



Minister 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


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**

Wisdom and Wonder in God's



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.



**Youth Choir Members
Welcome!**
Youth Choir rehearsal will be on March 9, 2024 from 10am until 11am as well as March 16, 2024 from 8:30am until 9:30am. Please notify Sister Gwen if your child will not be there for rehearsals and on the 3rd Sunday, March 17th. You will be notified if there are time or date changes. 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



WILLIAM STILL
October 7, 1821 - July 14, 1902

William Still was an African American abolitionist based in Philadelphia, Pennsylvania. He was a conductor of the Underground Railroad and was responsible for aiding and assisting at least 649 slaves to freedom towards North. William Still was also a businessman, writer, historian and civil rights activist. Before the American Civil War, Still was chairman of the Vigilance Committee of the Pennsylvania Anti-Slavery Society, named the Vigilant Association of Philadelphia. He directly aided fugitive slaves and also kept records of the people served in order to help families reunite. The New York Times proclaimed Still in his obituary "The Father of the Underground Railroad". William Still helped as many as 800 slaves escape to freedom.

Stamp
Here



The Bethesda Herald

A Ministry of Bethesda Christian Fellowship

The Place
of the
Outpouring



March 2024

From the Bishop's Desk



Then It Came To Me....

Excelling In Attitude - an ongoing profession." Well, we bless God for another day. This day, whatever day it is, brings opportunities to enjoy affirming, growing and maturing in our relationships with God through Christ. Every tomorrow brings these opportunities afresh. So, every tomorrow becomes a fresh "today" for excelling in joy and gladness.

We recently received the message, "Excelling In Attitude." Subsequent to delivering that message, our Lord impressed upon me the need to follow up. In other words, more needs to be said to help lock this into our spirits. Let us recall how Luke 24:49-53 describes the Ascension of our Lord after instructing that the disciples tarry in Jerusalem for empowerment. We see the attitude of these disciples. "They worshipped Him, and returned to Jerusalem with great joy" (verse 52). In His physical absence they blessed Him for who He is. One might think that in the absence of the Jesus of history, the physical man, they might fall apart. Not so!! His ascension just completed the revelation of His prophecy about what would happen to Him. You and I have the benefit of this infallible written record. So, the joy of the disciples is a joy we share in verse fifty-three tells us that this was no temporary, momentary, fleeting emotion. That verse says, "And (they) were continually in the temple, praising and blessing God. Amen. "They were practicing "Excelling In Attitude." So should you and I.

"Then, Acts 2:46-47 provides a window for viewing and understanding some vital attitude matters about the early Church. These Christians did, daily, maintain certain practices and attitudes that proved to be their

very lifeline. In the temple and from home to home, they fellowshipped. They needed one another and used one another for support and understanding. These verses reveal these attitudes: gladness and singleness of heart.

"Excelling in Attitude," these Christians lived in a seedbed of praise and thanksgiving which fostered healthy relationships among them and with their God. "Excelling In Attitude" put them in places that pleased God and prompted Him to bless them."

Should we imitate and emulate these disciples and early Church saints? Certainly!! The Word of God cannot be solely historical. It is alive today. It is empowering today. It is for saints, today.

Should we resign ourselves to simply taking what the devil dishes up? Certainly not!! That would mean our good days are few and fleeting, while our bad days are numerous and enduring. I say "no" to that.

I say we must learn and live the Word of God, trusting the promise of Him who came "that we might have life more abundantly" (John 10:10). Let us engage this matter of "Excelling In Attitude" by obeying Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, THINK ON THESE THINGS."

Shalom, my Friends,
Bishop Kenneth C. Doe



Inclusion." The theme recognizes women throughout the country who understand that,

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and

for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.

During 2024, we recognize the example of women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. They know that people change with the help of families, teachers and friends, and that young people in particular need to learn the value of hearing from different voices with different points of view as they grow up.

Today, equity, diversity and inclusion are powerful driving forces that are having a wide-ranging impact on our country. As members of families, civic and community groups, businesses and legislative bodies, women are in the forefront of reevaluating the status quo. They are looking anew at what harmful social policies and behaviors exist and, often subtly, determine our future. In response, women in communities across the nation are helping to develop innovative programs and projects within corporations, the military, federal agencies and educational organizations to address these injustices.

It takes courage for women to advocate for practical goals like equity, diversity and inclusion when established forces aim to misinterpret, exploit or discredit them. Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices and legislation reflecting these values. Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality and fairness.

Who are the women in your community or organization that you will honor?



The Singles Ministry will meet during the month of April to discuss upcoming events for the 2024 year. Please listen to the Sunday morning announcements for the dates and time.

All singles between the ages of (18) Eighteen years and above are welcome to attend. For additional information please see Sister Debbie Standifer or Elder Fred Furman.



Due to the Covid-19 pandemic the Advance Directive Ministry has been inactive.

There will be a short meeting in the month of April to discuss our reconvening. Please listen to the Sunday morning announcements for the dates. For additional information you may speak with Elder Fred Furman.

Bethesda Christian Fellowship Sunday School Resurrection Day Program

We need your help! Your child has been assigned a recitation to be presented at our Resurrection Day Program on March 22, 2024 at 7:00 pm. Please make sure your child studies the part every night for 20 to 30 minutes as he/she works to memorize it. The rehearsal dates on the schedule are designed to practice enunciation, voice projection, and skills associated with public speaking. Please help them to learn the part before coming to rehearsal to practice the part! Thanking you in advance for your usual splendid cooperation! Agape`

Rehearsal Dates:	
DAY	TIME
Tuesday, March 5th	6:00 pm - 7:30 pm
Saturday, March 9th	11:00 am - 1:00 pm
Tuesday, March 12th	6:00 pm - 7:30 pm
Tuesday, March 19th	6:00 pm - 7:30 pm
Dress Rehearsal	
Thursday, March 21st	6:00 pm - 8:00 pm
Resurrection Day Program	
Friday, March, 22nd	
Participants arrive at 6:00 pm	
Program begins at 7:00 pm	

SAY IT LOUD



McKenzie Chaplin
Essay

Harriet Tubman



Isaiah Holmes
Essay

Robert Smalls



ELIZABETH JENNINGS GRAHAM
March 1827 - June 5, 1901

Elizabeth Jennings Graham was an African American teacher and civil rights figure. In 1854, Graham insisted on her right to ride on an available New York

City streetcar at a time when all such companies were private and most operated segregated cars. Her case was decided in her favor in 1855, and it led to the eventual desegregation of all New York City transit systems by 1865.

Graham later started the city's first kindergarten for African-American children, operating it from her home on 247 West 41st Street until her death in 1901.

Graham's mother, Elizabeth C. Jennings, was a prominent woman in her local community. She is known for penning the speech 10-year-old Elizabeth Jennings delivered, "On the Improvement of the Mind," at a meeting of the Ladies Literary Society of New York (founded 1834). The literary society was founded by New York's elite black women to promote self-improvement through community activities, reading, and discussion. Produced and given in 1837, the speech discusses how the neglect of cultivating the mind would keep blacks inferior to whites and would have whites and enemies believe that blacks don't have any minds at all. Jennings believed the mind was very powerful and its improvement could help with the abolition of slavery and discrimination. Therefore, she called upon black women to develop their minds and take action. The importance of improving the mind was a consistent theme that developed in members of New York's Black Elite in the post-Revolutionary period. By 1854, Jennings had become a teacher and church organist. She taught at the city's private African Free School, which had several locations by this time, and later in the public schools including Colored School No. 5 at 19 Thomas Street.

In 2007, New York City co-named a block of Park Row "Elizabeth Jennings Place" after a campaign by children from P. S. 361.

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

February Sermon Recap

Bishop Kenneth C. Doe

February 4, 2024

Pleading The Blood of Jesus
I Corinthians 11:23-30

February 11, 2024

Standing On the Promises of God
Matthew 6:27; Hebrews 13:5

February 18, 2024

Restoration
Proverbs 3:6; Genesis 3:1

February 25, 2024

All That
Isaiah 56:7; I Corinthians 6:9-11

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.

Sister Barbara Holmes

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 EXCELNT!!
- LDL (BAD CHOLESTEROL): <160 IF NO RISK FACTORS, <100 IF RISK FACTORS (high blood pressure or diabetes)
- TRIGLYCERIDES (BAD CHOLESTEROL): <160 IF NO RISK FATORS, <100 IF RISK FACTORS

Beaufort County School District Families

BCSD will soon begin accepting school choice applications for the 2024-25 academic year, the tenth year of the district's expanded choice initiative. Starting on March 1, school choice applications will be open on the district's website and must be submitted online by Sunday, March, 31 at 5 p.m.

Parents and guardians who don't have internet access may request application assistance at any district school.

Curriculum options approved by the Board of Education include such instructional choices as Montessori, advanced math, engineering, and science (AMES), International Baccalaureate, arts integration, language immersion, Cambridge Academy, Early College, MedTech 7 Medical and Technology pathways, and leadership programs. New options for this year include Advancement Via Individual Determination (AVID) at Beaufort Middle School as well as extended dual enrollment opportunities for eligible high school students through Technical College of the Low-country (TCL) and University of South Carolina Beaufort (USCB). To learn about the district's school choice program offerings please see the BCSD School Choice website page (<https://www.beaufortschools.net/families/school-choiceprograms>) where a complete Guide to School Programs booklet can be viewed.

Choice schools serve children who live in their attendance zones in addition to students from outside the zone who apply to attend. Beaufort County students who attend choice programs do not pay extra tuition, although families are responsible for their students' transportation if they live outside of school attendance zones.

There are only two schools that are at or above capacity and do not have availability for students outside the attendance zone to apply for school choice, those are H.E. McCracken Middle School and Pritchardville Elementary School.

A lottery will be held if the number of choice applications at a school would cause the school to exceed its overall enrollment capacity, or if approved applications would push an individual choice program beyond its capacity.

Please use the website for more information please see <https://www.beaufortschools.net/families/school-choiceprograms>, contact the school associated with each program (s) directly for more information.