



163 SHELDON LANE • ARDMORE, PA 19003
“The Place Where Heaven & Earth Meet”
Celebrating 125 Years | 1895–2020

JOURNEYING THROUGH A PANDEMIC

A MASSIVE OUTPOURING OF LOVE

SUMMER 2021
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.

The Pastor's Word

June 1, 2021

Dear Bethel Family and Friends:

*Breathe on me, Breath of God, fill me with life anew,
that I may love the way you love, and do what you would do.*

Things are looking up, opening up, starting - a long-awaited day has come upon us. As we discern this new chapter, course we need the Holy Spirit to lead, guide and direct us as we chart this new day forward. As we walk through together this season of Pentecost we are positioning ourselves for the Holy Spirit to BREATHE upon us giving us what we need in order to do the work of ministry that we have been called to do.

During these past 15 months we have been stretched all towards ensuring that nothing would interfere with our relationship with the Lord Jesus Christ and certainly our responsibility to fulfill the work that he has called us to. We are invited in this season to re-affirm our faith, our understanding of our God-given purpose and mission and the importance of our fulfilling the work of ministry that God has called each of us to as individuals and as a collective body.

During these summer months while we see, witness and participate in the world's re-opening we must also with intricate care, concern and wisdom consider and avail ourselves to what does re-opening/re-entering Bethel AME Church of Ardmore looks and feels like? What are the lessons that we have learned? What will we bring with us to this new chapter? What will we leave behind? And will we be vulnerable as individuals/collective body to embrace the areas that we will need help, discernment and wisdom?

This has been for all case and purposes a true test of our faith and understanding, It has bought out of us our sense of resiliency and certainly helped us to come to terms with what is most important and as I like to say the non-negotiables.

As we re-enter/re-open we are embracing a world that is in need of HOPE, HEALING and LOVE and what better place to find than through us Christ's ambassadors.

We are blessed that this summer we will be blessed by Word Bearers who know the word and will challenge us as we move forward into this new chapter. We also invite you to share in our summer reading list. I look forward to hearing your thoughts and responses. Here's the list:

The Politics of Jesus: Rediscovering the True Revolutionary Nature of Jesus' Teachings and How They Have Been Corrupted - Rev. Dr. Obery Hendricks

The Post-Quarantine Church: Six Urgent Challenges and Opportunities That Will Determine the Future of Your Congregation - Thom Rainer

Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way, and Presence - Diane Butler Bass

It is also my prayer that you will take walks, meditate in nature and just enjoy the air that God has blessed us to breathe! Our time is NOW and the world is in need of us! Let us get re-booted, re-tooled and READY for what is to come!

*I, the Lord of sea and sky
I have heard my people cry
All who dwell in dark and sin
My hand will save
I who made the stars of night
I will make their darkness bright
Who will bear my light to them?
Whom shall I send?
Here I am, Lord
Is it I, Lord?
I have heard You calling in the night
I will go, Lord
If You lead me
I will hold Your people in my heart.
Breathe on Me -*

Love,
Rev. Cavaness



163 SHELDON LANE • ARDMORE, PA 19003

“The Place Where Heaven & Earth Meet”

10:30 AM WORSHIP SERVICE

Holy Communion Order of Worship

THE ORGAN PRELUDE

Brother Quinton Magby

INTROIT

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

THE INVOCATION

CHORAL RESPONSE

THE SCRIPTURE LESSON

THE GLORIA PATRI

*Glory be to the Father, and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be, world without end. Amen.*

THE MINISTRY OF MUSIC

Brother Quinton Magby

THE WELCOME AND GREETING

THE PRAYER OF INTERCESSION

THE MINISTRY OF MUSIC

Brother Quinton Magby

THE SERMON

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 PRAYER

ALL: Gracious God. "We give Thee but Thine own, whatever our gift may be. All that we have is Thine alone, a trust, O Lord, from Thee. AMEN."

"All things come of thee, O Lord and of thine own have we given thee, Amen."

THE MINISTRY HIGHLIGHTS

THE AFFIRMATION OF FAITH

I believe in God the Father Almighty, Maker of heaven and earth, and in Jesus Christ his only son our Lord who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead; and buried. The third day he arose from the dead; he ascended into heaven and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the Church Universal, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.

THE HOLY COMMUNION CELEBRATION

All are asked to have your consecrated fellowship Communion Cup

Rev. Cavaness, *Chief Celebrant*

THE COMMUNION HYMN

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

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

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 five (5) people by calling, texting, mailing or emailing at the conclusion of Worship.

THE FELLOWSHIP HYMN

THE DOXOLOGY

"Praise God"

THE BENEDICTION

Summer Hour of Power

10:30am Worship Service

ZOOM and Facebook Live

Summer Months Preachers

July and August

Rev. Carolyn C. Cavaness

Rev. Felicia Howard

Rev. Donna Minor

Rev. Dr. Janet Simpkins

Rev. Joshua Goodin

Elder Byron Battle

WEDDING ANNIVERSARIES

LaVerne and Ed Wiley	June 26
Chuck and Sondra Thompson	June 27
Roger and Barbara Mills	July 17
Gus and Carolyn Dingle	August 16
Lewis and Betty Burton	August 25

JUNE BIRTHDAYS

Happy Birthday!

Angela White Collins	June 2
Kyle Howard	June 8
Sianni Pendleton	June 8
Lamont Green, Jr	June 11
Ernest L. Asbury, Jr	June 13
Vikki Asbury	June 15
Rev. Felicia Howard	June 18
Bernice Green	June 29
Muhammad Harrison	June 29



JULY BIRTHDAYS

Happy Birthday!

Lorraine Johnson	July 3
Jamie Burrell	July 6
Gloria Greenwood	July 11
Andrea Riedlmeier	July 12
Kennedee Griffin	July 15
Kim Pendleton	July 23
Dacia James	July 24
Glenn Puller	July 25
Phylinda Peters John	July 26
Lawrence Wiley	July 26



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

OUR SICK AND SHUT-IN

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

Sis. Esther Harris
Saunders House, 100 Lancaster Ave, Room 406
Wynnewood, PA 19096

Sis. Geraldine Mills
137 Sheldon Lane, Ardmore, PA 19003

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

Sis. Sherri Pendleton
24 School Lane, Ardmore, PA 19003

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

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

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.*

AUGUST BIRTHDAYS

Happy Birthday!

Marion Wiley	August 5
Fred Howard III	August 7
Pauline Short Jordan	August 9
Daisy Atkinson	August 11
Verona Vance	August 13
Sherri Pendleton	August 24
Thay Shippen	August 27
J. Donald, Jr. "Ducky" Jackson	August 31



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

BETHEL AME ARDMORE PRAYER LIST

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

BETHEL ARDMORE MEETING SCHEDULE JUNE 2021

TUESDAY, JUNE 1

6:30pm
Presidents' Council

TUESDAY, JUNE 8

6:30pm
Joint Boards of Stewards and Trustees

WEDNESDAY, JUNE 9

6:30pm
Bible Study and Church Conference

TUESDAY, JUNE 15, 2021

7:00pm
Presidents' Council Meeting

WEDNESDAY, JUNE 16

6:30pm
Bible Study and Church Conference

MONDAY, JUNE 21

6:30pm
Bethel Lay Organization

WEDNESDAY, JUNE 23

6:30pm
Bible Study and Church Conference

WEDNESDAY, JUNE 30

6:30pm
Bible Study and First Quarterly Conference

BETHEL ARDMORE SUNDAY SCHEDULE JUNE 2021

SUNDAY, JUNE 6, 2021

Celebration of Holy Communion
Sunday School Quarter Review: "The Prophets"

SUNDAY, JUNE 13, 2021

Annual Scholarship Recognition Sunday and Special Salute
to 2021 High School and College Graduates
Mr. Henry D. Fairfax, Guest Speaker

SATURDAY, JUNE 19, 2021

Juneteenth Moment

SUNDAY, JUNE 20, 2021

9am - Church School Father's Day Tribute Program
Father's Day/Celebration of Manhood Sunday
Rev. Keith Heyward, Guest Preacher

SUNDAY, JUNE 27, 2021

Mother Emanuel Remembrance Sunday
Men's Health Presentation
Nurse Laura Wallace, Main Line Health

Join Us Every Tuesday Evening for Prayer!

8:00 PM • Join ZOOM Meeting

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

Password: 966785

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

**First Saturday Morning
Prayer & Coffee with Rev. C is back!
@ 9:00am via Bethel's ZOOM!**

Wednesday Virtual Bible Study

During the months of July and August
we will NOT be in session until
Wednesday, September 15, 2021.

Thank you!



**2021 Faith Fund
Pledge Cards are
available! Please
complete today!**

*Thank you for
your support!*

Bethel Church School

Join us every Sunday

All Ages: 9:00 AM
via Bethel's ZOOM



Bethel-Ardmore Re-Opening/ Re-Entering Update

On June 2, 2021, Bishop Gregory G.M. Ingram, Presiding Prelate of the First Episcopal District forwarded a correspondence pertaining to the re-opening of churches for in-person worship service. In light of this correspondence, the Pastor, Leaders, Officers and Members are welcome to actively discuss, strategize, plan and most importantly ask for the Holy Spirit's guidance as we plan for re-entry here at Bethel AME Church of Ardmore.

On Wednesdays, June 9, 16, 23 at 6:30pm via Bethel's ZOOM the Congregation is asked to share in Bible Study and Church Conference/Planning/Strategy Sessions. Please mark your calendars! You are also welcome to review the AME International Health Commissions' (IHC) Guidelines for Re-Opening and Returning to Church Buildings, which will serve as our blueprint and provide for us necessary protocols/guidelines that we are required to adhere to as it pertains to re-entering Bethel-Ardmore. The document can be found here: <http://www.amehealth.org/Portals/0/Documents/ALZ/AMEC%20Health%20Commission%20Guidelines%20for%20Reopening%20and%20Returning%20to%20Church%20Buildings-final.pdf?ver=2020-05-26-211348-883>.

If there are any difficulties in accessing, please notify the church office (610) 642-8966 or bethelardmore@verizon.net. We are also happy to print a copy for you and mail.

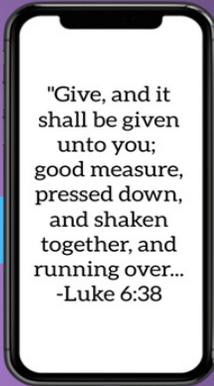
Lastly, the AME International Health Commission (IHC) will be presenting a "Reopen Townhall" on Saturday, June 12 at 1230 pm. That session will be recorded and available on the IHC YouTube channel. Once this information is available will forward to the church's email list.

I thank you for your continued prayers, faithfulness and love as we have navigated this season together!



5

WAYS TO GIVE



Cash App

\$bethelardmore1895

GIVE ONLINE

www.bethelardmore.org

GIVE BY MAIL

Bethel AME Ardmore
163 Sheldon Lane
Ardmore, PA 19003

Let's Sing to Hymn in the Garden!

Wednesday, July 14, 2021 (Rain Date: Wednesday, July 21, 2021)

Wednesday, August 11, 2021 (Rain Date: Wednesday, August 11, 2021)

6:00pm - 7:00pm

Bethel Community Garden

163 Sheldon Lane • Ardmore, PA 19003

Registration Required!

Limited to 20 Persons for each date.

Register by: Emailing: bethelardmore@verizon.net or Calling: (610) 642-8966

Masks required for persons in attendance. Social Distancing Guidelines will be enforced.

Be on the Look-Out for Pop-Up Opportunities to connect and share throughout the summer months!

Join Rev. Cavaness for *Lunch and Tour of The Mansion at Rosemont*

One of suburban Philadelphia's premier senior living communities. Located in Rosemont, PA.

Thursday, July 15th or

Tuesday, July 27th

Time: 12:30pm

Max number of persons for the Lunch and Tour is 20. Please email bethelardmore@verizon.net or call (610) 642-8966 to advise of your interest and your date preference.

Open to Bethel Ardmore Family and Friends!

PLEASE JOIN THE FIRST EPISCOPAL DISTRICT
OF THE AFRICAN METHODIST EPISCOPAL CHURCH IN

Celebrating the Retirement of

BISHOP GREGORY G. M. INGRAM
PRESIDING PRELATE

AND

REV. DR. JESSICA KENDALL INGRAM
EPISCOPAL SUPERVISOR



THEIR INSPIRED MINISTRY TOUCHED LIVES FOR 44 YEARS!
Their Compassionate Episcopal Service Blessed the World for 21 Years!
Their Anointed Servant Leadership Affirmed "The Ingram Difference"!

THEY WERE "CALLED TO MAKE A DIFFERENCE"—AND THEY DID!
You're Invited to Honor the Exemplary Lives and Labors of
This Exceptional Clergy Couple, In-Person and Virtually!

THURSDAY-SATURDAY • JUNE 17-19, 2021

THE GREATER ALLEN A.M.E. CATHEDRAL OF NEW YORK
110-31 FLOYD H. FLAKE (MERRICK) BLVD.
JAMAICA, QUEENS, NEW YORK 11433



Schedule of Worship Services!

Four of the Greatest Handlers of God's Holy Word Will Be Preaching!
Two of the World's Greatest Psalmists Will Be Singing!



THURSDAY, JUNE 17, 2021
7:01 P.M.
REV. DR. JOANN BROWNING
Co-Pastor
Ebenezzer AME Church
Fort Washington, MD

Evang. Timiney Figueroa
Guest Psalmist



FRIDAY, JUNE 18, 2021
12:01 P.M.
BISHOP MICHAEL L. MITCHELL
Presiding Prelate
12th Episcopal District
African Methodist Episcopal Church



FRIDAY, JUNE 18, 2021
7:01 P.M.
REV. DR. MARCUS D. COSBY
Senior Pastor
Wheeler Avenue Baptist Church
Houston, TX



Kathy Taylor
Guest Psalmist



SATURDAY, JUNE 19, 2021
11:01 A.M.
REV. DR. E. DEWEY SMITH
Pastor
House of Hope
Atlanta, GA

No Need to Register for Virtual Attendance!

For In-Person Registration, Visit the First District Website: <http://www.firstdistrictamec.org>

Questions? Please contact the First Episcopal District at 215.662.0506
or email Ingramretirement2020@gmail.com

Thank You for Your Support!

Ingram Retirement Celebration Co-Chairs: Rev. Dr. Gregory G. Groover and Rev. Orsella R. Hughes



#IngramDifference2020

BETHEL AME ARDMORE

Join us **Every Sunday** for Virtual **Sunday Church School!**

Breakout Rooms for All Ages!

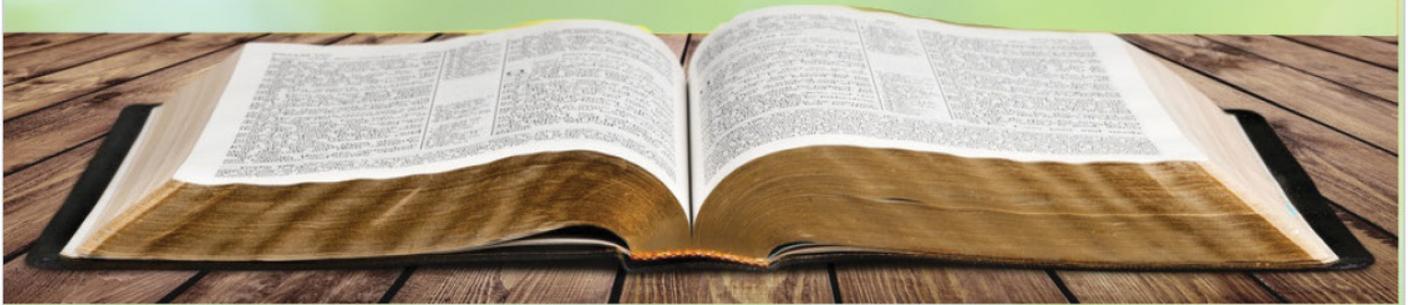
9 AM - 10 AM
via Bethel's ZOOM!

Teachers:

Sis. Janine Baggett • Sis. Jackye Smith • Sis. Angela White • Sis. Nicole Eaddy

Registration **NOT** Required!
Life Application for All Ages!
Open to All! • Come As You Are!

School is for knowledge; Sunday School is for life and knowledge!



Weekly lessons are available via **Bethel's website**
under the **Church School** tab

ZOOM

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



163 SHELDON LANE
ARDMORE, PA 19003

Rev. Carolyn Cavaness, *Pastor*

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

—CONFIDENT HOPE—

The study this quarter looks at God's gift of faith as the source of hope. Sessions from the Gospels illuminate hope and faith in teachings and miracles of Jesus. Sessions from the Epistles show how the early church understood God's gift of salvation through faith in Christ as the source of hope.

UNIT 1 • Jesus Teaches about Faith

This unit has five sessions. They reveal the hope and faith that come through Jesus' teachings and miracles. The sessions from Matthew demonstrate that faith in God is the primary source of hope and confidence. The miracles in Mark and Luke illustrate the power of faith.

UNIT 2 • Faith and Salvation

This unit has four sessions. They explore in Paul's letter to the Romans his understanding of the hope of salvation through faith. The letter teaches that God's righteousness is revealed in those who live by faith. Paul illustrates faith through the example of Abraham. He unpacks the teaching about being reconciled to God by justification through faith and teaches that salvation is for all.

UNIT 3 • Faith Gives Us Hope

This unit has four sessions. They focus on faith as essential for the hope of eternal life. Hebrews defines faith in Christ as a basis for hope and tells how faith in Christ gives hope that helps people persevere in all circumstances. 1 John promises that faith conquers the world. 2 Corinthians teaches about hope in God's gift of eternal life.

* * *

UNIT 1: JESUS TEACHES ABOUT FAITH

JUNE 6

Why Do You Worry?

Bible Background • MATTHEW 6:19–34

Printed Text • MATTHEW 6:25–34 | Devotional Reading • EZEKIEL 34:11–16

JUNE 13

Why Are You Afraid?

Bible Background • MATTHEW 8:23–27; MARK 4:35–41; LUKE 8:22–25

Printed Text • MATTHEW 8:23–27 | Devotional Reading • PSALM 107:23–32

JUNE 20

Healed by Faith

Bible Background • MATTHEW 9:18–26; MARK 5:21–43; LUKE 8:40–56

Printed Text ▪ MATTHEW 9:18–26 | Devotional Reading ▪ PROVERBS 3:1–8

JUNE 27

Why Do You Doubt?

Bible Background ▪ MATTHEW 14:22–33

Printed Text ▪ MATTHEW 14:22–33 | Devotional Reading ▪ ISAIAH 38:16–20

* * *

JULY 4

An Attitude of Gratitude

Bible Background ▪ LEVITICUS 13–14; LUKE 5:12–16; 17:11–19

Printed Text ▪ LEVITICUS 13:45–46; LUKE 17:11–19 | Devotional Reading ▪ ISAIAH 56:1–8

UNIT 2: Faith and Salvation

JULY 11

The Power of the Gospel

Bible Background ▪ ROMANS 1

Printed Text ▪ ROMANS 1:8–17 | Devotional Reading ▪ PSALM 71:1–6, 17–24

JULY 18

The Faith of Abraham

Bible Background ▪ ROMANS 4

Printed Text ▪ ROMANS 4:1–12 | Devotional Reading ▪ GENESIS 15:1–6

JULY 25

Justification through Faith

Bible Background ▪ ROMANS 5:1–11

Printed Text ▪ ROMANS 5:1–11 | Devotional Reading ▪ ISAIAH 53:1–12

* * *

AUGUST 2

Salvation for All Who Believe

Bible Background ▪ ROMANS 10:5-17

Printed Text ▪ ROMANS 10:5-17 | Devotional Reading ▪ PSALM 19:1-14

UNIT 3: FAITH GIVES US HOPE

AUGUST 9

Meaning of Faith

Bible Background ▪ HEBREWS 11; 13:1-19

Printed Text ▪ HEBREWS 11:1-8, 13-16 | Devotional Reading ▪ HEBREWS 11:32-40

AUGUST 16

A Persevering Faith

Bible Background ▪ HEBREWS 10:19-39

Printed Text ▪ HEBREWS 10:23-36 | Devotional Reading ▪ PSALM 40:1-13

AUGUST 23

A Conquering Faith

Bible Background ▪ 1 JOHN 4-5

Printed Text ▪ 1 JOHN 4:2-3, 13-17; 5:4-5 | Devotional Reading ▪ JOHN 14:15-24

AUGUST 30

Hope Eternal

Bible Background ▪ 2 CORINTHIANS 4:16-5:10

Printed Text ▪ 2 CORINTHIANS 4:16-5:10 | Devotional Reading ▪ ROMANS 17:14-26

Commission on Stewardship and Finance Update

"The crowds asked John the Baptist, 'What should we do?' He said to them in reply, 'Whoever has two cloaks should share with the person who has none. And whoever has food should do likewise.'" *Luke 3:10-11*

The answer to the question, "what should we do?" is simple – SHARE. Sharing from the abundances we are given from God is the bottom line for all good stewards and is especially meaningful as we embark in this New Year!

Stewardship is a Work of the HEART!

We thank the Bethel AME Church Family and Friends for your continued faithfulness to Bethel in spite of the COVID-19 crisis. God has been good to us! Although we are not able to physically meet, the work of care, concern and ministry of Bethel AME Church of Ardmore still must continue and thrive. The Commission on Stewardship and Finance continues to work arduously in reviewing our income and expenses, 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.

As we approach the middle of 2021, to GOD be the Glory! During the month of July, you will receive a giving statement for the period of January 1 - May 31, 2021. Additionally, each member will receive an update on your participation to both the 2021 Faith Fund and Bethel Restoration Campaign.

There are a myriad of ways to giving to Bethel AME Church of Ardmore:

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
4. Givelify App
5. Cash App: \$bethelardmore1895

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

We also ask for your special consideration of the below:

Faith Fund! 2021 Faith Fund Pledge Cards are available! The Faith Fund Campaign is from January 1, 2021 - December 31, 2021, and assists Bethel in meeting our obligations/assessments to the Connectional/Episcopal District/Presiding Elder Levels of the African Methodist Episcopal Church. 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 were able to meet all of our obligations through December 31, 2020. Our next assessment/obligation will be due June 11, 2021 (Planning Meeting Report) and there may possibly be another assessment later in the summer. We solicit your support. If you have not made a pledge to the Faith Fund, please consider supporting the Faith Fund. We also ask that if you have made a pledge to the Faith Fund, we kindly that you will do your best to fulfill your pledge. The Commission on Stewardship and Finance is happy to provide any assistance with your pledge balance and/or overall Faith Fund giving. We thank you for your support as we continue to honor the expectations of the church.

The Bethel Restoration Campaign was launched in November, 2019 in honor of our 125th Year Church Anniversary. Our Capital Campaign Goal is \$125,000 to be raised over a five (5) year period. Please consider donating to the Restoration Campaign. 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.

TECHNOLOGY FUND:

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 above-mentioned equipment as well as ensuring proper connectivity for Sunday Morning and other worship experiences.

Please use the special envelope and/or denote on your offering envelope: Technology Fund.

THE BENEVOLENCE FUND

Please join us in being a blessing to our Benevolence Fund, which will support the work of the Women's Missionary Society (WMS), YPD (Young People), Scholarship Ministry and Faith Fund. All members are asked to give each month a sacrificial gift of \$20.00 (\$5.00/week) 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 Benevolence Offering line of your weekly tithe/ offering envelope.

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. Additionally, as we begin dialogue and planning for what does a safe re-entry to Bethel look like, we must consider that there maybe budget impacts as we open our doors to pray, praise and gather.

STEWARDSHIP REFLECTION:

The Spirit itself bears witness with our spirit that we are children of God, and if children then heirs, heirs of God and joint heirs with Christ..." - ROMANS 8:16-17

If we are heirs to the kingdom of God, shouldn't we work to build up His kingdom? Shouldn't we be good Stewards of our inheritance, using our time in prayer, our talent in charitable works and our treasure to care for the Church that God has left to us? Our Church is a treasured heirloom from God. Do we treat it that way?

Stewardship is a Work of the HEART!

Bethel Outreach Corner

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

Salute our Fathers and Special Men in our lives as part of:
Father's Day - Sunday, June 20, 2021

Please submit photo(s) of your Father and/or any special women/men in your life to the church's email address: bethelardmore@verizon.net and/or mail/drop off to the church. We will scan the photos and will return to you via mail.

Photos for Father's Day are needed by Tuesday, June 15, 2021.

Monday, August 30, 2021

Chosen 300 Outreach and Feeding To help or to donate, please contact Sister Vikki Asbury.

Save the Date!

Sunday, September 26, 2021

Mary F. Handy WMS Annual Day!

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. vikkiashbury@yahoo.com or (610) 348-8267.

FISHADELPHIA!

Haverford and Bryn Mawr college students are hosting a biweekly farmstand this spring at Bethel-Ardmore. We offer locally harvested seafood through the Fishadelphia Community Seafood program and seasonally available produce from the Bethel garden. Our goal is to make healthy foods accessible and affordable through a transparent supply chain.

The farmstand sets up on alternating Fridays right outside the church. There are three more farmstands this spring, and more this summer. Summer Dates are: Saturdays: July 10, July 24 and August 7 from 2:00pm - 4:00pm. You can subscribe for the whole season in advance, order week-by-week, or just swing by and see what we have.

The Haverstand Linktree also has other cool information about fish availability, pricing, and more about Fishadelphia. So it's a great place to find more info!

Pricing runs on a two-tier system. The regular rate is \$22/share, which covers the cost of distribution, operation, and staffing. Community rate is \$12/share - and open to anyone who is eligible for public assistance, as well as any seniors associated with Bethel AME.

Follow @haverstand on Instagram and Facebook!

Contact us at haverstandinfo@gmail.com.

Subscribe for whole season in advance: <https://www.fishadelphia.com/signuphere/2021-spring-subscription>

Fill out Google form a week in advance: <https://linktr.ee/haverstand>

Contact us: @haverstand (instagram and facebook) or haverstandinfo@gmail.com or (267) 666-0924

A SPECIAL SALUTE TO THE CLASS OF 2021

Sunday, June 13, 2021 | 10:30 AM



Mr. Henry Fairfax

Haverford School for Boys, Class of 1999
Founding Head of School, Revolution School

Guest Speaker

ZOOM

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

FACEBOOK: www.Facebook.com/BethelArdmore



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

FROM THE BOARD OF TRUSTEES

To: Fellow Members of Bethel Ardmore

From: Jean King Hays and Butch Smith, Co-Vice Chairs, *Board of Trustees*

Date: February 11, 2021

In light of COVID 19 restrictions the Board of Trustees has decided to forego our annual day recognition and celebration. However, if you are happy with the work of the Board (and we certainly hope you are) we are asking you to contribute to one of our immediate, urgent projects. One is the upgrading of the audio-visual system that has become our lifeline during this pandemic and is in process as you read this. Another is the repair/replacement of the metal grates on the Walnut Avenue sidewalk which currently create a serious safety issue. The third project is the window restoration campaign. While we are reaching out to the families that originally donated the windows there will likely be additional funds required to complete the project and needed donations to establish a fund to maintain them once they are repaired.

The balance of the audio-visual improvements totals approximately \$3100. and the grates project also totals \$3100. Any amount you can contribute will be greatly appreciated. All of these projects will significantly increase our viability.

SAVE THE DATE
MEMORIAL TO THE LOST IN HONOR OF THE
MOTHER EMANUEL NINE
TUESDAY, JUNE 15, 2021 ▪ 5:30PM

Bethel AME Church of Ardmore
Co-Sponsored with Heeding God's Call

WHAT IS JUNETEENTH?

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

Dating back to 1865, it was on June 19, 1865 that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two-and-a-half years after President Lincoln's

Emancipation Proclamation – which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order.

However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

Have a 2021 High School or College Graduate ?

As a part of the 2021 Annual Scholarship Recognition Sunday on June 13, 2021, we will celebrate 2021 High School and College Graduates!

Please email your graduate(s) full name, High School and/or College and picture to bethelardmore@verizon.net by Tuesday, June 1, 2021!

For additional information, please contact Sister Jackye Smith,
justjss@hotmail.com or (610) 667-3351.

Summer Reading Books and Resources will be available for all young people through 12th grade! Sign-Up your child(ren) today!

Please email bethelacademy@gmail.com or call (610) 642-8966

Information needed:

Name, Gender, Grade in the Fall, And if known reading level.

THANK YOU! Summer Reading Book Bag and Resources will be distributed in mid-June, 2021!

JOB OPPORTUNITY:

Ardmore Initiative is looking to add to our Streetscape Team. The Team functions to enhance the attractiveness of Downtown Ardmore for visitors, residents and businesses alike by keeping the sidewalks clean and free from litter and debris. Other responsibilities include maintaining flower beds, graffiti removal and planting seasonal urns. This is a part time position approximately 15-20 hours per week including weekends. There is some flexibility in scheduling hours. For more information a complete job description including qualifications, please email info@ardmoreinitiative.org.

Interfaith Vigil for Racial Justice

TUESDAYS IN MAY/JUNE 2021

May 4	<i>Virtual</i> 5:30—6:00PM
May 11	<i>Virtual</i> 5:30—6:00 PM
May 18	<i>Virtual</i> 5:30—6:00 PM
May 25	<i>Anniversary of George Floyd's Death</i> St. Mary's Episcopal and Zion Baptist
<i>Location</i>	Zion Baptist Church 219 W. Spring Ave. Ardmore *
June 1	Old Haverford Friends Meeting & Congregation Or Zarua
<i>Location</i>	Old Haverford Friends Meeting 235 Eagle Rd. Havertown *
June 8	St. Luke United Methodist, Bryn Mawr Presbyterian & Our Mother of Good Counsel
<i>Location</i>	The corner of Pennswood and Montgomery Bryn Mawr *
June 15	<i>Anniversary of the Mother Emmanuel Massacre</i> Bethel AME and Mt. Calvary Baptist, Ardmore
<i>Location</i>	Bethel Ardmore 163 Sheldon Lane Ardmore *
June 22	Beth Am and Main Line Reform Temple
<i>Location</i>	Main Line Reform Temple 410 Montgomery Ave. Wynnewood *

To Join via ZOOM by Computer/Smartphone/iPad:

Meeting ID: 258 111 9868 | Password: 966785

To Join by Landline/Cellphone

+1 (929) 436 2866 | Meeting ID: 258 111 9868 | Password: 966785

For more information, please visit <http://bit.ly/Interfaith-Racial-Justice-Vigils>

* **In the event rain**, the **Vigil will be virtual!** Formal announcement will be made by **3:00 PM** via the **website and email list**. *Thank You!*



Bethel-Ardmore Community Day!

Saturday, August 7, 2021

Rain Date: Saturday, August 14, 2021

Please note rain or shine, COVID-19 Vaccine Clinic
will take place on Saturday, August 7, 2021

11:00am - 4:00pm

COVID-19 Vaccine Clinic

Pfizer Vaccine will be available for ages 12 and up

Community Garden Activities

Live Music

FacePainting

Art

Living History

Vendors

Blood Pressure Screenings

and much, much more

For more information or to participate, please contact
(610) 642-8966 or bethelardmore@verizon.net



1LT Paul T. Short Way Renaming Ceremony

June 19th, 2021
11:00am



At the Corner of
Chestnut Ave and Spring Ave
Ardmore, PA

WSFS bank + **BMT**
BRYN MAWR TRUST

A HISTORY OF SERVICE. A FUTURE SERVING TOGETHER.

Meet Bethel's Summer Interns!



Hello! My name is **Anjini Patel** and I am a rising senior at Villanova University. I am studying sociology and business and will be interning this summer with the Bethel AME Church. I am thrilled to be working with the Ardmore community and am excited to dive into all of the great social justice events, campaigns, and projects lined up for the summer. I hope to learn about all of the wonderful outreach programs sponsored by the church and hopefully play a role in continuing this work. I am especially looking forward to meeting members of the community and seeing firsthand the impact and change that the Bethel AME Church brings about. I can't wait to get started!



I'm **Rachel Kalner**, and I'm excited to be spending the summer with the folks at Bethel AME! I'm an administrative intern by day and a cartoonist by night. In the afternoon, you can usually find me walking around Narberth with my Labrador, Diesel. I'm enjoying work and I look forward to seeing more of Ardmore.



Hi everyone! My name is **Angela Lee** and I will be interning for Bethel AME this summer. I am currently a student at Bryn Mawr College, but I am originally from a town outside of Nashville, Tennessee called Nolensville. I am a rising senior, majoring in Environmental Studies, so I am especially looking forward to working with all the folks who are participating in the Victory Gardens!



Lower Merion Gun Violence Awareness Day

**Sunday, June 27, 2021, 3:30 p.m.
Beginning at St. Mary's Episcopal Church**

Learn ... Pray ... Act

We come together as one community of faith to honor those lost to gun murders and to demand stronger and effective gun laws and regulations.

The day's events include:

- Memorial to the Lost t-shirt display
- Remembrance moments at participating faith institutions
- Vigil along Montgomery Ave. —bring a sign
- Advocacy Opportunity
- Physical distancing and mask wearing required
- We will end at Main Line Reform Temple

For individual Memorials to the Lost contact Heeding God's Call Bryan Miller at 251.238.8550 or contactheeding@gmail.com

This Gun Violence Awareness Day is working to end gun violence, support sensible gun laws, and eliminate illegal handguns from our community.

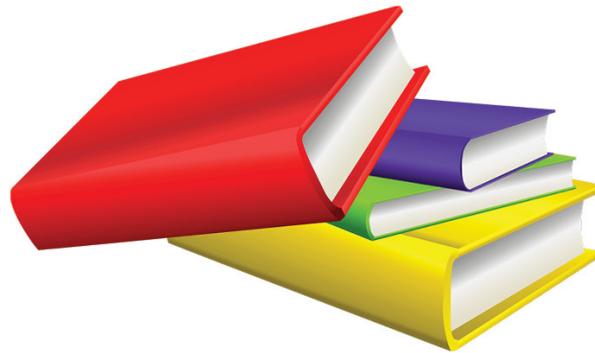


Join local congregations including
Bethel AME Ardmore
St. Mary's
Bryn Mawr Pres.
St. Luke UMC
Gladwyne Pres.
Beth David
Mt. Calvary Baptist Church
Beth Am Israel
Main Line Black
Interdenominational
Alliance
Adath Israel
and more!



Main Line Reform
Beth Elohim | Be Inspired. Be Con

Share The Joy of Reading with Children This Summer!



Please donate your new, gently-used books to help students and families this summer!

All grade levels are welcome!

Deadline: Saturday, June 12, 2021

Drop off: Outdoor storage bin located at Sheldon Lane entrance -near the community garden entrance.

Donate to:

Bethel AME Church

163 Sheldon Lane • Ardmore, PA 19003



Gladwyne Presbyterian Church



Financial donations are welcome and/or purchase a book(s) from the AMAZON Wish List posted at www.bethelardmore.org or www.gladwynepres.org.

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

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

To God be the Glory! We thank God for the love and support of Bethel Family and Friends as we continue forward in this five (5) year capital campaign. Now in its third year, we thank God for all of the pledges and support that we have received! We still have a ways to go, but with your help and support we will get there!

During the course of these two and a half years, the following capital projects/improvements have been completed:

2019

Restoration and Renovation of the Lower Level Bathrooms, Lounge, Finance Office and Hallway.

Contractor: RKA Builders

Installation of New Sanctuary Audio System/Speakers, Mixer and Microphones

Contractor: Sam Samuels III

2020

Completion of South Side (Garden Side) Sanctuary Windows

Contact: Mr. Mark Kidd of Majeki Stained Glass

Upgrade of all Lighting to LED in Sanctuary and Lower Level

Contact: PECO SmartWatt Program

2021

Installation of State of the Art Visual Equipment/Electrical Outfitting

Contractor: HSI Systems, Inc.

Completion of North Side Sanctuary Windows

Contact: Mr. Mark Kidd of Majeki Stained Glass

There are still additional areas that require our attention and support. Namely:

“Bottom Level” Windows on both North and South Side of the Sanctuary

Audio Visual System additional upgrades

Rental Properties

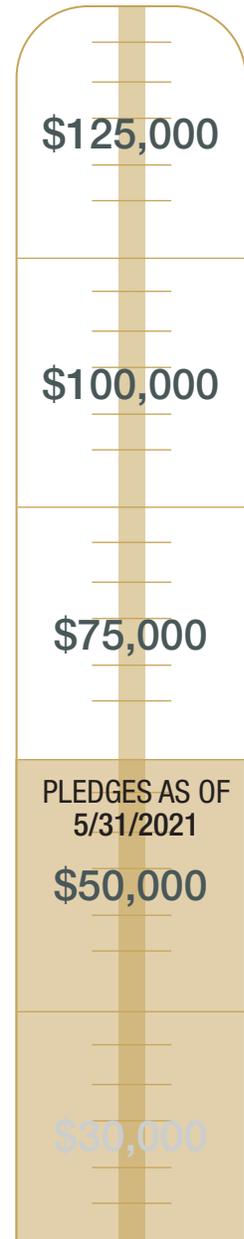
Community Outreach/Grants

Vision Casting/Where we going/Where are we needed?

We are grateful that given the generosity of Bethel Family, Friends, Community Partners and Grants we have been able to address many of the items below, however YOUR support and commitment is needed. As of May 31, 2021 we have raised close to \$50,000 towards the Bethel Restoration Campaign! We still have a ways to go! The funds raised will be used to: satisfy the work completed to the Lower Level in 2019, complete the lower window project and other necessary renovation and mission-oriented projects of Bethel AME Church of Ardmore.

For more information or questions, please contact Brother Butch Smith or Sister Jean Hays. We thank you in advance for your prayers and 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



“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 \$5.00 per week (\$20.00/month) over and above your Tithes/Offerings/Faith Fund/Restoration Campaign in support of our Benevolence Fund. On a bi-annual basis, (June/December) the Benevolence Offerings received will be equally distributed to Women's Missionary Society (WMS), Young People's and Children's Division (YPD), Scholarship Ministry and Faith Fund.

To give weekly/monthly to the Benevolence Fund please use the "Benevolence Line" on your weekly tithe/offering envelope.

Thank You!

Bethel Technology Update

To God be the glory that we have completed the installation of a camera system and production booth in the Church Sanctuary. We thank you for your support and prayers.

The Technology Fund will be an ongoing fund to help support the audio/visual ministry of Bethel AME Church of Ardmore. With your help and support we will continue to support our efforts in expanding our virtual reach.

The Technology Fund will allow us to:

- Purchase of camera equipment, software, hardware, electrical outlet - COMPLETED February, 2021
- Installation of Internet/Wifi throughout the Sanctuary and entire church
- Creation of Staff position to manage all of the church's technology needs.
- Purchase of Confidence Monitors
- Purchase of Organ Amplification Equipment
- As we continue to go forth, additional equipment will be added accordingly.

As of May 31, 2021, the Technology Fund has raised \$6,555.

Gifts of all sizes are welcome! The newly installed camera equipment, software, hardware was dedicated on **Sunday, March 21, 2021.**

To God be the Glory!



**CORONAVIRUS
COVID-19**

STAY INFORMED

Latest News for Chester and Delaware County

Questions? Call 610-344-6225 Monday - Friday 8:30am-4:30pm



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

8:00 PM

WEDNESDAY BIBLE STUDY

1:00 PM & 6:30 PM

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

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.

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

Steward Board Class Leaders

Sister Janine Baggett

Connectional AME News/Updates

Sister Bernice Green
(484) 410-8945 • bhollandgreen@gmail.com

Food/Supplies/Diapers Assistance

Sister Vikki Asbury
(610) 348-8267

Benefits Assistance and Information/Social Worker/ElderNet

ElderNet
(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

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@commonsplaceardmore.org

Volunteer Opportunities

Rev. Cavaness

Essential Workers Needs and Prayer Request

Rev. Felicia Howard
(610) 896-6382 • fannhoward1@gmail.com

FROM THE SCHOLARSHIP MINISTRY



June 1, 2021

Dear Bethel Family and Friends:

Greetings in the Name of Our Lord and Savior Jesus Christ!

The Bethel AME Church of Ardmore Family is dedicated and committed to supporting the educational pursuits of our young people. The value of reaching ones God-given potential is paramount. It is our collective responsibility to ensure that our children have the resources of both mind, spirit and pocket to pursue their dreams.

In light of the COVID-19 pandemic, the educational pursuits and paths of our children are more important than ever. Having to adjust to virtual learning, disruption of treasured college life and the heightened racial discourse in this country – our young people need our help and support.

The Bethel Scholarship Ministry has traditionally focused its scholarship fundraising efforts in the Spring, however given COVID-19 said plans have been thwarted, however the need is even greater. We anticipate that all of our students will matriculate in the Fall, although may not be in a traditional means – they will continue forward. We are committed more than ever to serve as that necessary, critical bridge for our students. We are proud of the 15 applications we received, ranging from students attending local community colleges and those who are taking that step of continuing their educational journey although there are many odds stacked against them.

On Sunday, June 13, 2021, we will celebrate our High School and College Class of 2021 as well as celebrate our scholarship recipients. It is our prayer that we can count on your financial support of at least \$25.00 to support our students.

Although these are difficult times for all of us as a community, we have a collective responsibility to ensure that access is afforded to our children. Will you join us?

Donations can be made online at www.bethelardmore.org or via mail: Bethel AME. Church of Ardmore – 163 Sheldon Lane. – Ardmore, PA 19003 - MEMO: Bethel Scholarship Ministry 2020.

We have set as a goal to raise \$5,000 and with your help we will get there! Once again, thank you and God's blessings be with you now and forevermore.

Sincerely,

Sister Joyce Gibbs, Sister Cleo Gibson, Sister Bernice Green, Rev. Felicia Howard, Sister Kim Howard, Sister Lorraine Johnson, Sister Phylinda Peters John, Sister Lois Savin, Sister Jackye Smith, Sister Tracy Spence, Sister Verona Vance
Bethel Scholarship Ministry

Rev. Carolyn C. Cavaness, M.Div.
Pastor



JOIN US FOR A

Conversation

ON WOMEN IN THE BIBLE

THURSDAY, JUNE 10, 2021

7 P.M. – Via Zoom & FaceBook

Zoom Meeting ID: 975 1524 2975

Featuring Palmer Theological Seminary Faculty:



Rev. Dr. Marsha Brown Woodard
Senior Lecturer in Christian Ministries & Director of Supervised Ministries



Rev. Dr. Deborah E. Watson
Affiliate Professor in New Testament & Seminary Chaplain



Rev. Dr. Diane G. Chen
Professor of New Testament



Rev. Dr. Deborah J. Spink-Winters
Associate Professor of Old Testament; Assistant Faculty Director of the Doctor of Ministry in Contextual Leadership



Rev. Dr. Phaedra D. Blocker
Affiliate Professor in Leadership and Formation; Director of Strategic Initiatives

Sponsored by



DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE has developed a virtual translation that is offered on line. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**June 1, 3, 8, 10, 15, 17, 22, 24, 29
10:00 am to 12:00 pm**

To register for this FREE program, please call and leave a message for Michele Kane at 484-337-5212, or email kanem@mlhs.org.



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

MONTGOMERY COUNTY, PA
COVID-19 HOTLINE

(833) 875-3967

General COVID-19 questions
Monday - Saturday, 8 am to 8 pm

Vaccine pre-registration
Monday - Friday, 8 am to 4 pm

www.montcopa.org/covid-19vaccine
covid19@montcopa.org



**MONTGOMERY COUNTY
COVID-19 TESTING SITES**

Hours, effective 2/8/2021

To register for an appointment:

- www.montcopa.org/COVID-19 - click on County Testing Information starting at 7:00am each day OR
- Call 610-970-2937 starting at 8:30am each day

Testing Criteria

- Anyone who needs or wants to be tested can be tested, whether or not they have symptoms.
- Testing is limited to those who live, work, or go to school in Montgomery County.

POTTSTOWN

364 King Street (Pottstown Health Center)

Monday, Wednesday, Friday: 2:30pm - 5:30pm

Tuesday, Thursday: 9:30am - 12:30pm

LANSDALE

421 West Main Street (behind the Montgomery County Aging Office)

Monday, Wednesday, Friday: 2:30pm - 5:30pm

Tuesday, Thursday: 9:30am - 12:30pm

WILLOW GROVE

1678 Fairview Avenue (First Baptist Church of Crestmont)

Monday, Wednesday, Friday: 9:30am - 12:30pm

Tuesday, Thursday: 2:30pm - 5:30pm

GREEN LANE

Deep Creek and Snyder Roads (rear of the Deep Creek Rd parking lot for Green Lane Park)

Monday, Wednesday, Friday: 9:30am - 12:30pm

Tuesday, Thursday: 2:30pm - 5:30pm

ARDMORE

114 West Lancaster Avenue (rear of the parking lot next to IHOP)

Monday, Wednesday, Friday: 9:30am - 12:30pm

Tuesday, Thursday: 2:30pm - 5:30pm

NORRISTOWN

1401 DeKalb Street (Norristown Regional Health Center)

Monday, Wednesday, Friday: 2:30pm - 5:30pm

Tuesday, Thursday: 9:30am - 12:30pm

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



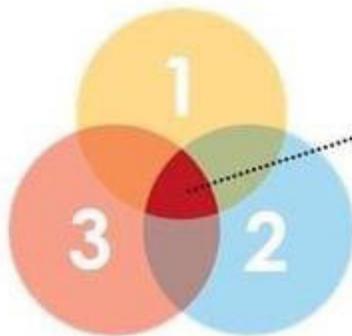
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



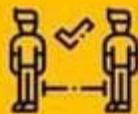
The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

Mask **STILL** Required



Until further notice, masks are **STILL
required for entrance into the building
and Worship.**

Effective 05/13/2021 - UNTIL



163 SHELDON LANE | ARDMORE, PA 19003

Rev. Carolyn C. Cavaness, *Pastor*

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

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

COVID-19 VACCINATION UPDATE

If you are and/or someone you know desires to receive the COVID-19 Vaccine, do not hesitate to contact the church office at (610) 642-8966 or bethelardmore@verizon.net. We are working tirelessly with community partners to be sure that all who desire to be vaccinated are able to do so.

#Wearestrongertogether

Consecrated Fellowship Communion Cups

Consecrated Fellowship Communion Cups will be available the Saturday preceding the First Sunday beginning February, 2021 until further notice. In the event of inclement weather, the Board of Stewards will advise how the Consecrated Fellowship Communion Cups will be available to you.

**Consecrated Fellowship Communion Cups for June, July, August, and September 2021
pick-up is Saturday, June 5, 2021 ▪ 10 AM – 12 PM**

Pick-up from the Main Entrance of the Church, 163 Sheldon Lane, Ardmore, PA. *Please contact any member of the Board of Stewards or the Pastor if you are unable to pick up your Consecrated Fellowship Cups.* THANK YOU!

All are welcome to make a donation(s) to the Adell H. and Azlan Robinson Scholarship Fund

Online via the church's website in the giving drop-down menu you will see the option Robinson Scholarship Trust Donations

Donations can be mailed/dropped off to the church:

Bethel AME Church of Ardmore
163 Sheldon Lane ▪ Ardmore, PA 19003
Memo Line: Robinson Scholarship Fund

Mark these dates:

First Episcopal District Christian Education Congress
Thursday, July 29-Friday, July 30, 2021

First Episcopal District Lay Meeting
Saturday, July 31, 2021

More information forthcoming!

SUMMER READING LIST

The Politics of Jesus: Rediscovering the True Revolutionary Nature of Jesus' Teachings and How They Have Been Corrupted - Rev. Dr. Obery Hendricks

The Post-Quarantine Church: Six Urgent Challenges and Opportunities That Will Determine the Future of Your Congregation - Thom Rainer

Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way, and Presence - Diane Butler Bass



JOIN PALM FOR TRANSFORMATION THURSDAY

PALM WELCOMES YOU TO JOIN US

THURSDAY, JUNE 24, 2021, 12:00PM

THEME: A 360 DEGREE LIFESTYLE REVIEW

PRESENTATIONS ON:

BALANCE

DELICIOUS MEALS QUICKLY PREPARED MEALS

VIRTUAL WALK PROGRAM

STRESS RELIEF STRATEGIES - MENTAL HEALTH CHECKIN

FINANCE AND INVESTMENTS FOR SENIORS

BETHEL COMMUNITY GARDEN/VICTORY GARDENING AT HOME

JOIN VIA ZOOM <https://zoom.us/j/99247588130> OR DIAL IN (646) 558-8656

WE HOPE TO SEE YOU THERE!

PALM – CELEBRATING 45 YEARS OF SERVICE TO THE COMMUNITY!!!

**51st Quadrennial Session
of the
African Methodist Episcopal Church
July 6-10, 2021
Orlando, Florida**



All worship services including the Opening Worship Service, Morning Mana/Master Classes, Episcopal Address, Communion Service, Retirement of Bishops and General Officers, Installation of General Officers and Judicial Council, and the Closing Worship Service and Consecration of Bishops will be streamed on YouTube, AME Church website (www.ame-church.com), and Facebook Live.

Men's Health Month

Visit your doctor

Men are notorious for avoiding the doctor and ignoring unusual symptoms. This may help explain why women tend to live longer. Don't let complacency take a toll on your health.

Schedule yearly checkups with your doctor and keep these appointments. Your doctor can help monitor your weight, blood pressure, and the level of cholesterol in your blood. Excess weight, high blood pressure, and high blood cholesterol are risk factors for cardiovascular disease. Your doctor can recommend lifestyle changes, medications, or other treatments to help get your weight, blood pressure, and blood cholesterol under control.

Eat natural foods

Packaged and processed foods are often full of sugar, salt, unhealthy fats, artificial additives, and calories. Limit the fake stuff and eat a wide variety of:

- fresh fruits and vegetables
- whole-grain products, such as brown rice and whole-grain breads
- fiber-rich foods, such as beans and leafy greens
- lean cuts of meat and poultry, such as skinless chicken breast and lean ground beef
- fish, such as salmon

When buying groceries, shop the perimeter of the store. This is where you'll typically find the freshest foods. Spend less time inside the aisles, where processed foods tend to be located.

Get moving

Heart disease is the leading cause of death among American men. Regular exercise is one of the best ways to prevent heart disease and keep your ticker strong. It can also help you improve and maintain your overall physical and mental well health.

Try to get at least 150 minutes of moderate-intensity aerobic exercise, or 75 minutes of vigorous aerobic exercise, every week. For example, schedule five 30-minute long sessions of aerobic exercise in your weekly calendar. Aerobic exercise includes activities such as walking, jogging, swimming, basketball, tennis, and other sports.

It's also important to make time for at least two sessions of muscle-strengthening activities per week. For example, weight lifting, rock climbing, and yoga can help you develop stronger muscles.

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Healthy Eye Month

Most of us are well aware of the five senses bestowed to us through which we interact with our environment, i.e. vision, hearing, smell, taste and touch, right? But how many of you have ever really wondered which of these is considered as the most valuable.

Sure, each of these senses is invaluable in its own right, but vision is considered to be the most important of all, as it is used to perceive about 80% of all impressions.

If eye problems like cataract, low vision, macular degeneration, glaucoma and diabetic retinopathy make you cringe, you better protect your eyesight, because a little eye care now will go a long way in maintaining your eyesight in later years of

your life. One of the best ways is to follow these 20 tips for optimal eye health.

1: Healthy Diet Healthy Eyesight

Yes, it starts as simple as that; you are what you eat and so is your eyesight. Foods rich in nutrients like vitamin C and E, zinc, lutein and omega-3 fatty acids strengthen your eyes against age-related eye problems like cataracts and macular degeneration. Some great foods for eye health include:

- Vegetables: Leafy green veggies like spinach, collards and kale
- Fish: Fatty fish like salmon, tuna, sardines and mackerel
- Fruits: Citrus fruits like lemons, grapefruits and oranges

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So, now you're getting a better idea of why you should tend to your eye health much more seriously, and if not, it's going to hurt your pocket as well. Wait a minute, did I just say 'your pocket'? Let me get it right, it hurts 'our' pockets!

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- Fruits: Citrus fruits like lemons, grapefruits and oranges
- Nonmeat protein sources: Eggs, nuts and beans

2: Quit Smoking

Haven't been able to quit smoking yet? Need some added motivation? What about not getting cataracts, macular degeneration and uveitis (in addition to various other health issues)? Research suggest that the likelihood of smokers getting affected from these debilitating eye conditions increases twice to thrice.

3: Shades are Helpful

If you considered sunglasses a mere fashion accessory, think again. A right pair of shades can help you stay away from cataracts, macular degeneration and pinguecula by blocking out sun's harmful UV (ultraviolet) rays. A good pair of UV protection sunglasses can block 99 – 100% of harmful UV rays.

4: Don't Underestimate the Power of Protective Eyewear

Safety glasses are highly recommended if you are exposed to some sort of hazardous airborne materials at job or even at home. Not only that, resort to protective glasses if you are into sports like ice hockey, lacrosse or squash/racquetball.

5: Avoid Excessive Exposure to Computer Screens

In addition to causing neck, back and shoulder pain, staring too long at a computer/phone screen can affect your eye health severely. Some of the eye problems you can get from excessive

exposure to computer/phone screens include:

- Eyestrain
- Dry eyes
- Blurry vision
- Long distance focus issues
- Some protective measures include:
 - Updating your glasses or contacts prescription for screen exposure
 - Seeking proper medical care in case of prolonged eyestrain and considering computer glasses for computer use
 - Choosing a comfortable supportive chair and positioning it where your feet lie flat on the floor
 - Blinking more if your eyes dry up
 - Following 20-20-20 rule where you rest your eyes every 20 minutes by looking 20 feet away for 20 seconds continuously
 - Taking 15-minutes breaks every 2 hours and getting up from your chair is also recommended

6: Incorporate Blinking Breaks

Don't only blame computers and phone screens for eyestrain. Books and written documents can also cause eyestrain when looked upon for extended periods. So, make sure to get your head up, look away from the docs and just blink your eyes for a few seconds to relieve the strain.

7: Consult Eye Doctor Regularly

Never undermine the significance of a regular eye exam. Your eyes need specialized care because they are one of the most sophisticated organs in your body. Spotting eye diseases like glaucoma is quite challenging. Only an eye specialist will be able to do so appropriately using the required knowledge, experience, tools and techniques. Experts recommend having a comprehensive eye exam at least once every two years. Some of the essential components of a comprehensive eye exam might include:

- Vision tests to determine farsightedness/nearsightedness, presbyopia and astigmatism
- Tests to determine coordination between both eyes
- Optic nerve and eye pressure tests to spot glaucoma
- Microscopic and external eye examination before and after dilation

8: Be Vigilant about Eye Problems – Look for Signs

Periodically visiting your eye doctor is a great routine to follow, but don't rely solely on that; it's your eye health on stake. Be vigilant about your eyesight and keep looking for any changes in your vision. Some red flags to look for include:

- Hazy vision
- Double vision
- Problem seeing in low light conditions
- Red eyes for prolong time periods

- Constant eye pain and swelling
- Floaters
- Frequent flashes of light

If any of these signs and symptoms prevail, consult your eye doctor immediately for detailed investigation into the matter.

9: Consider Your Family Health History

Of all other factors, you might also be simply unlucky to get an unwanted eye ailment, because many eye diseases cluster in families. For instance, a family history of high blood pressure or diabetes means increased risk of suffering from an eye disease. So, take your family's eye diseases' history seriously and discuss it with your eye doctor in order to avoid becoming another unsuspecting victim.

10: Fresh Air

The benefits of fresh air shall not be confined to lungs and heart. Fresh air directly supplies oxygen to the corneas in your eyes, because they lack their own oxygen supply mechanism. So, make sure to let your eyes soak in as much of fresh air as possible.

11: Avoid Rubbing Your Eyes

Oddly enough, a huge majority of people seem to be nurturing the habit of rubbing their eyes every other minute. For many of them, eye-rubbing turns into an irritating habit, which is quite damaging for eye health. You need to realize that most of the times your hands are covered with a host of germs responsible for different types of diseases and infections. You can use anything from soaps to sanitizers, just keep them clean if you can't stop rubbing them over your eyes.

12: Stick to Quality Products If Eye Makeup is Your Thing

The truth is that rubbing disease-laden hands over your eyes is not the only way to harm them, eye makeup can serve the purpose as well, especially if you are not quality conscious. Harmful bacteria can thrive in a lot of unlikely places, including the mascara you wear and the tips of liner pencils you use to beautify your eyes with. Don't stick with the same mascara tube for more than 3 months and don't forget to sharpen the tips of your favorite liner pencils. Always prefer quality brands when buying eye makeup to sustain and enjoy healthy eyes as long as possible.

13: Be Careful About Your Contacts

Of course, I'm not talking about contacts saved in your phone's contact list, it's your contact lenses that you need to be extra careful about. If you believe you are already taking good care of your contacts, think again: about 85% users of contact lenses wrongly believe that they are careful enough with their contacts. Only 2% of them actually fulfilled the requisites. So, follow the prescription guidelines thoroughly when handling your contacts instead of (supposedly) cleaning them with

everything from saliva to tap water or baby oil if you want to keep your eyes as healthy and disease free as possible.

14: Worry about Your Eye Health More than Your Health Insurance Covering Eye Exams

There's no denying how hard it is to manage your finances, but it seems nothing compared to managing with vision impairment or vision loss. Contrary to popular belief, you can get your eyes screened even with regular health insurance if you have a family history of an increased risk factor for diseases like glaucoma. Moreover, there are not-for-profit organizations as well, which provide eye exams and other sorts of eye care facilities to those who qualify. Trying them is still better than repenting over why you didn't do that in time.

15: Avoid Dry Air

Cozying up your home through winter might also be an unlikely culprit if dry eyes have been bugging you of late. A humidifier can be of great assistance in such scenarios, adding some much needed moisture to help your eyes stay hydrated.

16: Stay Hydrated

Talking of dry eyes, dehydration can also lead to it. Human body relies heavily on water to function smoothly. If you are not conscious about fluid level in your body, tear production in your eyes is also affected amongst a myriad of other complications, which results in dry eyes. Simply, stay hydrated to keep your eyes out of trouble.

17: Sleep Well

Your eyes can also get into trouble if you are in a habit of skipping sleep regularly. Adequate sleep ensures that your eyes are well rested and strain free.

18: Sharing Your Towel is Not a Good Idea

Being generous is one thing and sharing your towel is a totally different one. It's more like choosing between the two, because sharing face towels and washers means getting your eyes vulnerable to contagious eye infections like conjunctivitis (or pinkeye).

19: Avoid Excessive Coffee Consumption

If the thought of a steamy cup in front of you every afternoon is too strong to resist, try replacing coffee with green tea. In addition to fulfilling your body's fluid requirements, green tea is known to be a great source of catechins, which along with other antioxidants (like vitamin C, vitamin E, zeaxanthin and lutein) help eyes fight against various eye problems including cataracts and AMD.

20: The Sooner the Better

Timing is of undeniable significance when it comes to treating most serious eye conditions like AMD and glaucoma. The sooner they get diagnosed, the higher is the probability of treating them successfully. So, start consulting your eye doctor regularly before it's too late.

Sun Safety Month

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

Skin cancer is on the rise in the U.S. The Centers for Disease Control and Prevention project there will be 106,110 new cases of skin melanomas and 7,180 deaths in 2021.

The U.S. Food and Drug Administration continues to evaluate sunscreen products to ensure that they are safe and effective and so that available sunscreens help protect consumers from sunburn and, for broad spectrum products with sun protection factor (SPF) values of at least 15, from skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Lower Your Risk for Sunburn, Skin Cancer, and Early Skin Aging

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some, but often not enough, protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available.
- Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed.
- Reading the label to ensure you use your sunscreen correctly.

In general, the FDA recommends that you use broad spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Re-apply at least every two hours. Apply more often if you're swimming or sweating.
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.

- No sunscreen is waterproof.

Sunscreen is available as lotions, creams, sticks, gels, oils, butters, pastes, and sprays. Sunscreen products in forms including wipes, towelettes, body washes, and shampoos that are marketed without an FDA-approved application remain subject to regulatory action.

Read Sunscreen Labels

Although UVB rays are the primary cause of sunburn, both UVA and UVB rays contribute to skin cancer. All sunscreens help protect against sunburn. But only those that are broad spectrum have been shown to also reduce the risk of skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Current requirements applicable to sunscreens marketed without approved applications state:

- Products that pass the FDA's broad-spectrum requirements can be labeled "broad spectrum."
- Sunscreens that are not broad spectrum or that lack an SPF of at least 15 must carry a warning.
- Water resistance claims, for 40 or 80 minutes, tell how much time you can expect to get the labeled SPF-level of protection while swimming or sweating.
- Manufacturers may not make claims that their sunscreens are "waterproof" or "sweat proof."
- Products may not be identified as "sunblocks" or claim instant protection or protection for more than two hours without reapplying.

Risk Factors for Harmful Effects of UV Radiation

People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Stay in the shade as much as possible.

The FDA is committed to ensuring that safe and effective sunscreen products are available for consumer use.

Protect Your Eyes With Sunglasses

Sunlight reflecting off sand, water, or even snow, further increases exposure to UV radiation and increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

When using sunglasses:

- Choose sunglasses with a UV400 rating or "100% UV

protection” on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.

- Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints – such as green, amber, red, and gray – can offer the same UV protection as very dark lenses.
- Check to see if your tinted glasses have UV protection. If you are unsure, your eye care professional may be able to check for you. When you wear tinted glasses, your pupils dilate and can increase exposure of your retinas to UV light. Without UV protection, you are putting yourself

at risk to harmful effects associated with solar radiation.

- Be aware that children should wear sunglasses that indicate the UV protection level. Toy sunglasses may not have UV protection; so be sure to look for the UV protection label.

Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.

Know that pricier sunglasses don't ensure greater UV protection.

Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.

Even when you wear sunglasses, wearing a wide-brim hat and sunscreen can help further protect you from sun exposure.