

We must trust and believe in the Lord to forgive us for our sins.

Sometimes, God wants us to take the long path around,

But we get impatient and because of it, we land on the ground.

How we finish the path is not always how we start,

We have to lean on Jesus and keep Him in hearts

We must stop mourning and holding things that we can toss,

Just release those things and focus on the cross

We can't rise to riches if we stay in first gear,

We must shift at least to second, because we've been in first all year.

We keep looking on the past that long over and done,

We need use all that energy to focus on the Son.

Let's stop feeling sorry for ourselves like we've been deceived,

God will help us bear our burdens like He did when we first believed.

We mess things and try to fix it but we don't know how,

Once it messed up we want Jesus to fix it and do it now.

We point our fingers at others in things they say or do,

When you point one, three fingers are pointing back at you.

When we don't have the love of Jesus in our hearts, we act any kind of way,

But once we get saved we see things as different as night is from day.

We know we cannot change what has happened to us,

We must focus to change what happens in us, that's a must.

We are about to start a New Year and that's twenty, twenty,

There will be problems and I'm sure there will be many.

Remember to stay prayed up and focus on the one who cares,

If we slip and lose focus we will definitely shed some tears.

The journey will not be easy but we must endure to the end,

Know that Jesus is not only our Savior, know He is our friend.

He leads and guides us and asked for nothing in any form or phase,

All He wants us to do to thank Him, is to give Him praise.

There will be times when we have to give up our right for the wrong,

But that's okay, we know Jesus loves us and we can finish strong.

Written by:  
Theresa B. Jenkins

### Church Infomation continued pg. 3

## New Youth



### Choir Members

Welcome!

Youth Choir rehearsal will be held every Saturday before the Second(2nd)and Third (3rd) Sundays from 11:00 am to 12:30 pm unless you receive a message indicating 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

## Bethesda Christian Fellowship After-School Ministry

After-school tutoring/homework assistance is available on Mondays and Tuesdays from 3:00 pm to 5:30 pm in the fellowship hall. Applications are available in the vestibule.

Pleas see Sister Bessie Clarke or Sister Priscilla Drake.

## Fine Arts Ministry



Dates and time are as follows unless otherwise notified.

Mime leader  
Geneva Smalls

### Rehearsal Dates for February

Feb. 7th, ~ 6:00pm, 8th ~1200 noon

Feb. 14th ~ 6:00 pm, 15th ~ 1200 noon

Feb. 21st ~ 6:00 pm, 22nd ~ 1200 noon

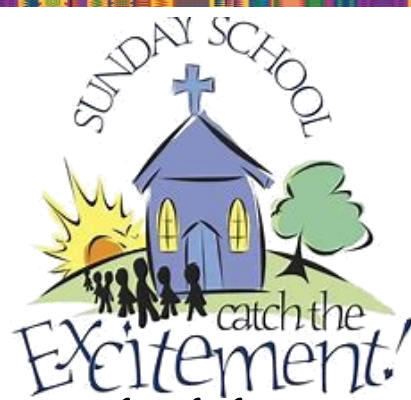
Ministering Sunday Feb. 23rd

## Bethesda Herald Newsletter

We would like to place all Anniversaries, Birthdays, Graduations and Special Achievements in the Newsletter, but we need your help.

## A Seniors' Perspective

Any Senior who would like to contribute to the Bethesda Herald Newsletter, please see Sister Ruth Johnson



Sunday School ~ 9:00 am  
To All children and Adults  
Please come out and Join us!

## A Reminder to All!

New Members / New Converts  
Restoration/ Christian Experience

There is a Four (4) Sunday Orientation Class that Members are Required to Complete.

Please see, Minister Corey Jackson for information.

## Bethesda Student Informatin

Patience J. Smalls A,B Honor Roll

## Beaufort County School Infomation

### Parents:

Three years ago, the Beaufort County Board of Education voted to have elementary schools begin classes at 7:45 a.m. and dismiss at 2:45 p.m., and to have middle and high schools begin classes at 8:45 a.m. and dismiss at 3:45 p.m. This was basically a "swap" from previous schedules that had middle and high schools begin first, then elementary schools. The Board wants to re-engage parents about the changes made in 2016. Please complete this short survey prior to midnight Friday, February 14: <https://www.surveymonkey.com/r/P9P3V98>



# The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



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?

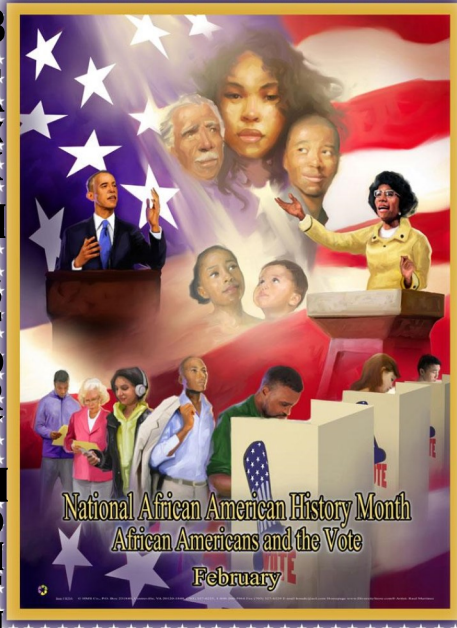
What happens when saints have put on the whole armour and use the whole armour? What is our resolve when we have done all we know to do? Well, according to God's Holy Word, we "Stand." Ephesians 6:13 tells us why the armour is essential. The text teaches that we need the armour, "that ye may be able 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 lay down our offensive armour; we compromise our ability to guard ourselves. How can we insure 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,  
Pastor Kenneth Doe

Upcoming Ministry  
February 26, Wednesday  
Scottville Baptist Church  
Pastor Appreciation

BLACK HISTORY MONTH



2020

2020 is an important general election year, and a landmark year for voting rights. 2020 marks the 150th anniversary of the Fifteenth Amendment (1870) which gave the right of black men to vote following the Civil War. It also marks the centennial of

# HOLY CONVOCATION 2020

"THE ANSWER IS..."

JEREMIAH 33:3

January 6th

The Answer Is.. Go Back ~ Jeremiah 6:1~16

January 7th

The Answer Is.. It's Ahead of You ~ Genesis 19:26

January 8th

The Answer Is.. Fear Not ~ Deuteronomy 20:1

January 9th

The Answer Is.. That's Why I came ~ John 10:10

January 10th

The Answer Is..

The End of My Rope Is Not The End of My Hope

2 Corinthians 4:7~12



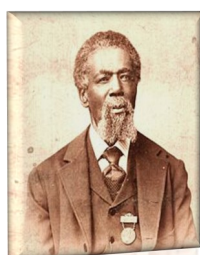
# BLACK HISTORY FACTS



## HIRAM RHODES REVELS

Sep. 27, 1827-Jan 16, 1901

**Hiram Rhodes Revels** was a Republican U.S. Senator, minister in the African Methodist Episcopal Church, and a college administrator. Born free in North Carolina, he later lived and worked in Ohio, where he voted before the Civil War. He became the first African American to serve in the U.S. Congress when he was elected to the United States Senate as a Republican to represent Mississippi in 1870 and 1871 during the Reconstruction era.



## THOMAS MUNDY PETERSON

Oct. 6, 1824-Feb. 4, 1904

**Thomas Mundy Peterson**, the first black man to vote in America, was a member of St. Peter's and is buried in its graveyard. He voted in the Perth Amboy mayoral election of March 31, 1870, one day after adoption of the 15th Amendment to the United States Constitution. He was a school janitor between 1870 and 1878 and a general handyman in Perth Amboy. Active in the Republican Party, and the Prohibition Party. He was also the city's first "colored" person to serve on a jury.

Jan. 13, 1850 - Jan. 4, 1911

## CHARLOTTE E. RAY



Charlotte E. Ray was the first Black American female lawyer in the United States. Ray graduated from Howard University School of Law in 1872. She was also the first female admitted to the District of Columbia Bar, and the first woman admitted to practice before the Supreme Court of the District of Columbia. Her admission was used as a precedent by women in other states who sought admission to the bar. Ray opened her own law office, advertising in a newspaper

run by Frederick Douglass. However, she practiced law for only a few years because prejudice against African Americans and women made her business unsustainable. Ray eventually moved to New York, where she became a teacher in Brooklyn. She was involved in the women's suffrage movement and joined the National Association of Colored Women.

### Continued pg 1. BLACK HISTORY 2020

the Nineteenth Amendment and the culmination of the women's suffrage movement. This year's theme for Black History month, "African Americans and the Vote", recognizes the struggle for voting rights among both black men AND women throughout American history.

It is an ongoing struggle for people of color that continues into the 21st century.

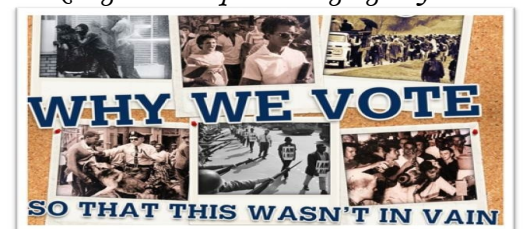
#### Black History & The Right to Vote

Even before the Civil War, free black men first petitioned state legislatures for the right to vote, but it wasn't until 1870 when the 15th Amendment was ratified providing that "the right to vote shall not be denied or abridged on the basis of race, color or previous condition of servitude."

Even so, southern state legislatures immediately began undermining the protections found in the new amendment. Years of lawsuits and protests followed, but it wasn't until the rise of the Civil Right Movement and Voting Rights Act of 1965 that the freedom to vote was enjoyed by a majority of southern blacks.

Today, these freedoms have eroded by 'gerrymandering' - or dividing voting districts to gain an unfair majority. Harsh voting restrictions by states have also been enacted to discourage voting among poor blacks.

The ongoing struggle may seem disheartening, but there is hope. The 2018 US midterm election, for example, saw a surprising record number of minority and women voted into state legislative power coast to coast. The voting tallies sparked new optimism that the historic pendulum was swinging back - again - to equal voting rights for all.



## Church Information

### PROTOCOL APPROPRIATE PROCEDURES FOR:

This tool is intended to help us more effectively minister to our congregation and community. These procedures must be practiced by all of us so that the work of our Lord may proceed in a most proficient manner.

(1) **Appointment with the Pastor** - Call the Church Office. Speak with or leave a message for the Secretary. The appointment will be coordinated. (2) **Sickness** ~ Non-life threatening or Tragic/Traumatic:

- ◆ **Non-life threatening sickness** should be immediately shared with your Ward Deacon;
- ◆ **Tragic/Traumatic sickness** should be immediately shared with your Ward Deacon and Pastor.

(3) **Death of Church Member (Active)** should be immediately shared with Ward Deacon and Pastor. Consult the Pastor before setting day/time for service. (4) **Death of Inactive Member** should be shared with Ward Deacon. (5) **Death of relative** (non-member) of an active member should be shared with Ward Deacon and Pastor as member deems appropriate. (6) **Marriage** ~ Church Secretary must be contacted to set up initial appointment for Counseling and to request use of facilities. (7) **Use of Facilities** ~ Call Church Secretary who will direct concern to Trustee Ministry. (8) **Use of Church Supplies** (tables, chairs, etc.) ~ Check with Trustee Ministry.

Following the Protocol will help Our Pastor better Minister to Us!

## SPRING ACADEMY SESSIONS

### Tuesday Evening Academy



## Wednesday Evening Academy



The Tuesday Evening Academy and the Wednesday Evening Academy are ministries which share a common training mission for female and male participants, 4th grade to adult respectively.

Each ministry begins at 6:00 pm and ends at 7:30 pm and desires your participation.

## January Sermon Recap

January 5th, 2020

When We Ask?

Jeremiah 33:3

January 12th, 2020

Authentic Christianity - Revelation 2:10b

- Focus - Fidelity

True To Self

Matthew 12:22-25

January 19th, 2020

Authentic Christianity - Revelation 2:10b

- Focus - Fidelity

Cancelling Counterfeit Connections

2 Corinthians 6:14-18

## Happy Anniversary



Jerry & Carolyn Hewins ~ Feb. 22nd



- 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

## 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!

## "A Seniors' Perspective"



### HOW TO FINISH STRONG

Some of us may have packed on a lot of pain and other things last year. We can unload and unpack it right now, right here. We can get rid of all the things that caused pain yesterday. Just trust in the Lord to do it, because only He knows the way. We have to be willing to change the direction our path is taking us in,