



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

Happy Anniversary

Nathaniel & Edna Glover ~ Feb. 14th
 Jerry & Carolyn Hewins ~ Feb. 22nd



A Seniors' Perspective

Any Senior who would like to contribute to the Bethesda Herald Newsletter.

Contact Sister Ruth Johnson by way of the church Secretary (843)838-4410

New Youth



Choir Members
 Welcome!
 The next rehearsals will be February 10th, at 9:00 am to 10:30 am and February 17th, at 9:00 am to 10:30 am. Unless you are notified of any changes.

The Youth Choir will start Ministering on Sunday February 18th, 2023.

Thank you,
 Youth Choir Director
 Sister Gwen Smith

QUOTES OF BLACK HISTORY

"Unless we start to fight and defeat the enemies in our own country, poverty and racism, and make our talk of equality and opportunity ring true, we are exposed in the eyes of the world as hypocrites when we talk about making people free." —**Shirley Chisholm**, first Black woman to be elected to Congress (in 1968) and to run for president (in 1972)

"Freedom is not a state; it is an act. It is not some enchanted garden perched high on a distant plateau where we can finally sit down and rest. Freedom is the continuous action we all must take, and each generation must do its part to create an even more fair, more just society." —**John Lewis**, civil rights leader who led the "Bloody Sunday" march across the Edmund Pettis Bridge on March 7, 1965, served 17 terms in the U.S. House of Representatives and was awarded the Presidential Medal of Freedom in 2011.



FRESH PRODUCE DISTRIBUTIONS
ST. HELENA ELEMENTARY SCHOOL
LOWCOUNTRY FOOD BANK 1025 SEA ISLAND PARKWAY
 ST. HELENA, SC 29920

SPRING 2024 SCHEDULE

All Times 10 am to 12 noon
 This Is A NO-COST Event

Dates:

- Friday, February 9th
- Friday, March 8th
- Friday, April 12th
- Friday, May 10th



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 : Live stream [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
 (848)777-1500
 Conference ID
 8438384410

Wisdom and Wonder in God's Word

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.

Stamp Here



The Bethesda Herald

A Ministry of Bethesda Christian Fellowship

February 2024



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 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

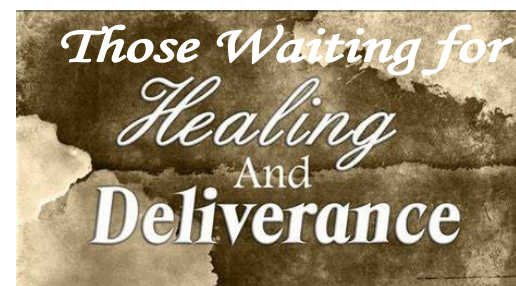
January Sermon Recap

January 7, 2024
Humble Is the Way
 I Peter 5:5-7; James 4:10
 Bishop Kenneth C. Doe

January 14, 2024
It Shall Be Performed
 Philippians 1:3-7
 Bishop Kenneth C. Doe

January 21, 2024
Do You See What I See?
 Joshua 6:1-5; Isaiah 54:8; John 10:10
 Bishop Kenneth C. Doe

January 28, 2024
Christ's Church in the Midst of the Clashes of Cultures
 Genesis 2:15-17; 3:4-7; I Timothy 6:12; Philippians 9:11
 Bishop Kenneth C. Doe



We continue to pray with and for those waiting for healing and deliverance and bereavement.

We continue to pray for our Communities, Educators, First responders, and Political leaders.

MONTH OF FEBRUARY GRACE GROUP

Deacon Fields, Deacon Glover and Deacon Rivers
Sundays ~ 1st and 3rd
 February 4th and February 18th
 Doors secured at 10:00 am

MERCY GROUP

Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays ~ 2nd and 4th
 February 11th and February 25th
 Doors Secured at 10:00 am

MONTH OF MARCH

MERCY GROUP

Deacon Holmes, Deacon Middleton and Deacon Bailey
Sundays ~ 1st and 3rd
 March 3rd and March 17th
 Doors secured at 10:00 am

GRACE GROUP

Deacon Fields, Deacon Glover and Deacon Rivers
Sundays ~ 2nd and 4th
 March 10th and March 24th
 Doors Secured at 10:00 am

March 31st

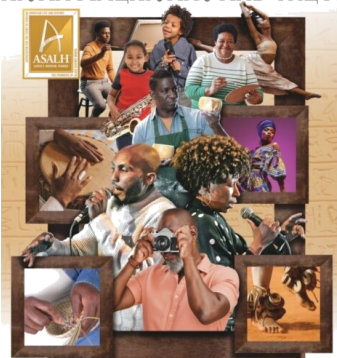
5th Sunday To Be Announced

- Masks are required and must be properly worn at all times.
- Doors will be Secured at 10:00 AM (Sharp).
- Visitors are welcomed when accompanied by a member of the Bethesda family.
- If you are unable to attend on the Sunday assigned to your Ward, you are permitted to attend on the alternate Sunday.


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

THEME:

AFRICAN AMERICANS AND THE ARTS



African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the varied history and life of African American arts and artisans.

For centuries Western intellectuals denied or minimized the contributions of people of African descent to the arts as well as history, even as their artistry in many genres was mimicked and/or stolen. However, we can still see the unbroken chain of Black art production from antiquity to the present, from Egypt across Africa, from Europe to the New World. Prior to the American Revolution, enslaved Africans of the Lowcountry began their more than a 300-year tradition of making sweetgrass baskets, revealing their visual artistry via craft.

The suffering of those in bondage gave birth to the spirituals, the nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music. Black contributions to literature include works by poets like Phillis Wheatley, essays, autobiographies, and novels by writers such as David Walker and Maria Stewart. Black aesthetics

have also been manifested through sculptors like Edmonia Lewis and painters like Henry O. Tanner. In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world. In addition to the Harlem Renaissance, today we recognize that cities like Los Angeles, Chicago, and New Orleans also were home to many Black artists.

The 1960s continued this thread through the cultural evolution known as the Black Arts Movement, where artists covered issues such as pride in one's heritage and established art galleries and museum exhibitions to show their own work, as well as publications such as Black Art. This period brought us artists such as Alvin Ailey, Judith Jamison, Amiri Baraka, Nikki Giovanni and Sonia Sanchez. The movement would not have been as impactful without the influences from the broader Black world, especially the Negritude movement and the writings of Frantz Fanon.

In 1973, in the Bronx, New York Black musicians (i.e. DJ Kool Herc and Coke La Rock) started a new genre of music called hip-hop, which comprises five foundational elements (DJing, MCing, Graffiti, Break Dancing and Beat Boxing). Hip-hop performers also used technological equipment such as turntables, synthesizers, drum machines, and samplers to make their songs. Since then hip-hop has continued to be a pivotal force in political, social, and cultural spaces and was a medium where issues such as racial violence in the inner city, sexism, economic disinvestment and others took the forefront.

The term Afrofuturism was used approximately 30 years ago in an effort to define cultural and artistic productions (music, literature, visual arts, etc.) that imagine a future for Black people without oppressive systems, and examines how Black history and knowledge intersects with technology and science. Afrofuturist elements can be found in the music of Sun Ra, Rashan Roland Kirk, Janelle Monáe and Jimi Hendrix. Other examples include sci-fi writer Octavia Butler's novels, Marvel film Black Panther, and artists such as British-Liberian painter Lina Iris Viktor, Kenyan-born sculptor Wangechi Mutu, and

Caribbean writers and artists such as Nalo Hopkinson, and Grace Jones.

In celebrating the entire history of African Americans and the arts, the Association for the Study of African American Life and History puts into the national spotlight the richness of the past and present with an eye towards what the rest of the twenty-first century will bring. ASALH dedicates its 98th Annual Black History Theme to African Americans and the arts.

NATIONAL BLACK HISTORY MONTH TIMELINE

1619

◆ Likely not the first appearance of African slaves in America, this is still a critical date in Black History. Colonist John Rolfe documents the arrival of a ship with "20 and odd" Africans who had been kidnapped by Portuguese and are brought to the New World.

1831

◆ Slave revolt in American history is led by Nat Turner in Southampton County, Virginia.

1863

◆ During the third year of the Civil War, US President Abraham Lincoln declares that enslaved people shall be "forever free".

1926

◆ American historian, Carter G. Woodson is determined to bring African American History to the forefront, so he begins with Negro History Week in 1926, which eventually develops into Black History Month.

1976

◆ First National Black History Month is observed

Bottom Line

All people, regardless of race or place, deserve the same rights and freedoms. For too long, Black and brown people in America have been denied equality because of the color of their skin.

The Fight for those same rights, continues ...

REGISTER TO VOTE !

**YOUR VOTE IS
YOUR VOICE.
BE HEARD!**

DON'T BE SILENCED !

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!



JUSTICE JONATHAN JASPER WRIGHT

Jonathan Jasper Wright was born in 1840 and during his career became the first African American to achieve positions in many aspects of the legal field including the South Carolina Supreme Court. He attended Lancasterian University and, upon completing his study of law, attempted to stand the Pennsylvania bar. Unable to do so, presumably because of his race, Wright accepted a position in Beaufort, South Carolina, teaching newly freed slaves. He also gave lectures on legal and political matters and provided legal advice. These activities drew criticism from some in Beaufort. Wright answered by saying, 'Had I been content to settle down

and been what the masses of white persons desired of me (a bootblack, a barber, or a hotel waiter), I would have been heard of less.' After the Civil Rights Bill was passed, Wright again petitioned the authorities in Pennsylvania to take the bar. His request was granted. He was admitted to the bar and became the first African American licensed to practice law in Pennsylvania. Later, he returned to South Carolina as legal advisor to General Howard and was the first African American to practice law in South Carolina. In July 1868, Wright was elected as a delegate to South Carolina's constitutional convention. In this position he played a major role in shaping the provisions relating to the judiciary. In the first election in which freedmen could vote, Wright was elected as senator from Beaufort County. Shortly after his election to Congress, an opening occurred on the South Carolina Supreme Court. The position was sought by William Whipper, a House member, and Wright, a Senator. Wright was chosen to fill the position - the first African American elected to any appeals court in the nation. As associate justice of the Supreme Court, Wright wrote 87 opinions that were recognized for their clear thinking and solid basis in common law. Charges were made concerning Wright's conduct after Wade Hampton was elected Governor of South Carolina. Although these allegations appear to have been entirely fabricated, Wright saw that he would be forced from the Supreme Court and submitted his resignation. Wright relocated to Charleston, set up a law practice, taught classes from his office, established Claflin College's law department, and served as college trustee. For many years after Justice Wright's death from tuberculosis, his reputation was subjected to suspicion, racism, and neglect. Even official portraits of the Justice could no longer be found. A century after his death the South Carolina Supreme Court did rectify his stature. On two occasions within the past four years, South Carolina Supreme Court justices bestowed belated honor on Justice Wright. In 1997, the justices celebrated Wright's service to the court by unveiling a rare 1870 portrait of him that had been published in Harper's magazine. Last year, a granite grave marker was unveiled. During that ceremony, Chief Justice Ernest Finney, Jr., stated, "[Wright's] election to the supreme court marked a high point in a celebrated career of public service, as a teacher, a lawyer, and as a statesman."