





# Ovarian Cancer

At present, there is no known method to prevent **ovarian cancer**, but some things appear to reduce a woman's risk of developing the disease. They include:

- **Oral contraception:** Birth control pills reduce the risk of ovarian cancer especially among women who use them for several years. Compared with women who never used oral contraceptive, those who used oral contraceptives for 3 years or more have about a 30%-50% lower risk of developing ovarian cancer.
- **Breast feeding and pregnancy:** Having one or more children, particularly if the first is born before age 25, and breast feeding may decrease a woman's risk.
- **Tubal ligation:** This is a surgical procedure in which the fallopian tubes are tied to prevent pregnancy. This procedure reduces the relative risk of developing ovarian cancer. Its use as a risk reduction strategy may be appropriate for high risk individuals and should be discussed with your physician.
- **Hysterectomy:** A Hysterectomy has been demonstrated to reduce the relative risk of ovarian cancer. A woman should not have a hysterectomy exclusively to avoid the risk of ovarian cancer, but if one is being performed for valid medical reasons and she has a family history of ovarian or breast cancer or is over age forty, she should discuss concurrent ovary removal with her physician.

**Prophylactic oophorectomy:** Oophorectomy is the surgical removal of one or both ovaries. Only recommended for certain high-risk patients, the operation eliminates the risk for ovarian cancer, but not the risk for a less common cancer called Primary Peritoneal Carcinoma. This cancer is similar to ovarian cancer in spread, presentation and treatment. Discussion with your physician is necessary to determine your individual risk and options for prophylactic surgery.

# Prostate Cancer

Prostate cancer is the most common cancer in men, and the second leading killer of men, behind lung cancer. Prostate cancer is generally very slow growing and most men die with prostate cancer (meaning that they die of some other cause) rather than from it. Still, it kills approximately 30,000 men each year. But detected early, it can be cured.

In its early stages, prostate cancer usually doesn't cause symptoms. However, as the disease progresses, the patient may develop symptoms that are the same as for prostatitis and/or BPH (see above). Additional symptoms include:

- Chronic pain in the hips, thighs, or lower back
  - Blood in the urine or semen
- The lack of early symptoms and the overlap of symptoms with non-cancerous conditions makes prostate cancer difficult to diagnose. That's why it's essential that you get screened regularly.

## Prevention

- Get your prostate checked yearly after age 40
- Eat right. Studies show that people who eat a high fat diet have a greater risk of developing prostate cancer. On the other hand, fiber, soy protein, fruits, and cooked tomatoes have all been shown to reduce risk.
- Watch your weight. Obesity may be a contributing factor to a number of cancers, including prostate.
- Exercise regularly
- Don't smoke
- Limit alcohol and avoid caffeine.
- Drink a lot of water. This can help flush out your bladder. Urine should be almost clear
- Consult your doctor about other prevention tips.

## Continue to Practice Covid Protocols

Cloth face coverings helps prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people.

# "A Seniors' Perspective"



Growing In Grace !!!

But grow in grace, and in the knowledge of our LORD and Saviour Jesus Christ. To him be glory both now and for ever. Amen. 2nd Peter 3:18

Right now, we are doing just that, we are growing in grace and in the knowledge of our Savior. Those around us see this growth and realize that the Master artist is at work. They honor Him as a result. Someday soon, when this life ends the paintbrush and palette will be put away. The last stitch will have been added, the tools will go back in the sculptor's tool kit. We will be at last what our creator intended from the first. Others will see that, and for all eternity they will praise His artistry.

Submitted by,  
Sis C. Bennett



## Church Information



## Bethesda Christian Fellowship

Youth Choir rehearsal will be held every Saturday before the Second (2nd) and Third (3rd) Sundays from 10:00 am to 11:30 pm unless you receive a message indicating a time change or 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 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 "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.



## 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](mailto:bethesdachristianfellowship36@gmail.com)

Sister Barbara Jean Holmes

# Reclaiming Jesus

We are living through perilous and polarizing times as a nation, with a dangerous crisis of moral and political leadership at the highest levels of our government and in our churches. We believe the soul of the nation and the integrity of faith are now at stake.

A Confession of Faith in a Time of Crisis. It is time to be followers of Jesus before anything else nationality, political party, race, ethnicity, gender, geography our identity in Christ precedes every other identity. We pray that our nation will see Jesus' words in us. "By this everyone will know that you are my disciples, if you have love for one another" (John 13:35).

When politics undermines our theology, we must examine that politics. The church's role is to change the world through the life and love of Jesus Christ. The government's role is to serve the common good by protecting justice and peace, rewarding good behavior while restraining bad behavior (Romans 13). When that role is undermined by political leadership, faith leaders must stand up and speak out. Rev. Dr. Martin Luther King Jr. said, "The church must be reminded that it is not the master or the servant of the state, but rather the conscience of the state." It is often the duty of Christian leaders, especially elders, to speak the truth in love to our churches and to name and warn against temptations, racial and cultural captivities, false doctrines, and political idolatries and even our complicity in them. We do so here with humility, prayer, and a deep dependency on the grace and Holy Spirit of God.

This letter comes from a retreat on Ash Wednesday, 2018. In this season of Lent, we feel deep lamentations for the state of our nation, and our own hearts are filled with confession for the sins we feel called to address. The true meaning of the word repentance is to turn around. It is time to lament, confess, repent, and turn. In times of crisis, the church has historically learned to return to Jesus Christ. Jesus is Lord. That is our foundational

confession. It was central for the early church and needs to again become central to us. If Jesus is Lord, then Caesar was not—nor any other political ruler since. If Jesus is Lord, no other authority is absolute. Jesus Christ, and the kingdom of God he announced, is the Christian's first loyalty, above all others. We pray, "Thy kingdom come, thy will be done, on earth as it is in heaven" (Matthew 6:10). Our faith is personal but never private, meant not only for heaven but for this earth. The question we face is this: Who is Jesus Christ for us to day? What does our loyalty to Christ, as disciples, require at this moment in our history? We believe it is time to renew our theology of public discipleship and witness. Applying what "Jesus is Lord" means today is the message we commend as elders to our churches. What we believe leads us to what we must reject. Our "Yes" is the foundation for our "No." What we confess as our faith leads to what we confront. Therefore, we offer the following six affirmations of what we believe, and the resulting rejections of practices and policies by political leaders which dangerously corrode the soul of the nation and deeply threaten the public integrity of our faith. We pray that we, as followers of Jesus, will find the depth of faith to match the danger of our political crisis.

## ReclaimingJesus.org

## Radio Broadcast

- Tune in on Sunday Mornings – 9:00 – 9:30 AM – 94.5 FM
- Tune in on Sunday Afternoons – 2:30 – 3:30 PM – WKWQ 100.7

WE CONTINUE TO PRAY FOR  
AND WITH THOSE WHO ARE WAITING  
FOR HEALING AND DELIVERANCE

