



JANUARY 2023

10:30 AM VIRTUAL WORSHIP SERVICE

VIRTUAL WORSHIP SERVICES

BETHEL ZOOM CONFERENCE (AUDIO/VIDEO)

1 (929) 436-2866

Meeting ID: 258 111 9868 • Password: 966785

FACEBOOK

www.facebook.com/BethelArdmore

163 SHELDON LANE • ARDMORE, PA 19003



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
Rev. Carol Gilbert, *Itinerant Deacon*
Rev. Alexis Washington, *Itinerant Deacon*

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”

January 1, 2023

Happy New Year!

A few years ago, actually upon the death of my father, Rev. Cavaness in 2017, I was given two (2) CDs from our home church, St. James AME Church, Newark, NJ. One of which was a sermon my Dad preached in 1987 entitled, "I Don't Know How, but I Know WHO." I have been finding myself over the past few weeks blurting this out in countless situations. It's been in those moments when mentally I can not sort it out or the pieces aren't coming together in my having to remind myself of my faith walk and commitment that as long as I keep my eyes on GOD - all things work out for my good.

This is a year for me wherein I am further persuaded that we must as a community of faith keep our eyes on the WHO. The WHO is God, our provider, our peace, our joy, our love - our friend. It is so easy to get carried away in the minutia, the details, the operating procedures that we lose sight that it is HE, who has made us and not we ourselves.

With any year there should be a plan, a vision, a blueprint, goals of where we are going. Proverbs 29:18, "Where there is no vision, the people perish." It is my consistent prayer for we as the Bethel Ardmore Church, that we will be of the same mind and keep before us to be: Committed, Consistent and Constant for the cause of Christ. As we embark on this year, I ask for your prayerful embrace of the following goals/objectives for 2023:

1. To know Christ and His love for us and to be unapologetic about our commitment, witness and testimony.
2. To commit ourselves to individual and corporate prayer and Bible Study
3. To commit to increasing our ministry, outreach, concern to our babies, children, youth, teens and young adults.
4. To be granted the wisdom and stamina as we embark on the capital improvement plan of our church campus/facility. To embrace this will be a PROCESS.
5. To endeavor to be good stewards of our time, talent and treasure as we embark on a churchwide Stewardship and Tithing Campaign

It is my prayer that we will be of ONE mind and to borrow words from a friend, to row in the SAME direction as we endeavor to be God's manifestation here on earth as it is in heaven.

I wish to also take this opportunity to formally welcome to the Bethel Ardmore Family, Rev. Alexis Washington, who will join our Ministerial Team and congregation effective January 1, 2023. A recently ordained Itinerant Deacon and fellow preacher's kid, Rev. Alexis has a tremendous heart for God's people and ministry. I look forward to what she will bring as we continue forward in this year of Hope and Healing.

Again, let us concentrate on HIM and I am certain that God will care, provide and give us what we need to be victorious in HIS name.

Happy New Year!

Rev. Cavaness



10:30 AM VIRTUAL WORSHIP SERVICE

Holy Communion Order of Worship

THE ORGAN PRELUDE

INTROIT

"It's a New Season"

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

THE CALL TO WORSHIP

Minister Tiffany Curtis

- 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

"And Are We Yet Alive"

THE INVOCATION

Rev. Alexis Washington

THE WELCOME AND GREETING

THE SERMONIC SELECTION

THE SCRIPTURE AND THE SERMON

Rev. Carolyn C. Cavaness

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 Ardmores, 163 Sheldon Lane, Ardmores, PA.

We thank you for sowing into the work of ministry here at Bethel AME Church of Ardmores.

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

“Let Us Break Bread Together”

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 Hosts; 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 humbly 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 five (5) people by calling, texting, mailing or emailing at the conclusion of Worship.

THE FELLOWSHIP HYMN

"Rise,, Shine, and Give God the Glory"

THE DOXOLOGY

"Praise God" From Whom All Blessings Flow

THE BENEDICTION

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.

2023 BETHEL ARDMORE MEMBERSHIP DIRECTORY COMING SOON!

Need to update your address, telephone number, email? Send updates by Tuesday, January 31, 2023. Here's how:
Call your Class Leader | Email: bethelardmore@verizon.net | Mail to the Church

Thank you!

7 DAYS/WEEK AT 7:00 AM

Join us for Our Daily Morning Prayer Call

7:00 AM
Via Bethel's ZOOM

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

*For where two or three are gathered together
in my name, there am I in the midst of them.*

— MATTHEW 18:20



JANUARY 2023

Happy Birthday!

JOSEPH "JODY" RAINES	1
JACQUELYN 'JACKYE' SMITH	1
STEVEN PENDLETON, III	12
NICOLE WHITE	19
KEN BOYER	21
ROBERT "BOBBY" SUDLER	23
CAROLYN DINGLE	28

Happy Anniversary!

FELIX & DAISY ATKINSON	3
THAY & CLARENCE SHIPPEN	15

Join Us Every Tuesday Evening for

prayer

8:00 PM

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

Congregational Fast begins Tuesday at 8 PM
and ends Wednesday at 6 PM

*"The effectual fervent prayer of a
righteous man availeth much."*

—JAMES 5:16

FELLOWSHIP COMMUNION CUPS

Please contact the church office @ (610) 642-8966
for Consecrated Fellowship Communion Cups.

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

JOIN US FROM HOME!

Bethel AME Ardmore Wednesday Virtual Bible Study

Mid-Day Study @ 1:00 PM

Evening Study @ 6:30 PM

BETHEL AME ARDMORE ZOOM
(AUDIO/VIDEO)
1 (929) 436-2866
Meeting ID: 258 111 9868
Password: 966785

**Bible Study
resumes
Wednesday,
February 1, 2023**

All are welcome!

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

—2 TIMOTHY 2:15 (NKJV)

**PRESIDENT'S
COUNCIL MEETING**
THU., FEBRUARY 2, 2023
6:30PM
VIA BETHEL'S ZOOM

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

Please email bethelardmore@verizon.net or
call the church office (610) 642-8966. Our friends of the
Ardmore Rotary are here to help!

Need baby or adult diapers? Please contact Sister Vikki Asbury (610) 348-8267.

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

SIS. LOIS SAVIN
170 Lakeside Road, Apt. C-13, Ardmore, PA 19003

SIS. BARBARA SHORT
19 S. Merion Ave., Bryn Mawr, PA 19010

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
Family and Friends of
Sister Andrea Carter
College Students
Family of Sister Cynthia Coleman
Family of Sister Louise Coursey
Family of Sister Annie Curtis
Rev. and Mrs. Albert Davis, Jr.
Sister Tracey Davis and Family
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" 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
Sister Estelle Summers and Family
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...*

The Month of January is our SELAH: Pause, Reflect and Rest Month.

We thank all of our Ministries for all of the labor of love over the past few months. It is ok to take a rest! We respectfully ask that only ministries with critical matters of importance will meet during the month of January.

BETHEL ARDMORE • VIRTUAL MEETING SCHEDULE • JANUARY/FEBRUARY 2023

THURSDAY, JANUARY 5

5:30PM

50th Commemoration of the
Bethel Fire of 1973 Steering Committee

6:30PM

Bethel Gospel Chorus Elections and Meeting

MONDAY, JANUARY 9

6:30 PM

WMS Meeting

WEDNESDAY, JANUARY 11

6:30 PM

Commission on Stewardship and Finance Meeting

TUESDAY, JANUARY 17

6:30 PM

Lay Organization Meeting/Special Workshop:
"The Four Horsemen of African Methodism"

* ALL MEETINGS ARE VIRTUAL UNTIL FURTHER NOTICE *

TUESDAY, JANUARY 31

6:30 PM

3rd Quarterly Conference

THURSDAY, FEBRUARY 2

6:30 PM

Presidents' Council Meeting

MONDAY, FEBRUARY 6

6:00PM

Joint Board of Stewards and Trustees Meeting

7:30PM

Class Leaders Meeting

MONDAY, FEBRUARY 13

6:30 PM

WMS Meeting

TUESDAY, FEBRUARY 21

6:30 PM

Lay Organization Meeting
Special Workshop: (TBD)

10:30 AM WORSHIP SCHEDULE & SPECIAL HOLIDAY SERVICES | JANUARY/FEBRUARY 2023

SUNDAY, JANUARY 1, 2023

VIRTUAL WORSHIP SERVICE

SERVICE OF HOLY COMMUNION

HAPPY NEW YEAR! LAST DAY OF KWANZAA!

SUNDAY, JANUARY 8

VIRTUAL WORSHIP SERVICE

EPIPHANY SUNDAY

SUNDAY, JANUARY 15

VIRTUAL WORSHIP SERVICE

CELEBRATING THE LIFE AND LEGACY OF
REV. DR. MARTIN LUTHER KING, JR.

REVEREND NAOMI WASHINGTON-LEAPHEAR,
IRECTOR FOR FAITH-BASED AND INTERFAITH AFFAIRS,
THE CITY OF PHILADELPHIA

MONDAY, JANUARY 16

REV. DR. MARTIN LUTHER KING, JR.

DAY OF SERVICE

SUNDAY, JANUARY 22

VIRTUAL WORSHIP SERVICE

BOARD OF TRUSTEES ANNUAL DAY

SUNDAY, JANUARY 29

VIRTUAL WORSHIP SERVICE

TESTIMONY SUNDAY

SPECIAL PRESENTATION BY FRANCES CONDON,
GARDEN FELLOW

SUNDAY, FEBRUARY 5, 2022

CELEBRATION OF BLACK HISTORY MONTH

SERVICE OF HOLY COMMUNION

REV. CAROLYN C. CAVANESS, PREACHER

IN-PERSON/VIRTUAL WORSHIP SERVICE

SUNDAY, FEBRUARY 12, 2022

AME FOUNDER'S DAY "THE FOUNDATION. THE FIRE.

TH FUTURE" VIRTUAL WORSHIP SERVICE

REV. CARLOS BOUNDS, GUEST PREACHER

PASTOR, MT. ZION AME CHURCH OF NORRISTOWN

SPONSORED BY BETHEL LAY ORGANIZATION

WEDNESDAY, FEBRUARY 15, 2023

6:00 PM

LOWER MERION BOARD OF COMMISSIONERS SPECIAL

PRESENTATION TO BETHEL AME CHURCH ARDMORE

LOWER MERION TOWNSHIP BUILDING - BOARD ROOM

WEDNESDAY, FEBRUARY 22

7:00 PM

ASH WEDNESDAY/MAIN LINE AME CHURCHES JOINT SVC.

SUNDAY, FEBRUARY 19, 2022

LEST WE FORGET.... 50TH REMEMBRANCE OF THE

BETHEL FIRE OF 1973

IN-PERSON/VIRTUAL WORSHIP SERVICE

SUNDAY, FEBRUARY 26, 2022

A SERVICE OF SPIRITUALS ... UP FROM THE ASHES ...

WERE YOU THERE?

VIRTUAL WORSHIP SERVICE

JESUS IS LORD

This quarter has three units that detail the early church's teaching about Christ. These lessons from Ephesians, Philippians and Colossians draw us toward a deeper understanding of who Christ is and what it might mean for us to imitate Christ in our lives.

UNIT 1 • VICTORY IN JESUS

This is a four lesson study of Philippians. The letter to the Philippians encourages believers to follow the pattern laid out for us in Christ and to oppose those who are enemies of Christ's Cross.

JANUARY 1, 2023 CHRIST'S LOVE

Bible Background: Ephesians 5:21-6:4

Printed Text: Ephesians 5:31-6:4

Devotional Reading: John 3:16-21

JANUARY 22, 2023 GAINING IN JESUS CHRIST

Bible Background: Philippians 3:1-11

Printed Text: Philippians 3:7-11

Devotional Reading: Matthew 13:44-46

JANUARY 8, 2023 PROCLAIMING CHRIST

Bible Background: Philippians 1:12-30

Printed Text: Philippians 1:15-26

Devotional Reading: Psalm 119:169-176

JANUARY 29, 2023 STAND FIRM

Bible Background: Philippians 3:12-4:1

Printed Text: Philippians 3:12-16

Devotional Reading: Matthew 25:14-29

JANUARY 15, 2023 JESUS' HUMILITY AND EXALTATION

Bible Background: Philippians 2:1-13

Printed Text: Philippians 2:5-11

Devotional Reading: James 3:13-18

CHILDREN AND YOUTH CHURCH SCHOOL
WINTER QUARTER THEME: FROM DARKNESS TO LIGHT
UNIT 2, JANUARY 2023: GOD IS A PROMISE KEEPER

DATE	LESSON TITLE	SCRIPTURES
Jan 1	God Promises To Hear and Forgive	2 Chronicles 7:12-22
Jan 8	God Promises Restoration and Protection	Isaiah 43:1-4, 10-12
Jan 15	God Promises To Guide Our Way	Isaiah 48:3-8a
Jan 22	God Promises Light in the Darkness	Isaiah 58:6-10
Jan 29	God Promises To Be Present	Joel 2:21-32

All Are Welcome

JOIN US **EVERY SUNDAY!** ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM *via Bethel's ZOOM*

SAVE THE DATE:

Bishop Richard Allen Park Wreath Ceremony

TUESDAY, FEBRUARY 14, 2023 | 1:00PM

WELCOME TO THE MINISTERIAL TEAM OF BETHEL ARDMORE



Known as 'Rev. A.', ALEXIS WASHINGTON was born and raised in Philadelphia, PA. Alexis is a graduate Eastern University where she received a bachelor's in psychology. While in college, she was highly active in student development as a student leader, Enrollment Management Assistant and served in other positions within the student college center. She served on staff and committees to recruit minority students and assist in financial aid and grants being offered to minority and underrepresented students. Alexis is listed in the book *Who's Who Among Students in American Universities and Colleges* for 2013-2014 as an outstanding merit and accomplished student, and also received the *Janice Stead Memorial Award*, an award presented at commencement each year to a student selected by the faculty for the student's contribution to the Christian Life Program of the University and a certificate of achievement in leadership for Multicultural Awareness. After college, Alexis attended West Chester University to receive her Master of Science in Counseling for Higher Education in Student Affairs and worked as a Graduate Assistant in Residence Life and Housing Services. After receiving her Master of Science, Alexis continued her education to pursue a concentration in K-12 School Counseling. Alexis recently completed her Master of Divinity with a Certification in Chaplaincy from Regent University Theological Seminary.

In May 2022, Alexis was recognized as the *Unsung Hero* for the Lay Organization of the First AME Church. This recognition was for her service food distribution during the pandemic. She also has raised funds for organizations, coordinated worship events, and served as the interim director of the Young people's Department. Currently, Alexis serves as the Diversity, Equity, and Inclusion Coordinator with Methacton School District and is also an Adjunct Professor teaching Adolescent Psychology at Eastern University. Her favorite scripture is Matthew 20:28, "even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many." Rev. A is looking forward to more opportunities to serve within Montgomery County and getting to know the great community of Bethel AME Church in Ardmore, PA.

Welcome Rev. A.!



CHURCHWIDE TITHING AND STEWARDSHIP FINANCE SEMINAR

WEDNESDAY
FEBRUARY 1, 2023
6:30 PM

JOIN US VIA BETHEL'S ZOOM:
1 (929) 436-2866 • Meeting ID: 258 111 9868
Password: 966785

All Ministers, Stewards, Trustees,
Ministry Leaders and Members are
STRONGLY encouraged to be in attendance.

Rev. Dr. Erika Crawford, *Presenter*
Pastor, Mt. Zion AME Church, Dover, DE



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

COMMISSION ON STEWARDSHIP AND FINANCE

OUR PRINCIPLES FOR STEWARDSHIP/GIVING:

1. We are commanded to give/to be tithers. "Bring the whole tithe into the storehouse so there will be food in my house. Then I will open the windows of heaven and flood you with blessing after blessing."
-MALACHI 3:7-12
2. Everything we have belongs to the Lord. -PSALM 24:1
3. To Whom much is given, much is expected/required.
-LUKE 12:48
4. What you do for others, God will do for you.
-EPHESIANS 6:8

"And God is able to provide you with every blessing in abundance, so that you may always have enough of everything, and may provide in abundance for every good work." -2 CORINTHIANS 9:8

2023 GIVING ENVELOPES

2023 Giving Envelopes have been distributed/mailed will be mailed to all members of Bethel by January 15, 2023 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.

	Previous Balance	Today's Offering	Special Offering	Balance
Date _____	\$ _____	\$ _____	\$ _____	\$ _____
<i>My Tithe and Offering in Thanksgiving to God for His daily gifts and to fulfill my obligation to support my church.</i>				
<input type="checkbox"/> Tithes	\$ _____	<input type="checkbox"/> Benevolence	\$ _____	
<input type="checkbox"/> Offering	\$ _____	<input type="checkbox"/> Class Dues	\$ _____	
<input type="checkbox"/> Faith Fund	\$ _____	<input type="checkbox"/> Church School	\$ _____	
<input type="checkbox"/> Restoration Campaign	\$ _____	<input type="checkbox"/> Other	\$ _____	
Online tithe/ offering(s)		(Specify)		
Name _____				Total \$ _____
DATE AREA		"Give, and it shall be given unto you." Luke 6:38		
		NUMBER AREA		

THE COMMISSION ON STEWARDSHIP AND FINANCE MEMBERS

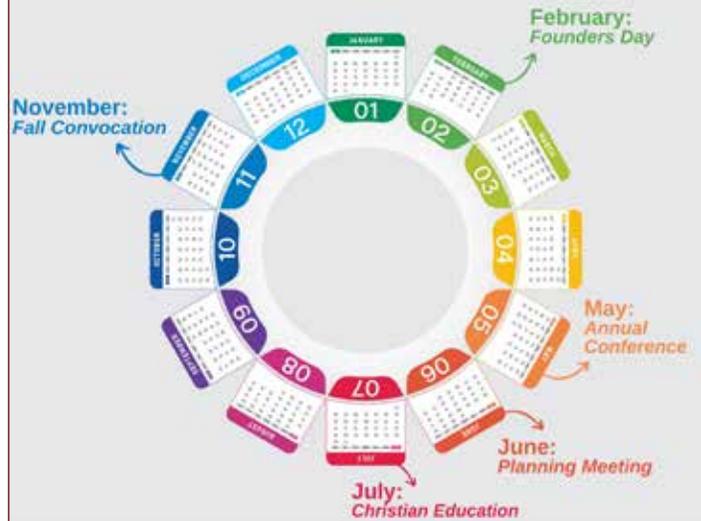
- Rev. Carolyn C. Cavaness, *Chair*
- Sister Janine Baggett, *Co-Vice Chair-Board of Stewards*
- Sister Jamie Burrell, *Member-at-Large*
- Sister Phylinda Peters-John, *Member-at-Large*
- Sister Estelle Summers, *Board of Trustees Representative*
- Sister Cynthia Taylor, *Board of Stewards Representative*
- Brother Charles "Chuck" Thompson,
Board of Trustees Representative

To contact any member of the Commission on Stewardship and Finance you are welcome to contact bethelardmore@verizon.net or (610) 642-8966.

2023 FAITH FUND!

2023 Faith Fund Pledge Cards are available! Bethel AME Church of Ardmore is responsible for \$30,000 to satisfy our Connectional/Episcopal/Conference/Presiding Elder obligations. All pledges are asked to be fulfilled by December 31, 2023. Please complete a pledge card today!

The due dates for our financial obligations:



2022 GIVING STATEMENTS

will be mailed by the Commission on Stewardship and Finance by January 31, 2023. If you do not receive by February 1, 2023, please email bethelardmore@verizon.net or call the Church Office (610) 642-8966.

Ways to Give



Bethel AME Ardmore
163 Sheldon Lane
Ardmore, PA 19003

Online:

www.bethelardmore.org

TEXT TO GIVE On Realm:

Text "BARDMORE1895" to 73256
to give using your mobile device.



Cash App

Sbethelardmore1895



2023 Bethel Ardmore Giving Envelopes



CAMPAIGN GOAL:
\$125,000

Five (5) Year
Capital Campaign



JANUARY 1, 2019 -
DECEMBER 31, 2024

BETHEL AME ARDMORE RESTORATION CAMPAIGN

PLEDGE AND COMMITMENT UPDATE | JANUARY 2023

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

Contacto: Mr. Mark Kidd of Majeki Stained Glass

Upgrade of all Lighting to LED in Sanctuary and Lower Level

Contacto: 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

REPLACEMENT OF SHELDON LANE ELEVATOR LIFT

Help Us Lift Jesus!

ELEVATOR CAMPAIGN

2022
MAY 1 —
SEPTEMBER 30

CAMPAIGN GOAL
\$65,000



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



For more information, please visit our website:
www.bethelardmore.org

Dear Bethel Family and Friends,

Grateful!

2022 was a God-spining and God-amazing year.

I wish to thank YOU for the ways in which you have supported the mission and ministry of Bethel. I have said often over these close to three (3) years, that we have NEVER been this way before, BUT when you know WHO God is. God promised us that He will never leave us or forsake us.

God has been good to Bethel and it is my hope as your Pastor, that we will continue to walk in the assurance of God's faithfulness and love for us.

Thank you for all of your prayers, love and acts of kindness that have been expressed to me throughout the year and especially during this holy season of Christmastide and Epiphany. As you are aware this time of year is rough on me, however I am grateful to God for the work of ministry at Bethel that I know helped me to navigate through.

I must share that you don't know the impact that it has to receive texts that say hello or even a honk of the horn! It means a lot as even I as the Pastor/Leader also need encouragement and love too. Thank you for your physical and virtual presence, but most importantly your PRAYERS. We are only as powerful in God's Name if we are united and stand strong TOGETHER.

Again, I thank you for taking the time to appreciate and love me as your Pastor.

In His Service,
Rev. Cavaness





UP *from the* ASHES

UP FROM THE ASHES ... LEST WE FORGET ... THE BETHEL FIRE OF 1973

**SUNDAY
FEBRUARY 5**

10:30 AM

Celebration of Black History Month/ Service of Holy Communion
Rev. Carolyn C. Cavaness, Preacher
IN-PERSON/VIRTUAL WORSHIP SERVICE

**SUNDAY
FEBRUARY 12**

10:30 AM

AME Founder's Day: "Foundation...The Fire...The Future"
Sponsored by Bethel Lay Organization
VIRTUAL WORSHIP SERVICE
Rev. Carlos Bounds, *Guest Preacher*
Pastor, Mt. Zion AME Church of Norristown

**WEDNESDAY
FEBRUARY 15**

6:00 PM

Lower Merion Board of Commissioners Special Presentation to Bethel AME Church Ardmore
LOWER MERION TOWNSHIP BUILDING – BOARD ROOM

**SUNDAY
FEBRUARY 19**

10:30 AM

Lest We Forget.... 50th Remembrance of the Bethel Fire of 1973
IN-PERSON/VIRTUAL WORSHIP SERVICE

**SUNDAY
FEBRUARY 26**

10:30 AM

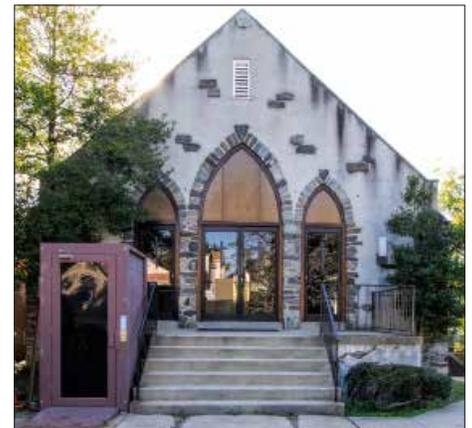
A Service of Spirituals ... Up From the Ashes ... Were You There?
VIRTUAL WORSHIP SERVICE



The Birthplace, Mission Church • 1895



"New" Bethel • 1916



"Up From the Ashes" • 1975

JOIN BETHEL A.M.E. OF ARDMORE AS WE PROUDLY CELEBRATE

28TH ANNUAL GREATER PHILADELPHIA MARTIN LUTHER KING DAY OF SERVICE

PENNSYLVANIA • NEW JERSEY • DELAWARE

1.16.23 | mlkdayofservice.org

THURSDAY, JANUARY 12, 2023 | 4-8:00 PM

LOWER MERION FAITH COMMUNITIES
BAKING DESSERTS FOR 1/13/22 RECEPTION
AND THE ARDMORE FOOD PANTRY

INTERFAITH CHOIR REHERSAL | 6:30-8:00 PM

FRIDAY, JANUARY 13, 2023 | 6:30PM

SHABBAT SERVICE WITH INTERFAITH PARTNERS
BETHEL DAVID REFORM CONGREGATION,
HOST FAITH COMMUNITY

DINNER: 5:45-6:20 PM

VEGETARIAN AND KID-FRIENDLY MEALS

\$10 ADULTS | \$\$5 CHILDREN

REGISTER: tinyurl.com/MR254RRS

SUNDAY, JANUARY 15, 2023 | 10:30 AM

VIRTUAL WORSHIP SERVICE

GUEST PREACHER:

Reverend Naomi Washington-Leapheart

Director of Faith-Based and Interfaith Affairs, City of Philadelphia

SUNDAY, JANUARY 15, 2023 | 3:00 PM

MAIN LINE MARTIN LUTHER KING
ASSOCIATION ANNUAL VIRTUAL CELEBRATION
via Bethel's ZOOM

MONDAY, JANUARY 16, 2023

**REV. DR. MARTIN LUTHER KING, JR.
DAY OF SERVICE**

9:00AM – 10:00AM

BETH AM ISRAEL VIRTUAL CONVERSATION:
WHAT DOES ENVIRONMENTAL JUSTICE LOOK
LIKE AND HOW DO WE ACHIEVE IT?
with Rev. Carolyn Cavaness and Princess Rahmann
(Zoom Information will be emailed on Sunday, January 15)

11:00 AM – 1:00 PM

VACCINATION CLINIC

9:00 AM – 2:00 PM

HANDS-ON SERVICE PROJECTS

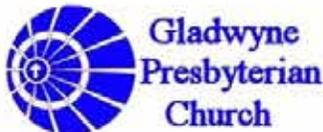
Baha'i Faith



Lower Merion, PA



BETH DAVID
REFORM CONGREGATION



LOWER MERION FAITH COMMUNITIES CELEBRATING THE LEGACY OF REV. DR. MARTIN LUTHER KING, JR.

Thursday, January 12

Community Baking: 4:00-8:00pm

Stop by any time to meet new neighbors and roll up your sleeves to bake, as we provide cookies and more for Friday night's dessert reception and for the Ardmore Food Pantry.

Interfaith Choir Rehearsal: Thursday, 6:30-8:00pm

Calling all singers for a pop-up choir! At one rehearsal, we'll learn two songs to be performed on Friday night. Email Cantor Goodlev at lgoodlev@bdavid.org to participate.

Friday, January 13

Dinner: 5:45 - 6:20pm

*Vegetarian and kid-friendly. \$10 for adults, \$5 children.
Register online at <https://tinyurl.com/mr254rrs>*

Interfaith Service

6:30—8:00pm

Join leaders from all of the co-sponsoring communities for a joyful evening of music and reflections on Dr. King's legacy.

Dessert Reception: 8:00pm

Sweets, plus the sweetness of meeting new neighbors!

ALL EVENTS HELD AT: BETH DAVID REFORM CONGREGATION ,
1130 VAUGHAN LANE, GLADWYNE

ALL ARE WELCOME!

QUESTIONS? CONTACT CHEDVA AT CSTERANKO@BDAVID.ORG

MAIN LINE
**MARTIN
LUTHER
KING**
ASSOCIATION

PLEASE JOIN US FOR OUR

**Virtual Celebration of the Legacy of
Dr. Martin Luther King, Jr.**

**Sunday, January 15
3:00 pm**

EMCEE

Brian Turner

President, Main Line Branch NAACP Unit#2270



SPEAKER

Renita Miller, PhD

Chief Diversity, Equity, and Inclusion Officer
The Wharton School
University of Pennsylvania

Zoom Meeting ID: 258 111 9868

Password: 966785

To Join by Landline/Cellphone:

+1 (929) 436 2866

INTRODUCING The Bethel Community Life Center

In light of the significant and generous support of the **Montgomery County Recovery Office via the American Rescue Plan (ARPA)**, the Bethel Community Life Center was birthed to respond to the challenges of accessibility, equity and inclusion made increasingly evident by the COVID-19 pandemic. **The Bethel Community Life Center** will seek to expand and ensure that both the physical and internal infrastructure/operation are able to support the myriad of needs for community members, particularly those of African and Latino descent. There are three (3) key areas wherein the Bethel Community Life Center will focus her work:

- 1. Bethel Community Garden/Ardmore Victory Gardens Program**
- 2. Vaccine Accessibility/Outreach/Education**
- 3. Mental/Behavioral Health**

In addition, there is a comprehensive capital improvement plan which is made possible through the support of the Montgomery County Recovery Office via the American Rescue Plan (ARPA).

An advisory group was established to assist in providing direction and scope for the foundation of the project. Several invitations were announced to the congregation if persons desired to be a part of the Advisory Group. If you would like to join, please contact Rev. Cavaness immediately.

We are grateful to God for the following persons:

- Sister Janine Baggett, *Co-Vice Chair, Board of Stewards*
- Sister Jean Hays, *Vice Chair, Board of Trustees*
- Sister Estelle Summers

- Sister Cynthia Taylor
- Brother Harry White

The Advisory Group will meet monthly and/or as needed in order to guide the work of the Bethel Community Life Center. It is anticipated specifically as it relates to the capital improvement plan that approximately 12-18 months will be needed to complete the work necessary. We do ask that if you have any ideas, observations for current building (interior/exterior) needs that you will forward them in writing to bethelardmore@verizon.net or mail to the church. The Advisory Group is currently in the process of preparing a “wish/observation list” of items that will be presented as we approach the design phase of the capital improvement plan. All submissions are requested by Wednesday, January 31, 2023.

Lastly, each of the core areas will have steering committees comprised of persons from within the congregation and community. If you are interested in being a part of any one of the three (3) steering committee teams, please email bethelardmore@verizon.net or call (610) 642-8966. The three (3) steering committee teams are:

- 1. Bethel Community Garden/Ardmore Victory Gardens Program**
- 2. Vaccine Accessibility/Outreach/Education**
- 3. Mental/Behavioral Health**

We are looking forward to how the project will unfold and welcome your prayers, support and participation.



the garden corner

JANUARY 2023

Congratulations Bethel Community Garden on a phenomenal year!

1,200 + plus pounds grown, harvested and donated/given to congregants, neighbors, and local food pantries!



Farewell to Frances!

WE ARE SO GRATEFUL for the tremendous work and commitment of Frances Condon who has served as our Haverford College Garden Fellow for the Bethel Community Garden/Ardmore Victory Garden program since last September, 2021. Frances has increased the visibility of the garden and has been an irreplaceable asset to our church and community as we continue our commitment to being a hub for food sovereignty, food empowerment and food justice! We have grown exponentially due to Frances' love of the art of gardening and food empowerment.

Frances will be moving back home to New York City in the New Year to be with her Family! Frances, you will ALWAYS be a member of the Bethel Family and Community and THANK YOU for all of your hard work, presence, smile! It has been a delight working with you!

Thank you, thank you, thank you!



Our 15 Month Campaign!

Thank you Friends and Family for being a part of the Love Your Neighbor Campaign! In August, 2021, Bethel AME Church of Ardmore and Turning the Tide embarked on a campaign to respond to one of the greatest public health crisis of our time, COVID-19.

This has been a journey of love and hope and most important COMMUNITY, wherein we created a space to learn, to heal, to be vaccinated, to be informed and to most importantly to care for our neighbors! These have been an amazing 15 months!

As the formal “Love Your Neighbor” Campaign transitions to the Bethel Community Life Center, we would like to share with you some amazing stats of the Love Your Neighbor Campaign:

- 48+ Clinics
- 1,793 Vaccines Administered: COVID Primary Vaccine, COVID Booster, COVID Bivalent Booster, Flu
- 6,500+ COVID PPE Kits (Masks, Tests, Hand Sanitizer)
- 50+ Outreach Events, Virtual Table Talks, Tabling Efforts
- and countless lives impacted by love!



Special Commendations to all of our Pharmacy Partners and Support:

- ACME
- Coatesville Community Pharmacy
- Conference of National Black Churches
- Eric’s Pharmacy
- GIANT
- International Health Commission of the African Methodist Episcopal Church
- Latino Connections
- Lower Merion Township
- MCIC
- Montgomery County Medical Reserves Corp
- PA Department of Health Equity
- Pelham Pharmacy
- Skippack Pharmacy
- Springfield Pharmacy
- Sunray
- Visiting Nurses Association (VNA)
- Walmart

And a special thanks to our team of friends & volunteers!



Bethel Covid Outreach Fund

As Bethel AME Church of Ardmore continues this work and transitions to the Bethel Community Life Center, your donations would be welcomed in order to help us continue this work, increase our outreach, offset the costs we incur and expand our programming.

Please continue to stay informed, encouraged and safe!

If we can be of any assistance, you can reach out to us at our new email address: bardmorecommunity@gmail.com.

REV. DR. MARTIN LUTHER KING JR. DAY OF SERVICE VACCINE CLINIC



COVID • SHINGLES • TDAP • FLU

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

MONDAY, JANUARY 16

11 AM TO 1 PM

BETHEL A.M.E. CHURCH

163 SHELDON LANE. • ARDMORE, PA 19003

ADVANCED REGISTRATION STRONGLY ENCOURAGED.



To sign up or for more information:

1. Scan the QR code and follow the prompts, or
2. Email bethelardmore@verizon.net, or call (610) 642-8966.





MONTGOMERY COUNTY NO COST COVID-19 TESTING

Hours and Locations, effective 6/2/2022

Register for an appointment

🌐 www.montcopa.org/COVID-19Testing (appointments available up to four days in advance)

☎ 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

Updated COVID-19 Booster Doses

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

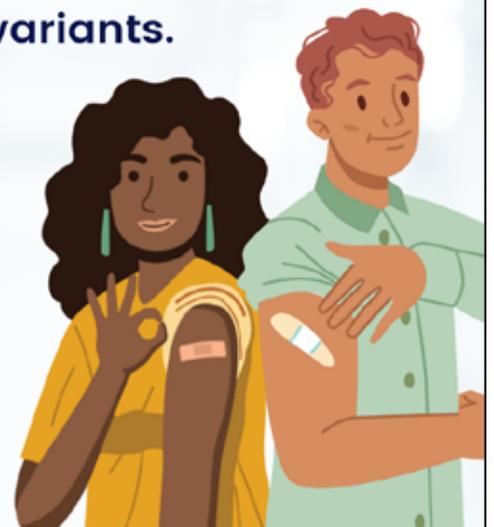
When to get the updated booster

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



JANUARY IS MENTAL WELLNESS MONTH, a perfect time to check in with ourselves and our loved ones to see how we are holding up emotionally and mentally. When we think of New Year's resolutions, there is often an emphasis put on physical wellness, but our mental wellness is just as important and should be a priority in our lives. In this blog post, we will explore what mental wellness is and the practical ways to improve our mental wellness throughout the year.

What Is Mental Wellness?

Like physical health, our mental health is impacted by many external and internal factors in our lives. How we treat ourselves can directly affect whether our mental health is positive or not. Mental wellness is the ability to cope with life's stressors while maintaining a good quality of life. It's about building up the tools we need to find resilience when life feels depleting. Below are a few tips for practicing mental wellness in this year:

1. Practice Mindfulness

"Mindfulness" is a word that has received a lot of attention over the past few years as more individuals explore practices of meditation and yoga, but what does mindfulness actually entail and how can it help with our mental wellness? Practicing mindfulness is about being aware and accepting at the same time. We often pride ourselves on staying busy and thinking ahead. Mindfulness challenges us to show up fully in every area of our lives. It is the embodiment of living in the moments.

Many of us are very good at practicing mindfulness with others. We know how to be mindful of our loved ones' feelings and thoughts. It's quite normal for us to ask, "How are you feeling?" or to say, "I'm just checking in on you." Remember that checking in with ourselves is important, too.

Meditation

I've often heard people shy away from meditation, saying things like, "I can't clear my mind" or "I can't just stop thinking." On the contrary, meditation is about slowing down, being in the moment, allowing thoughts to come freely and then releasing those thoughts. If you are new to meditation, try starting with a few minutes (two minutes is fine). Sit or lay in a comfortable position. Close your eyes or soften your gaze. Take a deep breath in. Notice how the breath feels as it fills your nostrils, chest and stomach. Hold the breath for a few seconds before exhaling. Do this for a few cycles. Try to keep your mind focused on your breath. If a thought pops in your mind, acknowledge it and bring your attention back to your breath. At first it may seem difficult to stay focused on your breath, but the more you do it, the more natural it will become.

2. Practice Rest

We are complex beings and our physical health affects our mental health and vice versa. Our bodies need proper rest to function to the best of our ability. Try setting a bedtime that allows you to rest for at least eight hours at night. Try not to sleep with electronics, like your telephone or laptop, nearby. Sleep can allow our minds to rest and our nervous system to relax, improving our mental state when we awake.

Resting can also be done through mindfulness practices. Taking a moment to breathe throughout your day can help reset your mind and body for the tasks ahead. Give yourself little breaks throughout your day to help facilitate rest, not only as a sleeping pattern, but as a way of life.

3. Practice Gratitude

Practicing gratitude doesn't mean that you ignore the challenges you have in your life. Instead, it focuses on the positive people and things we have in our lives. Showing gratitude for the small things can help you feel better about yourself, your situation and the people around you. In the morning, I like to give thanks for my life (no matter how disheveled it may feel in the moment), my family and having my basic needs met. It only takes a few seconds for me to think thoughts of gratitude, but this small action helps me put my mental health into perspective and gives me a little hope to press on.

Expressing gratitude to others can also help our mental wellness while simultaneously helping others. Letting a coworker know that you appreciate their help on a project or thanking your partner for their love and commitment helps acknowledge the support we have in others.

4. Practice Asking for Help

Humans are social beings. We thrive on connection and belonging. It's OK to seek help from others if you feel that your mental health is suffering. I have two sisters and we all live far away from each other. We've began having video chats more often. Whether our conversations were light-hearted or more serious, it is nice to look at faces and hear familiar voices. Reaching out to a loved one can help brighten our mood and help us process struggles.

If you feel you need additional help, seek guidance from a professional counselor or therapist. I've referenced physical wellness a few times in this article because it's very common for us to seek medical professionals when we have physical ailments. Likewise, there are mental health professionals who can help you recover when you feel you are not at your best.

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.

Upcoming Sessions:

THURSDAY JANUARY 12, 2023

THURSDAY JANUARY 26, 2023

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 Dr Kim Arnold, PhD, MPH, and Sister Janine Baggett.
For more information or to sign up, please contact Sister Janine Baggett,
janineb104@gmail.com, or call 215.514.0217



“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?



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 Senior Services

Clarice Grant, LSW | Social Worker, Senior Services

Please join us VIRTUALLY through ZOOM for an overview of what is offered through Main Line Health Senior Services

- Support and solutions to help seniors find the care they need
- Review of some goals for aging well
- Safety tips for hand hygiene
- Pharmacy use
- Tips for accessing services for older adults

Sunday, January 8, 2023 | 4:00 pm

Zoom Meeting ID: 992-095-3790

Passcode: 1878

Sponsored by Bethel AME Church, Bryn Mawr

Rev. Glenn Shepherd, Presiding



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.

We are grateful to every member, friend and ministry who helped us to be a blessing to the two (2) families we were blessed to host and fellowship with the week of December 18-25, 2022.

On Monday, January 30, 2023, we will fellowship and provide a meal at Chosen 300. If you would like to participate, please contact any member of the Bethel WMS.

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.

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;
- Fellowshiping one with another

BETHEL ARDMORE CLASS LEADERS: Brother Ernest Asbury • Sister Vikki Asbury • Sister Janine Baggett
Sister Lorraine Johnson • Sister Patricia LaRoche • Sister Verona Vance • Brother Harry White



Information from the Lay

The Bethel Lay Organization will plan to include monthly information from the Lay to the congregation.

The purpose of the Lay Organization is to provide teaching and training and to promote active involvement of the laity in studying the history of African Methodism, the African Methodist Episcopal Book of Discipline, Christian Stewardship, Evangelism and Parliamentary Procedures.

The workshop for January 17, 2023 is "The Four Horsemen in African Methodism." Workshop will begin at 6:40 PM and is open to members.

The workshop for February 13, 2023 at 6:40 PM is TBD.

The workshop for March 20, 2023 at 6:40 PM is "The Role of Women in African Methodism: A Historical Perspective."

PURPOSE

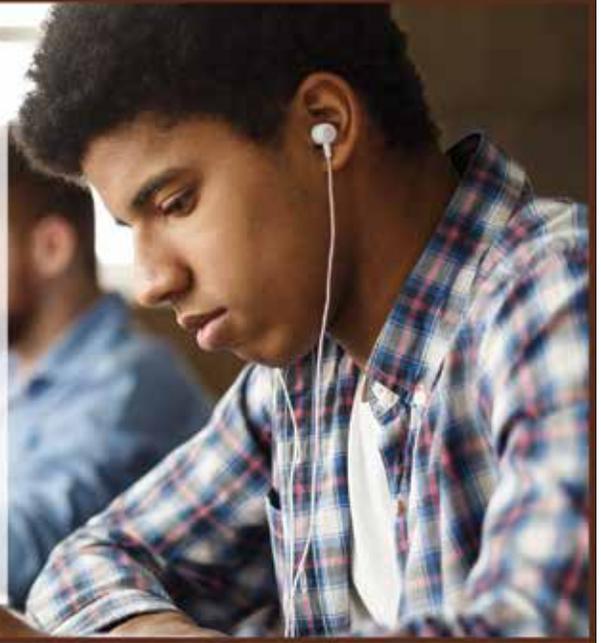
The purpose of this organization shall be to organize and train the laity of the African Methodist Episcopal Church so that lay persons may maximally utilize their God-given abilities and skills to improve and extend the kingdom to create happiness, peace, and harmony among its members.

BETHEL SCHOLARSHIP MINISTRY

SCHOLARSHIP APPLICATIONS ARE AVAILABLE FOR THE

- Adell H. and Azlan Robinson Scholarship Fund
- E.I. and L.L. Gibbs Scholarship

Applications are available beginning
Monday, November 14, 2022
by request of Sis. Kim Howard or
Sis. Bernice Green, Bethel Scholarship
Ministry Co-Coordinator.



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*

BETHEL ACADEMY



Does your child need any
special support or tutoring?

TUTORS ARE AVAILABLE!

CONTACT US TODAY!

610.642.8966 | bethelacademy@gmail.com

SAVE THE DATE!

First Episcopal District Founder's Day Celebration

FEBRUARY 9-11, 2023

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.





THE PLAN FOR THE 18TH EPISCOPAL DISTRICT

AFRICAN METHODIST EPISCOPAL CHURCH

GOD OUR HEALER

Jeremiah 33 - Luke 8:42-48
Healthy Church - Healthy Community

BISHOP FRANCINE A. BROOKINS ESQ.
SUPERINTENDENT REV. MIRIAM J. BURNETT, MD, MPH



God Our Healer - Our Finances

- Believe God for healing and restoration of our finances
- 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 District & the Connectional AMEC
- Intra-district support of projects
- Feeding the community through schools, farms & gardens
- Increase membership access to virtual communication
- Educational advancement opportunities for Clergy and Lay



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

- Believe God for restoration of our infrastructure
- Annual Conference Trustees education empowerment and engagement
- Conference-wide support of building projects
- Income-generating development
- Communications, water supply & sewage systems
- Insurance on properties



Follow us here @ame18th

GOD OUR HEALER

Jeremiah 33 - Luke 8:42b-48
HEALTHY CHURCH - HEALTHY COMMUNITY



\$18thDistrictAMEC



JOIN THE MAIN LINE BRANCH NAACP



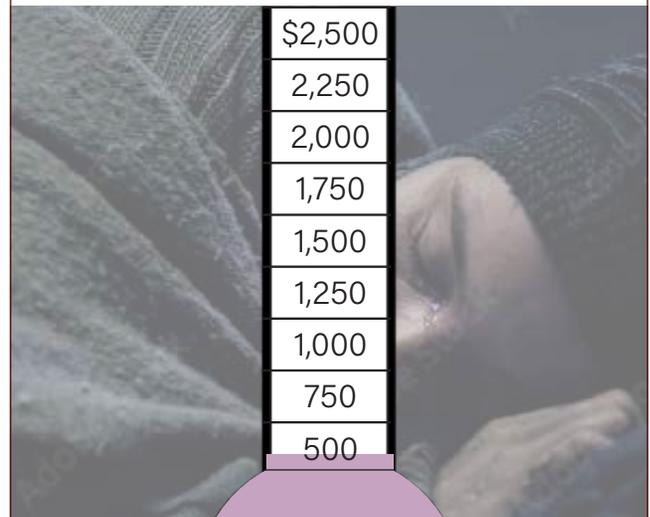
The time is NOW!

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

“Night Without a Bed” FUNDRAISER

GOAL: \$2,500

DEADLINE EXTENDED TO FEB. 28, 2023



Contribute today by check to Bethel AME Church of Ardmore: MEMO: NWAB or online at www.bethelardmore.org - NWAB Fundraiser

AMOUNT RAISED AS OF 12/31/2022

\$200.00

HEALTH FOCUS: GLAUCOMA

What is Glaucoma?

Glaucoma At-a-Glance

Early Symptoms: Often none

Later Symptoms: Loss of side (peripheral) vision, blind spots, blindness

Diagnosis: Dilated eye exam with visual field testing

Treatment: Medicine (usually eye drops), laser treatment, surgery

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

What are the types of glaucoma?

There are many different types of glaucoma, but the most common type in the United States is called open-angle glaucoma — that's what most people mean when they talk about glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.

Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first.

But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment,

glaucoma can eventually cause blindness.

Am I at risk for glaucoma?

Anyone can get glaucoma, but some people are at higher risk. You're at higher risk if you:

- Are over age 60, especially if you're Hispanic/Latino
- Are African American and over age 40
- Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked. If you're at higher risk, you need to get a comprehensive dilated eye exam every 1 to 2 years.

What causes glaucoma?

Scientists aren't sure what causes the most common types of glaucoma, but many people with glaucoma have high eye pressure — and treatments that lower eye pressure help to slow the disease.

There's no way to prevent glaucoma. That's why eye exams are so important — so you and your doctor can find it before it affects your vision.

How will my eye doctor check for glaucoma?

Eye doctors can check for glaucoma as part of a comprehensive dilated eye exam. The exam is simple and painless — your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for glaucoma and other eye problems. The exam includes a visual field test to check your side vision.

What's the treatment for glaucoma?

Doctors use different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery.

If you have glaucoma, it's important to start treatment right away. Treatment won't undo any damage to your vision, but it can stop it from getting worse.

- Medicines. Prescription eye drops are

the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve.

- Laser treatment. To lower your eye pressure, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure that your doctor can do in the office.
- Surgery. If medicines and laser treatment don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye.

Talk over your options with your doctor. While glaucoma is a serious disease, treatment works well. Remember these tips:

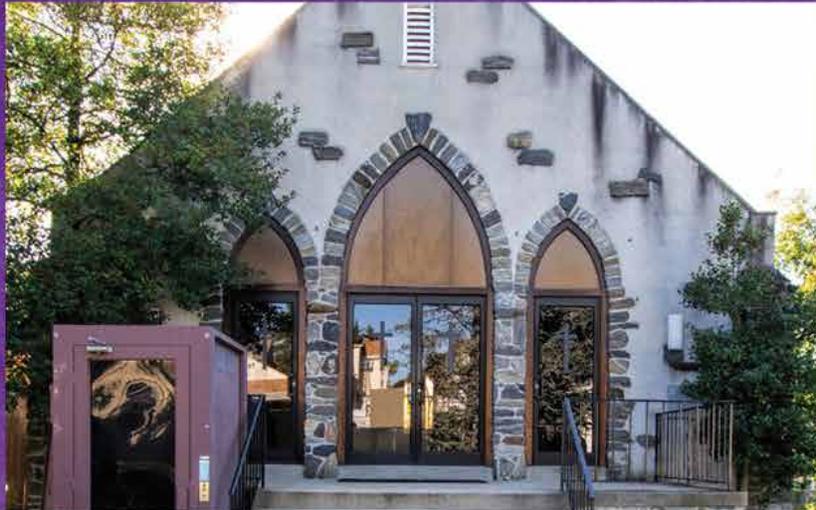
- If your doctor prescribes medicine, be sure to take it every day
- Tell your doctor if your treatment causes side effects
- See your doctor for regular check-ups
- If you're having trouble with everyday activities because of your vision loss, ask your doctor about vision rehabilitation services or devices that could help
- Encourage family members to get checked for glaucoma, since it can run in families

When to Get Help Right Away

Angle-closure glaucoma can cause these sudden symptoms:

- Intense eye pain
- Upset stomach (nausea)
- Red eye
- Blurry vision

If you have any of these symptoms, go to your doctor or an emergency room now.



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

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

STAY CONNECTED!

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:
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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.



JANUARY 2023

GLAUCOMA AWARENESS MONTH

Selahi!

REST/REFLECT/PAUSE/LISTEN



Rev. Carolyn C. Cavaness, Pastor

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	PRAYER 7 AM LAST DAY OF KWANZAA VIRTUAL WORSHIP SERVICE/HOLY COMMUNION 10:30 AM	2 PRAYER 7 AM	3 PRAYER 7 AM	4 PRAYER 7 AM	5 PRAYER 7 AM	6 PRAYER 7 AM	7 PRAYER 7 AM	
8	PRAYER 7 AM EPIPHANY SUNDAY VIRTUAL WORSHIP SERVICE 10:30 AM	9 PRAYER 7 AM WMS MEETING 6:30 PM	10 PRAYER 7 AM JOINT BOARD OF STEWARDS AND TRUSTEES MEETING 6:30PM TUESDAY PRAYER LINE 8 PM CLASS LEADERS MEETING 7:30 PM	11 PRAYER 7 AM COMMISSION ON STEWARDSHIP AND FINANCE MEETING 6:30 PM	12 PRAYER 7 AM GRIEF SHARE 6:30 PM	13 PRAYER 7 AM	14 PRAYER 7 AM	
15	PRAYER 7 AM REV. DR. MARTIN LUTHER KING, JR. SUNDAY VIRTUAL WORSHIP SERVICE 10:30 AM	16 PRAYER 7 AM REV. DR. MARTIN LUTHER KING, JR. DAY OF SERVICE HANDS-ON PROJECTS 9 AM-2 PM VACCINATION CLINIC 11AM-1PM	17 PRAYER 7 AM 3RD QUARTERLY CONFERENCE REPORTS DEADLINE LAY ORG. MEETING 6:30 PM TUESDAY PRAYER LINE 8 PM	18 PRAYER 7 AM	19 PRAYER 7 AM	20 PRAYER 7 AM	21 PRAYER 7 AM	
22	PRAYER 7 AM BOARD OF TRUSTEES ANNUAL DAY VIRTUAL WORSHIP SERVICE 10:30 AM	23 PRAYER 7 AM PRAYER 7 AM TUESDAY PRAYER LINE 8 PM	24 PRAYER 7 AM TUESDAY PRAYER LINE 8 PM	25 PRAYER 7 AM	26 PRAYER 7 AM GRIEF SHARE 6:30 PM	27 PRAYER 7 AM	28 PRAYER 7 AM	
CONNECTIONAL CHURCH GROWTH AND EVANGELISM SEMINAR								
29	PRAYER 7 AM VIRTUAL WORSHIP SERVICE/TESTIMONY SUNDAY 10:30 AM	30 PRAYER 7 AM CHOSEN 300 MEAL AND FELLOWSHIP	31 PRAYER 7 AM 3RD QUARTERLY CONFERENCE 6:30 PM TUESDAY PRAYER LINE 8 PM					

VIRTUAL SUNDAY SCHOOL TIMES
ADULTS: 8:30 AM - 9:30 AM
YOUTH AND YOUNG ADULTS: 9 AM - 9:30 AM



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