



Dr. Ardra Davis-Tolbert

Depression

How would you answer these questions?

- ◆ Do you have problems sleeping or find yourself wanting to sleep all the time?
- ◆ Do you often feel tired or run down?
- ◆ Have you gained or lost a lot of weight without dieting?
- ◆ Do you often feel like life is not worth living?
- ◆ Do you often yourself hiding your feelings of sadness?
- ◆ Do you find it difficult to remember the last time you were happy?
- ◆ How would you rate your self-esteem?
- ◆ Do you have trouble concentrating or remembering things?
- ◆ Have you lost interest in things you used to enjoy?
- ◆ Do you have a family history of mental illness?

Depression is a disease caused by a chemical imbalance in the brain. It affects about 20 million Americans. It can occur at any age but peaks in adulthood (mid 20s to mid 40s). It can affect men and women but more prevalent in women.

The symptoms of depression are:

-irritability- hopelessness - trouble sleeping - fatigue -low energy - feeling worthless or guilty for no reason -significant weight change - feeling agitated- difficulty concentrating five or more of these symptoms are present most of the day for at least 2 weeks straight, the suspicion for depression is high. If these symptoms persist without treatment, depression can impair one's ability to function at home, work and socially.

Extreme cases of depression can lead to thoughts of suicide.

The treatment for depression takes time but healing is for sure. The goal of treatment is centered on changing the brain chemistry. The best approach is multimodal. Treatment incorporates:

- ◆ Proper rest ,Well balanced diet , Exercise And Counseling. Medications- affects the chemicals in the brain that regulate mood.
 - ◆ Spiritual relationship with God
- There is a misconception that Christians do not get depressed. That is like saying Christians do not get diabetes or high blood pressure. It is our relationship with God that gives us hope when all seems hopeless. It is our relationship that reminds of us the positive power of prayer. It is our relation-

Submitted by,
Dr. Ardra Davis-Tolbert



Elijah and Alberta Abram ~ Dec. 16th (50yrs.)



Charlotte Yates-Murray~ December 11th
Pat Cuyler ~ December 12th
Nazyia Mitchell~ December 13th
Camille Allen ~ December 15th
Dante` Malachi Smalls December 22nd
Carol Lynard ~ December 25th
Dr. Claude Tolbert ~ December 25th
Annette Austin ~ December 28th

Youth Choir Rehearsal

The Youth Choir will not rehearse December 10, 2022. The next rehearsal will be December 17, 2022 at 9am.

I will update you if there are any changes.

Sister Karen Williams



Youth Choir rehearsal will be held every Saturday before the Second (2nd) and Third (3rd) Sundays from 10:00 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

Stamp
Here



Then It Came To Me,...

What's A Christian To Do?" It's Christmas Time, Again!"

Well, twelve months have passed. We have stepped further into this new millennium. Time seems to be zooming past. New stuff is going out of style faster than ever. Selfishness seems pervasive. "It's all about Me" wants to upstage "The Star Spangled Banner" and "I Will Trust In The Lord."

Few people seem to want to receive sound advice, while the uninformed do their thing, parents, guardians, church folk, teachers, the elderly are expected to step aside, and then step in after the mess is made.

Children are crying for the attention of parents, or somebody. Innocent babies are shuffled from one noncaring setting to another. Many refuse to receive the Church as a center for ongoing spiritual enrichment and treatment. These persons seem to have a "patch me up and let me go" attitude.

And all of this is just SOME of the stuff. This is some of the stuff that creates the settings within which we must herald, "Peace On Earth, Good Will Toward Men?"

"What's A Christian To Do?..." Simple. Stick with that which is timeless, unaltered and the absolutely sufficient Truth, the Word of God. Over twenty-seven centuries ago, this Truth was foretold in prophecy; over twenty centuries ago, this Truth came and dwelt among us.

Isaiah 9:6-7

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. Of the increase of his government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even forever. The zeal of the Lord of hosts will perform this."

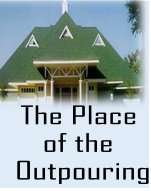
Luke 2:11

"For unto you is born this day in the city of David a Saviour, which is Christ the Lord."

"What's A Christian To Do? It's Christmas Time, Again!" We will share the Truth of God's love. We

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



will reflect the Truth of God's love. This is what we, Christians, should do!!
Happy Birthday, Jesus!!

Shalom, my Friends,
Bishop Kenneth C. Doe



Luke 2: 1-7, 10-14 (KJV)

And it came to pass in those days that there went out a decree from Caesar Augustus, that all the world should be taxed.

(And this taxing was first made when Cyrenius was governing Syria.)

And all went to be taxed every one into his own city. And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David :)

To be taxed with Mary his espoused wife, being great with child.

And so it was, that, while they were there, th days were accomplished that she should be delivered.

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And the angel said unto them, Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord

And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward all men.

"SAVE THE DATE" HOLY CONVOCATION 2023

January 2nd — January 6th

Time: 7pm

Bethesda Christian Fellowship

Livestream: Facebook and
YouTube.

Worship will be recorded and
made available on cd's.

November Sermons Recap

November 6, 2022

Preferring the New
Matthew 9:16-18

Bishop Kenneth C. Doe

November 13, 2022

Church 85th Anniversary

The Most Important Question for the Church: Who
Do You Say That I Am?

Matthew 13:13-19

Rev. Lawrence Miller

November 20, 2022

Bishop Appreciation

Thank God for My Angel

Psalm 91:1-11

Pastor John Porter

November 27, 2022

Obscurity in the Hands of Almighty God

Micah 5:2

Bishop Kenneth C. Doe



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



Bishop Kenneth C. Doe



Prophetess M. Holmes



Prophetess C. Major



Elder F. Furman



Evangelist C. Jackson



Minister P. Tolbert



Evangelist G. Goethe



Evangelist J. Rivers



Evangelist B. Simmons



Minister K. Wright

Ministry of the Spoken Word

With a view toward greater understanding of God's plan for His church, we begin to examine specific ministries of our fellowship. So, we must begin by asking certain questions. Which of these ministries are primary and fundamental? Are there certain ones out of which or on which others are built? Which is of greatest priority in God's plan for His church? Out of these and other considerations, an obvious pivotal point emerges. "The Ministry of the Spoken Word" is by far this pivotal point. Also

called *teaching, preaching, tending, and feeding, the ministry of the Spoken Word is the proclaiming of the Gospel (good news) message of the redemptive plan of God through Jesus Christ for all mankind. In a word, the purpose of the Ministry of the Spoken Word is "RECONCILIATION." Since this explanation is already given and preserved in the Holy Bible's account for us, let us share that.

II Corinthians 5: 18-21: "Now all things are of God who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God. For He made Him who know no sin to be sin for us, that we might become the righteousness of God in Him."

Strong's Exhaustive Concordance explains that the Greek word for "reconciled" means to change, exchange, re-establish, restore relationships, make things right, remove an enmity. So, the purpose of the Ministry of the Spoken Word is the re-establishment of a proper, loving, relationship between God and man.

This ministry's purpose is achieved through a blending of several possible means. Most prominent and prevalent in our fellowship is the Expository Preaching and Teaching. Through intense, focused prayers, study and meditation on the Holy Scriptures, the Lord leads in sharing a direct, living, relevant word (rhema) to the people. Then, the Spoken Word may at times involve an in-depth delving into the riches of God's word that has a more academic flavor. It seeks to hammer in basic scriptural truths which undergird our daily walk. It is at times a monologue, with the preacher as the sole voice. Then, it may be dialogical, as the participation of others is elicited. The Spoken Word goes forth in formal settings from small breakfasts or luncheons, to masses in corporate worship. It is happening at Bible Colleges, Seminaries, and Camp Meetings. There are worldwide media-based Evangelistic Crusades. Then, there is the one-on-one street evangelism. The scenes and settings may yield variety. But, the message is always the same. Why, though, is this Ministry of the Spoken Word important to wholeness in our fellowship? We are living in a time when so much is given to

gimmicks in ministry. Unfortunately, many are being led along by fanciful tactics that generate sensation, most often without substance. The Word of God is the very source and resource for Divine truth. Everything else in ministry depends on a solid, sound rooting in the Word of God. Why is it important? Let us look at **Romans 10: 13-15:** *"For whosoever calls on the name of the Lord shall be saved. How then shall they call on Him in whom they have not believed? And how shall they believe? And shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach, except they be sent? As it is written, How beautiful are the feet of them that preach the Gospel of peace, and bring glad tidings of good things!"* The Ministry of the Spoken word provides the substance (the truth of the Word) and the oil (the Power of the holy Spirit) for the working together of all the parts (ministries) of this fellowship. Foundational in our church's Mission is Evangelism. Foundational to Evangelism is the Ministry of the Spoken Word. Then, the vision of the church involves two major thrusts of the Ministry of the Spoken Word. First, there is the ongoing sharing of the gospel for this purpose of reconciliation (salvation). Then, must be continually preached and taught "for the equipping of the saints for the work of ministry, for the edifying of the body of Christ"

Ephesians 4: 12

***cf. Matthew 28:19-20; Mark 16:15; Luke 24:46-47; John 21:15-17**



"A Seniors' Perspective"
What Is a Pastor?

A Christmas Message for You

Our pastor is someone who was chosen by God, as a shepherd of souls in his care, He's someone who comforts an unhappy heart with a smile or a word or a prayer. Our pastor is someone whose goal is to follow a worthy and lofty ideal. To guide other souls in the straight paths of truth, to sympathize, comfort and heal. Our pastor is someone whose constant devotion enriches the living of others. He's someone who preaches the wonderful message, that in Jesus Christ all men are brothers and sisters.

Submitted by
Sis. Ruth Johnson

Church Anniversary 2022



Bishop Appreciation 2022



Month of December 2022

GRACE GROUP

WARDS

Deacon Fields, Deacon Glover and Deacon Rivers

Sundays - 1st and 3rd

December 4th and December 18th

10:00 am

Doors Secured at 10:00 am Sharp

MERCY GROUP

WARDS

Deacon Holmes, Deacon Middleton and Deacon Bailey

Sundays - 2nd and 4th

December 11th and December 25th

10:00 am

Doors Secured at 10:00 am Sharp

Month of January 2023

MERCY GROUP

WARDS

Deacon Holmes, Deacon Middleton and Deacon Bailey

Sundays - 1st and 3rd

January 1st and January 15th

10:00 am

Doors Secured at 10:00 am Sharp

GRACE GROUP

WARDS

Deacon Fields, Deacon Glover and Deacon Rivers

Sundays - 2nd and 4th

January 8th and January 22nd

10:00 am

Doors Secured at 10:00 am Sharp

January 29 2023

5th Sunday

To Be Announced

10:00 am

Doors Secured at 10:00 am Sharp