# 2022: The Year of Hope and Healing Celebrating of Ministry

# **NOVEMBER 2022**

10:30 AM VIRTUAL WORSHIP SERVICE

**HYBRID SERVICE: SUNDAY, NOVEMBER 6, 2022** 

**REGISTRATION REQUIRED** 

163 SHELDON LANE • ARDMORE, PA 19003

# VIRTUAL WORSHIP SERVICES

#### BETHEL ZOOM CONFERENCE (AUDIO/VIDEO)

1 (929) 436-2866

Meeting ID: 258 111 9868 • Password: 966785

**FACEBOOK** 

www.Facebook.com/BethelArdmore



Rev. Carolyn C. Cavaness, *Pastor* Rev. Dr. Charles H. Lett, Sr., *Presiding Elder* Mother Joan Marla McAllister, *Episcopal Supervisor* Rt. Rev. Julius H. McAllister, Sr., *Presiding Prelate* 

# Ministerial Team

Rev. Dr. Miriam Burnett Supervisor of Missions, 18th Episcopal District, Itinerant Elder

Itinerant Deacon, Rev. Carol Gilbert Itinerant Deacon, Rev. Felicia Howard

# MISSION STATEMENT

Our mission is to preach and teach the liberating Gospel of Jesus Christ, empower members to grow in their Christian walk, and become effective change agents through spiritual growth, development, stewardship, giving, and community outreach.

"The Place Where Heaven & Earth Meet"

# THE PASTOR'S WORD - NOVEMBER 2022

November 1, 2022

Dear Bethel Family and Friends:

Firstly, let me express my thanks for the many acts of kindness, love and appreciation shared during the month of October in celebration of Pastor Appreciation Month. I am grateful to God for each of you and the sacred work of working together in building the kingdom of God here on earth as it is in heaven.

As we enter this Holy Season of Giving and Receiving, we have so much to be grateful for as individuals and as a collective body of believers. Particularly, on this Sunday, November 6, 2022, as we celebrate our 127th Year of Ministry to God and His people. God has been faithful to us and when we consider all that has taken place be it world affairs, transitions, homegoing of loved ones and even as navigate through this pandemic of close to three (3) years—we have so much to be grateful for. In spite of all of the trials and tribulations, God has been faithful! And in response to his faithfulness to us, we can not help but to reach, bless, give and be a bridge for each other and our beloved community!

A few days ago, I was blessed to be in the company of some of my interfaith colleagues and of the questions raised, what kind of church/faith community do you want to be? The question has been haunting me as it pertains to the work and mission that God has given us here at Bethel. What is our desire of Bethel AME Church of Ardmore? What is God calling us to in this season of our existence? What do we want our faith community to look like/be like/stand for? What is the Church of our dreams? What are we craving for in this period of our lives along this Christian journey? These are tough questions and certainly have me wrestling, which is not bad, but certainly awakens having to discern what is it that God is saying and looking for us to do as individuals and as a collective body of believers.

As we strive and press towards the mark of the high calling of our Lord Jesus Christ, this is not a journey for some, but for us all. This is a team effort and we all have an important part to play in building the kingdom here on earth as it is in heaven. Being on the sidelines and being a believer of Jesus Christ can not co-exist. We are being summons to go higher and deeper in Jesus' name.

We have so much to celebrate and esteem today on this our 127th Church Anniversary. Grateful to God for each of you and looking forward for what is to come and shall be.

In His Love,

Rev. Cavaness

# BETHEL AME CHURCH OF ARDMORE HISTORY — FOUNDED 1895



"The Place Where Heaven & Earth Meet."

THE AUTHENTICATION OF FACTS WITHOUT RECORDS IS DIFFICULT WHEN RECORDS HAVE BEEN LOST OR DESTROYED; as well as with the passage of each generation accurate interpretation is further removed. The following facts were obtained from manuscripts submitted by parties who were associated with the founders and others who played an important part in the founding of the Church.

A little group of farmers in Wyola, near Newtown Square, met from house to house for devotional service. Then, Rev. William J. Oliver, who had just been called to the ministry, came into their midst and began holding service in a blacksmith shop. This shop soon became undesirable for service and the Reverend Oliver became ambitious for a large and better place in which to worship. As nearly as can be calculated, the establishment date was October 10, 1895. Through the joint efforts of Rev. Oliver and Matthew Shippen they set out to work out a suitable place in Ardmore to worship. A little mission was erected. Sisters Sarah Oliver, Martha Shippen, Martha Weldon and Rhoda Weldon were instrumental in the founding and growing of this Mission.

During the pastoral charge of Rev. C. W. Stewart (1915-1920), the Mission moved from the back end of Sheldon Lane to another building on Walnut Avenue. Rev. Mahlon M. Lewis, who served Bethel from 1932-1936 assisted in the completion of the building of Bethel on Walnut Avenue, which would be church's home until February 18, 1973.

The darkest day in the history of Bethel was February 18, 1973, while worshipping at the 10:00am service, Bethel was completely destroyed by fire, the origin of which was never determined. Rev. Donald L. Tucker, pastor at the time, would lead Bethel in the building of a bigger and more beautiful edifice, which was dedicated in April, 1976.

Bethel has been blessed to be the beneficiary of the Adell and Azell Robinson Scholarship Fund, which has provided over \$250,000 in scholarships to young people, home of the celebrated Bethel Academy enrichment program, forefront of community activities and progress and most recently launched a community garden, a first in its immediate area. In 2018, Bethel was honored to host for the first time on the Main Line the Philadelphia Annual Conference.

Bethel in the years leading to the present, has continued a tradition of service to God, community and humanity. With each pastoral administration, growth has been experienced and opportunities for continuing to forge and build a foundation for future generations. Bethel has been blessed to be served by thirty-two pastors who have worked together with the laity to build the kingdom of God.

In closing, to quote the 1934 Historical Sketch of our great church:

"And Bethel, may she go forward with time; and build a more stately posterity upon the foundation laid by our founders and many others; who have passed on; and the loyal men and women remaining to carry on. We trust in God; that this history of a truly great people will live forever in the hearts and minds of all, and inspire to greater things."



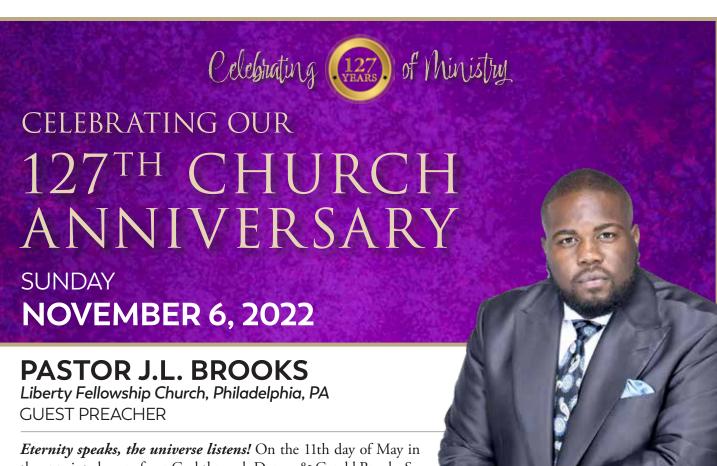
The Birthplace, Mission Church • 1895



"New" Bethel • 1916



"Up From the Ashes" - 1975



*Eternity speaks, the universe listens!* On the 11th day of May in the appointed year of our God through Dorcas & Gerald Brooks Sr. the manifestation and fruition of eternity's voice came into being.

Like unto Jer. 1:5, JL Brooks was undoubtedly chosen before his birth, to preach the gospel of Jesus Christ made evident at the mere age of 3 years old.

Brooks preached his initial sermon at **The Temple of Love & Praise** under the leadership of his pastor Wilma Banks' Alston.

After grooming and guidance from spiritual father in the gospel Bishop Charles E. Williams (deceased) the maturation of his gift and calling began.

Having operated in 4 areas of the 5 fold ministry Brooks' passion is evangelism.

Although he is a premiere voice for his generation in the city of Philadelphia, he has been blessed to minister in many states across the country & internationally.

**GUEST PREACHER** 

He is an anointed voice and end time prophet; with a relevant message of hope to empower believers, and convert the lost to Christ through the word of God.

He is the youngest of 4 children, High school graduate, skilled musician, featured singer, songwriter & published author.

He has served in many capacities of ministry at his home church and in various ministries within our city and across the country. Having been trusted of God with the honorable task of being a Senior Pastor, Brooks led **The Felton Street Fellowship Baptist Church** until the Lord released him to organize **Liberty Fellowship Church Of Faith.** 

As a founding Pastor, JL Brooks endeavors to break down the traditional barriers of spiritual limitation and lead the willing to freedom and liberation in God. He is on a mission to invest in the community, make an impact in his city and enhance the Kingdom of God.

Most importantly he is a born again baptized believer, with a burning desire to share the love of Christ and bear witness to the life changing power of God to everyone he meets 1 Cor. 2:9: *the half has not been told*.



# 10:30 AM HYBRID WORSHIP SERVICE

# Holy Communion Order of Worship

# THE ORGAN PRELUDE

#### INTROIT

"We've Come This Far by Faith"

#### THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

#### THE CALL TO WORSHIP

Leader: I was glad when they said unto me, let us go into the house of the Lord; our feet shall stand within

thy gates, O Jerusalem. (Psalm 122:1-2)

People: For a day in thy courts is better than a thousand, I had rather be a doorkeeper in the house of my

God than to dwell in the tents of wickedness. (Psalm 84:10)

Leader: Because of the house of the Lord our God I will seek thy good. (Psalm 122:9)

People: Those that be planted in the house of the Lord, shall flourish in the courts of our God. (Psalm 92:13)

Leader: Blessed are they that dwell in thy house Lord, I have loved thy habitation, the place where thy honor

dwelleth. (Psalm 26:8)

People: For the Lord is in His holy temple, let all the earth keep silence before Him. (Habakkuk 2:20)

Leader: Let the words of my mouth, and the meditation of my heart be acceptable in thy sight, O Lord, my

strength and my redeemer. (Psalm 19:14)

ALL: O sing unto the Lord a new song, for He has done marvelous things. Make a joyful noise unto the

Lord; all the earth sing praises. (Psalm 98:1,4)

#### THE OPENING HYMN

"To God Be the Glory" (AMEC 21)

# THE INVOCATION

Rev. Felicia Howard

THE CHORAL RESPONSE

THE MINISTRY OF MUSIC

THE SCRIPTURE LESSON

Psalm 105:1-8 Brother Joseph "Jody" Raines

#### THE MINISTRY OF DANCE

Sister Rhodesia Green

# THE CHURCH HISTORY MOMENT AND REFLECTION

Brother Harry White and Sister Nicole White

# THE MEMORIAL MOMENT

Sister Vikki Asbury and Sister Cynthia Taylor

# THE INTRODUCTION OF THE GUEST PREACHER

Rev. Carolyn C. Cavaness

THE MINISTRY OF MUSIC

#### THE SERMON

Pastor J.L. Brooks
Pastor, Liberty Fellowship Church — Philadelphia, PA

# THE INVITATION TO CHRISTIAN DISCIPLESHIP

# THE MINISTRY OF GIVING

"You Can't Beat God's Giving"

Commission on Stewardship and Finance

All are invited to share in this moment of giving. You are invited to donate by visiting www.bethelardmore.org or mailing to Bethel AME Church of Ardmore, 163 Sheldon Lane, Ardmore, PA. We thank you for sowing into the work of ministry here at Bethel AME Church of Ardmore.

# THE OFFERTORY PRAYER

ALL: Gracious God. "We give Thee but Thine own, whatever our gift may be. All that we have is Thine alone, a trust, O Lord, from Thee. AMEN."

"All things come of thee, O Lord and of thine own have we given thee, Amen."

# THE MINISTRY HIGHLIGHTS

#### THE AFFIRMATION OF FAITH

I believe in God the Father Almighty, Maker of heaven and earth, and in Jesus Christ his only son our Lord who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead; and buried. The third day he arose from the dead' he ascended into heaven and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the Church Universal, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.

# THE HOLY COMMUNION CELEBRATION

\*All are asked to have your consecrated fellowship Communion Cup\*
Rev. Cavaness, Chief Celebrant

#### THE COMMUNION HYMN

"The Blood That Jesus Shed for Me"

# THE SOLICITATION

You that do truly and earnestly repent of your sins, and are in love and charity with your neighbor, and intend to lead a new life, following the commandments of God, and walking from henceforth in His holy ways, draw near with faith and take this holy sacrament to your comfort; and make your humble confession to Almighty God, meekly bowing or kneeling (as able).

# THE GENERAL CONFESSION

Minister: Let us humbly confess our sins unto Almighty God.

Minister & People:

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men, we acknowledge and bewail our manifold sin and wickedness which we from time to time most grievously have committed by thought, word and deed against Your divine Majesty, provoking most justly Your wrath and indignation against us. We do earnestly repent and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us. Have mercy upon us, have mercy upon us, most merciful Father for Your Son our Lord Jesus Christ's sake; forgive us all that is past, and grant that we may ever hereafter serve and please You in newness of life, to the honor and glory of Your name, through Jesus Christ our Lord, Amen.

# THE FIRST COLLECT

Almighty God, our Heavenly Father, who of Your great mercy has promised forgiveness of sins to all them that with hearty repentance and true faith turn unto You, have mercy upon us; pardon and deliver us from all our sins; confirm and strengthen us in all goodness; and bring us to everlasting life through Jesus Christ, our Lord. Amen.

#### THE SECOND COLLECT - THE PRAYER OF PURIFICATION:

Almighty God, to You all hearts are open, all desires known, and from You no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, and worthily magnify Your Name; through Christ our Lord. Amen.

#### THE PRAYER OF ADORATION

Minister: It is very meet, right, and our bounden duty that we shall at all times and in all places give thanks unto You,

O Lord, Holy Father, Almighty, Everlasting God.

People: Therefore, with angels and archangels, and with all the company of Heaven, we laud and magnify Your

Holy Name, evermore praising You and saying Holy, Holy, Holy, Lord God of Host; Heaven and earth are

full of Your Glory. Glory be to You, O Lord, Most High. Amen

# THE PRAYER OF HUMILIATION

We do not presume to come to this Your table, O merciful Lord, trusting in our own righteousness, but in Your manifold and great mercies. We are not worthy so much as to gather crumbs under Your table. But You are the same Lord, whose property is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of Your dear Son Jesus Christ, and to drink His blood that our sinful souls and bodies may be made clean by His death and washed through His blood, and that we may evermore dwell in Him and He in us. Amen.

# THE PRAYER OF CONSECRATION

Almighty God, our Heavenly Father, who of Your tender mercy did give Your only Son, Jesus Christ, to suffer death on the cross for our redemption, who made thereby His oblation of Himself, once offered, a full, perfect and sufficient sacrifice, oblation, and satisfaction for the sins of the whole world; and did institute and in His holy gospel command us to continue a perpetual memory of that His precious death until His coming again; hear us, O merciful Father, we most humbly beseech You, and grant that we, receiving these Your creatures of bread and wine, according to Your Son, our Savior Jesus Christ's holy institution, in remembrance of His death and passion, may be partakers of His most blessed body and blood; Who in the same night that He was betrayed took bread, and when He had given thanks, He broke it, and gave it to His disciples saying, Take, eat, this is My body which is broken for you. This do in remembrance of Me. Likewise after supper He took the cup, and when He had given thanks He gave it to them saying, Drink all of it, for this is my blood of the New Testament, which is shed for you and for many for the remission of sins; do this, as often as you shall drink it, in remembrance of me. Amen.

# THE SHARING OF THE ELEMENTS

All are asked to share in the partaking in the sacrament of Holy Communion, once prompted by Rev. Cavaness.

- 1. Peel back air-tight seal to eat the unleavened wafer.
- 2. Peel back the second seal to drink the juice.

# THE LORD'S PRAYER

#### THE PRAYER OF THANKSGIVING

O Lord, our Heavenly Father, we Your humble servants, desire Your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humble beseeching You to grant that by the merits and death of Your Son, Jesus Christ, and through faith in His blood, we and your whole church may obtain remission of our sins and all other benefits of His passion. And here we offer and present unto you, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto You; humbly beseeching You that all we who are partakers of this Holy Communion may be filled with Your grace and heavenly benediction, beseech You to accept this our bounden duty and service; not weighing our merits, but pardoning our offenses, through Christ our Lord; by whom and with whom in the unity of the Holy Spirit all honor and glory be unto you, O Father, Almighty, world without end. Amen.

# THE PASSING OF PEACE, LOVE, CARE, AND JOY

Pass/share the peace, love, care, and joy with at least eleven (11) people by calling, texting, mailing or emailing at the conclusion of Worship.

# THE FELLOWSHIP HYMN

"What A Fellowship, What a Joy Divine"

#### THE DOXOLOGY

"Praise God" From Whom All Blessings Flow

# THE BENEDICTION

# Reading the Psalms with our Neighbors

BETHEL AME OF ARDMORE, OR ZARUA AND OLD HAVERFORD FRIENDS MEETING

Join us for one or both days!

Wednesday, November. 16 and Wednesday, December. 21

6:30-7:30 PM via Bethel's Zoom

[1 (929) 436-2866 • Meeting ID: 258 111 9868 • Password: 966785]

Note: Wednesday, December 21 is Hanukkah night 4. We'll light Hanukkah candles together on Zoom!

Make New Friends, Learn With Others, Create Relationships...



# **ALL PARENTS/GRANDPARENTS/GUARDIANS**

are welcome to join us for a Youth Church School **MEET AND GREET!** 

# **SATURDAY, NOVEMBER 19, 2022 | 4:00 PM**

Bethel AME Church Narthex Area

**Come learn about BETHEL YOUTH CHURCH SCHOOL** and other Youth Ministry opportunities!

Please bring your children/grand children as well! We look forward to seeing you!

For more information, please contact Sister Janine Baggett, Church School Superintendent (215) 514-0217.

# • THIS THANKSGIVING AND CHRISTMAS SEASON •

... We are here to be a Blessing!

IF YOU AND/OR SOMEONE YOU KNOW is in need of any assistance this Thanksgiving and Christmas Season please do not hesitate contact Rev. Cavaness, Sister Pat LaRoche, President, Mary F. Handy WMS, and/or your class leader. We will do our very best to respond and to be a blessing!

# **BETHEL CLASS LEADERS MINISTRY**

The African Methodist Episcopal Church has always counted on and continue to count on the class meeting system as an effective means of ministry in the local church. Some Methodist pastors have large congregations and depend heavily upon the class leaders to share in the work of ministry. Meeting with the pastor, officially or unofficially, to say how a member is fairing or simply to update the pastor as to the condition of his or her class, is natural and expected.

The African Methodist Episcopal Church today sees the role and function of the class leader and the class meeting system as

vital to the life of the congregation. Many local churches have class leaders' councils or class leaders' boards who meet on a regular basis (usually once a month) for the purpose of:

- Encouraging one another spiritually and emotionally;
- Seeking new ways to minister effectively to the members of their classes;
- Sharing with the pastor their concerns and the concern of the members of their class and;
- Fellowshipping one with another





# FELLOWSHIP COMMUNION CUPS

Please contact **Rev. Felicia Howard** at **(610) 896-6382** for Consecrated Fellowship Communion Cups.

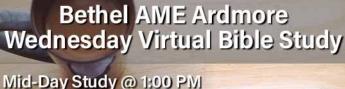
The Board of Stewards will coordinate Communion distribution to our Sick and Shut-In/Homebound Members.

# NOVEMBER 2022 happy birthday! Bro. Daniel Barcliff 4 Bro. Charles "Chuck" Thompson 4 Bro. Romeo "Steve" Brown 6 Rev. Carol Gilbert 21 Sis. Maketa Mabane 25 happy anniversary! Marjorie & Romeo Brown 9 Fred & Kimberly Howard 17

# JOIN US FROM HOME!

19

Clifford & Carrie Foster



Evening Study @ 6;30 PMI and the state of th

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

—2 Тімотну 2:15 (NKJV)

# **FAMILY PROMISE**

JOIN US AFTER SERVICE • SUNDAY, NOVEMBER 13

On Sunday November 13th after worship (around 11:45), **St. Mary's Episcopal Church of Ardmore will be hosting an open house** in our recently deep-cleaned **Family Promise** space. We'll serve coffee and snacks and offer an opportunity to see the space where we host families. We're seeking to reconnect our congregation with the mission of **Family Promise** and with opportunities to serve as in-person hosting resumes. Allegra Cressman, the Executive Director of **Family Promise**, will be with us.



# SAY A PRAYER... SEND A CARD...

# BETHEL AME ARDMORE SICK AND SHUT-IN

Sis, Gloria Greenwood

209 Simpson Rd., Ardmore, PA 19003

Sis. Esther Harris

Saunders House, 100 Lancaster Ave., Room 406 Wynnewood, PA 19096

Sis. Geraldine Mills

137 Sheldon Lane, Ardmore, PA 19003

**Bro. Roger Mills** 

14 Paoli Pike, Paoli, PA 19301

Sis. Sherri Pendleton

24 School Lane, Ardmore, PA 19003

Sis. Pearl Price

5404 Regent St., Philadelphia, PA 19143

**Bro. Glenn Puller** 

212 Lippincott Ave., Ardmore, PA 19003

Bro. Robert (Bobby) Sudler

1377 Westbury Dr., Philadelphia, PA 19151

Sis. Lillian Wilson

330 Walnut Ave., Apt. 621, Norristown, PA 19401

\* Please contact Sister Janine Baggett, Co-Vice Chair, Board of Stewards, if you would like to have your name added/removed from the Sick and Shut-In and Prayer Lists.

# BETHEL AME ARDMORE PRAYER LIST

Family of Sister Phyllis Allen Sister Breyanna Allen *and All Members of the Armed Forces* 

Brother Ernest Asbury, III

Sister Chelci Asbury and Family

Sister Janine Baggett & Family

Family of Sister Leslie White Bristol

Family of Sister Mabel Berkeley

College Students

Family of Sister Cynthia Coleman

Family of Sister Louise Coursey

Family of Sister Annie Curtis

Rev. and Mrs. Albert Davis, Jr.

Family of Gus Dingle

Family of Brother Kyle Edmonds

Sister Danita Ellerbee

Family of Sister Joyce Gibbs

Rev. Carol Gilbert

Sister Bernice Green and Family

Sister Gloria Greenwood

Sister Esther Harris

Sister Courtney Hatton

Sister Jean Hays & Family

Family of Donald Helton

Sister Rosie Helton

Family of Duane Holland

The Howard Family

Bishop Julius & Mother Joan McAllister

Sister Donna Jarrell

Family of Rev. Kanice Attles-Johns

Sister Phylinda Peters John

& Family

Families impacted by COVID-19

Ardmore Families Impacted by Gun Violence

Family of Mother Minnie B. Johnson

Sister Pauline Jordan and Family

Sister Jill Kilgore and Family

Family of Rev. Wilfred Lewis

Family of Sis. Darryl McLain Rev. Donna Minor and Family

Family of Bro. Wade Morris

Family of Bro. Gary "Poncho"

-amily of Bro. Gary "Poncho Parker

Sister Sherri Pendleton

Rev. James Pollard, Sr. and Family

Family of

Sister Sharon Richardson

Sister Lois Savin

Family of

Mr. Charles "Peanut" Shippen

Family of Sister Denice Shippen

Sister Thay Shippen and Family

Family of Bro. Troy Shippen

Sister Barbara Short

Family of Rev. Frank Smart

Sister Dorothy "Dottie" Smith

& Family

**Bro. Guy Stewart** 

Bro. Jerome Taylor

Family & Friends of Marie "Mutt" Thornton

Rev. Dr. Donald Tucker

Family of Rev. Dr. Denzil Turton, Sr.

Family of Rev. Lanxton Washington

Sister Brenda Watts

Sister Angie White and Family

Sister LaVerne Wiley

Family of Sister Debbie Williams

Sister Bonnie Wills

Sakinah Love/Redeemed for

a Cause

All of the babies, toddlers, community children & teens of our church

Our College Students

Lower Merion Firefighters

18th Episcopal District

All Who Are On the Front-Line...

#### \* ALL MEETINGS ARE VIRTUAL UNTIL FURTHER NOTICE \*

# **BETHEL ARDMORE • VIRTUAL MEETING SCHEDULE • NOVEMBER 2022**

# MONDAY, NOVEMBER 7

5:00 PM

Montco Recovery/ARPA Grant Advisory Group

Meeting

6:00 PM

Board of Stewards Meeting

7:30 PM

Class Leaders Meeting

# TUESDAY, NOVEMBER 8 • ELECTION DAY! •

6:30 PM

Board of Trustees Meeting

# WEDNESDAY, NOVEMBER 9

7:30 PM

Commission on Stewardship & Finance Meeting

# **MONDAY, NOVEMBER 14**

6:30 PM

Mary F. Handy WMS Meeting

# **THURSDAY, NOVEMBER 17**

6:30 PM

Official Board/Church Conference/2023 Budget Presentation

# **MONDAY, NOVEMBER 21**

6:30 PM

Lay Organization Meeting

# Official Board/Church Conference 2023 BUDGET PRESENTATION

THURSDAY, NOVEMBER 17, 2022 @ 6:30PM VIA BETHEL'S ZOOM

# SUNDAY 10:30 AM VIRTUAL WORSHIP SCHEDULE & SPECIAL HOLIDAY SERVICES NOVEMBER/DECEMBER 2022

# **SUNDAY, NOVEMBER 6**

HYBRID WORSHIP SERVICE \*Registration required

SERVICE OF HOLY COMMUNION

**HOMECOMING SUNDAY** 

127TH CHURCH ANNIVERSARY SUNDAY

# **SUNDAY, NOVEMBER 13**

VIRTUAL WORSHIP SERVICE

**VETERANS RECOGNITON SUNDAY** 

# **SUNDAY, NOVEMBER 20**

VIRTUAL WORSHIP SERVICE

THANKSGIVING SUNDAY

Gospel Chorus will lead in Worship

# WEDNESDAY. NOVEMBER 23 7 PM

FELLOWSHIP OF CHURCHES

MT. CALVARY BAPTIST CHURCH, HOST CHURCH

**THANKSGIVING EVE SERVICE (HYBRID)** 

# THURSDAY, NOVEMBER 24 10 AM

**THANKSGIVING DAY!** 

VIRTUAL WORSHIP SERVICE

# **SUNDAY, NOVEMBER 27**

**FIRST SUNDAY OF ADVENT** 

VIRTUAL WORSHIP SERVICE

Advent Theme: "The Changing Table"

# **SUNDAY, DECEMBER 4**

**SECOND SUNDAY OF ADVENT** 

 ${\it HYBRID\ WORSHIP\ SERVICE\ *} Registration\ required$ 

SERVICE OF HOLY COMMUNION

# **SUNDAY, DECEMBER 11**

THIRD SUNDAY OF ADVENT

JOINT WORSHIP SERVICE AT GLADWYNE PRESBYTERIAN

# **SUNDAY. DECEMBER 18**

**FOURTH SUNDAY OF ADVENT** 

VIRTUAL WORSHIP SERVICE

**CHRISTMAS SUNDAY/FELLOWSHIP** 

# **SUNDAY, DECEMBER 25**

**CHRISTMAS DAY!** 

VIRTUAL/HYBRID WORSHIP SERVICE

\*Registration required

**KWANZAA/VICTORY SUNDAY** 

# SATURDAY, DECEMBER 31

10:30 PM

WATCHNIGHT SERVICE

CANDLELIGHT HOLY COMMUNION IMMEDIATELY

**FOLLOWING** 

# **SUNDAY, JANUARY 1, 2023**

VIRTUAL WORSHIP SERVICE

SERVICE OF HOLY COMMUNION

# CELEBRATING 50TH ANNIVERSARY OF THE FEBRUARY 18, 1973 FIRE

We will celebrate as a Church Community during the month of February, 2023. If you are interested in being a part of the month long celebration, please contact Sister Janine Baggett, Co-Vice Chair, Board of Stewards.

# **SUNDAY CHURCH SCHOOL LESSONS | NOVEMBER 2022**

# **NEW QUARTER THEME: A LIVING FAITH**

This study focuses on faith. The first unit uses passages from Hebrews to move participants toward a definition of faith, while the second and third units continue the study of faith through the lens of the Early Church.

# **UNIT 1 • WHAT IS FAITH?**

This unit has four lessons. Using three chapters of Isaiah, this study explores God's predictions of the future These lessons engage learners in responsive obedience to God's love that is revealed in Jesus. This response is an act of faith.

LESSON 1: SEPT. 4, 2022	FAITH CALLS FOR PERSERVERANCE	HEBREWS 10:19-31
LESSON 2: SEPT. 11, 2022	FAITH IS ASSURANCE	HEBREWS 11:1-3 PSALM 46:1-3, 8-11
LESSON 3: SEPT. 18, 2022	FAITH IS ENDURANCE	HEBREWS 12:1-11
LESSON 4: SEPT. 25, 2022	GAITH INSPIRES GRATITUDE	HEBREWS 12:18-29
LESSON 5: OCT. 2, 2022	FAITH REQUIRES MUTUAL LOVE	HEBREWS 13:1-3 I CORINTHIANS 13

# **UNIT 2 • WHO UNDERSTANDS FAITH?**

The first two lessons focus on Stephen's message and martyrdom. The third lesson explores the repercussions for those who treat faith as a commodity. The fourth lesson looks at the faith that guides both Philip the evangelist and the Ethiopian seeker to examine the Scriptures together.

LESSON 1: OCT. 9, 2022	STEPHEN'S ARREST AND SPEECH	ACTS 6:8-7:2A
LESSON 2: OCT. 16, 2022	STEPHEN'S MARTYRDOM	ACTS 7:51-8:1A
LESSON 3: OCT. 23, 2022	SIMON WANTS TO BUY POWER	ACTS 8:9-24
LESSON 4: OCT. 30, 2022	PHILIP AND THE ETHIOPIAN EUNUCH	ACTS 8:26-39

# **UNIT 3 • WHAT DOES FAITH COST?**

This unit is a four-lesson study of Paul's faith and ministry. The first lesson examines Paul's speech before King Agrippa. The second lesson goes with Paul aboard the ship to Rome. The final two lessons focus on Paul's ongoing ministry even though he is a prisoner.

LESSON 1: NOV. 6, 2022	PAUL BEFORE KING AGRIPPA	ACTS 26:19-22
LESSON 2: NOV. 13, 2022	PAUL SAILS FOR ROME	ACTS 27:1,2, 33-44
LESSON 3: NOV. 20, 2022	PAUL MINISTERS IN MALTA	ACTS 28:1-10
LESSON 4: NOV. 27, 2022	PAUL EVANGELIZED IN ROME	ACTS 28:23-31

ALL ARE WELCOME TO JOIN US EVERY SUNDAY at 8:30 AM via Bethel's ZOOM.

Do you or a neighbor need help with your leaf clean up this Fall/Winter?

Please email <a href="mailto:bethelardmore@verizon.net">bethelardmore@verizon.net</a> or call the church office <a href="mailto:610">(610)</a> 642-8966.

Our friends of the Ardmore Rotary are here to help!

# **COMMISSION ON STEWARDSHIP AND FINANCE UPDATE**

"The crowds asked John the Baptist, 'What should we do?' He said to them in reply, 'Whoever has two cloaks should share with the person who has none. And whoever has food should do likewise." Luke 3:10-11

The answer to the question, "what should we do?" is simple – SHARE. Sharing from the abundances we are given from God is the bottom line for all good stewards and is especially meaningful as we embark in this New Year!

Stewardship is a Work of the HEART!

# God is Faithful!

On behalf of the Pastor, Commission on Stewardship and Finance we are grateful to God for your continued faithfulness to the ministry and mission of Bethel AME Church of Ardmore. We are called to be good Stewards of EVERYTHING that the Lord has given to us and it is my prayer that as we approach and endeavor to go HIGHER in Christ's name that we will commit ourselves to GIVING GOD'S Way.

Although we are navigating the reality of hybrid ministry (in-person and virtual) we are only able to do this with your help and consistent support of Bethel. All members of Bethel have a role to play in the overall upkeep and care of Bethel.

There are a myriad of ways to give to Bethel:

We are excited to share that we have updated our electronic giving options! It is our prayer that our Bethel Family and Friends will consider giving online. Our new giving platform is: On Realm! How to give to Bethel:

- 1. Mail/Drop off to Bethel AME Church of Ardmore 163 Sheldon Lane - Ardmore, PA 19003
- 2. Online: www.bethelardmore.org
- 3. Text to Give:

Text "BARDMORE1895" to 73256 to give using your mobile device. This number will never send unsolicited texts to you. To cancel further messages, text STOP. If you need assistance with text giving, text HELP. Standard text message and data rates may apply.

4. Cash App: \$bethelardmore1895

You are welcome to contact Sister Janine Baggett at (215) 514-0217 or janineb104@gmailcom

2022 End-of-Year Giving Letters and Offering Report were mailed out in mid-February, 2022. If you have any questions or concerns, please contact the Church Office (610) 642-8966 or bethelardmore@verizon.net. Thank you for your faithfulness and support to the ministry of Bethel AME Church of Ardmore.

2022 Giving Envelopes

2022 Giving Envelopes have been distributed and/or mailed to all Bethel Members. In order to receive credit for your giving it is important that you notate your giving on an envelope in order for the Commission on Stewardship and Finance to credit your giving accordingly.

# 2022 Faith Fund

2022 Faith Fund Pledge Cards are available! All members of Bethel are asked to participate in this giving campaign as this ensures that we are able to meet our Connectional/Episcopal/Annual/Presiding Elder Level financial obligations. Bethel AME Church of Ardmore is responsible for close to \$30,000 to these various levels of our church. Please complete a pledge card today!

The schedule below provides the due dates for our financial obligations:

Founders Day Report–February

Annual Conference Report-May

Planning Meeting Report–June

Christian Education Report-July

Fall Convocation Report-November

We thank you for your support of this important giving campaign of our church.

# The Technology Fund

This continues and will be an on-going initiative to ensure that Bethel continues to have a vibrant, effective technology presence as we continue to spread the Good News of Jesus Christ! All are welcome to give to this fund as you are so directed by the Holy Spirit.

# The Bethel Restoration Campaign

This is a five (5) year campaign, and it is our prayer that we can count on your support! Other projects are readily being identified that require our attention that this campaign will prayerfully assist us in being able to accomplish.

Although the physical building has been closed for Worship since March 15, 2020, God has been FAITHFUL to us. It is critical that we continue to fulfill our mission and be the place where heaven and earth meet and we CAN NOT do that without YOU!

#### STEWARDSHIP REFLECTION

The Spirit itself bears witness with our spirit that we are children of God, and if children then heirs, heirs of God and joint heirs with Christ..."—ROMANS 8:16-17

If we are heirs to the kingdom of God, shouldn't we work to build up His kingdom? Shouldn't we be good Stewards of our inheritance, using our time in prayer, our talent in charitable works and our treasure to care for the Church that God has left to us?

Our Church is a treasured heirloom from God. Do we treat it that way?

Stewardship is a Work of the HEART!

# Bethel Outreach Corner

SPONSORED AND COORDINATED BY THE MARY F. HANDY WOMEN'S MISSIONARY SOCIETY (WMS) · SISTER PAT LAROCHE, PRESIDENT

# We are the hands and feet of Jesus Christ! All are welcome to be a part of the Women's Missionary Society of Bethel AME Church of Ardmore.

Thank you to everyone for your support of our Chosen 300 Meal and Outreach on Monday, October 31, 2022.

As we prepare for the Thanksgiving and Christmas Season, let us do our part to be a blessing.

Please also do not hesitate to let us know if there is anyone or yourself that needs assistance this holiday season.

We are called to make a difference! The Missionaries of Bethel are always on the lookout for new ways to spread the love of Jesus through Missions. If you know of someone, a family in need do not hesitate to contact Sister Pat LaRoche, Missionary President.





ABSOLUTE DEADLINE IS TUESDAY, FEBRUARY 28, 2023

610.642.8966 | www.bethelardmore.org bethelardmore@verizon.net



163 SHELDON LANE, ARDMORE, PA 19003 Rev. Carolyn Cavaness, Pastor

# **Support the Benevolence Fund and the Technology Campaign Fund!**

# Benevolence Fund

In support of the work of:

WOMEN'S MISSIONARY SOCIETY

YPD (YOUNG PEOPLE)

BETHEL SCHOLARSHIP MINISTRY

FAITH FUND

All are asked to give a sacrificial gift of \$5.00 per week (\$20.00/month) over and above your Tithes/Offerings/ Faith Fund/Restoration Campaign in support of our Benevolence Fund. On a bi-annual basis, (June/ December) the Benevolence Offerings received will be equally distributed to Women's Missionary Society (WMS), Young People's and Children's Division (YPD), Scholarship Ministry and Faith Fund.

To give weekly/monthly to the Benevolence Fund please use the "Benevolence Line" on your weekly tithe/ offering envelope.

Thank You!

# **BETHEL TECHNOLOGY UPDATE**

To God be the glory that we have completed the installation of a camera system and production booth in the Church Sanctuary. We thank you for your support and prayers.

The Technology Fund will be an ongoing fund to help support the audio/visual ministry of Bethel AME Church of Ardmore. With your help and support we will continue to support our efforts in expanding our virtual reach.

The Technology Fund will allow us to:

- Purchase of camera equipment, software, hardware, electrical outlet - COMPLETED February, 2021
- Installation of Internet/Wifi throughout the Sanctuary and entire church
- Creation of Staff position to manage all of the church's technology needs.
- Purchase of Confidence Monitors
- Purchase of Organ Amplification Equipment
- As we continue to go forth, additional equipment will be added accordingly.

As of October 31, 2022, the Technology Fund has raised \$8,605.00.

Gifts of all sizes are welcome! The newly installed camera equipment, software, hardware was dedicated on **Sunday, March 21, 2021**.

To God be the Glory!



# CORONAVIRUS STAY INFORMED

Latest News for Chester and Delaware County

Questions? Call 610-344-6225 Monday - Friday 8:30am-4:30pm



# FIRST EPISCOPAL DISTRICT African Methodist Episcopal Church

# FALL CONVOCATION 2022

November 11-12, 2022

Conference Year Theme:

"A Transitioning Church"

**Proof of** COVID-19 Vaccination and Masks required for In-Person **Attendance** 





FALL ~ CONVOCATION ~ PREACHERS



# **OPENING WORSHIP EXPERIENCE**

Friday, November 11, 2022 7:00 PM

The Rt. Rev. Frank Madison Reid III Presiding Prelate, Eleventh Episcopal District African Methodist Episcopal Church

# **CLOSING WORSHIP EXPERIENCE** AND COMMISSIONING SERVICE

Saturday, November 12, 2022 12:00 Noon

The Rev. Dr. W. Golden Carmon Mount Zion AME Church New Brunswick, New Jersey

THE RIGHT REVEREND JULIUS H. McAllister, Sr. PRESIDING PRELATE

MOTHER JOAN MARLA MCALLISTER **EPISCOPAL SUPERVISOR** 

REVEREND DR. CHARLES H. LETT, SR. HOST PRESIDING ELDER

REVEREND VERNON R. BYRD, JR., Esq. HOST PASTOR

FIRST DISTRICT HEADQUARTERS

3801 MARKET STREET, SUITE 300 PHILADELPHIA, PA 19104 215.662.0506 | WWW.FIRSTDISTRICTAME.ORG

Live On Facebook & Youtube @FirstDistrictAME





# **FALL CONVOCATION** 2022

# Agenda

3:00 PM Self-Help Board Meeting Renaissance Room

# Friday, November 11, 2022

10:00 AM Presiding Elders Meet with Bishop Bishop's Conference Room

12:30 PM Lunch Break

1:30 PM Board of Examiners

Chairpersons, Deans and Secretaries

3:00 PM Annual Conference Trustees

Conference Boards of Trustees Vice Chairpersons, Secretaries, Presiding Elders

4:00 PM Annual Conference Treasurers

5:00 PM Dinner Break

7:00 PM Opening Worship Experience

The Rt. Rev. Frank Madison Reid III, Preaching

Presiding Prelate,

**Eleventh** Episcopal District

African Methodist Episcopal Church

# Saturday, November 12, 2022

8:00 AM Devotions

8:15 AM Presentation of

The Rt. Rev. Julius H. McAllister, Sr.

Rev. Jocelyn K. Hart Lovelace

Presiding Elder, Boston-Hartford District

The Bishop's Word

9:30 AM Workshop I

"Domestic Violence Awareness"

Presenter: Rev. Ratona Stokes-Robinson

Pastor, Saint James AME Church

Thorofare, New Jersey

Facilitator: Rev. Dr. Jacquita Wright-Henderson

Respondent: Rev. Dr. Keith Hayward

10:15 AM Workshop II

"Shepherding the Flock"

Presenter: Rev. Kevin T. Taylor

Pastor, Israel AME Church

Albany, New York

Facilitator: Rev. Dr. Gregory G. Groover, Sr.

Respondent: Rev. Kimberly L. Detherage, Esq.

11:00 AM Workshop III

"Mental Health Awareness"

Presenter: Rev. Lisa M. Williamson, M.D.

Rev. Dr. Natalie Mitchem, R.D.

Facilitator: Rev. Kyle Thomas

Respondent: Rev. Shondra Smith

11:50 AM Break

12:00 Noon Closing Worship Experience and

**Commissioning Service** 

The Rev. Dr. W. Golden Carmon, Preaching

Pastor, Mount Zion AME Church

New Brunswick, New Jersey

Reading of Appointments

**Proof of COVID-19 Vaccination and Boosters required** for In-Person Attendance

# **BUY BLACK THIS THANKSGIVING!**

Bethel AME Church of Ardmore Winter 2022

# Ommunity Hero





# Soil to Sanctuary Market

Saturday November 19th 10am-12pm



Enjoy food and music, purchase fresh produce grown by Black Farmers, and support local Black-owned businesses! Bethel AME Community Garden 163 Sheldon Lane, Ardmore PA Interested in vending? Email ardmorevictorygardens@gmail.com

- SWEET POTATOES •
- COLLARD GREENS
  - GRITS •
  - HONEY
    - JAM •

... AND OTHER ITEMS, ALL FROM BLACK FARMERS AND MERCHANTS!

# **VETERANS DAY & EVERY DAY • BETHEL ARDMORE 2022**

# WE SALUTE OUR VETERANS

Lewis Burton U.S. Army Goodwin Turner U.S. ParaTrooper

Clifford Foster U.S. Army Harry White U.S. Army

Jerry Holland U.S. Air Force Kellee Williams U.S. Army

Roger Mills U.S. Air Force

# WE REMEMBER:

1st Lieutenant Paul T. Short Jr. Vietnam War, 1967



# FRIENDSGIVING 2022

Sponsored by Bethel AME Church of Ardmore, Bethel AME Church of Bryn Mawr, Gladwyne Presbyterian Church, Bryn Mawr Presbyterian Church and other Caring Friends and Partners

# Tuesday, November 22, 2022

To give a home-cooked Thanksgiving Meal the following donations are needed:

Turkeys

Thanksgiving Greeting Cards

Packaged Rolls

- Hand Sanitzer
- Packaged Desserts

# Volunteers are needed to help and deliver meals as well!

# DONATIONS CAN BE DELIVERED TO:

Bethel AME Church of Bryn Mawr • 50 S. Merion Avenue • Bryn Mawr, PA 19010 Turkey Donations are needed by Friday, November 18, 2022, 11:00am - 3:00pm

# OTHER DONATIONS:

Sunday, November 20, 2022, 1:00pm - 4:00pm; Monday, November 21, 2022, 10:00am - 2:00pm If special arrangements are needed, please contact (973) 704-1631 or bethelardmore@verizon.net

#### FINANCIAL DONATIONS ARE ALSO WELCOME:

www.bethelardmore.org
Donate: Friendsgiving/Thanksgiving 2022

Spreading love and cheer to our friends and neighbors this Thanksgiving!



SPONSORED BY FRIENDS AND PARTNERS OF BETHEL AME CHURCH OF ARDMORE

# **TUESDAY, NOVEMBER 22, 2022**



# 🖊 <u>THANKSGIVING MEAL</u> 🍁



Turkey with Gravy

Included:

Rice | String Beans | Sweet Potatoes | Mac & Cheese Cabbage | Dressing | Roll | Fruit Cup | Dessert | Beverage

# PLACE YOUR ORDER BY MONDAY, NOVEMBER 14, 2022

via phone (610) 642-8966 or bethelardmore@verizon.net.

Spreading love and cheer to our friends and neighbors this Thanksgiving!

MEAL DELIVERY BEGINS AT 12 PM | PICK- UP AT 1:30PM

# BETHEL AME CHURCH OF BRYN MAWR

50 S. Merion Avenue Bryn Mawr, PA 19010

For more information, please contact (973) 704-1631 or bethelardmore@verizon.net.

Sponsored by Bethel AME Church of Ardmore, Bethel AME Church of Bryn Mawr, Gladwyne Presbyterian Church, Bryn Mawr Presbyterian Church and other Caring Friends and Partners

# 2022 FELLOWSHIP OF CHURCHES

HYBRID

# THANKSGIVING EVE SERVICE

WEDNESDAY

**NOVEMBER 23** 

7:00 PM

MT. CALVARY BAPTIST CHURCH OF ARDMORE

127 WALNUT AVE., ARDMORE, PA



REV. ALBERT G. DAVIS, JR., HOST PASTOR AND PREACHER

# FOR IN PERSON WORSHIPPERS:

COVID-19 Guidelines and protocols are in place. Upon entry all worshippers will have temperature check and contact information will be required for contact tracing purposes.

# **FELLOWSHIP OF CHURCHES**

BETHEL AME CHURCH OF ARDMORE

BETHEL AME CHURCH OF BRYN MAWR

MEMORIAL CHURCH OF GOD IN CHRIST, HAVERFORD

MT, CALVARY BAPTIST CHURCH OF ARDMORE, HOST CHURCH

ZION BAPTIST CHURCH OF ARDMORE



# TO JOIN VIRTUALLY:

https://www.facebook.com/ mcbcardmore



# This Christmas Season...

# SPEND SUNDAY DECEMBER 18, 2022 WITHOUT A BED

HELP FAMILIES GET HOUSED AND STAY HOUSED

TAKE ACTION & RAISE AWARENESS

# WHAT TO DO:

SLEEP

ANYWHERE BUT YOUR BED. DONATE

AND ASK FOR SPONSORS.

HELP US RAISE \$2,500.00.

The Fundraiser Timeline is from December 1, 2022— December 31, 2022. SHARE

YOUR EXPERIENCE AND PHOTOS WITH US

by emailing to bethelardmore@verizon.net, posting to Bethel Ardmore's Facebook Page, or texting your photos to (973) 704-1631. TAG

A FRIEND OR TWO AND CHALLENGE THEM TO PARTICIPATE AS WELL.

Donations can be made online via www.bethelardmore.org or checks can be made payable to and mailed to: Bethel AME Church of Ardmore

163 Sheldon Lane • Ardmore, PA 19903 • MEMO: NWAB

Learn more about our Week of Hosting from December 18-25, 2022 and our Night Without a Bed Fundraiser on Monday, December 14, 2022, 6:30 PM via Bethel's ZOOM. We will have Allegra Cressman, Executive Director of Family Promise of the Main Line and other staff will be presenting us!

For more information, please contact Sister Patricia LaRoche, WMS President. (610) 585-8706 or pl.cameron8@gmail.com.

# THANKS FOR YOUR SUPPORT!









# **OUR CHURCHWIDE CHRISTMAS OUTREACH 2022**

Interfaith

Hospitality

IHN is now...

Network



formerly Interfaith Hospitality Network of the Main Line

# WE ARE EXCITED TO WELCOME BACK OUR GUESTS FROM FPML!

# December 18th—December 25th

FAMILIES IN FAMILY PROMISE OF THE MAIN LINE'S PROGRAM ARE OUR GUESTS, RE-SIDING WITH US EVERY EVENING FOR ONE WEEK, FROM SUNDAY TO SUNDAY.

BETHEL AME CHURCH WILL BE UTILIZING ST. MARY'S EPISCOPAL CHURCH OF ARDMORE RECTORS HOUSE

36 ARDMORE AVE ARDMORE PA

DURING THE PANDEMIC WE PROVIDED REMOTE SUPPORT WITH MEAL DELIVERY,
AMAZON WISH LIST SHOPPING AND DONATIONS. WE LOOK FORWARD TO
AHOSTING THEM AGAIN IN OUR CHURCH THIS DECEMBER

IHN has updated their name & logo to reflect a longtime national affiliation:

Family Promise of the Main Line (FPML)

But their mission remains the same — to help families experiencing homelessness achieve independence through a community-based response.

The number of families in need is higher than ever.

https://fpmainline.org/

YOU CAN HELP OVERCOME HOMELESSNESS! PLEASE CONSIDER VOLUNTEERING—SEE BELOW.

TRAINING & GUIDANCE PROVIDED.

Anyone can volunteer! Families with school age children are WELCOME! Please join us!

Contact: Rev. Carolyn Cavaness ccavaness@aol.com, Sister Vikki Asbury vikkiasbury@yahoo.com, Sister Patricia LaRoche pl.cameron8@gmail.com

# **VOLUNTEER!**

# DINNER PREPARERS -

- DELIEVER COOKED DINNER by 6:00 PM and, if you wish, share dinner with the families
- DINNER HOST 6:00 PM serve meal and spend time with the families
- EVENING HOSITNG: 7:30 PM until overnight host arrives. Spend the evening hours with the families, play with kids, read a story, or talk about sports, the weather everyday common conversation
- OVERNIGHT HOST 8:30 PM 6:00 AM Spend one or more nights at St. Mary's with the families; great opportunity for your school-age children!

#### SET-UP

 Set-up the bedrooms, common dining area, and kitchen

## **BREAKDOWN**

· Clean up and reset rooms

#### LAUNDRY HELP -

Launder linens used by the families
 Return to the rectors house upon completion

#### SUPPLY SHOPPING

Shop for staple grocery items such a milk breakfast grab and go items, paper supplies



# "O Come, Let Us Adore Him"



# Poinsettias will be placed in the Sanctuary on Christmas Day, December 25, 2022

All persons who purchase poinsettias are invited to take home immediately following the VIRTUAL/HYBRID Worship Service on Sunday, December 31. If you are unable to pick-up your poinsettia(s) arrangements can be made to drop off to you.

To order a poinsettia in memory or in honor of someone, please contact the Church Office at (610) 642-8966 or bethelardmore@verizon.net by Sunday, December 4, 2022.

# Poinsettias are \$12.00 each.

CHECKS: Make payable to Bethel AME Church of Ardmore | MEMO: Poinsettias ONLINE: Cash App \$bethelardmore1895

ONLINE GIVING: Donation Gifts and write in Poinsettias — www.bethelardmore.org



# Season of Havent and Christmas 2022 ADVENT SEASON BEGINS SUNDAY, NOVEMBER 27, 2022

# First Sunday of Advent

SUNDAY, NOVEMBER 27 • 10:30 AM

VIRTUAL WORSHIP SERVICE ADVENT THEME: "THE CHANGING TABLE"

Second Sunday of Advent

**SUNDAY, DECEMBER 4 • 10:30 AM** 

HYBRID WORSHIP SERVICE \*Registration required SERVICE OF HOLY COMMUNION

Third Sunday of Advent

**SUNDAY, DECEMBER 11 • 10:30 AM** 

JOINT WORSHIP SERVICE AT GLADWYNE PRESBYTERIAN PHILADELPHIA CONFERENCE ADVENT SERVICE

Fourth Sunday of Advent

SUNDAY, DECEMBER 18 • 10:30 AM

VIRTUAL WORSHIP SERVICE CHRISTMAS SUNDAY/FELLOWSHIP VIRTUAL CHRISTMAS PARTY

Churchwide Christmas Outreach

MONDAY, DECEMBER 19-SUNDAY, DECEMBER 25

HOSTING 'FAMILY PROMISE' FAMILIES • ST. MARY'S EPISCOPAL CHURCH

Reading the Psalms with Our Neighbors

WEDNÉSDAY, DECEMBER 21 • 6:30-7:30 PM

\*Also lighting Hanukkah candles together on ZOOM

Christmas Eve

SATURDAY, DECEMBER 24, 2022 • 6:00 PM

VIRTUAL CHRISTMAS EVE GATHERING

Christmas Day!

**SUNDAY, DECEMBER 25 • 10:30 AM** 

HYBRID WORSHIP SERVICE \*Registration required KWANZAA/VICTORY SUNDAY

Watchnight Service

SATURDAY, DECEMBER 31, 2022 • 10:30 PM CANDLELIGHT HOLY COMMUNION IMMEDIATELY FOLLOWING



# DOES YOUR CHILD NEED ANY SPECIAL SUPPORT OR TUTORING?

# TUTORS ARE AVAILABLE!

# **CONTACT US TODAY!**





REPLACEMENT OF SHELDON LANE ELEVATOR LIFT

# Help Us Lift Jesus!

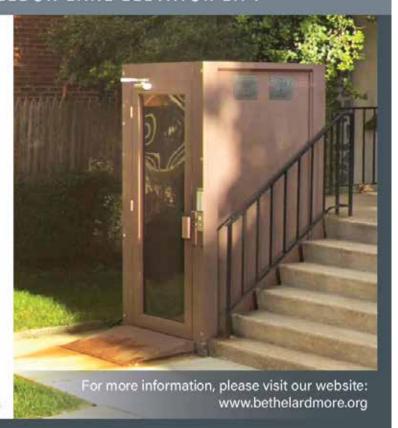
ELEVATOR CAMPAIGN

2022 MAY 1 — SEPTEMBER 30

\$65,000



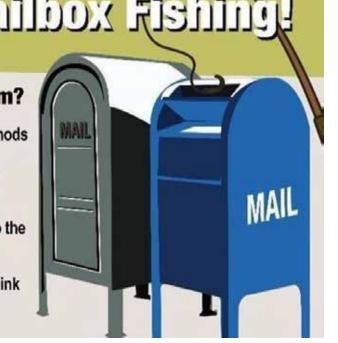
163 SHELDON LANE ARDMORE, PA 19003 610.642.8966 • www.bethelardmore.org REV. CAROLYN C. CAVANESS. PASTOR



# Sending a check or money in the mail? Beware of Mailbox Fishing!

# What can I do to avoid being a victim?

- Consider transferring your money via other methods
- Drop mail containing checks directly at the Post Office or hand it directly to your mail carrier
- If you use a mailbox, deposit the mail as close to the scheduled pick-up time as possible
- When writing a check use a pen with pigmented ink that cannot be erased.



**NOVEMBER 2022** 

SEEDKEEPING

with Amirah Mitchell

Seeds of the African Diaspora

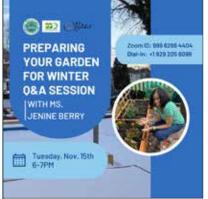
#### **UPCOMING EVENTS**

#### SATURDAY, NOVEMBER 5TH - VOLUNTEER WORKDAY (11-1PM) AND FREE FARM STAND (1-3PM)

Join us for our last monthly Volunteer Workday and First Saturday Free Farm Stand of the season on Saturday, November 5th at Bethel AME Church! Help us harvest from 11am-1pm or pick up potatoes, fresh collard greens, lettuce, kale, hot peppers, carrots, and more from 1-3pm.

# SUNDAY, NOVEMBER 13TH - CROPS OF THE AFRICAN DIASPORA: IN-PERSON WORKSHOP WITH AMIRAH MITCHELL (2:00-4:00PM)

NEW DATE: Join Amirah Mitchell in the Bethel AME Church Garden for a workshop on crops of the African Diaspora and the history and importance of seed keeping. This session will include conversation, story sharing, and a physical timeline of the evolution of the seed industry and revolutions to disrupt the industry. Advance registration is required; please text 347-634-1830 or sign up at bit.ly/AVGsistahseeds if you are interested in attending. If you were signed up for the original date of this workshop, you do not need to re-register! You will receive an email confirming your registration if you have not already.



# TUESDAY, NOVEMBER 15TH - ZOOM WORKSHOP: PREPARING YOUR GARDEN FOR WINTER WITH MS. JENINE BERRY (6:00-7:00PM)

Winter is just around the corner! Learn how to prepare your raised garden beds for the winter months with Ms. Jenine Berry of Berry's Bountiful Gardens in a virtual workshop and Q&A session on Tuesday, November 15th from 6-7pm. Zoom ID: 999 6268 4404 | Dial-in: +1 929 205 6099.

# SATURDAY, NOVEMBER 19TH SOIL TO SANCTUARY MARKET AT THE BETHEL AME CHURCH GARDEN

We're excited to be partnering with the Black Church Food Security Network to bring two Soil to Sanctuary Markets to the Bethel AME Church garden this winter!

Join us on Saturday, November 19th and Saturday, December 17th to enjoy food grown by Black farmers and to support local Black-owned businesses.

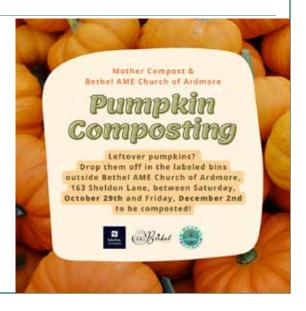
# **GENERAL ANNOUNCEMENTS**

# CALL FOR VENDORS: SOIL TO SANCTUARY MARKETS AT BETHEL AME CHURCH OF ARDMORE

We're still looking for vendors for our November 19th and December 17th Soil to Sanctuary markets! If you or someone you know is an artist, craftsperson, baker, or part of an organization who would like to table or vend at either market, please email us at ardmorevictorygardens@gmail.com.

# PUMPKIN COMPOSTING WITH MOTHER COMPOST AT BETHEL AME CHURCH OF ARDMORE

Did you know that over one billion pounds of pumpkin end up in U.S. landfills every year? Once you're done with your autumn pumpkin decorations, help reduce waste by composting them instead of throwing them out. Drop off your leftover fall pumpkins and squash (painted, carved, or whole) at Bethel AME Church until December 2nd in the labeled pumpkin compost bins.



# Alternatives to Throwing Out your Decorative Pumpkins

Over one billion pounds of pumpkin end up in U.S. landfills every year. Once fall festivities pass, reduce waste by recycling your pumpkins!

# **Pumpkin Recipes**

Though decorative pumpkins are often tougher and less sweet than the small ones you would find in the produce aisle, they're still edible and delicious! Try these easy recipes:

- Roasted Pumpkin Seeds: Clean your pumpkin seeds and season with salt, pepper, and chili powder. Coat with olive oil, then bake at 350°F for 12-15min, tossing every 4 minutes.
- <u>Vegetable Stock</u>: Pan-fry stringy "pumpkin guts" in olive oil, then add other vegetables such as carrot tops and onion scraps with water and seasonings. Simmer for an hour and strain.
- <u>Pumpkin Purée</u>: Cut your whole pumpkin in half and scoop out the innards. Salt pumpkin halves and bake for 45 minutes at 400°F.
   Once cooled, use a food processor to purée the roast pumpkin, then refrigerate before using in pumpkin pie, bread, or soups.

# **Compost or Donate**

Bring your carved or whole pumpkin to a local compost site, or call your local food pantry to see if they accept whole, clean pumpkins! Remove any paint with soapy water.



# **2022 PA IPL Philadelphia Workshops**

https://paipl.us/2022-philadelphia-se-pa-sessions/

# Environmental Justice & Human Resilience

United Lutheran Seminary, Philadelphia Campus, Brossman Center

7301 Germantown Ave., Philadelphia, PA 19119



# Virtual Keynote Address: 1 - 1:50pm

# **Keynote Speaker:**

Dr. Joylette Portlock - Executive Director, Sustainable Pittsburgh

# **Expert Response Panel:**

- Genevieve LaMarr LeMee Senior Advisor on Environmental Justice,
   City of Philadelphia Office of Sustainability
- Katie Ruth Executive Director, Pennsylvania Interfaith Power & Light

# Workshop 1: 2 - 2:50pm Local Resiliency

- Moderator: William Cozzens
- Jaclyn Rhoads President, Darby Creek Valley Association
- Rev. Carolyn C. Cavaness Pastor, Bethel Ardmore AME

# Workshop 2: 3 - 3:50pm Local Advocacy

- · Moderator: Phyllis Blumberg
- Liz Robinson Executive Director,
   Philadelphia Solar Energy Association
- Nancy Winkler Chair Person, Lower Merion Environmental Council & Founder, Climate Action Lower Merion

A Reflection & short Refreshment Session will close the Conference between 3:50 - 4pm at each location.

Temple Mood and Cognition Lab

# Are you 13-16 Years Old?

# You may be eligible for a paid research study!

Earn up to \$750 for Project RISE & \$1,075 for Project CREST





Complete our screening survey here:

https://redcap.link/crestandrise



Scan this code to open our website!

# CAMPAIGN GOAL: \$125,000

Five (5) Year Capital Campaign



\$75,000 APPROXIMATELY

\$60,000

PLEDGES & GIFTS AS OF 10/31/2022

JANUARY 1, 2019 -DECEMBER 31, 2024

# BETHEL AME ARDMORE RESTORATION CAMPAIGN

Pledge and Commitment Update | October 2022

To God be the Glory! We thank God for the love and support of Bethel Family and Friends as we continue forward in this five (5) year capital campaign. Now in its third year, we thank God for all of the pledges and support that we have received! We still have a ways to go, but with your help and support we will get there! During the course of these two and a half years, the following capital projects/improvements have been completed:

# 2019

Restoration and Renovation of the Lower Level Bathrooms, Lounge, Finance Office and Hallway. Contractor: RKA Builders Installation of New Sanctuary Audio System/Speakers, Mixer and Microphones

Contractor: Sam Samuels III

#### 2020

Completion of South Side (Garden Side) Sanctuary Windows Contactor: Mr. Mark Kidd of Majeki Stained Glass

Upgrade of all Lighting to LED in Sanctuary and Lower Level Contactor: PECO SmartWatt Program

#### 2021

Installation of State of the Art Visual Equipment/Electrical Outfitting Contractor: HSI Systems, Inc.

Completion of North Side Sanctuary Windows

Contractor: Mr. Mark Kidd of Majeki Stained Glass

There are still additional areas that require our attention and support. Namely:

- "Bottom Level" Windows on both North and South Side of the Sanctuary
- Audio Visual System additional upgrades
- Rental Properties
- Community Outreach/Grants
- Vision Casting/Where we going/ Where are we needed?

We are grateful that given the generosity of Bethel Family, Friends, Community Partners and Grants we have been able to address many of the items below, however YOUR support and commitment is needed. We still have a ways to go!

For more information or questions, please contact Brother Butch Smith or Sister Jean Hays. We thank you in advance for your prayers and support of this important Capital Campaign of our church.

Thanks for your support!
No gift is too small or large.



RESTORATION CAMPAIGN 2019 - 2024

163 SHELDON LANE | ARDMORE, PA 19003 · REV. CAROLYN C. CAVANESS, PASTOR

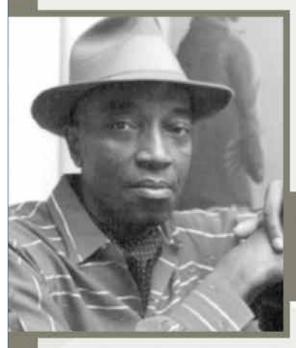


# **Positive Aging in Lower Merion**

Center for Active Aging Adults

117 Ardmore Avenue • Ardmore, PA 19003 Office: (610) 642-9370 / Fax: (610) 642-8873 www.palmseniors.org / facebook.com/thepalmcenter

# LIVE! PALM'S SUNDAY'S JAZZ FEST



A NATIVE OF BRYN MAWR, PA, Alfred (Alfie) Pollitt pianist, composer, producer, and songwriter, has performed with Jazz and R&B artists such as Donald Byrd, Archie Sheep, Art Blakey, Billy Paul, Stephanie Mills, the Four Tops, and the legendary Teddy Pendergrass.

NOVEMBER 13 3 PM-6 PM

# The Alfie Pollitt Trio

Featuring Allen Nelson and Richard Hill

117 ARDMORE AVENUE ARDMORE, PA 19003

# **ADMISSION**

**\$20** Advanced Purchase **\$25** at the Door

\$5 Meal Optional Vegetarian option available

To purchase tickets, contact NANCY GODFREY Call 610.642.9370 or email nancy@palmseniors.org.







# When The Righteous Pray

# **ANOINT THE VOTE 2022**

Pre-Election Day Prayers by the Faithful



# 8:00P, MONDAY, NOV. 7TH HTTPS://WWW.FACEBOOK.COM/FORUMPHILLY























#### God Our Healer - Our Finances

- · Believe God for healing and restoration of our
- Fiscal accountability at every level
- Economic empowerment Proper documentation to receive grants/funding

# God Our Healer **Our Beloved Community**

- Believe God for beloved community in the 18th <u>District &</u> the Connectional AMEC Intra-district support of projects Feeding the community through schools, farms &
- gardens Increase membership access to virtual
- reason mmunication. ucational advancement opportunities for Clergy





#### God our Healer Our Physical Health

- Believe God for healing and
- restoration of our physical health COVID 19 prevention & health information centers
- Farm & garden initiative

# God our Healer Our Infrastructure

- elieve God for restoration of our infrastructure nnual Conference Trustee education

- rpowerment and engagement nference-wide support of building projects come-generating development immunications, water supply & sewage systems surance on properties





# GOD OUR HEALER



# It's Not Too Early to Apply for a Mail-In Ballot!

ANY REGISTERED VOTER may request a mail-in ballot. Absentee ballots can be requested by voters with disabilities or an illness that prevents them from going to their polling place on election day, or those who will be absent from their municipality on Election Day. Request forms must be received by your county election board by 5 PM on November 1, 2022.



To request a mail-in ballot visit www.vote.pa.gov or 1-877-VOTESPA (1-877-868-3772

# Join the Bethel Ardmore "Get Out the Vote" Team!

If you are interested in helping to ensure that our members, family, friends and community vote in the upcoming Tuesday, November 8, 2022 election, please contact (610) 642-8966 or bethelardmore@verizon.net.



# BE AN INFORMED VOTER

# Tuesday, Nov 8, 2022 Your vote is your voice!

Your vote will help select our Governor, Lt. Governor, Senator, Congress, and State Assembly. Find out more about these candidates at Vote411.org



# **2022 Election Dates**

Last Day to Register to Vote for the General: Mon Oct 24, 2022 Last Day to Apply for Mail-In, Civilian Absentee Ballots: Tues, Nov 1 Election & Last Day Mail-In Ballots can be Received: Tues, Nov 8

# How do you plan to Vote?

At the polls on Election Day, or By mail-in (no excuse) or absentee ballot, or In-person at your County Board of Elections



Check your registration

Check your registration to find your congressional or legislative district and more. It may have changed due to redistricting, and you could be voting for a different representative. Your current rep. is still your rep. until after the November 8 election.



Adrian Seltzer - Political Action Chair Need Voting Help or Have Questions? Ask me. VoterIdHelp@gmail.com



With winter fast approaching and the holiday season ahead of us, Oliver is planning its 24<sup>th</sup> Annual Heat for the Holidays program!

This program was designed with the idea of helping families who might be experiencing hardships and need a helping hand. To be considered as a candidate, follow these steps:

- Write a letter nominating a family (you can nominate yourself).
- Nominees must live and will be chosen from any one of our service areas: Delaware County, Chester County, Montgomery County, and New Castle County
- Describe why the nominee deserves the free heater. Include medical circumstances, financial hardships, any community involvement from the family, and any other circumstances that might aid in the evaluation process.
- 4. Candidate must own his/her home.
- 5. Be sure to include the nominee's name, address and phone number.
- 6. Include your name, address, and phone number.
- 7. Deadline for admission is November 11, 2022.

### Send letters to:

Oliver Heating, Cooling, Plumbing & Electrical Attn: Ashley Dennon 24th Annual Heat for the Holidays 101 Waverly Ave, Morton, PA 19070. Phone: 800-522-4884

You may also submit your letter through our website at <a href="www.oliverheatcool.com">www.oliverheatcool.com</a> or email <a href="mailto:adennon@oliverhvac.com">adennon@oliverhvac.com</a>

# Wishing you a blessed season ahead!

This program is also sponsored by the following companies:





# COVID-19 UPDATES AND HIGHLIGHTS!

# Dear Bethel Family and Friends:

It goes without saying that the pandemic is not over! However, thanks be to God for continuing to protect, provide and granting us the access and information we need in order to navigate these times.

Please know that we are a **READY RESOURCE** for you, your family, and anyone you know relative to COVID-19 — the vaccines, testing and information.

### **COVID-19 BOOSTER SHOTS**

# AS OF OCTOBER 31, 2022, BETHEL AME CHURCH OF ARDMORE HAS PROVIDED OVER 1,300 COVID-19 VACCINE/BOOSTER/FLU SHOTS!

COVID-19 Vaccine/Booster/Flu Shots Clinics dates are being added on a regular basis. Please help us spread the word! If we can be of any assistance please let us know. We always encourage speaking with your primary care physician/pharmacist in determining what is best for you and your family.

### THE BIVALENT BOOSTER (THE NEW BOOSTER)

On September 1, 2022, the CDC issued new recommendations for COVID-19 boosters, after the FDA authorized updated booster formulas from both Pfizer and Moderna. The CDC recommends that everyone who is eligible stay up-to-date on vaccinations by getting an updated booster dose at least 2 months after their last COVID-19 shot—either since their last booster dose, or since completing their primary series. Pfizer's updated booster shot is recommended for individuals 12 and older, and Moderna's updated booster shot is recommended for adults 18 and older.

These new boosters contain an updated bivalent formula that both boosts immunity against the original coronavirus strain and also protects against the newer Omicron variants that account for most of the current cases. Updated boosters are intended to provide optimal protection against the virus and address waning vaccine effectiveness over time.

Eligible individuals can get either the Pfizer or Moderna updated booster, regardless of whether their primary series or most recent dose was with Pfizer, Moderna, Novavax, or the Johnson & Johnson vaccine

As per the CDC's recommendations, the new bivalent booster replaces the existing monovalent vaccine booster, therefore that vaccine will no longer be authorized for use as booster doses in people age 12 and up

### **COMMUNITY HEALTH AMBASSADOR**

**Sister Regina Short** is our **Community Health Ambassador**. Sister Regina will be ensuring that the message is getting out there about the accessibility of vaccines/boosters! As well as, answering any questions or concerns about Vaccines. You are welcome to contact Sister Regina for any information on scheduling at (484) 401-1813.

### **VACCINATION CARD**

Please treat your vaccination card as your drivers' license/credit card/passport. If you lose/can not locate your vaccination card, please contact the pharmacy/hospital that you received your vaccination. You can also email RA-DHVAXRECORDS@pa.gov if you need a COVID-19 vaccine record or if the card is damaged/lost. If you need any help please contact the Church Office at <a href="mailto:bethelardmore@verizon.net">bethelardmore@verizon.net</a> or (610) 642-8966. Also, if you need a Bethel AME Church of Ardmore Vaccine card, please contact the Church Office.

If you know of anyone that is need of the vaccine and needs any assistance, please do not hesitate to contact the Church Office - 610-642-8966 or bethelardmore@verizon.net.

### COVID-19 AT HOME TESTING KITS/TESTING SITES/KN95 MASKS

The Love Your Neighbor Campaign has a number of at-home testing kits and KN95 masks available. If you are interested, please contact **Sister Regina Short at (484) 401-1813**.

We are aware that there is certainly a demand for testing. We are aware of the following three (3) testing sites, it is strongly ENCOURAGED that you call BEFORE going in order to ensure about appointments and their policies and procedures.

AFC Urgent Care - 934 Montgomery Ave, Narberth, PA 19072 - (484) 270-8600

Babis Pharmacy (near Hymies) - 338 Montgomery Avenue, Merion Station, PA 19066 - (610) 664-4815

Springfield Pharmacy - 1154 Baltimore Pike - Springfield, PA 19064 - (610) 544-4645

Tower Health Urgent Care - 635 Conestoga Road, Villanova, PA 19085 - (610) 710-4444

# BETHEL ARDMORE BIVALENT BOOSTER AND FLU CLINIC



Let's be safe for our family and friends this Thanksgiving Holiday Season

MODERNA BIVALENT (NEW BOOSTER/LIMITED) • MODERNA REGULAR PFIZER BIVALENT (NEW BOOSTER) • PFIZER REGULAR • FLU

BIVALENT BOOSTER is available for 12+ if completed primary series > 2 months ago. PRIMARY VACCINE SERIES will also be available.

FRIDAY, NOVEMBER 4 5 PM-7 PM

TUESDAY, NOVEMBER 8 11 AM-1 PM

SUNDAY, NOVEMBER 13 12:30 PM-2:30 PM

THURSDAY, NOVEMBER 17 6 PM-8 PM



# **BETHEL AME CHURCH**

163 SHELDON LANE • ARDMORE, PA 19003

ADVANCED REGISTRATION STRONGLY ENCOURAGED.



# To sign up or for more information:

- 1. Send an email to bethelardmore@verizon.net, or
- 2. Call the Church phone at (610) 642-8966.











# MONTGOMERY COUNTY NO COST COVID-19 TESTING

Hours and Locations, effective 6/2/2022

# Register for an appointment



( 610-970-2937 starting at 8:30 a.m. on weekdays

# **Testing Criteria**

- · Anyone who needs or wants to be tested can be tested, whether or not they have symptoms.
- · Testing is limited to those who live, work, or go to school in Montgomery County.

# Hours

Monday - Friday from 9:00 am - 12:00 pm and 1:00 pm - 4:30 pm (appointment only)

### POTTSTOWN

364 King Street (Pottstown Health Center)

# LANSDALE

318 Pennbrook Parkway, Suite 400 (Station Square Shops)

### WILLOW GROVE

102 York Road, 3rd Floor (Willow Grove Annex)

### **ARDMORE**

114 West Lancaster Avenue (rear of the parking lot next to IHOP)

# **NORRISTOWN**

1433 DeKalb Street



JUIN THE MAIN LINE BRANCH NAACP

The time is NOW!



# SUPPORTING OUR LOCAL BUSINESSES!





22 ARDMORE AVE. ARDMORE PA 19003

Support Local and one of our own!

Future collaborations forthcoming!

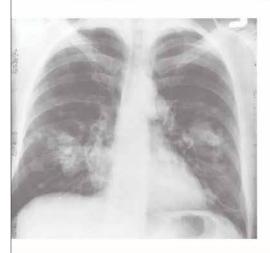
Call: (610) 813-2097 • Email: NAACPMLBranch@gmail.com





# A MESSAGE FROM REV. STEPHANIE ATKINS

# Have you or someone you love been affected by lung cancer?



Are you wondering how you can get help? Are you interested in screening?

**\*\*\*** 

As a Social Media Ambassador with the Lungevity Foundation, I am seeking to pull together a faith-based focus group with the expressed interest in improving outcomes for all people affected by lung cancer.

Since my mother's passing in 2019, I have supported this organization with advocacy and spreading the message that we can save lives.

If anyone is interested in joining my focus group for a Chat & Chew, I would ask that you reach out to me for more information at pastorstephaniel@gmail.com or (443) 915-1891.

# **Updated COVID-19 Booster Doses**

New boosters are now available to provide increased protection against Omicron variants.

# When to get the updated booster

At least 2 months after your last COVID-19 dose — either a booster dose or your primary series.

# Who should get the updated booster

Individuals age 12 and up are eligible for the updated Pfizer booster, and adults age 18 and up are eligible for the updated Moderna booster.

CDC recommendations as of September 1, 2022



# BETHEL AME CHURCH OF ARDMORE is blessed to offer

# **GRIEF SHARE**

a Grief Support Group to help and encourage after the death of a spouse, child, family member or friend.

November sessions will be held:

TUESDAY NOVEMBER 15, 2022

TUESDAY NOVEMBER 22, 2022

6:30 PM via Bethel's ZOOM

MEETING ID: 258 111 9868 • PASSWORD: 966785

This is open to all Bethel Family and Friends.



Co-Led and Facilitated by Sister Rhonda Matlack, MA, LPC, ASC and Sister Janine Baggett. For more information or to sign up, please contact Sister Janine Baggett, janineb104@gmail.com, or call 215.514.0217



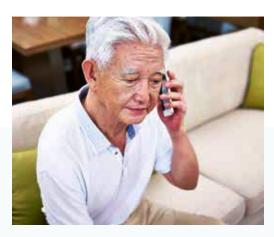


# In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

The Substance Abuse and Mental Health Services
Administration (SAMHSA) is the lead federal agency,
in partnership with the Federal Communications
Commission and the Department of Veterans Affairs,
working to make the promise of 988 a reality for America.
Moving to a 3-digit dialing code is a once-in-a-lifetime
opportunity to strengthen and expand the existing
National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for a crisis care system that provides direct, life-saving services to all in need.

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.



In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is essential to meeting crisis needs across the nation.





# MAIN LINE HEALTH'S SMOKEFREE PROGRAM "Believe you can, and you're halfway there." Theodore Roosevelt

# **FALL 2022**

# Participate VIRTUALLY (via Zoom)

Main Line Health's **FREE** six session program to assist tobacco users and vapers to quit. Sessions include stress management, coping strategies, & relapse prevention information. Participants may be eligible to receive **FREE** Nicotine Replacement Therapy (NRT).

Please register by calling: **484.227.FREE (3733)** 

ZOOM LINK PROVIDED @ REGISTRATION



# Program 1:

Fridays: October 7, 14, 21, 28, November 4, 11

Virtual ~ 11:00 am to 12:00 pm

# Program 2:

Thursdays: October 13, 20, 27, November 3, 10, 17

Virtual ~ 6:30 to 7:30 pm

# Program 3:

Tuesdays: October 25, November 1, 8, 15, 22, 29

Virtual ~ 6:00 to 7:00 pm

# Program 4:

Tuesdays: November 1, 8, 15, 22, 29, December 6

Virtual ~ 1:00 to 2:00 pm

# Program 5:

Mondays: November 7, 14, 21, 28, December 5, 12

Virtual ~ 12:00 to 1:00 pm



# Coping With Grief During the Holidays

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and you're allowed to talk about it.

Create boundaries with your time. If you need to take time for yourself - do it.

Find a way to honor them. Start a new tradition that celebrates their memory.

Set realistic expectations. You will probably be sad, angry, or upset and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal emotions.

Check-in with your needs. Reach out for hugs. Let people know you need extra love.

BlessingManifesting

"The Year of Hope and Healing"

Wellness Wheel



- 1. In which areas are you strong?
- 2. Which areas do you want to strengthen?
- 3. How can the church help you with the areas that you want to strengthen? What types of programs and/or resources?

# **HEALTH MINISTRY • NOVEMBER 2022**

# DIABETES AWARENESS MONTH

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces.

Insulin is a hormone made by the pancreas, that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as hyperglycaemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

# **Types of diabetes**

There are three main types of diabetes – type 1, type 2 and gestational.

- 1. **Type 1 diabetes** can develop at any age, but occurs most
  - frequently in children and adolescents. When you have type 1 diabetes, your body produces very little or no insulin, which means that you need daily insulin injections to maintain blood glucose levels under control.
- 2. Type 2 diabetes is more common in adults and accounts for around 90% of all diabetes cases. When you have type 2 diabetes, your body does not make good use of the insulin that it produces. The cornerstone of type 2 diabetes treatment is healthy lifestyle, including increased physical activity and healthy diet. However, over time most people with type 2 diabetes will require oral drugs and/or insulin to keep their blood glucose levels under control.
- 3.**Gestational diabetes (GDM)** is a type of diabetes that consists of high blood glucose during pregnancy and is associated with complications to both mother and child. GDM usually disappears after pregnancy but women affected and their children are at increased risk of developing type 2 diabetes later in life.



# **COVID-19 and diabetes**

COVID-19 is a new and potentially serious coronavirus. The World Health Organization (WHO) has declared the COVID-19 outbreak to be a public health emergency of international concern.

There are many coronaviruses, ranging from the common cold to much more serious viruses such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). They are viruses that have been transmitted from animals to people. In severe cases, coronaviruses can cause infection in the lungs (pneumonia), kidney failure and even death.

Common signs are typical flu-like symptoms: a fever, cough, breathing difficulties, tiredness and muscle aches. Symptoms usually start within 3-7 days of exposure to the virus, but in some cases it has taken up to 14 days for symptoms to appear.

People of all ages can be infected. For many (more than 80% of cases), COVID-19 is mild, with minimal flu-like

# **HEALTH MINISTRY • NOVEMBER 2022**

# DIABETES AWARENESS MONTH

(CONTINUED)

symptoms. Some have not shown symptoms or only very mild symptoms, more like a common cold. The majority of people who have caught the virus have not needed to be hospitalised for supportive care. However, in up to 15% of cases COVID-19 has been severe and in around 5% of cases it has led to critical illness. The vast majority (around 98%) of people infected to date have survived.

Older people and people with pre-existing medical conditions (such as diabetes, heart disease and asthma) appear to be more vulnerable to becoming severely ill with the COVID-19 virus. When people with diabetes develop a viral infection, it can be harder to treat due to fluctuations in blood glucose levels and, possibly, the presence of diabetes complications.

There appear to be two reasons for this. Firstly, the immune system is compromised, making it harder to fight the virus and likely leading to a longer recovery period. Secondly, the virus may thrive in an environment of elevated blood glucose.

Like any other respiratory disease, COVID-19 is spread through air-droplets that are dispersed when an infected person talks, sneezes or coughs. The virus can survive from a few hours up to a few days depending on the environmental conditions. It can be spread through close contact with an infected person or by contact with air droplets in the environment (on a surface for example) and then touching the mouth or nose (hence the common advice circulating on hand hygiene and social distancing).

### **COVID-19 vaccination**

In view of their increased risk of poor health outcomes as a consequence of COVID-19, it is important that people with diabetes are included among priority groups for vaccination programmes. IDF strongly recommends governments to prioritise access to vaccines for people living with diabetes and other health conditions, and advises people living with diabetes to get themselves vaccinated at the earliest opportunity that is offered to them.

IDF has signed the WHO vaccine equity declaration, which calls on countries and companies to ensure that COVID-19 vaccines are being administered in every country by April 7, World Health Day.

Keep informed of the latest developments by looking out for updates and advice from your government, national diabetes association and other reliable sources.

## What should people with diabetes know and do?

For people living with diabetes it is important to take precautions to avoid the virus if possible. The

recommendations that are being widely issued to the general public are doubly important for people living with diabetes and anyone in close contact with people living with diabetes.

- Wash hands thoroughly and regularly.
- Try to avoid touching your face before you have washed and dried your hands.
- Clean and disinfect any objects and surfaces that are touched frequently.
- Don't share food, glasses, towels, tools etc.
- When you cough or sneeze, cover your mouth and nose with a tissue or use the crook of your arm if you don't have a tissue to hand (dispose of the tissue appropriately after use).
- Try to avoid contact with anyone showing symptoms of respiratory illness such as coughing.
- Think whether you can make changes that will help protect yourself or loved ones. For example, can you avoid unnecessary business travel? Can you avoid large gatherings? Can you avoid public transport?
- If you are ill with flu-like symptoms, stay at home.

### If you have diabetes:

- Prepare in case you get ill.
- Make sure you have all relevant contact details to hand in case you need them.
- Pay extra attention to your glucose control. Regular monitoring can help avoid complications caused by high or low blood glucose.
- If you do show flu-like symptoms (raised temperature, cough, difficulty breathing), it is important to consult a healthcare professional. If you are coughing up phlegm, this may indicate an infection so you should seek medical support and treatment immediately.
- Any infection is going to raise your glucose levels and increase your need for fluids, so make sure you can access a sufficient supply of water.
- Make sure you have a good supply of the diabetes medications you need. Think what you would need if you had to quarantine yourself for a few weeks.
- Make sure you have access to enough food.
- Make sure you will be able to correct the situation if your blood glucose drops suddenly.
- If you live alone, make sure someone you can rely on knows you have diabetes as you may require assistance if you get ill.
- Keep a regular schedule, avoiding overwork and having a good night's sleep.

# BETHEL AME CHURCH OF ARDMORE RESOURCE PAGE

# Where do I go for....

During these unprecedented times, so much has happened and is happening so quickly! Please find below a list of resources available to Bethel Members, Family and Community at large. We will get through this TOGETHER! Please do not hesitate to contact bethelardmore@verizon.net or (610) 642-8966 for any additional assistance or support during this time. The resource list above is growing! Feel free to share any resources or helps that others may find to be a blessing during these times!

# Prayer/Counseling/Hospitalization/Illness

Rev. Cavaness (973) 704-1631 • cccavaness@aol.com

# **Prayer Request**

Sister Janine Baggett (215) 514-0217 • janineb104@gmail.com

### **Steward Board Class Leaders**

Sister Janine Baggett

# **Connectional AME News/Updates**

Sister Bernice Green (484) 410-8945 • bhollandgreen@gmail.com

# Food/Supplies/Diapers Assistance

Sister Vikki Asbury (610) 348-8267

# Benefits Assistance and Information/ Social Worker/ElderNet

ElderNet (610) 525-0706

# **Unemployment Compensation**

Philadelphia Legal Assistance (215) 999-6910

# Mental Health/Grief & Loss Resources and Support

Sister Rhonda Matlack, MA, LPC, ASC (978) 270-5647 • rhondamatlack@gmail.com

# **Technical Support and Resources**

Church Office (610) 642-8966 • bethelardmore@verizon.net

# Transportation/Delivery

Brother Butch and Sister Jackye Smith (610) 667-3351 butchsmith1@live.com • justjss@hotmail.com

# **Bethel Financial Stewardship/Giving**

Sister Janine Baggett (215) 514-0217 • janineb104@gmail.com

# Bethel Victory Community Garden/Home Victory Community Garden Program

Frances Condon www.ardmorevictorygardens.org

# **Educational Support and Resources**

Bethel Academy (610) 642-8966 • bethelacademy@gmail.com

# Youth/Children/Young Adult Disability Services and Supports

Amy McCann/Carousel Connections (215) 260-5731 Amy.mccann@commonspaceardmore.org

# **Volunteer Opportunities**

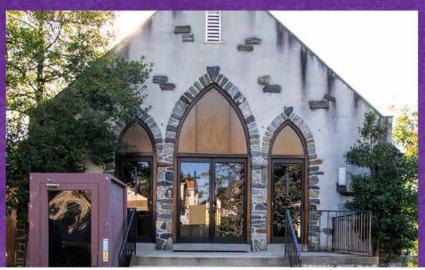
Rev. Cavaness

# Essential Workers Needs and Prayer Request

Rev. Felicia Howard (610) 896-6382 • fannhoward1@gmail.com

# COVID-19 Information Testing Vaccines/Booster

(610) 642-8966 • bethelardmore@verizon.net



STAY CONNECTED TO

# Bethel AME Church of Ardmore

ZOOM CONFERENCE (AUDIO/VIDEO)

1 (929) 436-2866 • Meeting ID: 258 111 9868 Password: 966785

**FACEBOOK** 

www.Facebook.com/BethelArdmore

# **SCHEDULE**

# STAY CONNECTED!

DAILY PRAYER LINE VIA BETHEL'S ZOOM 7 AM

> SUNDAY MORNING WORSHIP 10:30 AM

**TUESDAY PRAYER LINE @ 8:00 PM** 

Conference Call Dial: (267) 807-9605 Access code: 818554

WEDNESDAY BIBLE STUDY 1:00 PM & 6:30 PM

# WEBSITE

www.bethelardmore.org Check the website for updates and listing of special activities/services

EMAIL

Bethelardmore@verizon.net

OFFICE PHONE (610) 642-8966

# WORSHIP SERVICES CAN BE VIEWED AT ANY TIME ON CHURCH FACEBOOK PAGE

# **WAYS TO GIVE**

Online: www.bethelardmore.org

Bethel AME Ardmore 163 Sheldon Lane Ardmore, PA 19003 **TEXT** TO **GIVE** On Realm: Text "BARDMORE1895" to 73256 to give using your mobile device.



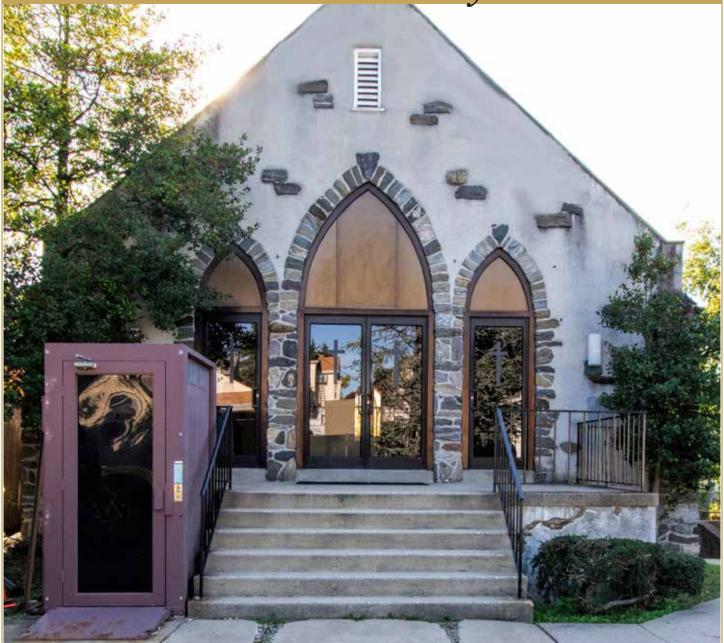
### OUTREACH

We have been called to make a difference in Jesus' Name. We are committed to sharing the Gospel of Jesus Christ and being extensions of His love. We are humbled to partner with various community organizations with the goal of building, sustaining and enriching the lives of our church congregants and our beloved community.

To find out more, please visit our website.

# BETHEL AME CHURCH OF ARDMORE

# 127th Church Anniversary Celebration





The Birthplace, Mission Church • 1895



"New" Bethel • 1916



"Up From the Ashes" • 1975



# NOVEMBER 2022

127TH CHURCH ANNIVERSARY MONTH | DIABETES AWARENESS MONTH

www.facebook.com/bethelardmore

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Rev. Carolyn C. Cavaness, Pastor

**UPDATED 11/3/22** YPD Directors Training Bethel Ardmore, Host **PRAYER 7 AM** Phila, Conference PRAYER 7 AM Soil to Sanctuary **PRAYER 7 AM** Black Farmers' Thanksgiving PRAYER 7 AM SATURDAY 10 AM-12 PM FALL CONVOCATION **26** 7 PRAYER 7 AM PRAYER 7 AM VACCINE CLINIC PRAYER 7 AM PRAYER 7 AM FRIDAY 5-7 PM 25 8 F Thanksgiving Virtual Worship Service 10:00 AM Official Board/Church Conference: 2023 Budget Presentation **THANKSGIVING** VACCINE CLINIC **PRAYER 7 AM** PRAYER 7 AM **PRAYER 7 AM** THURSDAY PRAYER 7 AM 6-8 PM 6:30 PM DAY 24 9 Mt. Calvary, Host Church Stewardship & Finance Meeting 7:30 PM Fellowship of Churches Reading the Psalms with Our Neighbors Thanksgiving Eve **PRAYER 7 AM** PRAYER 7 AM 1 PM & 6:30 PM BIBLE STUDY 1 PM & 6:30 PM Commission on WEDNESDAY 1 PM & 6:30 PM FISHADELPHIA **PRAYER 7 AM** BIBLE STUDY 1 PM & 6:30 PM PRAYER 7 AM **BIBLE STUDY** 4:30-5:30 PM **BIBLE STUDY** PRAYER 7 AM 6:30-7:30 PM Service 9 30 TUESDAY PRAYER LINE 8 PM TUESDAY PRAYER LINE GRIEF SHARE 6:30 PM GRIEF SHARE 6:30 PM **FRIENDSGIVING TUESDAY PRAYER TUESDAY PRAYER TUESDAY PRAYER ELECTION DAY!** Meeting 6:30 PM MAIL-IN BALLOTS VACCINE CLINIC **Board of Trustees** PRAYER 7 AM **PRAYER 7 AM** FISHADELPHIA 4:30-5:30 PM Get Out & Vote! PRAYER 7 AM **PRAYER 7 AM** DEADLINE for PRAYER 7 AM 11 AM-1 PM LINE 8 PM LINE 8 PM TUESDAY LINE 8 PM 8 PM 5 22 29 Class Leaders Meeting Bethel Scholarship Applications available **ARPA** Grant Advisory Board of Stewards Montco Recovery/ PRAYER 7 AM Lay Organization Meeting PRAYER 7 AM **Group Meeting** Meeting 6 PM WMS Meeting PRAYER 7 AM PRAYER 7 AM MONDAY Youth and Young Adults: 9 AM - 9 AM 6:30 PM VIRTUAL SUNDAY SCHOOL TIMES 7:30 PM 6:30 PM 5 PM Adults: 8:30 am - 9:30 AM 4 7 28 127th Church Anniversary ADVENT THEME: "THE Virtual Worship Service Veterans Recognition Virtual Worship Service Hybrid Worship Service (In-Person/Online) Virtual Worship Service Thanksgiving Gift Card **FIRST SUNDAY OF** Thanksgiving Sunday CHANGING TABLE" VACCINE CLINIC PRAYER 7 AM PRAYER 7 AM **PRAYER 7 AM** Service of Holy **Donations Due** 12:30-2:30 PM PRAYER 7 AM Communion ADVENT 10:30 AM SUNDAY 10:30 AM 10:30 AM 10:30 AM Sunday 27