Bethel
AFRICAN METHODIST EPISCOPAL CHURCH
ARDMORE
FOUNDED 1895

163 SHELDON LANE • ARDMORE, PA 19003

"The Place Where Heaven & Earth Meet"

Celebrating 125 Years | 1895–2020

JOURNEYING THROUGH A PANDEMIC

Holy Communion Celebration

SUNDAY, NOVEMBER 1, 2020

10:30 AM | VIRTUAL WORSHIP SERVICE

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*
Rt. Rev. Gregory G. M. Ingram, *Presiding Prelate*

Itinerant Deacon, Rev. Carol Gilbert
Itinerant Deacon, Rev. Felicia Howard

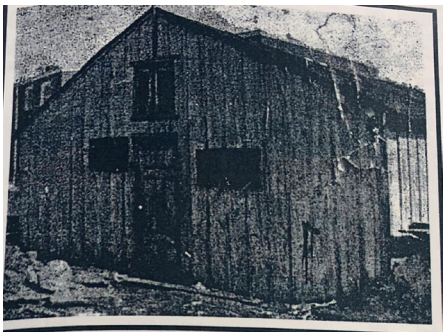
"Re Imagining Ministry—Serving This Present Age"

— II Corinthians 4:1a (KJV) • Ephesians 4:8d (NLT) • Ephesians 4:12 (KJV) —

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.

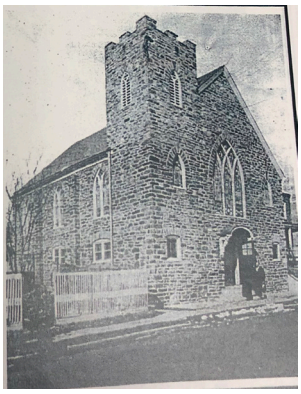
Bethel AME Church of Ardmore History
Founded 1895



Mission Church
The Birthplace

The authentication of facts without records is difficult when records have been lost or destroyed; as well as with the passage of each generation accurate interpretation is further removed. The following facts were obtained from manuscripts submitted by parties who were associated with the founders and others who played an important part in the founding of the Church.

A little group of farmers in Wyola, near Newtown Square, met from house to house for devotional service. Then, Rev. William J. Oliver, who had just been called to the ministry, came into their midst and began holding service in a blacksmith shop. This shop soon became undesirable for service and the Reverend Oliver became ambitious for a large and better place in which to worship. As nearly as can be calculated, the establishment date was October 10, 1895. Through the joint efforts of Rev. Oliver and Matthew Shippen they set out to work out a suitable place in Ardmore to worship. A little mission was erected. Sisters Sarah Oliver, Martha Shippen, Martha Weldon and Rhoda Weldon were instrumental in the founding and growing of this Mission.



Church Home
1916-1973

During the pastoral charge of Rev. C. W. Stewart (1915-1920), the Mission moved from the back end of Sheldon Lane to another building on Walnut Avenue. Rev. Mahlon M. Lewis, who served Bethel from 1932-1936 assisted in the completion of the building of Bethel on Walnut Avenue, which would be church's home until February 18, 1973.

The darkest day in the history of Bethel was February 18, 1973, while worshipping at the 10:00am service, Bethel was completely destroyed by fire, the origin of which was never determined. Rev. Donald L. Tucker, pastor at the time, would lead Bethel in the building of a bigger and more beautiful edifice, which was dedicated in April, 1976.

Bethel has been blessed to be the beneficiary of the Adell and Azell Robinson Scholarship Fund, which has provided over $250,000 in scholarships to young people, home of the celebrated Bethel Academy enrichment program, forefront of community activities and progress and most recently launched a community garden, a first in its immediate area. In 2018, Bethel was honored to host for the first time on the Main Line the Philadelphia Annual Conference.

Bethel in the years leading to the present, has continued a tradition of service to God, community and humanity. With each pastoral administration, growth has been experienced and opportunities for continuing to forge and build a foundation for future generations. Bethel has been blessed to be served by thirty-two pastors who have worked together with the laity to build the kingdom of God.

Bethel Today
1975 - Present

In closing, to quote the 1934 Historical Sketch of our great church:
"And Bethel, may she go forward with time; and build a more stately posterity upon the foundation laid by our founders and many others; who have passed on; and the loyal men and women remaining to carry on. We trust in God; that this history of a truly great people will live forever in the hearts and minds of all, and inspire to greater things."

"The Place Where Heaven and Earth Meet"

The Pastor's Word

November 1, 2020

Dear Bethel Family:

Grace and Peace from our Father through our Lord Jesus Christ.

It is with joy and gratitude that I praise God for this month of celebration as we thank God for our 125th Year of Ministry and Witness. Although our Celebration is perhaps not exactly how we would like - we still have so many reasons to rejoice and praise the Lord!

God has been good to Bethel-Ardmore. When we consider the historical trajectory from the founding year of 1895 to the present year 2020 - God has been good to us. Our Church Family has withstood slavery, wars, discrimination of all magnitudes, the Civil Rights Movement and in this current moment - the greatest public health crisis - COVID-19. However, the Church of God - the Family of God is still here. We are still here only by the grace, mercy and faithfulness to God. We have had to learn to pivot, adapt, reimagine and reconsider how we are to continue to be the Family of God even in the midst of the challenges that are around us. We as the Family of God are called to make our calling and election sure and to hold fast to the ministry that we are called to. It is a consistent and constant having to come back and reinstill our sense of mission and purpose. Thus, taking the necessity to take a moment on an annual basis to celebrate our history, where we are and where we feel God is calling us to go.

The First Episcopal District Conference Year Theme for 2020-2021 is "Reimagining Ministry to Serve This Present Age." I don't have to elaborate the challenges and realities of this present age, however to share a few: global health pandemic, emerging and redefinition of humanity and expression, systemic and institutionalized racism, generational tensions and the list goes on and on. On a very local level, the environs of Bethel-Ardmore are much different than what they were in our founding year, 1895 or even the period of Bethel's re-building 1973-1976. Access and usage of technology has become a game changer and unless we as the Church truly embrace its import we will run the risk of becoming obsolete. We are not alone in this reality. Consider the number of businesses, restaurants, retail chains and others who in this moment have had to close their doors, chiefly because these past 200+ days have rocked their very foundations and no light felt to assist in pivoting to keep afloat and resilient in the midst of these turbulent times.

The Church is called to stay true to its mission, Matthew 28 - the Great Commission, but most also consider how it will propel the Good News in the present age.

As we endeavor to move into this next chapter of Bethel-Ardmore we will only be successful if we seek the face of God, be open to the moving and indwelling of His Holy Spirit and be further sensitized to the reality that is around us and before us.

We are called to do this! Why else would God spare us? Why else has God endowed us with gifts and talents? It is up to us to yield, trust and obey.

I offer this poem as my tribute in honor of our 125th Year:

The Church of my Dreams by John Milton Moore

This the Church of my Dreams
The Church of the warm heart
Of the open mind , Of the adventurous spirit,
The church that cares , That heals hurt lives ,
That comforts old people,
That challenges youth; That knows no division of culture or class; No frontiers , geographical or social,
The Church that inquiries as well as avers,
That looks forward as well as backward,
The Church of the Master ,
The Church of the people , High as the ideals of Jesus, Low as the humblest human,
A working church , A worshipping church , A winsome church, A church that interprets the truth in terms of truth ,
That inspires courage for this life and hope for the life to come;
A church of courage, A church of all good mankind, A Church of the living God

Happy Anniversary!

In His Service,
Rev. Cavaness

Bethel
AFRICAN METHODIST EPISCOPAL CHURCH
ARDMORE
FOUNDED 1895
163 SHELDON LANE • ARDMORE, PA 19003
"The Place Where Heaven & Earth Meet"

SUNDAY, NOVEMBER 1, 2020 | 10:30 AM WORSHIP SERVICE

Holy Communion Order of Worship

(AME Hymn #798-799)

THE ORGAN PRELUDE

Brother Quinton Magby

INTROIT

"We've Come This Far by Faith"
We have come this far by faith,
Leaning on the Lord,
Trusting in His holy Word, He's never failed us yet.
Singin' oh, oh, oh, can't turn a-round,
We've come this far by faith.

THE DOXOLOGY

"Praise God From Whom All Blessings Flow"

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

"A Charge to Keep I Have" (AMEC #242)

A charge to keep I have, A God to glorify,
A never dying soul to save, And fit it for the sky.

To serve the present age, My calling to fulfill:
O may it all my powers engage To do my Master's will!

Arm me with jealous care, As in Thy sight to live;
And O Thy servant, Lord, prepare A strict account to give!

Help me to watch and pray, And on Thyself rely,
Assured if I my trust betray, I shall forever die.

THE INVOCATION

THE SCRIPTURE LESSON

Matthew 16:13-20

THE WELCOME AND GREETING

THE MINISTRY OF MUSIC

Brother Quinton Magby

THE SERMON

"The Church Must Go On"

Rev. Carolyn C. Cavaness

THE INVITATION TO CHRISTIAN DISCIPLESHIP

THE MINISTRY OF GIVING

Commission on Stewardship and Finance

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

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 Holy Communion Celebration

Rev. Cavaness, Chief Celebrant

THE COMMUNION HYMN

"Worth!
You thought I was worth saving So you came and changed my life
You thought I was worth keeping So you cleaned me up inside
You thought I was to die for So you sacrificed your life
So I could be free, So I could be whole
So I could tell everyone I know
You thought I was worth saving So you came and changed my life
You thought I was worth keeping So you cleaned me up inside
You thought I was to die for So you sacrificed your life
So I could be free, So I could be whole
So I could tell everyone I know
You thought I was worth saving So you came and changed my life
You thought I was worth keeping So you cleaned me up inside
You thought I was to die for So you sacrificed your life
So I could be free, So I could be whole
So I could tell everyone I know

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 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

In a symbolic act the pastor will take the elements for herself, representing the congregation. We ask our brothers and sisters joining us remotely to participate in the sacrament vicariously.

THE LORD'S PRAYER

Brother Quinton Magby

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 with at least eleven (11) people by calling, texting, mailing or emailing after the conclusion of Worship.

THE FELLOWSHIP HYMN

"Come By Here, My Lord"
Come by here, Lord, Come by here
Come by here, my Lord, Come by here
Come by here, my Lord, Come by here
Oh, Lord, come by here

THE DOXOLOGY

THE BENEDICTION

WAYS TO GIVE

www.bethelardmore.org

Cash App: $bethelardmore1895

Givelify Tithe.ly

THIS WEEK AT BETHEL ARDMORE
NOVEMBER 2, 2020

As we navigate these unchartered waters of COVID-19 we continue to walk in faith and wisdom. It is our prayer to continue to offer opportunities to connect, fellowship and outreach to our members, friends and community at large. We will get through this together!

MONDAY, NOVEMBER 2

4 – 5:30 PM
Bethel Virtual Academy
Veterans names and photos due

TUESDAY, NOVEMBER 3

ELECTION DAY 2020 • YOUR VOTE MATTERS
4 – 5:30 PM
Bethel Virtual Academy

WEDNESDAY, NOVEMBER 4

4 – 5:30 PM
Bethel Virtual Academy
1 PM
Mid Day Virtual Bible Study: *Zephaniah*
6:30 PM
Evening Virtual Bible Study: *Journey through Psalms*

SUNDAY, NOVEMBER 8

125TH CHURCH ANNIVERSARY
10:30 AM
Virtual Worship Service
Rev. Felicia Howard, *Preacher*
Salute to Veterans

Countdown to the Polls:
Preparing and Mobilizing for Election Day
Tuesday, November 3, 2020

Bethel AME Ardmore Honors Its Veterans!

Lewis Burton	Army
Clifford Foster	Army
Jerry Holland	Air Force
Roger Mills	Army
Goodwin Turner	ParaTrooper
Harvey Short	Marine
Harry White	Army
Kellee Williams	Army
Paul Short*	Army/Viet Nam

It's Time to Update the Bethel-Ardmore Church Directory!

The Board of Stewards in reviewing and updating the Membership Church Directory. Additionally, a Youth/ Family Questionnaire will be provided to all families with children. This will be of great assistance to our Youth Ministry and Scholarship Ministry Efforts.

BETHEL ARDMORE MEETING SCHEDULE NOVEMBER 2020

NOV 9
6:30 PM
Bethel Academy Board Meeting

NOV 10
6:30 PM
Presidents' Council Meeting

NOV 16
6:30 PM
Lay Organization Meeting

NOV 24
6:30 PM
Joint Boards of Stewards and Trustees Meeting

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

OUR SICK & SHUT-IN

Sis. Cynthia Coleman, 221 Simpson Rd, Ardmore, PA 19003

Sis. Annie Curtis, 1440 Walters Ave., Sharon Hill, PA 19079

Bro. Kyle Edmonds, Bryn Mawr Extended Care, 956 E. Railroad Ave., Bryn Mawr, PA 19010

Sister Geraldine Mills, 137 Sheldon Lane, Ardmore, PA 19003

Bro. Roger Mills, 14 Paoli Pike, Paoli, PA 19301

Sis. Pearl Price, 5404 Regent Street, Philadelphia, PA 19143

Bro. Glenn Puller, 212 Lippincott Avenue, Ardmore, PA 19003

Sis. Denice Shippen, Bryn Mawr Extended Care, 956 E. Railroad Ave., Room #217, Bryn Mawr, PA 19010

Bro. Robert (Bobby) Sudler, 1377 Westbury Dr., Philadelphia, PA 19151

Sis. Lillian Wilson, 330 Walnut Ave., Apt. 621, Norristown, PA 19401

Please contact Sister Janine Baggett, Co-Vice Chair, Board of Stewards if you would like to have your name added/removed from the Sick and Shut-In and Prayer Lists.

PRAYER LIST

Sister Phyllis Allen
Sis. Breanna Allen and all Members of the Armed Forces
Sis. Janine Baggett & Family
Family of Sister Leslie White Bristol
Family of Sis. Mabel Berkeley
College Students
Family of Sister Louise Coursey
Rev. and Mrs. Albert Davis, Jr.
Family of Gus Dingle
Rev. Carol Gilbert
Sister Bernice Green and Family
Sister Esther Harris
Sister Courtney Hatton
Family of Donald Helton
Sister Rosie Helton
Family of Duane Holland
The Howard Family
Bishop Gregory G.M. Ingram and Rev. Dr. Jessica Kendall Ingram
Sister Donna Jarrell
Family of Rev. Kanice Attles-Johns
Sister Phylinda Peters John & Family
Families impacted by COVID-19
Family of Mother Minnie B. Johnson
Family of Rev. Wilfred Lewis
Rev. Donna Minor and Family
Family of Bro. Wade Morris
Family of Bro. Gary "Poncho" Parker
Sister Sherri Pendleton
Sister Sharon Richardson
Sister Lois Savin
Family of Sister Thay Shippen
Family of Bro. Troy Shippen
Rev. & Mrs. Frank Smart & Family
Bro. Guy Stewart
Bro. Jerome Taylor
Family & Friends of Marie "Mutt" Thornton
Family of Rev. Dr. Denzil Turton, Sr.
Family of Rev. Lanxton Washington
Sister Brenda Watts
Sakinah Love/Redeemed for a Cause
All of the babies, toddlers, community children & teens of our church
All who are on the front-line

November Birthdays

November 4
Daniel Barcliff
Charles "Chuck" Thompson

November 6
Romeo Brown

November 17
Ari Ross

November 21
Rev. Carol M. Gilbert

Tuesday Prayer Line | 8 PM

Join us every Tuesday evening for prayer!

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

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

Please Join Us Every Wednesday for Virtual Bible Study!

Mid Day Study at 1 PM • Evening Study at 6:30 PM

125TH CHURCH ANNIVERSARY CELEBRATION!
–NOVEMBER 2020–

Join us for the month-long celebration of Bethel AME Church of Ardmore, PA!

MARK YOUR SUNDAY CALENDARS!

SUNDAY SERVICES BEGIN AT 10:30 AM vis ZOOM/FACEBOOK

November 1
125th Church Anniversary Kick-Off
Worship Celebration
Holy Communion Celebration

November 8
Rev. Felicia Howard, *Preacher*

Salute Our Veterans

November 15
Rev. Dr. Calvin Sydnor, *Guest Preacher*

November 22
Rev. Albert Johnson
Guest Preacher

November 29
Testimony Sunday • *First Sunday of Advent*

"Let's Go Down Memory Lane

Thursday, November 19 • 6:30 PM

Please forward all pictures via email or drop off to the church by Monday, Novmber 16, 2020

All are asked to give a sacrificial anniversary offering of $125.00

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

FACEBOOK
www.Facebook.com/BethelArdmore

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610.642.8966 | www.bethelardmore.org | bethelardmore@verizon.net | www.facebook.com/bethelardmore

Bethel Outreach Corner

Sponsored and Coordinated by the Mary F. Handy Women's Missionary Society (WMS) • Sister Vikki Asbury, *President*

All of us are called to the work of missions! No job is too big or too small! We are God's hands, feet,eyes and ears! We thank you for responding and helping us to respond to the needs of those in our church and community at large.

November, 2020

THANKSGIVING OUTREACH

Our Goal is to donate $500.00 worth of Gift Cards to local families. Gift Cards of all amounts are welcome from ACME, Shoprite, Giant, Trader Joes, Amazon. Please donate by Sunday, November 15, 2020. If you are aware of a family in need this Thanksgiving, please contact Sister Vikki Asbury.

VETERANS DAY! WE SALUTE OUR VETERANS!

Please submit name, photo and branch of service to bethelardmore@verizon.net by Monday, November 2, 2020. We will celebrate on Sunday, November 8, 2020.

TBD - THANKSGIVING OUTREACH DAY

Monday, November 30, 2020

CHOSEN 300 OUTREACH AND FEEDING

125 Cards of Encouragement are needed by Monday, November 23, 2020.
Also, volunteers are welcome to join in assisting with cooking, transportation and distributing to guests.

December, 2020

SEASON OF CHRISTMAS

1,000 Christmas Cards to spread Christmas Cheer to Community Members, Senior Centers and Nursing Homes!

All of us have Christmas Cards that we have not used and/or need a home! Join us in sending 1,000 Christmas Cards to our friends and neighbors this holiday season. Please sign the cards with your name and Bethel AME Church of Ardmore. DO NOT SEAL the envelope! Cards are needed by Tuesday, December 1, 2020. It is ok to start writing your Christmas Cards now. Each Ministry is asked to provide 75-100 Christmas Cards.

Late December, 2020

INTERFAITH HOSPITALITY NETWORK HOSTING

In light of COVID-19 our hosting this year will be different. We will not know until early December, 2020 the needs of the families that we will be asked to host. However, gift cards from Walmart, ACME, Shoprite, Amazon are welcome. Toiletries, snacks, cards of encouragement and inspiration are welcome!

We are called to make a difference! The Missionaries of Bethel are always on the lookout for new ways to spread the love of Jesus through Missions. If you know of someone, a family in need do not hesitate to contact Sister Vikki Asbury, Missionary President.
vikkiasbury@yahoo.com

Last day for County Boards of Elections to receive voted mail-in and civilian absentee ballots (must be received by 5 P.M.)

****NOTE - To count, ballots arriving after Election Day must either be postmarked by Nov. 3 or have no proof they were sent afterward.**

Need baby or adult diapers? Please contact Sister Vikki Asbury.

Commission on Stewardship and Finance Update

"We have discovered a simple truth about ministry. No money means no ministry. More money means more ministry. God will certainly provide for us in the areas of ministry into which He guides us, and He provides the money for ministry through the members of His body, the church."

We thank the Bethel AME Church Family and Friends for your continued faithfulness to Bethel in spite of the COVID-19 crisis. We have not met physically as a church family for now eight (8) months, however we thank you for continuing to support the work and ministry of Bethel AME Church of Ardmore. Our Commission on Stewardship and Finance has worked arduously in reviewing our budget, our critical and vital needs and obligations as well as assessing the needs for our ministry as we have now been catapulted to do ministry in new ways.

All members of Bethel received via mail their mid-year giving statement.

We also ask that as many members of Bethel will join in our **Benevolence Fund**, which will support the work of the Women's Missionary Society (WMS), YPD (Young People), Scholarship and Faith Fund. All members are asked to give each month a sacrificial gift of $20.00 over above your Tithes, Offerings, Faith Fund and Restoration Campaign donations in support of our Benevolence/Outreach efforts. The above ministries are dependent upon the benevolent offerings that we receive each week and in light of virtual worship we are not able to receive said offering.

Feel free to use the yellow benevolent offering envelopes and/or clearly denote on your offering envelope.

<u>There are a myriad of ways of giving to Bethel AME Church of Ardmore:</u>

1. Mail/Drop Off: Bethel AME Church of Ardmore - 163 Sheldon Lane - Ardmore, PA 19003

2. Online: www.bethelardmore.org - DONATE

3. Tithe.ly App or Givelify App

4. Cash App: $bethelardmore1895

You are welcome to contact Brother Jody Raines at (856) 912-8077, should you have any questions or concerns.

Although the physical building is closed we continue to do the work that we have been called to do. As leaders of Bethel we are currently closely evaluating the needs of our congregation and community given the reality of our times. The demand for ensuring that we have a virtual presence and the necessary technology and hardware is critical for our ministry. Additionally, new ministries and opportunities for service are emerging, which may necessitate having to re-evaluate our financial priorities as a congregation.

In addition to giving of our tithes and offerings, we ask that you will give to the Faith Fund and Bethel Restoration Campaign.

The Faith Fund is to assist in our church's fulfilling our obligations to the Connectional/Episcopal/District/Annual and Presiding Elder District. As members of the African Methodist Episcopal Church we are a Connectional Church. The Connectional Church is sensitive to the current reality of our churches given the impact of COVID-19. We praise God that we have met all obligations through August 31, 2020. As we approach the close of the 2020 calendar year, we solicit your support and prayers as it relates to the Fall Convocation Assessment, which we must report on **Friday, November 6, 2020**. If you have not made a pledge to the Faith Fund, please consider doing so today! We also ask that if you have made a pledge to the Faith Fund we thank you for your continued support!

The Bethel Restoration Campaign was launched in November, 2019 in honor of our 125th Year Church Anniversary. Our Campaign Goal is $125,000 to be raised over a five (5) year period. The Campaign has several key areas:

#1: Bathrooms/Lounge/Hallway and Offices Restoration. We praise the Lord that this work was completed in 2019.

#2: Bethel Sanctuary Window Restoration. We praise the Lord that the financing for the five (5) windows on the "Hammond Organ Side" of the Church is in place. Work began in late July, 2020. The Board of Trustees will begin to actively plan and ask for your support for the remaining (5) windows.

#3: Technology/Virtual Church Upgrade. COVID-19 has catapulted our church into a Virtual Reality that is not going away. There are key technology, hardware and personnel upgrades and additions that are needed in order to keep the ministry vibrant, relevant and readily accessible. This project as of present has been budgeted for $15,000, which involves:

*Purchase/Installation of two (2) cameras for the Sanctuary and necessary equipment and software

*Purchase of phone adapter to all allow persons to access service via phone

*Wiring of entire sanctuary for internet accessibility

*Creation of Virtual Ministry Staff Position. Person will be responsible for managing and operating the aboveformentioned equipment as well as ensuring proper connectivity for Sunday Morning and other worship experiences.

It is projected that this upgrade will take place by early Fall. Your help is needed! Feel free to use the special envelope and/or denote on your offering envelope: Technology Fund.

#4: Other necessary improvements and projects as identified.

No gift is too big or small. We are called to ensure that the ministry continues and has the resources necessary. For more information, please contact Brother Butch Smith or Sister Jean Hays.

Thank you for your faithfulness!

Bethel
AFRICAN METHODIST EPISCOPAL CHURCH
OF ARDMORE

5 ways to give

TITHE.LY

Givelify
Tap. Give. Done.

Cash App
$bethelardmore1895

Bethel AME Ardmore
163 Sheldon Lane
Ardmore, PA 19003

www.bethelardmore.org

First Things First
FIRST EPISCOPAL DISTRICT
AFRICAN METHODIST EPISCOPAL CHURCH

Fall CONVOCATION 2020

November 12, 2020

Conference Year Theme:

"Re-Imagining Ministry – To Serve This Present Age"

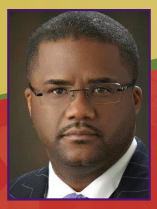
"Therefore, seeing we have this ministry…" "…and He gave gifts unto His people..."
"For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ"
~II Corinthians 4:1a (KJV), Ephesians 4:8d (NLT), Ephesians 4:12 (KJV)

Venue:
First District Virtual Platform
www.firstdistrictamec.org

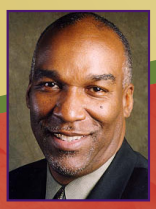
Fall Convocation Preachers and Presenters

Opening Worship Service, 8:31 AM
Bishop Gregory G.M. Ingram
Preaching

Still Praying Through This Pandemic
Rev. Dr. Jessica Kendall Ingram

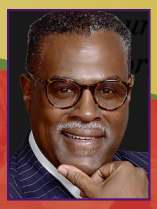


Reimagining Stewardship
Rev. Dr. Julius H. McAllister, Jr.
Senior Pastor
Bethel AME Church
Tallahassee, FL



Are We Still Breathing?
Rev. Dr. Alfonso Wyatt
Founder
Strategic Destiny: Designing Futures Through Faith and Facts
Greater Allen AME Church
Jamaica, NY

Preparing for a COVID Winter
Rev. Miriam J. Burnett, M.D., M.Div., MPH
Medical Director AMEC Health Commission
Senior Pastor
Jones Tabernacle AME Church
Philadelphia, PA



Closing Worship Service, 4:01 PM
Rev. Dr. Silvester S. Beaman
Senior Pastor
Bethel AME Church
Wilmington, Delaware
Preaching

Bishop Gregory G. M. Ingram – Presiding Prelate
Reverend Dr. Jessica Kendall Ingram – Episcopal Supervisor
Reverend Dr. Charles H. Lett, Sr. – Host Presiding Elder
Reverend Vernon R. Byrd, Jr., Esq. – Host Pastor

First District Headquarters
3801 Market Street, Suite 300 | Philadelphia, PA 19104
215.662.0506 | www.firstdistrictamec.org

THANKSGIVING OUTREACH

Our Goal is to donate $500.00 worth of Gift Cards to local families. Gift Cards of all amounts are welcome from ACME, Shoprite, Giant, Trader Joes, Amazon.

Gift cards and/or monetary donations are due Sunday, November 15, 2020.

If you and/or a family you know is in need this Thanksgiving, please contact Sister Vikki Asbury (610) 348-8267 *or* bethelardmore@verizon.net.

Thank you!

SEASON OF CHRISTMAS

1,000 Christmas Cards Needed

to spread Christmas Cheer to Community Members, Senior Centers and Nursing Homes!

Do you have Christmas Cards that you have not used and/or need a home? Join us in sending 1,000 Christmas Cards to our friends and neighbors this holiday season!

Please sign the cards with your name and Bethel AME Church of Ardmore. DO NOT SEAL the envelope!

Cards are needed by Tuesday, December 1, 2020. Don't wait to start writing your Christmas Cards: start now!

For more information, contact Sis Vikki Asbury
(610) 348-8267 *or* bethelardmore@verizon.net

The Holidays Without You

Grief in the Midst of the Festive Season

A Community Bereavement Workshop facilitated by
Colleen M. Butler and John J. Cooper, II, Bereavement Coordinators

VIRTUALLY on Saturday, November 7, 2020
9AM Registration and 10:00am -2:00pm VIA ZOOM

Material Pick up Location
601 West Office Center Drive
Fort Washington, PA 19034
(215) 557-7300

Workshop Overview

- Welcome, Guided Imagery Activity and Safe Space Rules
- Grief, Bereavement and Mourning in a COVID-19 Environment
- Interactive Crafting
- Holiday Planning
- Healing in the Name
- Open Discussion
- And so much more...

Please note bathroom and water breaks are built into the schedule. Even so, if at any time you need to leave an activity for any reason, that is completely understood, welcomed and expected. Self-care (you taking care of you) is our priority!

RSVP by
Friday, October 30th 2020
(215) 557-7300 or colleen.butler@
or john.cooper@compassus.com

Serving with *Heartfelt* Compassion
Compassus™
compassus.com

First Episcopal District African Methodist Episcopal Church
Re-imagining Ministry - Serving This Present Age

Bishop Gregory G.M. Ingram

Revised Zoom Call Schedule

Join all ZOOM sessions via our website at: www.firstdistrictamec.org

FIRST QUARTER THEME:
Healing the Nation
Part II - Social Justice
Thursday, Sept. 17, 2020
Thursday, October 8, 2020
7:01PM

No zoom calls in December due to the Conference Advent Services

SECOND QUARTER THEME:
Healing the Disrupted Church
Thursday, Nov. 5, 2020
Thursday, January 14, 2021
7:01PM

THIRD QUARTER THEME:
Healing the Wounded Healers
Thursday, February 4, 2021
7:01PM

These zoom calls are for all Presiding Elders, Pastors, Ministers, Evangelists, Component Head Leaders and all Members.

@FirstDistrictAMEC

Bishop Gregory G.M. Ingram
Presiding Prelate

Rev. Dr. Jessica Kendall Ingram
Episcopal Supervisor

YOU HAVE THE RIGHT TO VOTE.

If you experience problems while voting...

CALL 866-OUR-VOTE

or

TEXT OUR VOTE TO 97779

Trained volunteers are standing by.

ELECTION PROTECTION 866 OUR VOTE

Celebrating 125 Years of Kingdom Building

Bethel Restoration Campaign

Embracing Our Past, Enriching Our Present, and Envisioning Our Future.

Campaign Goal: $125,000

Five (5) Year Capital Campaign

January 1, 2019 - December 31, 2024

Pledge and Commitment Sunday | November 15, 2020

As we mark this 125th Year of Bethel's founding and establishment, we do with a spirit of celebration and renewed commitment. Last year, our church launched the Bethel Restoration Campaign to address several key areas of our church:

- Restoration and Renovation of the Lower Level Bathrooms, Lounge, Finance Office and Hallway completed April, 2019 by RKA Builders
- Restoration of the ten (10) Sanctuary Windows by Mr. Mark Kidd of Majeki Stained Glass

Phase I (Garden Side/Spring Avenue) 75% **Completed August, 2020**

Phase II (projected start/completion date) **Spring, 2021**:

- Technology/Virtual Church Installation and Upgrade
- Community Grants to groups and organizations who are making a difference
- Other necessary renovation and mission-oriented projects of Bethel AME Church of Ardmore

We are asking that all members of Bethel-Ardmore to join us in this capital campaign as we do our part to continue the witness and legacy of Bethel. Formal pledge cards are available from the Church Office.

For more information or questions, please contact Brother Butch Smith or Sister Jean Hays.

We thank you in advance for your prayers, support of this important Capital Campaign of our church.

Thanks for your support! *No gift too small or large.*

BETHEL ARDMORE
RESTORATION CAMPAIGN **2019 – 2024**

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

Bethel
AFRICAN METHODIST EPISCOPAL CHURCH
ARDMORE
FOUNDED 1895

"How awesome is this place! This is none other than the house of God, and this is the gate of heaven." —Genesis 28:17

Support the Benevolence Fund and the Technology Campaign Fund!

Benevolence Fund

In support of the work of:

WOMEN'S MISSIONARY SOCIETY

YPD (YOUNG PEOPLE)

BETHEL SCHOLARSHIP MINISTRY

FAITH FUND

All are asked to give a sacrificial gift of $20.00 each month over and above your Tithes/Offerings/Faith Fund/Restoration in support of our Benevolence Fund.

Yellow envelopes will be provided in your monthly mailings. .

Thank You!

Join Us As We Upgrade Bethel's Technology as We Continue to Go Virtual!

This fund will allow us to:

- ✔ Installation of Internet/WIFI throughout the Sanctuary and entire Church
- ✔ Purchase of camera equipment, software and hardware.
- ✔ Creation of Staff position to manage all of the church's Technology needs.

Goal: $15,000

As of October 31, we have received $2,485.00!

THANK YOU!

Bethel AME Ardmore 125th Church Anniversary Celebration

A BOOK OF PRAYER

125 Prayers from Bethel Family and Friends in Celebration of 125 Years of Service to God and Community

All are welcome to submit a prayer in honor of this auspicious year in our church's history.

Submissions can be up to 300 words.

Deadline for ALL Submissions: **Monday, November 30, 2020**
Submissions should be submitted to the 125th Church Anniversary Prayer Book Coordinator

Rev. Felicia Howard
Email: **fannhoward1@gmail.com** (preferred)
Mail: **208 Simpson Road, Ardmore, PA 19003**
Contact at : **(610) 896-6382** or **(610) 389-2509**

125th Church Anniversary Book will be available in time for our Founders' Day Celebration — February, 2021.
Donations are welcome.

JOIN US ALL MONTH! NOVEMBER 2020

WEST MAINLINE DISTRICT
MINISTRY OF EVANGELISM
15 MINUTES
TESTIMONY
TUESDAYS
EVERY TUESDAY AT 7:00PM
UNTIL DECEMBER 29, 2020
Join by ZOOM
Meeting ID: 931 5107 0859
Join by telephone:
1-929-205-6099
Meeting ID: 931 5107 0859
HOSTED ON ZOOM
AND FACEBOOK
Rev. Dr. Charles H. Lett, Sr., Presiding Elder, West Mainline District
First Episcopal District of the AME Church
West Mainline District, Minsitry of Evangelism
Evangelist LaGreta B. Brown,, Facilitator

BETHEL ACADEMY

JOIN US FOR AN EVENING OF FUN!

VIRTUAL BAG BINGO! FUNDRAISER

FRIDAY, DECEMBER 11, 2020

- **GENERAL TICKET PRICE: $30.00**
- **Bingo Cards for 8 Rounds of Bingo**
- **Bingo cards can be printed at your home or play electronically on your computer**
- **Additional Virtual Bingo Cards available for $10.00** *One winner per round
- **Bonus VIP Round: $10.00**
  3 Virtual Bingo Cards
  A chance to win the Top Designer Handbag of the night!

Purchase tickets
https://www.eventbrite.com/e/bethel-academy-virtual-designer-bag-bingo-fundraiser-tickets-125093356597

For more information, please contact Ernest Pendleton at 610-745-5465 or ernestpendleton@verizon.net

HOW THIS WORKS!

1. Purchase your tickets by Tuesday, December 1, 2020 via Eventbrite

2. Bag Bingo ZOOM Link and Bingo Card Links will be emailed to you by Dec 7th.

3. Attendees should sign into ZOOM at 6:30pm. We will begin at promptly 7:00pm.

4. Bingo Winners will receive their handbags via delivery or by mail.

5. All proceeds benefit the Bethel Academy K-8 Tutoring Program www.bethelacademy.net

STAY CONNECTED TO

Bethel AME Church of Ardmore

zoom **CONFERENCE (AUDIO/VIDEO)**

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

FACEBOOK
www.Facebook.com/BethelArdmore

SCHEDULE

SUNDAY MORNING WORSHIP
10:30 AM

TUESDAY PRAYER LINE
8:30 PM

WEDNESDAY BIBLE STUDY
1:00 PM & 6:30 PM
will resume after Labor Day

STAY CONNECTED!

WEBSITE
www.bethelardmore.org
CHECK 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 OR WEBSITE

WAYS TO GIVE

Givelify
Tap. Give. Done.

www.bethelardmore.org

Cash App - $bethelardmore1895

Tithe.ly

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.

OPPORTUNITIES TO SERVE THE "NEW BETHEL"

You Are Needed!

As we continue to discern how our the ministry and witness of Bethel-Ardmore has evolved and will continue to in light of the impact of COVID-19 and the cries for equity and justice in our community, country and world we are called to consider how we will continue to remain faithful to our call as believers in the Lord Jesus Christ.

Below are ways in which to assist and become more involved as we discover the next frontier of our ministry. If you are interested and/or would like additional information, please contact Rev. Cavaness.

PRAYER MINISTRY

Prayer changes people! Prayer changes things! There is POWER in prayer! God has blessed us and increased us in our prayer ministry. Prayer warriors are needed to serve our members, friends as well as our nightly ZOOM Prayer Line each night at 7:31pm.

VIRTUAL AND TECHNOLOGY TEAM

As you know our church has made the quick shift to a virtual church experience. Help with our Sunday Morning Worship Experience, managing our social media platforms and content as well as increasing our virtual footprint!

LOVE OUT LOUD TEAM

In keeping with our #LoveonFire mantra, God has called us to spread His love to his creation. Be a part of the team that will help to identify organizations, people and entities that can use the love! Assist with organizing our congregation and friends in participating in opportunities to share the love!

RE-GATHERING TEAM

It has been close to three (3) months that we have not worshipped and gathered physically here at Bethel-Ardmore. We are continuing to discern, learn and ascertain what are/will be the guidelines, protocols for welcoming God's people into God's house in light of COVID-19. Join this working group that will provide leadership and guidance to our congregation as we prepare to reopen.

LM ACTION TEAM

It is not enough to protest, we are called to act. James reminds us, "faith without works is dead." Join other members of faith as we will actively work together to enact change and a difference here in Lower Merion. Key community issues will be determined and we will work TOGETHER to make a tangible, concrete difference.

BETHEL AME CHURCH OF ARDMORE RESOURCE PAGE

Where do I go for....

During these unprecedented times, so much has happened and is happening so quickly! Please find below a list of resources available to Bethel Members, Family and Community at large. We will get through this TOGETHER! Please do not hesitate to contact bethelardmore@verizon.net or (610) 642-8966 for any additional assistance or support during this time. The resource list above is growing! Feel free to share any resources or helps that others may find to be a blessing during these times!

Prayer/Counseling/Hospitalization/Illness
Rev. Cavaness
(973) 704-1631 • cccavaness@aol.com

Prayer Request
Sister Janine Baggett
(215) 514-0217 • janineb104@gmail.com

Class Leaders
Sister Janine Baggett

Connectional AME News/Updates
Sister Bernice Green
(484) 410-8945 • bernicehg@verizon.net

Food/Supplies/Diapers Assistance
Sister Vikki Asbury
(610) 348-8267

Benefits Assistance and Information/Social Worker/ElderNet
Lisa Schilansky, M.S.S., L.S.W.
(610) 525-0706

Unemployment Compensation
Philadelphia Legal Assistance
(215) 999-6910

Mental Health/Grief & Loss Resources and Support
Sister Rhonda Matlack, MA, LPC, ASC
(978) 270-5647 • rhondamatlack@gmail.com

Technical Support and Resources
Church Office
(610) 642-8966 • bethelardmore@verizon.net

Transportation/Delivery
Brother Butch and Sister Jackye Smith
(610) 667-3351
butchsmith1@live.com • justjss@hotmail.com

Bethel Financial Stewardship/Giving
Brother Jody Raines
(856) 912-8077

Bethel Victory Community Garden/Home Victory Community Garden Program
Rev. Cavaness
(610) 642-8966 • bethelardmore@verizon.net
www.ardmorevictorygardens.org

Educational Support and Resources
Sister Carla Glover/Bethel Academy
(610) 642-8966 • bethelacademy@gmail.com

Youth/Children/Young Adult Disability Services and Supports
Amy McCann/Carousel Connections
(215) 260-5731
Amy.mccann@commonspaceardmore.org

Volunteer Opportunities
Rev. Cavaness

Essential Workers Needs and Prayer Request
Rev. Felicia Howard
(610) 896-6382 • fannhoward1@gmail.com

VIRTUAL AFTER SCHOOL PROGRAM

BETHEL ACADEMY

VIRTUAL AFTER SCHOOL PROGRAM

4 PM – 5:30 PM | zoom Se habla Español!

MONDAYS: GRADES K–3
TUESDAYS: GRADES 4 & 5
WEDNESDAYS: MIDDLE SCHOOL
THURSDAYS: 'CHECK-IN THURSDAYS' (***All Grade Levels***)

One-On-One Tutoring | Career Days | Let's Get Fit!
Emotional and Social Support and Activities
• **Weekly Snack Boxes delivered to your home** •

SIGN-UP TODAY!

www.bethelacademy.net | (610) 642-8966 | bethelacademy@gmail.com

ORIENTATION: THURSDAY, SEPTEMBER 17, 2020 | **6:00 PM** VIA zoom

• **ZOOM information will be sent upon registration** •

Rev. Carolyn Cavaness, *Pastor*
www.bethelardmore.org
bethelardmore@verizon.net
www.facebook.com/ bethelardmore

Bethel AFRICAN METHODIST EPISCOPAL CHURCH ARDMORE

163 SHELDON LANE • ARDMORE, PA 19003

"The Place Where Heaven & Earth Meet"

Celebrating 125 Years | 1895–2020

'JOURNEYING THROUGH A PANDEMIC'

VIRTUAL SERVICES

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

FACEBOOK
www.Facebook.com/BethelArdmore

NOVEMBER 2020 • 125TH CHURCH ANNIVERSARY CELEBRATION MONTH!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **DAYLIGHT SAVING TIME BEGINS 2 AM** **CELEBRATION OF HOLY COMMUNION** **125TH CHURCH ANNIVERSARY KICK-OFF WORSHIP CELEBRATION!** **10:30 AM**	**2** Joint Boards of Stewards and Trustees Meeting 6:30 PM BETHEL VIRTUAL ACADEMY • 4–5:30 PM	**3** **ELECTION DAY 2020!** Tuesday Prayer 8 PM	**4** Mid Day Bible Study 1 PM Evening Bible Study 6:30 PM	**5**	**6** Fall Convocation Report Due	**7**
8 **125TH CHURCH ANNIVERSARY VETERANS CELEBRATION SUNDAY** Virtual Worship Service Rev. Felicia Howard, *Preacher* **10:30 AM**	**9** Bethel Academy Board Meeting 6:30 PM BETHEL VIRTUAL ACADEMY • 4–5:30 PM	**10** President's Council Meeting 6:30 PM Tuesday Prayer 8:30 PM	**11** **VETERANS DAY OBSERVED** Mid Day Bible Study 1 PM Evening Bible Study 6:30 PM	**12**	**13**	**14**
15 **125TH CHURCH ANNIVERSARY VIRTUAL WORSHIP SERVICE** **10:30 AM** Rev. Dr. Calvin Sydnor *Guest Preacher* • Thanksgiving Outreach • Gift Cards Due	**16** Lay Organization Meeting 6:30 PM "Let's Go Down Memory Lane" Photos due BETHEL VIRTUAL ACADEMY • 4–5:30 PM	**17** Tuesday Prayer 8 PM	**18** Mid Day Bible Study 1 PM Evening Bible Study 6:30 PM	**19** "Let's Go Down Memory Lane" 6:30 PM	**20**	**21**
22 **125TH CHURCH ANNIVERSARY VIRTUAL WORSHIP SERVICE** **10:30 AM** Rev. Albert Johnson *Guest Preacher*	**23**	**24** Joint Boards of Stewards and Trustees Meeting 6:30 PM Tuesday Prayer 8 PM	**25** **Thanksgiving Eve Service** **TIME TBD**	**26** **THANKSGIVING DAY**	**27**	**24**
28 **FIRST SUNDAY OF ADVENT** **125TH CHURCH ANNIVERSARY TESTIMONY SUNDAY** **10:30 AM**	**29** CHOSEN 300 OUTREACH BETHEL VIRTUAL ACADEMY • 4–5:30 PM	**30** Tuesday Prayer 8 PM				

WAYS TO GIVE
www.bethelardmore.org
CASH APP:
$bethelardmore1895
Givelify Tithe.ly

BETHEL VIRTUAL ACADEMY VIA ZOOM
Mon: Grades K–3
Tues: Grades 4 & 5
Wed: Middle School
Thurs: 'Check-In Thursdays'
(All Grade Levels)
4 PM – 5:30 PM

Flu Clinics • November 2020

For people who live, work, or attend school in Montgomery County

The flu shot is offered to individuals age 6 months and older.

Appointments are required for all locations. Make an appointment and complete the screening forms online or by phone:

www.montcopa.org/flu **610-278-5145**

Walk-up Locations Every Thursday, except 11/26

POTTSTOWN
364 King Street
Pottstown, PA 19464

NORRISTOWN
1433 Green Street
Norristown, PA 19401

GREEN LANE
2144 Snyder Road
Green Lane, PA 18054

ARDMORE
114 West Lancaster Avenue
Ardmore, PA 19003

WILLOW GROVE
1678 Fairview Avenue
Willow Grove, PA 19090

LANSDALE
421 West Main Street
Lansdale, PA 19446

Montgomery County Office of Public Health

WWW.MONTCOPA.ORG/FLU

MCIC Montgomery County Immunization Coalition

10/28/2020

A Strong Defense Against Flu: **Get Vaccinated!**

FIGHT FLU

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A 2017 study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Stress, Depression and the Holidays: Tips for Coping

THE HOLIDAY SEASON often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

5. Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

9. Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

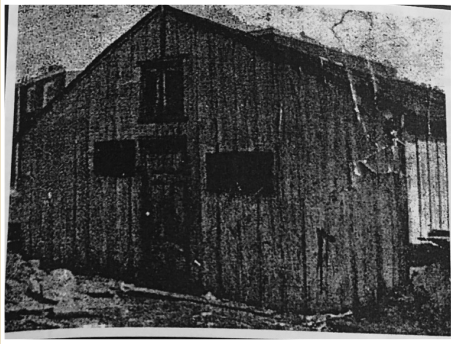
Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

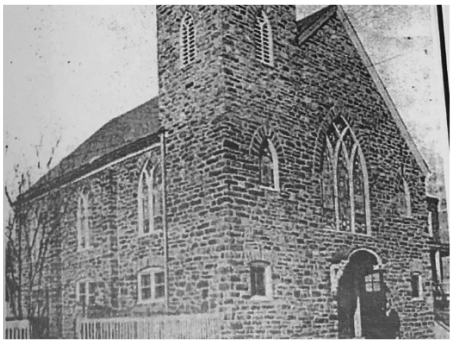
10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

BETHEL AME CHURCH OF ARDMORE

125th Church Anniversary Celebration



The Birthplace, Mission Church • 1895

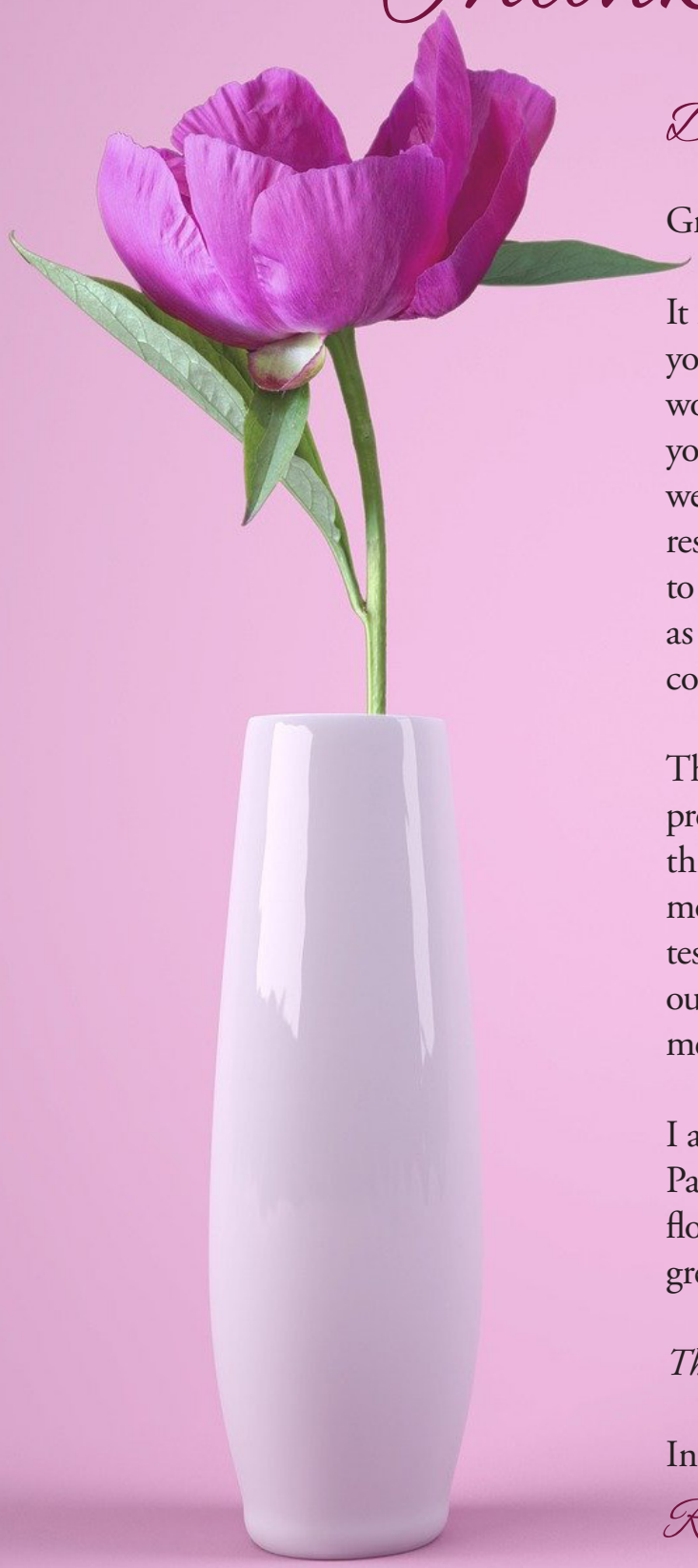


"New" Bethel • 1916

"Up From the Ashes" • 1975

JOIN US ALL MONTH! NOVEMBER 2020

Thank you!



Dear Bethel Family and Friends:

Grace and Peace!

It is an incredible privilege it is for me to be your pastor. Each day, I'm reminded what a wonderful opportunity it is for me to know you, serve you, and encourage you. Each week, I'm reminded what an incredible responsibility it is for me to bring God's Word to you in a relevant and informative way. We as a congregation understand the value of community.

Thank you for all that you have done in presence, in spirit, in prayer, in giving and through outreach over these past eight (8) months. These months have been a true testament to our commitment to God and to our mantra, "the place where heaven and earth meet."

I also thank you for remembering me during Pastoral Appreciation Month. The gifts, cards, flowers, candy board and the air hugs were greatly appreciated.

Thank you! Thank you! Thank You!

In His Service,

Rev. Cavaness