

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](mailto:bethesdachristianfellowship36@gmail.com)



- A'Nya Bridges ~ Oct. 2nd
- Cheryl Hendrix ~ Oct. 3rd
- Madline Alston ~ Oct. 4th
- Mildred Bearden ~ Oct. 5th
- Deaconess Margret Middleton** ~ Oct. 5th
- Elijah Abram ~ Oct 6th
- 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. & Gwendalyn H. Doe**  
**Deacon York & Mildred Glover**

# CONGRATULATIONS



**KYMONI MARTIN**  
Whale Branch Early College  
9th Grade  
13 Book Reports  
Most book reports completed and turned into Bishop K.C. Doe.



## New Youth

Youth Choir rehearsal will be held every Saturday before the **Choir Members** Second (2nd) and Third (3rd) Sundays from 10:00 am to 11:30 pm unless you are notified of an adjustment in time or 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,...

"Choosing the Right Place to Build" is the central theme of Matthew 7:24-27. The formula is not very complex. In His words concluding the Sermon on the Mount, Jesus leaves the final choice with the hearers. Obedience to Jesus' teachings is a guarantee of success. It is distressing to see that close to us meet trouble after trouble and failure after failure. We sometimes confuse Christian obligation with sentimentality and are moved to help restore our fallen brothers and sisters again and again. It is essential, however, that we grasp the essence of Jesus' closing words. At some point, each of us makes a decision about living for the Lord. The decision might be for or against. But it is made. We too often fail to realize the effect of that decision on our lives.

How much simpler can it be presented? Those who hear and heed the teachings of Jesus choose to build on Security. Those who choose otherwise make risky investments building on foundations that soon give way.

The security offered through Jesus is changeless and ever-present. On the other hand, the appearance of security found in other persons and things is not able to withstand the extreme pressure that life's storms bring.

The illustration in this passage pictures two houses being built. Each is the target of the rain, floods and winds. We have no written indication of major differences in the quality of the houses. Neither is there written evidence that the intensity of the storm changed as it came upon either house.

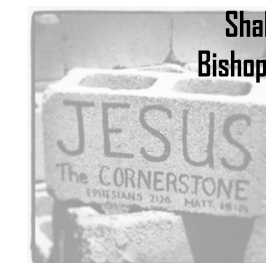
So, assuming these things to be the same, what was it that caused one to stand and the other to fall? The difference, we gather, is in the house spots. One was built on sand. The pressure of the storm caused the sand to shift. That house had to fall. Such are the lives of those who put

# The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



their hope, trust and security in persons/ things that can take only so much pressure. The storms of life cause the foundations to give way. This is not so for those anchored in Jesus. God, the Father, through Jesus and the Holy Spirit, provides a foundation that is from everlasting to everlasting. Those who choose to build here enjoy contentment and security. Of all the repairs life might ever need, its foundation will never be one of them. Deciding to build is excellent; "choosing the appropriate place is essential."



Shalom, my Friends  
Bishop Kenneth C. Doe

## Month of October 2023

### GRACE GROUP

**WARDS**  
Deacon Fields, Deacon Glover and Deacon Rivers  
**Sundays** - 1st and 3rd  
**October 1st and October 15th**  
10:00 am  
Doors Secured at 10:00 am

### MERCY GROUP

**WARDS**  
Deacon Holmes, Deacon Middleton and Deacon Bailey  
**Sundays** - 2nd and 4th  
**October 8th and October 22nd**  
10:00 am  
Doors Secured at 10:00 am

### October 29th

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

## Month of November 2023

### MERCY GROUP

**WARDS**  
Deacon Holmes, Deacon Middleton and Deacon Bailey  
**Sundays** - 1st and 3rd  
**November 5th and November 19th**  
10:00 am  
Doors Secured at 10:00 am

### GRACE GROUP

**WARDS**  
Deacon Fields, Deacon Glover and Deacon Rivers  
**Sundays** - 2nd and 4th  
**November 12th and November 26th**  
10:00 am  
Doors Secured at 10:00 am

### 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.

**We Continue to pray for and with those who are waiting for healing and Deliverance.**



## Pine Grove Baptist Church

The church will fellowship at Pine Grove Baptist Church in Burton on Friday, October 6th.

## Beaufort Alumnae Chapter Delta Sigma Theta DELTA OF THE YEAR



## 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 dotting 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



## RESPECT FOR ELDERS

Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: *I am* the LORD. (Leviticus 19:32)

Getting old can bring aches and pains, but the scripture suggest that it should also bring a specific respect. Stand up in the presence of the aged, show respect for the elderly, and revere your GOD. For seniors who maybe feelings lonely, uncertain, or depressed by the things they no longer can do, it's a reminder that they are intended to be a valued part of their faith community. Saints remember to check in on our senior saints. Ask them, how are you really doing? Ask if you can be of help in anyway? Do you need a ride to church, the doctor, or the store? Do you need help cleaning your house? Can I come and sit with you for awhile?

Some seniors are proud seniors and don't want to be a burden to their children, friends, neighbors, and especially our church members. So please be persistent checking on the seniors saints.

Submitted by, Sister C. Bennett