



- 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

JUST A  WORD

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.

Signing Day



Austin Major
 Columbia College
 Track & Cross Country

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.

Stamp
 Here

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



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



Kingdom Covenant Ministries International

Kingdom Covenant Ministries International is a fellowship of churches and a network of pastors who have a "Kingdom" mindset and who have decided to join together in covenant to advance the Kingdom of God through training pastors and church leaders for the work of the ministry and the advancement of the Kingdom through various avenues of ministry.

Our Mission: Spreading the love of Jesus through evangelizing, making disciples, training pastor and church leaders, planting churches, supporting Christian education, engaging in economic development, and meeting basic needs such as food, clothing, and shelter.

Our Vision: A world where everyone has the opportunity to know about Jesus Christ, experience His love and His saving grace.

What Do We Do?

- Sponsor and conduct leadership training for pastors and church leaders
- Support orphaned and needy children in Malawi
- Support an orphanage in Liberia
- Operate a Christian School in Burkina Faso
- Engage in evangelism and church planting
- Aid pastors on the foreign field with Bible College and/or seminary education

- Conduct mission educational seminars for churches in America
- Assist churches in setting up mission programs in their local churches
- Pray for the nations and the move of God in the nations
- Provide opportunities for churches to engage directly in foreign mission work through being a conduit for their finances or the mission arm of their church and through providing opportunities for short-term mission experiences

Where We Work

- Burkina Faso
- Dominican Republic
- Ghana
- Guinea
- Kenya
- Liberia
- Malawi

Where we have supporting churches

- South Carolina
- North Carolina
- Texas
- Illinois
- Washington

For more information contact:

admin@kcmi.us or call (803) 684-0103



The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

In the fight for civil rights in America, Black women have steadily led the way for centuries. Black women led the Underground Railroad, were the unsung leaders of the suffrage movement, organized freedom riders, paved the way for constitutional protections against sex discrimination and remain the most consistent voting block in the United States to stand up for the rights of marginalized people.

Black women are by no means a monolith, and yet as a group have a deep understanding of the relational nature of freedom, precisely because they sit at various intersections of targeted oppression. This means that for Black women, a conversation about maternal and child health must include a discussion about access to care and unconscious bias; a conversation about raising children must include a discussion about implicit dehumanization and police brutality; a conversation about education must include a discussion about adultification bias and the school to prison pipeline; and for Black women, a discussion about gender must include a discussion about equal pay and violence against All Black women.

Black women's leadership isn't just about their strength and perseverance. It's about how consistently they show up and fight for the common good. Whether Black women are narrowing the wealth gap, fighting for free and fair elections or gearing up to assume one of the highest offices in the nation, when Black women lead, we all win. Today, we find ourselves facing another chapter in America, but it's not a new one—the fight for racial justice is sadly familiar, and it is as painful as it is hopeful. As we continue to march in the streets, organize and demand that our nation finally realizes the promise of its founding for all Americans, the question we must ask ourselves is, will this time

be different? The answer lies in you. What are you going to do to warrant a different result?



Marian Anderson
(1897-1993)

Contralto Marian Anderson is considered one of the most important singers of the 20th century. Known for her impressive three-octave vocal range, she performed widely in the U.S. and Europe, beginning in the 1920s. She was invited to perform at the White House for President Franklin Roosevelt and First Lady Eleanor Roosevelt in 1936, the first African American so honored. Three years later, after the Daughters of the American Revolution refused to allow Anderson to sing at a Washington, D.C. gathering, the Roosevelts invited her to perform on the steps of the Lincoln Memorial. Anderson continued to sing professionally until the 1960s when she became involved in politics and civil rights issues. Among her many honors, Anderson received the Presidential Medal of Freedom in 1993 and a Grammy Lifetime Achievement Award in 1991.



Augusta Savage
(1892-1962)

Augusta Savage displayed an artistic aptitude from her youngest days. Encouraged to develop her talent, she enrolled in New York City's Cooper Union to study art. She earned her first commission, a sculpture of civil rights leader W.E.B. Du Bois, from the New York library system in 1921, and several other commissions followed. Despite meager resources, she continued working through the Great

Depression, making sculptures of several notable Black people, including Frederick Douglass and W. C. Handy. Augusta Savage, a sculptor and mentor, who was one of the few Black artists who was commissioned to create art for the New York World's Fair. Her best known work, "The Harp," was featured at the 1939 World's Fair in New York, but it was destroyed after the fair ended.

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

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.

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 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

Church Information

February
Just A Word/Sermon Recap

February 2, 2022 - Just A word
Walking Through the Sermon on The Mount
Bishop Kenneth C. Doe

February 6, 2022
Pursuing Sweet Communion
Bishop Kenneth C. Doe

February 9, 2022 -Just A Word
My Body, Your Temple
Bishop Kenneth C. Doe

February 13, 2022
Restoration and Recovery
Bishop Kenneth C. Doe

February 16, 2022- Just A Word
Lawful, But Not Legalistic
Bishop Kenneth C. Doe

February 20, 2022
Many Graduations but Only One Promotion
Bishop Kenneth C. Doe

February 23, 2022—Just A Word
Ruling Over Anger
Bishop Kenneth C. Doe

February 27, 2022
The Path To Possession
Bishop Kenneth C. Doe