



- 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

Bethesda Herald Newsletter

We would like to place all Anniversaries, Birthdays, Graduations and Special Achievements and church information in the Newsletter, but we need your help. Please submit to church email:

bethesdachristianfellowship36@gmail.com
Sister Barbara Jean Holmes



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

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 - Access Code

Wisdom and Wonder in God's

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.



Choir Members Welcome!

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 time has been changed or has been 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

Bible Promises to Remember for Healing and Illness

John 14:27 "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." The threats of this world are real, but we do not stand against such threats alone. Our Heavenly Father stands with us, and in Him, we can find all we need to face such times. The Lord offers to us a spirit of peace in place of fear and a spirit of hope in a place of worry.

2 Chronicles 7: 14 reminds us to humble ourselves before Him and to seek Him for healing upon our land. This earth is His creation for His people, and we know that He Who died for His creation intends to sustain it. Draw upon His strength each day for the worry that day holds, and rest securely that He is indeed faithful to be with us, even to the end of the age.



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

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



The Place of the Outpouring

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,
Bishop Kenneth C. Doe



The National Women's History Alliance, which spearheaded the movement for March being declared National Women's History Month, has announced the women's history theme for 2023, "Celebrating Women Who Tell Our Stories." Throughout 2023, the NWA will encourage recognition of women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, and more. The timely theme honors women in every community who have devoted their lives and talents to producing art, pursuing truth, and reflecting the human condition decade after decade.

From the earliest storytellers through pioneering journalists, our experiences have been captured by a wide variety of artists and teachers. These include authors, songwriters, scholars, playwrights, performers, and grandmothers throughout time. Women have long been instrumental in passing on our heritage in word and in print to communicate the lessons of those who came before us. Women's stories, and the larger human story, expand our understanding and strengthen our connections with each other.

As in previous years, the Alliance, which is centered in Santa Rosa, California, will encourage local communities throughout the country to use the year's theme to guide their own celebrations. The NWA will popularize national efforts through on-line celebrations, a special magazine and thematic products that recognize and honor these brave, accomplished and influential women

who told - and continue to tell - our stories. Today and over the years ahead, their dedication and shared desire to give voice to the voiceless are critical to keeping us informed, entertained and aware.

First Presidential Message, 1980

President Jimmy Carter

In celebration of our 35th anniversary, we are including a copy of the first proclamation issued to the nation in recognizing and celebrating women's historic achievements.

For the full history of National Women's History Month, visit the Women's History Month section of our website.

President Jimmy Carter's Message to the nation designating March 2-8, 1980 as National Women's History Week.

From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

As Dr. Gerda Lerner has noted, "Women's History is Women's Right." - It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision."

I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980.

I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality - - Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul.

Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.

This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that "Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex.

Stamp Here





Anna DeCosta Banks

Anna DeCosta Banks was born on September 2, 1869, in Charleston, South Carolina. In 1891 she graduated from Hampton Institute, now known as Hampton University, in Virginia. Banks was the first head nurse at the Hospital and Training School for Nurses in Charleston, South Carolina, located at 135 Cannon Street. This hospital was later renamed to McClellan-Banks Memorial Hospital. She became the Superintendent of Nurses, a position she held for 32 years. Additionally, Banks wrote an article in 1899 regarding the issues African American nurses faced for the Hampton Training School for Nurses and Dixie Hospital. At this time, segregation affected where African-American nurses were able to work. Banks stressed the need for funding and donations at various hospitals to provide practical training for African-American nurses. Meanwhile, Banks also privately worked as a visiting public-health nurse for the Ladies Benevolent Society for Charleston. She served this society for twenty-four years and as a collector interacting with black policyholders for the Metropolitan Life Insurance Company. When Banks died, the society gave her the tribute: "All ages, classes, races, called her blessed". Banks had such a significant effect on nursing within the state of South Carolina that the Medical University of South Carolina named a wing of their hospital after her.



Dr. Matilda Arabella Evans

Matilda Arabella Evans was born on May 13, 1866. Matilda was the oldest of three children and spent much of the beginning of her life working in fields alongside her family. She attended the Schofield Industrial School, which was established by Martha Schofield, a Philadelphia Quaker. Schofield assisted Evans with applying to college and became her mentor, she helped Evans raise the funds needed for Evans to attend Oberlin College in Oberlin, Ohio. She left in 1892 after accepting a teaching position at Haines Institute in Augusta, Georgia. After a year of teaching, Matilda entered the Woman's Medical College in Philadelphia, with the help of her resourceful mentor, Schofield, who persuaded a wealthy benefactor, Sarah Corlies, to fund her education. In 1897 Evans received a medical degree and abandoned her goal of becoming a medical missionary in Africa to move to Columbia, South Carolina. Became the first African-American woman licensed to practice medicine in South Carolina and an advocate for improved health care for African Americans, particularly children. and set up a practice. In 1922 Dr. Matilda Evans became the only black woman in the United States to serve as the president of a state medical association when she became president of South Carolina's Palmetto M.A. Evans also served as a regional Vice President of the National Medical Association and also established the Negro Health Journal of South Carolina.

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

**Scholarship Information
High School Graduates**

BAC 2023 Eligibility Criteria
SECONDARY SCHOLARSHIP ELIGIBILITY CRITERIA
BAC COLLEGIATE SINGLE-PARENT ELIGIBILITY CRITERIA
SINGLE-PARENT COLLEGIATE SCHOLARSHIP
Go to: Bethesda Christian Fellowship web site for all Eligibility and Criteria needed for Scholarships or see your School Guidance Counselor.

**Deadline for Scholarship Applications
Thursday, March 9, 2023, at 11:55 p.m.,**

Senior's

Any senior who would like or is interested in contributing to the Bethesda Herald Newsletter, "A Senior's Perspective", please see **Sister Ruth Johnson**, through the church secretary.
Sister Barbara Holmes

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?

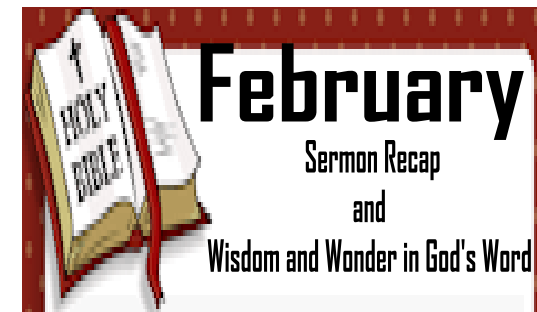
- ◇ **BLOOD PRESSURE CHECK**
 - ◆ YEARLY, ESPECIALLY WITH FAMILY HISTORY
- ◇ **BLOOD WORK TO SCREEN FOR DIABETES**
 - ◆ YEARLY WITH STRONG FAMILY HISTORY
 - ◆ OTHERWISE, SCREEN AT AGE 45 OR SOONER WITH SYMPTOMS
- ◇ **BLOOD WORK TO SCREEN FOR HIGH CHOLESTEROL**
 - ◆ YEARLY WITH STRONG FAMILY HISTORY
 - ◆ 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 EXCELENT!!
 - ◆ 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

Church Information



February 1, 2023 1:00 pm
Spiritual Comfort Food
Bishop Kenneth C. Doe

February 5, 2023 10:00 am
All or None at All
Bishop Kenneth C. Doe

February 8, 2023 1:00 pm
Almighty God and His Giftings
Bishop Kenneth C. Doe

February 12, 2023 10:00 am
Do You Really Know Him?
Prophetess Marvelyn Holmes

February 15, 2023 1:00 pm
Source Over Resource
Bishop Kenneth C. Doe

February 19, 2023 10:00 am
Christians Connecting Learning with Living
Bishop Kenneth C. Doe

February 22, 2023 1:00 pm
Spiritual Gifts: Glorification and Edification
Bishop Kenneth C. Doe

February 26, 2023 10:00 am
Never A Bad Time to Come Home
Bishop Kenneth C. Doe