



Congratulations Class of 2024

Say It Loud Essay



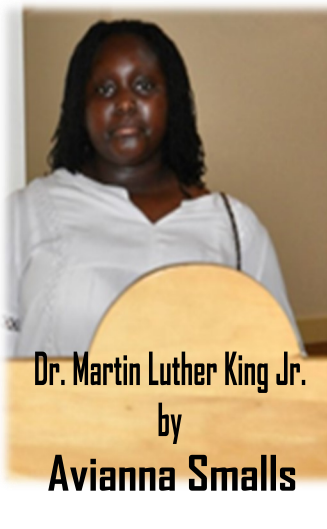
Ida B. Wells
by
Shakierra Gardner



Madam CJ Walker
by
Shamiya Gardner
June 16, 2024



Black & White
by
A`Shaunti Abner



Dr. Martin Luther King Jr.
by
Avianna Smalls



Medgar Evers
by
Davian Smalls
June 30, 2024



Lewis Howard Latimer
by
Mahki Brown



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

Bethesda Christian Fellowship Livestreaming



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

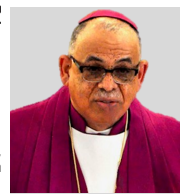
Access the broadcast by phone at
**1(848)777-1500 - Conference ID
8438384410 - Access Code**

Wonder and Wisdom in God's Word

Please join us for "Wonder and Wisdom 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



Bishop Kenneth C. Doe

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship

July Issue 2024



From The Bishop's Desk

Then It Came To Me...

Deciding to receive Jesus Christ as Lord and Savior is THE most valuable and important matter any human being ever faces. That one decision for Christ informs and improves all of time and eternity for all who believe. Receiving Jesus Christ as Lord and Savior is the beginning of the most wonderful and meaningful existence ever possible. That wonderful and meaningful existence hinges on the decisions we continue to make. In John 10:10, Jesus says, "...I am come that you might have life more abundantly. "Abundant life being the will of Christ Jesus for us, what are those matters that we must embrace, and when shall we?"

God, our loving Father, is always expressing His concern for our spiritual growth and maturity. Through His ever-relevant Word and His ongoing revelations, He lovingly prods us to do it better and do it now.

Last summer, our Father spoke His plan and desire to speak to us through a planned series of messages. This plan was born out on January 3 - 7, 2011 in a revival themed, "The Time Is Now."

Why am I writing about this now? Simply put, "The Time Is (Still) Now." Those messages are timeless, and consequently ought still be heard and embraced by all of us.

THE TIME IS NOW....

- To Be Hot Or Cold
- To Appreciate Gifts and Functions
- To Keep The Fire Burning
- To Reclaim My Peace
- To Stand.

Every serious Christian ought hear and hear again these critical messages. Invest in the Spiritual Maturity of self and others.

Then, our Lord instructed us to have a reconvening on Friday, June 24, 2011. This gathering was themed, "A CALL TO REFRESHING."

This anointed worship experience reminded us of God's sovereign rule and our need to trust Him. He is still in control and is working for our welfare. So, we ought to learn to affirm His promises, thereby diminishing our fears.

These worship experiences were sent that we may embrace "abundant life" more effectively. They are available for our edification. Contact the church's office to secure your copy.

Shalom, my Friends,
Bishop Kenneth C. Doe



- July 8th ~ Carolyn Smalls
- July 11th ~ Deeborah Lashawn Greene-Smalls
- July 13th ~ Cynthia Toi Grant Green
- July 19th ~ Kwaglyn Drake
- July 26th ~ Kasia Fields
- July 29th ~ Tiffany Ford
- July 29th ~ James K Mack III
- July 29th ~ Jawan Mack
- July 31st ~ Inez Smalls
- July 31st ~ Isaac Smalls



Deacon Benjamin & Jenny Fields ~ July 7th

Bethesda Herald Newsletter

We would like to place all Church related events, Anniversaries, Birthdays, Graduations and Special Achievements in the Newsletter, but we need your help to make this happen. (Please contact church Secretary) Sister Barbara Holmes

June Sermon Recap

June 2, 2024

On Taking and Giving
Matthew 16:13
Bishop Kenneth C. Doe

June 9, 2024

Kingdom Citizens
John 3:3-5; Matthew 5:3-10; Romans 10:9
Prophetess Carrie Major

June 16, 2024

GOD's Recipe for A Spiritual Father
1 Corinthians 4:15; Matthew 7:7-8
Bishop Kenneth C. Doe

June 23, 2024

A People Called To Action
2 Chronicles 7:13-14
Prophetess Marvalyn Holmes

June 30, 2024

I Believe
Jeremiah 29:11; Philippians 4:13
Bishop Kenneth C. Doe

MONTH OF JULY MERCY GROUP

Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays ~ 1st and 3rd
July 7th and July 21st
Doors secured at 10:00 am

GRACE GROUP

Deacon Fields, Deacon Glover and Deacon Rivers
Sundays ~ 2nd and 4th
July 14th and 28th
Doors Secured at 10:00 am

MONTH OF AUGUST GRACE GROUP

Deacon Fields, Deacon Glover and Deacon Rivers
Sundays ~ 1st and 3rd
August 4th and August 18th
Doors secured at 10:00 am

MERCY GROUP

Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays ~ 2nd and 4th
August 11th and August 25th
Doors Secured at 10:00 am



KINGDOM COVENANT MINISTRIES INTERNATIONAL

Extreme Heat Awareness

PROJECTS COMPLETED IN 2023 ~2024

N'ZEREKORE, GUINEA

Jesus the Learner - Luke 2:41-52

Discover Jesus in the temple talking with the leaders. He is only 12 years old, and people are amazed by what he knows and understands. He asks questions to learn more. We too can ask questions of God and each other.

Faith Guide: Ask questions to find your way.

Jesus Our Companion - Matthew 4:17-22

Discover Jesus at the Sea of Galilee, where he calls four disciples to leave their fishing nets and boats behind and follow him. He travels, eats, and works with these disciples throughout his time on earth. We are all invited to follow Jesus. And we all need people to come alongside us as we live, learn, and grow in faith.

Faith Guide: Work together, with Jesus by your side.

Jesus Our Teacher - Matthew 5:17-22

Discover Jesus at the top of a mountain preaching to a crowd! His sermon on the Mount gives us wisdom for our lives and reminds us our light shine wherever we go. We follow Jesus, who is the light of the World.

Faith Guide: Let your light shine.

Jesus Our Example - John 13:1-17

Discover Jesus at home in Jerusalem sharing a special meal with his disciples. He surprises them by washing their feet, providing an example of how he wants them and us to live. Serving others is one way we follow Jesus.

Faith Guide: Follow Jesus' example of serving others.

Jesus Our Helper - John 21:1-14

Discover Jesus on the Sea of Galilee. Even after a long night of fishing, the disciples had not caught any fish. But Jesus showed up, giving them a miraculous catch of fish and then breakfast on the beach. Jesus also helps us and cares for our needs!

Faith Guide: Trust Jesus to help when things go wrong.



Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your activities to avoid extreme heat.

In whatever activity you do outdoors, take care when the temperatures rise. If you exercise outdoors in hot weather, use these commonsense precautions to prevent heat related illnesses.

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature.

To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids. The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated. **Heat illnesses include:**

Heat cramps ~ Heat cramps are painful muscle contractions. Affected muscles may feel firm to the touch. Your body temperature may be normal.

Heat syncope and exercise-associated collapse - Heat syncope is a feeling of lightheadedness or fainting caused by high temperatures, often occurring after standing for a long period of time, or standing quickly after sitting for a long period of time. Exercise-associated collapse is feeling lightheaded or fainting immediately after exercising, such as after a race.

Heat exhaustion ~ With heat exhaustion, your body temperature rises as high as 104 F (40 C), and you may experience signs and symptoms including nausea, vomiting, headache, weakness, and cold, clammy skin. If left untreated, this can lead to heatstroke.

Heatstroke ~ Heatstroke is a life threatening emergency condition that occurs when your body temperature is greater than 104 F (40 C). Your skin may be hot, but your body may stop sweating to help cool itself. If your heatstroke occurs during exercise in hot, humid weather, you may continue to sweat for a short time after exercising.

You may develop signs and symptoms including confusion, irritability, heart rhythm problems, dizziness,

nausea, visual problems and fatigue. You need immediate medical attention to prevent brain damage, organ failure or even death.

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms include:

Muscle cramps, Nausea or vomiting, Weakness, Fatigue, Headache, Sweating extensively, Dizziness or lightheadedness, Confusion, Irritability, Low blood pressure, Increased heart rate and Visual problems.

If you develop any of these symptoms, you must lower your body temperature and get hydrated. Stop your activity immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition. Remove extra clothing or sports equipment. If possible, fan your body or wet down your body with cool water. You may place cool, wet towels or ice packs on your neck, forehead and under your arms, spray yourself with water from a hose or shower, or sit in a tub filled with cold water. Drink fluids ~ water or a sports drink.

If you don't feel better within 30 minutes, contact your doctor. If you have signs of heatstroke, seek immediate medical help.

Once you've had heatstroke, you're at a higher risk of getting a heat illness again. Get cleared by your doctor before you return to exercise if you've had heatstroke. Watch the temperature. Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity.

Get acclimated. If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. As your body adapts to the heat over the course of one to two weeks, gradually increase the length and intensity of your workouts.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids.

Dress appropriately. Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear a light-colored, wide-brimmed hat.

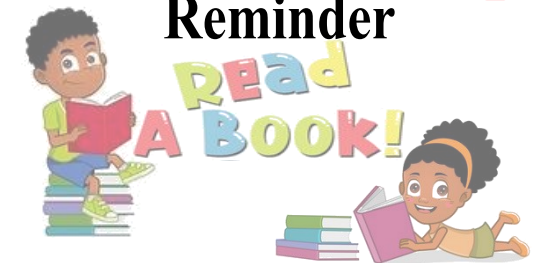
Avoid midday sun. Exercise or outdoor chores should be done in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas ~ or do a water workout in a pool.

Wear sunscreen. A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air conditioned building.

Understand your medical risks. By taking some basic precautions, your daily activities don't have to be sidelined when the heat is on.

Summer Reading Reminder



All school age kids to High school are asked and expected to submit a weekly summary of a book or chapter of a book that you read to Bishop.

To include Title and Author.

Bishop Kenneth C. Doe



Nazyia Mitchell

Say It Loud Essay



Rosa Parks by London Jenkins

May 19, 2024