

JESUS CHRIST IS LORD!



2024 CHURCHWIDE THEME:

*"Let Us Rise Up & Build"* —NEHEMIAH 2:18



## SUMMER 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](https://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"*

June 1, 2024

Dear Bethel Family and Friends:

To the work! to the work! we are servants of God,  
Let us follow the path that our Master has trod;  
With the balm of His counsel our strength to renew,  
Let us do with our might what our hands find to do  
To the work! To the work!

We have made it to the sixth (6th) month of 2024, the halfway mark of the calendar year! We as individuals and as a church family have endured and are enduring much now: transition of loved ones, unrest in the world and country, tragic events here in our church community, unfortunate news and reports amongst our parishioners, families and friends. Even with all that we are experiencing and enduring God is giving us and granting us the sustenance to persevere and witness the Lord's goodness even in the midst of ..... feel free to fill in!

I stand on God's assurance that He is with us always even until the end of the world. As elementary as it sounds, God is with us and let's push it further - God wants to be with us! Even with the heaviness and clouds God sends sunshine, signs and wonders to show us that in the midst of darkness God's light can and will still shine forth. That serves as encouragement to me everyday - God I want to witness your goodness! I'm looking for a miracle and God will perform it today!

Bethel be encouraged! We have continued to strive and continue to forward even in our tears, pain, lamenting, doubt, anxiety, depression, uncharted territory and the list goes on and on. This to me is a testament that God's love and power transcends our current situation and context. God is with us.

This will be a summer of movement and it is my prayer that we will continue to the work that we have been called to! God will meet us in ways we can never imagine. All God is asking for us to do is show up for work!

I express my gratitude to each of you for your acts of encouragement, love and support as I celebrate ten years of serving as your Pastor. God is faithful and his love endures through all generations.

To the work!!

In His Love,  
*Rev. Cavaness*



# Holy Communion Order of Worship

## THE ORGAN PRELUDE

### INTROIT

*"I Love You Lord, Today"*

*I love You, I love You, I love You, Lord, today; because You cared for me in such a special way.  
That's why I praise You, I lift You up, and I magnify Your name; that's why my heart is filled with praise.*

*My heart, my mind, my soul belongs to You. You paid the price for me way back on Calvary.  
That's why I praise You, I lift You up, and I magnify Your name; that's why my heart is filled with praise.*

### 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

*"How Great Thou Art" (AMEC #68)*

*Oh Lord, my God When I, in awesome wonder Consider all the worlds Thy hands have made  
I see the stars, I hear the rolling thunder. Thy power throughout the universe displayed  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art  
And when I think that God, His Son not sparing Sent Him to die, I scarce can take it in  
That on the cross, my burden gladly bearing. He bled and died to take away my sin  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art  
When Christ shall come, with shout of acclamation  
And take me home, what joy shall fill my heart  
Then I shall bow, in humble adoration. And then proclaim, my God, how great Thou art  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art  
Then sings my soul, my Savior God to Thee. How great Thou art, how great Thou art*

### THE INVOCATION

### THE CHORAL RESPONSE

### THE SCRIPTURE

### THE WELCOME AND GREETING



## **THE SERMONIC HYMN**

*"Spirit of the Living God"*

## **THE SERMON**

Rev. Carolyn C. Cavaness

## **THE INVITATION TO CHRISTIAN DISCIPLESHIP**

Rev. 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](http://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\**

Chief Celebrant Rev. Carolyn Cavaness

## **THE COMMUNION HYMN**

*"Just for Me"*

*Just for me, just for me, Jesus came and did it just for me  
Just for me, just for me, Oh, Jesus came and did it just for me*

## **THE SOLICITATION**

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

## **THE GENERAL CONFESSION**

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

Minister & People:

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

## **THE FIRST COLLECT**

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

## **THE SECOND COLLECT – THE PRAYER OF PURIFICATION:**

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



### **THE PRAYER OF ADORATION**

Minister: It is very meet, right, and our bounden duty that we shall at all times and in all places give thanks unto You, O Lord, Holy Father, Almighty, Everlasting God.

People: Therefore, with angels and archangels, and with all the company of Heaven, we laud and magnify Your Holy Name, evermore praising You and saying Holy, Holy, Holy, Lord God of 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 humbly beseeching You to grant that by the merits and death of Your Son, Jesus Christ, and through faith in His blood, we and your whole church may obtain remission of our sins and all other benefits of His passion. And here we offer and present unto you, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto You; humbly beseeching You that all we who are partakers of this Holy Communion may be filled with Your grace and heavenly benediction, beseech You to accept this our bounden duty and service; not weighing our merits, but pardoning our offenses, through Christ our Lord; by whom and with whom in the unity of the Holy Spirit all honor and glory be unto you, O Father, Almighty, world without end. Amen.

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

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

### **THE FELLOWSHIP HYMN**

*"I Love To Praise Him"*

*I love to praise His name (I love to praise Him) I love to praise His name (I love to praise Him)*

*I love to praise His name (I love) I love to praise His holy name (Yes, I do)*

*He's My Rock My Rock, My Sword and Shield; He's My Wheel In The Middle Of A Wheel.*

*He Want Let Me, He Want Never, Never Let Me Down; He's Just A Jewel That I Have Found*

THE DOXOLOGY  
"Praise God From Whom All Blessings Flow"  
THE BENEDICTION

# We Remember The Mother Emanuel 9

• JUNE 17, 2015 •



**WEAR ORANGE EVERY SUNDAY IN JUNE AS WE  
STAND IN SOLIDARITY AGAINST GUN VIOLENCE**

## IT'S SUMMERTIME!!

All are welcome to dress down, church appropriate during the summer months!

**SUNDAY, JUNE 2 - SUNDAY, SEPTEMBER 8, 2024**

All of our ministries who serve on Sundays are also welcome to dress down as well! *Thank you and enjoy!*

## OFFICIAL BOARD AND CHURCH CONFERENCE

Monday, June 17 at 6:30 PM *via Bethel's Zoom*

Board of Trustees Election will take place and appointment of  
**MINISTRY LEADERS FOR 2024-2025 CONFERENCE YEAR**

In-Person voting will be available immediately following worship on Sunday, June 16.

**VIRTUAL VOTING AVAILABLE ON MONDAY, JUNE 17 FROM 1 PM-4 PM**

Please phone the church to vote: 610-642-8966

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. **Remain** steadfast and unapologetic about our witness, testimony and love for Jesus Christ and the mandate to share and lead others to Jesus Christ.
2. **Intergenerational Ministry** is our lifeline. Commitment to a ministry that serves and welcomes every facet of the life cycle,
3. **Strengthen** our commitment to being good stewards of our time, talent and treasure.
4. **Embrace** 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](http://www.bethelardmore.org) | [bethelardmore@verizon.net](mailto:bethelardmore@verizon.net)

**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





## 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."*

## Celebrating June Birthdays!

JUNE 2

Angela White Collins

JUNE 8

Kyle Howard

Sianni Pendleton

Cynthia Taylor

JUNE 13

Ernest Asbury, Jr.

JUNE 15

Vikki Asbury

JUNE 16

Amir Ross

Jamir Ross

JUNE 17

Yvonne Collick

JUNE 17

Rev. Felicia Howard

JUNE 27

Malika Richardson

JUNE 29

Bernice Green

## Happy Anniversary!

Ed & Laverne Wiley

JUNE 26

Charles 'Chuck' & Sondra Thompson

JUNE 27

## Celebrating July Birthdays!

JULY 3

Lorraine Johnson

JULY 6

Jamie Burrell

Harper Douglas

JULY 8

Aiden Douglas

JULY 11

Gloria Greenwood

JULY 12

Andrea Reidlmeier

JULY 15

Kennedee Griffin

JULY 20

Ayla Ross

JULY 23

Kim Pendleton

JULY 24

Dacia James

JULY 25

Glenn Puller

JULY 26

Phylinda Peters John

Lawrence Wiley

## Happy Anniversary!

Roger & Barbara Mills

JULY 17

## Celebrating August Birthdays!

AUGUST 5

Marion Wiley

AUGUST 7

Fred Howard, III

AUGUST 9

Pauline Short Jordan

AUGUST 11

Daisy Atkinson

AUGUST 13

Verona Vance

AUGUST 24

Sherri Pendleton

AUGUST 27

Thay Shippen

AUGUST 31

Donald 'Ducky' Jackson, Jr.

## Happy Anniversary!

Augustus & Carolyn Dingle

August 16

Lewis & Betty Burton

August 25

## 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.



## 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**  
723 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 Sis. Phyllis Allen  
Sis. Breyanna Allen and All Members  
of the Armed Forces  
Bro. Ernest Asbury, III  
Sis. Chelci Asbury and Family  
Sis. Vikki Asbury & Family  
Sis. Janine Baggett & Family  
Family of Sis. Leslie White Bristol  
Family of Sis. Mabel Berkeley  
Family and Friends of  
Sis. Andrea Carter  
College Students  
Family of Sis. Cynthia Coleman  
Family of Sis. Louise Coursey  
Family of Sis. Annie Curtis  
Rev. Dr. Albert G. Davis, Jr. & Family  
Sis. Tracey Davis and Family  
Family of Gus Dingle  
Family of Bro. Kyle Edmonds  
Sis. Danita Ellerbee  
Family of Sis. Joyce Gibbs  
Rev. Carol Gilbert  
Sis. Bernice Green and Family  
Sis. Gloria Greenwood and Family  
Family of Sis. Esther Harris  
Sis. Courtney Hatton  
Sis. Jean Hays & Family  
Family of Donald Helton  
Sis. Rosie Helton  
Family of Duane Holland

Bro. Jerry Holland and Family  
Family of Sis. Rhoda Hooper  
The Howard Family  
Sis. Donna Jarrell  
Family of Rev. Kanice Attles-Johns  
Family & Friends of Bro. J. Donald  
"Ducky" Jackson, Jr. and Rev. Alletta  
Jackson  
Sis. Phylinda Peters John & Family  
*Families impacted by COVID-19*  
Family of Mother Minnie B. Johnson  
Sis. Pauline Jordan and Family  
Sis. Jill Kilgore and Family  
Family of Rev. Wilfred Lewis  
Bishop Julius & Mother Joan McAllister  
Family of Sis. Darryl McLain  
Rev. Donna Minor and Family  
Family of Bro. Wade Morris  
Family of Bro. Gary "Poncho" Parker  
Sis. Sherri Pendleton  
Rev. James Pollard, Sr. and Family  
Sis. Princess Rahman and Family  
Family of Sis. Sharon Richardson  
Sis. Lois Savin  
Family of  
Mr. Charles "Peanut" Shippen  
Family of Sis. Denice Shippen  
Sis. Thay Shippen and Family  
Family of Bro. Troy Shippen  
Sis. Barbara Short

Family of Rev. Frank Smart  
Sis. Dorothy "Dottie" Smith & Family  
Bro. LeVan "Butch" Smith  
Bro. Guy and Sis. Joanne Stewart  
Family of Sis. Estelle Summers  
Bro. Charles "Chuck" Thompson  
and Family  
Family & Friends of Marie Thornton  
Rev. Dr. Donald Tucker  
Family of Rev. Dr. Denzil Turton, Sr.  
Bro. Anthony Walker  
Family of Rev. Lanxton Washington  
Sis. Brenda Watts  
Sis. Angie White and Family  
Bro. Harry & Sis. Yvonne White  
Sis. LaVerne Wiley  
Family of Sis. Debbie Williams  
Sis. Bonnie Wills  
Sister Lillian Wilson and Family  
*Ardmore Families and all Families  
Impacted by Gun Violence*  
*21 E. Spring Ave. Residents*  
*Sakinah Love/Redeemed for a Cause*  
*All of the babies, toddlers, community  
children & teens of our church*  
*Our College Students*  
*Lower Merion Firefighters*  
*18th Episcopal District*  
*All Who Are On the Front-Line...*  
*Leon Spencer Reid Post/Allen Family*



## BETHEL AME ARDMORE SCHEDULE • SUMMER 2024

### BETHEL ARDMORE MINISTRY MEETINGS

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

<b>MON., JUNE 3</b>	Official Board / Church Conference	6:30 PM
<b>MON., JUNE 10</b>	Official Board / Church Conference	6:30 PM
<b>TUE., JUNE 11</b>	Scholarship Ministry Meeting and Election Commission on Stewardship and Finance Meeting	6:30 PM 7:30 PM
<b>MON., JUNE 17</b>	Official Board / Church Conference	6:30 PM
<b>TUE., JUNE 18</b>	Lay Organization Meeting and Election	6:30 PM
<b>THU. JUNE 20</b>	WMS Meeting and Election Gospel Chorus Meeting and Election	5:00 PM 6:30 PM

**OFFICIAL BOARD/CHURCH CONFERENCE MEETING WILL BE HELD EVERY MONDAY @ 6:30 PM INDEFINITELY.**

**MINISTRIES ARE ASKED TO TAKE TIME FOR REST AND RELAXATION DURING THE SUMMER MONTHS!**

### IN-PERSON AND VIRTUAL WORSHIP SERVICES • JUNE 2024

<b>SUN., JUNE 2</b> 8:30 AM 9:00 AM 10:30 AM	<b>SERVICE OF HOLY COMMUNION</b> Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
<b>SUN., JUNE 9</b> 8:30 AM 8:45 AM 10:30 AM	<b>SUNDAY WORSHIP SERVICE/BETHEL SCHOLARSHIP MINISTRY SUNDAY</b> In-Person Sunday School (Adults) In-Person Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Dr. Emma K. T. Benn, <i>Speaker</i>
<b>SUN., JUNE 16</b> 8:30 AM 9:00 AM 10:30 AM	<b>SUNDAY WORSHIP SERVICE/FATHER'S DAY</b> Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Bishop Wilfred Speakes, <i>Preacher</i>
<b>SUN., JUNE 23</b> 8:30 AM 9:00 AM 10:30 AM	<b>SUNDAY WORSHIP SERVICE/JUNETEENTH SUNDAY/MOTHER EMANUEL OBSERVANCE SUNDAY/GUN VIOLENCE AWARENESS</b> Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
<b>SUN., JUNE 30</b> 8:30 AM 9:00 AM 10:30 AM	<b>TESTIMONY SUNDAY</b> Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>

### IN-PERSON AND VIRTUAL WORSHIP SERVICES • JULY/AUGUST 2024

#### SCHEDULE FOR ALL JULY WORSHIP SERVICES

8:30 AM	Virtual Sunday School (Adults)
9:00 AM	Virtual Sunday School (Youth & Young Adults)
10:30 AM	IN-PERSON/VIRTUAL WORSHIP SERVICE Rev. Cavaness, Preacher

#### **SUN., JULY 7 SERVICE OF HOLY COMMUNION**

#### **SUN., JULY 14**

8:30 AM	In-Person Sunday School (Adults)
8:45 AM	In-Person Sunday School (Youth & Young Adults)

#### **SUN., JULY 21**

#### **SUN., JULY 28**

#### SCHEDULE FOR ALL AUGUST WORSHIP SERVICES

8:30 AM	Virtual Sunday School (Adults)
9:00 AM	Virtual Sunday School (Youth & Young Adults)
10:30 AM	IN-PERSON/VIRTUAL WORSHIP SERVICE Rev. Cavaness, Preacher

#### **SUN., AUG. 4 SERVICE OF HOLY COMMUNION**

#### **SUN., AUG. 11**

8:30 AM	In-Person Sunday School (Adults)
8:45 AM	In-Person Sunday School (Youth & Young Adults)

#### **SUN., AUG. 18**

#### **SUN., AUG. 25**



## INTRODUCTION TO THE QUARTER THEME: HOPE IN THE LORD

We are beginning a new quarter, and the theme for the quarter is “Hope in the Lord.” Over the course of thirteen lessons we will be exploring this theme. There is a great need for hope in our world today. I don’t think that can be stressed enough. People are desperate for hope.

At the same time, there are new counterfeit versions of hope coming out every day and circulating across social media, over the air waves, and in conversations. The danger is that the more counterfeit versions there are in circulation, the less people will be able to tell the difference between counterfeit hope and the real thing. Make no mistake, the hope that is most real is hope in the Lord. Hope in the Lord is the well into which we

need to draw and draw deeply.

The theme for the June unit of lessons is “Experiencing Hope.” Over five lessons, we will lean into how hope in the Lord can be experienced. Experience is the best teacher. Only an experiential journey into the meaning of hope can deliver what is needed for our parched souls. This experiential journey will not end after the five lessons. Hopefully, we will gain some tools so that this experiential journey continues for the rest of our lives in an ever-deepening way.

As you set out to learn more about “experiencing hope,” what do you long to gain? What would experiencing more hope look like in your situation?

JUNE 2	GLORIOUS RICHES	COLOSSIANS 1:24-2:3
JUNE 9	BOLD MINISTERS	2 CORINTHIANS 3:5-18
JUNE 16	EMPOWERED SERVANTS	ROMANS 15:1-13
JUNE 23	FULL ASSURANCE	HEBREWS 6:9-20
JUNE 30	FEARLESS WITNESS	ACTS 26:1-11
JULY 7	CEASELESS LOVE	LAMENTATIONS 3:16-24
JULY 14	THE FAITHFULNESS OF HOPE	PSALM 71:12-21
JULY 21	DELIGHTFUL PRECEPTS	PSALM 119: 73-80
JULY 28	EXPECTANT WATCHFULNESS	PSALM 130
AUGUST 4	THE FELLOWSHIP OF ENCOURAGEMENT	1 THESSALONIANS 2:13-3:5
AUGUST 11	CHRIST’S LOVE AS THE RULE	1 JOHN 3:1-10
AUGUST 18	UPRIGHT AND GODLY	TITUS 1:1-3; 2:11-15
AUGUST 25	HOPE FOR THE ETERNAL IN THE PRESENT	TITUS 3:3-11

## SUNDAY SCHOOL IS STILL IN SESSION, EVEN DURING THE SUMMER!

### 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

## 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

### 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.

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

The Commission on Stewardship and Finance has made contact with all persons/ministries who contributed to the Elevator Fund to request 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. A full report of the allocation of the funds as indicated by the donors will be presented at the Monday, June 3, 2024, Official Board/Church Conference Meeting.

## Ways to Give



Bethel AME Ardmore  
163 Sheldon Lane  
Ardmore, PA 19003

### Online:

[www.bethelardmore.org](http://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](mailto: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](http://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!*





163 SHELDON LANE • ARDMORE, PA 19003

REV. CAROLYN C. CAVANESS, *Pastor*

# 2024—2027 LET US RISE UP & BUILD

—NEHEMIAH 2:18



VIEW FROM SHELDON LANE



VIEW FROM WALNUT AVE



AERIAL VIEW FROM SHELDON LANE



AERIAL VIEW FROM WALNUT AVE

• JUNE 1, 2024 — MAY 31, 2027 •  
**CAMPAIGN GOAL: \$75,000**

# 2024—2027 LET US RISE UP & BUILD

—NEHEMIAH 2:18

• JUNE 1, 2024 — MAY 31, 2027 •  
**CAMPAIGN GOAL: \$75,000**



*Can we count on you?*

Today's Date: \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

## 2024–2027 GIFT OPPORTUNITIES

TOTAL	ANNUALLY	MONTHLY	WEEKLY
\$500	\$167	\$14	\$3.20
\$1,000	\$333	\$27.75	\$6.50
\$1,500	\$500	\$42	\$10
\$2,500	\$833	\$69	\$16
\$5,000	\$1,666	\$139	\$32
\$7,500	\$2,500	\$210	\$48
\$10,000	\$3,333	\$277	\$64

- Gifts can be made by cash, check, credit card, appreciated stock. Legacy/Planned Gifts are welcome.
- The Commission on Stewardship and Finance is happy to assist you.
- Quarterly pledges reminders and updates will be mailed throughout the campaign.
- Naming Opportunities available. Please contact the church for more information.
- All gifts will be acknowledged.

I/WE COMMIT \$\_\_\_\_\_ TO BE FULFILLED: (PLEASE CHECK ONE)

☐ Now ☐ Weekly ☐ Monthly ☐ Quarterly ☐ Annually ☐ Other: \_\_\_\_\_

Signature(s): \_\_\_\_\_

PLEASE REMIT IN FULL BY **MAY 31, 2027**

*Please remit in the enclosed envelope.  
Thank you for your continued support!*

Return by mail to:

Bethel AME Church of Ardmore  
163 Sheldon Lane | Ardmore, PA 19003

For more info, please email us:  
bethelardmore@verizon.net

## *Have you remembered Bethel in your will?*

☐ Please send me more information.

☐ I have included Bethel Ardmore in my will.

*Thank you!* For your convenience, the *Commission on Stewardship and Finance of Bethel AME Church of Ardmore* can assist with making your gift to Bethel in the form of securities, life insurance, charitable gift annuity or other planned gift. For assistance, please contact (610) 642-8966 or bethelardmore@verizon.net.

**RESTORATION CAMPAIGN JUNE 1, 2024 — MAY 31, 2027**

**163 SHELTON LANE • ARDMORE, PA 19003**

REV. CAROLYN C. CAVANESS, *Pastor*



JESUS CHRIST IS LORD!

JOIN US FOR SUNDAY WORSHIP SERVICE  
*Bethel Scholarship Ministry Sunday*

**SUNDAY, JUNE 9, 2024**

**10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE**

*Celebrating all Class of 2024 Graduates*

Presentation of 2024 Adell and Azlan Robinson Scholarship Recipients  
Presentation of 2024 E. I. and L. L. Gibbs Scholarship Recipients



**DR. EMMA K. T. BENN**

GUEST SPEAKER

*Associate Professor*

*Founding Director, Center for Scientific Diversity*



**REV. CAROLYN C. CAVANESS, PASTOR**

**IN-PERSON SUNDAY SCHOOL!**

ADULTS: 8:30 AM

CHILDREN/YOUTH: 8:45 AM

**IN-PERSON WORSHIP SERVICE**

163 SHELDON LANE  
ARDMORE, PA 19003

**VIRTUAL WORSHIP SERVICE**

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

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

**MASKS ARE STRONGLY ENCOURAGED FOR IN-PERSON ATTENDANCE**

**SOCIAL DISTANCING WILL BE ENFORCED**

**WEAR ORANGE FOR JUNE GUN VIOLENCE AWARENESS**

**610.642.8966 | [WWW.BETHELARDMORE.ORG](http://WWW.BETHELARDMORE.ORG) | [BETHELARDMORE@VERIZON.NET](mailto:BETHELARDMORE@VERIZON.NET)**





JESUS CHRIST IS LORD!

JOIN US FOR SUNDAY WORSHIP SERVICE!

INVITE/BRING A MAN TO CHURCH SUNDAY!

*Father's Day Sunday!*

IN-PERSON/VIRTUAL WORSHIP SERVICE  
**SUNDAY, JUNE 16, 2024 | 10:30 AM**

Blood Pressure Check immediately after  
Worship Service with Nurse Laura



**BISHOP WILFRED SPEAKES**  
Guest Preacher

**Wear Orange for June Gun Violence Awareness**

**IN-PERSON WORSHIP SERVICE**

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

**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](http://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**



JESUS CHRIST IS LORD!

JOIN US FOR WORSHIP SERVICE!

**JUNE TEENTH SUNDAY/MOTHER EMANUEL  
OBSERVANCE SUNDAY**

**GUN VIOLENCE  
AWARENESS SUNDAY**

**SUNDAY, JUNE 23, 2024  
10:30 AM**

IN-PERSON/VIRTUAL WORSHIP SERVICE

**REV. CAROLYN C. CAVANESS, PASTOR**

**Wear Orange for June Gun Violence Awareness**

**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](http://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!

JESUS CHRIST IS LORD!

# TESTIMONY SUNDAY

SUNDAY, JUNE 30, 2024

10:30 AM

IN-PERSON/VIRTUAL WORSHIP SERVICE

*Wear Orange for June Gun Violence Awareness*

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](http://www.Facebook.com/BethelArdmore)

## VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

610.642.8966 | [WWW.BTHELARDMORE.ORG](http://WWW.BTHELARDMORE.ORG) | [BTHELARDMORE@VERIZON.NET](mailto:BTHELARDMORE@VERIZON.NET)

**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.*



## BTHEL AME ARDMORE WEDNESDAY VIRTUAL BIBLE STUDY



### **WEDNESDAY MID-DAY BIBLE STUDY**

*ends for the summer on WEDNESDAY, JUNE 19  
and will resume in SEPTEMBER 2024!*

*Have a blessed summer!*

# The Youth Corner

## We are grateful to God for our AMAZING young people!

The Youth will lead in Worship on Sunday, July 14 and Sunday, August 11. Please let us know if your young people will be in attendance for worship!

Let's get ready for Vacation Bible School!

All ages are welcome to join us for "Growing with Jesus", hosted by Bethel AME Church Ardmore! Register Today!  
When: Monday, June 24 - Friday, June 28 202 | 6:30 PM - 8PM

Who doesn't like Dave and Busters? Join the Bethel Ministry for an evening of fun and fellowship!  
Date TBD! More information to come!

### Upcoming YPD Service Projects

We will make 75 Cards of inspiration during the months of June and July for our Chosen 300 Outreach on Monday,

July 29, 2024. All cards are needed by Sunday, July 21, 2024.

Sunday, July 14, 2024: Work Day at the Bethel Community Garden at Haverford College immediately following worship!

Monday, July 29, 2024: Let's Serve at Chosen 300!

All are asked to be at Chosen 300 by 5:30pm with your YPD T-Shirt

Save the Date! Sunday, September 8, 2024

Back to School Sunday!

All children are asked to join us for worship and praise as we begin a new school year!

Congratulations to the Class of 2024!

Congratulations for completing another school year!

We are proud of you!

## 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.*

## 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.                                   |

 **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


Interests, Hobbies, Special Gifts and Skills

Ministry Involvement at Bethel AME C

Emergency Contact Name

Relationship

Phone Number



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

*Thank you!*

Open the camera on your Smart phone.


Scan the QR code.

Follow the prompts to access the form.

### YOUTH MINISTRY TEAM

Church School: Sister Janine Baggett, Sister Jackye Smith • Music Ministry: Sister Angie White

YPD: Sister Cynthia Taylor • Rev. Cavaness

 **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, damages, losses, and expenses, including reasonable attorney's fees, that may be incurred by or on behalf of my estate may have or may have by reason of this release.

This release is also transferable to the below listed minors and I give this permission:

Name

Date







# *Congratulations* TO THE CLASS OF 2024!

## PRE-K GRADUATES

Milan Stokes

## ELEMENTARY SCHOOL GRADUATES

Dallas Lawson

Nyla Bowman

## HIGH SCHOOL GRADUATES

Kamora Helton, *Lower Merion High School*

Faith Law, *Lower Merion High School*

Marquis Ransome, *Lower Merion High School*

Journey Dixie, *Valedictorian*  
*Charlotte Lab School, Charlotte, NC*

## COLLEGE GRADUATES

Hannah Foster, *Juniata College*

Aunja Richards, *Villanova University*

Yazmyn Stewart, *University of Maryland, Eastern Shore*

Skylar White, *Albright College*

*We are Proud of Our Graduates!*





## MASTERS' DEGREE

Dominique Pendleton,  
*Philadelphia College of Osteopathic Medicine (PCOM)*

## 2024 ADELL H. AND AZLAN ROBINSON SCHOLARSHIP AWARDEES

Kyle Howard, *West Chester University*

Kalil Lawson, *Virginia State University*

Benita Peters-John,  
*Delaware County Community College*

## 2024 E.I. AND L.L. GIBBS SCHOLARSHIP RECIPIENTS

Brooke Law, *Drexel University*

Faith Law, *Penn State, College Park*

Kendall Law, *Howard University*

Alisha Holland, *Coppin State University*

Arianna Puller, *Norfolk State University*

Amir Ross, *Harcum College*

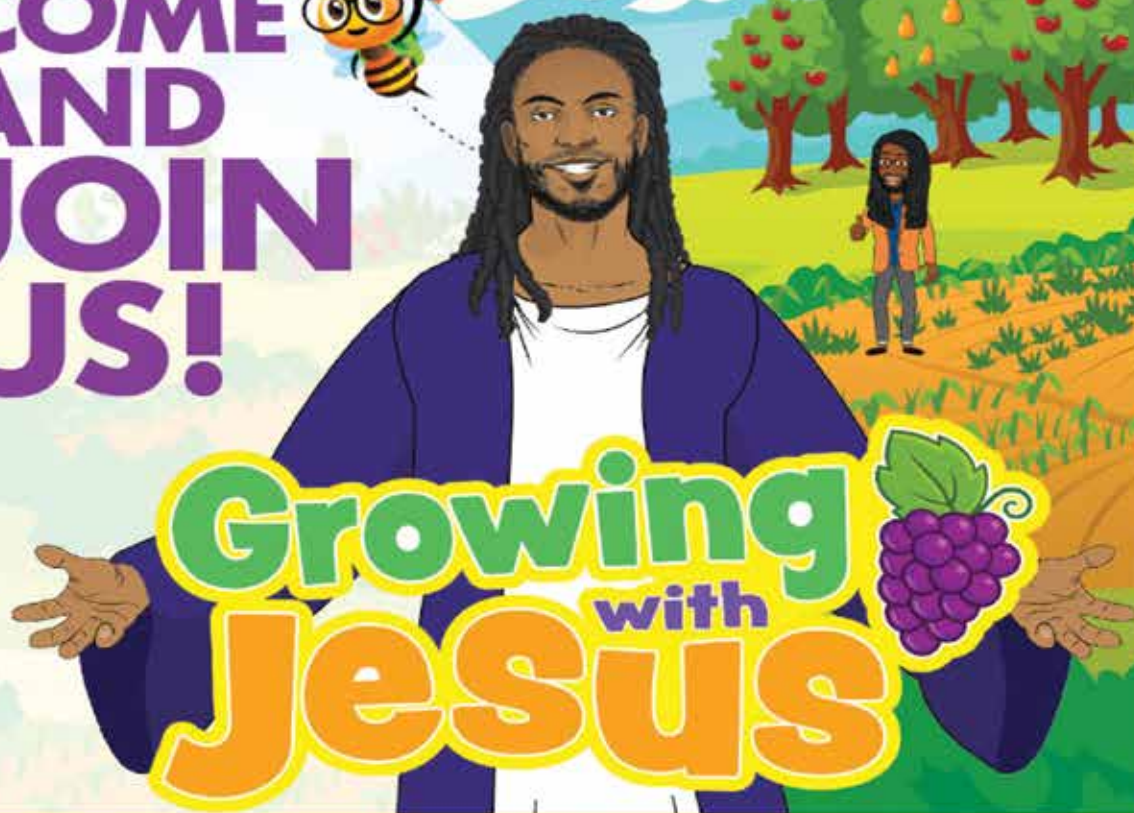
Jamir Ross, *Harcum College*

*We are Proud of Our Graduates!*



# Vacation Bible School 2024!

COME  
AND  
JOIN  
US!



**Mon., June 24–Fri., June 28**

**6:30 PM–8:00 PM**

(Dinner served at 6:00 PM)

*All ages are welcome!*

Food, games, music, Bible lessons, activities, and crafts for all ages!



HOSTED BY: BETHEL AME CHURCH OF ARDMORE

Location: Ardmore United Methodist Church

200 Argyle Rd. • Ardmore, PA

FOR MORE INFORMATION AND TO SIGN UP:

📧 [bethelardmore@verizon.net](mailto:bethelardmore@verizon.net) 📞 610-642-8966

If you would like to volunteer, please contact Sis. Janine Baggett | [janineb104@gmail.com](mailto:janineb104@gmail.com)



ARDMORE UNITED  
METHODIST CHURCH





# Special Salute

TO ALL OF OUR CHILDREN AND YOUNG PEOPLE!

## Back to School Sunday!

**SUNDAY, SEPTEMBER 8, 2024 • 10:30AM**

**Water Ice & School Supplies on Bethel Lawn**

*All are Welcome!*



### 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.

The Mary F. Handy WMS will be leading the Philadelphia Conference WMS Stop the Violence Prayer Call and Workshop as the month of June is Gun Violence Awareness Month.

During the summer months, we ask that we will all check in on each other, our sick and shut in especially as temperatures rise, et al. The missionaries are always happy to serve and respond!

We will fellowship and share with Chosen 300 on Monday, July 29, 2024. All are welcome to join us!

Our annual Missionary Day will be held Sunday, September 22, 2014, 10:30 AM Worship Service.

*To God Be The Glory!*

### WEST MAIN LINE DISTRICT CHURCH SCHOOL CONVENTION

**SATURDAY, JUNE 22, 2024 • 8:30AM**

Mt. Zion AME Church, Devon *and* St. Paul AME Church, Malvern,  
*Host Churches*

#### CONVENTION SITE

ST. LUKE LUTHERAN CHURCH  
203 North Valley Forge Road • Devon, PA 19333

*Proudly Presents Our*

# 2024 UNSUNG HERO



**BROTHER CHARLES "CHUCK" THOMPSON**

**SATURDAY, OCTOBER 5, 2024 • 12:00 NOON**

**SPRINGFIELD COUNTRY CLUB**

400 Sproul Road | Springfield, PA 19064

**TICKETS: \$55.00**

Tickets will be available from **Sunday, June 9 – Sunday, September 8, 2024**

All tickets **MUST** be paid by **Sunday, September 8, 2024**

For tickets please contact the Church Office

at (610) 642-8966 or [bethelardmore@verizon.net](mailto:bethelardmore@verizon.net)

**SALUTE BROTHER CHUCK IN THE SOUVENIR JOURNAL!**

**AD SPECIFICATIONS:**

\$50 full page (black & white) | \$75 full page (color) | Patrons \$1.00 each

\$100 (inside front cover and inside back cover) | \$150 (outside back cover)

**AD AND PAYMENT DEADLINE: SUNDAY, JULY 21, 2024**

Ads should be camera ready, sent in a WORD DOCUMENT or in a PDF FORMAT.

Please forward all ads to [bethel19003@gmail.com](mailto:bethel19003@gmail.com).

All checks should be made out to **BETHEL AME CHURCH of ARDMORE**,  
MEMO: 2024 Unsung Hero



Rev. Carolyn C. Cavaness, *Pastor*

Cheryl Hammond Hopewell, *1st District Lay Organization President*

Andree Turner, *Philadelphia Conference Lay Organization President*

Bernice H. Green, *Lay Organization of Bethel of Ardmore President*



FIRST EPISCOPAL DISTRICT AFRICAN METHODIST EPISCOPAL CHURCH

# POST CONFERENCE PLANNING MEETING

*& Episcopal Retirement Celebration*

**JUNE 13-15, 2024**

**"A BISHOP WITH A SHEPHERD'S HEART"**

*And I will give you shepherds according to My heart,  
who will feed you with knowledge and understanding.  
Jeremiah 3:15*




*The Right Rev. Julius H. McAllister, Sr.  
PRESIDING PRELATE  
Mother Joan Marla McAllister  
EPISCOPAL SUPERVISOR*

**Bishop Adam J. Richardson   Bishop Samuel L. Green   Dr. Deborah Taylor King   Rev. Makeeda Brooks   Rev. Dr. Julius H. McAllister, Jr.   Rev. Kevin T. Taylor   Rev. Dr. Charles F. Beyer**

**FIRST DISTRICT PLAZA, PHILADELPHIA, PA  
WWW.FIRSTDISTRICTAMEC.ORG**

We welcome our Summer Intern, J'Ney Simmons,  
of Villanova University (Undergraduate Student)



My name is J'Ney Simmons. Born and raised on the south side of Chicago to become a student at Villanova University to pursue a Peace and Justice major, and criminology minor, with hopes and dreams to be an effective advocate, active community member, and equitable resource for standing against inequality, discrimination, unfairness, and discrepancies endured by my fellow human beings. I'm so excited to have the opportunity to be a part of an organization with such positive, impactful contributive, healing, and Godly based initiatives that provides the guidance, service, enlightenment, support, and love to all and especially to those who need it the most.



# Freedom

**SAVE THE DATE!**



## ON THE MAIN LINE

FREE COMMUNITY EVENT • BRING A CHAIR!

FOOD • VENDORS • KIDS' ZONE • LIVE ENTERTAINMENT

SATURDAY

# JUNE 22, 2024

(RAIN DATE: JUNE 29)

12:00 pm - 4:00 pm

VERNON YOUNG PLAYGROUND

124 ARDMORE AVE | ARDMORE, PA

**VENDORS WANTED!**

If interested contact [bethelardmore@verizon.net](mailto:bethelardmore@verizon.net) • 610.642.8966

Sponsored by: (as of 5/31/2024)



— A.A.C.C. — — James W. Bell Allen Lodge #47 —

For more information, email us: [bethelardmore@verizon.net](mailto:bethelardmore@verizon.net) or call 610.642.8966

## SUMMER 2024 BLACK HISTORY FACTS

### FATHER'S DAY TRIBUTE

**SONG FOR MY FATHER** by Leon Thomas

**BACK IN** the 60's I started to develop a different love for music than my family and peers. Don't get me wrong I love all music but I fell in love with jazz. There was one song I played constantly and later honored my father at his funeral with the lyrics, The lyrics were read by the "Eloquent Ennunciator Blanche Hill". Sister Woman read those lyrics with such drama and emotion that people asked for copies. I would like to share these lyrics with you today in honor of every man who is a father and those who have stepped in as fathers. I wish you much Love and Respect.



**SONG FOR** My Father

*If there was ever a man who was generous, gracious, and good,  
that was my Dad The Man.*

*A human being so true he could live like a king cause he knew, the real pleasure in life.  
To be devoted to and always stand by me, so I'd be unafraid and free.*

*If there was ever a man who was generous, gracious, and good,  
that was my Dad The Man.*

*A human being so true he could live like a king cause he knew, the real pleasure in life.  
To be devoted to and always stand by me, so I'd be unafraid and free.*

*If there was ever a man who was generous, gracious, and good,  
that was my Dad The Man, The Man!*

### JUNETEENTH

**JUNETEENTH OR JUNE 19<sup>TH</sup>** was declared a National Holiday in 2021. Juneteenth has been celebrated throughout the United States since 1866. It commemorates the abolishment of slavery in Texas. In 1863 President Lincoln promised freedom to the enslaved people who lived in Confederate states. That meant only the slaves down south were to be free not the slaves who lived in the north. People tend to forget that slavery did not only exist in the south but in certain northern states as well. Most northern states abolished slavery years before the Emancipation Proclamation and some states continued to practice. Although African Americans in Mississippi lived as emancipated citizens, Mississippi didn't officially abolish slavery until 2013. They claimed the lateness was an oversight. New Jersey was the last northern state to abolish slavery, which occurred in 1866, a year after Texas.

During the early years of the war, slave masters began to resettle their plantations in Texas. It was new territory and most enslavers thought they could continue to their business safely in a young new state. The family that enslaved my ancestors did that. Ever heard of Baylor University? When the Emancipation Proclamation was issued they relocated some of their family and slaves and the ones they left in Virginia were not told of their freedom until 1865. So you can imagine how this family felt when Major General Gordon Granger popped up bringing 2,000 Union Soldiers and



# KNOW YOUR HISTORY!

## SUMMER 2024 BLACK HISTORY FACTS

about 15,000 Colored Soldiers. He came to enforce the Emancipation Proclamation with a message that Slavery and the War were Over and Blacks were finally FREE!

### ARDMORE'S JUNETEENTH

The first Juneteenth celebration in Ardmore took place on June 19, 2021.

Before Joe Biden's declaration to make Juneteenth a National Holiday a commemoration was decided to take place on Juneteenth 2021. Thanks to the support of The Lower Merion Township Commissioners, neighbors, citizens, and Wendell Holland a street sign was placed to honor a fallen soldier. The street, Chestnut Avenue is also known as 1st. Lt. Paul T. Short Jr. Way. The signage not only honors Lt. Short but everyone in the community who fought and served in the Armed Forces. Thanks to Reverend Cavaness the celebration of Juneteenth in Ardmore continues.



Now we have a chance to support another soldier, Linda Jackson. She fought civic wars and stayed on the battlefield to the end. There's a petition to honor her service to the community and she well deserves it. Linda is a descendant of an old Ardmore Family. She was a fourth generation to the Jackson Family and dedicated her life to her church and community. She wore many hats and was blessed to have her visions for the community fulfilled. Linda will be the first African American Woman to receive the honor to have a building in her name. Let's support Linda as she did the community. She will be missed this Juneteenth but never forgotten. Linda worked hard on the Juneteenth committee and the least we can do is to support her and honor our ancestors as she did at this event. *See you on Juneteenth!*

### TOP LOCATIONS TO LEARN PHILLY'S BLACK HISTORY

MOTHER BETHEL AFRICAN METHODIST EPISCOPAL CHURCH, the oldest parcel of land continuously owned by African Americans in America and the birthplace of the African Methodist Episcopal Church!

AFRICAN AMERICAN MUSEUM OF PHILADELPHIA: It's the 1st institution built by a major United States city to house and interpret the life and work of African Americans @aampmuseum (Website: <https://www.aampmuseum.org/>)

MUSEUM OF AMERICAN REVOLUTION: This highlights some of the legacy of Blacks and Native Americans from the American Revolution @amrevmuseum (Website: <https://www.amrevmuseum.org/>)

LIBERTY BELL: The Center welcomes visitors to learn about the connection between the bell and African American history. (Website: <https://www.nps.gov/inde/planyourvisit/libertybellcenter.htm>)

THE BLACK JOURNEY: African-American History Walking Tour of Philadelphia: With a focus on the city's early history, learn about Black American's role in the history of the nation's foundation. @theblackjourney (Website: <https://blackjourneyphiladelphia.com/>)

PHILLY EXPERIENCES: In the "Black Be Beautiful Tour," you will get a taste of Black, Hood and African inspired art, community and music walk that is FOR THE CULTURE! @phillyexperiences (Website: <https://www.phillyexperiences.com/>)

— Franny the Traveler

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

CHALLENGE LIKE ROSA • KNOW YOUR HISTORY • BUILD LIKE MADAM C.J.





# CALLING ALL GOSPEL SINGERS!

If you are interested in participating in Wawa Welcome America's Gospel on Independence Concert in partnership with Ensemble Arts Philly, please join us for rehearsals at:

**Saint Phillips Baptist Church**  
1228 North 6th Street, Philadelphia, PA 19122

## REHEARSAL DATES

- June 3rd | 7 PM
- June 17th | 7 PM
- June 24th | 7 PM



**JULY4THPHILLY.COM**

# FREE CONCERT ON INDEPENDENCE MALL



Featuring

**Tamela MANN**

Sunday, June 30 | 7 PM

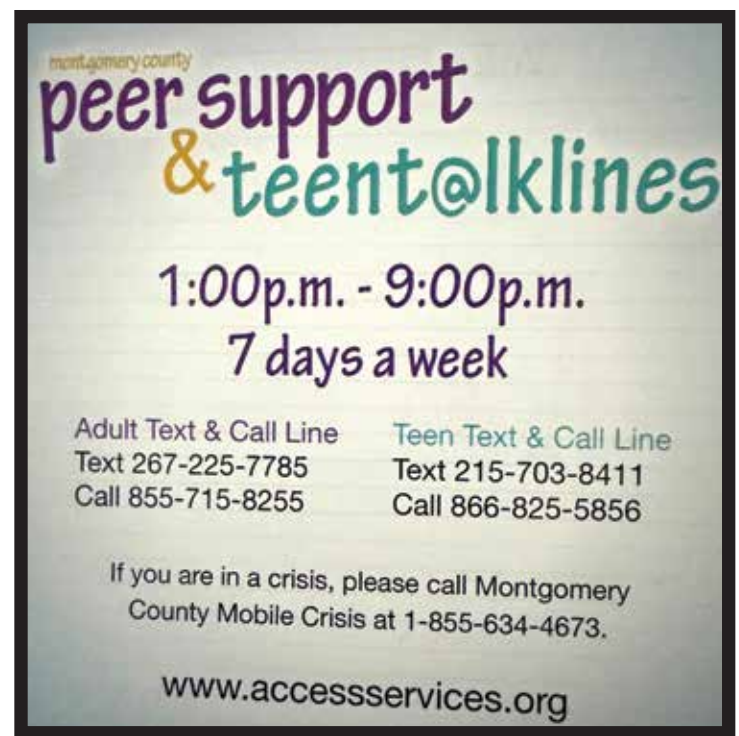
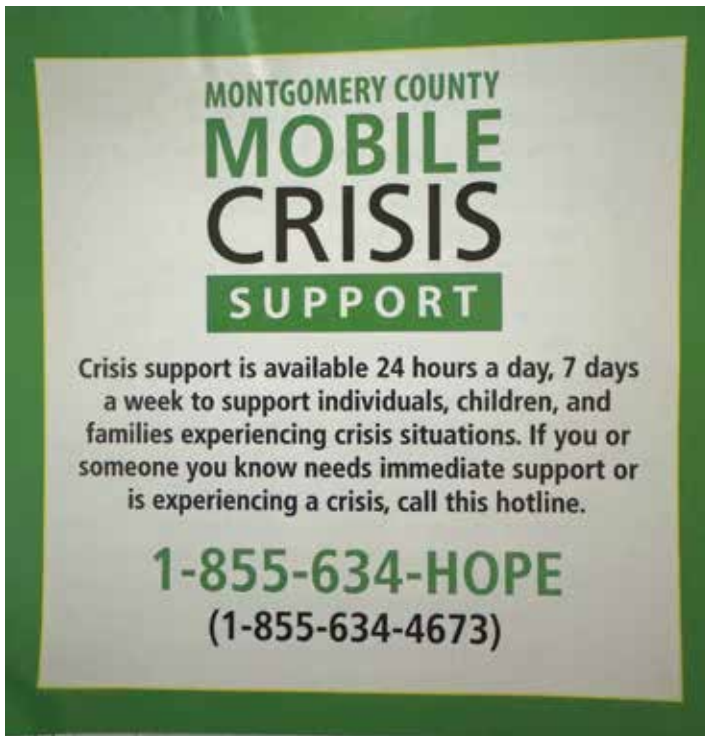
## Gospel on Independence

Independence National  
Historical Park  
6th & Market Streets

[july4thphilly.com](http://july4thphilly.com)







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

### SUMMER 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 2023–2024 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](mailto:bethelardmore@verizon.net). We are looking forward to what this year will unfold!





# the garden corner

SUMMER 2024

BETHEL COMMUNITY GARDEN launched its 2024 growing program in April with its Spring launch and feature on 6abc news! Volunteers and long-time supporters of BCG worked to transplant cabbages, collards, kale, onions, radishes and more! Harvests will continue to supplement 4 local food pantries and stock our own monthly free farm stands starting in June.

Additionally, the Ardmore Victory Gardens, the network of homegrowers that BCG supports seasonally, will be able to pick up seedlings for Spring, Summer, and Fall to jumpstart their home gardens. All seedlings will be started by BCG this growing season and sourced from PHS.

Bethel Community Garden is now a part of the Xerces Society native pollinator project, adding our growing space to the network of sites supporting native pollinators in our area. This growing season, Bethel Community Garden will partner with the Ardmore Community Center and Riverbend Environmental Education Center to bring an immersive opportunity for youth to explore nature. BCG will partner with Villanova, Haverford, and Girls' Inc to form our summer intern force of stewards who will be taking care of the land and supporting BCG's growing program!

Bethel Community Garden will be hosting two workshop series this summer and fall. Our Herbal Tea Workshop Series will meet biweekly on Monday and will focus on storytelling and fine tuning the ability to use the abundance around us. We will explore tea-making, repurposing "weeds", and discussing home remedies as it relates to our own backgrounds and families. There will be tons of tea tasting and conversation as a means to connect to people and land! Our second addition is our Pickling, Hot Sauce, and Seed Saving Workshop Series where as the title suggests, we will be doing all three! We will meet biweekly on Wednesdays.

Throughout the summer we will have a day trip to Sankofa Community Farm and Build A Garden Bed Workshop.

*Join us!*



## FIRST SATURDAY WORKDAYS & FREE FARM STAND

JUNE 1 | JULY 6 | AUGUST 3  
SEPT 7 | OCT 5 | NOV 2

**Volunteer 10AM-12PM**  
Location:  
Haverfarm, Haverford College

**Farm Stand 12-2PM**  
Location:  
Bethel AME Church Ardmore  
163 Sheldon Lane



## HERBAL TEA WORKSHOP SERIES

*Monday, July 8, 2024* | 6:00-7:30pm  
Haverfarm,  
Haverford College



SCAN QR CODE TO RSVP!



*Bethel*  
COMMUNITY GARDEN

Join Bethel Community Garden's

# Visit to Sankofa Community Farm

Date: Friday,  
June 28, 2024

Time: 10AM-12PM

Scan the QR code  
to RSVP!



CK  
generational,  
tered



at

at  
BARTRAM'S GARDEN



SCAN  
OUR QR  
CODE TO  
RSVP!



*Bethel*  
COMMUNITY GARDEN



## BUILD A GARDEN BED WORKSHOP

Saturday, July 27, 2024

10AM-12PM

Haverfarm, Haverford College

**JOIN US!**

Participants will learn how to  
use a drill! Have an  
introduction to soft woods and  
understand just how urban  
agriculture has impacted food  
systems nationwide!



# Composting made easy!

Are you interested in participating in a pilot community compost program?

Collect your household's food scraps and other organic waste, then drop it off in a nearby community collection bin at your convenience. The bin will be picked up weekly and turned into compost!

Space in the program is limited. Fill out the interest form today!

Scan the code or visit  
[www.lowermerion.org/Compost](http://www.lowermerion.org/Compost)



1. Attend a training session to learn about the program.



2. Collect your food scraps and other organic waste at home



3. At your convenience, drop off your organic waste in a nearby community collection bin.

## 21 E. SPRING AVENUE RESIDENTIAL TENANT FUND



On the evening of Tuesday, April 23, 2024, our property located at 21 E. Spring Avenue experienced a devastating fire impacting three (3) families who reside in the property. *We are grateful that no one was injured and everyone is safe.* We are committed to assisting the residential tenants with their sudden expenses that are now

being incurred.

We are grateful in advance to our congregation, neighbors and community at large for your support, love and prayers during this time.

If you would like to support monetarily you are welcome to by one of the following ways:

- [www.bethelardmore.org](http://www.bethelardmore.org)

- Check made payable to Bethel AME Church of Ardmore: Memo: 21 E. Spring Residential Tenant Fund. Please mail to: Bethel AME Church of Ardmore, 163 Sheldon Lane, Ardmore, PA 19003
- Gift cards are also welcome to: Target, Walmart, ACME, & Giant. You are welcome to mail directly to the church at 163 Sheldon Lane, Ardmore, PA 19003

All funds received will be used to directly support the residential tenants affected by the fire. You are welcome to share with your networks to raise awareness and support. The need for support of the fund is ongoing.

We are grateful to our Committee who will be steering the efforts of the Fund as well as direct outreach efforts to the families impacted by the fire. You are welcome to reach out to them directly with any thoughts, questions or concerns.

### 21 E. SPRING AVENUE TENANT RESIDENTIAL FUND COMMITTEE

Sister Vikki Asbury, Sister Jamie Burrell,  
Sister Tracey Davis

Rev. Carolyn C. Cavaness, *Pastor*



# SUMMER 2024

## CAPITAL IMPROVEMENT PLAN/RENOVATIONS UPDATE

TASK	PROGRESS/UPDATE
PROJECT DESIGN/SCHEMATIC	The project went to bid on March 25, 2024. Our consultant Suzanna Barucco managed the outreach and bid responses. Two (2) bid meetings were held for potential bid contractors on April 9 and April 16, 2024. The bid response deadline was extended to May 9, 2024. At the Official Board/Church Conference on Monday, June 3, 2024, the recommendation for the contractor for the project will be presented to be voted upon by the congregation. Upon approval, all necessary documents will be reviewed by legal counsel to retain contractor, et al as well as permit application will be filed with Lower Merion Township.
PROJECT COST ESTIMATE	A formal project cost estimate has been completed. This was shared with the congregation on February 26, 2024 and is a part of the bid process.
PROJECT FINANCING	The Project cost estimate was shared with the congregation on February 26, 2024. At the May 13, 2024, Official Board/Church Conference a presentation was given around the overall financing of the project. The church voted upon a goal of \$75,000 to be raised towards the project, which is named the "Let's Rebuild Capital Project, which will be a three (3) campaign to begin on June 1, 2024 and end on May 31, 2027. All embers/friends of Bethel AME Church of Ardmore are asked to consider supporting the project. Additionally, the 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	Praise be to God this is completed! The lot consolidation was approved. The necessary paperwork has been completed and filed with Montgomery County and Lower Merion Township.
BETHEL COMMUNITY GARDEN	The Community Garden launched officially on April 6, 2024 at HaverFarm at Haverford College. Various opportunities are available to support and help during the 2024 growing season.
TEMPORARY OFFICE LOCATION	As of May 6, 2024, the complete administrative operation will be transferred to Ardmore Presbyterian Church.
VACCINATION CLINICS	Vaccination Clinics will continue to 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	Praise be to God the entire building has been cleared out except for the Sanctuary, which as we are aware is not a part of the planned construction/renovation. The abatement process was completed on April 30, 2024. Demolition of interior and exterior areas will take place once the general contractor is in place.

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. All are welcome to share any feedback, suggestions and concerns.

**TO GOD BE THE GLORY!**

# BETHEL COMMUNITY LIFE CENTER SUMMER 2024 VACCINE CLINICS

*Keep You & Your Loved Ones Safe This Season!*



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

**TUESDAY, JUNE 11** 12 PM–2 PM

**SATURDAY, JUNE 22\*** 12 PM–2 PM

**\*JUNETEENTH ON THE MAIN LINE EVENT**

VERNON YOUNG PLAYGROUND | 124 ARDMORE AVE | ARDMORE, PA

**WEDNESDAY, JULY 17** 5 PM–7 PM

**TUESDAY, AUGUST 13** 1 PM–3 PM

## 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.



**ADVANCED REGISTRATION STRONGLY ENCOURAGED.**

To sign up or for more information:

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

### CDC RECOMMENDS ADDITIONAL COVID VACCINE DOSE FOR ADULTS 65+

It is recommended that adults 65+ get an additional dose of the 2023-24 COVID vaccine at least 4 months after their last dose.

### 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.)*

✉ [montcovaccine@gmail.com](mailto:montcovaccine@gmail.com) ☎ 610.281.4933



Pennsylvania Chapter  
American Lung Association



# SUMMER 2024



## COVID-19

# Summer Safety Tips

It's summertime! Although many activities have resumed and we seem to be closer to normal than ever, please remember that the pandemic isn't over yet! AME AVE advises that you continue to:

- ✓ **Wash or sanitize** your hands regularly
- ✓ Maintain a **6-foot physical distance** from others, especially if they have cold-like symptoms
- ✓ **Wear a mask** in enclosed spaces and crowded outdoor spaces
- ✓ **Self-test** if you have symptoms or if you've been exposed to COVID-19
- ✓ **Stay at home and isolate** yourself from others if you test positive
- ✓ **Consult your doctor** about getting vaccinated, if you haven't already



***Have a wonderful, COVID-safe summer!  
Let's remain vigilant to live safely with COVID.***



Pennsylvania Chapter  
American Academy of Pediatrics



## AME AVE SUMMER 2024 COVID SAFETY TIPS



### MAKE STAYING HEALTHY A PART OF YOUR SUMMER BUCKET LIST!

- Get vaccinated
- Wear a mask
- Wash your hands
- Stay home when sick
- Get tested if you have symptoms of COVID-19



Pennsylvania Chapter

American Academy of Pediatrics



# 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](mailto:montcovaccine@gmail.com)

📞 610.281.4933

IN PARTNERSHIP WITH



Pennsylvania Chapter  
American Academy of Palliative Care



AS OF 2/28/2024



# IMMUNIZE

## Prevent Disease – Get Immunized! Pennsylvania School Vaccination Requirements

VACCINES	KINDERGARTEN & GRADES 1-6	GRADES 7-11	GRADE 12
<b>Diphtheria, Tetanus, and Acellular Pertussis</b> (Usually given as DTaP, DTP, DT, or Td) 1 dose on or after 4th birthday	4 doses	4 doses	4 doses
<b>Polio</b> 4th dose on or after 4th birthday and at least 6 months after previous dose given	4 doses A 4th dose is not necessary if the 3rd dose was administered at age 4 years or older and at least 6 months after the previous dose	4 doses A 4th dose is not necessary if the 3rd dose was administered at age 4 years or older and at least 6 months after the previous dose	4 doses A 4th dose is not necessary if the 3rd dose was administered at age 4 years or older and at least 6 months after the previous dose
<b>Measles, Mumps, and Rubella</b> (Usually given as MMR)	2 doses	2 doses	2 doses
<b>Hepatitis B</b>	3 doses	3 doses	3 doses
<b>Varicella (Chickenpox)</b>	2 doses or evidence of immunity	2 doses or evidence of immunity	2 doses or evidence of immunity
<b>Tetanus, Diphtheria, Acellular Pertussis (Tdap)</b>	Not applicable	1 dose	1 dose
<b>Meningococcal Conjugate (MenACWY)</b>	Not applicable	1 dose	2 doses  A 2nd dose of MenACWY is not necessary if the 1st dose was given at age 16 years of age or older

For more information on the vaccines your child needs to attend school, talk to your healthcare provider, school nurse, or visit [www.montcopa.org/immunizations](http://www.montcopa.org/immunizations)



Pennsylvania Chapter  
American Academy of Pediatrics



Updated March 15, 2022



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

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

## **B**ALANCE



### **Sudden Dizziness**

Sudden dizziness, loss of balance or coordination

## **E**YES



### **Blurred Vision**

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

## **F**ACE



### **Facial Drooping**

Sudden uneven face or facial droop, numbness in the face

## **A**RMS



### **Arm Weakness**

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

## **S**PEECH



### **Speech Difficulties**

Sudden change to speaking or slurred speech

## **T**IME



### **Time to Call**

Call 911 immediately if an individual is experiencing these symptoms

## HEALTH FOCUS: PROSTATE CANCER AWARENESS MONTH

## Prostate Cancer Prevention

While many people may wonder how to prevent prostate cancer, there's no one way to avoid the disease. Staying healthy as you age, or working to reverse existing health problems, can lower your risk. However, like all cancers, prostate cancer has certain risk factors that cannot be avoided.

**Things You Can't Change: Age, Race and Genes**

Prostate cancer is primarily a "disease of aging." As you get older, your chances of developing prostate cancer increase. Race and genetics also play a significant role. If you are African American, your chances of developing prostate cancer are double those of white American men. If your father, brother or multiple blood relatives had prostate cancer, you are more likely to get it, too.

Preventing prostate cancer might be difficult if you have these risk factors, but screening early and often can help ensure that if you do get cancer, it's diagnosed and treated as soon as possible.

**Things You Can Change: Diet and Lifestyle**

Men in western countries have much higher rates of prostate cancer than men in Asia. While no one can definitively explain this phenomenon, experts suspect differences in eastern and western diets are to blame. Poor eating habits and diets that heavily rely on fats and animal proteins can cause DNA damage and lead to cancer.

Even men who are already at greater risk due to age, race or genetics can reduce their chances of developing prostate cancer by adopting healthy diets and lifestyles.

**Improve Your Diet**

Researchers don't completely understand the relationship between diet and prostate cancer prevention, but studies suggest that certain eating habits may help.

- Reduce fat intake. Eat less trans fats and saturated fats. Focus on healthy fats such as omega-3 fatty acids from nuts, seeds and fish.
- Eat more fruits and vegetables. Incorporate a wide variety of produce, including plenty of leafy greens. The antioxidant lycopene, which is plentiful in cooked or processed tomatoes, has been shown in some studies to slow the growth of prostate cancer cells. Cruciferous vegetables (e.g., broccoli and cauliflower) contain a compound called sulforaphane that may protect against cancer.
- Add green tea and soy. Clinical trials have suggested that soy may lower PSA levels, and that green tea may help men who are at high risk for prostate cancer lower their risk.
- Avoid charred meat. Charred meat, from frying or grilling at high temperatures, may produce a chemical compound that leads to cancer.

**Maintain a Healthy Weight**

Obesity can be a risk factor for developing more aggressive prostate cancer. In general, losing weight and maintaining a healthy weight as you age can help reduce your risk of cancer and many other health problems.

**Get Regular Exercise**

In addition to helping you achieve a healthy weight, exercise can reduce inflammation, improve immune function and fight some of the negative health effects of a sedentary lifestyle—all of which can help prevent cancer.

**Stop Smoking and Drink Less**

Quitting smoking can improve your health in many ways, including lowering your cancer risk. And if you drink, do so in moderation. Some studies suggest that red wine has antioxidant properties that may benefit your health.

**Increase Your Vitamin D**

Most people don't get enough vitamin D. It can help protect against prostate cancer and many other conditions. Vitamin D-rich foods include cod liver oil, wild salmon and dried shiitake mushrooms. Since the sun is a better, more readily available source of vitamin D, many experts recommend getting 10 minutes of sun exposure (without sunscreen) every day. Doctors often recommend vitamin D supplements. However, you should talk to your doctor before taking any vitamin or supplement.

**Stay Sexually Active**

Two studies appear to show that men who have a higher frequency of ejaculation (with or without a sexual partner) were up to two-thirds less likely to be diagnosed with prostate cancer. Studies are ongoing, but some experts theorize that ejaculation clears the body of toxins and other substances that could cause inflammation.

**Drugs to Prevent Prostate Cancer**

Men with benign prostatic hyperplasia (BPH) are often treated with dihydrotestosterone (DHT)-lowering drugs called finasteride or dutasteride. These drugs have been studied extensively to determine whether they can prevent prostate cancer, and results suggest that they could reduce cancer risk by about 25 percent. Patients who develop cancer while on the drugs are more likely to get an aggressive form of the disease, so discuss the advantages and disadvantages with your doctor.

**Prostate Cancer Screening**

Prostate cancer screening tests have pros and cons. While detecting prostate cancer early may make it easier to treat, the side effects of treatment may outweigh the benefits of early detection. Most prostate cancers grow slowly and do not cause symptoms until they are at advanced stages. Some prostate cancers never advance to the point of causing problems. By

*continued next page...*

considering the potential limitations, risk and benefits, you and your doctor can work together to decide if screening is beneficial for you.

### Primary Screening Tools

The following tests are currently used to detect the disease at its earliest stages:

- Prostate-specific antigen (PSA) blood test: This test measures levels of PSA, a protein produced by the prostate gland, in the blood. Elevated PSA levels indicate a greater likelihood of prostate cancer. According to the American Cancer Society, patients with a PSA level between 4 and 10 have a 25 percent chance (approximately) of having prostate cancer.
- Digital rectal exam (DRE): During this exam, the doctor inserts a gloved finger into the rectum to feel for hard, lumpy or abnormal areas of the prostate.

Your doctor may use the results of your PSA test and DRE to determine if additional tests are needed.

### Screening Age and Frequency

While oncologists agree that screening for prostate cancer can reduce prostate cancer mortality, it can come at the expense of overdiagnosis and overtreatment of men with cancers that are not life-threatening.

The American Urological Association recommends prostate cancer screening every two years (or more) for men ages 55 to 69. Men with a positive family history of prostate cancer and those of African-American descent may require earlier or more frequent screenings. If needed, your doctor will help you individualize your decisions regarding cancer screening.

The American Urological Association does not recommend routine PSA screening for men age 70 years or older. This testing is also discouraged for patients with less than a 10-year life expectancy.

### Some treatment options for prostate cancer:

**Active surveillance:** This option is used for older men, men with other medical conditions, or men whose cancer is found during a screening. It involves regular follow-up blood tests, rectal exams, and prostate biopsies to monitor the cancer's progression. If tests show the cancer is progressing, other treatments may be an option.

- Hormone therapy: This treatment removes hormones or blocks their action to stop cancer cells from growing.
- Radiotherapy: This treatment can be used for high-risk prostate cancer.
- Surgery: This treatment can be used for high-risk prostate cancer.
- Chemotherapy: This treatment can be used for high-risk prostate cancer.
- Radiopharmaceuticals: This treatment uses radioactive isotopes to control castration-resistant metastatic prostate cancer. The drugs can be taken orally, by injection, or placed in the prostate itself.

Other treatment options include targeted therapy, immunotherapy, and bisphosphonate therapy. Doctors may also recommend clinical trials to test new therapies or combinations of existing therapies.

## HEALTH FOCUS: WELLNESS, NUTRITION AND FITNESS

# Healthy Eating Plate

Use the Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served at the table or packed in a lunch box. Click on each section of the interactive image below to learn more.

### Building a Healthy and Balanced Diet

Make most of your meal vegetables and fruits – ½ of your plate. Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

### Go for whole grains – ¼ of your plate.

Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

### Protein power – ¼ of your plate.

Fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

### Healthy plant oils – in moderation.

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

### Drink water, coffee, or tea.

Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

### Stay active.

The red figure running across the Healthy Eating Plate's placemat is a reminder that staying active is also important in weight control.

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The main message of the Healthy Eating Plate is to focus on diet quality:

The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.

The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories—usually with little nutritional value—in the American diet.

The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades by the USDA.

### Wellness Tips

#### Physical activity

- Aim for at least 150 minutes of moderate exercise each week, such as brisk walking, swimming, or golf. You can also try strength training 2-3 times per week, and activities like yoga and gardening to improve balance and mobility. Before starting a new exercise regimen, you should consult your doctor.

#### Nutrition

- Eat a heart-healthy diet that includes foods high in fiber and vitamin D, and limits sodium. You can also read nutrition facts labels and consider probiotics.

#### Mental health

- Stay social and engaged by staying in touch with family, friends, or former coworkers. You can also try joining a

social group, taking an art class, or volunteering in your community.

#### Other wellness tips

- Get enough sleep, limit your alcohol intake, and practice good hygiene habits. You should also keep up with well visits and recommended screenings, and stay up-to-date on immunizations.

### Fitness tips

- Start slowly: Begin with low-intensity exercises and gradually increase the intensity.
- Warm up and cool down: Warm up before exercising and cool down afterward.
- Drink water: Drink water before, during, and after your workout, even if you don't feel thirsty.
- Consider your surroundings: If you're exercising outdoors, pay attention to your surroundings.
- Set goals: The CDC recommends that older adults get 150 minutes of moderate-intensity physical activity per week, which can be broken down into 30 minutes five days a week. You can also try vigorous-intensity aerobic activity for at least 75 minutes per week.
- Choose activities: Some activities that can help older adults include walking, swimming, cycling, water aerobics, Zumba, dance, doubles tennis, hiking, and chair exercises. You can also try strength training, tai chi, or Kegel exercises.
- Find ways to stay motivated: Try exercising first thing in the morning, or combine physical activity with other tasks you already do, like walking the dog or doing chores. If you don't have 30 minutes to be active, you can break it up into three 10-minute sessions.

## HEALTH FOCUS: HEALTHY EYES

# How to Improve Vision and Maintain Eye Health

Some vision changes can be expected with age. There may be a shift in how you perceive colors or how your eyes focus. You may need more light to read or drive. Many people wonder how to improve their vision once they notice these differences. Luckily, even though minor changes are a normal part of aging, many vision impairments are preventable and treatable.

Some age-related vision changes can be corrected with surgery, glasses or contacts. You can also keep your eyesight sharp by taking care of your



health before serious problems begin. Some simple exercises can even keep your vision healthy.

“The most important and easiest exercise to remember is the 20-20-20 rule,” says Christopher E. Starr, M.D. FACS, ophthalmologist at Weill Cornell Medicine Ophthalmology. “When you’re on a computer, take a break every 20 minutes, for 20 seconds, by looking into the distance at an object that’s 20 feet away or further.”

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Many vision problems are treatable or manageable if discovered early. However, once vision loss starts, it may be irreversible. Take steps to care for your eyes today to help protect your vision far into the future.

### Risk Factors

Eye conditions are common in older adults but can happen at any age. You may be at a higher risk for eye or vision problems if you:

- Are African American, Latino or Native American
- Are overweight
- Have a family or personal history of eye problems
- Have other chronic health conditions, including diabetes, Graves' disease or high blood pressure

### Common Eye Conditions

The most common type of eye problem is refractive errors. These conditions impact how light focuses in your eye and include:

- Astigmatism
- Farsightedness
- Nearsightedness
- Presbyopia

Most refractive errors develop in childhood and are caused by problems with the shape of the eye. The exception is presbyopia, caused by age-related loss of flexibility and strength.

*"As we get older, our eye muscles that focus up close get weak," says Dr. Starr. "Usually, that starts around age 40 and progresses to age 65 and beyond."*

Age may also be a factor in other eye conditions that can cause severe damage but are not a natural part of aging. These conditions can often be treated or slowed. However, they may lead to significant vision loss if not detected early. Examples include:

- Age-related macular degeneration, a condition that causes cells in the eye to break down
- Cataract, a clouding of the eye lens
- Diabetic retinopathy, a problem with blood vessels in the eyes
- Glaucoma, a condition that damages the optic nerve

Other eye conditions, such as computer vision syndrome, may not lead to vision loss but may still stress your eyes unnecessarily. This condition can happen when you spend long hours at a computer.

*"It's estimated you have up to 50% fewer blinks per minute when you're staring at a computer," says Dr. Starr. "This leads to dryness. As the day goes on, the fatigue of staring at these sort of near distance targets, like a computer or a mobile device, you'll get frontal headaches and eye strain and blurry vision from the muscles getting weak as the day goes on."*

Sometimes vision issues are caused by problems with the signals that run between the eyes and the brain. These issues can happen for a variety of reasons. For example, children sometimes develop amblyopia or lazy eye. This is when one eye has better

vision than the other, and the brain relies on information from the stronger eye. In adults, vision problems may be caused by a brain injury, infection or stroke.

### Eye Exams to Prevent Vision Loss and Maintain Eye Health

Many eye conditions don't have symptoms in the early stages. According to the National Eye Institute, a comprehensive eye exam that includes dilation is the only way to detect many eye diseases early.

During dilation, the provider will place drops in your eyes to widen the round openings at the center, called pupils. Then they use a specialized magnifying lens to look for damage in the eye.

Your eye exam will also include tests to check:

- Eye muscle function
- Peripheral vision, or how much you can see on the side while looking forward
- Pressure in your eyes
- Response to light
- Vision clarity

People with diabetes or high blood pressure typically need at least one comprehensive yearly eye exam with dilation. Dilated eye exams are recommended every one to two years if you:

- Are African American and are age 40 or older
- Are of any race or ethnicity and age 60 or older
- Have a family history of glaucoma
- Even if you are young and healthy, a comprehensive eye exam may be helpful. The National Eye Institute reports that more than 150 million people in the United States have a refractive error that may be corrected with surgery, glasses or contacts. However, many people don't know they aren't seeing as clearly as they could be.

*"Different ages and different people with different refractive errors like astigmatism, farsightedness or nearsightedness will have different requirements when it comes to what is the ideal pair of glasses," says Dr. Starr.*

### Natural Ways to Help Improve Vision and Eye Health

You can take steps to help improve eye health and prevent vision loss on your own:

- Don't smoke.
- Eat a healthy, balanced diet with dark, leafy greens and fish high in omega-3 fatty acids.
- Exercise regularly.
- Use protective eyewear during activities that may be dangerous to your eyes, such as yard work, sports or home repairs.
- Wash your hands before handling contact lenses.
- Wear sunglasses with 99% or 100% UVA and UVB protection.

Individuals who do a lot of computer work should consider

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computer glasses to safeguard their vision during long days working in front of a screen.

*“Computer glasses are glasses that are ideally suited to that intermediate arm’s length distance that desktop computers usually sit at,” says Dr. Starr. “The glasses will keep that distance in focus and will alleviate a lot of that burden on the eye muscles to keep things in focus. It should help people who struggle with eye strain as the day goes on.”*

Managing chronic conditions, such as diabetes, can also improve your eye health. The earlier you take steps to manage your health, the better.

People with Type 1 or Type 2 diabetes are at a higher risk for multiple eye conditions, such as cataracts, diabetic macular edema and diabetic retinopathy.

Approximately 33% of people with diabetes aged 40 or older have already developed signs of diabetic retinopathy. But the risk of blindness can be lowered by 95% if diabetic retinopathy is discovered and treated early.

### Treating Vision and Eye Conditions




Poor vision from refractive errors can often be corrected with glasses, contacts or surgery. Treatments for other eye conditions depend on the cause and the level of severity. It may include eye drops, medications, laser treatments or surgery.

If your eyes are not working together or there is a problem with eye movements, a specialist called an orthoptist may be able to help. You may also see a neuro-ophthalmology specialist if the brain is involved in your vision issues.

A comprehensive eye exam is an excellent way for everyone to care for eye health. But it is essential if you’re noticing changes or are at risk for eye conditions.

*“Anybody who has a change in their eyes or vision should go straight to your eye doctor,” says Dr. Starr. “It’s better to have it evaluated in the proper fashion than sitting on it and hoping it just gets better on its own.”*

## 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.
		OR	
	Babies	RSV vaccine given during pregnancy	Can get if you are 32–36 weeks pregnant during September–January

[www.cdc.gov/rsv](http://www.cdc.gov/rsv)







## 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?



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or email us  
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- 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.



Does your camper love spending time outside, getting dirty, and learning about nature? Riverbend Environmental Education Center and the Bethel AME Church Victory Gardens are excited to partner this summer to bring nature exploration to the Ardmore Avenue Community Center Summer Camp! AACC campers are invited to join us for a field trip at the McKaig Nature Center to explore the stream, forest, and meadow habitats at this beautiful 90-acre preserve.

If AACC campers didn't get enough nature exploration during the field trip, Riverbend and Bethel AME have a limited number of spots available for AAC campers to join us for a week of nature summer camp at The McKaig Nature Center! This camp is led by a team of skilled educators to guide your campers in hands-on nature exploration through hikes, stream-stomping, bug-catching, and so much more!

**Date of the field trip to McKaig:** Late June / Early July

**Date of the week of camp:** July 22nd-26th

**Hours:** 9:00am - 3:30pm

**Location:** McKaig Nature Center 889 Croton Rd, Wayne, PA 19087 Transportation will be provided from Ardmore Community Center to McKaig Nature Center

**Price:** \$25 per camper

### Camp theme: Nature Art

Let your creative energy flow using nature as your muse! Nature art is the perfect camp for those who love to create art, find creative inspiration from nature, and love to be outside. Campers will enjoy nature-based art projects such as making their own paint, sculpture building, and nature journaling. No artistic experience is required to have fun this week!

### About Bethel AME's Mission:

Bethel Community Garden/ Ardmore Victory Gardens aims to promote community wellness, intergenerational learning, and food sovereignty by creating a space where people can come together with the purpose of sharing knowledge and growing nutritious and culturally-relevant food. We seek to recognize material needs by growing healthy foods for free distribution while also offering spiritual support and room for healing, learning, and reconnecting with the Earth for people who have been systematically denied access to land.



For more information visit [enjoymckaig.org](http://enjoymckaig.org) or scan here:



**Questions?** Contact Riverbend's Camp Director at 610.527.5234 ext. 114 or [info@riverbendec.org](mailto:info@riverbendec.org)



## 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!**

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Get plenty  
of sleep

Maintain a  
healthy diet

Stay  
physically  
active

Have at least 2  
close friends to  
confide in

Help  
others

Be  
patient

Don't neglect  
medical check  
ups

Laugh  
often

Have at least  
one hobby

Have a  
spiritual  
connection

Count your  
blessings



AMERICAN MENTAL  
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LEARN MORE AT [WWW.AMERICANMENTALWELLNESS.ORG](http://WWW.AMERICANMENTALWELLNESS.ORG)

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

### **What can I do to avoid being a victim?**

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





## THE PLAN FOR THE 18TH EPISCOPAL DISTRICT

AFRICAN METHODIST EPISCOPAL CHURCH

### GOD OUR HEALER

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



#### 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



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## • BLACK FAITH VOTES • LET'S GET READY TO VOTE TUESDAY, NOVEMBER 5, 2024

**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](https://vote.pa.gov)





STAY CONNECTED TO  
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**zoom** CONFERENCE (AUDIO/VIDEO)

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

 **FACEBOOK**  
**[www.Facebook.com/BethelArdmore](http://www.Facebook.com/BethelArdmore)**

**SCHEDULE**

**DAILY PRAYER LINE VIA BETHEL'S ZOOM**

**7 AM**

**SUNDAY MORNING WORSHIP**

**10:30 AM**

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

Conference Call Dial: (267) 807-9605

Access code: 818554

**WEDNESDAY BIBLE STUDY**

**1:00 PM & 6:30 PM**

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**WEBSITE**

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*Check the website for updates and  
listing of special activities/services*

**EMAIL**

[Bethelardmore@verizon.net](mailto: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](http://www.bethelardmore.org)



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**TEXT TO GIVE** On Realm:

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**OUTREACH**

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

To find out more, please visit our website.





## JUNE 2024 SCRIPTURE CALENDAR

June 1 - <b>Proverbs 3:13</b> - Mother Joan Dawson "Happy is the man that findeth wisdom and the man that getteth understanding."	June 16 - <b>Proverbs 3:5-6</b> - Sister Jackye Smith Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to him, and He will make your paths straight.
June 2 - <b>Psalms 118: 17</b> - Sister Angie White I shall not die, but declare the works of the Lord.	June 17 - <b>Psalms 119:10</b> - Brother Kalil Lawson - "I seek you with all my heart; do not let me stray from your commands."
June 3 - <b>Lamentations 3:22</b> - Rev. Carolyn Cavaness It is because of the LORD's mercies that we are not consumed.	June 18 - <b>John 15: 16</b> - Sister Angie White "You didn't choose me, remember; I chose you, and put you in the world to bear fruit, fruit that won't spoil. As fruit bearers, whatever you ask the Father in relation to me, he gives you."
June 4 - <b>Psalms 119:133</b> - Sister Yvonne White Direct my footsteps according to your word, let no sin rule over me.	June 19 - <b>Proverbs 17:17</b> - Rev. Angela Baker Friends love through all kinds of weather, and families stick together in all kinds of trouble.
June 5 - <b>Psalms 25:4-5</b> - Sister Janine Baggett - Show me your ways, Lord, teach me your paths. Guide me in Your truth and teach me, for you are God my Savior and my hope is in You all day long.	June 20 - <b>James 1:12</b> - Sister Angie White - Anyone who meets a testing challenge head-on and manages to stick it out is mighty fortunate. For such persons loyally in love with God, the reward is life and more life.
June 6 - <b>Philippians 4:19</b> - Mother Joan Dawson "But God shall supply all your needs according to His riches in glory by Christ Jesus."	June 21 - <b>Psalms 118:1</b> - Sister Elaine Johnson Give thanks to the LORD, for he is good; his love endures forever.
June 7 - <b>Psalms 150: 6</b> - Brother Michael White Let every thing that has breath, praise the Lord, Praise the Lord.	June 22 - <b>1 John 4:19</b> - Brother Trystan B - We love because he first loved us."
June 8 - <b>Proverbs 17: 22</b> - Sister Sarah McCafferty - A joyful heart is good medicine, but a crushed spirit dries up the bones."	June 23 - <b>Psalms 68:11</b> - Rev. Dr. Marsha Brown Woodard -The Lord announces the word, and the women who proclaim it are a mighty throng:
June 9 - <b>John 3:16</b> - Sister Jamie Burrell For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.	June 24 - <b>Psalms 27:1&amp;8</b> - Sister Yvonne White The Lord is my light and my salvation who shall I fear? (8)My heart says of you, seek his face! Your face Lord, I will seek.
June 10 - <b>Romans 12:12</b> - Princess: Romans 12:12 - Be joyful in hope, patient in affliction, faithful in prayer."	June 25 - <b>Isaiah 26:3</b> - Rev. Felicia Howard - You will keep in perfect peace those whose minds are steadfast, because they trust in you.
June 11 -- <b>Matthew 13:24</b> - Brother Ryan Wiley Another parable put he forth unto them, saying, The kingdom of heaven is likened unto a man which sowed good seed in his field:	June 26 - <b>1 Corinthians 13:13</b> - Sister Cynthia Taylor - And now abideth faith, hope, charity, these three; but the greatest of these is charity.
June 12 - <b>John 10:10</b> - Rev. Carolyn Cavaness The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.	June 27 - <b>Psalms 84:11</b> - Sister Elaine Johnson- For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.
June 13 - <b>Hebrews 11:6</b> - Sister Yvonne White And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.	June 28 - <b>Jeremiah 29:11</b> - Sister Jamie Burrell - For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.
June 14 - <b>Mark 11:24</b> - Sister Sharon Dawson Stokes -Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.	June 29 - <b>Psalms 118:24</b> - Sister Elaine Johnson - The LORD has done it this very day; let us rejoice today and be glad.
June 15 - <b>Philippians 4:13</b> - Brother Chris F: "I can do all things through Christ who strengthens me."	June 30 - <b>Psalms 27:8</b> - Sister Janine Baggett - My heart says of you, "Seek His face!" Your face, Lord, I will seek.



# JUNE 2024

## HEALTH MINISTRY FOCUS: PROSTATE CANCER AWARENESS MONTH



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Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VIRTUAL SUNDAY SCHOOL TIMES</b> ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM	<b>IN-PERSON SUNDAY, JUNE 9</b> ADULTS • 8:30 AM YOUTH AND YOUNG PEOPLE • 8:45 AM			<b>TUESDAY EVENING</b> PRAYER • 8 PM CONFERENCE CALL DIAL: (267) 807-9605 ACCESS CODE: 818554		<b>1</b> PRAYER 7 AM COMMUNITY WORK DAY & FARM STAND/ HAVERFARM 10 AM-2 PM
<b>2</b> PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE 10:30 AM COMMUNITY FARM STAND 12:30-1 PM	<b>3</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>4</b> PRAYER 7 AM TUESDAY PRAYER 8 PM	<b>5</b> PRAYER 7 AM BIBLE STUDY 6:30 PM FISHADELPHIA 4-5:30PM	<b>6</b> PRAYER 7 AM GRIEF SHARE 6 PM	<b>7</b> PRAYER 7 AM	<b>8</b> PRAYER 7 AM
<b>9</b> PRAYER 7 AM BETHEL SCHOLARSHIP MINISTRY SUNDAY/ WORSHIP SERVICE 10:30 AM DR. EMMA BENN, SPEAKER	<b>10</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM COMMISSION ON STEWARDSHIP AND FINANCE MEETING 7:30 PM	<b>11</b> PRAYER 7 AM TUESDAY PRAYER 8 PM VACCINE CLINIC 12 PM-2 PM SCHOLARSHIP MTG. AND ELECTION 6:30 PM	<b>12</b> PRAYER 7 AM BIBLE STUDY 6:30 PM	<b>13</b> PRAYER 7 AM	<b>14</b> PRAYER 7 AM	<b>15</b> PRAYER 7 AM
POST CONFERENCE PLANNING MEETING AND BISHOP AND MOTHER MCALLISTER RETIREMENT CELEBRATION						
<b>16</b> PRAYER 7 AM FATHER'S DAY/ WORSHIP SERVICE 10:30 AM DR. WILFRED SPEAKES, PREACHER	<b>17</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>18</b> PRAYER 7 AM TUESDAY PRAYER 8 PM LAY ORG. MEETING AND ELECTION 6:30 PM	<b>19</b> PRAYER 7 AM BIBLE STUDY 6:30 PM JUNETEENTH	<b>20</b> PRAYER 7 AM FISHADELPHIA 4-5:30PM WMS MEETING/ ELECTION 5:30 PM GOSPEL CHORUS MEETING/ELECTION 6:30 PM	<b>21</b> PRAYER 7 AM	<b>22</b> PRAYER 7 AM ARDMORE JUNETEENTH CELEBRATION! VERNON YOUNG PLAYGROUND 12-4 PM VACCINE CLINIC 12 PM - 2 PM VERNON YOUNG PARK WEST MAIN LINE DISTRICT CHURCH SCHOOL CONVENTION
<b>23</b> PRAYER 7 AM JUNETEENTH SUNDAY/ MOTHER EMANUEL OBSERVANCE SUNDAY WORSHIP SERVICE 10:30 AM	<b>24</b> PRAYER 7 AM CONNECTIONAL BISHOPS COUNCIL	<b>25</b> PRAYER 7 AM TUESDAY PRAYER 8 PM CONNECTIONAL BISHOPS COUNCIL	<b>26</b> PRAYER 7 AM	<b>27</b> PRAYER 7 AM	<b>28</b> PRAYER 7 AM	<b>29</b> PRAYER 7 AM ARDMORE JUNETEENTH CELEBRATION RAINDATE
<b>30</b> PRAYER 7 AM TESTIMONY SUNDAY 10:30 AM	VACATION BIBLE SCHOOL   HOSTED BY BETHEL AME ARDMORE LOCATION: ARDMORE UNITED METHODIST CHURCH					



# JULY 2024

HEALTH MINISTRY FOCUS: WELLNESS, NUTRITION AND FITNESS



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Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	2 PRAYER 7 AM	3 PRAYER 7 AM	4 PRAYER 7 AM THE FOURTH OF JULY	5 PRAYER 7 AM	6 PRAYER 7 AM COMMUNITY WORK DAY & FARM STAND/ HAVERFARM 10 AM-2 PM
7 PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE 10:30 AM COMMUNITY FARM STAND 12:30-1 PM	8 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	9 PRAYER 7 AM TUESDAY PRAYER 8 PM	10 PRAYER 7 AM	11 PRAYER 7 AM	12 PRAYER 7 AM	13 PRAYER 7 AM
14 PRAYER 7 AM WORSHIP SERVICE 10:30 AM	15 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	16 PRAYER 7 AM VACCINE CLINIC 5 PM-7 PM TUESDAY PRAYER 8 PM	17 PRAYER 7 AM	18 PRAYER 7 AM	19 PRAYER 7 AM	20 PRAYER 7 AM
FED CHRISTIAN EDUCATION CONGRESS						
21 PRAYER 7 AM WORSHIP SERVICE 10:30 AM	22 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	23 PRAYER 7 AM TUESDAY PRAYER 8 PM	24 PRAYER 7 AM	25 PRAYER 7 AM	26 PRAYER 7 AM	27 PRAYER 7 AM
28 PRAYER 7 AM WORSHIP SERVICE 10:30 AM	29 PRAYER 7 AM CHOSEN 300 5:00 PM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	30 PRAYER 7 AM TUESDAY PRAYER 8 PM	31 PRAYER 7 AM			
VIRTUAL SUNDAY SCHOOL TIMES ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM				IN-PERSON SUNDAY, JULY 8 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		





# AUGUST 2024

## HEALTH MINISTRY FOCUS: EYE HEALTH



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Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>VIRTUAL SUNDAY SCHOOL TIMES</b> ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM	<b>IN-PERSON SUNDAY, AUGUST 12</b> ADULTS • 8:30 AM YOUTH AND YOUNG PEOPLE 8:45 AM	<b>TUESDAY EVENING PRAYER • 8 PM</b> CONFERENCE CALL DIAL: (267) 807-9605 ACCESS CODE: 818554				
<b>4</b> PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE 10:30 AM COMMUNITY FARM STAND 12:30-1 PM	<b>5</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>6</b> PRAYER 7 AM TUESDAY PRAYER 8 PM	<b>7</b> PRAYER 7 AM	<b>8</b> PRAYER 7 AM	<b>9</b> PRAYER 7 AM	<b>10</b> PRAYER 7 AM
<b>11</b> PRAYER 7 AM WORSHIP SERVICE 10:30 AM	<b>12</b> PRAYER 7 AM VACCINE CLINIC 1 PM-3 PM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>13</b> PRAYER 7 AM TUESDAY PRAYER 8 PM	<b>14</b> PRAYER 7 AM	<b>16</b> PRAYER 7 AM	<b>16</b> PRAYER 7 AM	<b>17</b> PRAYER 7 AM
<b>18</b> PRAYER 7 AM WORSHIP SERVICE 10:30 AM	<b>19</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>20</b> PRAYER 7 AM TUESDAY PRAYER 8 PM	<b>21</b> PRAYER 7 AM	<b>22</b> PRAYER 7 AM	<b>23</b> PRAYER 7 AM	<b>24</b> PRAYER 7 AM
<b>52<sup>ND</sup> GENERAL CONFERENCE • COLUMBUS, OH</b>						
<b>25</b> PRAYER 7 AM WORSHIP SERVICE 10:30 AM	<b>26</b> PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	<b>27</b> PRAYER 7 AM TUESDAY PRAYER 8 PM	<b>28</b> PRAYER 7 AM	<b>29</b> PRAYER 7 AM	<b>30</b> PRAYER 7 AM	<b>31</b> PRAYER 7 AM