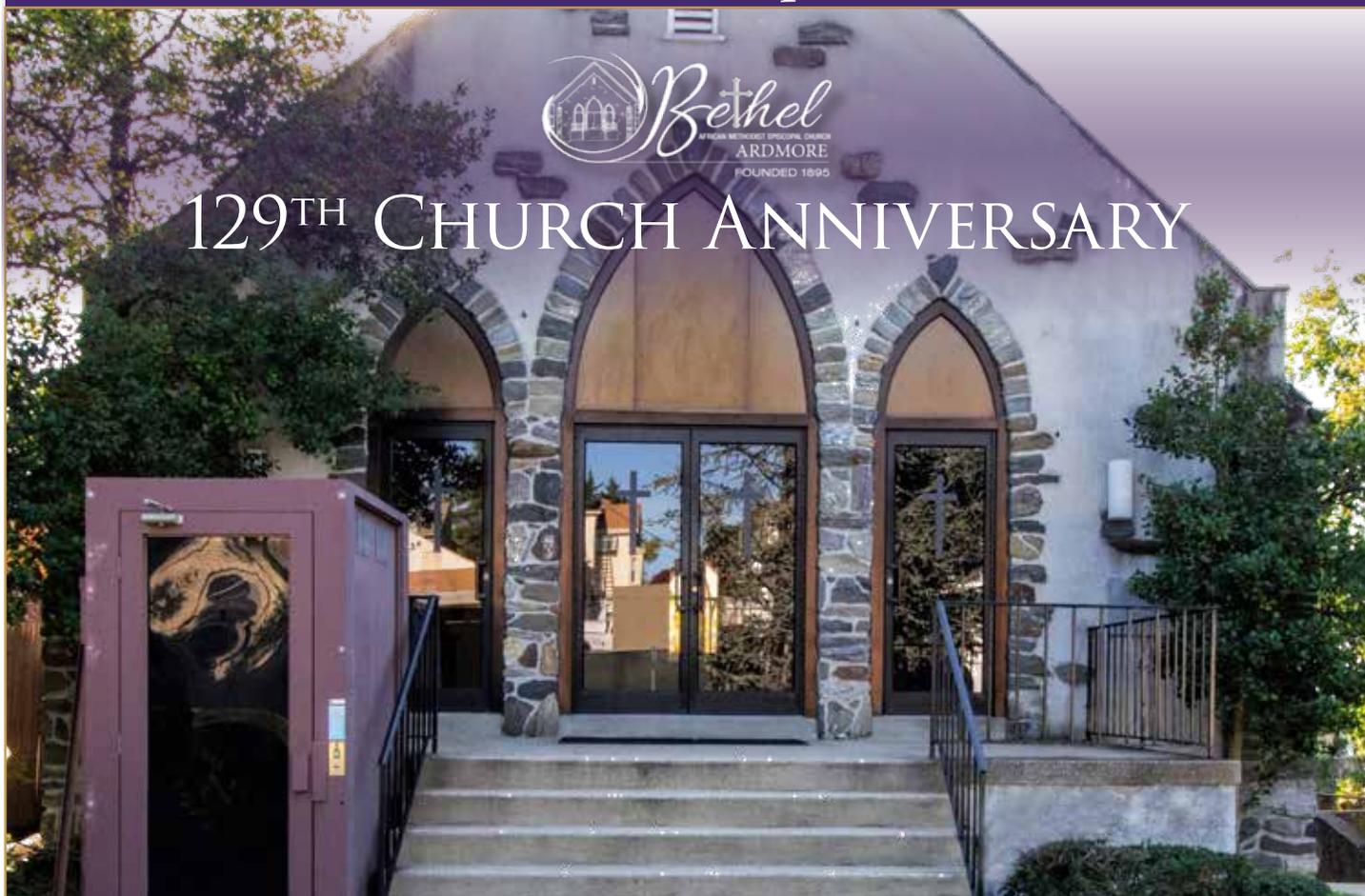


JESUS CHRIST IS LORD!

2024 CHURCHWIDE THEME:

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



129TH CHURCH ANNIVERSARY

NOVEMBER/DECEMBER 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

FACEBOOK

www.Facebook.com/BethelArdmore

YouTube: @bethelameardmore3224



Rev. Carolyn C. Cavaness, *Pastor*
Rev. Dr. Stanley G. Smith, *Presiding Elder*
Supervisor Phyllis N. Green,
Episcopal Supervisor
Bishop Samuel Lawrence Green, 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"

November 1, 2024

Dear Bethel Family and Friends:

Happy Anniversary!

A few weeks ago, I was given the pleasure to participate in a panel discussion with several Presbyterian colleagues on the topic, "Doing Ministry Beyond our Doors." The breakout session was filled to capacity! I guess the topic was intriguing and captivated attendees as we are all grappling with how our churches can be relevant and "it" places to be! I am sure those who joined us were certain that the four (4) featured panelists would have the "secret solution" for how to do ministry outside! I felt in the room that people felt defeated and/or this was a task too hard to actualize. However I drove home the point that for many of the congregations who were represented in the room that their histories in their respective neighborhoods were well over 100 years old! I made the case that there is no reason to shun our age! In fact, having time under your belt is a good thing and demonstrates the level of stick-to-edness, tenacity and investment that as a faith community you have to your members, but also the community at large.

November, 2024 marks Bethel's 129th Anniversary! Consider all that has taken place during these 129 years! Members who have been born and have transitioned to glory! Countless children, who have been baptized and we have had an opportunity to rear and assist in their spiritual and overall growth and development. The number of families that we have comforted during their most difficult times and circumstances. The number of hymns and praises to God that have been lifted up! And let us not forget all that has happened/happening in the world during these 129 years! However, through it all we are here and alive to say that God has kept us!

I stand by as I shared in that presentation and today that longevity has its place and is a testament to the goodness of the Lord that endures through ALL of the generations. What is it that keeps the church of the living God together? What is it that sets us apart from other institutions? What is it that has given Bethel, Ardmore the sustenance to continue forward in the midst of the challenges of this life and beyond? I am convinced even the more that God's love and grace is what makes it so that Bethel is still standing! It is not by our might or by our strength, but only through God's power and spirit that we are still here.

With this sense of understanding and testament I believe undergirds our desire to do all we can to fulfill that which the Lord Jesus has purposed for us to do. What are the pillars of the faith that will get us through and have helped us to withstand the test of time? What is it that worked then, in the past that still is in good and working order and is it still applicable to now? How can we be intentional in never losing sight of the mission of the church and our role and responsibility?

As we celebrate our 129th Church Anniversary may we never forget that what has brought us here will be what will keep us no matter what comes our way! With Jesus as our foundation and pillar that is the gift we have in staying together!

Happy Anniversary!

Love,

Rev. Cavaness



HOLY COMMUNION NOVEMBER 3, 2024 · 10:30 AM ORDER OF WORSHIP

THE ORGAN PRELUDE

THE INTROIT

"We are Standing on Holy Ground"

*We are standing on holy ground And I know that there are angels all around.
Let us praise Jesus now. We are standing in His presence On holy ground*

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

"The Church is One Foundation" (AMEC# 519)

The church's one foundation is Jesus Christ, her Lord;
she is His new creation, by water and the word.
From heav'n He came and sought her to be His holy bride;
with His own blood He bought her, and for her life He died.

Elect from every nation, yet one o'er all the earth,
her charter of salvation: one Lord, one faith, one birth.

One holy name she blesses, partakes one holy food,
and to one hope she presses, with every grace endued.

Though with a scornful wonder, men see her sore oppressed,
by schisms rent asunder, by heresies distressed,
yet saints their watch are keeping, their cry goes up, "How long?"
and soon the night of weeping shall be the morn of song!

'Mid toil and tribulation, and tumult of her war,
she waits the consummation of peace forevermore;
till with the vision glorious her longing eyes are blest,
and the great church victorious shall be the church at rest.

Yet she on earth hath union with God the Three in One,
and mystic sweet communion with those whose rest is won;
O happy ones and holy! Lord give us grace that we,
like them, the meek and lowly, on high may dwell with Thee.

THE INVOCATION

THE CHORAL RESPONSE

THE SCRIPTURE

THE WELCOME AND GREETING

THE SERMONIC SELECTION

“God Is”

God is the joy and the strength of my life, God moves all pain, misery, and strife,
God promised to keep me, never to leave me, God’s never, ever come short of his word.

I’ve got to fast and pray, stay in the narrow way. I’ll keep my life clean everyday.
I want to go with him when he comes back, I’ve come too far and I’ll never turn back.
God is, God is, God is, God is, God is my all and all.

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 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. Cavaness

THE COMMUNION HYMN

“Let Us Break Bread Together” (AMEC# 530)

Let us break bread together on our knees. Let us break bread together on our knees.
When I fall on my knees with my face to the rising sun, O Lord have mercy on me.

Let us drink wine together on our knees. Let us drink wine together on our knees.
When I fall on my knees with my face to the rising sun, O Lord have mercy on me.

Let us praise God together on our knees. Let us praise God together on our knees.
When I fall on my knees with my face to the rising sun, O Lord have mercy on me.

THE SOLICITATION

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

THE GENERAL CONFESSION

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

Minister &

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

THE FIRST COLLECT

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

THE SECOND COLLECT - THE PRAYER OF PURIFICATION:

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

THE PRAYER OF ADORATION

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

People: Therefore, with angels and archangels, and with all the company of Heaven, we laud and magnify Your Holy Name, evermore praising You and saying Holy, Holy, Holy, Lord God of Hosts; Heaven and earth are full of Your Glory. Glory be to You, O Lord, Most High. Amen

THE PRAYER OF HUMILIATION

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

THE PRAYER OF CONSECRATION

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

them saying, Drink all of it, for this is my blood of the New Testament, which is shed for you and for many for the remission of sins; do this, as often as you shall drink it, in remembrance of me. Amen.

THE SHARING OF THE ELEMENTS

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

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

THE LORD'S PRAYER

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

THE PRAYER OF THANKSGIVING

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

THE PASSING OF PEACE, LOVE, CARE, AND JOY

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

THE FELLOWSHIP HYMN

"Can't Nobody Do Me Like Jesus"

*Can't nobody do me like Jesus, Can't nobody do me like the Lord.
Can't nobody do me like Jesus, Can't nobody do me like the Lord.*

*Healed my body, told me to live on, Healed my body, told me to live on.
Healed my body, told me to live on, Can't nobody do me like the Lord.*

*Saved my soul, told me to run on, Saved my soul, told me to run on.
Saved my soul, told me to run on, Can't nobody do me like the Lord.*

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

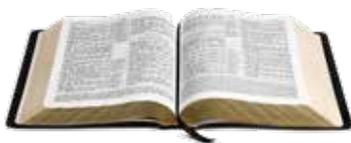
THE BENEDICTION

**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.*



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 | 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

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

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



Let's Celebrate!

November Birthdays

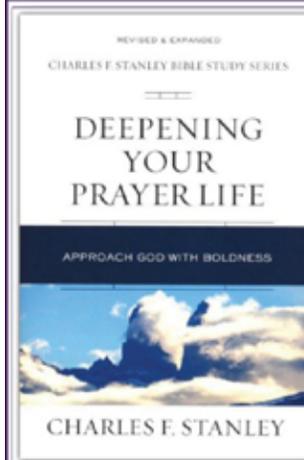
Bro. Daniel Barcliff	4
Bro. Charles "Chuck" Thompson	4
Sis. Nadia Collins	4
Bro. Romeo "Steve" Brown	6
Sis. Mashae Carter	12
Sis. Ari Ross	17
Rev. Carol Gilbert	21
Sis. Maketa Mabane	25
Bro. Josiah Whiteman	26

November Anniversaries

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



WEDNESDAY VIRTUAL BIBLE STUDY



Join us
WEDNESDAY
 6:30 PM
 via ZOOM

*"Deepening
 Your Prayer Life"*

Written by
 Dr. Charles Stanley

Please contact the Church Office to secure the Bible Study book.



Let's Celebrate!

December Birthdays

Sis. Elaine Johnson	1
Sis. Marjorie Marcia Brown	10
Sis. Pearl Price	10
Sis. Patricia LaRoche-Thomas	17
Sis. Sarah McCafferty	18
Sis. Aubrey Richardson	30

December Anniversaries

Harry and Yvonne White	16
Ernest and Vikki Asbury	23
Phylinda and Davidson Peters-John	27

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 08/06/2024)

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

SIS. VERONA VANCE
210 Lincoln Avenue, Gulph Mills, PA 19428

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
Family of Sis. Gloria Greenwood
Family of Sis. Esther Harris
Sis. Courtney Hatton
Sis. Jean Hays & Family
Family of Donald Helton
Sis. Rosie Helton
Family of Duane Holland
Sis. Delois 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 Bro. Corey Richardson
Sis. Lori Richardson 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
Brother Harold Thompson & 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. Nicole 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



JESUS CHRIST IS LORD!

JOIN US FOR SUNDAY WORSHIP SERVICE!

SERVICE OF HOLY COMMUNION 129TH CHURCH ANNIVERSARY!

SUNDAY NOVEMBER 3, 2024

10:30 AM

IN-PERSON/VIRTUAL WORSHIP SERVICE



REV. CAROLYN C. CAVANESS, PASTOR

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE • ARDMORE, PA 19003

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

SOCIAL DISTANCING WILL BE ENFORCED

VIRTUAL WORSHIP SERVICE

YOUTUBE: @bethelameardmore3224

FACEBOOK: www.Facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



JESUS CHRIST IS LORD!

JOIN US FOR SUNDAY WORSHIP SERVICE

IN-PERSON/VIRTUAL SUNDAY WORSHIP SERVICE

VETERANS DAY 2024

HONORING ALL WHO SERVED

SUNDAY, NOVEMBER 10, 2024

10:30 AM



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

YOUTUBE: @bethelameardmore3224

FACEBOOK: www.Facebook.com/BethelArdmore

IN-PERSON CHURCH SCHOOL

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

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

BETHEL AME ARDMORE SCHEDULE • NOVEMBER 2024

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

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

MON., NOV. 4	Official Board / Church Conference	6:30 PM
MON., NOV. 11	Official Board / Church Conference	6:30 PM
TUE., NOV. 12	WMS Meeting	6:30 PM
WED., NOV. 13	Youth Ministry Meeting	5:00 PM
MON., NOV. 18	Official Board / Church Conference	6:30 PM
TUE., NOV. 19	Lay Organization Meeting	6:30 PM
MON., NOV. 25	Official Board / Church Conference	6:30 PM

IN-PERSON AND VIRTUAL WORSHIP SERVICES • NOVEMBER 2024

SUN., NOV. 3	SERVICE OF HOLY COMMUNION/129TH CHURCH ANNIIVERSARY SUNDAY
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, <i>Preacher</i>
SUN., NOV. 10	SUNDAY WORSHIP SERVICE/VETERANS SUNDAY
8:30 AM	In-Person Sunday School (Adults)
8:45 AM	In-Person Sunday School (Youth & Young Adults)
10:30 AM	IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUN., NOV. 17	SUNDAY WORSHIP SERVICE
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, <i>Preacher</i>
SUN., NOV. 24	SUNDAY WORSHIP SERVICE/THANKSGIVING SUNDAY
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, <i>Preacher</i>



JESUS CHRIST IS LORD!

NOVEMBER 2024



REV. CAROLYN C. CAVANESS, PASTOR

LET US RISE UP & BUILD!

-NEHEMIAH 2:18 -

JOIN US EACH SUNDAY IN NOVEMBER FOR IN-PERSON/VIRTUAL WORSHIP SERVICE!

<p>SUNDAY NOVEMBER 3</p> <p>10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE VIRTUAL SUNDAY SCHOOL VIA ZOOM ADULTS: 8:30 AM CHILDREN/YOUTH: 9 AM</p> <p>HOLY COMMUNION SUNDAY/DAYLIGHT SAVING TIME ENDS/ CHURCH ANNIVERSARY SUNDAY</p>	<p>SUNDAY NOVEMBER 10</p> <p>10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE IN-PERSON SUNDAY SCHOOL ADULTS: 8:30 AM CHILDREN/YOUTH: 8:45 AM</p> <p>SUNDAY WORSHIP SERVICE/VETERANS SUNDAY</p>	<p>SUNDAY NOVEMBER 17</p> <p>10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE VIRTUAL SUNDAY SCHOOL VIA ZOOM ADULTS: 8:30 AM CHILDREN/YOUTH: 9 AM</p> <p>SUNDAY WORSHIP SERVICE <i>Blood Pressure Check immediately after Worship Service with Nurse Laura</i></p>	<p>SUNDAY NOVEMBER 24</p> <p>10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE VIRTUAL SUNDAY SCHOOL VIA ZOOM ADULTS: 8:30 AM CHILDREN/YOUTH: 9 AM</p> <p>SUNDAY WORSHIP SERVICE/ THANKSGIVING SUNDAY</p>
<p>REV. CAROLYN C. CAVANESS <i>Preacher</i></p>	<p>REV. CAROLYN C. CAVANESS <i>Preacher</i></p>	<p>REV. CAROLYN C. CAVANESS <i>Preacher</i></p>	<p>REV. CAROLYN C. CAVANESS <i>Preacher</i></p>

See our ads and join us!

2024 THANKSGIVING AND CHRISTMAS OUTREACH PROJECTS
4TH ANNUAL COMMUNITY FRIENDSGIVING • TUESDAY 11/26/24

HAPPY THANKSGIVING! • THURSDAY, NOVEMBER 28, 2024

IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED

FOR IN-PERSON ATTENDANCE
SOCIAL DISTANCING WILL BE ENFORCED

📞 610.642.8966



✉️ BETHELARDMORE@VERIZON.NET

VIRTUAL WORSHIP SERVICE

YOUTUBE: @bethelameardmore3224
FACEBOOK: www.Facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

WWW.BTHELARDMORE.ORG

BETHEL AME ARDMORE SCHEDULE • DECEMBER 2024

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

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

MON. DEC. 2	Official Board / Church Conference	6:30 PM
MON. DEC. 9	Official Board / Church Conference	6:30 PM
TUE., DEC. 10	WMS Meeting	6:30 PM
MON. DEC. 16	Official Board / Church Conference	6:30 PM
TUE., DEC. 17	Lay Organization Meeting	6:30 PM

IN-PERSON AND VIRTUAL WORSHIP SERVICES • DECEMBER 2024

SUN., DEC. 1 8:30 AM 9:00 AM 10:30 AM	SERVICE OF HOLY COMMUNION/FIRST SUNDAY OF ADVENT Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUN., DEC. 8 8:30 AM 8:45 AM 10:30 AM	SUNDAY WORSHIP SERVICE/SECOND SUNDAY OF ADVENT In-Person Sunday School (Adults) In-Person Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUN., DEC. 15 8:30 AM 9:00 AM 10:30 AM	SUNDAY WORSHIP SERVICE/THIRD SUNDAY OF ADVENT Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUN., DEC. 22 8:30 AM 9:00 AM 10:30 AM	SUNDAY WORSHIP SERVICE/FOURTH SUNDAY OF ADVENT Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>
SUN., DEC. 29 8:30 AM 9:00 AM 10:30 AM	LAST SUNDAY OF THE YEAR/TESTSIMONY SUNDAY/KWANZAA SUNDAY Virtual Sunday School (Adults) Virtual Sunday School (Youth & Young Adults) IN-PERSON/VIRTUAL WORSHIP SERVICE • Rev. Cavaness, <i>Preacher</i>

SUNDAY, DECEMBER 15, 2024 • 6 PM
PHILADELPHIA CONFERENCE ADVENT SERVICE
HOST CHURCH TBA



JESUS CHRIST IS LORD!



REV. CAROLYN C. CAVANESS, PASTOR

LET US RISE UP & BUILD!

-NEHEMIAH 2:18 -

JOIN US EACH SUNDAY IN DECEMBER FOR IN-PERSON/VIRTUAL WORSHIP SERVICE!

SUNDAY
DECEMBER

1

10:30 AM
IN-PERSON/VIRTUAL
WORSHIP SERVICE

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

HOLY COMMUNION
SUNDAY/
FIRST SUNDAY
OF ADVENT SUNDAY

REV. CAROLYN C. CAVANESS
Preacher

SUNDAY
DECEMBER

8

10:30 AM
IN-PERSON/VIRTUAL
WORSHIP SERVICE

IN-PERSON SUNDAY SCHOOL
ADULTS: 8:30 AM
CHILDREN/YOUTH: 8:45 AM

SUNDAY WORSHIP
SERVICE/
SECOND SUNDAY
OF ADVENT SUNDAY

REV. CAROLYN C. CAVANESS
Preacher

SUNDAY
DECEMBER

15

10:30 AM
IN-PERSON/VIRTUAL
WORSHIP SERVICE

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

SUNDAY WORSHIP
SERVICE/ANNUAL
CHRISTMAS
PRODUCTION/
THIRD SUNDAY
OF ADVENT SUNDAY

*Blood Pressure Check after
Service with Nurse Laura*

**CHRISTMAS FELLOWSHIP
IMMEDIATELY FOLLOWING
WORSHIP SERVICE**

REV. CAROLYN C. CAVANESS
Preacher

SUNDAY
DECEMBER

22

10:30 AM
IN-PERSON/VIRTUAL
WORSHIP SERVICE

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

SUNDAY WORSHIP
SERVICE/
FOURTH SUNDAY
OF ADVENT SUNDAY

REV. CAROLYN C. CAVANESS
Preacher

SUNDAY
DECEMBER

29

10:30 AM

LAST SUNDAY OF THE YEAR/KWANZAA/TESTIMONY SUNDAY
IN-PERSON/VIRTUAL WORSHIP SERVICE

REV. CAROLYN C. CAVANESS, *Preacher*



IN-PERSON WORSHIP SERVICE

163 SHELDON LANE
ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED.

FOR IN-PERSON ATTENDANCE
SOCIAL DISTANCING WILL BE ENFORCED

📞 610.642.8966

✉ BETHELARDMORE@VERIZON.NET

VIRTUAL WORSHIP SERVICE

YOUTUBE: @bethelameardmore3224
FACEBOOK: www.Facebook.com/BethelArdmore

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

WWW.BETHELARDMORE.ORG

FALL QUARTER THEME:
WORSHIP IN THE COVENANT COMMUNITY

UNIT 3: God's Children Give Thanks – Looks at four songs, one of them being Psalm 23.

NOVEMBER 3	Confidence in God's Shepherding	Psalm 23; John 10:11-14
NOVEMBER 10	God's Promised Presence	Psalm 139
NOVEMBER 17	A Song of Thanksgiving	Psalm 100
NOVEMBER 24	Songs of Praise	Psalm 146-150

Sunday, December 1, 2024 begins a New Church School Quarter!
Looking forward to 2025 as we learn together the Books of the Bible!

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.

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.*

THE ELEVATOR FUND has been sunsetted. *Thank you* to all of the donors to the Fund and for advising the Commission on Stewardship and Finance how to allocate your donations. The Commission on Stewardship and Finance has taken the necessary steps to close down this campaign.

Ways to Give



Bethel AME Ardmore
163 Sheldon Lane
Ardmore, PA 19003

Online:

www.bethelardmore.org

TEXT TO GIVE On Realm:

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



Cash App

Sbethelardmore1895



2024 Bethel Ardmore Giving Envelopes



THE COMMISSION ON STEWARDSHIP AND FINANCE MEMBERS

Rev. Carolyn C. Cavaness, *Chair*

Sister Janine Baggett, *Board of Stewards Representative*

Sister Jamie Burrell, *Board of Trustees Representative*

Sister Tracey Davis, *Member-at-Large*

Brother Joseph "Jody" Raines,
Board of Stewards Representative

Sister Cynthia Taylor,
Board of Stewards Representative

Brother Charles "Chuck" Thompson,
Board of Stewards Representative

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

2024 OFFERING ENVELOPES

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



Rev. Carolyn C. Cavaness, *Pastor*

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

TITHES

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

OFFERINGS

Over and above the Tithe.

INITIAL GIVING ENVELOPE

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

FAITH FUND

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

BETHEL RESTORATION CAMPAIGN

Support of our capital improvement projects and maintenance.

BENEVOLENCE

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

CLASS DUES

Special Love Offering for the Pastor.

CHURCH SCHOOL

Offering to support the Church School.

OTHER

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

OTHER SPECIAL ENVELOPES

VISION 2020

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

BETHEL’S LEGACY FUND

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

SPECIAL OFFERING

Resurrection (Easter) Sunday, Thanksgiving, Christmas.

CHURCH ANNIVERSARY

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

Electronic giving options are available via:

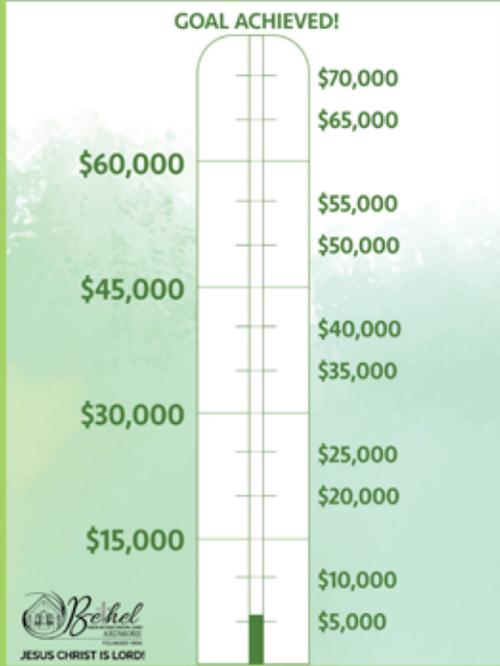
BETHEL’S WEBSITE: www.bethelardmore.org | CASH APP: \$bethelardmore1895

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

LET US RISE UP & BUILD!

- NEHEMIAH 2:18 -

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



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

LET US RISE UP & BUILD CAMPAIGN

- NEHEMIAH 2:18 -

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

- + Installation of two (2) Handicap Ramps (Sheldon Lane/Walnut Avenue)
- + Installation of two (2) Handicap/Family Bathrooms (Upper and Lower Levels)
- + Installation of new Kitchen to support community outreach/gardening programs
- + Renovation of social gathering spaces
- + Addition of two (2) offices in the lower level
- + Address various water infiltration, masonry, mechanical, electrical, plumbing and landscaping issues and other building challenges as identified

CAN WE COUNT ON YOU?

SCAN THE QR CODE TO PARTICIPATE TODAY!



FOR MORE INFO:

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

OUR PARTNERS



VIEW FROM SHELDON LANE



VIEW FROM WALNUT AVE



AERIAL VIEW FROM SHELDON LANE



AERIAL VIEW FROM WALNUT AVE

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 SHELDON LANE • ARDMORE, PA 19003

REV. CAROLYN C. CAVANESS, *Pastor*

The Youth Corner



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

Our young people are growing for God's Glory!
 We continue to thank you Parents, Grandparents,
 Guardians for entrusting your Young People to us!
 We look forward to our Young People leading us in
 Worship on the 2nd Sundays each month.

Also, we encourage all young people to be a part of
 our Sick and Shut-In Note Card Outreach. Packages
 of cards and instructions will be distributed by Sister
 Cynthia on Sunday, November 10.

Remember God is always with you and **WE LOVE 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. |

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

Bethel 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 Church

Emergency Contact Name

Relationship

Phone Number



Bethel 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 my right to royalties or other compensation arising or related to the use of the photograph.

I hereby hold _____ and release and forever discharge Bethel AME Church of Ardmore from all claims, demands, damages, losses, suits, actions, expenses, attorneys' fees, and any other liability that may be asserted against or incurred by Bethel AME Church of Ardmore or any of its officers, directors, members, or staff if my estate may have or may have by reason of this release.

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

Name: _____

Date: _____





**ATTENTION ALL BETHEL
FAMILY AND FRIENDS!**

2024 *Christmas Production*

**ATTEND OUR OPEN CAST CALL FOR
OUR 2024 CHRISTMAS
PRODUCTION!**

**SUNDAY, DECEMBER 15, 2024
ALL ARE WELCOME!**

**IF YOU ARE INTERESTED IN BEING A
PART OF THE PRODUCTION, PLEASE
CONTACT SISTER CYNTHIA TAYLOR
(267) 901-0776**

Join the Bethel Youth Ministry's Trip to Philadelphia Zoo's Luminature!

MONDAY, DECEMBER 23, 2024

5:00PM ENTRY TIME

WE ARE ASKING EVERYONE
TO BE AT THE ZOO NO
LATER THAN 4:30PM AS WE
MUST ENTER AS A GROUP!

Please sign up by **Sunday,**

December 1, 2024, to

Sister Cynthia Taylor :

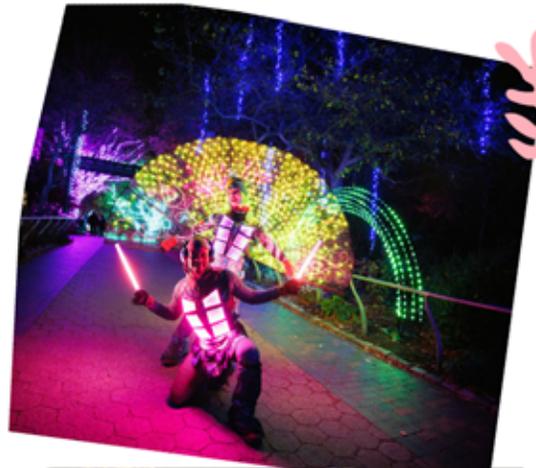
267-901-0776

cyntcam21@gmail.com

ALL ARE WELCOME!

**Donation: Minimum \$5.00 per person.
Due to overwhelming response, all
donations are welcome to help us
make this outing a success.**

**If you need transportation or can help
with carpooling, please let
Sister Cynthia know!**



Bethel Youth Ministry Team:

**Sister Janine Baggett, Sister Jackye Smith, Sister Cynthia Taylor,
Sister Angie White, Rev. Carolyn C. Cavaness**

VETERANS DAY • BETHEL ARDMORE 2024

WE SALUTE OUR VETERANS

Bro. Louis Burton–Army
Bro. Clifford Foster–Army
Bro. Jeremiah Holland–Air Force

Bro. Roger Mills–Army
Bro. Harvey Short–Air Force
Bro. Goodwin Turner–Paratrooper

WE REMEMBER:

Bro. Donald Foster Bro. James Short
Bro. Jeremiah Holland Bro. Paul Short
Bro. George Smith

“ VALOR IS STABILITY, NOT OF LEGS AND ARMS, BUT COURAGE AND SOUL.”

THANK YOU FOR YOUR SERVICE AND DEDICATION

BETHEL SCHOLARSHIP MINISTRY

SCHOLARSHIP APPLICATIONS ARE AVAILABLE FOR THE

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

Applications are available beginning

MONDAY, NOVEMBER 18, 2024

The E. I. and L.L. Gibbs Scholarship Application is available to students who have a blood-related family member/relative, who must be an active (good, regular standing, financial) member(s) of Bethel AME Church of Ardmore.

Students who meet the criteria for the Adell H. and Azlan Robinson Scholarship will receive an email from the Foundation for Delaware County with the online application link.

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



To access the E.I. and L.L. Gibbs application, please scan the QR Code.

**ABSOLUTE DEADLINE IS
FRIDAY, FEBRUARY 28, 2025**

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



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

THANKSGIVING



Grocery Store (ACME, Giant, Shoprite)
Gift Cards of all denominations are needed.
Our goal is to collect \$500 worth of gift cards. All Gift cards/donations are needed by **Sunday, November 10, 2024.**

Monetary Donations are also welcome!

If you know of anyone who may need assistance this Thanksgiving, please contact the Church Office at (610) 642-8966 or bethelardmore@verizon.net.



Announcing our
2024

THANKSGIVING AND CHRISTMAS OUTREACH PROJECTS

We pray that we can count on YOU, our Bethel Family and Community Friends, to join us as we continue to bless others during the upcoming Thanksgiving and Christmas holiday season!

CHRISTMAS



We will bless the *Family Promise of the Main Line* by providing a two-week hotel stay during the Christmas/Winter Holiday Break for upto three (3) families.

This will allow the families to enjoy the comfort of the hotel for two (2) weeks as well as allow the Family Promise of the Main Line Hotel to have a two (2) week vacation.

The cost for the hotel stay for the three (3) families is **\$5,000**. Monetary donations small and large are welcome. All donations are needed by **Sunday, December 22, 2024.**

- ▶ Online Gifts: www.bethelardmore.org
- ▶ Donation/Gifts: **FPML Christmas**
- ▶ Please make checks payable to **Bethel Ardmore**

Memo: *FPML Christmas*



OTHER WAYS TO HELP:

Donations of shelf table items (bottled water, Capri Suns, chips, fruit snacks, etc.) are appreciated.

We will have the specific list of items requested by the families (hopefully) by **December 1, 2024.**

Join us for dinner with the families. (Date TBD.)

All donations are appreciated. No donation is too small.

Thank you on advance for joining us as we, as a Community, bless others!

Any ideas, questions, concerns, please do not hesitate to contact any member of the Bethel Presidents' Council: Brother Ernest Asbury, Sister Vikki Asbury, Sister Janine Baggett, Sister Cynthia Taylor, Sister Bernice Green

Rev. Carolyn Cavaness, *Pastor*

BETHEL AME CHURCH OF ARDMORE *in partnership with* NARBERTH COMMUNITY FOOD BANK, BRYN MAWR PRESBYTERIAN CHURCH AND PHILABUNDANCE

4TH ANNUAL COMMUNITY FRIENDSGIVING



TUESDAY
NOVEMBER 26, 2024

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



THANKSGIVING MEAL

TURKEY WITH GRAVY PLUS:

Vegetable ■ Starch ■ Roll ■ Dessert ■ Beverage

PLACE YOUR ORDER BY MONDAY, NOVEMBER 11

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

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

BRYN MAWR PRESBYTERIAN CHURCH

625 MONTGOMERY AVE. ■ BRYN MAWR, PA 19010

For more information, **CALL** 973.704.1631 or **EMAIL** bethelardmore@verizon.net

Your Support Means So Much to Our Community!



ONLINE SUPPORT: bethelardmore.org

CHECKS: Made payable to Bethel AME Church of Ardmore
163 Sheldon Lane, Ardmore, PA 19003. Memo: *Friendsgiving*

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

SPONSORED BY BETHEL AME CHURCH OF ARDMORE, NARBERTH COMMUNITY FOOD BANK, BRYN MAWR PRESBYTERIAN CHURCH, PHILABUNDANCE, AND OTHER CARING FRIENDS AND PARTNERS (as of 10/12/24)



FELLOWSHIP OF CHURCHES

2024 THANKSGIVING CELEBRATION SERVICE

JOIN US AT 3:00 PM
SUNDAY
NOVEMBER 24

ZION BAPTIST CHURCH
OF ARDMORE

219 W SPRING AVE • ARDMORE, PA 19003

REV. CAROLYN C. CAVANESS
GUEST PREACHER



JOIN US ONLINE:

<https://www.youtube.com/@ZionbcMedia>

FELLOWSHIP OF CHURCHES

BETHEL AME CHURCH OF ARDMORE
BETHEL AME CHURCH OF BRYN MAWR
MEMORIAL CHURCH OF GOD IN CHRIST, HAVERFORD
MT. CALVARY BAPTIST CHURCH OF ARDMORE
ZION BAPTIST CHURCH OF ARDMORE, *HOST CHURCH*
REV. DR. JAMES POLLARD, *HOST PASTOR*



Thank You!

Dear Bethel Family!

Just a note of thanks to thank you for your cards, flowers, gifts and love during Pastor Appreciation Month. Thank you for the opportunity to serve with you as we endeavor to bring the kingdom down!

Thank you for your love!

— *Rev. Cavaness* —

CONVERGE
CREATE
CONSECRATE



BISHOP
SAMUEL L.
GREEN, SR.
PRESIDING BISHOP

C3

FIRST EPISCOPAL DISTRICT OF THE AME CHURCH

FALL CONVO 20
CATION 24

NOVEMBER 7-9 • PHILADELPHIA, PA

REGISTER NOW • FIRSTDISTRICTAMEC.ORG

LET US KEEP REV. CAVANESS IN PRAYER
AS SHE WILL BE PREACHING THE CONVOCATION'S CLOSING SERVICE
SATURDAY, NOVEMBER 8, 2024



2ND ANNUAL PRAYER BREAKFAST

SPONSORED BY 7AM PRAYER LINE MINISTRY

SATURDAY
DECEMBER 7, 2024

DOORS OPEN AT 8:30 AM • BREAKFAST BEGINS AT 9 AM

Guest Speaker

**ARCHBISHOP
MARY FLOYD PALMER**

Presiding Prelate, Philadelphia Council of Clergy



REV. CAROLYN C. CAVANESS
PASTOR

ARDMORE UNITED METHODIST CHURCH

200 ARGYLE RD • ARDMORE, PA 19003

TICKETS: \$40

TO PURCHASE YOUR TICKET

Visit: www.bethelardmore.org/prayerbreakfast

Or call: 610-642-8966

Email: bethelardmore@verizon.net

“Early will I seek Thee”

—PSALM 63:1

SCAN with your Smart Phone



NOVEMBER 2024 BLACK HISTORY FACTS

NOVEMBER 3, 2024

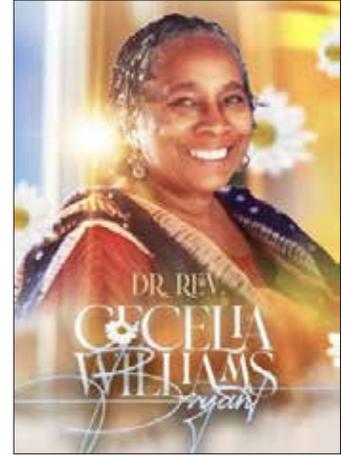
REV. DR. CECECLIA WILLIAMS BRYANT

REV. DR. CECECLIA was born to Booker and Pauline Williams. She married Bishop John R. Bryant and was the mother of Pastor Jamal Bryant and his sister Themu Bryant. Dr. Bryant was well-known and well-loved by many in the United States and overseas.

Dr. Bryant was a mentor and leader in the A.M.E. Church. She started schools in Dallas, Texas, the Ivory Coast, and India. She wrote several books and organized over 200 healthcare professionals to serve in Haiti, the Ivory Coast, Zambia, and King Lesotho. She also mentored students in Alaska, Jamaica, and the Dominican Republic. Dr. Cece was also a powerful voice on the PrayerLine. Being a Prayer Warrior was said to be one of her strong points.

Bishop Vashti said it best. She called Reverend CeCE as she was affectionately known as “A Warrior Queen Mother” who was “personified by prayer and an example of “Holy Boldness”. “Mother CeCe’s” greatest gift is that she stood as a prophetic voice to guide a generation of women into ministry.

LONG LIVE THE QUEEN’S DREAM!



NOVEMBER 10, 2024

2ND LT. JOHN E. JAMES

JOHN E. JAMES was born in 1920 in Johnstown, Cambria County, Pennsylvania. At the age of twenty-one, he was drafted into the Army. While in the Army, he attended Officers Training School at Fort Benning, Georgia. He was one of twenty-one men of color who graduated as an NCO Tech. During this time period, very few men of color were commissioned as officers. In 1943, the Army changed



its rules. A Tech would keep the salary of an NCO, but they were only allowed to have the authority of a private, not an officer. This meant that African Americans could not have any authority over white soldiers. Seventy-five years later the ruling was changed and the United States commissioned him as a Second Lieutenant. That’s right seventy-five years later.

Lieutenant James came from a long line of men who served in the military. He was a direct descendant of a Sargent who served in the Revolutionary War. The ancestor served under President George Washington’s Army at Valley Forge. Every year on Juneteenth there is a tribute to the African Americans who served at Valley Forge. Don’t wait until June to honor these men you can go anytime and visit the monument. Who knows you too might have a relative that fought there.

2ND Lt. James is the beloved father of our member Sister Brenda Watts.

NOVEMBER/DECEMBER 2024 BLACK HISTORY FACTS

NOVEMBER 17, 2024

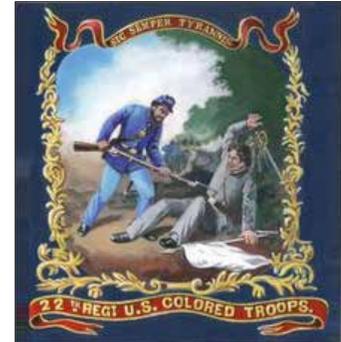
THE UNITED STATES COLORED INFANTRY 22

ON THE DAY of President Abraham Lincoln's funeral in Washington, D.C. a little-known history was made. Once you hear the story it sticks in your brain.

On that day, many dignitaries joined the procession headed to the Capitol where the body was going to lay in state. The procession consisted of the President's Sons and other family members. Following the family, all sorts of dignitaries accompanied the body. The procession was two miles long and at the end, were thousands of African American men who joined the walk to the Capitol.

Preceding the family and the other dignitaries were the United States Colored Troops 22nd Regiment. These men were trained at Camp William Penn Camp, in Cheltenham, Pennsylvania. This troop guarded the President's body day and night.

They traveled with the body as it made several stops across the nation. A lot of these soldiers later settled in the Upper and Lower Main Line as well as Chester and Philadelphia. This service has not been included in the history books. On Veterans Day give a little thought to them and Thank them for their time and service.



NOVEMBER 24, 2024

A THANKSGIVING POEM from a Negro Spiritual Workshop

Sometimes I feel like a motherless child who came for a visit and stayed a while.

*For centuries I've been in the land o the Free when Brotherhood
sounds good to all but me.*

I am not just a stranger, a poor begging child your people have known me for quite a while.

I AM FLAG, I AM COUNTRY. I ain't going nowhere, so set a place pilgrim I brought my own chair.

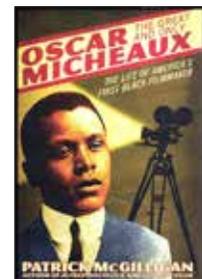
—BEBE COKER, 2022

DECEMBER 1, 2024

OSCAR MICHEAUX

OSCAR MICHEAUX was the first African American that we know of who wrote and directed his own films. Not only that he owned his film studios. Mr. Micheaux always had dreams and desires to be better in life. His strong desire would not allow him to rest nor settle for what was being offered. He knew better was out there and he wanted it.

He, as well as most visionaries, was restless and relentless. The various jobs he had did not quench his thirst. His spirit remained wanting. On one job he was cheated in pay, so he quit and listened to that



DECEMBER 2024 BLACK HISTORY FACTS

inner voice. He wrote a book, that was a best seller. He bought a farm with the proceeds and tried that lifestyle. Yet that hunger was still there to do better. His book originally was titled “The Conquest” later known as “The Homesteader”. That book became an early box office hit.

Mr. Micheaux went on to make forty films and owned a book publishing company. He wrote seven books and seventeen of his films are still available to watch.

You can watch one of his earlier silent films on YOUTUBE or check to see when it comes on television. In 1987 he was recognized in Hollywood with a star on the Hollywood Walk of Fame. In 1987 the UNITED STATES POSTAL SERVICE honored him with a commemorative stamp. Mr. Micheaux fought the fear of failure and succeeded.

DECEMBER 8, 2024

THE OTHER UNDERGROUND RAILROAD

MOST OF YOU KNOW about the Northern Underground Railroad, but did you know about the Southern Underground Railroads. Back in the 1600’s that’s right the 1600’s enslaved people and indentured servants actually tried to run away! There were free people and Indians who would assist them. There are documented cases that exist. Their ways of escape were not as sophisticated as Harriet Tubman’s but they worked. They were known as Routes. The Routes would lead you further down South where one could hide out on the islands of the Carolinas, along with pirates, maroons, and others.



Other routes were in Florida. Most runaways would find refuge at Camp Mose pronounced MoZay. Texas was another state even though slavery was being practiced there. Their route led the slaves to the Rio Grande Valley which would take them to Mexico. It has been said that the route the slaves took to get into Mexico was the same route some migrants were using to get into the United States. Funny how time changes things. Some folks risking it all to get out of the United States and some folks risking it all to get into the United States.

DECEMBER 15, 2024

FORT MOSE (Pronounced ‘Mozay’)

IN 1693 King Charles II of Spain issued an edict stating that any male slave on an English plantation who escaped to Spanish Florida would be Free. Some don’t know that the Spanish arrived in America before the English did but that’s another story and that was in the 1500’s.

Back to Fort Mose, Fort Mose is located outside Saint Augustine. The United States of America was known as the New World back then. Since King Charles needed help in settling and claiming this “New World” he offered the African slaves freedom if they would serve in his militia and become Catholic. This one could say was the New



DECEMBER 2024 BLACK HISTORY FACTS

World version of The Emancipation Proclamation. Some Africans came and survived and some didn't. Years later Fort Mose was established. In 1738 it became the first Black Settlement in the United States and was established near Saint Augustine. It too was one of the Routes to Freedom.

DECEMBER 22, 2024

KWANZAA, THE FIRST FRUITS FESTIVAL, *celebrated December 26 thru January 1.*

KWANZAA IS an annual celebration that DOES NOT, IT DOES NOT replace Christmas. It is a celebration where every night family and friends gather together to dine, cite affirmations, honor those who have passed and discuss social values.

Kwanzaa was created by Dr. Maulana Karenga. It is not an African holiday either but a peaceful and joyful gathering with friends and family. Even though it had its beginnings in the United States it is now being celebrated in other countries. Dr. Karenga wanted this festivity to be celebrated not only for people of African descent but by all people. When you understand the principles you can see how any nationality can incorporate this week long celebration.

Here are the seven principles ones can apply to their lives.

UMOJA = Unity

KUJICHAGULIA = Self determination

UJIMA = Responsibility

UJAMAA = Cooperative Economics

NIA = Purpose

KUUMBA = Creativity

MANI = Faith

Recite and reflect on these principles with your family for seven days even if you do not celebrate Kwanzaa. On January first celebrate the first fruits of a New Year that will be coming into your life and may your cup overfloweth.

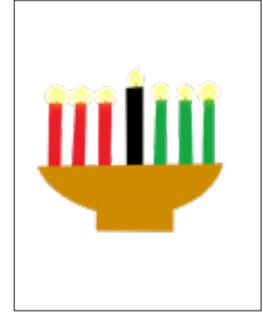
Merry Christmas, Happy Kwanzaa and may you have a blessed New Year.

DECEMBER 29, 2024

Well I pray that it has been a good year for everyone. Some of us have had our share of sorrow and happiness, yet joy and sadness are the threads in the fabric of our lives. As the scripture says count it all joy. Reflect on the good and not the bad. Be fearless and courageous as the people you've been reading about no matter what age you are, it's never too late pursue your dreams, try something new, go somewhere you've never been just go for it. You never know the gift in your life that has been waiting for you to open.

Have a Happy New Year and Happy trails to you until we meet again.

Love, Regina



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

NOVEMBER/DECEMBER 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

There will be updates provided to the congregation, particularly as it relates to the Capital Improvements/Renovations that will be developed and executed in light of the grant.

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

21 E. SPRING AVENUE RESIDENTIAL TENANT FUND

We are grateful to God for the tremendous support of our three (3) tenants who were impacted by the unfortunate fire that took place in April, 2024. The property is currently awaiting complete restoration. We have been in contact with the families over the course of these past five (5) months and each have secured housing. Close to \$5,500 was raised from Bethel Family, neighbors, community partners and friends. Funds have already been expended to assist one of the family's with their security deposit as well



and to another to assist with general support in light of loss of clothing and other necessities. The remaining funds will be disbursed to each of the families by the close of September 30, 2024, by the Commission on Stewardship and Finance.

Appreciation extended to the 21 E. Spring Avenue Tenant Residential

Fund Committee: *Sister Vikki Asbury, Sister Jamie Burrell, and Sister Tracey Davis.*

Rev. Carolyn Cavaness, Pastor

NOVEMBER/DECEMBER 2024

CAPITAL IMPROVEMENT PLAN/RENOVATIONS UPDATE

We have made tremendous progress as it relates to the Capital Improvement/Renovations. Thank you to everyone who attended our Official Groundbreaking Ceremony on Sunday, August 11, 2024. Construction officially began on Tuesday, July 30, 2024. Interior site demolition has been completed and we are working through additional areas to be abated as they have been identified by the construction team. The Patriot Construction Team is on site everyday with the contracted sub-contractors and is in regular contact with our Architectural/Design Team as well as our Project Consultant. Church Leadership, Patriot Construction Team and Architectural Team meet on a bi-weekly basis to discuss construction progress and review of future work.

With any project there will be hiccups and items that were not projected or included in the initial scope of work. We are grateful to everyone for your participation in our weekly huddles and for sharing your questions, feedback and concerns.

TASK	PROGRESS/UPDATE
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 members/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.
BETHEL COMMUNITY GARDEN	We are grateful to Haverford College for serving as our temporary home during the 2024 Growing Season! We have made it through to another season! A working group has been established bringing together our various environmental, community garden and landscape partners as it relates to planning and achieving the goals of our green space as prepare for full return in 2025. Our kickoff meeting was held on November 1, 2024. Stay tuned for more updates!
TEMPORARY OFFICE LOCATION	As of May 6, 2024, the complete administrative operation has been transferred to Ardmore Presbyterian Church.
VACCINATION CLINICS	We are continuing with our vaccination clinics! We are grateful to the Ardmore Avenue Community Center who has offered their space for us to continue providing our Vaccination Clinics as we are under construction.
BUILDING CLEAN OUT AND DEMOLITION	The entire building excluding the Sanctuary Level has been cleared out. We are grateful that we have fully completed the demolition and abatement phase of the project. We are now in full framing and construction mode! Praise be to God!
PREPARING FOR BUILDING RE-ENTRY/ SPACE USAGE, ET AL	The Board of Stewards and Trustees have began preliminary discussions as to what will building usage, entry look like once we fully return in 2025. There are many considerations that must be taken into account as we seek to fulfill our mission as a church and critical community lifeline. Please stay tuned for more discussions and dialogue!

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!



Thank You

...to Haverford College, Bethel Family and Friends for a stellar 2024 Growing Season! This has been a challenging, yet fulfilling season as we took the Bethel Community Garden to Haverford College! We are looking forward to returning back to Bethel in 2025! Stay tuned!



FALL CLEAN UP

Do you need help cleaning
leaves off your lawn?
The Ardmore Rotary is looking
to help a few homeowners in our
congregation!

If you are interested in having a volunteer team
come to your lawn and remove leaves/lawn
waste - please submit your name & address to
rotaryclubardmorepa@gmail.com

This service will happen in early December.



Rotary
Club of Ardmore



BETHEL COMMUNITY LIFE CENTER UPDATED COVID & FLU VACCINE CLINICS

▶ ▶ UPDATED 2024-2025 COVID VACCINE IS FDA APPROVED & AVAILABLE! ◀ ◀



Keep You & Your Loved Ones Safe This Season!

ARDMORE AVENUE COMMUNITY CENTER

122 ARDMORE AVENUE • ARDMORE PA 19003

DATES

TIMES

▼ ELECTION DAY 2024 ▼

TUESDAY, NOVEMBER 5

1 PM TO 3 PM

MONDAY, NOVEMBER 18

12 PM TO 2 PM

MONDAY, NOVEMBER 25

5 PM TO 7 PM



WAYS TO REGISTER: (ADVANCED REGISTRATION STRONGLY ENCOURAGED.)

Use your Smartphone camera
to scan the QR CODE.

✉ bethelardmore@verizon.net
☎ 610.642.8966

▪ PLEASE HAVE YOUR HEALTH/MEDICAL INSURANCE CARDS WITH YOU! ▪
Insurance coverage or out of pocket payment is required.



▶ ▶ WANT TO GET YOUR VACCINE ON THE WEEKEND? ◀ ◀

Feel free to call one our Community Partners, **Tepper Pharmacy** @ 610.649.0390
333 E Lancaster Rd., Wynnewood, PA 19096 (Please call in advance. Thank you!)

It is especially important to get your 2024-2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, or have never received a COVID-19 vaccine. The CDC recommends everyone ages 6 months and older should get an updated 2024-2025 COVID-19 vaccine.

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 ☎ 610.281.4933



Pennsylvania Chapter
American Red Cross



BROAD AND SWYDER
PHARMACY



**ATTENTION
MONTGOMERY COUNTY
RESIDENTS!**

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 REQUIRED** •

WHAT?

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?

WHO IS GIVING THE VACCINES?

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

How to schedule an appointment:

- ✉ montcovaccine@gmail.com
- ☎ 610.281.4933

COMING SOON: TDAP, RSV, SHINGLES, & PREVNAR



IN PARTNERSHIP WITH



AS OF 8/07/2024

IMMUNIZE

Prevent Disease – Get Immunized! Pennsylvania School Vaccination Requirements

VACCINES	KINDERGARTEN & GRADES 1-6	GRADES 7-11	GRADE 12
Diphtheria, Tetanus, and Acellular Pertussis (Usually given as DTaP, DTP, DT, or Td) 1 dose on or after 4th birthday	4 doses	4 doses	4 doses
Polio 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
Measles, Mumps, and Rubella (Usually given as MMR)	2 doses	2 doses	2 doses
Hepatitis B	3 doses	3 doses	3 doses
Varicella (Chickenpox)	2 doses or evidence of immunity	2 doses or evidence of immunity	2 doses or evidence of immunity
Tetanus, Diphtheria, Acellular Pertussis (Tdap)	Not applicable	1 dose	1 dose
Meningococcal Conjugate (MenACWY)	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



Pennsylvania Chapter
American Academy of Pediatrics



Updated March 15, 2022

New Immunizations to Protect Against Severe RSV

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

www.cdc.gov/rsv



MONTGOMERY COUNTY MOBILE CRISIS SUPPORT

Crisis support is available 24 hours a day, 7 days a week to support individuals, children, and families experiencing crisis situations. If you or someone you know needs immediate support or is experiencing a crisis, call this hotline.

1-855-634-HOPE
(1-855-634-4673)

MONTGOMERY COUNTY PEER SUPPORT TALK LINE

*Lending an ear
across generations.*

Call: 855-715-8255

Text: 267-225-7785

1:00 p.m. - 9:00 p.m.
Seven days a week



JOIN US FOR GRIEF SHARE • NOVEMBER 2024

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



**SESSIONS ARE HELD VIA ZOOM
EVERY THURSDAY AT 6:00 PM**



NOVEMBER 7



To access **ZOOM** please use the camera on your cellular phone to scan the QR Code.

NOVEMBER 14

NOVEMBER 21

**MEETING ID: 862 812 9690
PASSCODE: 106617**



Co-Led and facilitated by Dr. Kim Arnold, PhD, MPH, and Sister Janine Baggett.

For more information or to sign up, please contact Sister Janine Baggett, janineb104@gmail.com, or call 215.514.0217

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



Hope for the Holidays 2024



ON-LINE (Discussion only): TUESDAY, NOVEMBER 12, 2024 • 6 PM VIA ZOOM



To access **ZOOM** please use the camera on your cellular phone to scan the QR Code.

**MEETING ID: 862 812 9690
PASSCODE: 106617**

IN-PERSON: SATURDAY, DECEMBER 14, 2024 • 11 AM – 2 PM

**NO CHARGE! • 11:00AM: REGISTRATION AND BRUNCH • 11:30AM – 2:00PM: PROGRAM
ARDMORE UNITED METHODIST CHURCH • 200 Argyle Rd., Ardmore, PA 19003**



To RSVP or FOR MORE INFORMATION | CALL: 610-642-8966 | EMAIL: bethelardmore@verizon.net

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

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

BALANCE



Sudden Dizziness

Sudden dizziness, loss of balance or coordination

EYES



Blurred Vision

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

FACE



Facial Drooping

Sudden uneven face or facial droop, numbness in the face

ARMS



Arm Weakness

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

SPEECH



Speech Difficulties

Sudden change to speaking or slurred speech

TIME



Time to Call

Call 911 immediately if an individual is experiencing these symptoms

HEALTH FOCUS: DIABETES AWARENESS MONTH

WARNING SIGNS AND SYMPTOMS

Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

COMMON SYMPTOMS OF DIABETES:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

WHAT IS TYPE 1 DIABETES?

When you have type 1 diabetes, your immune system mistakenly treats the beta cells in your pancreas that create insulin as foreign invaders and destroys them. When enough beta cells are destroyed, your pancreas can't make insulin or makes so little of it that you need to take insulin to live.

Insulin is a hormone that helps blood glucose (blood sugar) enter your body's cells so that it can be used as energy. If you have diabetes, blood glucose can't enter your cells so it builds up in your bloodstream. This causes high blood glucose (hyperglycemia). Over time, high blood glucose harms your body and can lead to diabetes-related complications if not treated.

Most of the time, type 1 diabetes is diagnosed in



young people, but it can develop in anyone at any age. Scientists and researchers today aren't sure how to prevent type 1 diabetes or what triggers it.

If you have type 1 diabetes, you can live a long, healthy life by having a strong support system and managing it with your diabetes care team. The treatment plan you develop with your diabetes care team will include insulin, physical activity, and an eating plan to reach your health goals.

TYPE 1 DIABETES SYMPTOMS

If you or your child have the following symptoms of diabetes, let your health care provider know. Symptoms include:

- Urinating often
 - Feeling very thirsty
 - Feeling very hungry—even though you are eating
 - Extreme fatigue
 - Blurry vision
 - Cuts/bruises that are slow to heal
 - Weight loss—even though you are eating more
- It's important to know when you first develop type 1 diabetes, you may not have any symptoms at all.
- Children with Type 1 Diabetes
 - Adults with Type 1 Diabetes
 - Learning Your Risk for Type 1 Diabetes

continued next page...



WHAT IS TYPE 2 DIABETES?

In type 2 diabetes, your body does not use insulin properly—this is called insulin resistance. At first, your beta cells make extra insulin to make up for it. Over time, your pancreas can't make enough insulin to keep your blood glucose at normal levels. Type 2 diabetes develops most often in middle-aged and older adults but is increasing in young people.

Treatment for people with type 2 diabetes will include healthy eating and exercise. However, your health care provider may need to also prescribe oral and injectable medications (including insulin) to help you meet your target blood glucose levels.

SYMPTOMS OF TYPE 2 DIABETES

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Although there are many similarities between type 1 and type 2 diabetes, the cause of each is very different. And the treatment is usually quite different, too. Some people, especially adults who are newly diagnosed with type 1 diabetes, may have symptoms similar to type 2 diabetes and this overlap between

types can be confusing. Take our Risk Test to find out if you are at increased risk for having type 2 diabetes.

MAYBE IT'S A DIFFERENT TYPE

If you or someone you know is diagnosed with type 2 diabetes but isn't responding well to the typical treatments for type 2 diabetes, it may be worth a visit to an endocrinologist to determine what type of diabetes is happening. Generally, this requires antibody tests and possibly the measurement of a C-peptide level.

OVERALL NUMBERS

- Prevalence: In 2021, 38.4 million Americans, or 11.6% of the population, had diabetes.
- 2 million Americans have type 1 diabetes, including about 304,000 children and adolescents
- Diagnosed and undiagnosed: Of the 38.4 million adults with diabetes, 29.7 million were diagnosed, and 8.7 million were undiagnosed.
- Prevalence in seniors: The percentage of Americans age 65 and older remains high, at 29.2%, or 16.5 million seniors (diagnosed and undiagnosed).
- New cases: 1.2 million Americans are diagnosed with diabetes every year.
- Prediabetes: In 2021, 97.6 million Americans age 18 and older had prediabetes.



DIABETES IN YOUTH

About 352,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 0.35% of that population.

In 2017–2018, the annual incidence of diagnosed diabetes in youth was estimated at 18,200 with type 1 diabetes, 5,300 with type 2 diabetes.

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DIABETES BY RACE/ETHNICITY

The rates of diagnosed diabetes in adults by race/ethnic background are:

- 13.6% of American Indians/Alaskan Native adults
- 12.1% of non-Hispanic Black adults
- 11.7% of Hispanic adults
- 9.1% of Asian American adults
- 6.9% of non-Hispanic White adults

The breakdown among Asian American adults:

- 12.2% of Filipino
- 10.8% of Asian Indian
- Chinese, Japanese, Korean, and Vietnamese prevalences range from 6.1-7.1%
- 8.9% of other Asian American groups

The breakdown among Hispanic adults:

- 13.3% Puerto Rican
- 11.1% Mexican or Mexican American
- 9.4% Dominican
- 9.0% Cuban
- Central American, South American, and other Hispanic, Latino, or Spanish adults had prevalences ranging from 5.0%-7.3%

Deaths

Diabetes was the eighth leading cause of death in the United States in 2021 based on the 103,294 death certificates in which diabetes was listed as the underlying cause of death. In 2021, diabetes was mentioned as a cause of death in a total of 399,401 certificates.

Information from www.diabetes.org

HEALTH MINISTRY • DECEMBER 2024

HEALTH FOCUS: HIV AWARENESS MONTH

WHAT IS HIV?

HIV (human immunodeficiency virus) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom or HIV medicine to prevent or treat HIV), or through sharing injection drug equipment.

If left untreated, HIV can lead to the disease AIDS (*acquired immunodeficiency syndrome*).

The human body can't get rid of HIV and no effective HIV cure exists. So, once you have HIV, you have it for life.



Luckily, however, effective treatment with HIV medicine (called antiretroviral therapy or ART) is available. If taken as prescribed, HIV medicine can reduce the amount of HIV in the blood (also called the viral load) to a very low level. This

is called viral suppression. If a person's viral load is so low that a standard lab can't detect it, this is called having an undetectable viral load. People with HIV

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who take HIV medicine as prescribed and get and keep an undetectable viral load can live long and healthy lives and will not transmit HIV to their HIV-negative partners through sex.

In addition, there are effective methods to prevent getting HIV through sex or drug use, including pre-exposure prophylaxis (PrEP), medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use, and post-exposure prophylaxis (PEP), HIV medicine taken within 72 hours after a possible exposure to prevent the virus from taking hold. Learn about other ways to prevent getting or transmitting HIV.

WHAT IS AIDS?

AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

In the U.S., most people with HIV do not develop AIDS because taking HIV medicine as prescribed stops the progression of the disease.

A person with HIV is considered to have progressed to AIDS when:

- the number of their CD4 cells falls below 200 cells per cubic millimeter of blood (200 cells/mm³). (In someone with a healthy immune system, CD4 counts are between 500 and 1,600 cells/mm³.) OR
- they develop one or more opportunistic infections regardless of their CD4 count.

Without HIV medicine, people with AIDS typically survive about 3 years. Once someone has a dangerous opportunistic illness, life expectancy without treatment falls to about 1 year. HIV medicine can still help people at this stage of HIV infection, and it can even be lifesaving. But people who start HIV medicine soon after they get HIV experience more benefits—that's why HIV testing is so important.

HOW DO I KNOW IF I HAVE HIV?

The only way to know for sure if you have HIV is to get tested. Testing is relatively simple. You can ask your health care provider for an HIV test.

Many medical clinics, substance abuse programs, community health centers, and hospitals offer them too. If you test positive, you can be connected to HIV care to start treatment as soon as possible. If you test negative, you have the information you need to take steps to prevent getting HIV in the future.

HIV self-testing is also an option. Self-testing allows people to take an HIV test and find out their result in their own home or other private location. With an HIV self-test, you can get your test results within 20 minutes. You can buy an HIV self-test kit at a pharmacy or online. Some health departments or community-based organizations also provide HIV self-test kits for a reduced cost or for free. You can call your local health department or use the HIV Testing and Care Services Locator to find organizations that offer HIV self-test kits near you. (Contact the organization for eligibility requirements.)

Note: State laws regarding self-testing vary and may limit availability. Check with a health care provider.

WHO IS AT RISK FOR HIV?

Is the Risk of HIV Different for Different Groups?

HIV can affect anyone regardless of sexual orientation, race, ethnicity, gender, age, or where they live. However, certain groups of people in the United States are more likely to get HIV than others because of particular factors, including the communities in which they live, what subpopulations they belong to, and their risk behaviors.

Communities

When you live in a community where many people have HIV, the chance of being exposed to the virus by having sex or sharing needles or other injection equipment with someone who has HIV is higher. You can use CDC's HIV, STD, hepatitis, and tuberculosis Atlas Plus to see the percentage of people with HIV ("prevalence") in different U.S. counties and states, as well as other data. Within any community, the prevalence of HIV can vary among different subpopulations.

Subpopulations

In the United States, gay, bisexual, and other men who have sex with men are the population most affected by HIV. According to CDC, of the 30,635

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new HIV diagnoses in the U.S. in 2020, 68% (20,758) were among gay and bisexual men.^a By race/ethnicity, Blacks/African Americans and Hispanics/Latinos are disproportionately affected by HIV compared to other racial and ethnic groups. Also, transgender women who have sex with men are among the groups at highest risk for HIV infection. People who inject drugs remain at significant risk for getting HIV as well.

Risk behaviors

In the United States, HIV is spread mainly through having anal or vaginal sex or sharing needles or syringes with an HIV-positive partner. Anal sex is the highest-risk behavior. Fortunately, there are more HIV prevention tools available today than ever before. These include using condoms correctly, every time you have sex; pre-exposure prophylaxis (PrEP), medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use; and treatment as prevention, a method in which people with HIV take HIV medicine as prescribed to achieve and maintain an undetectable viral load, a level of HIV in the blood so low that it can't be detected in a standard blood test. People with HIV who take HIV medicine (called antiretroviral therapy or ART) as prescribed and get and keep an undetectable viral load can live long and healthy lives and will not transmit HIV to their HIV-negative partners through sex.

Visit our U.S. Statistics page for more information on how HIV affects different populations.

WHAT SHOULD I DO IF I THINK I'M AT RISK FOR HIV?

If you think you're at risk for getting HIV, or that you might already have HIV, get tested and learn about the effective HIV prevention and treatment options available today.

Testing is the only way to know for sure if you have HIV.

- Many HIV tests are now quick, free, and painless. Ask your health care provider for an HIV test or use the HIV Services Locator to find a testing site near you. You can also buy an FDA-approved home testing kit at a pharmacy or online.

- Knowing your HIV status gives you powerful information to help you take steps to keep you and your partner(s) healthy:
- If you test positive, you can start HIV treatment to stay healthy and prevent transmitting HIV to others.
- If you test negative, you can use HIV prevention tools to reduce your risk of getting HIV in the future.

NATIONAL HIV/AIDS STRATEGY ADDRESSES HIV RISK

The National HIV/AIDS Strategy (2022-2025) (NHAS) articulates goals, objectives, and strategies to prevent new infections, treat people with HIV to improve health outcomes, reduce HIV-related disparities, and better integrate and coordinate the efforts of all partners to achieve the bold targets for ending the epidemic in the United States. The NHAS identifies the following priority populations disproportionately impacted by HIV:

- Gay, bisexual, and other men who have sex with men, in particular Black, Latino, and American Indian/Alaska Native men
- Black women
- Transgender women
- Youth aged 13–24 years
- People who inject drugs

The NHAS maintains that focusing efforts on these five priority populations will reduce the HIV-related disparities they experience, which is essential if the nation is to succeed on the path toward ending the HIV epidemic by 2030.

The NHAS further acknowledges populations with or experiencing risk for HIV whose circumstances warrant specific attention and tailored services. This includes immigrants, individuals with disabilities, justice-involved individuals, older adults, people experiencing housing instability or homelessness, and sex workers. The Strategy also focuses on social determinants of health, the conditions where people live, learn, work, and play, that influence HIV risk or outcomes.

Info provided by [hiv.gov](https://www.hiv.gov)



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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Your Way Home Helpline
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- Language translation
- ADA accessible communication
- Se habla Español

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or email us
Homeless@montgomerycountypa.gov



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.



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.**



A HEALTHIER MIND IS A HAPPIER LIFE

Get plenty of sleep

Maintain a healthy diet

Stay physically active

Have at least 2 close friends to confide in

Help others

Be patient

Laugh often

Don't neglect medical check ups

Have at least one hobby

Have a spiritual connection

Count your blessings

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LET'S GET READY TO VOTE!
TUESDAY, NOVEMBER 5, 2024

MONDAY, OCTOBER 21
Last day to REGISTER before the November election.

TUESDAY, OCTOBER 29
Last day to apply for a mail-in or civilian absentee ballot.

GENERAL ELECTION TUESDAY, NOVEMBER 5
Last day for County Boards of Elections to receive completed mail-in and civilian absentee ballots (must be received by 8:00 P.M.)

► POLLS ARE OPEN FROM 7 AM – 8 PM ◀

vote.pa.gov



STAY CONNECTED TO

Bethel AME Church of Ardmore

zoom CONFERENCE (AUDIO/VIDEO)

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



FACEBOOK

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SCHEDULE

DAILY PRAYER LINE VIA BETHEL'S ZOOM

7 AM

SUNDAY MORNING WORSHIP

10:30 AM

TUESDAY PRAYER LINE @ 8:00 PM

Conference Call Dial: (267) 807-9605

Access code: 818554

WEDNESDAY BIBLE STUDY

1:00 PM & 6:30 PM

STAY CONNECTED!

WEBSITE

www.bethelardmore.org

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

EMAIL

Bethelardmore@verizon.net

OFFICE PHONE

(610) 642-8966

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

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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.



NOVEMBER 2024

HEALTH MIINISTRY FOCUS: DIABETES AWARENESS



610.642.8966



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Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VIRTUAL SUNDAY CHURCH SCHOOL ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM IN-PERSON SUNDAY CHURCH SCHOOLEVERY 2ND SUNDAY ADULTS • 8:30 AM YOUTH AND YOUNG PEOPLE • 8:45 AM	4 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	5 PRAYER 7 AM 2024 PRESIDENTIAL ELECTION POLLS OPEN 7 AM-8 PM BCLC VACCINE CLINIC 1-3 PM TUESDAY PRAYER 8 PM	6 PRAYER 7 AM BIBLE STUDY 6:30 PM	7 PRAYER 7 AM GRIEFSHARE: 6 PM	8 PRAYER 7 AM GRIEFSHARE: 6 PM	9 PRAYER 7 AM
3 PRAYER 7 AM 129TH CHURCH ANNIVERSARY/SERVICE OF HOLY COMMUNION WORSHIP SERVICE 10:30 AM DAYLIGHT SAVINGS ENDS PARTY AT THE POLLS 12:30-3 PM	4 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	5 PRAYER 7 AM HOPE FOR THE HOLIDAYS VIA ZOOM 6 PM TUESDAY PRAYER 8 PM	6 PRAYER 7 AM BIBLE STUDY 6:30 PM	7 PRAYER 7 AM GRIEFSHARE: 6 PM	8 PRAYER 7 AM GRIEFSHARE: 6 PM	9 PRAYER 7 AM
10 PRAYER 7 AM VETERANS SUNDAY/ WORSHIP SERVICE 10:30 AM	11 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	12 PRAYER 7 AM HOPE FOR THE HOLIDAYS VIA ZOOM 6 PM TUESDAY PRAYER 8 PM	13 PRAYER 7 AM BIBLE STUDY 6:30 PM	14 PRAYER 7 AM GRIEFSHARE: 6 PM	15 PRAYER 7 AM GRIEFSHARE: 6 PM	16 PRAYER 7 AM
17 PRAYER 7 AM WORSHIP SERVICE 10:30 AM BLOOD PRESSURE CHECK/NURSE LAURA	18 PRAYER 7 AM BCLC VACCINE CLINIC 12-2 PM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	19 PRAYER 7 AM TUESDAY PRAYER 8 PM	20 PRAYER 7 AM BIBLE STUDY 6:30 PM	21 PRAYER 7 AM GRIEFSHARE: 6 PM	22 PRAYER 7 AM	23 PRAYER 7 AM
24 PRAYER 7 AM THANKSGIVING SUNDAY/ WORSHIP SERVICE 10:30 AM FELLOWSHIP OF CHURCHES THANKSGIVING CELEBRATION ZION BAPTIST/ARDMORE 3 PM	25 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM BCLC VACCINE CLINIC 5-7 PM	26 PRAYER 7 AM 4TH ANNUAL COMMUNITY FRIENDSGIVING 12 PM TUESDAY PRAYER 8 PM	27 PRAYER 7 AM	28 PRAYER 7 AM HAPPY THANKSGIVING!	29 PRAYER 7 AM	30 PRAYER 7 AM

FIRST EPISCOPAL DISTRICT FALL CONVOCATION

Rev. Cavaness, Preacher



DECEMBER 2024

HEALTH MIINISTRY FOCUS: HIV/AIDS AWARENESS

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Rev. Carolyn C. Cavaness, Pastor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE 10:30 AM 1ST SUNDAY OF ADVENT	2 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	3 PRAYER 7 AM	4 PRAYER 7 AM BIBLE STUDY 6:30 PM	5 PRAYER 7 AM	6 PRAYER 7 AM	7 PRAYER 7 AM 2 ND ANNUAL PRAYER BREAKFAST ARDMORE U.M. CHURCH 9 AM HOLIDAY BAZAAR AND VACCINATION CLINIC ARDMORE COMMUNITY CENTER 11 AM-5 PM
8 PRAYER 7 AM WORSHIP SERVICE 10:30 AM 2ND SUNDAY OF ADVENT	9 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	10 PRAYER 7 AM TUESDAY PRAYER 8 PM	11 PRAYER 7 AM BIBLE STUDY 6:30 PM	12 PRAYER 7 AM	13 PRAYER 7 AM	14 PRAYER 7 AM HOPE FOR THE HOLIDAYS ARDMORE U.M. CHURCH 11 AM - 2 PM
15 PRAYER 7 AM CHRISTMAS PRODUCTION/ WORSHIP SERVICE 10:30 AM 3RD SUNDAY OF ADVENT CHRISTMAS PARTY/ ARDMORE U.M. CHURCH	16 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	17 PRAYER 7 AM TUESDAY PRAYER 8 PM	18 PRAYER 7 AM BIBLE STUDY 6:30 PM	19 PRAYER 7 AM PRESIDENTS' COUNCIL 6:30 PM	20 PRAYER 7 AM	21 PRAYER 7 AM WEST MAIN LINE DISTRICT CHRISTMAS PARTY LOCATION TBA
22 PRAYER 7 AM WORSHIP SERVICE 10:30 AM 4TH SUNDAY OF ADVENT	23 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM	24 PRAYER 7 AM TUESDAY PRAYER 8 PM	25 PRAYER 7 AM MERRY CHRISTMAS!	26 PRAYER 7 AM KWANZAA DAY 1: UNITY SELF-DETERMINATION	27 PRAYER 7 AM KWANZAA DAY 2:	28 PRAYER 7 AM KWANZAA DAY 3: COLLECTIVE WORK & RESPONSIBILITY

BETHEL AME CHURCH OF ARDMORE HOSTING FAMILY PROMISE OF THE MAIN LINE FAMILIES

29 PRAYER 7 AM KWANZAA/TESTIMONY SUNDAY WORSHIP SERVICE 10:30 AM KWANZAA DAY 4: COOPERATIVE ECONOMICS	30 PRAYER 7 AM OFFICIAL BOARD/ CHURCH CONFERENCE 6:30 PM KWANZAA DAY 5: PURPOSE CHOSEN 300 OUTREACH	31 PRAYER 7 AM TUESDAY PRAYER 8 PM WATCHNIGHT SERVICE 10:30 PM NEW YEAR'S EVE KWANZAA DAY 6: CREATIVITY	VIRTUAL SUNDAY CHURCH SCHOOL ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM IN-PERSON SUNDAY CHURCH SCHOOLEVERY 2ND SUNDAY 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
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BETHEL AME CHURCH OF ARDMORE HOSTING FAMILY PROMISE OF THE MAIN LINE FAMILIES

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

UPDATED 11/4/24