle luxury he feasted each day On the small, foolish insects he enticed as his prey, Growing ever more arrogant and smug all the while, He lived like a "king" in self-satisfied style- And gazing one day at the sheer strand suspended, He said, "I don't need this" so he recklessly rended The strand that had held his web in its place And with sudden swiftness the web crumpled in space- And that was the end of the spider who grew So arrogantly proud that he no longer knew That it was the strand that reached down from above Like the chord of God's grace and His infinite love That links our lives to the great unknown, For man cannot live or exist on his own- And this old legend with simplicity told Is a moral as true as the legend is old- Don't sever the "lifeline" that links you to The father In Heaven Who Cares For You.

Helen Steiner Rice

Submitted by, Sister Ruth Johnson