



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

Happy Anniversary

Jerry & Carolyn Hewins ~ Feb. 22nd



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

New Youth



Choir Members Welcome!
 The next rehearsals will be February 11, at 10:00 am to 11:30 am and February 18, at 9:00 am to 10:30 am.

The Youth Choir will start Ministering on Sunday February 19th, 2023.

Thank you,
 Youth Choir Director
 Sister Gwen Smith



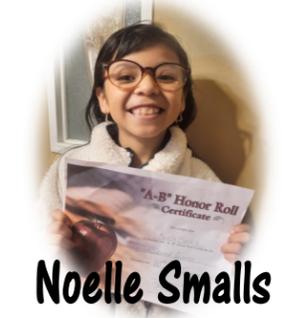
BETHESDA CHRISTIAN FELLOWSHIP
 Post Office Box 515
 Saint Helena Island, South Carolina 29920

HONOR ROLL

ST. HELENA ELEMENTARY SCHOOL



Natalie Smalls



Noelle Smalls

BEAUFORT HIGH SCHOOL



Jasmine D. Smalls

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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



From The Bishop's Desk

Then It Came To Me.....

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 deserves prompt, quality attention. Be reminded that our work speaks of us and our Savior even when we are absent. What would another believer or an unbeliever

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



conclude about us and our Savior upon review of our work? So, "redeeming the time" in this case refers to quality-production in a timely manner. One of the most powerful ways of offering a most powerful testimony is by "redeeming the time." Wasted or misused time is never reclaimed. The Apostle Paul admonishes the Saints at Ephesus, Bethesda, and beyond regarding avoiding sinful lusts, walking carefully, and "redeeming the time."

It is my prayer that we take heed.

Shalom, my Friends,
 Bishop Kenneth C. Doe

January Sermon Recap

January 1, 2023

In The Earthquake - Acts 16:22-34
 Bishop Kenneth C. Doe

January 8, 2023

Shake It Off - Acts 26:32; 27:1-44; 28:1-6
 Bishop Kenneth C. Doe

January 15, 2023

Getting Back on Track - Galatians 5:7 - 10
 Bishop Kenneth C. Doe

January 22, 2023

Each One Is One - Acts 8:1-8; Acts 7:54-60
 Bishop Kenneth C. Doe

January 29, 2023

Simply Essential - Luke 17:11-19
 Bishop Kenneth C. Doe

HEAVEN'S HEALING FOR THESE TIMES
 JOHN 5:6
HOLY CONVOCATION 2023

January 2, 2023
 The Magnitude of GOD's Love
 Genesis 1:26-28
 Romans 9:33
 Romans 10:8-13

January 3, 2023
 Father Forgive Me
 2 Corinthians 7:8-10

January 4, 2023
 The Goal of Healing Is Wholeness
 John 5:1-9
 3 John 1:2

January 5, 2023
 Where's The Pain?
 Matthew 19:16-22
 Mark 10:17-22
 Luke 18:18-22
 Psalm 66:18

January 6, 2023
 Jesus Promised
 John 10:10

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

Black History Month 2023 "Black Resistance"

"Black Resistance" is the theme that has been selected by the Association for the Study of African American Life and History, the founders of Black History Month, which runs today through Feb. 28. It's a multi-layered topic, and one that allows for study and discussion on many levels because, the association writes, Black people have had to consistently push the United States to live up to its ideals of freedom and justice for all. That includes the use of sit-ins, walkouts and strikes; organizing insurrections against those who enslaved Blacks; the development of media outlets, including an important one in the Pittsburgh Courier; the establishment of cultural centers, libraries and social clubs; the establishment by Black professionals of hospitals, nursing schools and clinics where Blacks could receive quality medical treatment; the formation of businesses and labor unions; the establishment of school systems and the expansion of Historically Black Colleges and Universities; the use of music and sports to show solidarity; and an increasing involvement in politics.

It's a lot of ground to cover but, as the academy writes, it's important to examine the history of how Black Americans have worked to establish safe places where Black life can be sustained, fortified and respected.

Black History Month was established by Carter G. Woodson. Woodson, who was born in 1875 as the son of former slaves, was a former coal miner and educator. Woodson understood that a proper education was important in seeking to make the most out of one's freedom. He earned his high school diploma in an all-Black high school in Huntington, W.Va., and advanced degrees at the University of Chicago. Woodson was the second African American to earn a doctorate at Harvard, before he established the association in 1915 and began "Negro History Week" in 1926 after recognizing a lack of information on the accomplishments of Blacks in American history. February was chosen because of the correlation with the birthdays of abolitionist author Frederick Douglass and President Abraham Lincoln. Taught the theories of "Black inferiority" the same as white students when he earned his degrees, Woodson understood those teachings were false, and knew his mission was to teach

truth. It's knowledge that is available to all during Black History Month, and it presents an opportunity to ponder contributions in all walks of life, to be educated, to learn and to appreciate.

- The theme explores how "African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings."
- In February the resistance of Black people over the years in the fight for self-determination, including through political activism such as the Civil Rights movement, sit-ins, boycotts, walkouts, and strikes, will be honored.

National Black History Month Timeline

1619

- ♦ Likely not the first appearance of African slaves in America, this is still a critical date in Black History. Colonist John Rolfe documents the arrival of a ship with "20 and odd" Africans who had been kidnapped by Portuguese and are brought to the New World.

1831

- ♦ Slave revolt in American history is led by Nat Turner in Southampton County, Virginia.

1863

- ♦ During the third year of the Civil War, US President Abraham Lincoln declares that enslaved people shall be "forever free".

1926

- ♦ American historian, Carter G. Woodson is determined to bring African American History to the forefront, so he begins with Negro History Week in 1926, which eventually develops into Black History Month.

1976

- ♦ First National Black History Month is observed

Bottom Line

All people, regardless of race or place, deserve the same rights and freedoms. For too long, Black and brown people in America have been denied equality because of the color of their skin.

The Fight for those same rights, continues ...

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!

Watch Night

Psalm of Praise
Psalm 1,2,3,4,5,6,8,139
Ministers Of Bethesda

Wisdom and Wonder in God's Word

January 4th, 2023

"Faith In Action, Continued"
Romans 14:1-15:13
Overseer Kenneth C. Doe

January 11th, 2023

"Concluding Emphasis"
Romans 15:14 - 16:27
Bishop Kenneth C. Doe

January 18th, 2023

"Remembering Who's In Control"
Psalm 73:17
Bishop Kenneth C. Doe

January 25th, 2023

"Trusting GOD - A Decision"
Psalm 56:3
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

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.

Bethesda Christian Fellowship Zoom Church School

Time: 4:00 PM

Zoom Information:
[https://us06web.zoom.us/j/89418531266?](https://us06web.zoom.us/j/89418531266?pwd=a1JFMUJuaWNEVEluMGtydIQ1VFhWQT09)
[pwd=a1JFMUJuaWNEVEluMGtydIQ1VFhWQT09](https://us06web.zoom.us/j/89418531266?pwd=a1JFMUJuaWNEVEluMGtydIQ1VFhWQT09)

Meeting ID: **894 1853 1266**
Passcode: **905054**