CELEBRATE THE RESURRECTION

APRIL 2024 10:30 AM IN-PERSON WORSHIP SERVICE 163 SHELDON LANE · ARDMORE, PA 19003

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

VIRTUAL WORSHIP SERVICES

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

> FACEBOOK www.Facebook.com/BethelArdmore



Rev. Carolyn C. Cavaness, Pastor Rev. Dr. Charles H. Lett, Sr., Presiding Elder Mother Joan Marla McAllister, Episcopal Supervisor Rt. Rev. Julius H. McAllister, Sr., Presiding Prelate

<u>Ministerial Team</u> 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"

IESUS CHRIST IS LORD!

2024 CHURCHWIDE THEME: "Let Us Rise Up & Build" –NEHEMIAH 2:18

THE PASTOR'S WORD - APRIL 2024

April 1, 2024

He is Risen! He is Risen Indeed!

Dear Bethel Family and Friends! We serve a Living Savior! In this season of Eastertide as we hold fast to the victory and triumph of our Savior over the sting of death we are assured yet again that we are MORE than conquerors than him that loved us!

than conquerors than min that loved us. The Season of Lent leading up to Easter/Resurrection was one I felt personally deepened my hunger and thirst for God's presence and power in my life. To be intentional about prayer, setting aside time/space for myself to commune with God, sacrificing and ways in which to do more for the benefit of others in fact are the pillars of the faith that ought not only be observed during the Season of Lent but everyday, in season and out of season!

only be observed during the beauty As Easter people, we are as Christ's offspring living representatives/ambassadors of new life, new hope and new opportunities because our Savior lives. Not only is this something that we read about, but it is also something that we live and experience everyday. Living in the Octave of Easter we are invited to realize that Easter/Resurrection is not confined to one day, but rather lives on and the promises that it beholds far outweigh anything we can imagine or fathom if we hold fast to what the resurrection stands for and ignites as this is the the foundational event that impacts HUMAN history and understanding. Christ Jesus the the grave with all power in his hands disrupts systems, structures, empires and provides humanity the hope and assurance that we can and will prevail OVER anything

that may seek to hold us down. Let us hold fast to what Easter means and what it can ignite in our lives personally, emotionally, physically, spiritually and even as a faith community. We are called to be a LIVING, THRIVING, SERVING and LOVING people who have been called into being because of Christ's sacrifice for us and his ultimate defeat of death itself.

I serve a risen Savior, Hes in the world today; I know that He is living, whatever men may say; I see His hand of mercy, I hear His voice of cheer, And just the time I need Him, Hes always near. He lives, He lives, Christ Jesus lives today! He walks with me and talks with me A-long lifes narrow way. He lives, He lives, salvation to impart! You ask me how I know He lives? He lives within my heart.

In His Love, *Rev. Cavaness*



Holy Communion Order of Worship THE ORGAN PRELUDE

INTROIT

"He is Lord"

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

"To God Be the Glory (AMEC #21)

To God be the glory, great things He hath done, So loved He the world that He gave us His Son, Who yielded His life our redemption to win, And opened the life-gate that all may go in.

Praise the Lord, praise the Lord, Let the earth hear His voice; Praise the Lord, praise the Lord, Let the people rejoice; Oh, come to the Father, through Jesus the Son, And give Him the glory; great things He hath done.

> *Oh, perfect redemption, the purchase of blood, To every believer the promise of God; The vilest offender who truly believes, That moment from Jesus a pardon receives.*

Praise the Lord, praise the Lord, Let the earth hear His voice; Praise the Lord, praise the Lord, Let the people rejoice; Oh, come to the Father, through Jesus the Son, And give Him the glory; great things He hath done.

Great things He hath taught us, great things He hath done, And great our rejoicing through Jesus the Son; But purer, and higher, and greater will be our wonder, our transport when Jesus we see.

Praise the Lord, praise the Lord, Let the earth hear His voice; Praise the Lord, praise the Lord, Let the people rejoice; Oh, come to the Father, through Jesus the Son, And give Him the glory; great things He hath done.

> THE INVOCATION THE CHORAL RESPONSE THE SCRIPTURE THE WELCOME AND GREETING THE INTRODUCTION OF THE PREACHER Rev. Carolyn C. Cavaness THE SERMONIC HYMN

THE SERMON

Rev. Dr. Charles H. Lett, Sr. Senior Presiding Elder, West Main Line District Philadelphia Conference, AME Church

THE INVITATION TO CHRISTIAN DISCIPLESHIP

Presiding Elder Lett

THE MINISTRY OF GIVING

All are invited to share in this moment of giving. You are invited to donate by visiting <u>www.bethelardmore.org</u> 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 Elder Lett Assisted by Rev. Cavaness

THE COMMUNION HYMN

"Down At the Cross" (AMEC #243) Down at the cross where my Savior died, Down where for cleansing from sin I cried, There to my sin was the blood applied; Glory to His name!

> Glory to His name, Glory to His name; There to my sin was the blood applied; Glory to His name! I am so wondrously saved from sin, Jesus so sweetly abides within; There at the cross where He took me in; Glory to His name.

Glory to His name, Glory to His name; There to my sin was the blood applied; Glory to His name!

Oh, precious fountain that saves from sin, I am so glad I have entered in; There Jesus saves me and keeps me clean; Glory to His name.

Glory to His name, Glory to His name; There to my sin was the blood applied; Glory to His name!

Come to this fountain so rich and sweet; Cast thy poor soul at the Savior's feet; Plunge in today, and be made complete; Glory to His name.

> Glory to His name, Glory to His name; There to my sin was the blood applied; Glory to His name!

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, Lord God of Host; 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

"Jesus I'll Never Forget What You've Done For Me" Oh, Jesus, I'll never forget What You done for me Jesus, I'll never forget You set my soul free

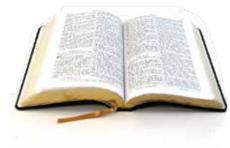
Jesus, I'll never forget How You brought me out Well, no, no, no, no, no, no I'll never forget

He's done so much for me. I can not tell it all I can not tell it all. I can not tell it all. He's done so much for me. I can not tell it all Jesus I'll never forget no never!

Jesus, I'll never forget How You brought me out Well, no, no, no, no, no, no I'll never forget

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!

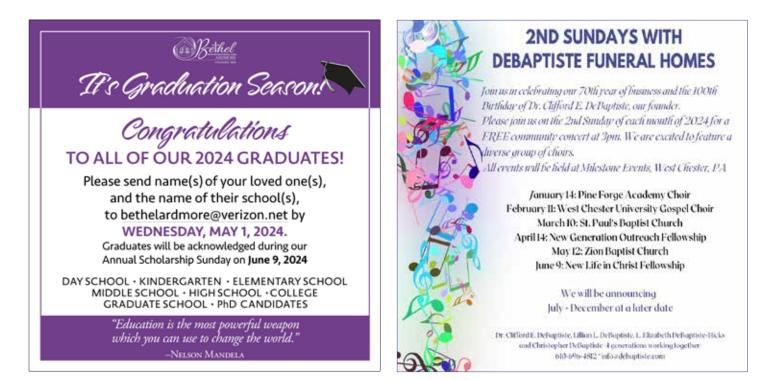


BIBLE DECLARATION!

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, Everliving seed of the Word of God. I will never be the same . Never, never, never. I will never be the same. In Jesus name. Amen.

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

immediately following Sunday Worship. To be held at Bryn Mawr Presbyterian Church Congregational Hall

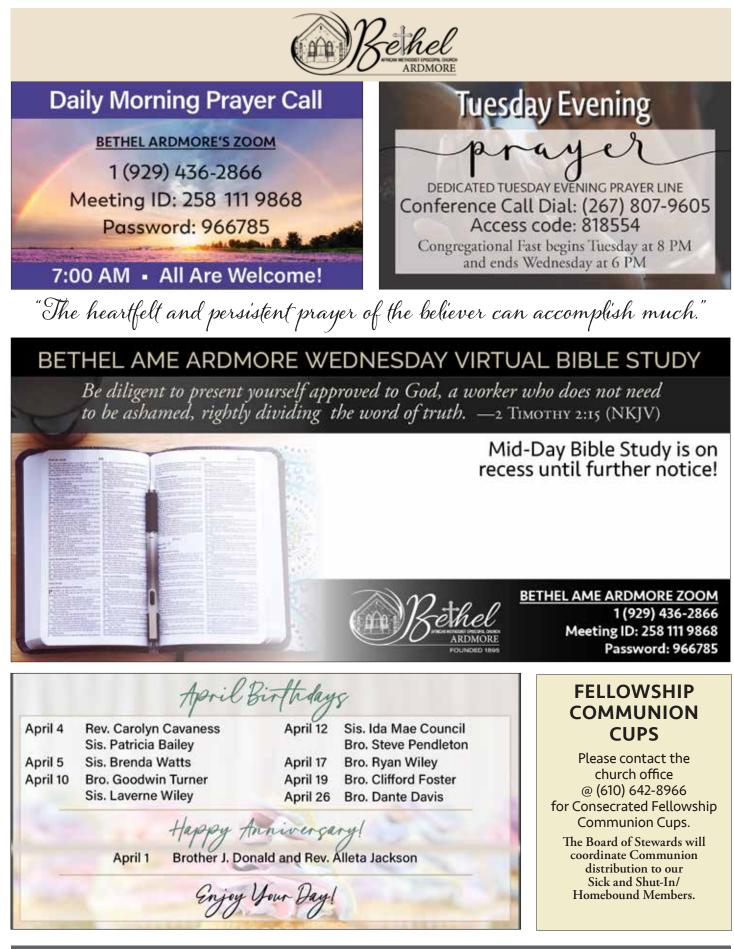


ATTENTION BETHEL FAMILY & FRIENDS: Researchers from Temple University

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

> To participate in the survey, please scan the QR code: RESPONSES ARE NEEDED BY APRIL 17, 2024

You will be entered into a raffle for \$50, \$75, \$100 gift cards when you complete the survey. If you need assistance in completing the survey please call 352-519-9614. Thank you!



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

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

SIS. GLORIA GREENWOOD 209 Simpson Rd., Ardmore, PA 19003 BRO. JEREMIAH "JERRY" HOLLAND 623 E. Haverford Ave., Bryn Mawr, PA 19010 SIS. GERALDINE MILLS

137 Sheldon Lane, Ardmore, PA 19003

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

Sister Janine Baggett, Co-Vice Chair, Board of Stewards, if you would like to have your name added/removed from the Sick and Shut-In and Prayer Lists. (as of 11/30/2023) Sister Janine Baggett, SIS. MA 333 West SIS. SHE ARDMOU 75 Ardmou SIS. PEA

* Please contact

SIS. MARGARET PENDLETON 333 West Spring Ave., Ardmore, PA 19003 SIS. SHERRI PENDLETON ARDMORE HOUSE 75 Ardmore Ave., Apt 1 E, Ardmore, PA 19003 SIS. PEARL PRICE 5404 Regent St., Philadelphia, PA 19143 BRO. GLENN PULLER 212 Lippincott Ave., Ardmore, PA 19003 SIS. LOIS SAVIN 170 Lakeside Road, Apt. C-13, Ardmore, PA 19003 SIS. BARBARA SHORT 19 S. Merion Ave., Bryn Mawr, PA 19010

BRO. ROBERT (BOBBY) SUDLER 1377 Westbury Dr., Philadelphia, PA 19151

BRO. CHARLES "CHUCK" THOMPSON 2101 Belmont Ave., Apt. 2307, Phila., PA 19131 BRO. HARRY & SIS. YVONNE WHITE 650 Hazelwood Road, Ardmore, PA 19003

SIS. LILLIAN WILSON 330 Walnut St., Apt. 621, Norristown, PA 19401

BETHEL AME ARDMORE PRAYER LIST

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

Family of Duane Holland Brother Jerry Holland and Family Family of Sister Rhoda Hooper The Howard Family Bishop Julius & Mother Joan McAllister Sister Donna Jarrell Family of Rev. Kanice Attles-Johns Sister Phylinda Peters John & Family Families impacted by COVID-19 Ardmore Families Impacted by Gun Violence Family of Mother Minnie B. Johnson Sister Pauline Jordan and Family Sister Jill Kilgore and Family Family of Rev. Wilfred Lewis Family of Sister Darryl McLain Rev. Donna Minor and Family Family of Brother Wade Morris Family of Brother Gary "Poncho" Parker Sister Sherri Pendleton Rev. James Pollard, Sr. and Family Sister Princess Rahman and Family Family of Sister Sharon Richardson Sister Lois Savin Family of Mr. Charles "Peanut" Shippen Family of Sister Denice Shippen Sister Thay Shippen and Family

Family of Brother Troy Shippen Sister Barbara Short Family of Rev. Frank Smart Sister Dorothy "Dottie" Smith & Family Brother LeVan "Butch" Smith Brother Guy and Sister Joanne Stewart Family of Sister Estelle Summers Brother Jerome Taylor Brother Charles "Chuck" Thompson and Family Family & Friends of Marie "Mutt" Thornton Rev. Dr. Donald Tucker Family of Rev. Dr. Denzil Turton, Sr. Family of Rev. Lanxton Washington Sister Brenda Watts Sister Angie White and Family Brother Harry & Sister Yvonne White Sister LaVerne Wiley Family of Sister Debbie Williams Sister Bonnie Wills Sakinah Love/Redeemed for a Cause All of the babies, toddlers, community children & teens of our church Our College Students Gun Violence Victims and Families Lower Merion Firefighters 18th Episcopal District All Who Are On the Front-Line ...

BETHEL AME ARDMORE SCHEDULE • APRIL 2024

BETHEL ARDMORE MINISTRY MEETINGS

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

MON., APRIL 1 ROBINSON AND GIBBS SCHOLARSHIP AWARD PHEAA GRANT MEETING TUES., APRIL 9 OFFICIAL BOARD/CHURCH CONFERENCE 4" QUARTERLY CONFERENCE 4" WED, APRIL 8 WMS MEETING THU, APRIL 11 BETHEL SCHOLARSHIP MINISTRY MON., APRIL 7 SERVICE OF HOLY COMMUNION/FIRST FRUITS SUNDAY 8:30 AM Virtual Sunday School (Adults) 9:00 AM IN-PERSON/VIRTUAL WORSHIP SERVICE - Presiding Elder Charles Lett, Sr., Pre CELEBRATION LUNCHEOHFOP RESIDING ELDER AND SISTER LETT BRYM MAWR PRESBYTERIAN CONCRECATIONAL HALL 625 Montgomery Ave, Bryn Mawr, PA 19010 SUN., APRIL 14 SUNDAY WORSHIP SERVICE / YOUTH SUNDAY 8:30 AM In-Person Sunday School (Adults) 9:00 AM Virtual Sunday School (Adults) 9:00 AM		
4 TH QUARTERLY CONFERENCE WED., APRIL 8 WMS MEETING THU, APRIL 11 BETHEL SCHOLARSHIP MINISTRY MON., APRIL 75 LAY ORGANIZATION MEETING SUN., APRIL 7 SERVICE OF HOLY COMMUNION/FIRST FRUITS SUNDAY \$:30 AM Virtual Sunday School (Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE • Presiding Elder Charles Lett, Sr., Pre CELEBRATION LUNCHEONFOR PRESIDING ELDER AND SISTER LETT BRYIV MAWR PRESBYTERIAN CONGREGATIONAL HALL 625 Montgomery Ave, Bryn Mawr, PA 19010 SUN., APRIL 14 SUNDAY WORSHIP SERVICE/YOUTH SUNDAY 8:30 AM In-Person Sunday School (Adults) 8:45 AM In-Person Sunday School (Adults) 8:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE - Rev. Cavaness, Preacher SUN., APRIL 21 SUNDAY WORSHIP SERVICE - Nev. Cavaness, Preacher 8:30 AM Virtual Sunday School (Youth & Young Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 9:00 AM Virtual Sunday School (Youth & Young Adults) 9:00	ROBINSON AND GIBBS SCHOLARSHIP AWARD PHEAA GRANT MEETING	6:30 PM
THU, APRIL 11 BETHEL SCHOLARSHIP MINISTRY MON., APRIL 15 LAY ORGANIZATION MEETING IN-PERSON AND VIRTUAL WORSHIP SERVICES • APRIL/MAY 2024 SUN, APRIL 7 SERVICE OF HOLY COMMUNION/FIRST FRUITS 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 + Presiding Elder Charles Lett, Sr., Pre CELEBRATION LUNCHEONFOR PRESIDING ELDER AND SISTER LETT BRYN MAWR PRESBYTERIAN CONCRECATIONAL HALL 625 Montgomery Ave, Bryn Mawr, PA 19010 SUN, APRIL 14 SUNDAY WORSHIP SERVICE/YOUTH SUNDAY 8:30 AM In-Person Sunday School (Adults) 8:45 AM In-Person Sunday School (Adults) 10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE + Rev. Cavaness, Preacher SUN, APRIL 21 SUNDAY WORSHIP SERVICE + Rev. Cavaness, Preacher 8:30 AM Virtual Sunday School (Adults) 9:00 AM Virtual Sunday School (Adul		6 PM 6:30 PM
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SPRING QUARTER THEME: EXAMINING OUR FAITH

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

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

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

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

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.

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



To all Bethel Young People, Parents, Grandparents, Guardians, Bethel Church School, Youth Ministry Team, Bethel Family and Friends thank you for your tremendous participation, support, donations and support of our Easter/Resurrection program and Easter Egg Hunt. Thank you!!!

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

APRIL 7	Faith of Four Friends Luke 5:17-26
APRIL 14	Faith of a Centurion Luke 7:1-10
APRIL 21	Faith of a Woman Who Loved Jesus Luke 7:36-50
APRIL 28	Faith of a Canaanite Woman Matthew 15:21-28



BETHEL AME CHURCH OF ARDMORE 2024: LET US RISE UP & BUILD

-NEHEMIAH 2:18

BETHEL AME OF ARDMORE'S 4 GOALS FOR 2024

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

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

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

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

- entrusted to care and provide for. 1. Remain steadfast and unapologetic about our witness, testimony and love for Jesus Christ and the mandate to share and lead others to Jesus Christ.
- 2. Intergenerational Ministry is our lifeline. Commitment to a ministry that
- serves and welcomes every facet of the life cycle, 3. Strengthen our commitment to being good stewards of our time, talent
- 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, PASTOF

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

SAVE THE DATES!

Presiding Elder Charles and Sister Sylvia Lett Retirement Celebration SATURDAY, APRIL 20, 2024 1:00 PM St. Matthew AME Church 215 N 57th Street Philadelphia, PA Rev. Vernon R. Byrd, Esq., Host Pastor

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

129th Elected and Consecrated Bishop African Methodist Episcopal Church

Retirement Celebration FRIDAY, JUNE 14, 2024

First District Plaza 3801 Market Street, Philadelphia, PA

COMMISSION ON STEWARDSHIP AND FINANCE

OUR PRINCIPLES FOR STEWARDSHIP/GIVING:

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

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

2024 GIVING ENVELOPES

2024 Tithe/Offering Envelopes and Faith Fund Pledge Cards have been distributed/mailed. If you have not received, please contact any member of the Commission on Stewardship



and Finance. We are asking for 100% participation of our congregation in the Stewardship necessary to undergird the ministry of Bethel AME Church of Ardmore. 2023 Giving Statements were mailed January 31, 2024.

BETHEL RESTORATION CAMPAIGN UPDATE

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

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

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

Certainly, if you have any questions or concerns, please do not hesitate to contact any member of the Commission on Stewardship and Finance. The 2024 Church Budget was approved at the Official Board/Church Conference held on Tuesday, November 14, 2023. *Thank you to Brother Jody Raines and Sister Cynthia Taylor for your leadership.*

ELEVATOR FUND

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



The Commission on Stewardship and Finance Members

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

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

2024 OFFERING ENVELOPES

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



Rev. Carolyn C. Cavaness, Pastor

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

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

OFFERINGS Over and above the Tithe.

INITIAL GIVING ENVELOPE

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

FAITH FUND

Each member is asked to participate in the Faith Fund. There are various weekly giving circles: \$20,00, \$15,00, \$10.00 or \$5.00. You can certainly give to the Faith Fund on a monthly, quarterly or at one time. Members are strongly encouraged to Pledge as this is necessary to ensure that we are on track for our Connectional/Episcopal District/Presiding Elder District Obligations. The Faith Fund "year" is from January 1, 2024 – December 31, 2024. Quarterly statements will be provided.

BETHEL RESTORATION CAMPAIGN Support of our capital improvement projects and maintenance.

BENEVOLENCE

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

CLASS DUES Special Love Offering for the Pastor. CHURCH SCHOOL Offering to support the Church School.

OTHER

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

OTHER SPECIAL ENVELOPES

VISION 2020

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

(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!



JESUS CHRIST IS LORD! JOIN US FOR SUNDAY WORSHIP SERVICE!

SERVICE OF HOLY COMMUNION

SUNDAY, APRIL 7, 2024

10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE

Celebration Service for Presiding Elder Lett *immediately after service!* BRYN MAWR PRESBYTERIAN CONGREGATIONAL HALL 625 Montgomery Ave, Bryn Mawr, Pa 19010

PRESIDING ELDER CHARLES LETT, SR., PREACHER

IN-PERSON WORSHIP SERVICE 163 SHELDON LANE ARDMORE, PA 19003 MASKS ARE STRONGLY ENCOURAGED FOR IN-PERSON ATTENDANCE SOCIAL DISTANCING WILL BE ENFORCED 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785 FACEBOOK: www.Facebook.com/BethelArdmore

ATTENDANCEVIRTUAL SUNDAY SCHOOL VIA ZOOMCING WILL BE ENFORCEDADULTS: 8:30 AM • CHILDREN/YOUTH: 9 AM610.642.8966 | WWW.BETHELARDMORE.ORG | BETHELARDMORE@VERIZON.NET

JESUS CHRIST IS LORD!

JOIN US FOR SUNDAY WORSHIP SERVICE!

SUNDAY, APRIL 14, 2024 • 10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE YOUTH SUNDAY!

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

IN-PERSON WORSHIP SERVICE 163 SHELDON LANE ARDMORE, PA 19003 **REV. CAROLYN C. CAVANESS, PASTOR**

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

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



JESUS CHRIST IS LORD! JOIN US FOR SUNDAY WORSHIP SERVICE!

SUNDAY, APRIL 21, 2024 10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE

BLOOD PRESSURE CHECK immediately after Worship Service with Dr. Laura

REV. DR. KATHERINE BAKER ROSE, GUEST PREACHER

IN-PERSON WORSHIP SERVICE 163 SHELDON LANE ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED FOR IN-PERSON ATTENDANCE SOCIAL DISTANCING WILL BE ENFORCED VIRTUAL WORSHIP SERVICE 1 (929) 436-2866 • ID: 258 111 9868 • Password: 966785 FACEBOOK: www.Facebook.com/BethelArdmore

 VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



SUNDAY, APRIL 28, 2024

10:30 AM IN-PERSON/VIRTUAL WORSHIP SERVICE

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

IN-PERSON WORSHIP SERVICE 163 SHELDON LANE ARDMORE, PA 19003

MASKS ARE STRONGLY ENCOURAGED FOR IN-PERSON ATTENDANCE SOCIAL DISTANCING WILL BE ENFORCED **REV. CAROLYN C. CAVANESS, PASTOR**

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

VIRTUAL SUNDAY SCHOOL VIA ZOOM

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

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



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

SUNDAY MAY 5

10:30 AM Service of holy Communion/ Ministry Leader Appreciation day

IN-PERSON/VIRTUAL WORSHIP SERVICE

SUNDAY MAY 12

10:30 AM SUNDAY WORSHIP SERVICE Mother's Day/Ascension Sunday In-Person/Virtual Worship Service

Youth Sunday

LAST SUNDAY OF THE 2024 CONFERENCE YEAR **IN-PERSON CHURCH SCHOOL FOR ALL!** ADULTS: 8:30 AM • YOUTH: 8:45 AM

SUNDAY MAY 19

10:30 AM SUNDAY WORSHIP SERVICE Pentecost Sunday/ Right Hand of Fellowship

IN-PERSON/VIRTUAL BLOOD PRESSURE CHECK *immediately after Worship Service* SUNDAY MAY 26 10:30 AM SUNDAY WORSHIP SERVICE

IN-PERSON/VIRTUAL

REV. CAROLYN C. CAVANESS, PASTOR

163 SHELDON LANE • ARDMORE, PA 19003

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



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

MASKS ARE REQUIRED FOR IN-PERSON ATTENDANCE • SOCIAL DISTANCING WILL BE ENFORCED 610.642.8966 | WWW.BETHELARDMORE.ORG | BETHELARDMORE@VERIZON.NET



WMS BETHEL OUTREACH CORNER

We are the hands and feet of Jesus Christ!

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

WMS Members and Officers have been continuing our efforts to bethe hands and feet of Jesus Christ.

To God Be The Glory!

All throughout the Scriptures we are told to 'serve the Lord.' In Psalm 100:2, it says to 'serve the Lord with gladness.'Deuteronomy 10:12 says, 'Serve the Lord your God with all your heart and with all your soul.' Joshua says, 'As for me and my house, we will serve the Lord' (Joshua 24:15).

Our Missionaries have been living out these scriptures daily.

We wish to thank everyone for being a blessing via the Easter/Lenten Offering as this offering will be used to support the week we will host the families of Family Promise of the Main Line during Christmas Week 2024.

Our April Meeting will be on Monday, April 8, 2024at 6:30 PM.

The Philadelphia Conference YPD will host its 27th Cotillion on April 27th.

On Monday, April 29th Bethel will fellowship and provide a meal to Chosen 300 Ministries. If you are interested in donating or volunteering, please contact Sister Vikki Asbury.

We are looking forward to the Philadelphia Conference WMS Annual Day on Wednesday, May 15th.

We thank the Bethel Missionaries for your support of the Retirement Luncheon held in honor of Sister Sylvia Lett.









THE LAY ORGANIZATION • APRIL 2024

Upcoming monthly information from the Bethel AME Ardmore Lay Organization

Have you given thought to what stewardship is and if you are a good steward? Here are 10 Top Stewardship Verses for you to reflect on:

#10 2 CORINTHIANS 8

Generosity is not circumstantial and giving is a privilege. In this passage, Paul uses the story of the Macedonians' abundant generosity in the face of trial to encourage the Corinthians to give generously.

#9 MICAH 6:8

The focus of stewardship is not our money or our possessions, but rather the attitude of our heart. The attitudes of justice, kindness and humility shape the way we view, use and give our money and possessions.

#8 LUKE 18:18-27, ESPECIALLY 18:25 AND MARK 10:17-22

Stewardship is a matter of the heart. Our possessions often interfere with our relationship with God steering our focus from creator to creation. Although wealth brings many privileges and benefits, Jesus cautions his followers to beware of wealth's power to lure their hearts away from God.

#7 GENESIS 1:2-4 AND 1:27,31.

Stewardship originations from the creation story. In this story, God impresses God's own image upon humanity and charges humanity to care for all creation. God is the maker of all things and we are called to be responsible stewards of God's creation.

#6 2 CORINTHIANS 9

God provides all that we need and we give in response to God's provision. God desires intentional gifts that can be freely given with a smile. As we give we not only meet the needs of others, but we also give thanks to God.

#5 LUKE 19: 1-10

Stewardship is first and foremost about relationships. Zacchaeus' relationship with his possessions, and by consequence his relationship with others, is affected by Jesus' initiation of a relationship with him. Through our relationship with Jesus we are changed; our relationship with Jesus ignites within us a desire to use our possessions responsibly to meet the needs of others.

#4 LUKE 21:1-4 AND MARK 12:41-44

Jesus commends the widow for giving all that she had to live on. As stewards we are called to give our whole life – time, talent and treasure – to God. We are also called to create sustainable systems of giving so that the rich do not prosper at the expense of the poor. Stewardship is for everyone, the rich and the poor.

#3 MATTHEW 6:21 AND LUKE 12:34

Where you put your money takes your heart with it. "The point isn't that how we spend our money reveals what sort of people we are, but that how we spend money determines what sort of people we become."

#2 LUKE 10:25-37

The parable of the Good Samaritan reminds us that we, as stewards of God's world, are called to care for all creation, including our neighbors. Good stewards recklessly give of themselves to their neighbor and in doing so model God's love for all creation.

#1 MATTHEW 25:13-40

The parable of the ten talents emphasizes that we are all stewards, no matter how little or how much God has entrusted us with. As stewards, how we spend, save and share our money matters to God.

Commentary by Grace Duddy Lay Organization

PRESIDING ELDER REV. DR. CHARLES H. LETT, SR.

etirement



1:00PM

elebration

ST. MATTHEW A.M.E. CHURCH 215 N. 57th Street, Philadelphia, PA 19139 Rev. Dr. Vernon R. Byrd, Host Pastor

Day of Prayer



BISHOP HARRY SEAWRIGHT HOST BISHOP



BISHOP REGINALD T. JACKSON COMMISSION CHAIR



REV. SHERITA MOON SEAWRIGHT EVENING SERVICE PREACHER



REV. DR. MARCELLUS A. NORRIS EXECUTIVE DIRECTOR, AME DEPARTMENT OF CHURCH GROWTH AND DEVELOPMENT



FRIDAY APRIL 12

11:00 AM (CST) 12:00 PM (EST) HYBRID PRAYER SERVICE

7:00 PM (CST) 8:00 PM (EST) HYBRID WORSHIP SERVICE REV. SHERITA MOON SEAWRIGHT, PREACHER

IN-PERSON: ST. JOHN AME CHURCH 708 15TH STREET NORTH • BIRMINGHAM, AL 35203 REV. DR. RONALD D. STERLING, HOST PASTOR

FACEBOOK:



www.facebook.com/saintjohnamebham?

YOUTUBE: youtube.com/@saintjohname6961?si=6NBnjl7V8WVKCYIg



REV. DORISALENE HUGHES PRAYER COORDINATOR







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

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

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

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

Hours: 9:00am - 3:30pm

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

Price: \$25 per camper

Camp theme: Nature Art

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

About Bethel AME's Mission:

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











For more information visit enjoymckaig.org or scan here:



Questions? Contact Riverbend's Camp Director at 610.527.5234 ext. 114 or info@riverbendeec.org

The Youth Corner



Thank you to your Young People and Families for the tremendous Easter Program!!

Youth Ministry Dates and Reminders!

SUNDAY, APRIL 7, 2024

The Bethel Youth Ministry will lead in Worship and Music Ministry.

SATURDAY, APRIL 27, 2024

PHILADELPHIA CONFERENCE COTILLION!

We would like to take a group of our children/adults to attend the Cotillion on Saturday, April 27, 2024. Tickets for the young people will be covered by the church and adults are asked to make a donation of \$35.00 towards their ticket. If you are interested in attending, please contact Sister Cynthia Taylor by **Thursday**, April 10, 2024. Payment for adult tickets will also be due at this time.

SAVE THE DATE!

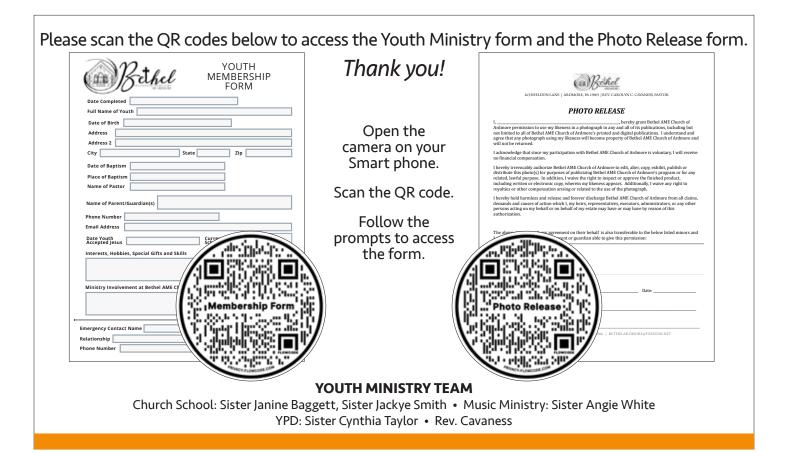
Connectional YPD Self-Denial Week is May 7-14, 2024. More information to come!

We also hope to take our Young People to the **Philadelphia Conference YPD Day** on **Saturday, May 18th, 2024**. *More information to come!*



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*.



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:

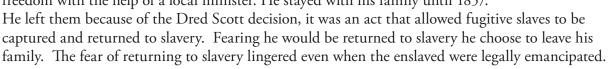
- Encouraging one another spiritually and emotionally;
- Seeking new ways to minister effectively to the members of their classes;
- Sharing with the pastor their concerns and the concern of the members of their class and;
- Fellowshipping one with another

Bethel KNOW YOUR HISTORY!

APRIL 2024 BLACK HISTORY FACTS

SUNDAY, APRIL 7, 2024 LEWIS LATIMER

LEWIS LATIMER was born to parents that ran away from slavery. They left Virginia and settled in Massachusetts. At the time they were wanted as fugitives with a bounty on their heads. Ther criminal act was they wanted to be free. The parents were captured in Boston. Mr. Latimer's father George, went to trial and was defended in court by Frederick Douglass and William Garrison. When he was released from prison George Latimer purchased his freedom with the help of a local minister. He stayed with his family until 1857.



Lewis Latimer step in his father's place and became the provider of the family. He lied about his age and fought in the Civil War. After the war he worked in a drafting and patent office. He taught himself by watching other workers how to draft patents and mechanical drawing.

He later became and inventor. Some of his inventions were the improvement of the railroad bathroom and air conditioning units. He worked with Thomas Edison on his light bulb design and patent and with Alexander Graham Bell doing the same. For years in some African American communities, it has been said that he was the actual inventor. Maybe he did and maybe he didn't, all I know is being a retiree from the telephone compay his involvement was recognized until the 1980's. If they did recognize him earlier it was never put in any book to be read in schools.

SUNDAY, APRIL 14, 2024 GARRETT MORGAN

GARRETT MORGAN lived in Cincinnati, Ohio. He came from a very large family as a young man he had to leave school early to help support his family. Mr. Morgan only went as far as elementary school. Back then most children only received some schooling, leaving at ages twelve or younger to help support their families. He found work at a sewing machine factory fixing machines. He was so clever he worked on a machine to see if he could improve it and when he did he applied for a patent and started his own



business. His business was a success. He later became the fore father to the hair relaxer business.. He had his formula patented and that too became a success. Black folks had been using a concoction of soap lye and other stuff to make their hair straight, but he was smart enough to have it patented.

Then in 1914 Mr. Morgan made another device and had patented. That device is what we now know as the gas mask. A device that has saved millions of lives. Unfortunately, due to the times he was living in he had problems selling the mask down South. Sooooo, Mr. Latimer hired a white actor who pretended to be the inventor and Mr. Latimer was his side kick and that business



Bethel KNOW YOUR HISTORY!

APRIL 2024 BLACK HISTORY FACTS

was a success. Clever... yes? Gas masks are still being used today in many professions and they havesaved millions of lives. Mr. Latimer didn't stop there another one of his greatest inventions is something we see everyday THE RED LIGHT !!! and other cautionary lights. No matter where you are in the world you'll see these lights.

Mr. Morgan never escaped the arrows of racism but that never stopped him from inventing. Lack of recognition did stop him either he continued to invent and support his community until his death. Pretty good for a person who only had an elementary education.

SUNDAY, APRIL 21, 2024

BISHOP VASHTI MURPHY McKENZIE

BISHOP VASHTI MURPHY McKENZIE was born and raised in Baltimore,Maryland. She is the President and General Secretary of the National Council of Churches of Christ in the United States and was the first female Bishop in the AME Church History. She is now retired as a Bishop but made headlines when elected.



After graduating from college she had a great career in broadcasting and journalism. She felt the call to minister and it was in ministry where her life blossomed. She became the first of many positions that had never been held as a woman and kept climbing until she became the First Female Bishop.

I'm quite sure that her journey was not an easy one. Being the first of anything whether you are a man or a woman is not an easy road to travel. Yet she hung in there with the support of family, friends and God's Blessing.

Bishop McKenzie, Rev. Jarena Lee and other women in the ministry are great examples of women who listened and trusted the voice of God. Their persistence, courage and relationship with the Lord opened doors for many women. Their message to us is, Trust, Pray and Believe. Let God not fear rule in your life.

SUNDAY, APRIL 28, 2024 CODED SONGS

WHAT MIGHT YOU ASK ARE CODED SONGS? Well

let me tell you. These were songs that the slaves used to pass messages along to each other or other plantations. They were used to help runaway slaves, to notify you if there was trouble on the plantation, if someone was going to be sold or beaten. Before we were allowed to read or write we sang. Songs were a way of communication. These songs were often called Negro spirituals,



work songs, railroad and plantation songs. Sometimes they were sung as the Blues, a song to dance to or a song of mourning but what the white people heard and what the black people sang most of

 $\mathbf{\Omega}$

Bethel KNOW YOUR HISTORY!

APRIL 2024 BLACK HISTORY FACTS

the time had different meanings.

Hollywood did a job on us. We grew up thinking they were old silly slave songs. Something to laugh at or be embarrassed by. Sadly a lot of black churches did not pass on the mastery of these songs. After all we were free and did not want to be associated with or reminded of slavery. Yet the slaves were not in reality the way they were portrayed on screen. They were intelligent people who should be honored. They endured horrors and pain we could never imagine. Unfortunately, we dismissed or banned these songs in our own churches until Black History Month. However folks once again are making millions from our gifts. Coded songs are being sung in the Blues, Rock and Roll, Soul Music and other styles. Even heard a coded songs on commercials to adopt dogs. So, if you are in such a tizzy about Black History not being taught in schools, start teaching your child some of our songs, Something you can do at home and in church.

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

APRIL 2024

In light of the significant and generous support of the Montgomery County Recovery office via the American Rescue Plan (ARPA), the Bethel Community Life Center was birthed to respond to the challenges of accessibility, equity and inclusion made increasingly evident by the COVID-19 pandemic. The Bethel Community Life Center will seek to expand and ensure that both the physical and internal infrastructure/operation are able to support the myriad of needs for community members, particularly those of African and Latino descent. Over the course of 2023 significant strides have been made in actualizing the intent of this generous grant. We thank you Bethel Family for your support, participation and engagement. This is a PROCESS. There are five (5) focus areas of the grant:

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

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

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

APRIL 2024

CAPITAL IMPROVEMENT PLAN/RENOVATIONS UPDATE

TASK	PROGRESS/UPDATE
PROJECT DESIGN/SCHEMATIC	The project went to bid on March 25, 2024. Our consultant, Suzanna Barucco, will be managing the outreach and bid responses. There will be a mandatory bid meeting for all potential contractors on April 9, 2024. The bid documents circulated included the architectural drawings and project manual. All are asked to save the date of Monday, May 13, 2024, at 6:30pm via Bethel's Zoom for an official board/church conference pertaining to the construction process.
PROJECT COST ESTIMATE	A formal project cost estimate has been completed with commentary providing the overall increase of the project. This was shared with the congregation on February 26, 2024 as a part of the bid process which is to begin in early March, 2024.
PROJECT FINANCING	Project cost estimate was shared with the congregation on February 26, 2024. A formal appeal will be made to members/ friends of Bethel AME Church of Ardmore to financially support the beginning in April, 2024. Pastor and Commission on Stewardship and Finance are currently investigating other avenues to finance the project: grants, review of programs, outside donors, et al.
CHURCH AND COMMUNITY GARDEN LOT CONSOLIDATION	Praise be to God this is completed! Our legal counsel has been very attentive in working with Lower Merion Township and Montgomery County. The lot consolidation was approved. We are currently in the process of having the new deed recorded and forwarded to the necessary entities.
BETHEL COMMUNITY GARDEN	Community Garden will launch formally on Saturday, April 6, 2024, at Harverfarm at Haverford College. Various work day opportunities are available to support and help during the 2024 growing season.
TEMPORARY OFFICE LOCATION	A temporary office location has been secured at Ardmore Presbyterian Church for the Pastor, Community Garden Program and in other necessary administrative operations for the church.
VACCINATION CLINICS	Vaccination Clinics will continue take place in the Narthex of the church. We are grateful that Ardmore United Methodist Church has opened their doors to us for Vaccination Clinics when needed.
BUILDING CLEAN OUT AND DEMOLITION	We continue to work through clean out and demolition of the building. We have been notified of a few additional areas that will need to be handled prior to construction. Our consultant is handling this particular process.

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

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

TO GOD BE THE GLORY!



the garden corner

MARCH 2024



JOIN US FOR THE SPRING LAUNCH OF BETHEL COMMUNITY GARDEN

AT HAVERFARM WITH TRELLIS FOR TOMORROW

SATURDAY, APRIL 6, 2024 | 10 AM

HAVERFARM OF HAVERFORD COLLEGE NEAR THE FACILITIES BUILDING

SATURDAY, APRIL 13, 2024 12-2PM FOR SEEDLING PICKUP | 10 AM - 2 PM FOR VOLUNTEER SHIFTS HAVERFARM OF HAVERFORD COLLEGE

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

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



FOR MORE INFORMATION PLEASE CONTACT BETHELARDMORE@VERIZON.NET OR (610) 642-8966

Seed to Supper

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

Sponsors:

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

Where:

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

Address: 122 Ardmore Ave, Ardmore, PA 19003

When:

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

Who:

Open to adult participants interested in gardening on a budget

APPLY AT

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

Applications are due by March 24th



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



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





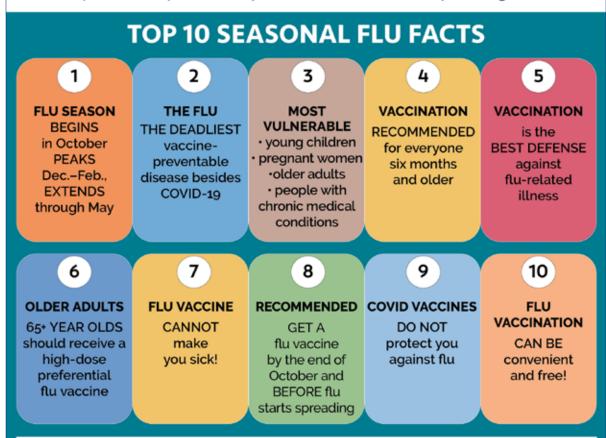
Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.





2023-24 FLU SEASON

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



3 SIMPLE WAYS TO FIGHT THE FLU

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

FLU SYMPTOMS & DIAGNOSIS

Common flu symptoms usually come on suddenly and can include:

- Fever or feeling feverish/chills (note that not everyone with flu will have a fever)
- Cough
- Sore throat
 Runny or stuffy nose

- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea may be common in children

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





Pennsylvania Chapter

BETHEL COMMUNITY LIFE CENTER APRIL 2024 VACCINE CLINICS

Keep You & Your Loved Ones Safe This Season!



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

THURSDAY, APRIL 4 SUNDAY, APRIL 14 TUESDAY, APRIL 30 11:00 AM TO 1:00 PM 12:00 PM TO 2:00 PM 5:00 PM TO 7:00 PM

BETHEL AME CHURCH 163 SHELDON LANE • ARDMORE, PA 19003

* PLEASE HAVE YOUR HEALTH/MEDICAL INSURANCE CARDS WITH YOU! * Bethel AME Church of Ardmore will ensure that everyone who desires a vaccine(s) is able to receive it irrespective of insurance status.

ADVANCED REGISTRATION STRONGLY ENCOURAGED.



To sign up or for more information:

Use your Smartphone to scan the QR code, or
 Email <u>bethelardmore@verizon.net</u>, or call (610) 642-8966.

CDC RECOMMEMDS ADDITIONAL COVID VACCINE DOSE FOR ADULTS 65+

It is recommended that adults 65+ get an additional dose of the 2023-24 COVID vaccine at least 4 months after their last dose. Are you or someone you know homebound and in need of a COVID-19 and/or Flu vaccine? Contact the Montgomery County Homebound Vaccine Program to schedule an in-home vaccine appointment. (Insurance is required.) montcovaccine@gmail.com (9) 610.281.4933



MC

MONTGOMERY COUNTY HOMEBOUND VACCINE PROGRAM



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

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

WHAT IS THE MONTGOMERY COUNTY HOMEBOUND VACCINE PROGRAM?

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

WHO IS GIVING THE VACCINES?

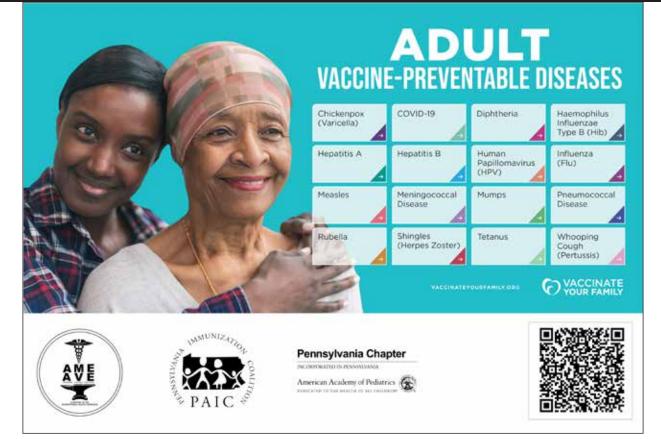
Our pharmacy partners - Eric's RX Shoppe and Skippack Pharmacy - provide and administer the vaccines.

How to schedule an appointment:

montcovaccine@gmail.com 610.281.4933



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



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

				D TI	EEN SEASES
1	Chickenpox (Varicella)	COVID-19	Diphtheria	Haemophilus Influenzae Type B (Hib)	Hepatitis A
	Hepatitis B	Human Papilomavirus (HPV)	influenza (Flu)	Measles	Meningococcal Disease
	Humas	Pneumococcal Disease	Polio	Rotavirus	Rubella
	Totanus	Whooping Cough (Pertussis)			ACCINATE OUR FAMILY
		MMUNICA)	ST COALLERON	Pennsylvan Beconoscentros ene American Academ Dimension no rie essen	ontward of Pediatrics

New Immunizations to Protect Against Severe RSV

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

PA AME AVE • VACCINES AND CHRONIC DISEASES



COMMUNITY CPR & AED TRAINING

April 30, 2024 at 6:30pm Lower Merion Township Building 2nd FL Board Room 75 E. Lancaster Ave. Ardmore, PA 19003 **Registration Required**

The Lower Merion Health Advisory Council in partnership with Narberth Ambulance are excited to announce a free community CPR and AED training for Township residents. This course is meant as informational and is not for healthcare certification.

REGISTER HERE: HTTPS://WWW.LOWERMERION.ORG/SIGNUP







What is Autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 36 children in the United States today.

We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problemsolve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues.

Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

One of the most important things you can do as a parent or caregiver is to learn the early signs of autism and become familiar with the typical developmental milestones that your child should be reaching.

What Causes Autism?

THERE ARE MANY CAUSES OF AUTISM.

Research suggests that autism spectrum disorder (ASD) develops from a combination of:

- Genetic influences and
- Environmental influences, including social determinants

These factors appear to increase the risk of autism and shape the type of autism that a child will develop. However, it's important to keep in mind that increased risk is not the same as a cause. For example, some gene changes associated with autism can also be found in people who don't have the disorder. Similarly, not everyone exposed to an environmental risk factor for autism will develop the disorder. In fact, most will not.

How do genetic and environmental influences give rise to autism?

Most appear to affect crucial aspects of early brain development. Many autism risk genes influence other networks of genes, increasing or decreasing their expression. Some appear to affect how brain nerve cells, or neurons, communicate with each other. Others appear to affect how entire regions of the brain communicate with each other. Research continues to explore these differences with an eye to developing interventions and supports that can improve quality of life.

Do vaccines cause autism?

Vaccines do not cause autism. It is possible that the timing of an autism diagnosis might coincide with the recommended vaccine schedule for children and adolescents. But scientists have conducted extensive research over the last two decades to determine there is no link between childhood vaccinations and autism. The results of this research is clear: Vaccines do not cause autism. Additionally, vaccination can protect children from many preventable diseases like measles.

The American Academy of Pediatrics has compiled a comprehensive list of this research.

Is autism genetic?

Research tells us that autism tends to run in families, and a meta-analysis of 7 twin studies claim that 60 to 90% of the risk for autism comes from your genome. If you have a child with autism, you are more likely to have another autistic child. Your other family members are also more likely to have a child with ASD.

Changes in certain genes or your genome increase the risk that a child will develop autism. If a parent carries one or more of these gene changes, they may get passed to a child (even if the parent does not have autism). For some people, a high risk for ASD can be associated with a genetic disorder, such as Rett syndrome or fragile X syndrome. For the majority of autism, multiple changes in other regions of your DNA increase the risk of autism spectrum disorder. The majority of these DNA changes do not cause autism by themselves but work in conjunction with many other genes and environmental factors to cause autism.

If you or your child has ASD, we recommend that you explore genetic testing. Genetic testing could show you the genetic cause of you or your child's autism and reveal any genetic mutations that might be linked to serious cooccurring conditions like epilepsy. Genetic testing can give doctors useful information so they can provide better, more personalized interventions. Read two family's stories on how genomics help their understanding of autism and receiving personalized healthcare.

What environmental factors are associated with autism?

According to the National Institute of Environmental Health Sciences, certain environmental influences may increase autism risk:

• Advanced parental age

continued next page...

HEALTH MINISTRY • APRIL 2024

- Prenatal exposure to air pollution or certain pesticides
- Maternal obesity, diabetes or immune system disorders
- Extreme prematurity or very low birth weight
- Birth complications leading to periods of oxygen deprivation to the baby's brain

What are the signs of autism?

The autism diagnosis age and intensity of autism's early signs vary widely. Some infants show hints in their first months. In others, behaviors become obvious as late as age 2 or 3.

Not all children with autism show all the signs. Many children who don't have autism show a few. That's why professional evaluation is crucial.

The following may indicate your child is at risk for an autism spectrum disorder. If your child exhibits any of the following, ask your pediatrician or family doctor for an evaluation right away:

BY 6 MONTHS

- Few or no big smiles or other warm, joyful and engaging expressions
- Limited or no eye contact

BY 9 MONTHS

• Little or no back-and-forth sharing of sounds, smiles or other facial expressions

BY 12 MONTHS

- Little or no babbling
- Little or no back-and-forth gestures such as pointing, showing, reaching or waving
- Little or no response to name

BY 16 MONTHS

• Very few or no words

BY 24 MONTHS

• Very few or no meaningful, two-word phrases (not including imitating or repeating)

AT ANY AGE

- Loss of previously acquired speech, babbling or social skills
- Avoidance of eye contact
- Persistent preference for solitude
- Difficulty understanding other people's feelings
- Delayed language development
- Persistent repetition of words or phrases (echolalia)
- Resistance to minor changes in routine or surroundings
- Restricted interests
- Repetitive behaviors (flapping, rocking, spinning, etc.)
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors

If you have concerns, get your child screened and contact your healthcare provider .

Autism Screening

There is no medical autism test, like a blood test, to diagnose autism spectrum disorder (ASD). Instead, experienced medical professionals examine a person's developmental history and behavior, interview and observe the person and their loved ones, and use professional screening and diagnostic tools to make a diagnosis.

While an autism diagnosis can only be given by a health care professional, there are several screening tools that can alert parents, caregivers and autistic people to potential autism symptoms. Early screening for autism can impact access to services and supports, which in turn can influence future outcomes for autistic individuals.

The screening tools below are designed to help identify children and adults who might have ASD. This list is not exhaustive and other tests are available. Please note that a positive result on a screening tool is NOT a diagnosis. A positive screening result should be followed by a thorough assessment by a health care professional.

Autism screening tools

FOR AGES 16 TO 30 MONTHS

The M-CHAT-R is a free parent-completed questionnaire that will ask a series of 20 questions about your child's behavior. You can use the results of the screener to discuss any concerns that you may have with your child's healthcare provider.

FOR AGES 12 TO 60 MONTHS

The SACS-R and SACS-PR are autism screening tools developed by La Trobe University and designed to identify behaviors that are characteristic of children on the spectrum from as young as 12 months old through preschool. This tool is meant to be administered by a trained psychologist, early childhood educator, allied health professional or other professional.

FOR SCHOOL-AGED CHILDREN

Developed to be taken by parents, educators and medical professionals, Southwest Autism Research & Resource Center's (SARRC) 15-question Social Challenges Screening Questionnaire can identify children who may have symptoms that were once characterized as Asperger syndrome, now level 1 ASD.

AUTISM SPECTRUM QUOTIENT (AQ) TEST FOR AGES 16+ YEARS

The Autism Spectrum Quotient Test is a self-administered 50-question questionnaire used to measure autistic traits in adolescents and adults aged 16+. The questionnaire is suitable for people with an IQ over 80.

Need more information or support?

Autism Speaks' Autism Response Team (ART) can help you with information, resources and opportunities.

In English: 888-288-4762 | help@autismspeaks.org

En Español: 888-772-9050 | ayuda@autismspeaks.org

Find local providers and services in your area with the Autism Speaks Resource Guide.

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

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



Sudden Dizziness

Sudden dizziness, loss of balance or coordination



Blurred Vision

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



Facial Drooping

Sudden uneven face or facial droop, numbness in the face



EYES

FACE



Speech Difficulties

Sudden change to speaking

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





Тіме



Time to Call

or slurred speech

Call 911 immediately if an individual is experiencing these symptoms



TO LEARN MORE visit mainlinehealth.org/stroke

Important Update!

Are you...

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

Are you experiencing homelessness?



YOUR WAY HOME montgomery county, pa

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

Scan the QR Code below to visit YourWayHome.org

or email us <u>Homeless@montgomerycountypa.gov</u>



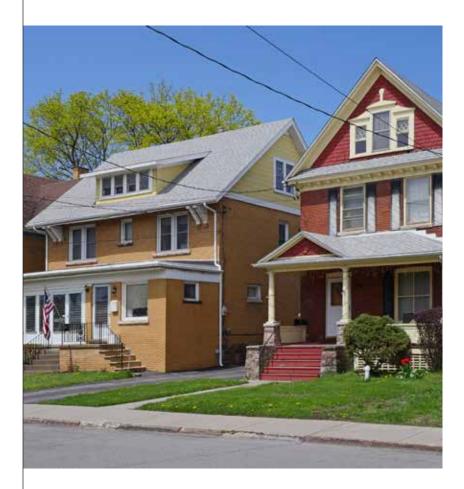
Available 24/7

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

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



Office of Housing and Community Development HOME REPAIRS PROGRAM



Contact Us

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



homerepairs@montgomerycountypa.gov



610-278-3540

montgomerycountypa.gov/homerepairs

APPLICATION PERIOD CLOSES SATURDAY, APRIL 12, 2024

Household Income Limits

2 7 Household Size 1 3 4 5 6 8 \$62.500 \$71,400 \$96,400 \$103.550 Pre-Tax Income \$80.350 \$89.250 \$110,700 \$117,850

Allowable repairs include, but are not limited to:

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

More information including eligibility and application



JOIN US FOR GRIEF SHARE

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

Sessions Are Held Every Thursday at 6 PM



Scheduled Group Sessions 2024

APRIL 4	APRIL 25	MAY 23
APRIL 11	MAY 2	MAY 30
APRIL 18	MAY 9	JUNE 6
	MAY 16	

2 WAYS TO JOIN US VIA ZOOM:

GRIEF SH/

QR CODE:

Open the camera on your Smart Phone. Scan the QR Code. Join us via Zoom <u>ON-LINE:</u> MEETING ID: 862 812 9690 PASSCODE: 106617

This support group is open to all Bethel family and community friends.

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



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

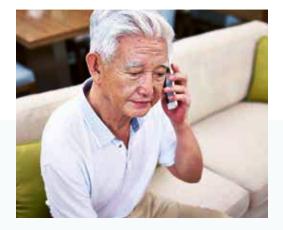


In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

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.

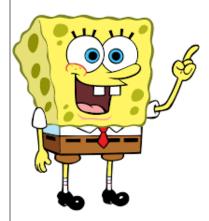


In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services is **essential to meeting crisis needs across the nation.**





Developed in collaboration with the Centers for Disease Control and Prevention



9 Things to Quit:

Trying to please everyone
 Fearing change
 Living in the past
 Overthinking
 Being afraid to be different
 Beating yourself up over mistakes
 Sacrificing your happiness for others
 Thinking you're not good enough
 Thinking you have no purpose

Submitted by Sister Yvonne White



Monthly Blood Pressure Checks!

Every 3rd Sunday!

immediately following Worship Service!

Sponsored by



MAIL

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

MAI

What can I do to avoid being a victim?

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





NAACP

The time is NOW!

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

God Our Healer - Our Finances

- Believe God for healing and restoration of our
- Fiscal accountability at every level n
- Economic empowerment Proper documentation to receive
- grants/funding

God Our Healer **Our Beloved Community**

- Believe God for beloved community in the 18th District & the Connectional AMEC
- Intra-district support of projects Feeding the community through schools, farms &
- gardens
- ncrease membership access to virtual
- communication. Educational advancement opportunities for Clergy and Lay

God our Healer **Our Physical Health**

- Believe God for healing and restoration of our physical health COVID 19 prevention & health
- information centers
- Farm & garden initiative

God our Healer **Our Infrastructure**

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



GOD OUR HEALER



LET'S GET READY TO **VOTE 2024**

Monday, April 8, 2024 Last day to REGISTER before the primary

Tuesday, April 16, 2024 Last day to apply for a mail-in or civilian absentee ballot

– GENERAL PRIMARY –

TUESDAY, APRIL 23, 2024 Last day for County Board of Elections to receive completed mail-in and civilian absentee ballots (must be received by 8:00 P.M.) Polls are open from 7 AM - 8 PM

> Monday, October 21, 2024 Last day to REGISTER before the November election

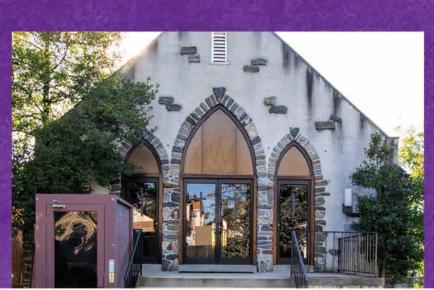
Tuesday, October 29, 2024 Last day to apply for a mail-in or civilian absentee ballot

– GENERAL ELECTION ———

TUESDAY, NOVEMBER 5, 2024 Last day for County Boards of Elections to receive completed mail-in and civilian absentee ballots (must be received by 8:00 P.M.) Polls are open from 7 AM - 8 PM



vote.pa.gov



Bethel AME Church of Ardmore ZOOM CONFERENCE (AUDIO/VIDEO)

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

FACEB00K www.Facebook.com/BethelArdmore

SCHEDULE

DAILY PRAYER LINE VIA BETHEL'S ZOOM 7 AM

> SUNDAY MORNING WORSHIP 10:30 AM

TUESDAY PRAYER LINE @ 8:00 PM Conference Call Dial: (267) 807-9605 Access code: 818554

1:00 PM & 6:30 PM

STAY CONNECTED!

WEBSITE

www.bethelardmore.org Check the website for updates and listing of special activities/services

EMAIL Bethelardmore@verizon.net

> OFFICE PHONE (610) 642-8966

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

WAYS TO GIVE Online: www.bethelardmore.org

Bethel AME Ardmore 163 Sheldon Lane Ardmore, PA 19003

TEXT TO **GIVE** On Realm: Text "BARDMORE1895" to 73256 to give using your mobile device.



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.

Bethel AME Church of Ardmore Prayer Theme: Resurrection

April 2024 Prayer Calendar

MONDAY	AY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ty Prayer of praises to our risen King Matt. 28:6	È ⊒	Type to enter text Prayer not to trust in my own goodness Rom. 3:10	3 Prayer of thanks for Christ's life- giving love 1 John 4:9	4 Prayer of praise for spiritual deliverance John 12:13	5 Prayer that fear won't keep me from believing Luke 22:1-2	6 Prayer to value the Lord over material things Matt. 26:14-15
Prayer to obey not matter what it costs Matt. 27:42	P 75 90.4	9 Prayer of praise for what Christ gave up for me Matt. 27:50	Prayer to 10 remain hopeful when it looks hopeless Luke 23:53	11 Prayer of praise for power over death Mark 16:5-6	Prayer for continued trust in the Lord's promises Luke 18:33	13 Prayer to tell others how they can get to God John 14:6
Prayer to show compassionate love to others 1 John 3:23 1	Pray Go	16 Prayer not to take God's mercy for granted 1 Peter 1:3	17 Prayer to experience the Lord's joy and peace Rom. 15:13	18 Prayer for opportunities to share the Gospel Matt. 28:19-20	19 Prayer to never be ashamed of Christ Rom. 1:16	20 Prayer to tell others about the free gift they can get John 3:16
Prayer to allow the Holy Spirit to lead and guide me John 14:26 E	rem grac	23 Prayer to remember what grace did for me Eph. 2:4-5	242425Prayer to help othersPrayer to let othersbelieve even thoughknow about the onlythey can't seeway to be savedJohn 20:29Acts 4:12	25 Prayer to let others know about the only way to be saved Acts 4:12	26 Prayer to let others know that Jesus is alive Luke 24:6-7	27 Prayer of thanks for God's merciful love Rom. 5:8
29 Prayer to reflect on the fulfilment of God's plan Luke 24:6-7 1	Praye read reaso	30 Prayer to always be ready to share the reason for my hope 1 Peter 3:15				

Rev. Carolyn C. Cavaness, Pastor	SATURDAY	6 PRAYER 7 AM SPRING LAUNCH OF BETHEL COMMUNITY GARDEN 10 AM - 4 PM	13 PRAYER 7 AM SEED DISTRIBUTION BETHEL COMMUNITY GARDEN 10 AM - 2 PM NEW MEMBER'S CLASS 2 PM	20 PRAYER 7 AM Presiding Elder Charles and Sister Sylvia Lett Retirement Celebration 1:00 PM	27 PRAYER 7 AM	TUESDAY EVENING PRAYER • 8 PM CONFERENCE CALL DIAL: (267) 807-9605 ACCESS CODE: 818554	UPDATED 3/21/24
Rev	FRIDAY	5 PRAYER 7 AM	12 PRAYER 7 AM CONNECTIONAL DAY OF PRAYER	19 PRAYER 7 AM	26 PRAYER 7 AM	VIRTUAL SUNDAY SCHOOL TIMES ADULTS: 8:30 AM YOUTH AND YOUNG ADULTS: 9 AM IN-PERSON SUNDAY, APRIL 14 ADULTS • 8:30 AM YOUTH AND YOUNG PEOPLE • 8:45 AM	rd: 966785
	THURSDAY	FRAYER 7 AM REV. CAVANESS' BIRTHDAY VACCINC 11 AM-1 PM GRIEF SHARE 6 PM	11 PRAYER 7 AM GRIEF SHARE 6 PM	18 PRAYER 7 AM GRIEF SHARE 6 PM	25 PRAYER 7 AM GRIEF SHARE 6 PM	VIRTUAL SUNI ADUL YOUTH AND YO IN-PERSON ADUL YOUTH AND YOU	: 258 111 9868 • Passwo
bethelardmore@verizon.net	WEDNESDAY	PRAYER 7 AM	10 PRAYER 7 AM FISHADELPHIA 4-5:30PM	7 PRAYER 7 AM BIBLE STUDY 6:30 PM	24 PRAYER 7 AM FISHADELPHIA 4-5:30PM BIBLE STUDY 6:30 PM		• 1 (929) 436-2866 • Meeting ID: 258 111 9868 • Password: 966785
	TUESDAY	2 PRAYER 7 AM 3	 PRAYER 7 AM OFFICIAL BOARD/ OFFICIAL BOARD/ CHURCH CONFERENCE 6 PM FOURTH QUARTERLY CONFERENCE 6:30 PM TUESDAY PRAYER 8 PM 	16 PRAYER 7 AM 17 LAST DAY TO APPLY FOR A MAIL-IN OR CIVILIAN ABSENTEE BALLOT TUESDAY PRAYER 8 PM	23 PRAYER 7 AM LAST DAY FOR COUNTY BOARD OF ELECTIONS TO RECEIVE COMPLETED MAIL-IN AND CIVILIAN ABSENTEE BALLOTS TUESDAY PRAYER 8 PM	30 PRAYER 7 AM VACCINE CLINIC 5 PM-7 PM TUESDAY PRAYER 8 PM	www.bethelardmore.org • 1 (9
APRIL 2024 JESUS CHRIST IS I HEALTH MIINISTRY FOCUS: AUTISM AWARI	MONDAY	I PRAYER 7 AM ROBINSON AND GIBBS SCHOLARSHIP AWARD PHEAA GRANT MEETING 6:30 PM	 B PRAYER 7 AM LAST DAY TO REGISTER BEFORE THE PRIMARY WMS MEETING 6:30 PM 	15 PRAYER 7 AM LAY ORG. MEETING 6:30 PM	22 PRAYER 7 AM EARTH DAY	29 PRAYER 7 AM CHOSEN 300	ntil further notice • ZOOM:
APRIL HEALTH MIN	SUNDAY		PRAYER 7 AM SERVICE OF HOLY COMMUNION WORSHIP SERVICE/ FIRST FRUITS DAY 10:30 AM Presiding Elder Charles Lett, Sr, Preacher Lett, Sr, Preacher CELEBRATION LUNCHEON BRYN MAWR PRESB. immediately after service	14 PRAYER 7 AM WORSHIP SERVICE/ YOUTH SUNDAY 10:30 AM VACCINE CLINIC 12 PM-2 PM	21 PRAYER 7 AM WORSHIP SERVICE 10:30 AM Rev. Dr. Katherine Baker Rose, Guest Preacher BLOOD PRESSURE CHECK immediately after service	28 PRAYER 7 AM WORSHIP SERVICE/ COMMUNITY GARDEN/ EARTH SUNDAY 10:30 AM Bethel Garden tour and Lunch at Haverford College immediately after service	All meetings are VIRTUAL until further notice • ZOOM: www.bethelardmore.org