

CELEBRATING OUR 128TH CHURCH ANNIVERSARY

NOVEMBER 2023

10:30 AM IN-PERSON WORSHIP SERVICE

163 SHELDON LANE • ARDMORE, PA 19003

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE.
SOCIAL DISTANCING WILL BE ENFORCED

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
Rev. Carol Gilbert, *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”

THE PASTOR'S WORD · NOVEMBER 2023

November 1, 2023

Dear Bethel Family and Friends:

Grace and Peace to you from God the Father and the Lord Jesus Christ.

Firstly, I am grateful to God for each of you and for the many acts of kindness and love expressed during the month of October, Clergy Appreciation Month and celebrating my 25th year of preaching. Thank you for your love and most importantly your prayers as I ask the Lord for strength in responding to the call and assignment on my life. THANK YOU Bethel for your love!

The month of November in many spheres is deemed the "Gratitude Month." However, I believe I am not alone in declaring that EVERY DAY is a day of Thanksgiving! God has been so Good to me, to us and to Bethel AME Church of Ardmore. God has allowed us to celebrate another Church Anniversary and continue in our missional thrust to be the place where heaven and earth meet. I am grateful to God for our never growing weary of telling the story and remembering from whence we come. As Joshua declared to the House of Israel as they were admonished to take up stones, that it was their responsibility to share with their children, "what do these stones mean." Certainly, we have the same responsibility to tell the story and share unapologetically from whence we come and bear witness to God's mercy, love and faithfulness through all generations.

God has been so faithful to Bethel from her beginnings in 1895 to 1916 to 1973 to even now in 2023 wherein we see how God has kept His promises to her through all the generations, pastoral administrations, transitions and even the changes of our immediate neighborhood as the Psalmist said, God is with her and she will NOT fail.

As we embark on entering into a new year with what is on the horizon it is my prayer that we will take heed of God's goodness, kindness and faithfulness towards us. We are embarking on an opportunity of a lifetime and it is my prayer that we will come together as brothers and sisters in the Lord to bear witness of God's mercy and goodness being with us EVERY step of the way and through all the days of our lives.

Happy Church Anniversary and I am grateful to God for each of you and looking forward to the great things God will do through us to His honor and glory.

I thank God for You!

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

CELEBRATING OUR 128TH CHURCH ANNIVERSARY

SUNDAY
NOVEMBER 5, 2023

REVEREND CEAN R. JAMES

Senior Pastor, Salt & Light

*Associate Conference Minister,
Pennsylvania Southeast Conference, UCC*



REVEREND CEAN JAMES is the Senior Pastor of Salt & Light, an interdenominational, intergenerational congregation worshipping and working in Southwest Philadelphia and Mt. Airy. In 2005 Pastor James planted Grace Christian Fellowship, which merged with New Spirit Community Church to form Salt & Light in 2020. Salt & Light represents the union of churches that have been ministering in Philadelphia for over 160 years. Salt & Light is a rapidly growing congregation that is the rare combination of Pentecostal fire and social justice activism; a congregation that is vibrant in worship in the church and vibrant in working and witnessing on the streets.

Rev. James completed his undergraduate studies at Florida Agricultural and Mechanical University with a BS in biology and received his Masters of Divinity from the Lutheran Theological Seminary of Philadelphia. Pastor James has also done doctoral work at Lancaster Theological Seminary.

Pastor James also serves the wider church as the Associate Conference Minister of Congregational Development for the Pennsylvania Southeast Conference, UCC. In this role Pastor James works with the churches of the conference in renewal, vitality, growth, and planting new churches. Pastor James is the Director of the CityLights Network, a capacity building nonprofit in Southwest Philadelphia. Pastor James is also a board member of United Lutheran Seminary and the national Board of the United Church of Christ.

Rev. James is married to the former Kesha Barton of Columbia, SC. Kesha, a graduate of the University of Pennsylvania School of Law, practices law in the public interest. They have been blessed with three sons, Clarence Milton, Jesse Joseph, and Cean Benjamin.



Holy Communion Order of Worship

THE ORGAN PRELUDE

INTROIT

"Anointing Fall On Me"

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

Praise God, from whom all blessings flow;

Praise him, all creatures here below;

Praise him above, ye heav'nly host;

Praise Father, Son, and Holy Ghost.

THE CALL TO WORSHIP

Sister Inetha Gibbs

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

"Holy, Holy, Holy" (AMEC #25)

Holy, holy, holy! Lord God Almighty!

Early in the morning our song shall rise to Thee;

Holy, holy, holy! merciful and mighty! God in three Persons, blessed Trinity!

Holy, holy, holy! all the saints adore Thee,

casting down their golden crowns around the glassy sea;

cherubim and seraphim, falling down before Thee, which wert and art and evermore shalt be.

Holy, holy, holy! though the darkness hide Thee,

though the eye of sinful man Thy glory may not see;

only Thou art holy, there is none beside Thee, perfect in pow'r, in love, and purity.

Holy, holy, holy! Lord God Almighty!

All Thy works shall praise Thy name, in earth and sky and sea;

Holy, holy, holy! merciful and mighty! God in three Persons, blessed Trinity!

THE INVOCATION

Sister Yvonne Collick

THE SCRIPTURE

Brother Ryan Wiley

THE WELCOME AND GREETING

Sister Tracey Davis

THE INTRODUCTION OF THE PREACHER

Rev. Carolyn C. Cavaness

THE SERMONIC SELECTION

THE SERMON

Rev Cean James

Senior Pastor, Salt & Light

Associate Conference Minister, Pennsylvania Southeast Conference, UCC

THE INVITATION TO CHRISTIAN DISCIPLESHIP

Rev Cean James

THE MINISTRY OF GIVING

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

"Let Us Break Bread Together" (AMEC #530)

Let us break bread together on our knees. Let us break bread together on our knees.

When I fall on my knees with my face to the rising sun, O Lord have mercy on me.

Let us drink wine together on our knees. Let us drink wine together on our knees.

When I fall on my knees with my face to the rising sun, O Lord have mercy on me.

Let us praise God together on our knees. Let us praise God together on our knees.

When I fall on my knees with my face to the rising sun, O Lord have mercy on 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 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 eleven (11) people by calling, texting, mailing or emailing at the conclusion of Worship.

THE FELLOWSHIP HYMN

"Lord I Thank You, Thank You"

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

THE BENEDICTION



Daily Morning Prayer Call

BETHEL ARDMORE'S ZOOM

1 (929) 436-2866

Meeting ID: 258 111 9868

Password: 966785

7:00 AM • All Are Welcome!

Tuesday Evening

prayer

DEDICATED TUESDAY EVENING PRAYER LINE

Conference Call Dial: (267) 807-9605

Access code: 818554

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

"The heartfelt and persistent prayer of the believer can accomplish much."

BETHEL AME ARDMORE WEDNESDAY VIRTUAL BIBLE STUDY

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)

JOIN US EVERY WEDNESDAY!

Mid-Day Study @ 1:00 PM

Evening Study @ 6:30 PM

All are welcome!

BETHEL AME ARDMORE ZOOM

1 (929) 436-2866

Meeting ID: 258 111 9868

Password: 966785

Let's Celebrate!

NOVEMBER BIRTHDAYS!

Bro. Daniel Barcliff	4	Rev. Carol Gilbert	21
Bro. Charles "Chuck" Thompson	4	Sis. Maketa Mabane	25
Sis. Nadia Collins	4	Sis. Ari Ross	
Bro. Romeo "Steve" Brown	6	Bro. Josiah Whiteman	26

NOVEMBER ANNIVERSARIES!

Marjorie & Romeo Brown	9	Clifford & Carrie Foster	19
Fred & Kimberly Howard	17		

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.

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



Send a Card... Say a Prayer...

SIS. GLORIA GREENWOOD
209 Simpson Rd., Ardmore, PA 19003

SIS. GERALDINE MILLS
137 Sheldon Lane, Ardmore, PA 19003

BRO. ROGER MILLS
14 Paoli Pike, Paoli, PA 19301

SIS. MARGARET PENDLETON
333 West Spring Ave., Ardmore, PA 19003

SIS. SHERRI PENDLETON
ARDMORE HOUSE
75 Ardmore Ave., Apt 1 E, 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

BRO. HARRY & SIS. YVONNE WHITE
650 Hazelwood Road, Ardmore, PA 19003

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 Vikki Asbury & 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. Dr. Albert G. Davis, Jr. & Family
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
Family of 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
Sister Princess Rahman 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
Brother Guy and Sister Joanne Stewart
Family of Sister Estelle Summers
Bro. Jerome Taylor
Brother Charles "Chuck" Thompson
and Family
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
Brother Harry & Sister Yvonne White
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
Gun Violence Victims and Families
Lower Merion Firefighters
18th Episcopal District
All Who Are On the Front-Line...



BETHEL AME OF ARDMORE'S 5 GOALS FOR 2023

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.

JOIN US VIRTUALLY:

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

FACEBOOK: www.Facebook.com/BethelArdmore



REV. CAROLYN CAVANESS, PASTOR

BETHEL AME ARDMORE SCHEDULE • NOVEMBER 2023

BETHEL ARDMORE MINISTRY MEETINGS

* ALL MEETINGS ARE VIRTUAL VIA BETHEL'S ZOOM UNLESS OTHERWISE SPECIFIED *

MON., NOV. 1	ROBINSON FOUNDATION ADMINISTRATORS MEETING	6:30 PM
MON., NOV. 6	JOINT BOARDS OF STEWARDS AND TRUSTEES MEETING COMMISSION ON STEWARDSHIP AND FINANCE	6:30 PM 7:30 PM
WED., NOV. 8	OFFICIAL BOARD/CHURCH CONFERENCE <i>Review of Capital Improvement Plans</i>	6:30 PM
MON., NOV. 13	WMS MEETING BETHEL SCHOLARSHIP MEETING (ZOOM: https://us02web.zoom.us/j/84124017247 Meeting ID: 841 2401 7247 / Dial In: 1-929-205-6099)	6:30 PM 6:30 PM
TUE., NOV. 14	OFFICIAL BOARD/CHURCH CONFERENCE 2024 <i>Church Budget Presentation</i>	6:30 PM
MON., NOV. 20	LAY ORGANIZATION MEETING	6:30 PM

10:30 AM SUNDAY IN-PERSON AND VIRTUAL WORSHIP SERVICES

SUNDAY, NOV. 5 8:30 AM 9:00 AM 10:30 AM	128TH CHURCH ANNIVERSARY/Service of Holy Communion Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cean James, Guest Preacher
SUNDAY, NOV 12 8:30 AM 9:00 AM 10:30 AM	VETERANS RECOGNITION SUNDAY Virtual Sunday School (Adults) In-Person Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUNDAY, NOV 19 8:30 AM 9:00 AM 10:30 AM	THANKSGIVING SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
TUE./WED. NOV. 21-22 6:30 PM 6:45 PM 7:00 PM	THANKSGIVING REVIVAL / MAIN LINE BLACK INTERDENOMINATIONAL ALLIANCE Sanctuary open for prayer Praise and Worship REVIVAL SERVICE • Rev. Dr. Wayne Croft, <i>Revivalist</i>
SUNDAY, NOV 26 8:30 AM 9:00 AM 10:30 AM	WORSHIP SERVICE Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUNDAY, DEC. 3 8:30 AM 9:00 AM 10:30 AM	FIRST SUNDAY OF ADVENT/SERVICE OF HOLY COMMUNION Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUNDAY, DEC. 10 8:30 AM 9:00 AM 10:30 AM	SECOND SUNDAY OF ADVENT Virtual Sunday School (Adults) In-Person Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUNDAY, DEC. 17 8:30 AM 9:00 AM 10:30 AM	THIRD SUNDAY OF ADVENT WITH GLADWYNE PRESBYTERIAN CHURCH Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUNDAY, DEC. 24 8:30 AM 9:00 AM 10:30 AM	FOURTH SUNDAY OF ADVENT/CHRISTMAS EVE Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL CHRISTMAS WORSHIP SERVICE PROGRAM • Rev. Cavaness, <i>Preacher</i>
SUNDAY, DEC. 31 8:30 AM 9:00 AM 10:30 AM	NEW YEAR'S EVE/TESTIMONY SUNDAY/KWANZAA SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
10:00 PM	FELLOWSHIP OF CHURCHES WATCHNIGHT SERVICE • ZION BAPTIST CHURCH, <i>Host Church</i>

FALL QUARTER THEME
GOD'S LAW IS LOVE
 SEPTEMBER — NOVEMBER 2023

UNIT 1 : LOVE FROM THE INSIDE OUT

Unit I, *"Love from the Inside Out,"* draws on the gospels of Luke and John. In lesson 1, Jesus contrasts the empty acts of piety with enacting justice and God's love. Lesson 2 asks the question of what sort of activities truly honor the Sabbath. Lesson 3 (from the book of John) examines Jesus' teaching that the Sabbath ought to be a day of healing. Lesson 4 raises the question of who is qualified to pass judgment on those who stumble in their attempts to keep the commandments.

UNIT 2 : RULES ARE NOT ENOUGH

Unit II, *"Rules Are Not Enough,"* draws from the books of Romans and Galatians. Lesson 5 shows that just having the Law is not enough; keeping it is what is important. Lesson 6 reveals the struggle to keep the Law due to the weakness of the flesh. In lessons 7 and 8, Paul encourages the Galatians to rely on faith in Christ above the works of the Law. Lesson 9 explores how those in Christ are no longer under the guardianship of the Law but are children of God.

UNIT 3: JESUS SETS US FREE

Unit III, *"Jesus Sets Us Free,"* highlights the ways in which Jewish and Gentile Christians wrestled with Mosaic Law in light of Christ's teaching. Lesson 10 (from the book of Acts) shows how salvation for Jews and Gentiles comes by faith in Christ. Lesson 11 (from the book of 1 Corinthians) examines the ways in which the Law finds its fulfillment in the commandment to love. Lesson 12 (from the book of Colossians) contrasts the hollowness of human traditions with the fullness of God found in Christ. The unit concludes with Paul's warning to the Corinthians that Christian liberty is not a license for sin.

I trust that you and your students are ready for this exciting journey through the Word of God—and we will all gain a better understanding of God's laws, including the purpose of the laws.

UNIT 2: JESUS SETS US FREE

Sun., Nov. 5	"What Is Required for Salvation?"	Acts 15:1-11
Sun., Nov. 12	"Love Fulfills the Law"	I Corinthians 13:8-13; Romans 13:8-10
Sun., Nov. 19	"Life in Christ Brings Freedom"	Colossians 2:16-23
Sun., Nov. 26	"Liberty, Not License"	I Corinthians 10:23-11:1

All Are Welcome!
 JOIN US EVERY SUNDAY

ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM *via Bethel's ZOOM*

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 to all 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 record accordingly.



Let's Finish 2023 Strong!

There are less than sixty (60) days left in the year 2023! It is our prayer that we can count on all members of Bethel to do our part to honor our financial commitment to God and the Ministry of Bethel AME Church of Ardmore. Giving statements through October 31, 2023, will be mailed out by mid-November.

THE COMMISSION ON STEWARDSHIP AND FINANCE MEMBERS

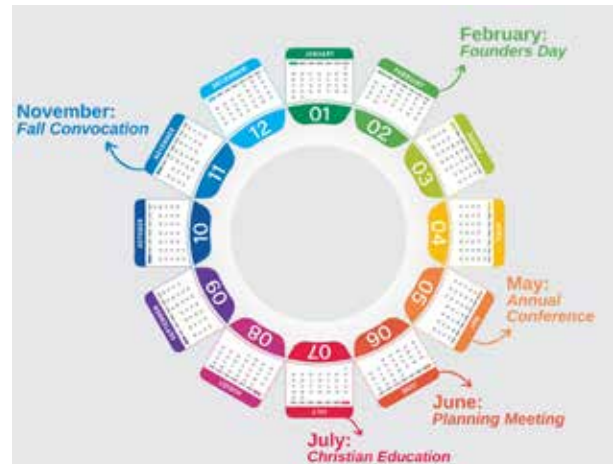
Rev. Carolyn C. Cavaness, *Chair*
 Sister Janine Baggett, *Co-Vice Chair-Board of Stewards*
 Sister Jamie Burrell, *Member-at-Large*
 Sister Phylinda Peters-John, *Member-at-Large*
 Sister Cynthia Taylor, *Board of Stewards Representative*
 Brother Charles "Chuck" Thompson,
Board of Trustees Representative

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! *We thank you for your support!*

The due dates for our financial obligations:



We are approaching our 2023 Fall Convocation Report, which will be due on Friday, November 10, 2023. This assessment will approximately \$13,000. We ask that we will all do our best to honor our pledge commitment and giving to the Faith Fund. If you have any questions or concerns, please do not hesitate to contact any member of the Commission on Stewardship and Finance.

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

\$bethelardmore1895



2023 Bethel Ardmore Giving Envelopes





INFORMATION FROM THE LAY ORGANIZATION

Upcoming monthly information from the Bethel AME Ardmore Lay Organization

"Great is the LORD, and greatly to be praised; And his greatness is unsearchable."
(Psalm 145:4)

Greetings to All. On behalf of the Lay Organization, we would like to say, "Thank you!" On September 17, 2023, after church, we celebrated the Ministry Fair in the Community Garden. "It was a success". All of the church ministries were represented, and we shared fellowship, love, refreshments and an opportunity for each ministry to present. Moving forward, you will receive follow-up communication desiring your ministry choice. God Bless You and know that "You are a valued member of the body of Christ."



On October 7, the Philadelphia Conference Lay Organization held its Awards Luncheon at the Springfield Country Club. Brother Harry White was our "Unsung Hero for 2023." Despite illness, he was present for the day and was recognized for his work at Bethel.

Harry is a lifetime member of Bethel, a Steward of many years, the Chaplain for the Gospel Chorus, Vice-President of the Lay Organization, and a member of the Male Chorus. His wife Yvonne, Chair of the Decorations Committee



for the Awards Luncheon was responsible for all of the beautiful center pieces on each table. Unsung Heroes are appreciated for the work they do in God's kingdom with the expectation of a reward. Harry and Yvonne we recognize and appreciate you.

On Sunday, October 8, Bethel Lay Organization celebrated its Annual Lay Witness Day. The service was well attended and represented members of the Philadelphia Conference Lay Organization as program participants. Bethel Lay, although our numbers were smaller this year due to illness or absence, presented themselves as a unified body. The Lay witness was given by Brother Harry who shared his ongoing journey of a health challenge and witnessed how his faith in God is



getting him through. We are grateful for the message of encouragement and courage. Sis. Juanita Bryant from Mt. Tabor was the Lay speaker and she spoke from 1Peter 2:9. The day culminated with an increase in membership. Sis. Dottie Smith joined the Lay Organization! She has been an unofficial member for many years, but on October 8, she made it official. We thank the Lady Ushers for assisting us, Vikki Asbury for the give away bag snack, Yvonne White who helped with the program and making sure everyone was in place and finally we thank the members of Bethel who supported us with your presence.

The Lay is the teaching and training arm of the AME Church. We are focused on making all of us more knowledgeable about the AME Church through the teachings of the Doctrine and Discipline. There is much to learn, and we encourage anyone interested to please contact Bernice Green, president.

We thank God for the good things He has done!





WMS BETHEL OUTREACH CORNER

We are the hands and feet of Jesus Christ!

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

WMS Members and Officers have been continuing our efforts to be the hands and feet of Jesus Christ in Advancing the spirit of the fruit.

We are called to strengthen our faith and sent to continue the ministry of Jesus Christ by service and witness in the world. Missionaries at Bethel continually encourage, send cards to give hope to the hopeless, and fix & supply meals as requested.

On Sunday, October 29, Sister Angie & Sister Dottie presented on behalf of the WMS Officers and members an appreciation gift to Rev. Cavaness in celebration of her Preaching Ministry, which spans 25 years.

In November, WMS members will support Friendsgiving/Thanksgiving in feeding the community via food donations and contributing to monetary gift cards to help families in need.

In December, we will be supporting Family Promise of the Mainline. We will assist in providing hotel stays for needy families December 24–30th. We are in the process of raising funds to support this endeavor.

At our Conference Level, we helped prepare cards of encouragement as well as snack packages for Rev. Michael Heath, who is currently deployed in army, and for his unit. These gifts were well received by all unit members. We continue to pray for peace in the world as well as within the United States and our neighboring communities.



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

DAYLIGHT SAVINGS ENDS
SUNDAY, NOVEMBER 5, 2023



TURN CLOCKS BACK AT 2:00 AM

First Episcopal District
Fall Convocation

NOVEMBER 16-18, 2023

FIRST DISTRICT PLAZA

3801 Market Street
Philadelphia, PA 19104



Congratulations Rev. Cavaness!



SUNDAY, OCTOBER 29, 2023

Celebrating 128 *Years of Ministry*

JOIN US AS WE *Celebrate*



SERVICE OF HOLY COMMUNION

128TH CHURCH ANNIVERSARY

SUNDAY

NOVEMBER 5, 2023

10:30 AM

IN-PERSON WORSHIP SERVICE



REV. CAROLYN C. CAVANESS, PASTOR



REV. CEON JAMES
GUEST PREACHER

PASTOR, Salt & Light Church, Philadelphia, PA

VIRTUAL SUNDAY SCHOOL VIA ZOOM: ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM



163 SHELDON LANE
ARDMORE, PA 19003

JOIN US VIRTUALLY via ZOOM: 1 (929) 436-2866
ID: 258 111 9868 • Password: 966785

FACEBOOK: www.facebook.com/BethelArdmore

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE • SOCIAL DISTANCING WILL BE ENFORCED

610.642.8966 | WWW.BETHELARDMORE.ORG | BETHELARDMORE@VERIZON.NET

ALL MEMBERS and friends of Bethel are asked to share a sacrificial offering of \$128.00. Also, if you have any Bethel photos, programs, or paraphernalia, please consider donating to the Bethel archives ministry. Thank you!

FELLOWSHIP WITH BETHEL AME CHURCH OF ARDMORE

VETERANS OBSERVANCE SUNDAY

INVITE A VETERAN TO CHURCH • SPECIAL TRIBUTE TO VETERANS!

IN-PERSON/VIRTUAL
WORSHIP SERVICE

SUNDAY

NOVEMBER 12

10:30 AM

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE. SOCIAL DISTANCING WILL BE ENFORCED
VIRTUAL SUNDAY SCHOOL VIA ZOOM: ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM

JOIN US VIRTUALLY via ZOOM: 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785

FACEBOOK: www.Facebook.com/BethelArdmore



163 SHELDON LANE • ARDMORE, PA 19003

610.642.8966

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BETHELARDMORE@VERIZON.NET



FOUNDED 1895

REV. CAROLYN CAVANESS, PASTOR

FELLOWSHIP WITH BETHEL AME CHURCH OF ARDMORE

THANKSGIVING SUNDAY!

SUNDAY

NOVEMBER 19

10:30 AM

IN-PERSON/VIRTUAL WORSHIP SERVICE

Masks are required for in-person attendance.
Social distancing will be enforced

VIRTUAL SUNDAY SCHOOL VIA ZOOM:

ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM

REV. CAROLYN C. CAVANESS
PASTOR

JOIN US VIRTUALLY via ZOOM: 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785

FACEBOOK: www.Facebook.com/BethelArdmore



163 SHELDON LANE • ARDMORE, PA 19003

610.642.8966

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BETHELARDMORE@VERIZON.NET



FOUNDED 1895

FELLOWSHIP WITH BETHEL AME CHURCH OF ARDMORE

IN-PERSON/VIRTUAL
WORSHIP SERVICE
SUNDAY
NOVEMBER 26 • 10:30 AM

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE.
SOCIAL DISTANCING WILL BE ENFORCED

VIRTUAL SUNDAY SCHOOL VIA ZOOM: ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM

JOIN US VIRTUALLY via ZOOM: 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785
FACEBOOK: [www.Facebook.com/BethelArdmore](https://www.facebook.com/BethelArdmore)



163 SHELDON LANE • ARDMORE, PA 19003

610.642.8966

WWW.BETHELARDMORE.ORG

BETHELARDMORE@VERIZON.NET



REV. CAROLYN C. CAVANESS, PASTOR

ADVENT THEME:

The King is Coming!

hope • love • joy • peace



ADVENT SEASON BEGINS SUNDAY, DECEMBER 3, 2023



FIGHT ALZHEIMER'S ON PURPLE SUNDAY

SUNDAY, DECEMBER 3, 2023 • 10:30 AM

The African Methodist Episcopal Church and the Alzheimer's Association® invite you to attend Purple Sunday to learn about Alzheimer's and other dementia. Join Bethel AME Ardmore to learn about:

- » The impact of Alzheimer's in our community.
- » Tips to recognize warning signs of the disease.
- » The importance of early detection.
- » The Association's care and support resources.

The Alzheimer's Association is proud to partner with the African Methodist Episcopal Church to raise awareness of Alzheimer's disease among the African American community. By working together, we can provide opportunities for all those affected to access care and support services, engage in research and advance advocacy.

AND JOIN US

MONDAY, DECEMBER 4, 2023 • 6:30PM

10 WARNING SIGNS OF ALZHEIMER'S

VIA BETHEL'S ZOOM

BETHEL ZOOM CONFERENCE (AUDIO/VIDEO)

1 (929) 436-2866 • MEETING ID: 258 111 9868 • PASSWORD: 966785

Join us Each Sunday Morning in December 2023 for In-Person & Virtual Worship Service!

THE FIRST SUNDAY OF ADVENT: HOPE

**SUNDAY
DECEMBER 3**

10:30 AM

WEAR PURPLE! ALZHEIMER'S AWARENESS SUNDAY

THE SERVICE OF
HOLY COMMUNION
IN-PERSON/VIRTUAL
WORSHIP SERVICE

THE SECOND SUNDAY OF ADVENT: LOVE

**SUNDAY
DECEMBER 10**

10:30 AM

IN-PERSON/VIRTUAL
WORSHIP SERVICE
CHURCH CHRISTMAS
PARTY

Immediately following Worship!



**SUNDAY
DECEMBER 17**

10:30 AM

IN-PERSON/VIRTUAL
WORSHIP SERVICE

Special Worship Guests

GLADWYNE PRESBYTERIAN CHURCH

**SUNDAY
DECEMBER 24**

10:30 AM

IN-PERSON/VIRTUAL
WORSHIP SERVICE

WEAR YOUR CHRISTMAS SWEATER!

CHRISTMAS EVE WORSHIP SERVICE
featuring Children & Adults of Bethel

THE THIRD SUNDAY OF ADVENT: JOY

THE FOURTH SUNDAY OF ADVENT: PEACE

SUNDAY • DECEMBER 31 • 10:30 AM
IN-PERSON/VIRTUAL WORSHIP SERVICE
TESTIMONY SUNDAY!

New Year's Eve • Kwanzaa Sunday



REV. CAROLYN C. CAVANESS, PASTOR



163 SHELDON LANE
ARDMORE, PA 19003

VIRTUAL SUNDAY SCHOOL VIA ZOOM: ADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM



JOIN US VIRTUALLY via ZOOM:

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

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610.642.8966 | WWW.BETHELARDMORE.ORG | BETHELARDMORE@VERIZON.NET

Bethel AME Church of Ardmore CARES

We are grateful to God for the opportunity to be a blessing to our members, friends and community at large during the Thanksgiving and Christmas Seasons. It is our prayer that you will join us in being a blessing in the following ways.

We do ask that if you are aware of anyone that we can be a blessing to during this Thanksgiving and Christmas Season

you are invited to contact Rev. Cavaness, Sister Janine Baggett or Sister Vikki Asbury.

We are grateful to God for our Presidents' Council who has provided leadership and wisdom to put forth how we will work together to be a blessing this year during Thanksgiving and Christmas!

THANKSGIVING 2023



Gift Cards

We will bless ten (10) families with \$50.00 Gift Cards for Thanksgiving. Gift cards of ANY denomination are welcome from the following stores: ACME, Giant, Save-a-Lot, Shoprite. Monetary donations are also welcome!

Gift Cards are needed by Sunday, November 12, 2023. Gift cards will be distributed the week of Sunday, November 19, 2023.

Sick and Shut-In Outreach

Our Mary F. Handy Women's Missionary Society (WMS) will be reaching out directly to each of our Sick and Shut-In Members to check-in with each of them and their families for any desires/needs they may have for Thanksgiving.

2023 Friendsgiving!

Bethel Ardmore will join with Community Partners and friends to provide a home-cooked meal for 800+ persons on Tuesday, November 21, 2023. Meals are available to all! We just ask that you will reserve your meal by Monday, November 13, 2023.

Help is needed in the following ways:

1. Volunteer your time to help with packing and delivering on Tuesday, November 21, 2023. Volunteering will begin at 8:00am.
2. Thanksgiving Greeting Cards to be included in the meal packages.
3. Donations of frozen turkeys, desserts, rolls. All donations will be needed by Friday, November 17, 2023.
4. Monetary donations are also welcome.



Bethel is Excited to Be a Part of the 'Prison Fellowship Angel Tree Program' This Christmas Season!

"Prison Fellowship Angel Tree equips churches to strengthen relationships between incarcerated parents and their children and support families of prisoners year round."

We currently have been assigned **6 children and anticipate receiving up to 4 more**. Volunteers are needed to shop for presents and help plan a Christmas party!!

If you would like to be part of the Angel Tree Program, please attend an orientation session on

THURSDAY, NOVEMBER 9, 2023 • 6:30 PM

BETHEL ZOOM: 1 (929) 436-2866

Meeting ID: 258 111 9868 • Password: 966785

For more info, contact Sis. Janine Baggett at janineb104@gmail.com

We are blessed to be a blessing!



“O Come, Let Us Adore Him”



Poinsettias will be placed in the Sanctuary on Christmas Eve, Sunday, December 24, 2023

All persons who purchase poinsettias are invited to take home immediately following the 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 3, 2023.

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

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 20, 2023

For more information, please contact the Church Office at (610) 642-8966 or bethelardmore@verizon.net

Students, please check your email for the link to the application! *This year's applications are electronic!*



ABSOLUTE DEADLINE IS
WEDNESDAY, FEBRUARY 28, 2024

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



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

BETHEL AME CHURCH OF ARDMORE *in partnership with*
BRYN MAWR PRESBYTERIAN CHURCH AND DIGNITY KITCHEN

2023 FRIENDSGIVING

TUESDAY
NOVEMBER 21, 2023



THANKSGIVING MEAL

Turkey with Gravy

Included:

String Beans ■ Sweet Potatoes ■ Mac & Cheese
Dressing ■ Roll ■ Dessert ■ Beverage

PLACE YOUR ORDER BY MONDAY, NOVEMBER 13

VIA PHONE: (610) 642-8966 OR EMAIL: BETHELARDMORE@VERIZON.NET

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

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

BRYN MAWR PRESBYTERIAN CHURCH

625 MONTGOMERY AVE ■ BRYN MAWR, PA 19010

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



If you'd like to donate, receive a meal, or volunteer, please
scan the QR code with your Smartphone and sign up today!

SPONSORED BY BETHEL AME CHURCH OF ARDMORE, BRYN MAWR PRESBYTERIAN CHURCH,
BETHEL AME CHURCH OF BRYN MAWR, GLADWYNE PRESBYTERIAN CHURCH,
NARBERTH COMMUNITY FOOD BANK AND OTHER CARING FRIENDS AND PARTNERS (as of 10/19/23)



Gladwyne Presbyterian Church



PLEASE JOIN US FOR OUR

PRAYER *Breakfast*



CELEBRATING OUR 7 AM PRAYER LINE

SATURDAY
DECEMBER 2, 2023
9:00 AM

Guest Speaker

EVANGELIST JANIS RUISE

JANIS RUISE MINISTRIES



REV. CAROLYN C. CAVANESS
PASTOR

THE RADNOR HOTEL

591 LANCASTER AVE, WAYNE, PA

TICKETS: \$ 40

TO PURCHASE YOUR TICKET

<https://bit.ly/PrayerBreakfastRadnorHotel>

CALL 610-642-8966

Bethelardmore@verizon.net

"Early will I seek Thee"
—PSALM 63:1

And to register, scan
the QR Code with
your Smartphone.



REV. CAROLYN C. CAVANESS CORDIALLY INVITES YOU TO

Christmas Dinner & Fellowship

SUNDAY, DECEMBER 10, 2023 | 1:30 PM



1410 MT. VERNON ST.
PHILADELPHIA, PA 19130

RSVP to cccphilly@gmail.com or
(973) 704-1631 by December 1, 2023

WEST MAIN LINE DISTRICT

Christmas Party

**SATURDAY
DECEMBER 16 • 1:00 PM**


WARD EMANUEL AME CHURCH,
HOST CHURCH
728 N 43rd Street • Philadelphia,
PA 19104

PHILADELPHIA CONFERENCE

ADVENT SERVICE

**SUNDAY,
DECEMBER 17, 2023**

Hosted by the Harrisburg District



MURPHY ASBURY
AME CHURCH
STEWART BOARD
INVITES YOU TO OUR
PASTOR'S

700 YARNALL ST.
CHESTER, PA 19013


3RD

PASTORAL ANNIVERSARY


HONORING PASTOR

REV. KIM Y. BILLUPS

**SUNDAY,
NOVEMBER 19, 2023**



PREACHER,
PE. REV. GREGORY P. NELSON



PREACHER,
REV. CAROLYN C. CAVANESS

MORNING WORSHIP 10:30AM
DINNER SERVED
IMMEDIATELY AFTER MORNING WORSHIP
AFTERNOON WORSHIP 3PM



KNOW YOUR HISTORY!

NOVEMBER 2023 BLACK HISTORY FACTS

SUNDAY, NOVEMBER 5

DID YOU KNOW that the first undertaker in the United States was an African-American woman and she was the first female undertaker in the state of Pennsylvania? Her name was Henrietta Bowers Duterte. She lived in Philadelphia.

Mrs. Duterte was a Free Person of Color born in 1817. She was one of 13 children born to the prominent Bowers Family. Henrietta was a tailor to middle and upper-class people in Philadelphia. She married Francis Duterte a coffin maker.

Henrietta was involved in a lot of activities, but the one that stands out the most is her involvement with the Underground Railroad. As an agent, she and her husband worked together to help runaways on their journey. Together they would often hide runaways in coffins or disguise them as part of the funeral procession. Since no one would dare to disturb a funeral they were successful in their endeavors. After her husband's death, she continued the work they did together.

Mrs. Duterte was friends with William Still, Harriet Tubman, and many other agents of the Underground Railroad. Since she was economically blessed she used her money to help others and many institutions. There is not enough space to write about all that she and her family contributed during their lifetime. I'll finish by saying that she was indeed a Phenomenal woman, and deserves more recognition.

SUNDAY, NOVEMBER 12

DID YOU KNOW that one of the best places to learn about African American history is to visit "our" cemeteries? There are quite a few cemeteries where African-American notables are buried in the state of Pennsylvania. When I say "our" cemeteries, these are resting places that were created due to segregation and racism. Blacks in some areas were not allowed to bury our ancestors within the city they resided in. So we created our own cemeteries outside the city limits or if there was enough land on church property. There are 8,612 proud men and women who served in the Civil War buried as well as former enslaved persons throughout the state of Pennsylvania. You may have an ancestor buried in one of these sites. Thankfully, we've had stewards who have maintained these cemeteries. The Pennsylvania Hallowed Grounds mission honors and preserves them. They are always looking for volunteers. For more information, you can contact them by email: PAHAG@pahallowedgrounds.org. Sounds like a Sunday School School project to me.

SUNDAY, NOVEMBER 19

DID YOU KNOW that over 5,000 African Americans fought in the Revolutionary War? At least 500 fought at Valley Forge enslaved and free! One person is a gentleman named Ed (Ned) Hector. Mr. Hector lived in what is now known as Conshohocken. There is a street named in his honor, Hector Street. Every year on Juneteenth there is a ceremony at Valley Forge Park honoring Mr. Hector and the other African Americans that served. You don't have to wait until Juneteenth to honor them you can make it a family trip any weekend.

SUNDAY, NOVEMBER 26

DID YOU KNOW that back in 1905 there was a vocational school for African Americans in Chester County also known as the northern Tuskegee Institute? It was the Downingtown Industrial and Agricultural Institute. It was founded by two gentlemen from Philadelphia, John S. Trower and William A. Trower. Both were well-established African Americans from Philadelphia. Financial support also came from the Black residents of Ardmore and Bryn Mawr. Knowing that not all children could not go to college, the school provided students with skills to be employed or become future entrepreneurs. The school remained open until 1993 and is now the home of the Downingtown Campus of Delaware County Community College. In 2021 a Historical Marker was placed to honor the legacy of the former school.

Black History Facts offered by Sister Regina Short

SPEAK LIKE FREDERICK • LEAD LIKE HARRIET • THINK LIKE GARVEY • EDUCATE LIKE W.E.B.

DREAM LIKE MARTIN • BELIEVE LIKE THURGOOD • WRITE LIKE MAYA • FIGHT LIKE MALCOLM

UPDATES FROM 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 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.

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.

Capital Improvement Plan Update

We continue to express our gratitude for everyone's prayers, support and participation as we navigate this journey of the impending capital improvement/renovations. Thank you to everyone for your presence and participation at the Official Board/Church Conference held on Monday, October 23, 2023, wherein we shared with the Congregation the Lower Merion Zoning Board's decision to our application, which was submitted in August, 2023. The Church Conference voted in favor of consolidating the church's lot and the community garden lot. Our attorney and consultant will be handling the necessary legal steps necessary to complete the above.

On Wednesday, November 8, 2023, all members of the congregation are strongly encouraged to be present on Bethel's ZOOM at 6:30pm for the presentation of the complete capital improvement/renovation plans from our architect/design professional, OZ Collaborative. We do ask certainly if there are ideas, questions, feedback to please share!

This is a process, but we are grateful to God for the tremendous progress we are making! To God Be the Glory! We are making progress!!!

To God be the Glory!



To sign up for upcoming events, visit us anytime!
ardmorevictorygardens.org

2023-24 FLU SEASON

It's not "just" flu! Everyone is at risk from influenza (flu) – even healthy children and adults. Flu can be serious and lead to secondary complications such as pneumonia and sepsis. Protect yourself and your loved ones this season by knowing the facts.

TOP 10 SEASONAL FLU FACTS

1

FLU SEASON
BEGINS
in October
PEAKS
Dec.–Feb.,
EXTENDS
through May

2

THE FLU
THE DEADLIEST
vaccine-
preventable
disease besides
COVID-19

3

**MOST
VULNERABLE**
• young children
• pregnant women
• older adults
• people with
chronic medical
conditions

4

VACCINATION
RECOMMENDED
for everyone
six months
and older

5

VACCINATION
is the
BEST DEFENSE
against
flu-related
illness

6

OLDER ADULTS
65+ YEAR OLDS
should receive a
high-dose
preferential
flu vaccine

7

FLU VACCINE
CANNOT
make
you sick!

8

RECOMMENDED
GET A
flu vaccine
by the end of
October and
BEFORE flu
starts spreading

9

COVID VACCINES
DO NOT
protect you
against flu

10

**FLU
VACCINATION**
CAN BE
convenient
and free!

3 SIMPLE WAYS TO FIGHT THE FLU

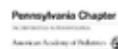
1. Get vaccinated.
2. Stop the spread by practicing healthy habits & getting tested if you are sick.
3. Take antiviral prescriptions as prescribed by your doctor.

FLU SYMPTOMS & DIAGNOSIS


Common flu symptoms usually come on suddenly and can include:

- Fever or feeling feverish/chills (note that not everyone with flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea may be common in children

Especially with flu and COVID circulating together—along with other respiratory diseases like RSV—it's important to be properly diagnosed to determine appropriate treatment. There are a number of tests available to determine if you have the flu. Your healthcare provider may test you for flu or diagnose you based on your symptoms.




ARE YOU UP-TO-DATE ON YOUR VACCINE INFO?





ADULT VACCINE-PREVENTABLE DISEASES


Chickenpox (Varicella)	COVID-19	Diphtheria	Haemophilus Influenzae Type B (Hib)
Hepatitis A	Hepatitis B	Human Papillomavirus (HPV)	Influenza (Flu)
Measles	Meningococcal Disease	Mumps	Pneumococcal Disease
Rubella	Shingles (Herpes Zoster)	Tetanus	Whooping Cough (Pertussis)

VACCINATEYOURFAMILY.ORG

 VACCINATE YOUR FAMILY



Pennsylvania Chapter
INCORPORATED IN PENNSYLVANIA
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



FOR MORE INFO: Use your Smartphone to scan the QR Code!



CHILD AND TEEN VACCINE-PREVENTABLE DISEASES

Chickenpox (Varicella)	COVID-19	Diphtheria	Haemophilus Influenzae Type B (Hib)	Hepatitis A
Hepatitis B	Human Papillomavirus (HPV)	Influenza (Flu)	Measles	Meningococcal Disease
Mumps	Pneumococcal Disease	Polio	Rotavirus	Rubella
Tetanus	Whooping Cough (Pertussis)			

VACCINATEYOURFAMILY.ORG

 VACCINATE YOUR FAMILY



Pennsylvania Chapter
INCORPORATED IN PENNSYLVANIA
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Keep You & Your Loved Ones Safe This Holiday Season!

BETHEL COMMUNITY LIFE CENTER

NOVEMBER 2023 VACCINE CLINICS



UPDATED COVID • FLU • TDAP • SHINGLES • PNEUMONIA • RSV

SUNDAY, NOVEMBER 5	1 PM – 3 PM
TUESDAY, NOVEMBER 7	11 AM – 1 PM
THURSDAY, NOVEMBER 9	5 PM – 7 PM
SUNDAY, NOVEMBER 12	12:30 PM – 2 PM
THURSDAY, NOVEMBER 16	11 AM – 1 PM
SUNDAY, NOVEMBER 19	12:30 PM – 2 PM



ADVANCED REGISTRATION STRONGLY ENCOURAGED.

To sign up or for more information:

1. Use your Smartphone to scan the QR code, or
2. Email bethelardmore@verizon.net, or call (610) 642-8966.

BETHEL AME CHURCH

163 SHELDON LANE • ARDMORE, PA 19003

*** PLEASE HAVE YOUR HEALTH/MEDICAL INSURANCE CARDS WITH YOU! ***

Bethel AME Church of Ardmore will ensure that everyone who desires a vaccine(s) is able to receive it irrespective of insurance status.



HEALTH FOCUS: DIABETES AWARENESS MONTH

Get smart about risks and diabetes prevention.

With early detection and awareness, you can take steps to prevent or delay the onset of type 2 diabetes.

Small changes to your lifestyle can help to prevent or delay diabetes, even if you've been diagnosed with prediabetes. Your doctor will help you create a plan and set goals that work for you. Don't hesitate to ask for help along your journey.

Extra Weight Equals Extra Risk

Being overweight raises your risk for type 2 diabetes, heart disease, and stroke. It can also increase the risk of high blood pressure, unhealthy cholesterol, and high blood glucose (sugar). If you are overweight, losing weight may help you prevent and manage these conditions. And you don't have to lose a lot to improve your health—even losing 10–15 pounds can make a big difference.

Weight loss can be hard because it involves changing the way you eat and your physical activity. Losing weight also takes time, which can be frustrating. The good news is that you can lose weight and keep it off, even if you've never done it before. Most people find it easier to make healthy changes in a few small steps instead of all at once. Set realistic goals within a timeframe that works for you, and don't let stalls or setbacks throw you off course.

Many people find that writing down everything they eat helps keep them on target. Give it a try—even for just a week—to see where you stand.

Keep a small notebook with you all day. Write down everything you eat and drink, including the serving size. There are also many free apps and websites that can help you do this online. Check your weight at least once a week and write it down, or consider how your clothes are fitting as a measure of weight loss.

Many people find it helpful to meet with people who are also trying to lose weight—either online or in person. Think about joining a group for weight loss, exercise, or general support. Or create your own support network by talking with friends and family about your successes and your struggles. You may be surprised at how supportive they will be.

High Blood Pressure

If you have high blood pressure, you're not alone; it affects nearly one in three American adults. You may need medication to get it under control.

Two of three people with diabetes report having high blood pressure or take prescription medications to lower their blood pressure.

When your blood pressure is high, your heart has to work harder and your risk for heart disease, stroke, and other problems go up.

The thing you may not know is that high blood pressure won't go away without treatment. That could include lifestyle and dietary changes and, if your doctor prescribes it, medication.

Quit Smoking

It is no secret that smoking is bad for your health. Smoking hurts your lungs and your heart. It lowers the amount of oxygen that gets to your organs, raises your bad cholesterol and raises your blood pressure. All of these can raise your risk of heart attack or stroke.

If you don't smoke, that's great. Make a plan to never start.

If you do smoke, there is something you can do: challenge yourself to quit smoking. Here are some steps to help you do it.

STEP ONE: REALIZE THE BENEFITS OF QUITTING

Quitting helps your heart and lungs—and it lowers the risk of hurting your blood vessels, eyes, nerves and other organs. And quitting smoking can leave you with fewer wrinkles on your face; better-smelling hair, breath, and clothes; and less exposure for your family to secondhand smoke.

STEP TWO: PREPARE TO QUIT

Quitting is hard work, so approach it like any major project. Before you quit:

- Set a quit date, and tell your friends and family. Make this a time when your life is fairly calm and stress levels are low.
- Think of your reasons for quitting, and write them down. Put the list where you'll see it every day.
- Throw away your cigarettes, matches, lighters and ashtrays.
- Ask others for their help and understanding. Ask a friend who smokes to consider quitting with you.

STEP THREE: CHOOSE A QUITTING STRATEGY

- Go cold turkey. Quitting all at once works for some people.
 - Taper off. Quit smoking gradually by cutting back over several weeks.
 - Use a nicotine patch, gum, inhaler or spray. Or ask your doctor for a prescription medicine.
 - Ask your doctor about counseling, acupuncture or hypnosis.
- You can use one of these steps or a combination of them. When you do, you'll feel healthier right away, and you'll be healthier for the rest of your life.

NAVIGATING NUTRITION

Explore how to navigate nutrition while living with diabetes—because when you eat right, you feel right.

Eating well with diabetes doesn't mean giving up your favorite foods, it's about finding the balance between keeping the flavors you love and incorporating the nutrients you need to live well with diabetes. Simple swaps such as opting for the low-fat versions of cheeses and dressings, choosing lean meats, and using natural sweeteners will all help you meet your health goals—and they'll taste great too!

Tips for Eating Well

Eat Good to Feel Good

Simplify healthy eating with the Diabetes Plate Method—an easy, tool-free way to portion your plate that supports your diabetes management.

Knowing what to eat can be confusing—especially when life gets hectic and you're trying to eat healthy on the go or make healthy choices when ordering fast food.

Regardless of what cuisine you prefer, here's what all healthy eating plans have in common. They include:

- Fruits and vegetables
- Lean meats and plant-based sources of protein
- Less added sugar
- Less processed foods

Try the Diabetes Plate Method

Eating healthy is important, it can be hard to know what and how much to eat—especially when you're managing diabetes.

If you're looking for an easy place to start, then try following the Diabetes Plate Method. This simple guide offers a stress-free way to plan your portions without any counting, calculating, or measuring.

First, grab a nine-inch plate. You want to fill half your plate with non-starchy vegetables, one quarter of the plate of protein foods, and the last quarter of the plate with carbohydrate foods. Top it off with a glass of water or another zero-calorie drink and you've got yourself a well-balanced plate! This helps take the guess work out of meal planning so you can spend more time doing the things you love.

Eating Good To Feel Great

NON-STARCHY VEGETABLES

Using the Diabetes Plate Method as your guide, fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower, and more! Learn more about non-starchy vegetables.

PROTEIN

Protein is an important part of a diabetes meal plan. Are you plant-based? That's okay! There are plenty of protein-rich



plant-based options, such as beans, hummus, lentils, and others. Learn about your best choices.

FRUITS

Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals, and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar. Find out about the best choices.

FATS

Fats are not the enemy. Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of fish, and a host of other tasty options. Make healthy choices to decrease your risk of heart disease.

DIABETES SUPERFOODS

You may have heard of diabetes superfoods. Get the facts, and supercharge your meal plan with these 10 foods full of vitamins, minerals, and fiber.

What are "Net Carbs?"

While you might see it on some food packaging, the term "net carbs" does not have a legal definition and is not used by the Food and Drug Administration or recognized by American Diabetes Association. The FDA recommends using total carbohydrates on the nutrition facts label.


"Net carbs" are determined by subtracting any fiber or sugar alcohols on the label from the total carbohydrates. This is assuming that fiber and sugar alcohols are not absorbed or metabolized, but this is not always true, and some are partially digested and therefore still provide calories as well as impact blood sugar. The equation used to calculate net carbs is not entirely accurate because the contribution of fiber and sugar alcohols to total carbohydrates depends on the types present. The type of fiber or sugar alcohols used is not indicated on the nutrition facts label, therefore the effect on blood glucose and possible insulin therapy adjustments cannot be determined precisely.

For this reason, we recommend using the total grams of carbohydrate and closely monitoring your blood sugar when consuming foods high in fiber or sugar alcohol to determine how they affect your body. Learn more about "net carbs" and other nutrient claims you might find on the nutrition facts label.



*During this
Holiday Season
may you receive...*

the gift of love,
the gift of peace,
the gift of happiness,
and the gift of good health.



Holiday Tips for Healthy Celebrations

- Stay home if you are sick.
- If you test positive for COVID-19, isolate for at least 5 days and until symptoms resolve, and wear a mask for 5 more days when around others.
- Stay up to date with vaccinations including the updated COVID-19 booster and the flu shot.
- Plan ahead when scheduling your vaccines, COVID-19 and flu shots take 2 weeks to be effective.
- Protect others by limiting the size of gatherings, wearing a facemask, and testing before gathering with vulnerable friends and family.
- Wash your hands often to avoid getting sick, especially after using the restroom and before eating food.
- Get tested if you have symptoms of COVID-19 or the flu. Talk to your doctor to learn if there are treatments to help you feel better sooner.
- Be accepting of others who wish to take added precautions to protect themselves or others.
- Ventilate your home by getting fresh air into your home, filtering the air that is there, and improving air flow.
- Consider wearing a mask on planes, trains, and buses during crowded holiday travel to avoid becoming infected or infecting others.



Pennsylvania Chapter
American Veterans
Association of Veterans of Foreign Wars

Do you or someone you know need a vaccine ? Feel free to call us: 610.642.8966

BETHEL AME ARDMORE MENTAL HEALTH OUTREACH

Hope & Healing

Focusing on mental health and healing from personal and communal trauma, and to provide you with practical tips for practicing self-care.

Please participate in our anonymous survey so that we can provide you and our Bethel community [and beyond] with the solutions that you need!

Online survey:

bit.ly/CLC_hope_healing_survey

Or scan the QR code below for a direct link via your mobile phone.



***Thank you for your participation
and continued support.***



610.642.8966 | www.bethelardmore.org | bardmorecommunity@gmail.com

BETHEL AME CHURCH OF ARDMORE

JOIN US FOR GRIEF SHARE

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

Sessions Are Held Every Other Thursday

NOVEMBER 2 • 6:00 PM

NOVEMBER 16 • 6:00 PM

NOVEMBER 30 • 6:00 PM

Bethel's ZOOM | MEETING ID: 258 111 9868

PASSWORD: 966785

*This is open to all Bethel family
and community 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



610.642.8966 | WWW.BETHELARDMORE.ORG | BETHELARDMORE@VERIZON.NET

PA AME AVE • VACCINES AND CHRONIC DISEASES

PREPARING FOR THE HOLIDAYS AND BEYOND

**TUESDAY
NOVEMBER 7, 2023
7:30 PM EST**

**FOR MORE INFORMATION:
EMAIL: ameavepa@gmail.com**

PRESENTER:

REV. DR. LISA WILLIAMSON, MD
Director, First Episcopal District Health Commission



**JOIN US VIRTUALLY
VIA ZOOM:**

**Dial in: 1 (929) 436-2866
Meeting ID: 258 111 9868
Password: 966785**



Pennsylvania Chapter
American Public Health Association

BETHEL AME CHURCH OF ARDMORE
in partnership with
THE MIDDLETON CENTER at BRYN MAWR PRESBYTERIAN CHURCH

invites you to

Surviving the Holidays

BRUNCH AND DISCUSSION



*Happy
New
Year*

SATURDAY, DECEMBER 9, 2023

11:00AM: REGISTRATION AND BRUNCH

11:30AM – 2:00PM: PROGRAM

**BRYN MAWR PRESBYTERIAN CHURCH
CONGREGATIONAL HALL**



625 Montgomery Avenue • Bryn Mawr, PA 19010



To RSVP or for more information:
SCAN THE QR CODE, or

CALL: 610-642-8966 | EMAIL: bethelardmore@verizon.net





988
**SUICIDE
& CRISIS
LIFELINE**

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.**



SUNDAY MORNING Health Corner

Getting Supportive About Serious Mental Health Conditions

Nearly one in 25 adults in America lives with a serious mental illness. Yet, African Americans are half as likely as their white counterparts to use mental health services. With only an estimated **30% of African American adults living with a mental health condition receiving treatment**, it's essential for Black people to speak up, speak out, and communicate with healthcare professionals to get proper mental health care.

How can I get support if I believe that I or my loved one has a serious mental health condition?



Acknowledge that individuals diagnosed with a serious mental health condition can live full, rewarding lives, especially if they seek and follow treatment as needed.



Use reputable sources to research and identify mental health condition symptoms, and to find support and care services.



Reach out to family members, friends, advocacy organizations, or your healthcare provider to help begin building your support network.



Talk with your healthcare provider about your concerns, feelings, and ways to improve your mental health with a treatment plan.

Remember, managing mental health conditions is just like managing other medical conditions. So, with a supportive community and the right treatment plan you can live life to the fullest!

If you or a loved one are in crisis, call 911 as soon as possible. If you or a loved one need someone to talk to, there is confidential support available 24/7 by calling 1-800-273-8255 for the National Suicide Prevention Hotline.



THE
BALM
UN
GILEAD
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256

CAMPAIGN GOAL:
\$125,000

Five (5) Year
Capital Campaign

\$125,000

\$100,000

\$75,000

APPROXIMATELY

\$65,000

PLEDGES & GIFTS
AS OF 10/31/2023

JANUARY 1, 2019 -
DECEMBER 31, 2023

BETHEL AME ARDMORE RESTORATION CAMPAIGN

PLEDGE AND COMMITMENT UPDATE | NOVEMBER 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

Contractor: Mr. Mark Kidd of Majeki Stained Glass

Upgrade of all Lighting to LED in Sanctuary and Lower Level

Contractor: 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 Property
- 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 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

FIRST EPISCOPAL DISTRICT
AFRICAN METHODIST EPISCOPAL CHURCH

FALL CONVOCATION 2023

November 16-18, 2023

CONFERENCE YEAR THEME:

"The Church Is Moving On"

*And I say also unto thee, That thou art Peter,
and upon this rock I will build my church;
and the gates of hell shall not prevail against it.*

~ Matthew 16:18

FALL CONVOCATION Preachers and Presenters



OPENING WORSHIP EXPERIENCE
Thursday, November 16,
2023, 7:00 PM
Rt. Rev. Marvin C. Zanders II
Presiding Prelate
Sixteenth Episcopal District
African Methodist Episcopal Church



FRIDAY EVENING WORSHIP EXPERIENCE
Friday, November 17,
2023, 7:30 PM
Rev. Dr. Harold R. Mayberry
Presiding Elder
Oakland-San Joaquin District
California Conference
Fifth Episcopal District
African Methodist Episcopal Church



MORNING GLORY
Friday, November 17,
2023, 8:00 AM
Rev. Stephen E. Bryant
Pastor
Saint James AME Church
Hightstown, NJ



HOOR OF POWER
Friday, November 17,
2023, 12:00 Noon
Rev. Dietra C. Bell
Pastor
Zion AME Church
Philadelphia, PA



CLOSING WORSHIP AND COMMISSIONING SERVICE
Saturday, November 18,
2023, 11:00 AM
Rev. Jay B. Broadax
Pastor
Mount Pisgah AME Church
Philadelphia, PA

WORKSHOP PRESENTERS
BACK TO BASICS
Reclaiming
Who We Are
Affirming Essential
Tenets of African
Methodism



And When They Come
Rev Dr. Danielle L. Hunter



Worship at a Post-Pandemic AME Church
Reverend Dr. Pedro A. Castro, Jr.



What About the Sacraments?
Reverend Dr. Stanley Hearst II

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



And How Shall We Lead?
Reverend David B. Cousin, Sr.
Reverend Valerie E. Cousin,
Sister Linda Gant, Co-Presenters



MAIN LINE BLACK INTERDENOMINATIONAL MINISTERIAL ALLIANCE



THANKSGIVING REVIVAL 2023



MONDAY
NOVEMBER 20

6:30 PM VIRTUAL PRAYER
USE YOUR SMARTPHONE TO SCAN THE
QR CODE FOR VIRTUAL PRAYER ACCESS

TUESDAY
NOVEMBER 21
7:00 PM

(6:30 PM SANCTUARY OPEN FOR
PRAYER/PRAISE AND WORSHIP)

WEDNESDAY
NOVEMBER 22
7:00 PM

(6:30 PM SANCTUARY OPEN FOR
PRAYER/PRAISE AND WORSHIP)



REVIVALIST

REV. DR. WAYNE E. CROFT, SR.

Pastor, St. Paul's Baptist Church
West Chester, PA



BETHEL A.M.E. CHURCH OF ARDMORE

163 SHELDON LANE • ARDMORE, PA

REV. CAROLYN C. CAVANESS, HOST PASTOR/ALLIANCE PRESIDENT

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE. SOCIAL DISTANCING WILL BE ENFORCED

JOIN US VIRTUALLY via ZOOM: 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785

FACEBOOK: www.Facebook.com/BethelArdmore

ALLIANCE CONGREGATIONS

BETHEL A.M.E. OF ARDMORE
MT. CALVARY BAPTIST OF ARDMORE
ZION BAPTIST OF ARDMORE
MEMORIAL CHURCH OF GOD IN
CHRIST, HAVERFORD

BETHEL A.M.E. OF BRYN MAWR
SAINTS MEMORIAL BAPTIST
OF BRYN MAWR
FIRST BAPTIST OF WAYNE
ST. JOHN A.M.E. OF ROSEMONT

SECOND BAPTIST OF WAYNE
MT. ZION A.M.E. OF DEVON
NEW HOPE BAPTIST OF PAOLI
ST. PAUL A.M.E. OF MALVERN

NAAACP®

Main Line Branch

*Annual
Freedom Fund
Luncheon*

**Saturday
November 4, 2023
11:30 AM**

**HONOREE
REVEREND
CAROLYN
CAVANESS**

**Building
Legacy
THROUGH**

EDUCATION

LEADERSHIP

EXCELLENCE

REGISTER HERE



If you are interested in attending, tickets are \$50.00.

Bethel has secured one (1) table with 10 seats. Please contact Rev. Cavaness at (973) 704-1631 or bethelardmore@verizon.net

BETHEL AME CHURCH OF ARDMORE and
ARDMORE AVENUE COMMUNITY CENTER



Holiday Bazaar!



SATURDAY
DECEMBER 9, 2023
11:00 AM – 5:00 PM

African
American
Artisans and
Merchants!

Cookies and
photos with
SANTA!
1 PM – 3 PM

VACCINE
CLINIC
10 AM – 1 PM

Gift Wrapping
Station
Available!

50/50 and
Gift Basket
Raffle!

And much, much more!

ARDMORE AVENUE COMMUNITY CENTER
122 ARDMORE AVE • ARDMORE, PA 19003

VENDORS WANTED!

Contact: Linda Jackson • ljackson@lowermerion.org



ARDMORE AVENUE
COMMUNITY CENTER

 **Kiwanis**
CLUB OF THE MAIN LINE



ON TUESDAY, NOVEMBER 7th

Your Vote is Your Voice!

MAKE A PLAN TO VOTE!

Check with your County Board of Elections for the
list of races and candidates you can vote for.

NAACP
Main Line Branch



2023 GENERAL ELECTION DATES

- ★ Last Day to Register to Vote: **October 23th**
- ★ Last Day to Apply for a Mail-In or Absentee Ballots: **October 31th**
- ★ General Election & Last Day Mail-In Ballots Can be Received: **November 7th**

WAYS TO VOTE

- ★ In-person, at the polls on Election Day
- ★ In-person, at your County Board of Elections
- ★ By Mail-In or Absentee Ballot

WHAT'S ON THE BALLOT

- ★ State Appellate Court Justices
- ★ County Leaders, Judges & Row Officers
- ★ Local School Directors & Township Leaders

**CHECK YOUR
REGISTRATION**



**Need Voting Help or
Have Questions?**
VoterIdHelp@gmail.com

Learn More About or Join NAACP Mainline:
<http://bit.ly/NAACPML> or <https://bit.ly/JoinNAACP2270>

Adrian Seltzer - Political Action Chair

A HEALTHIER MIND IS A HAPPIER LIFE

Get plenty of sleep

Maintain a healthy diet

Stay physically active

Have at least 2 close friends to confide in

Help others

Be patient

Don't neglect medical check ups

Laugh often

Have a spiritual connection

Count your blessings

Have at least one hobby

AMERICAN MENTAL WELLNESS ASSOCIATION

LEARN MORE AT WWW.AMERICANMENTALWELLNESS.ORG

Monthly Blood Pressure Checks are back!

Every 3rd Sunday immediately following Worship Service!

Sponsored by



**DAYLIGHT SAVINGS ENDS
SUNDAY, NOVEMBER 5, 2023**



TURN CLOCKS BACK AT 2:00 AM

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.





BISHOP FRANCINE A. BROOKINS ESQ.
SUPERINTENDENT REV. MIRIAM J. SURRENCY, M.D. MPH

THE PLAN FOR THE 18TH EPISCOPAL DISTRICT

AFRICAN METHODIST EPISCOPAL CHURCH

GOD OUR HEALER

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



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 Trustee 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

We Raised **\$1,000!**

*Thank You
Everyone!*

THANK YOU FOR
YOUR SUPPORT!



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:

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



Cash App

\$bethelardmore1895

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.



NOVEMBER 2023

HEALTH MINISTRY FOCUS: DIABETES AWARENESS MONTH



www.facebook.com/betheldardmore



betheldardmore@verizon.net



Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VIRTUAL SUNDAY SCHOOL ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM	TUESDAY EVENING PRAYER • 8 PM CONFERENCE CALL DIAL: (267) 807-9605 ACCESS CODE: 818554		1 PRAYER 7 AM BIBLE STUDY 1 PM & 6:30 PM ROBINSON FOUNDATION ADMINISTRATORS MEETING 7:30 PM	2 PRAYER 7 AM GRIEF SHARE 6:30 PM	3 PRAYER 7 AM	4 PRAYER 7 AM BETHEL VICTORY GARDEN FARMSTAND 12-2 PM
5 PRAYER 7 AM DAYLIGHT SAVING TIME ENDS CHURCH ANNIVERSARY/ SERVICE OF HOLY COMMUNION IN-PERSON/VIRTUAL WORSHIP SERVICE 10:30 AM VACCINE CLINIC 1 PM-3 PM	6 PRAYER 7 AM JOINT BOARDS OF STEWARDS AND TRUSTEES MEETING 6:30 PM COMMISSION ON STEWARDSHIP AND FINANCE 7:30 PM	7 PRAYER 7 AM TUESDAY PRAYER 8 PM VACCINE CLINIC 11 AM-1 PM ELECTION DAY POLLS OPEN 7 AM - 8 PM	8 PRAYER 7 AM BIBLE STUDY 1 PM FISHADELPHIA 4-5:30 PM OFFICIAL BOARD/ CHURCH CONFERENCE REVIEW OF CAPITAL IMPROVEMENT PLANS 6:30 PM	9 PRAYER 7 AM VACCINE CLINIC 5 PM-7 PM ANGEL TREE PRESENTATION 6:30 PM	10 PRAYER 7 AM	11 PRAYER 7 AM VETERANS DAY
12 PRAYER 7 AM VETERAN'S RECOGNITION SUNDAY IN-PERSON/VIRTUAL WORSHIP SERVICE 10:30 AM VACCINE CLINIC 12:30 PM-2 PM	13 PRAYER 7 AM BETHEL SCHOLARSHIP MEETING 6:30 PM WMS MEETING 6:30 PM	14 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 2024 CHURCH BUDGET PRESENTATION 6:30 PM TUESDAY PRAYER 8 PM	15 PRAYER 7 AM BIBLE STUDY 1 PM & 6:30 PM	16 PRAYER 7 AM VACCINE CLINIC 11 AM-1 PM GRIEF SHARE 6:30 PM	17 PRAYER 7 AM	18 PRAYER 7 AM FISHADELPHIA 4-5:30 PM
19 PRAYER 7 AM THANKSGIVING SUNDAY IN-PERSON/VIRTUAL WORSHIP SERVICE 10:30 AM BLOOD PRESSURE SCREENING VACCINE CLINIC 12:30 PM-2 PM MURPHY ASBURY CHURCH PASTORAL ANNIVERSARY 3 PM	20 PRAYER 7 AM LAY ORGANIZATION MEETING 6:30 PM VIRTUAL THANKSGIVING REVIVAL PRAYER SERVICE 6:30 PM	21 PRAYER 7 AM FRIENDSGIVING TUESDAY PRAYER 8 PM	22 PRAYER 7 AM FISHADELPHIA 4-5:30 PM	23 PRAYER 7 AM THANKSGIVING DAY	24 PRAYER 7 AM	25 PRAYER 7 AM
26 PRAYER 7 AM IN-PERSON/VIRTUAL WORSHIP SERVICE 10:30 AM	27 PRAYER 7 AM	THANKSGIVING REVIVAL		30 PRAYER 7 AM GRIEF SHARE 6:30 PM		
	28 PRAYER 7 AM TUESDAY PRAYER 8 PM	29 PRAYER 7 AM BIBLE STUDY 1 PM & 6:30 PM				