



- Minister 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


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 \(revmediatv.com\)](http://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 "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.



Youth Choir rehearsal will be on March 8, 2024 from 10am until 11:30am as well as March 15, 2024 from 9:00am until 10:30am. Please notify Sister Gwen if your child will not be there for rehearsals. Youth Choir Ministers on the 3rd Sunday, March 16th. You will be notified if there are time or date changes. 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

SENIOR'S PERSPECTIVE

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

Bethesda Herald Newsletter

The Bethesda Newsletter will like to highlight our Senior Saints in the upcoming months, and will be reaching out to family members of those Senior Saints.

Worship Services

Members are free to attend worship service any Sunday. Worship services are open to visitors when accompanied by members of Bethesda Christian Fellowship. Masks are required and must be worn appropriately at all times.

Stamp Here



Bishop Kenneth C. Doe

From the Bishop's Desk

Then It Came To Me....

Stand!! Ephesians 6:13 offers this admonition and exhortation: "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand."

Frustration, anxiety, anger, depression, feelings of failure, and many of their kinsmen are constantly available to wear down believers. What begins as a moment of doubt can become an overwhelming, devastating, ominous rush. Most of us probably expect some problems or pitfalls along life's way. However, Satan, the enemy of our souls, specializes in magnifying matters that in reality are manageable. In order to buffet Satan's attacks and advance evangelistic efforts, we are directed to put on the whole armour of God. Yes, you and I can endure and advance because of this armour. What happens, though, when we're subjected to prolonged and /or intense attacks?

What happens when saints have put on the whole armour and use the whole armour? What is our resolve when we have done all we know to do? Well, according to God's Holy Word, we "Stand." Ephesians 6:13 tells us why the armour is essential. The text teaches that we need the armour, "that ye may be able to withstand..." Withstand what, we may ask? Do you not remember those dastardly kinsmen who come bringing misery to us? Those kinsmen (fiery darts) are what we withstand. Why is it, though, that we can do a good job of employing armour, yet suffer loss? Sometimes, the fight leaves us so exhausted that we become vulnerable. We let down our guards. We seem to assume that we can rest because our enemy is momentarily out of sight.

Those moments, though ever so brief, can be the times when Satan launches effective offenses. We get a little too comfortable; we

The Bethesda Herald

A Ministry of Bethesda Christian Fellowship

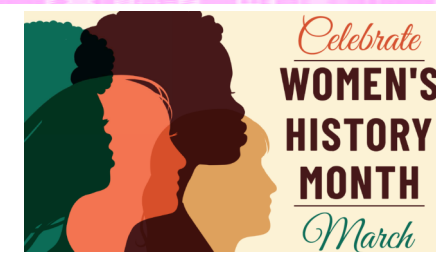
March 2025 Issue

The Place of the Outpouring



lay down our offensive armour; we compromise our ability to guard ourselves. How can we ensure that we not fall victim to Satan's plans to wear us down, and then overtake us? Well, after we have done everything, our armour empowers us to do; we just "Stand."

Shalom, my Friends,
 Bishop Kenneth C. Doe



Women's History Month is celebrated every March. It offers the chance to learn about and celebrate the contributions of women today and throughout history. The 2025 theme for the observance, "Moving Forward Together! Women Educating & Inspiring Generations," focuses on women in both the past and present who have influenced and inspired others by dedicating their lives to education, mentorship and leadership.

Fair360's 2025 Women's History Month Cultural Connection Toolkit focuses on how women empower themselves and other women with solidarity, mentorship and collaboration in the workplace. It also provides an overview of methods modern companies use to educate and boost the careers of women in their workforces. You'll also find useful facts, figures and a timeline of critical events in women's history. First established as a local celebration called Women's History Week in Sonoma County, CA, in 1978, the event was recognized in 1980 at the national level by President Jimmy Carter. He wrote at the time that when people tell the history of the United States, "Too often the women were unsung and their contributions went unnoticed. But the achievements, leadership, strength and love of the women who built America was as vital as the men whose names we know so well."

His words remain true to this day. Women's History Month provides an opportunity to change that situation.

February Sermon Recap

February 2, 2025

Jesus Christ Is Still the Way

John 14:6; Psalm 37:5; Proverbs 14:12; Proverbs 16:25 Matthew 10:16

February 9, 2025

Fruit Bearing

Proverbs 11:30; John 15:1; Matthew 12:33

February 16, 2025

Embracing The Process of Walking In Victory

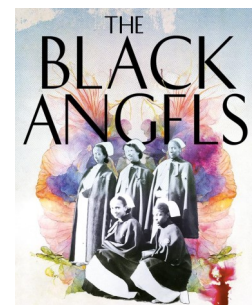
Galatians 5:22-24; 1 Thessalonians 5:19
 Ephesians 2: 1-6; 1 Corinthians 15:31;
 1 Corinthians 9:24-27; 2 Corinthians 5:17

February 23, 2025

Empowered for Results

Psalm 1:1-3; 19:14; 119:105; Daniel 10:1-14
 Jeremiah 32:27; 11 Corinthians 10:4-5

Black History

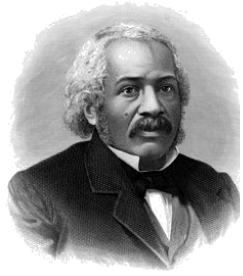


The "Black Angels" refers to a group of African American nurses who played a crucial role in caring for tuberculosis patients in the 1940s, particularly at Seaview Hospital in Staten Island, New York. During this period, tuberculosis, often known as the "White Death," had no cure and was highly contagious. Patients admitted to hospitals presented with severe lung damage, and treatment was palliative rather than curative.

Complicating matters further, the 1940s were marked by significant civil rights issues, including segregation. In health care facilities, a system of segregation prevailed, with white nurses attending to white patients and African American nurses responsible for African American patients. However, when white nurses refused to care for their white tuberculosis patients, the Black Angels stepped forward. The dedication of the Black Angels during this

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

Black History



DR. JAMES MCCUNE SMITH
April 18, 1813 - November 17, 1865

James McCune Smith was an American physician, apothecary, abolitionist and author. He was the first African American to earn a medical degree. His M.D. was awarded by the University of Glasgow in Glasgow, Scotland, where a building has been dedicated to him. After his return to the United States, he also became the first African American to run a pharmacy in the nation. In addition to practicing as a physician for nearly 20 years at the Colored Orphan Asylum in Manhattan, Smith was a public intellectual: he contributed articles to medical journals, participated in learned societies, and wrote numerous essays and articles drawing from his medical and statistical training. He used his training in medicine and statistics to refute common misconceptions about race, intelligence, medicine, and society in general. He was invited as a founding member of the New York Statistics Society in 1852, which promoted a new science. Later he was elected as a member in 1854 of the recently founded American Geographic Society. He was never admitted to the American Medical Association or local medical associations, very likely because of the systemic racism that Smith confronted throughout his medical career.

He has been most well-known for his leadership as an abolitionist: a member of the American Anti-Slavery Society, with Frederick Douglass he helped start the National Council of Colored People in 1853, the first permanent national organization for blacks. Douglass called Smith "the single most important influence on his life." Smith was one of the Committee of Thirteen, who organized in 1850 in Manhattan to resist the newly passed Fugitive Slave Law by aiding refugee slaves through the Underground Railroad. Other leading abolitionist activists were among his friends and colleagues. From the 1840s, Smith lectured on race and abolitionism and wrote numerous articles to refute racist ideas about black capacities.



LILA ALTHEA FENWICK
May 24, 1932 - April 4, 2020

Lila Althea Fenwick was an American lawyer, human rights advocate, and United Nations official. She was the first black woman to graduate from Harvard Law School.

Fenwick was born in Manhattan, New York City, on May 24, 1932. Her parents, John and Hilda Fenwick, were immigrants to the United States from Trinidad. She earned a bachelor's degree in history from Barnard College in 1953, before enrolling at Harvard Law School. A student in the class of 1956, Fenwick matriculated into the school's fourth class that admitted women. She then continued her studies at the London School of Economics.

During her career, Fenwick was a private practice lawyer in the Bronx, and chief of the U.N. Human Rights Section, focused on indigenous peoples, migration, gender, race, and religious discrimination issues. She retired from the United Nations in 1973, before her section's headquarters moved to Geneva. She also co-founded the Foundation for Research and Education in Sickle Cell Disease with Doris Wethers and Yvette Fay Francis-McBarnette. Harvard's Black Law Students Association offers a Ruffin-Fenwick Trailblazer Award, named for Fenwick and for George Lewis Ruffin.

Fenwick died at her home in Manhattan on April 4, 2020, from complications of COVID-19, at the age of 87.

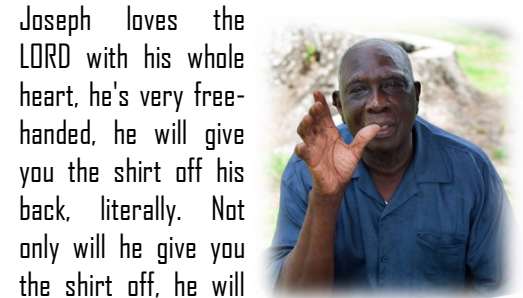
BETHESDA'S SENIOR SAINTS



DEACON JOSEPH HOLMES

Joseph Holmes born on January 8, 1935 to Eddie and Ella Holmes the 2nd of 10 children who survived to adulthood. Joseph finished school at St Helena and Penn Center.

He met and married the love of his life for 70 and a half years Essie Mae. They reared 6 children. Joseph was a jack of many trades and mastered many. These are the ones he mastered: Husband, Father, Chef, Farmer, Fisherman, Carpenter and Auto Mechanic. As a Farmer (seasonal) he provided for his family, as a Fisherman (seasonal) during the seasonal trades he provided food to be canned and kept the freezer full. Joseph did all of this while working as a full time Auto Mechanic on the military bases.



KATHERINE LOUISE SINGLETON AUSTIN

Joseph loves the LORD with his whole heart, he's very free-handed, he will give you the shirt off his back, literally. Not only will he give you the shirt off, he will make sure you get one of those big jaw breaker mint balls. Joseph is the best example of being who GOD created him to be, a superb role model as a husband, father, grandfather, great-grand-father and great-great-grand father, a friend, brother, uncle and yes a jokester.



Katherine is the 7th child of 16 born to Queen Owens Singleton and Joe Singleton on John Fripp Plantation on February 1932. Her education was at the Elting Smalls School, Penn Normal & Industrial School-grades 7th-8th, Robert Smalls, 9th-10th grade. At age 15 Katherine was kept home from school to help raise her sister's children. many decades later, because her education was important to her, Katherine completed the Beaufort County Adult Education program at St. Helena High School and received her diploma.

Katherine and Carlton Austin, Sr. (died 2009) and Fred Lynard, Sr. (died 2013) parented 5 children, Fred Lynard, Jr. (died 1964), Clarence Lynard (died 2010), Carrie B. Lynard Major, Stanley B. Austin and Carlton Austin, Jr. Katherine has spent her life taking care of others, beginning with her siblings, nieces, and

nephews. Her employment is vast as a domestic engineer that provided the means to take care of her family. She also proudly recalls her cooking experiences at the Gullah House restaurant and at Penn Center cafeteria. At Penn she shared with many her experiences growing up on John Fripp Plantation, St. Helena Island and spoke in her Gullah language. She has been interviewed by many seeking information on the Gullah culture and those writing their doctoral dissertation. She has shared her childhood memories, many intriguing stories and incidents and her cooking skills and Gullah recipes. Her cooking skills began as a child taking care of her siblings while her parents were away working in the fields.

Katherine, at age 91, still cooks daily and loves to cook for others. Her most famous food dishes are her peas & rice, red rice, chicken salad, and her famous cornbread. Katherine's deep spiritual conviction leads her to always say "if you trust him (GOD) for one thing, trust Him for the other. She is a member of Bethesda Christian Fellowship on St. Helena Island but grew her faith at the Ebenezer Baptist Church. She was baptized in 1947 in the creek (river) by Rev. C.B. Byrd along with 35 others. Katherine boasts that she has the 5th generation: 14 grandchildren, 30 great grandchildren and 33 great-great grandchildren.



Black Angels continued from pg. 1

challenging time was heroic. They cared for patients irrespective of their racial background, putting their own health at risk. In defying the societal norms of the

time, the Black Angels set a powerful precedent for nurses to look beyond skin color and prioritize the care of all patients, regardless of racial differences. Their actions not only contributed significantly to patient care during a health crisis, but also played a role in challenging and breaking down racial barriers in nursing.

Spanning the Great Depression and moving through World War II and beyond, this story follows the intrepid young women, the "Black Angels," who, for twenty years, risked their lives working under dreadful conditions while caring for the city's poorest—1,800 souls languishing in wards, waiting to die or become "guinea pigs" for

experimental (often deadly) drugs. Yet despite their major role in desegregating the NYC hospital system—and regardless of their vital work in helping to find the cure for tuberculosis at Sea View—these nurses were completely erased from history. The Black Angels recovers the voices of these extraordinary women and puts them at the center of this riveting story celebrating their legacy and spirit of survival.



Health Corner



Dr. Andra 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**
 - ◆ GARDISIL (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 EXCELLENT!!
 - ◆ 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