

# "A Seniors' Perspective"

## What More Can You Ask?

GOD's love endures forever, what a wonderful thing to know. When the tides of life runs against you and your spirit is downcast and low, GOD's kindness is forever around us, always ready to freely impart strength to your faltering spirit, always ready to impart strength to your lonely heart. GOD's presence is ever beside you, as near as the reach of your hand, you have but to tell Him your troubles there is nothing He won't understand. Knowing GOD's love is unfailing and His mercy unending and great. You have but to trust in His promise. GOD comes not too soon or too late so wait with a heart that is patient for the goodness of GOD to prevail for never do prayer go unanswered and His mercy and love never fail.

Submitted by  
Sis. Evelyn S. Washington

### A Seniors' Perspective

Any senior who would like to contribute to the Bethesda Herald Newsletter.  
(Please contact Sister Ruth Johnson)

### 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 it happen.  
(Please contact church Secretary)

Sister Barbara Holmes



- July 5th ~ Roberta Smalls
- 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



## 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



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.

Stamp



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....

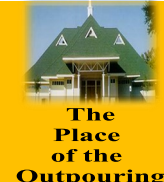
1. To Be Hot Or Cold
2. To Appreciate Gifts and Functions
3. To Keep The Fire Burning
4. To Reclaim My Peace
5. To Stand.

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 re-convening on Friday, June 24, 2011. This gathering was themed, "A CALL

# The Bethesda Herald

A Ministry of Bethesda Christian Fellowship



### June Sermon Recap Bishop Kenneth C. Doe

- June 5th  
Why We Do It Over and Over  
Revelation 2:1-7
- June 12th  
Anointed To Do  
Isaiah 10:27; 1st John 2:27
- June 19th  
This day Is Salvation Come To My House  
Luke 19:1-10
- June 26th  
The Believers Appropriate Response  
2 Kings 13:14-19

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

## VBS 2022



### Save the Date

July 20th - July 22nd  
6:00pm - 8:00pm

More Information concerning VBS will be forthcoming.

## Bethesda



August 1st - August 5th

Register by July 3rd

Please complete registration form and return to me or Mary Simmons who will be handling registration.

Deaconess Mildred Glover, Ministry Leader  
Dr. Mary Simmons

## 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

Christians should be different continued from pg. 1

the doctrine which is according to godliness; he is proud, knowing nothing, but doting 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.

*Christians Should Be Different Part II*  
**Because much of the world entertainment** emphasizes promiscuous sex, extols law violation and condones drug use, the Christian must look elsewhere for relaxation and entertainment. When selecting activities for recreation and entertainment, the Christian must consider:

- 1.) Will this activity violate my conscience?  
Romans 14:22,23.
- 2.) Will my doing this activity cause weaker Christians to lose their faith or will it set a bad example of Christian behavior for others?  
1 Cor. 10:23-33.
- 3.) Will this activity place me under evil influences?  
1 Cor. 6:19,20.
- 4.) Will my doing this activity conflict with Christian duty? Christians must put God and His kingdom first.  
Matthew 6:33.

5.) Will my doing this activity arouse in me indecent responses? Books, magazines, and movies that create indecent desires are contrary to Christianity. Paul instructed, "Whatsoever things are pure . . .think on these things." Philippians 4:8.

6.) Is this activity both legal and right? Christians should always respect the rights of others as well as obey the law of the land.

**In matters of government, law and taxes the Christian** must be obedient to civil authority although others might take their obligation to authority lightly. Jesus said, in Mark 12:17, "Render to Caesar the things that are Caesar's, and to God the things that are God's." When speaking about civil government, Paul said: "Let every soul be subject unto the higher powers. For there is no power but of God; the powers that be are ordained of God." Read Romans 13:1-7. Thus, Christians obey their government's laws. They give their measure of taxes, and their automobiles need no radar detectors because they will not be driven above the speed limit. Christians are aware that a civilization's fabric can be torn and destroyed by widespread lawlessness.

**Materialism** represents one aspect of life where there seems little difference between the Christian and the disbeliever. When submerged in materialistic outlooks, the Christian's conscience is bothered, for materialism is foreign to the religion of Jesus who said, in Luke 12:15-31:

"Therefore, I say unto you, take no thought for your life, what you shall eat: neither for the body, what you shall put on. The life is more than meat and the body is more than raiment.

We concede that materialism invades much of today's society, including the church. Yet, many Christians avoid materialism: New church buildings are being erected through funds gathered by the mortgaging of Christian's possessions, while loans obligated by Christians for the cause of Christ are being repaid by savings from driving older cars, living in smaller houses, and wearing older styles. But, compared to the many who claim to be the Lord's, these are few. Truly materialism is a great weakness among the Lord's people today.

Christians are different because they live by the word of God. Thus, they are free of much of the envy, strife, and worry common to worldly people. Yet, even the best of Christianity misses the goal of being entirely like Christ. Christians must continue to pattern their lives after that of their Savior, Jesus Christ.

*from the Interactive Bible Website*

### Bethesda Christian Fellowship Graduation Class of 2022

#### God's Promise Is to Bless - Graduation Poem

May God bless you as you move ahead. With the plan He had in mind. Before you were ever born. Uniquely for you designed. May you feel His presence with you. As He guides you on your way. For He's promised to never leave you. When storm clouds fill your day.

### “A CALL TO PRAY”

1. Pray without ceasing:  
1 Thessalonians 5: 17
2. Make your request known to God:  
Philippians 4:6
3. Cry out to God:  
Psalm 55: 17
  - a. Morning- - - - - 6:00am
  - b. Noon- - - - - 12:00 noon
  - c. Evening- - - - - 6:00pm
  - d. Midnight- - - - - 12:00 Midnight

We are praying for the body of Christ to rise to the occasion with a spirit of BOLDNESS so the world can see JESUS:

#### FOCUS PRAYER:

1. Souls for the Kingdom: Revelation 2 and 3 ... "He that hath an ear, let him hear what the Spirit saith unto the churches." Jeremiah 6:11-17
2. Against the spirit of fear 2 Timothy 1:7
3. The peace of God: Philippians 4:7
4. Spiritual Healing and Physical Healing: Isaiah 53:5; Jeremiah 17: 14
5. The love of God to abide within us: 1 John 2:15-17

**NOTE:** Suggested scriptures:

Psalm 50, 142, 141 91, 90, 46-49 etc.

#### Deacons and Wards of Bethesda Christian Fellowship

1. **Deacon Fields** ~ Beaufort, Port Royal, Parris Island, Hardeeville, Ridgeland, Laurel Bay, Grays Hill, Seabrook, Dale, Sheldon, Jenkins, Burton, Big Estate,
2. **Deacon Holmes** ~ Warsaw, Lady's Island, Oaks
3. **Deacon Middleton** ~ Saxonville and Seaside road
4. **Deacon Rivers** ~ Lands End, Scott, Orange Grove, Ann Fripp, Tombee, Corner
5. **Deacon Middleton** ~ Indian Hill, Tom Fripp, John Fripp, Cedar Grove, Molly Hill, Folly Road, Coffin Point
6. **Deacon Glover** ~ Wallace, Edding Point, Croft, Mary Jenkins

#### Prayer Plan and Assignments

~In this plan, all wards are identified by their Deacon leader.

1. Deacons Fields ~ GROUP 1
2. Deacons Holmes and Bailey ~ GROUP 2
3. Deacons Middleton and Rivers ~ GROUP 3
4. Deacon Glover ~ GROUP 4

~Each group will begin with this assignment:

- GROUP 1 - 6 A.M. -Focus 1
- GROUP 2 -12 NOON -Focus 2
- GROUP 3 - 6 P.M. -Focus 3
- GROUP 4 -12 MIDNIGHT -Focus 4

~ Each Successive week , each Group will move down to the next focus.

~ The length of the prayer time is less important than the intensity of the prayer time.

Thank You For Your Cooperation. GOD BLESS.



**Bethesda Christian fellowship**  
**RADIO BROADCAST**  
**WKWQ 100.7**  
Tune in on Sunday  
Afternoons  
2:30 – 3:30 PM

### Extreme Heat Awareness

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.

## Reminder



Praying that GOD strengthens you and blesses you today and the days ahead.

The same GOD who moves mountains and parts seas is watching over you, and there's Nothing GOD can't do.