

JESUS CHRIST IS LORD!



2024 CHURCHWIDE THEME:

"Let Us Rise Up & Build"

—NEHEMIAH 2:18

Lenten Season

FEBRUARY 14 –
MARCH 28, 2024



BETHEL AME CHURCH OF ARDMORE SALUTES WOMEN'S HISTORY MONTH 2024

MARCH 2024

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"

March 1, 2024

Dear Bethel Family and Friends:

Tis so sweet to trust in Jesus just to take Him at His word.

Following Jesus is a journey! Journey is defined as the act of traveling from one place to the next. It is not a destination! There is no part of Jesus or being His following that suggests stagnation, comfortability, comfort zone, being sedentary or sitting still. We are compelled and propelled through our Christian witness to have a fire and fervor for more. A desire to hunger and thirst for His righteousness, His love, His strength, His wisdom, His Knowledge and on and on.

The challenge for us as members of faith is how do we avail ourselves to travel along this path knowing fundamentally we are called to GO higher and deeper in the love and knowledge of Jesus Christ.

The Lenten Journey provides us a launching pad to move from one place to the next. I would suspect all of us have had seasons and/or may right now where we maybe in a rut - same ole' same ole! That is not God's desires. There should be a DESIRE to GO, which is an affront to any mentality or attitude that suggests, "We have arrived."

So, what inhibits us from doing what God expects, demands, commends and desires from us. Do we take God for granted? Do we find the time and effort to not be necessary? Do we not need God in that way? Is this just a when I have a problem relationship? Do we simply just don't know how to do it or how to get started? Have we tried it God's way and it just didn't work out as we would have liked it to? Has the community we are in not put an emphasis on the stewardship of the soul, but on everything else? I ask these questions, as I am always wanting and desiring to learn and be informed on how people make it and/or moving through life without inviting the totality of God's presence within their hearts.

What is so incredible about God is that there is no one that outbeat God. You can't beat God. There is no one on the planet that can do us like God can. So, why not allow God to be God in our lives?

It is my prayer that as we make our way Resurrection/Easter that we are not so quick to gloss over the passion, agony, self denial, scorn, persecution, naysayers, betrayers and so much more that Christ endured just for us. There is no Resurrection/Easter Sunday without the journey.

This is a journey and if God is with us we will be victorious in His name and for His glory.

In His Love,
Rev. Cavaness



Holy Communion Order of Worship

THE ORGAN PRELUDE

INTROIT

"Yes, Lord, From the Bottom of My Heart"

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

- 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

"Come Thou Fount of Every Blessing (AMEC #77)

*Come, thou Fount of every blessing; tune my heart to sing thy grace;
streams of mercy, never ceasing, call for songs of loudest praise.
Teach me some melodious sonnet, sung by flaming tongues above;
praise the mount! I'm fixed upon it, mount of God's unchanging love!*

*Here I raise my Ebenezer; hither by thy help I'm come;
and I hope, by thy good pleasure, safely to arrive at home.
Jesus sought me when a stranger, wandering from the fold of God;
he, to rescue me from danger, interposed his precious blood.*

*O to grace how great a debtor daily I'm constrained to be!
Let that grace now, like a fetter, bind my wandering heart to thee.
Prone to wander, Lord, I feel it, prone to leave the God I love;
here's my heart; O take and seal it; seal it for thy courts above.*

THE INVOCATION

THE SCRIPTURE

THE WELCOME AND GREETING

THE SERMONIC HYMN

"Tis So Sweet to Trust in Jesus" (AMEC #440)

*'Tis so sweet to trust in Jesus, Just to take Him at His word;
Just to rest upon His promise; Just to know, Thus saith the Lord.
Jesus, Jesus, how I trust Him, How I've proved Him o'er and o'er,
Jesus, Jesus, Precious Jesus! O for grace to trust Him more.*

*O how sweet to trust in Jesus, Just to trust His cleansing blood;
 Just in simple faith to plunge me, 'Neath the healing, cleansing flood.
 Jesus, Jesus, how I trust Him, How I've proved Him o'er and o'er,
 Jesus, Jesus, Precious Jesus! O for grace to trust Him more.
 Yes, 'tis sweet to trust in Jesus, Just from sin and self to cease;
 Just from Jesus simply taking Life, and rest, and joy, and peace.
 Jesus, Jesus, how I trust Him, How I've proved Him o'er and o'er,
 Jesus, Jesus, Precious Jesus! O for grace to trust Him more.
 I'm so glad I learned to trust Thee, Precious Jesus, Savior, Friend;
 And I know that Thou art with me, Wilt be with me to the end.
 Jesus, Jesus, how I trust Him, How I've proved Him o'er and o'er,
 Jesus, Jesus, Precious Jesus! O for grace to trust Him more.*

THE SERMON

Rev. Carolyn C. Cavaness

THE INVITATION TO CHRISTIAN DISCIPLESHIP

Rev. Carolyn C. Cavaness

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

"Jesus Paid it All" (AMEC #271)

*I hear the Savior say, "Thy strength indeed is small,
 Child of weakness, watch and pray, Find in Me thine all in all."*

*Jesus paid it all, All to Him I owe;
 Sin had left a crimson stain, He washed it white as snow.*

*Lord, now indeed I find Thy pow'r and Thine alone,
 Can change the leper's spots And melt the heart of stone.*

*Jesus paid it all, All to Him I owe;
 Sin had left a crimson stain, He washed it white as snow.*

*For nothing good have I Where-by Thy grace to claim;
 I'll wash my garments white In the blood of Calv'ry's Lamb*

*Jesus paid it all, All to Him I owe;
 Sin had left a crimson stain, He washed it white as snow..*

*And when, before the throne, I stand in Him complete,
"Jesus died my soul to save," My lips shall still repeat.
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

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

Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done on earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever. Amen.

THE PRAYER OF THANKSGIVING

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

THE PASSING OF PEACE, LOVE, CARE, AND JOY

Pass/share the peace, love, care, and joy by calling, texting, mailing or emailing at the conclusion of Worship.

THE FELLOWSHIP HYMN

"I'm Gonna Live So God Can Use Me" (AMEC #358)
I'm gonna live so God can use me anywhere, Lord, anytime!
I'm gonna live so God can use me anywhere, Lord, anytime!
I'm gonna work so God can use me anywhere, Lord, anytime!
I'm gonna work so God can use me anywhere, Lord, anytime!
I'm gonna pray so God can use me anywhere, Lord, anytime!
I'm gonna pray so God can use me anywhere, Lord, anytime!
I'm gonna sing so God can use me anywhere, Lord, anytime!
I'm gonna sing so God can use me anywhere, Lord, anytime!

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

THE BENEDICTION

ATTENTION BETHEL FAMILY & FRIENDS:

Researchers from Temple University

are conducting a survey to learn more about the degree to which people with mental illnesses are welcomed and included in activities with mental illnesses in your congregation. This survey will ask questions about how engaged and welcomed you are in your congregation and current practices that create more welcoming spaces.

To participate in the survey, please scan the QR code:
RESPONSES ARE NEEDED BY MARCH 15, 2024



You will be entered into a raffle for \$50, \$75, \$100 gift cards when you complete the survey.

If you need assistance in completing the survey please call 352-519-9614. Thank you!



Rev. Carolyn C. Cavaness, *Pastor*

Lenten Season

FEBRUARY 14 – MARCH 28, 2024

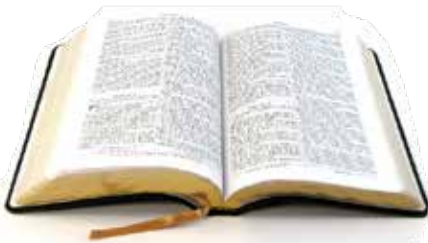
DAILY PRAYER

MONDAY – FRIDAY • 12 NOON – 12:15 PM

• VIA BETHEL ARDMORE'S ZOOM •

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

As a congregation let us commit to publicly displaying our Bibles in our homes and carrying our Bibles to Church!



BIBLE DECLARATION!

This is my Bible.

I am what it says I am.

I can do what it says I can do.

Today, I will be taught the Word of God. I boldly confess:

My mind is alert, My heart is receptive.

I will never be the same.

I am about to receive the incorruptible, indestructible, Ever-living seed of the Word of God.

I will never be the same .

Never, never, never.

I will never be the same.

In Jesus name. Amen.

Celebration Luncheon for Presiding Elder and Sister Lett SUNDAY, APRIL 7, 2024

immediately following Sunday Worship.

To be held at Bryn Mawr Presbyterian Church Congregational Hall

PLEASE RSVP BY SUNDAY, MARCH 24, 2024



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)



Please Join Us for Lenten
Season Worship Services!

WEDNESDAY NIGHTS

6:30 PM Prayer/Devotion • 7:00 PM Service



BETHEL AME ARDMORE ZOOM

1 (929) 436-2866

Meeting ID: 258 111 9868

Password: 966785

MARCH Birthdays!

March 9
Sis. Janine Baggett

March 12
Sis. Lillian Wilson

March 15
Sis. Kimberly Howard

March 27
Sis. Margaret Pendleton

March 30
Bro. Kalil Lawson

MARCH Anniversaries!

March 4
Sis. Maketa Mabane + Bro. Matthew Plastino

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...

* 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.
(as of 11/30/2023)

SIS. GLORIA GREENWOOD
209 Simpson Rd., Ardmore, PA 19003
BRO. JEREMIAH "JERRY" HOLLAND
623 E. Haverford Ave., Bryn Mawr, PA 19010
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. CHARLES "CHUCK" THOMPSON
2101 Belmont Ave., Apt. 2307, Phila., PA 19131
BRO. HARRY & SIS. YVONNE WHITE
650 Hazelwood Road, Ardmore, PA 19003
SIS. LILLIAN WILSON
330 Walnut St., Apt. 621, Norristown, PA 19401



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
Brother Jerry Holland and Family
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 Sister Darryl McLain
Rev. Donna Minor and Family
Family of Brother Wade Morris
Family of Brother 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 Brother Troy Shippen

Sister Barbara Short
Family of Rev. Frank Smart
Sister Dorothy "Dottie" Smith & Family
Brother LeVan "Butch" Smith
Brother Guy and Sister Joanne Stewart
Family of Sister Estelle Summers
Brother 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 ARDMORE SCHEDULE • MARCH 2024

BETHEL ARDMORE MINISTRY MEETINGS

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

MON., MARCH 4	Joint Boards of Stewards and Trustees Meeting	6:00 PM
MON., MARCH 4	Commission on Stewardship and Finance Meeting	7:00 PM
TUE., MARCH 5	Bethel Scholarship Ministry Meeting	6:00 PM
MON., MARCH 11	WMS Meeting	6:30 PM
MON., MARCH 18	Lay Organization Meeting	6:30 PM
TUE., MARCH 26	Youth Ministry Easter Recitation Practice (via ZOOM) (Robinson Scholarship Fund Administrators Meeting TBD)	5:30 PM

IN-PERSON AND VIRTUAL WORSHIP SERVICES • MARCH/APRIL 2024

SUN., MARCH 3 8:30 AM 9:00 AM 10:30 AM	SERVICE OF HOLY COMMUNION/WOMEN'S HISTORY MONTH SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
WED., MARCH 6 6:30 PM 7:00 PM	LENTEN SERVICE PRAYER/DEVOTIONS IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Jay Broadnax, <i>Preacher</i>
SUN., MARCH 10 8:30 AM 8:45 AM 10:30 AM	COVID REMEMBRANCE SUNDAY In-Person Sunday School (Adults) In-Person Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
WED., MARCH 13 6:30 PM 7:00 PM	LENTEN SERVICE PRAYER/DEVOTIONS IN-PERSON/VIRTUAL WORSHIP SERVICE • Pastor Lawrence Shuford, <i>Preacher</i>
SUN., MARCH 17 8:30 AM 9:00 AM 10:30 AM	BOARD OF STEWARDS ANNUAL DAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Donna Minor, <i>Preacher</i>
WED., MARCH 20 6:30 PM 7:00 PM	LENTEN SERVICE PRAYER/DEVOTIONS IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Kim Billups, <i>Preacher</i>
SUN., MARCH 24 8:30 AM 9:00 AM 10:30 AM	PALM SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
MON.- THU. MARCH 25-28 7:00 PM	HOLY WEEK SERVICES / FELLOWSHIP OF CHURCHES IN-PERSON/VIRTUAL WORSHIP SERVICES
FRI., MARCH 29 12:00 NOON	GOOD FRIDAY SERVICE
WED., MARCH 27 6:30 PM 7:00 PM	WOMEN AT THE CROSS HOLY WEDNESDAY SERVICE PRAYER/DEVOTIONS IN-PERSON/VIRTUAL WORSHIP SERVICE
SUN., MARCH 31 6:00 AM 8:30 AM 9:00 AM 10:30 AM	RESURRECTION/EASTER SUNDAY IN-PERSON/VIRTUAL SUNRISE SERVICE • Rev. Albert Davis, <i>Guest Preacher</i> <i>Sunrise Service Breakfast immediately following Worship Service at Mt. Calvary Baptist Church</i> Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i> <i>Children/Youth Easter Recitations • Easter Egg Hunt immediately following Worship Service</i>
SUN., APRIL 7 8:30 AM 9:00 AM 10:30 AM	SERVICE OF HOLY COMMUNION/FIRST FRUITS SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Presiding Elder Charles Lett, Sr., <i>Preacher</i>

continued next page...

CELEBRATION SERVICE FOR PRESIDING ELDER LETT
BRYN MAWR PRESBYTERIAN CONGREGATIONAL HALL
625 Montgomery Ave, Bryn Mawr, PA 19010

SUN., APRIL 14

8:30 AM
8:45 AM
10:30 AM

SUNDAY WORSHIP SERVICE

In-Person Sunday School (Adults)
In-Person Sunday School (Youth & Young Adults)
IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, *Preacher*

SUN., APRIL 21

8:30 AM
9:00 AM
10:30 AM

SUNDAY WORSHIP SERVICE

Virtual Sunday School (Adults)
Virtual Sunday School (Youth & Young Adults)
IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Dr. Katherine Baker Rose, *Preacher*

SUN., APRIL 28

8:30 AM
9:00 AM
10:30 AM

COMMUNITY GARDEN/EARTH SUNDAY

Virtual Sunday School (Adults)
Virtual Sunday School (Youth & Young Adults)
IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, *Preacher*

SUNDAY CHURCH SCHOOL LESSONS | MARCH 2024

SPRING QUARTER THEME: EXAMINING OUR FAITH

According to the writer of the lessons, the Greek word for “faith” appears over two hundred times in the New Testament. The word’s usage can refer to at least two different but related concepts. This quarter we will explore the significance of faith and how the people of God live with faith.

Prior to proceeding, let’s briefly look at the two concepts of related faith. The expression “the faith” refers to the beliefs and paradigms distinct to followers of Jesus (examples: Acts 6:7; 1 Corinthians 16:13; 2 Corinthians 13:5; 1 Timothy 3:9; Jude 3). The most central belief and the key to the faith itself, however, is the resurrection of Jesus Christ (see Mark 16:1-8). Without Jesus’ death and resurrection, our faith would be in vain. “The faith” can also be referred to as “Community Faith.”

Scripture’s second use of the word “faith” consists of belief in Christ and trust in God. One way a person’s faith is revealed is through their decisions and behavior. As we know, the Gospels provide numerous examples of people who demonstrated faith through their actions.

One example will suffice here. The faith of a centurion led him to ask Jesus for the long-distance healing of his servant (Luke 7:1-10).

The quarter’s final unit investigates the spiritual benefits of having faith in Christ. A person can have faith after they hear the good news of Christ (Romans 10:14-17). Believers enter the community of God’s people by confessing sin and believing that Jesus is Lord. As a result, believers can rejoice! Because of our faith in Christ, we celebrate a relationship of peace with God. We were once adversaries of God, but by our faith, we have received the ultimate benefit of becoming children of God.

MARCH 3	Sustaining Our Faith Jude 17-25
MARCH 10	Testing Our Faith 2 Corinthians 13: 5-11
MARCH 17	Defending Our Faith 1 Peter 3: 8-17
MARCH 24	Living in Faith Acts 6: 7-15
MARCH 31	The Resurrections: Key to Faith Mark 16: 1-8

WE ENCOURAGE ALL TO LEARN AND MEMORIZE THE LORD’S PRAYER AND THE 10 COMMANDMENTS!

*Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done on earth, as it is in heaven.
Give us this day our daily bread.*

*And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever.
Amen.*

THE 10 COMMANDMENTS

- 1 You shall have no other gods before Me.
- 2 You shall not make idols.
- 3 You shall not take the name of the LORD your God in vain.
- 4 Remember the Sabbath day, to keep it holy.
- 5 Honor your father and your mother.
- 6 You shall not murder.
- 7 You shall not commit adultery.
- 8 You shall not steal.
- 9 You shall not bear false witness against your neighbor.
- 10 You shall not covet.

**JOIN US EVERY SUNDAY! ADULTS: 8:30 AM • CHILDREN/YOUTH: 9:00 AM VIA ZOOM
IN PERSON EVERY 2ND SUNDAY! ADULTS: 8:30 AM • CHILDREN/YOUTH: 8:45 AM**

BETHEL AME CHURCH OF ARDMORE

2024: LET US RISE UP & BUILD

—NEHEMIAH 2:18

BETHEL AME OF ARDMORE'S 4 GOALS FOR 2024

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.

We are called to respond to the mandate to bring the kingdom down!
"As it is in heaven let it be on earth." Matthew 6:10

We are being called during this year to RISE to REBUILD!

Let us set forth in this year 2024 to be of the same mind to RISE UP to REBUILD our minds, spirits, souls and the physical plant that we have been entrusted to care and provide for.

1. **R**emain steadfast and unapologetic about our witness, testimony and love for Jesus Christ and the mandate to share and lead others to Jesus Christ.
2. **I**ntergenerational Ministry is our lifeline. Commitment to a ministry that serves and welcomes every facet of the life cycle,
3. **S**trengthen our commitment to being good stewards of our time, talent and treasure.
4. **E**mbrace that this is a process as we endeavor to embark on the capital improvement plan of our church campus/facility.

As we commit ourselves to RISING I am confident the Lord will give us the strength and sustenance to be successful in His Name and for His Glory.



REV. CAROLYN CAVANESS, PASTOR

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



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.

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

The 2024 Church Budget was approved at the Official Board/Church Conference held on Tuesday, November 14, 2023. *Thank you to Brother Jody Raines and Sister Cynthia Taylor for your leadership.*

ELEVATOR FUND

Correspondence has been mailed to all persons/ministries who contributed to the Elevator Fund soliciting their desires for the usage of their contributions in light of the funding received via the Montgomery County Recovery Office (ARPA), which will underwrite the costs for the installation of the Sheldon Lane/ Walnut Avenue Ramps. Responses were requested by Tuesday, December 5, 2023. Sister Jamie Burrell will be following up over the next few weeks to solidify the desires of donors to the Elevator Fund. **THANK YOU!**

2024 GIVING ENVELOPES

2024 Tithe/Offering Envelopes and Faith Fund Pledge Cards have been distributed/mailed. If you have not received, please contact any member of the Commission on Stewardship and Finance. We are asking for 100% participation of our congregation in the Stewardship necessary to undergird the ministry of Bethel AME Church of Ardmore. 2023 Giving Statements were mailed January 31, 2024.



BETHEL RESTORATION CAMPAIGN UPDATE

The Bethel Restoration Campaign was launched as a five (5) year endeavor in order to support several key capital/renovations for the church edifice and at the time our two (2) rental properties, 208 Simpson Road and 156 Walnut Lane. There have been many developments and pivots over these past five (5) years, however we are grateful to members of our congregation who have supported the various efforts either on a regular basis and/or when approached to support a specific effort. The Bethel Restoration Campaign funds have been segregated in their own account and have been used to underwrite the following improvements: Sanctuary Windows Restoration, various improvements and repairs for 156 Walnut Avenue, 208 Simpson Road and also the Church edifice.

In light of the generous grant received from the Montgomery County Recovery Office/ARPA the formal Bethel Restoration Campaign will be placed on a halt, HOWEVER we do anticipate having to re-initiate the Campaign as there maybe certain improvements/renovations that the ARPA grant may not be able to cover.

Nevertheless, donations are still welcome and they will continue to be segregated out and the funds will be used for repairs for 208 Simpson Road and any items that do not fall within the auspices of the ARPA Grant.

Certainly, 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



2024 Bethel Ardmore Giving Envelopes



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.

2024 OFFERING ENVELOPES

To: Members of Bethel AME Church of Ardmore
From: Commission on Stewardship and Finance
December 30, 2023



Rev. Carolyn C. Cavaness, *Pastor*

The Commission on Stewardship and Finance thanks God for your continued faithfulness to the ministry of Bethel AME Church of Ardmore. We are happy to once again provide the weekly offering envelopes for 2024! We thank you for your continued faithfulness to Bethel and the ministry we have been called to. Please find below a description of each of the categories on the weekly tithe/offering envelope:

TITHES

10% that we are commanded to give. Malachi 3.

OFFERINGS

Over and above the Tithe.

INITIAL GIVING ENVELOPE

\$5.00 – All are asked to support as this helps to defray the cost of the program.

FAITH FUND

Each member is asked to participate in the Faith Fund. There are various weekly giving circles: \$20.00, \$15.00, \$10.00 or \$5.00. You can certainly give to the Faith Fund on a monthly, quarterly or at one time. Members are strongly encouraged to Pledge as this is necessary to ensure that we are on track for our Connectional/Episcopal District/Presiding Elder District Obligations. The Faith Fund “year” is from January 1, 2024 – December 31, 2024. Quarterly statements will be provided.

BETHEL RESTORATION CAMPAIGN

Support of our capital improvement projects and maintenance.

BENEVOLENCE

All are asked to consider a gift of \$20.00 per month, which will be divided amongst the following ministries equally twice a year (June/December): Women’s Missionary Society (WMS), Young People’s and Children’s Division (YPD), Faith Fund and Scholarship Ministry.

CLASS DUES

Special Love Offering for the Pastor.

CHURCH SCHOOL

Offering to support the Church School.

OTHER

Please use for specific giving designations (i.e. Bethel Academy, Technology Fund, Legacy/Memorial Gift).

OTHER SPECIAL ENVELOPES

VISION 2020

Special Offering of \$25.00 over and above the Tithe/Offering to assist in the ongoing maintenance and improvements needed for our two (2) properties. This special offering takes place on the following Sundays in 2024: January 28, May 26, August 25, and October 27.

BETHEL’S LEGACY FUND

(formerly known as Investment Fund) \$20.00 twice a year towards the Bethel Legacy (Investment Fund Account) – March and October.

SPECIAL OFFERING

Resurrection (Easter) Sunday, Thanksgiving, Christmas.

CHURCH ANNIVERSARY

Special Offering for Church Anniversary which will be celebrated in November of each year. All are asked to consider a special gift of \$1.00 per year. 2024 marks our 129th Church Anniversary.

Electronic giving options are available via:

BETHEL’S WEBSITE: www.bethelardmore.org | CASH APP: \$bethelardmore1895

We do ask that if there are questions or concerns, that you contact the Commission. We pray that we have simplified your tithing/giving to Bethel – whether it be via our weekly Worship Experience, online and/or even by mail. We ask that we will all do our best to give according to the measure that GOD has BLESSED us. *Thank you!*

Women Called by God

FROM THE BETHEL LAY ORGANIZATION



REV. JARENA LEE



REV. JULIANN JANE TILLMAN



REV. JULIA A. J. FOOTE

The status of people of color especially women in the 1700-1800's was that of being a domestic or working in the field except when there was a higher call from God. History records three women who when inspired by God to preach His gospel persisted until pulpits were opened to them.

Jarena Lee was born in 1783 in Cape May, New Jersey to free parents and remained there until she left as a teenager to move to the Philadelphia area. Although she did not receive religious instruction as a child, she was introduced to religious teachings while at revivals. Her conversion occurred around 1804 when she was overcome by the Holy Spirit and heard the voice of God telling her to "Go preach the gospel." First, she attended a white Episcopal church, which was not welcoming to her, so like Richard Allen, she left and began attending Mother Bethel which was newly established as the first African Methodist Episcopal Church in America. Allen's method of preaching inspired her and after being a member for a while she asked him if she could preach. She was refused, but one Sunday when the preacher of the morning was unable to finish his sermon, she took over for him and finished his message. Being impressed by her word, Rev. Allen changed his mind and allowed her to preach even though there was no provision for women to preach in 1819 according to the AME Church. Consequently, he would not ordain her. Her ministry then became an itinerant one. She travelled extensively throughout the east coast preaching in New York, New Jersey, Delaware, Pennsylvania, the District of Columbia, Ohio, Michigan and even Canada. One year she travelled 2,325 miles and preached 178 sermons. Jarena Lee died a widow, penniless and still not ordained until 2016 when on July 13, 2016 at the closing session of the 50th General Conference of the AME Church held in Philadelphia, PA she was posthumously ordained Rev. Jarena Lee. Two hundred and twelve years after she began her journey with the African Methodist Episcopal Church.

Less known is **Juliann Jane Tillman**, a contemporary of Jarena Lee, who like Lee said she had several visits by an angel holding a scroll that said "Thee I have chosen you to preach my gospel without delay." She was obedient and did preach God's word although like Jarena Lee was never ordained by the AME Church.

Julia A. J. Foote was born in Schenectady, New York in 1823. Although she was originally an AME, she left the AME Church and was ordained the first female deacon in the African Methodist Episcopal Zion Church and the second woman to be ordained an elder. Her conversion began around age fifteen when she first experienced visits from the Holy Spirit. Julia Foote was a leader in the Wesleyan-Holiness movement and preached the doctrine of sanctification throughout pulpits of the African Methodist Episcopal Zion connection. Unfortunately, God's call on her life impacted her marriage because her husband was not supportive of his wife preaching. She remained in the marriage until his death then traveled extensively across the United States fulfilling God's desire for her to preach His word. Julia Foote died in 1901.



JOIN US FOR WORSHIP SERVICE
AT BETHEL AME CHURCH OF ARDMORE • 2024 Lenten Season

SERVICE OF HOLY COMMUNION

WOMEN'S HISTORY MONTH SUNDAY

SUNDAY, MARCH 3, 2024

10:30 AM WORSHIP SERVICE



Rev. Carolyn C. Cavaness, *Pastor*

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED
FOR IN-PERSON ATTENDANCE

SOCIAL DISTANCING WILL BE ENFORCED

VIRTUAL WORSHIP SERVICE

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

FACEBOOK: www.Facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



JOIN US FOR WORSHIP SERVICE
AT BETHEL AME CHURCH OF ARDMORE • 2024 Lenten Season



• REMEMBRANCE SUNDAY •

Please forward names of anyone who has passed away, survived or is currently battling COVID
to bethelardmore@verizon.net by Tuesday, March 5, 2024. Thank you.

MARCH 10

YOUTH SUNDAY

10:30 AM

WORSHIP SERVICE

Rev. Carolyn C. Cavaness, *Pastor*

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED
FOR IN-PERSON ATTENDANCE

SOCIAL DISTANCING WILL BE ENFORCED

VIRTUAL WORSHIP SERVICE

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

FACEBOOK: www.Facebook.com/BethelArdmore

IN-PERSON CHURCH SCHOOL

ADULTS: 8:30 AM • CHILDREN/YOUTH: 8:45 AM

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



JOIN US FOR WORSHIP SERVICE AT BETHEL AME CHURCH OF ARDMORE

THE BOARD OF STEWARDS ANNUAL DAY

Consecrate Us to Thy service, Lord



SUNDAY, MARCH 17, 2024

10:30 AM WORSHIP SERVICE

*Then Hezekiah said, You have now consecrated yourselves
to the Lord. Come near: bring sacrifices and thank offerings
to the house of the Lord.*

— 2 CHRONICLES: 29: 31(A)



Rev. Carolyn C. Cavaness, *Pastor*

Guest Preacher
REV. DONNA MINOR
MT. PISGAH AME CHURCH
PHILADELPHIA, PA



IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

**MASKS ARE STRONGLY ENCOURAGED
FOR IN-PERSON ATTENDANCE
SOCIAL DISTANCING WILL BE ENFORCED**

VIRTUAL WORSHIP SERVICE

1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785
FACEBOOK: www.Facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



JOIN US FOR WORSHIP SERVICE AT BETHEL AME CHURCH OF ARDMORE • 2024 Lenten Season

Palm Sunday

SUNDAY

MARCH 24, 2024

10:30 AM

WORSHIP SERVICE

Rev. Carolyn C. Cavaness, *Pastor*

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

**MASKS ARE STRONGLY ENCOURAGED
FOR IN-PERSON ATTENDANCE
SOCIAL DISTANCING WILL BE ENFORCED**

VIRTUAL WORSHIP SERVICE

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

FACEBOOK: www.facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



JOIN US FOR WORSHIP SERVICE AT BETHEL AME CHURCH OF ARDMORE

RESURRECTION/EASTER SUNDAY

SUNDAY, MARCH 31, 2024

6:00 AM SUNRISE SERVICE

REV. DR. ALBERT G. DAVIS, JR., *Preacher*

*Breakfast served immediately following Worship Service at
Mt. Calvary Baptist Church, sponsored by Bethel AME Church of Ardmore*

10:30 AM WORSHIP SERVICE

*He is not here: for He has
risen, just as He said.*

—MATTHEW 28:6a

Children/Youth Easter Recitations

Easter Egg Hunt immediately following Worship Service

Rev. Carolyn C. Cavaness, *Pastor*

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

**MASKS ARE STRONGLY ENCOURAGED
FOR IN-PERSON ATTENDANCE
SOCIAL DISTANCING WILL BE ENFORCED**

VIRTUAL WORSHIP SERVICE

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

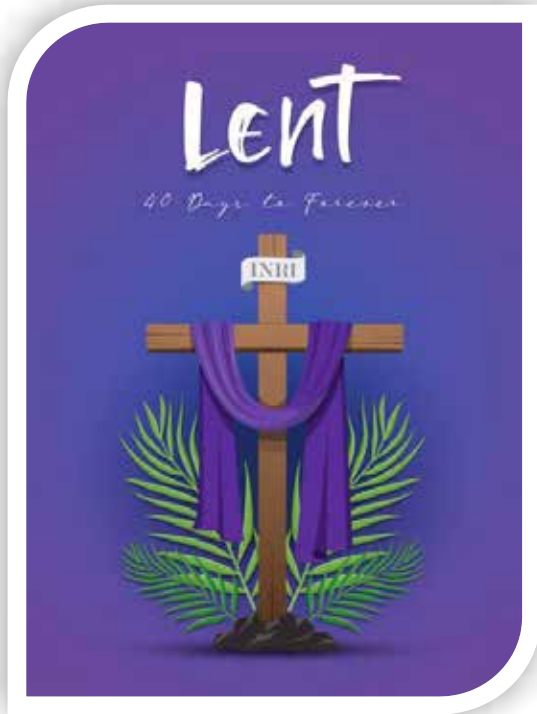
FACEBOOK: www.facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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

What Is Lent Today?



Today, Lent is observed during the 40-day period between Ash Wednesday and Resurrection Sunday. This is a time to set aside our wants and needs and become humble and meek before God, recognizing our need for the Savior above all things. Ash Wednesday, the first day of Lent reminds us that we are from dust and to dust we'll return (*Gen 3:17-19*). Ash Wednesday serves as a reminder that we will die and face the consequences of our sins. The meaning and purpose of Lent are to reflect on our sinful nature and praise God for the sacrifice of Jesus Christ. Jesus came to serve, live, and die for our sins. Lent ends on the glorious day that the Lord resurrected. We are no longer cursed to the grave, but our sins are forgiven.

Lent continues into the Holy Week with Maundy Thursday and Good Friday events. Maundy Thursday commemorates the day Jesus celebrated Passover with his disciples, washed their feet, and retreated to the Garden of Gethsemane for prayer. During the Passover meal Jesus institutes, the act of Communion and remembering His sacrifice. Good Friday is the day Jesus was crucified. It is called **“good”** because of the sacrifice of Jesus for our sins. Without this **“good”** day, we would not have the forgiveness of sins and the gift of eternal life in heaven.

Observing Lent and Its Purpose

Many choose to observe Lent with fasting and prayer. The act of fasting is simply abstaining from something to focus on something else. When we give up something, such as food, social media, or TV, we are given time to reflect on our faith and grow our relationship with God. As we sacrifice something we usually turn to, we remember the sacrifices of Jesus Christ. Fasting and prayer during Lent also symbolize the 40 days and nights Jesus fasted in the desert as the devil tempted him. Through Lent, we come to the realization of our own sins, connect with Jesus during his temptation and experience freedom from sin through his death and resurrection.

The Old Testament and New Testament gives us guidelines and examples for fasting. Whether you observe Lent with daily scripture, reflections or fasting and prayer, there are helpful Bible verses for remembering the sacrifices of the Lord. Let some of these scriptures encourage your faith and strengthen your relationship with Jesus.

Matt 6:16-33, Philippians 3:10-20, Isaiah 58:6-12 & Psalm 33

<https://www.biblestudytools.com/bible-stories/lent-meaning-and-biblical-purpose.html>

JOIN US AT BETHEL AME CHURCH OF ARDMORE DURING THIS

Lenten Season

FEBRUARY 14 – MARCH 27, 2024

BETHEL AME ARDMORE (IN-PERSON/VIRTUAL)

163 SHELDON LANE • ARDMORE, PA 19003

6:30 PM • PRAYER/DEVOTIONS

7:00 PM • WORSHIP AND THE WORD



Rev. Carolyn C. Cavaness
Pastor

WEDNESDAY, FEBRUARY 14 **REV. BRYAN S. MCALLISTER**
Ash Wednesday *Pastor, Morris Brown AME Church, Philadelphia, PA*



WEDNESDAY, FEBRUARY 21 **LENTEN HYMN SING**
Led by Brother Earl Knight, II



WEDNESDAY, FEBRUARY 28 **BISHOP ANTHONY HANNA**
Senior Pastor, The Cathedral St. Mark Church, Woodlyn, PA



WEDNESDAY, MARCH 6 **REV. JAY BROADNAX**
Pastor, Mt. Pisgah AME Church, Philadelphia, PA



WEDNESDAY, MARCH 13 **PASTOR LAWRENCE SHUFORD**
Pastor, Second Baptist Church of Frankford, PA



WEDNESDAY, MARCH 20 **REV. KIM BILLUPS**
Pastor, Murphy-Asbury AME Church, Chester, PA



WEDNESDAY, MARCH 27 **WOMEN AT THE CROSS SERVICE**
Holy Wednesday



WAYS TO GIVE:

ONLINE: bethelardmore.org

CASH APP: \$bethelardmore 1895

TEXT to Give on REALM: 'BARDMORE' TO 7356

MAIL: Bethel AME Ardmore
163 Sheldon Lane, Ardmore, PA 19003

MASKS ARE STRONGLY ENCOURAGED
SOCIAL DISTANCING WILL BE ENFORCED

VIRTUAL WORSHIP SERVICE

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

FACEBOOK: www.Facebook.com/BethelArdmore

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



JOIN US FOR 2024 HOLY WEEK

MON., MARCH 25
7:00 PM

HOLY MONDAY • FELLOWSHIP OF CHURCHES

Bethel Bryn Mawr Church, Host Church
Rev. Glenn Shepherd, *Preacher*

TUE., MARCH 26
7:00 PM

HOLY TUESDAY • FELLOWSHIP OF CHURCHES

Memorial Church of God in Christ, Host Church
Elder Daren Miller, *Preacher*

7:00 PM

BLACK CLERGY OF PHILADELPHIA AND VICINITY 5 STEPS TO THE CROSS
Vision of Hope Baptist Church, Jenkintown
Rev. Cavaness will preach the 5th Step

WED., MARCH 27
7:00 PM

HOLY WEDNESDAY • FELLOWSHIP OF CHURCHES

4 WOMEN AT THE CROSS

Bethel AME Church of Ardmore, Host Church
Rev. Carolyn C. Cavaness, *Host Pastor*

STRIPPING OF THE BETHEL ALTARS *immediately following Worship*

THU., MARCH 28
7:00 PM

MAUNDY THURSDAY • FELLOWSHIP OF CHURCHES

Mount Calvary Baptist Church, Host Church
Rev. Albert G. Davis, *Preacher*

7:00 PM

ST. PAUL'S BAPTIST CHURCH, WEST CHESTER, PA
Rev. Dr. Wayne Croft, *Pastor*
Rev. Cavaness is the Guest Preacher

FRI., MARCH 29
12:00 PM

GOOD FRIDAY • FELLOWSHIP OF CHURCHES

ZION BAPTIST CHURCH OF ARDMORE, HOST CHURCH
Rev. Cavaness will give the 3rd Word

12:00 PM

MORRIS BROWN AME CHURCH SEVEN LAST WORDS SERVICE
Rev. Cavaness will give the 7th Word

7:00 PM

ST. LUKE AME CHURCH • HARLEM, NY WOMEN AT THE CROSS SERVICE
Rev. Cavaness will give the word for Mary, Mother of Jesus

SAT., MARCH 30

HOLY SATURDAY

Day of Prayer, Solemnity

10:00 AM–4:00 PM

Opportunity to work and gather at the Bethel Community Garden at
Haverfarm at Haverford College

SUN., MARCH 31
6:00 AM

RESURRECTION/EASTER SUNDAY

IN-PERSON/VIRTUAL SUNRISE SERVICE • Rev. Albert Davis, *Guest Preacher*
Sunrise Service Breakfast immediately following Worship Service

at Mt. Calvary Baptist Church, sponsored by Bethel AME Church of Ardmore

Virtual Sunday School (Adults)

Virtual Sunday School (Youth & Young Adults)

IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, *Preacher*

Children/Youth Easter Recitations • Easter Egg Hunt immediately following Worship Service

FELLOWSHIP OF CHURCHES SERVICES

IN-PERSON: COVID-19 protocols will be in place.

FACEBOOK : www.facebook.com/FellowshipChurches

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

FELLOWSHIP OF CHURCHES SPONSORING CONGREGATIONS

ZION BAPTIST CHURCH OF ARDMORE • BETHEL AME CHURCH OF ARDMORE
MEMORIAL CHURCH OF GOD IN CHRIST • BETHEL AME CHURCH OF BRYN MAWR
MOUNT CALVARY BAPTIST CHURCH

FOR MORE INFORMATION, PLEASE CONTACT US: 610.642.8966 | BETHELARDMORE@VERIZON.NET

Lenten Season

WEDNESDAY, MARCH 27, 2024



HOLY WEDNESDAY • WOMEN AT THE CROSS SERVICE



**MINISTER IN TRAINING
LATISHA MAYS**

Mary, Wife of Clopas
Second Baptist Church, Media

REV. ANGELA BAKER

Mary Magdalene
Thornbury AME Church, Glen Mills



REV. DR. MARSHA BROWN WOODARD
Salome

President, Baptist Pastors & Ministers Conference
Philadelphia & Vicinity
Saints Memorial Baptist Church, Bryn Mawr



Rev. Carolyn C. Cavaness
Host Pastor

EVANGELIST JANIS RUISE

Mary, Mother of Jesus
Memorial Church of God In Christ, Haverford



BETHEL AME ARDMORE (IN-PERSON/VIRTUAL)

163 SHELDON LANE • ARDMORE, PA 19003

6:30 PM • PRAYER/DEVOTIONS

7:00 PM • WORSHIP AND THE WORD



Adorn the Bethel Sanctuary with Lillies
for Resurrection/Easter Sunday, March 31, 2024,
in memory or in honor of your loved one.

All orders are due by
Sunday, March 17, 2024

Lillies are \$12.00 each.

To place your order, please contact the Church Office (610) 642-8966 or bethelardmore@verizon.net

Preaching with **POWER**

Preaching with Power events can be viewed at
[YouTube.com/unitedlutheranseminary](https://www.youtube.com/unitedlutheranseminary)

To make a gift, visit uls.edu/give or mail a check payable to "United Lutheran Seminary" to UTI Office, United Lutheran Seminary, 7301, Germantown Ave., Philadelphia, PA 19119



Rev. Jocelyn Kahn Hart Lovelace
Sunday, March 10 | 6:00PM EST

Schaeffer-Ashmead Chapel
United Lutheran Seminary, 7301 Germantown Avenue,
Philadelphia, PA 19119



Rev. Dr. Cory Jones
Monday, March 11 | 7:00PM EST

Grace Baptist Church of Germantown
25 W. Johnson Street, Philadelphia, PA 19144



**Lecture with
Rev. Dr. Judy Fentress-Williams**
Tuesday, March 12 | 11:45AM EST

Benbow Hall-Brossman Center
United Lutheran Seminary, 7301 Germantown Avenue,
Philadelphia, PA 19119



Rev. Dr. Kevin Vandiver
Tuesday, March 12 | 7:00PM EST

Reformation Lutheran Church
1215 Vernon Road, Philadelphia, PA 19150



Rev. Carolyn Cavaness
Wednesday, March 13 | 11:45AM EST

Schaeffer-Ashmead Chapel
United Lutheran Seminary, 7301 Germantown Avenue,
Philadelphia, PA 19119



Rev. Reginald Sharpe
Wednesday, March 13 | 7:00PM EST

Dare to Imagine Church
6610 Anderson Street, Philadelphia, PA 19119

To make a gift, visit uls.edu/give or mail a check payable to "United Lutheran Seminary" to UTI Office, United Lutheran Seminary, 7301 Germantown Ave., Philadelphia, PA 19119

Preaching with **POWER**



Rev. Carolyn C. Cavaness
Wednesday, March 13 | 11:45AM EST

Schaeffer-Ashmead Chapel
United Lutheran Seminary, 7301 Germantown Avenue
Philadelphia, PA 19119

Preaching with Power events can be viewed at
[YouTube.com/unitedlutheranseminary](https://www.youtube.com/unitedlutheranseminary)



JOIN US EACH SUNDAY MORNING IN APRIL 2024
FOR IN-PERSON & VIRTUAL WORSHIP SERVICE!

**SUNDAY
APRIL 7**

10:30 AM

SERVICE OF HOLY
COMMUNION/
FIRST FRUITS SUNDAY

Presiding Elder Charles Lett, Sr., *Guest Preacher*
IN-PERSON/VIRTUAL WORSHIP SERVICE

CELEBRATION LUNCH FOR ELDER & SISTER LETT!

BRYN MAWR PRESBYTERIAN CONGREGATION HALL

PLEASE RSVP BY SUNDAY, MARCH 24

610.642.8966 • bethelardmore@verizon.net

**SUNDAY
APRIL 14**

10:30 AM

SUNDAY WORSHIP SERVICE

IN-PERSON/VIRTUAL
WORSHIP SERVICE

YOUTH SUNDAY

IN-PERSON CHURCH SCHOOL FOR ALL!

ADULTS: 8:30 AM • YOUTH: 8:45 AM

All Are Welcome!

**SUNDAY
APRIL 21**

10:30 AM

SUNDAY WORSHIP SERVICE

Rev. Dr. Katherine Baker Rose, *Guest Preacher*

IN-PERSON/VIRTUAL
WORSHIP SERVICE

BLOOD PRESSURE CHECK
immediately after Worship Service

**SUNDAY
APRIL 28**

10:30 AM

COMMUNITY GARDEN/
EARTH SUNDAY

IN-PERSON/VIRTUAL
WORSHIP SERVICE

*Lunch and Tour of Bethel Community Garden at
Haverfarm/Haverford College immediately following
Worship Service*



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

FACEBOOK: [www.Facebook.com/BethelArdmore](https://www.facebook.com/BethelArdmore)

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

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



YOU'RE INVITED

First

PASTORAL ANNIVERSARY

Celebration

MARCH 10, 2024



REV. ANGELA BAKER, PASTOR



10 AM Service
Rev. Terrence Hensford



2pm Service
Rev. Jacqueline Capers

THORNBURY AME CHURCH
646 CHEYNEY ROAD
GLEN MILLS, PA 19342

ZOOM ID: 846 982 29551
DIAL BY PHONE: 646 558 8556

SAVE THE DATES!

**Presiding Elder Charles
and Sister Sylvia Lett Retirement Celebration**

SATURDAY, APRIL 20, 2024

1:00 PM

St. Matthew AME Church

215 N 57th Street

Philadelphia, PA

Rev. Vernon R. Byrd, Esq., *Host Pastor*

**Bishop Julius Harrison McAllister, Sr.
and Mother Joan Marla McAllister**

*129th Elected and Consecrated Bishop
African Methodist Episcopal Church*

Retirement Celebration

FRIDAY, JUNE 14, 2024

First District Plaza

3801 Market Street, Philadelphia, PA

The Youth Corner



We look forward to celebrating Women's History Month an Resurrection/Easter Sunday!

Youth Ministry Dates and Reminders!

SUNDAY, MARCH 10, 2024

Youth Sunday! The young people will lead in worship and will lead us in song.

TUESDAY, MARCH 26, 2024 5:30PM

Easter Recitation Practice on Bethel's Zoom

SATURDAY, MARCH 30, 2024 10:00AM - 4:00PM

Young People and Families are asked to be a part of our helping us to prepare the Bethel Community Garden at Haverfarm at Haverford College for the 2024 Growing Season.

To Sign up, please see Sister Cynthia Taylor

SUNDAY, MARCH 31, 2024 9:00 AM

All Young People are asked to arrive by 9:00am for Breakfast and to prepare for the 10:30am Worship Service.

Immediately following worship we will have an Easter Egg Hunt all are invited!

SATURDAY, APRIL 6, 2024 10:00AM - 4:00PM

Young People and Families are asked to be a part of our helping us to plant up the Bethel Community Garden at Haverfarm at Haverford College for the 2024 Growing Season.

To Sign up, please see Sister Cynthia Taylor

PHILADELPHIA CONFERENCE COTILLION!

We would like to take a group of our children/adults to attend the Cotillion on Saturday, April 27, 2024. Tickets for the young people will be covered by the church and adults are asked to make a donation of \$35.00 towards their ticket. If you are interested in attending, please contact Sister Cynthia Taylor by Sunday, March 17, 2024. Payment for adult tickets will also be due at this time.

We encourage all young people to learn and memorize the Lord's Prayer!

Our Father which art in heaven,
Hallowed be thy name.

Thy kingdom come, Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.


And lead us not into temptation, but deliver us from
evil: For thine is the kingdom, and the power, and the
glory, for ever. *Amen.*

Exodus 20:2-17; Deuteronomy 5:6-21

THE 10 COMMANDMENTS

- | | |
|---|---|
| 1 You shall have no other gods before Me. | 6 You shall not murder. |
| 2 You shall not make idols. | 7 You shall not commit adultery. |
| 3 You shall not take the name of the LORD your God in vain. | 8 You shall not steal. |
| 4 Remember the Sabbath day, to keep it holy. | 9 You shall not bear false witness against your neighbor. |
| 5 Honor your father and your mother. | 10 You shall not covet. |

Please scan the QR codes below to access the Youth Ministry form and the Photo Release form.



Bethel

CHURCH OF AMERICA

YOUTH MEMBERSHIP FORM

Date Completed

Full Name of Youth

Date of Birth

Address

Address 2

City State Zip

Date of Baptism

Place of Baptism

Name of Pastor

Name of Parent/Guardian(s)

Phone Number

Email Address

Date Youth Accepted Jesus Current School


Interests, Hobbies, Special Gifts and Skills

Ministry Involvement at Bethel AME Church

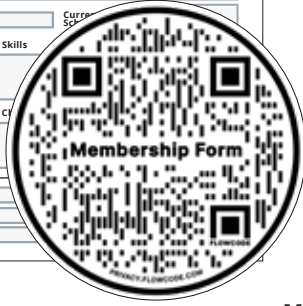
Emergency Contact Name

Relationship

Phone Number



Membership Form



Thank you!

Open the camera on your Smart phone.

Scan the QR code.

Follow the prompts to access the form.



161 SHELDON LANE | ARDMORE, PA 19003 | REV. CAROLYN C. CAVANES, PASTOR.

PHOTO RELEASE

I, _____, hereby grant Bethel AME Church of Ardmore permission to use my likeness in a photograph in any and all of its publications, including but not limited to all of Bethel AME Church of Ardmore's printed and digital publications. I understand and agree that any photograph using my likeness will become property of Bethel AME Church of Ardmore and will not be returned.

I acknowledge that since my participation with Bethel AME Church of Ardmore is voluntary, I will receive no financial compensation.

I hereby irrevocably authorize Bethel AME Church of Ardmore to edit, alter, copy, exhibit, publish or distribute this photo(s) for purposes of publicizing Bethel AME Church of Ardmore's program or for any related, lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph.

I hereby hold harmless and release and forever discharge Bethel AME Church of Ardmore from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on behalf of my behalf of my estate may have or may have by reason of this authorization.

The above _____ agreement on their behalf is also transferred to the below listed minors and _____ agent or guardian able to give this permission:

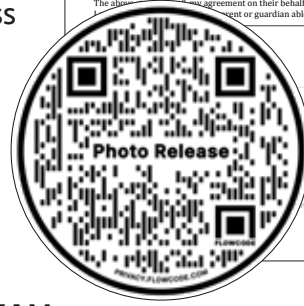
Date: _____

[Signature] [Stamp]

Photo Release

[Signature] [Stamp]

66 | BETHELARDMORE@VERIZON.NET



YOUTH MINISTRY TEAM

Church School: Sister Janine Baggett, Sister Jackye Smith • Music Ministry: Sister Angie White
YPD: Sister Cynthia Taylor • Rev. Cavaness

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



KNOW YOUR HISTORY!

MARCH 2024 BLACK HISTORY FACTS CELEBRATING WOMEN'S HISTORY MONTH

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

SUNDAY, MARCH 3, 2024

SARA BASS ALLEN was born in 1764 in the Isle of Wight County, Virginia, as a slave. At eight years old she was brought to Philadelphia and became free around the age of her thirties maybe younger. She met and married a formerly enslaved Richard Allen, the Father and founder of Bethel AME Church. It was during this union she became the Mother of the AME denomination. Together the Allens became a powerful team serving God and the community. The Allens being former enslaved persons dedicated themselves to assist runaways knowing first hand what it meant to be enslaved and the desire to be free. Their home became a stop and haven for the Underground Railroad. There they fed, clothed and gave money to the runaways. Sometimes they hid them in their home and other times they hid them in the church. Even after Richard Allen's death Mother Allen continued this work.



With freedom of not being attached with Anglo churches they were free to be abolitionists, conductors of the Underground Railroad and serving others in the community without restrictions. This freedom attracted others to become members and ministers of this denomination. The church grew in numbers. The women of the church under the leadership of Sara Allen became very active in and out of the church. Bishop Allen referred to them as the Dorcas Society. This society is now still in existence known as the Sara Allen Missionaries.

The Sara Allen Missionaries started one of the first day care centers in the United States, nursed and visited the sick, fed the hungry and financially supported the needs of the poor. Thank You Mother Sara Allen, your living was not in vain.

SUNDAY, MARCH 10, 2024

DR. KIZZMEKIA CORBETT was born 1986 in Hurdle Hills North Carolina to Rhonda Brooks. She grew up in Hillsborough, North Carolina and attended school there. At an early age she was recognized as an outstanding student interested in science. Miss Corbett attended college in Baltimore and worked as a Biological Sciences Trainer at the National Institute of Health.



Dr. Corbett began her research at NITT after receiving her PHD in Microbiology and Immunology. She began working on the development of vaccines for Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) two types of corona viruses. Along with her teammates she saw a strange change in protein in COVID-19 when the virus became known in 2019. She was chosen to lead a team of scientists to find a vaccine. In 2020 President Donald Trump gave an 8.3 billion dollar to the emergency corona virus response and 3 billion was used for research on a vaccine and treatment.

While most African Americans were leary of the vaccine Dr. Fauci bravely supported her by saying "the first thing you might want to say to my African American brothers and sisters is that the vaccine that you're going to be taking was developed by an African American Woman."

Thank you Dr. Corbett for your contribution. We at the Bethel Community Life Center appreciate your work as we do offer that vaccine. The clinic has vaccinated thousands of people and we are not only grateful but proud of you.

MARCH 2024 BLACK HISTORY FACTS CELEBRATING WOMEN'S HISTORY MONTH

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

SUNDAY, MARCH 17, 2024

REV. JARENA LEE was the first woman preacher in the AME church, not Reverend Carolyn Cavaness (smile). She was born in 1786 as a free person of color in Cape May, New Jersey. She married a minister and later moved to Philadelphia. While living in Philadelphia she met and voiced her desire to preach to Bishop Richard Allen. I guess you can say that since the beginning of time, women were not allowed to become ministers and Richard Allen denied her request. One Sunday at a service in 1819 the preacher had a problem finishing his sermon, Jarena Lee had the nerve to finish it for him and her boldness impressed Bishop Allen. Still, he could not give her the a license to preach but did endorse her as a traveling speaker. Lee could not accept the fact that God only blessed and ordained men. If that's so he would not be a loving Father to all, but a half of a Father who only empowered only one half of his children, men. Something we all know, is that God loves us all.



Mrs. Lee became a traveling minister facing all kinds of hostilities and prejudice. She travelled on foot for thousands of miles preaching the word of God and fighting for the abolishment of slavery. In 1852 the AME church officially ruled that women were not allowed to preach. Mrs. Lee stopped preaching but still spoke out against slavery. We can be thankful that women are now allowed in the pulpit. Someone knew and understood that women were and are capable of spreading the Word. Someone knew that the God we serve is not a God for men only but a God for women as well.

Thank You Jarena Lee.

SUNDAY, MARCH 24, 2024

MARY ANN SHADD CARY was born 1823 in Wilmington, Delaware she was one of thirteen children. She was free born and was raised in a household of abolitionists. The family had been activists and conductors on the Underground Railroad for years. When it became illegal for African American children to get an education in Delaware the family moved to West Chester and Philadelphia. Both homes served as stops for the Underground Railroad. Mrs. Cary as a child attended a Quaker Boarding School. In 1840 she started a school for black children. She also taught in Norristown and New York.



In 1850, the Fugitive Slave Act was passed. It threatened to return free Northern blacks and escaped slaves back into slavery. Mary Ann's father took his family and moved to Canada. She and her brother stayed behind and later joined the family in Canada. In Canada she became the first African American woman to own and operate a newspaper. Later in life she returned to the United States, attended Howard University and received a law degree.

Mrs. Cary was not afraid to be an outspoken advocate of women's rights and various causes. She fiercely pursued opportunities that excluded women. She has been quoted as saying "I'm opening the door for black women and I'm proud that I'm doing that and I'm trying to create a space for you to have a voice". And that she did!!!



KNOW YOUR HISTORY!

MARCH 2024 BLACK HISTORY FACTS CELEBRATING WOMEN'S HISTORY MONTH

SUNDAY, MARCH 31, 2024

THE DOLLY VARDENS. In the 1880's there was a style of dress made popular. The name came from a character in one of Charles Dickens books. That was back in the 1860's. Then in 1880 it became attached to a baseball team. Not just any old male team but to an African American female baseball teams. The teams were named Dolly Vardens. Can you imagine playing baseball in a dress that goes down to your ankles? Well it happened. According to a newspaper article it was reported that these women wore gaudy attire. The dresses were long and had trim and the women even wore red and white peaked caps. Did these "gaudy" uniforms stop these women from performing? Nope! They took the criticism and injuries and never gave up.



Unfortunately they could not overcome the racism and sexism of the times. Even though the teams didn't last long they did make a statement and made history. They stood up and tried to step into the world known as equality. They were brave women who tried to make a difference and they did! Just ask Mo'ne Davis.

Love You All, Regina

UPDATES FROM THE BETHEL COMMUNITY LIFE CENTER/ MONTGOMERY COUNTY RECOVERY ARPA GRANT

MARCH 2024

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. Over the course of 2023 significant strides have been made in actualizing the intent of this generous grant. We thank you Bethel Family for your support, participation and engagement. This is a PROCESS.

There are five (5) focus areas of the grant:

1. Bethel Community Garden/Ardmore Victory Gardens Program
2. Vaccine Accessibility/Outreach Program
3. Mental/Behavioral Health
4. Capital Improvement
5. 21 E. Spring Avenue Purchase

Each month there will be an update provided to the congregation, particularly as it relates to the Capital Improvements/Renovations that will be developed and executed in light of the grant.

As we continue to move through this process, Bethel Members are strongly encouraged to provide feedback, ideas, observations in writing to bethelardmore@verizon.net. We are looking forward to what this year will unfold!

MARCH 2024

CAPITAL IMPROVEMENT PLAN/RENOVATIONS UPDATE

TASK	PROGRESS/UPDATE
PROJECT DESIGN/SCHEMATIC	OZ Collaborative is currently in the process of finalizing design and schematic plans once this has been completed, in light of bid documents being forwarded to OZ Collaborative from their consultants March 1, 2024.
PROJECT COST ESTIMATE	A formal project cost estimate has been completed with commentary providing the overall increase of the project. This was shared with the congregation on February 26, 2024. This will be used as a part of the bid process which is to begin in early March, 2024.
PROJECT FINANCING	Project cost estimate was shared with the congregation on February 26, 2024. A formal appeal will be made to members/friends of Bethel AME Church of Ardmore to financially support the beginning in April, 2024. Pastor and Commission on Stewardship and Finance are currently investigating other avenues to finance the project: grants, review of programs, outside donors, et al.
CHURCH AND COMMUNITY GARDEN LOT CONSOLIDATION	Lot consolidation was approved and letter was received by the church on February 26, 2024. Legal counsel is currently working to fine tune a few details with Lower Merion Township and Montgomery County as it pertains to the deed and escrow.
BETHEL COMMUNITY GARDEN	Community Garden is currently preparing to launch formally on Saturday, April 6, 2024, at Harverfarm at Haverford College. Several work day opportunities are available to assist in preparing for the 2024 growing season.
TEMPORARY OFFICE LOCATION	A temporary office location has been secured at Ardmore Presbyterian Church for the Pastor, Community Garden Program and in other necessary administrative operations for the church.
VACCINATION CLINICS	Vaccination Clinics will still take place in the Narthex of the church. We are grateful that Ardmore United Methodist Church has opened their doors to us for Vaccination Clinics when needed.
BUILDING CLEAN OUT AND DEMOLITION	The process of the building clean out and demolition is still underway.

It has been articulated to our Consultant/Architectural Team that we would like as much possible to be sure that we can continue to have Sunday Worship in the Sanctuary during the construction period.

We will endeavor to as best possible communicate to the congregation updates as the project unfolds.

TO GOD BE THE GLORY!



**JOIN US FOR THE
SPRING LAUNCH OF
BETHEL COMMUNITY GARDEN
AT HAVERFARM WITH TRELLIS FOR TOMORROW
SATURDAY, APRIL 6, 2024 | 10 AM
HAVERFARM OF HAVERFORD COLLEGE
NEAR THE FACILITIES BUILDING**

Spring Seedling Distribution Volunteers Needed!
SATURDAY, APRIL 13, 2024
12-2PM FOR SEEDLING PICKUP | 10 AM - 2 PM FOR VOLUNTEER SHIFTS
HAVERFARM OF HAVERFORD COLLEGE

If you live in Ardmore and are thinking about growing your own food,
perhaps you would be interested in joining our Home Garden Bed Program!

For questions and logistical support please contact Princess at 610-596-8859



Want to volunteer for our distribution day?
Scan the QR code to sign-up!





Bethel Community Garden Volunteer Workdays!

TO REGISTER AND SELECT A VOLUNTEER SHIFT
SCAN QR!



WED. 27TH MARCH - >
< - SAT. 30TH MARCH
10 AM TO 4PM ~ HAVERFARM



QUESTIONS? CONTACT PRINCESS RAHMAN AT 610- 596- 8859



WEDNESDAY, MARCH 27 COMMUNITY GARDEN WORK DAY

Time: 10 AM-4 PM
Location: Haverfarm

SATURDAY, MARCH 30 COMMUNITY GARDEN WORK DAY

Time: 10AM-4PM
Location: Haverfarm

If you are interested or for more information, please contact Princess Rahmann
at princessrahmanavg@gmail.com

TO SIGN UP FOR UPCOMING EVENTS, VISIT US ANYTIME!

ardmorevictorygardens.org

Seed to Supper

A Free Beginner's Gardening Course. Learn to Grow Veggies on a Budget

Sponsors:

Bethel AME Ardmore Victory Gardens, the Ardmore Food Pantry, and the Master Gardeners of Montgomery County

Where:

Indoor Portion: Ardmore Food Pantry
Address: 36 Ardmore Ave, Ardmore, PA 19003

Outdoor Portion: Ardmore Community Center
Address: 122 Ardmore Ave, Ardmore, PA 19003

When:

Thursdays, 6:00 - 8:00 PM
April 11th to May 16th, 2024

Who:

Open to adult participants interested in gardening on a budget

APPLY AT

https://pennstate.qualtrics.com/jfe/form/SV_bluVE1QpTPjNdeS

Applications are due by March 24th



Join Bethel AME Ardmore, the Ardmore Food Pantry, and the Penn State Extension Montgomery County Master Gardeners in learning how to build healthy soil, and plan your growing space: choose your crops, care for your growing garden and harvest your bounty!



Plan to attend all 6 classes. Participants receive a free gardening book, seeds and other gardening supplies as available. Childcare will not be provided.



PennState Extension



Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

VIRTUAL PSSA WORKSHOP

FREE!!!

SATURDAYS 10 AM - 11AM

3/16: TEST TAKING SKILLS

3/23: MATH FOCUS

4/6: ELA FOCUS

4/13: MATH & ELA PRACTICE

4/20: WORKSHOP REVIEW

***NO SESSION 3/30 DUE TO SPRING BREAK**

OPEN TO STUDENTS 3RD - 8TH GRADE

PSSA LMSD TESTING WINDOW

ELA - Week of 4/22

Math/Science - Week of 4/29

To register, scan the QR code

Or contact us at:

bethelacademy@gmail.com

610-642-8966



**CLICK TO LEARN
MORE & REGISTER
TODAY!**



**STUDENTS WILL
RECEIVE ALL TEST
TAKING MATERIALS**

TEACHER TIME



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

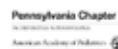
1. Get vaccinated.
2. Stop the spread by practicing healthy habits & getting tested if you are sick.
3. Take antiviral prescriptions as prescribed by your doctor.

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.



BETHEL COMMUNITY LIFE CENTER MARCH 2024 VACCINE CLINICS

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



Keep You & Your Loved Ones Safe This Season!

SUNDAY, MARCH 10

12:30 PM TO 2:30 PM

TUESDAY, MARCH 19

11 AM TO 1 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.



MONTGOMERY COUNTY HOMEBOUND VACCINE PROGRAM



AT-HOME COVID-19 & FLU VACCINES

**Are you or someone you know homebound
and in need of a COVID-19 and/or Flu vaccine?**

Contact the Montgomery County Homebound Vaccine Program to
schedule an in-home vaccine appointment. *(Insurance is required.)*

WHAT IS THE MONTGOMERY COUNTY HOMEBOUND VACCINE PROGRAM?

The Montgomery County Homebound
Vaccine Program is a collaboration between
several local community partners helping
to provide vaccine access to homebound
residents.

WHO IS GIVING THE VACCINES?

Our pharmacy partners - Eric's RX Shoppe
and Skippack Pharmacy - provide and
administer the vaccines.

How to schedule an appointment:

✉ montcovaccine@gmail.com

📞 610.281.4933

IN PARTNERSHIP WITH



Pennsylvania Chapter
American Academy of Pediatrics



AS OF 2/28/2024

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

PA AME AVE • VACCINES AND CHRONIC DISEASES

CORONAVIRUS UPDATE

COVID UPDATE 2024

TUESDAY
MARCH 12, 2024
7:00 PM EST

JOIN US VIRTUALLY
VIA ZOOM:

Dial in: 1 (301) 715-8592
Meeting ID: 862 812 9690
Passcode: 106617

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

PRESENTER:



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



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

Spot a Stroke **B.E. F.A.S.T.**

Strokes can occur at any age. Learn how to recognize stroke signs and symptoms.

BALANCE



Sudden Dizziness

Sudden dizziness, loss of balance or coordination

EYES



Blurred Vision

Sudden blurred, decreased or double vision in one or both eyes

FACE



Facial Drooping

Sudden uneven face or facial droop, numbness in the face

ARMS



Arm Weakness

Sudden weakness in one or both arms or legs, especially on one side of the body

SPEECH



Speech Difficulties

Sudden change to speaking or slurred speech

TIME



Time to Call

Call 911 immediately if an individual is experiencing these symptoms



Colon Cancer
Prevention
Project

KickingButt.org

PREVENT

COLON CANCER THROUGHOUT YOUR LIFE

For local info,
contact:

START



**WE ALL HAVE A COLON!
FOLLOW THIS PATH TO
PREVENT COLON
CANCER!**

GET MOVING!

REGULAR
EXERCISE
**REDUCES
YOUR RISK!**



MAINTAIN A HEALTHY WEIGHT.

OBESITY
INCREASES
YOUR RISK.



REMEMBER: It's great to start early, but it's
never too late to make healthy changes!

KNOW YOUR FAMILY HISTORY

A family history of colon cancer or
polyps increases your risk and means
earlier screening is needed.

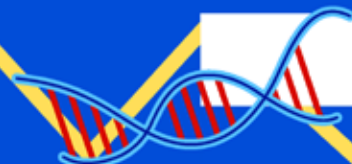
LIMIT RED AND
PROCESSED
MEATS AND



EAT PLENTY
OF FRUITS AND
VEGETABLES



**DON'T USE ANY
TOBACCO
PRODUCTS!**



Based on your family history,
you might be a good
candidate for genetic testing.
Talk to your doctor.

KNOW THE SYMPTOMS



- Bloody stools
- Fatigue
- Abdominal pain
- Unexplained weight loss
- Constipation/diarrhea



**HAVING
SYMPTOMS?
SEE YOUR
DOCTOR
IMMEDIATELY!**

Inflammatory Bowel
Disease like
Crohn's or **Colitis**
increase your risk.
**You will need
earlier screening!**



**BY 35, ASK YOUR DOCTOR
WHAT AGE YOU NEED
SCREENING AND DISCUSS
YOUR OPTIONS.**

35

If you have a family history, you should be screened **by 40**
or **10 years before your family member's diagnosis.**

45

**BY THE END OF YOUR
45TH YEAR, YOU SHOULD
HAVE BEEN SCREENED.**

SCREENED

REMEMBER

Whether your doctor finds polyps or
not, **follow through with your
surveillance and screening
schedule!**



Important Update!

Are you...

- Sleeping outside, in your vehicle, or in a shelter?
- Staying in a hotel or motel paid for by a charitable or government organization?
- A domestic violence survivor and in need of housing?

Are you
experiencing
homelessness?



YOUR WAY HOME
MONTGOMERY COUNTY, PA

Call the new
Your Way Home Helpline
610-278-3522

Scan the QR Code below to visit
YourWayHome.org

or email us
Homeless@montgomerycountypa.gov

Available 24/7

- Street Outreach services
- Support during Code Blue and other weather emergencies
- Language translation
- ADA accessible communication
- Se habla Español



Montgomery County
Department of
Health and Human Services



Your Way Home is accessible to all eligible persons regardless of race, color, national origin, religion, sex, age, familial status, disability, actual or perceived sexual orientation, gender identity or marital status. Your Way Home is ADA compliant.

Office of Housing and Community Development

HOME REPAIRS PROGRAM



Allowable repairs include, but are not limited to:

- Lead paint, asbestos, and mold remediation
- Heater system, furnace, and hot water replacement
- Weatherization (for example air sealing, installation of insulation)
- Water damage
- Roofs, floors, ceilings, stairs, and foundation
- Plumbing and electrical
- Septic system
- Accessibility repairs
- And more!

**More information
including eligibility
and application**



Contact Us

Montgomery County Department of Health and Human Services
Office of Housing & Community Development



homerepairs@montgomerycountypa.gov



610-278-3540



montgomerycountypa.gov/homerepairs

APPLICATION PERIOD CLOSSES SATURDAY, APRIL 12, 2024

Household Income Limits

Household Size	1	2	3	4	5	6	7	8
Pre-Tax Income	\$62,500	\$71,400	\$80,350	\$89,250	\$96,400	\$103,550	\$110,700	\$117,850

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

An education program presented by the Alzheimer's Association®



Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

**Tuesday, March 12
6:30 - 7:30 p.m.**

**VIRTUAL via ZOOM
Hosted by Bethel AME Church Ardmore**

**To register, call 800.272.3900 or visit
<https://action.alz.org/mtg/646470750>**

Register to receive the ZOOM link.

Visit alz.org/CRF to explore additional education programs in your area.

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 Thursday at 6 PM



Scheduled Group Sessions 2024

MARCH 7	APRIL 4	APRIL 25	MAY 16
MARCH 14	APRIL 11	MAY 2	MAY 23
MARCH 21	APRIL 18	MAY 9	MAY 30
			JUNE 6

2 WAYS TO JOIN US VIA ZOOM:



QR CODE:

Open the camera on
your Smart Phone.
Scan the QR Code.
Join us via Zoom

ON-LINE:

MEETING ID: 862 812 9690
PASSCODE: 106617

This support group 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

New Immunizations to Protect Against Severe RSV

Who Does It Protect?	Type of Product	Is It for Everyone in Group?
 Adults 60 and over	RSV vaccine	Talk to your doctor first
 Babies	RSV antibody given to baby	All infants entering or born during RSV season. Small group of older babies for second season.
 Babies	OR RSV vaccine given during pregnancy	Can get if you are 32–36 weeks pregnant during September–January

www.cdc.gov/rsv



LOWER MERION CODE BLUE SHELTER



OPEN

A **CODE BLUE** Shelter Pilot has been launched here in Lower Merion. The Code Blue Shelter will be open when the temperature reaches 32 degrees and declared by Montgomery County. For the month of January, the shelter will be housed at Bryn Mawr Presbyterian Church.

RESIDENTS WHO NEED shelter during a Code Blue can call Your Way Home Montgomery County at 2-1-1 or text 898-211.

THE MONTCO HOMELESS outreach team will manage referral inquiries for the Lower Merion Code Blue shelter for unsheltered males residing in Lower Merion.

If you are interested in volunteering with the effort, please contact Rev. Rebecca Kirkpatrick of Bryn Mawr Presbyterian Church, RKirkpatrick@bmperc.org.



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).

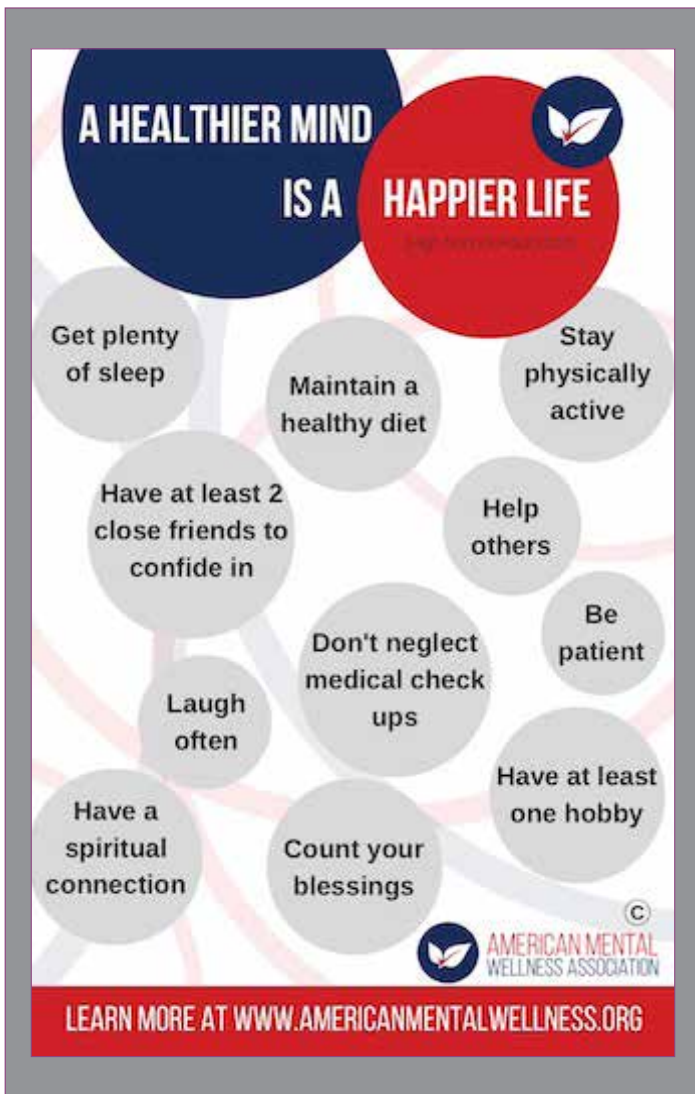
Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. 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.**





Monthly Blood Pressure Checks!

Every 3rd Sunday!

immediately following
Worship Service!

Sponsored by



Main Line Health®

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

LET'S GET READY TO VOTE 2024

Monday, April 8, 2024

Last day to REGISTER before the primary

Tuesday, April 16, 2024

Last day to apply for a mail-in or civilian
absentee ballot

GENERAL PRIMARY

TUESDAY, APRIL 23, 2024

Last day for County Board of Elections to receive
completed mail-in and civilian absentee ballots
(must be received by 8:00 P.M.)

Polls are open from 7 AM - 8 PM

Monday, October 21, 2024

Last day to REGISTER before the
November election

Tuesday, October 29, 2024

Last day to apply for a mail-in or civilian
absentee ballot

GENERAL ELECTION

TUESDAY, NOVEMBER 5, 2024

Last day for County Boards of Elections
to receive completed mail-in and civilian
absentee ballots (must be received by 8:00 P.M.)

Polls are open from 7 AM - 8 PM



vote.pa.gov



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 BTHEL'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.



MARCH 2024

HEALTH MIINISTRY FOCUS: COLORECTAL CANCER AWARENESS



610.642.8966



www.facebook.com/bethelardmore



bethelardmore@verizon.net



Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 PRAYER 7 AM	2 PRAYER 7 AM
3 PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE/ WOMEN'S HISTORY MONTH SUNDAY 10:30 AM	4 PRAYER 7 AM JOINT BOARDS OF STEWARDS AND TRUSTEES MEETING 6 PM COMMISSION ON STEWARDSHIP AND FINANCE MEETING 7 PM	5 PRAYER 7 AM TUESDAY PRAYER 8 PM BETHEL SCHOLARSHIP MINISTRY MEETING 6 PM	6 PRAYER 7 AM LENTEN SERVICE IN-PERSON/VIRTUAL WORSHIP SERVICE 7 PM	7 PRAYER 7 AM GRIEF SHARE 6 PM	8 PRAYER 7 AM	9 PRAYER 7 AM
10 PRAYER 7 AM COVID REMEMBRANCE SUNDAY WORSHIP SERVICE 10:30 AM DAYLIGHT SAVING TIME BEGINS	11 PRAYER 7 AM WMS MEETING 6:30 PM	12 PRAYER 7 AM TUESDAY PRAYER 8 PM	13 PRAYER 7 AM FISHADELPHIA 4-5:30PM LENTEN SERVICE IN-PERSON/VIRTUAL WORSHIP SERVICE 7 PM	14 PRAYER 7 AM GRIEF SHARE 6 PM	15 PRAYER 7 AM	16 PRAYER 7 AM
17 PRAYER 7 AM BOARD OF STEWARDS ANNUAL DAY WORSHIP SERVICE 10:30 AM REV. DONNA MINOR GUEST PREACHER BLOOD PRESSURE CHECK	18 PRAYER 7 AM LAY ORGANIZATION MEETING 6:30 PM	19 PRAYER 7 AM TUESDAY PRAYER 8 PM	20 PRAYER 7 AM LENTEN SERVICE IN-PERSON/VIRTUAL WORSHIP SERVICE 7 PM	21 PRAYER 7 AM GRIEF SHARE 6 PM	22 PRAYER 7 AM	23 PRAYER 7 AM BOARD OF STEWARDS SICK & SHUT-IN PALM DISTRIBUTION
24 PRAYER 7 AM PALM SUNDAY WORSHIP SERVICE 10:30 AM	25 PRAYER 7 AM	26 PRAYER 7 AM TUESDAY PRAYER 8 PM YOUTH MINISTRY 5:30 PM	27 PRAYER 7 AM FISHADELPHIA 4-5:30PM LENTEN SERVICE IN-PERSON/VIRTUAL WORSHIP SERVICE	28 PRAYER 7 AM	29 PRAYER 7 AM	30 PRAYER 7 AM
31 PRAYER 7 AM RESURRECTION SUNDAY SUNRISE SERVICE 6 AM/BREAKFAST WORSHIP SERVICE 10:30 AM EASTER EGG HUNT!	FELLOWSHIP OF CHURCHES HOLY WEEK 2024 • IN-PERSON/VIRTUAL WORSHIP SERVICES 6:30 PM PRAYER & DEVOTION • 7:00 PM SERVICE • FRIDAY @ 12 NOON					
VIRTUAL SUNDAY SCHOOL TIMES ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM IN-PERSON SUNDAY, MARCH 10 ADULTS • 8:30 AM YOUTH AND YOUNG PEOPLE • 8:45 AM				TUESDAY EVENING PRAYER • 8 PM CONFERENCE CALL DIAL: (267) 807-9605 ACCESS CODE: 818554		LENTEN SEASON DAILY PRAYER • MONDAY-FRIDAY 12:00-12:15 PM VIA BETHEL'S ZOOM: 1 (929) 436-2866 MEETING ID: 258 111 9868 PASSWORD: 966785

All meetings are VIRTUAL until further notice • ZOOM: www.bethelardmore.org • 1 (929) 436-2866 • Meeting ID: 258 111 9868 • Password: 966785

UPDATED 2/29/24