

BETHEL A.M.E. CHURCH

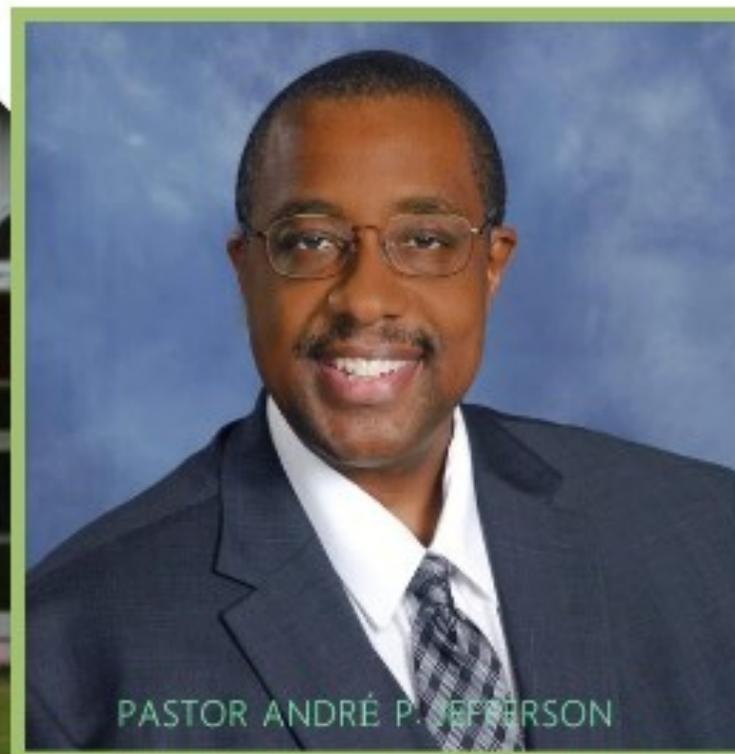
JANUARY

2021

NEWSLETTER

A New Year's Poem for Christians
Instead of making a New Year's resolution
Consider committing to a biblical solution
Your promises are easily broken
Empty words, though earnestly spoken
But God's Word transforms the soul
By His [Holy Spirit](#) making you whole
As you spend time alone with Him
He will change you from within

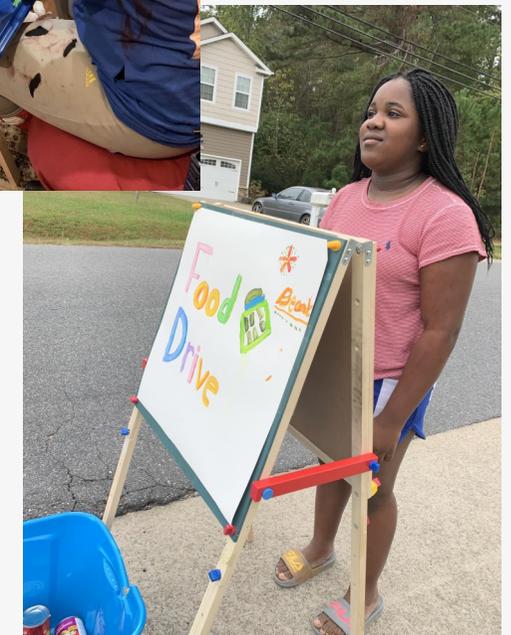
-- Mary Fairchild



PASTOR ANDRÉ P. JEFFERSON



Olivia, Mackenzie, and Taylah have been participating in various outreach projects during the pandemic. They have been donating food to a church in VA beach that feeds the community, collecting supplies for a school in Kenya, and recently organized a community food drive to collect food for Bethel's Thanksgiving Baskets. Bethel was able to server over 180 families!



LET'S READ
THE BIBLE
TOGETHER



January

New Beginnings

Day 1 – 2 Corinthians 5:17

Day 2 – Jeremiah 29:11

Day 3 – Isaiah 43:18-19

Day 4 – Ephesians 4:22-24

Day 5 – Lamentations 3:22-24

Day 6 – Isaiah 40:31

Day 7 – 1 Peter 1:3

Day 8 – Ezekiel 36:26

Day 9 – Philippians 3:13-14

Day 10 – Ecclesiastes 3:11

Day 11 – Matthew 7:7-8

Day 12 – Acts 3:19-20

Day 13 – Isaiah 65:17

Day 14 – Proverbs 3:5-6

Day 15 – Malachi 4:2

Day 16 – 2 Chronicles 7:14

Day 17 – Colossians 3:9-10

Day 18 – Psalm 73:25-26

Day 19 – Psalm 23:1-3

Day 20 – Romans 12:2

Day 21 – Romans 6:3-4

Day 22 – John 10:10

Day 23 – Isaiah 41:13

Day 24 – Philippians 4:6-7

Day 25 – Proverbs 16:9

Day 26 – Isaiah 60:1-2

Day 27 – Psalm 40:1-3

Day 28 – Galatians 6:14-16

Day 29 – Psalm 98:1-3

Day 30 – John 3:16-17

Day 31 – Revelation 21:4-5

A New Year Prayer for Love

Dear God, Thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love.

We pray that our lives would be filled and overflowing with the power of your love so we can make a difference in this world and bring honor to you. We ask for your help in reminding us that the most important things are not what we do outwardly, it's not based on any talent or gift, but the most significant thing we can do in this life is simply to love you and to choose to love others.

Help us to love as you love. Fill us with your Spirit so that we can choose what is best. We are weak Lord, but we know also, that even when we are weak, you are strong within us. Thank you that it's not all up to us. Thank you that you equip us to face each day with the power of your love, your forgiveness, and your grace. We love you Lord, and we need you today, and every day, In Jesus' Name, Amen.



BETHEL AME CHURCH
"THE CHURCH WITH A SMILE"
INVITES YOU FOR

Virtual
SUNDAY SERVICE

EVERY SUNDAY @ 9 AM

PASTOR JEFFERSON

LIVE STREAMING WWW.BETHELHAME.COM

FACEBOOK.COM/BETHELHAME

BETHEL A.M.E. CHURCH



TUESDAY
6:30PM

BETHEL AME CHURCH
HAMPTON, VIRGINIA

Online
INSPIRATION & INFORMATION

Rev. André P. Jefferson, Pastor

1-646-558-8656
1-301-715-8592
1-312-626-6799

Meeting ID: 424 839 5768



STAY CONNECTED

BETHEL AME CHURCH
HAMPTON, VIRGINIA

EVERY SATURDAY

SUNDAY SCHOOL

zoom LIVE

ADULT - 6:45PM
ZOOM ID : 824 5280 4460
CALL IN #
1-646-876-9923

YOUTH - 6:00PM
INFORMATION SENT ON SATURDAY
AFTERNOON

#BETHELSTRONG

BETHEL AME CHURCH
HAMPTON, VIRGINIA

Pastor Jefferson



Bethel AME Church

Join Us
ZOOM Bible STUDY

WEDNESDAY @ 11:45am & 6:45

zoom | 1-646-558-8656
Zoom ID: 424 839 5768 | 1-301-715-8592

4 WAYS TO GIVE

Safely & Securely



ONLINE

www.bethelhame.com



SMART PHONE

text-to-give
(833-948-2117)



MAIL

Bethel A.M.E. Church
2521 N. Armistead Ave
Hampton, Virginia 23666

Or

P.O. Box 1940
Hampton, VA 23669



SUNDAY

Join us for drive-by
Prayer every Sunday,
from 10am -12pm

SUNDAY MORNING WORSHIP

CALL IN #: 339-207-7996



Bible Study & Tuesday Inspiration & Information

ZOOM ID: 424 839 5768

Passcode: # (the pound key) if prompted while attempting to call in to the Zoom meeting

CALL IN #S: 1-312-626-6799

1-646-558-8656

1-301-715-8592

Adult Sunday School

ZOOM ID: 824 5280 4460

CALL IN #: 1-646-876-9923

Youth Sunday School

ZOOM ID: Sent on Saturdays

CALL IN #S: 1-301-715-8592

1-312-626-6799

1-929-205-6099

Thank You
FOR YOUR
SUPPORT



1 How do I stay connected if I do not have a smart phone or a computer?

That's easy, just use the call in numbers from your landline telephone.

2 How do I view worship service live on Facebook?

A. Into your address bar type
www.facebook.com/bethelhame

(Address bar: a text box in a web browser displaying the address of the web page that is currently being viewed. Found at the top of your web page)

B. Scroll down until you see the live service.

3 How do I view worship service live on the Bethel website?

A. Into your address bar type
www.bethelhame.com (add page to your favorites)

B. Once on the website click on the button that says "Click to watch Sunday service"

4 What if I don't want anyone to see me on the Zoom call?

On all Zoom calls you will be prompted to join audio and video and you just follow on screen instructions when prompted.

5 How do I download Zoom?

Phone: Go to your app store and download the Zoom free app.

Computer:

1. Into your address bar type in Zoom.com (enter)
2. On the Zoom site at the top of the page click Plans & Pricing
3. Under Basic/Personal Meeting/FREE click Sign up, It's Free and follow the prompts

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
		5 <i>INFORMATION & INSPIRATION</i> 6:30PM ZOOM	6 <i>BIBLE STUDY</i> 11:45 & 6:45 ZOOM	7	8	9 <i>SUNDAY SCHOOL</i> YOUTH - 6:00 ADULT - 6:45 ZOOM
10	11	12 <i>INFORMATION & INSPIRATION</i> 6:30PM ZOOM	13 <i>BIBLE STUDY</i> 11:45 & 6:45 ZOOM	14 <i>Real Talk Thursday</i> Real Talk With Lateef Khursheed Zoom - 7pm	15	16 <i>SUNDAY SCHOOL</i> YOUTH - 6:00 ADULT - 6:45 ZOOM
17	18	19 <i>INFORMATION & INSPIRATION</i> 6:30PM ZOOM	20 <i>BIBLE STUDY</i> 11:45 & 6:45 ZOOM	21	22 <i>Married Enrichment Ministry</i> Zoom - 7pm	23 <i>SUNDAY SCHOOL</i> YOUTH - 6:00 ADULT - 6:45 ZOOM
24 <i>LEADERSHIP SUNDAY</i>	25	26 <i>INFORMATION & INSPIRATION</i> 6:30PM ZOOM	27 <i>BIBLE STUDY</i> 11:45 & 6:45 ZOOM	28 <i>Real Talk Thursday</i> Cooking with Lisa & Tamara Zoom - 7pm	29	30 <i>LIVE STREAM EXERCISE</i> 9:00AM - FACEBOOK SUNDAY SCHOOL YOUTH - 6:00/ ADULT - 6:45 ZOOM
31						



January is Cervical Cancer Awareness Month

13,000 Women in the U.S. are diagnosed with Cervical Cancer each year.

CERVICAL CANCER



There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

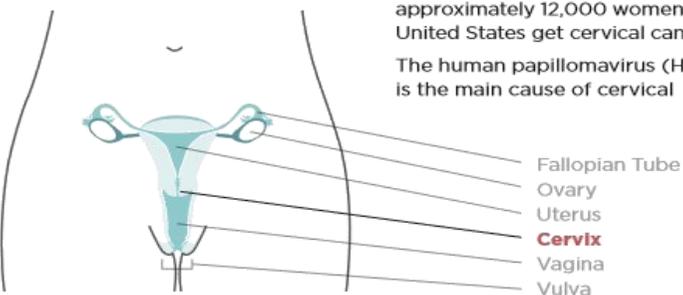


What is cervical cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.



cdc.gov/cancer/knowledge

800-CDC-INFO

Are there tests that can prevent cervical cancer or find it early?

There are two tests that can either help prevent cervical cancer or find it early:

- Depending on your age, your doctor may recommend you have a Pap test, or an HPV test, or both tests together.
 - The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective.
- The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.
- The HPV test looks for HPV—the virus that can cause precancerous cell changes and cervical cancer.

Who gets cervical cancer?

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV) is the main cause of cervical

cancer. HPV is a common virus that is passed from one person to another during sex. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

What are the symptoms?

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

When should I get tested for cervical cancer?

The Pap test is one of the most reliable and effective cancer screening tests available. The Pap test is recommended for all women between the ages of 21 and 29 years old. If your Pap test results are normal, your doctor may say that you will not need another Pap test for three years.

If you are 30 years old or older, you may choose to have a Pap test, or an HPV test, or both tests together. If the results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say that you can wait up to five years for your next screening.

The HPV test is also used to provide more information when women aged 21 years or older have unclear Pap test results.

For women aged 21-65, it is important to continue getting a Pap and/or HPV test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, your doctor may tell you that you do not need to have a Pap or HPV test if either of these is true for you:

- You are older than 65 and have had a normal Pap or HPV test for several years.
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

What raises a woman's chance of getting cervical cancer?

Almost all cervical cancers are caused by HPV. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others. However, any woman who has ever had sex is at risk for HPV.

There are many types of HPV. Usually HPV will go away on its own, but if it does not, it may cause cervical cancer over time.

In addition to having HPV, these things also can increase your risk of cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.

How can I prevent cervical cancer?

- See your doctor regularly for a Pap and/or HPV test.
- Follow up with your doctor if your cervical cancer screening test results are not normal.
- Get the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26. The vaccine is given in a series of either two or three shots, depending on age. It is important to note that even

women who are vaccinated against HPV need to have regular Pap tests to screen for cervical cancer. To learn more about the HPV vaccine visit www.cdc.gov/hpv.

- Don't smoke.
- Use condoms during sex.*
- Limit your number of sexual partners.

* HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

What should I do if my doctor says I have cervical cancer?

If your doctor says that you have cervical cancer, ask to be referred to a gynecologic oncologist—a doctor who has been trained to treat cancers like this. This doctor will work with you to create a treatment plan.

Where can I find free or low-cost cervical cancer screening tests?

If you have a low income or do not have insurance, you may be able to get a free or low-cost cervical cancer screening test through the National Breast and Cervical Cancer Early Detection Program. To learn more, call 800-CDC-INFO or visit www.cdc.gov/cancer/nbccedp.

Where can I find more information about cervical and other gynecologic cancers?

Centers for Disease Control and Prevention: 800-CDC-INFO or www.cdc.gov/cancer/gynecologic
National Cancer Institute: 800-4-CANCER or www.cancer.gov



CDC Publication #99-9123, Revised January 2019

cdc.gov/cancer/knowledge
800-CDC-INFO





A healthy body holds a Healthy Soul & mind!

BETHEL A.M.E. CHURCH WOMEN'S HEALTH INITIATIVE

Our Vision – To make a significant difference in our community through health and wellness education and the promotion of physical activity.

Our Mission – In partnership with the Hampton Chapter of the Links, Inc. we hope to help women of color in our congregation and in the community at large to attain, maintain and/or regain the best possible whole person health and wellness of body, mind, and spirit.

Our Goal – To provide ongoing virtual and in person activities (after covid-19) and health related educational sessions to the women of the Bethel A.M.E. Church congregation, the women of the Hampton Chapter of the Links, Inc. and to women of color in the Hampton Roads area.



JANUARY 14, 2021
Real Talk Thursday
Real Talk With
Lateef Khursheed
Zoom - 7pm
TOPIC: NUTRITION

JANUARY 21, 2021
Real Talk Thursday
Cooking with Lisa &
Tamara
Zoom - 7pm

JANUARY 30, 2021
LET'S GET MOVING
9:00am
FACEBOOK LIVE
STREAM EXERCISE



JANUARY 30 DAY CHALLENGE:
30 DAY::30 MINUTE
FITNESS CHALLENGE

Directions: List a 30-minute fitness goal for each day, when that goal is completed check it off your list. You Don't have to start with one 30-minute exercise, you can do two 15-minute exercises or just try 10-minutes at a time.

NOW LET'S GET MOVING!!





30 DAY :: 30 MINUTE FITNESS challenge

month of: _____

DIRECTIONS: list a 30-minute fitness goal for each day, when completed put a check-mark in the circle

DAY 1 _____ ●	DAY 16 _____ ●
DAY 2 _____ ●	DAY 17 _____ ●
DAY 3 _____ ●	DAY 18 _____ ●
DAY 4 _____ ●	DAY 19 _____ ●
DAY 5 _____ ●	DAY 20 _____ ●
DAY 6 _____ ●	DAY 21 _____ ●
DAY 7 _____ ●	DAY 22 _____ ●
DAY 8 _____ ●	DAY 23 _____ ●
DAY 9 _____ ●	DAY 24 _____ ●
DAY 10 _____ ●	DAY 25 _____ ●
DAY 11 _____ ●	DAY 26 _____ ●
DAY 12 _____ ●	DAY 27 _____ ●
DAY 13 _____ ●	DAY 28 _____ ●
DAY 14 _____ ●	DAY 29 _____ ●
DAY 15 _____ ●	DAY 30 _____ ●

Why You Need a Wellness Plan

A wellness plan is geared toward achieving overall health in all facets of your life. It's a multi-dimensional look at your well-being. Wellness is defined by [Merriam-Webster](https://www.merriam-webster.com/dictionary/wellness) as the quality or state of being in good health especially as an actively sought goal (lifestyles that promote wellness). A wellness plan takes into consideration your mental, physical, spiritual, financial, professional, intellectual and environmental health.

When creating a plan for your health, you will need to assess each area of your life to determine what your goals are. Asking yourself a few key questions can help you discover opportunities for an improved quality of life and create goals accordingly.



Sis. Jacqueline Benberry
 Sis. Maria Evans
 Bro. Phillip Powell
 Sis. Melane Johnson
 Sis. Eunice Thomas
 Bro. George Williams
 Bro. Willie Morton
 Sis. Doris Whitehead
 Sis. Henrietta Barrett
 Sis. Ruth Mouton
 Bro. Elonzia Holmes
 Sis. Millie Boone
 Sis. Donna Outten
 Sis. Sylvia Fields
 Sis. Mary Armstead
 Bro. Harold Peterson
 Sis. Lila Colbert
 Sis. Elveter Bernard
 Bro. David Hardin
 Sis. Dorothy Harden

BETHEL A.M.E. CHURCH

SICK & SHUT IN

"I was
sick and
you visited
me . . ."
 —Matthew 25:36 NKJV

Bro. Clausius Watts
 Virginia Health Service
 James River Nursing Home
 Master Tyree Campbell
 St. Mary's Home for Disabled Children
 Sis. Dorothy Torrance
 Morning Side of Newport News
 Bro. Timothy Perry
 Sentara Nursing & Rehabilitation Center
 Bro. Clayton Drake
 Waterside Health & Rehab

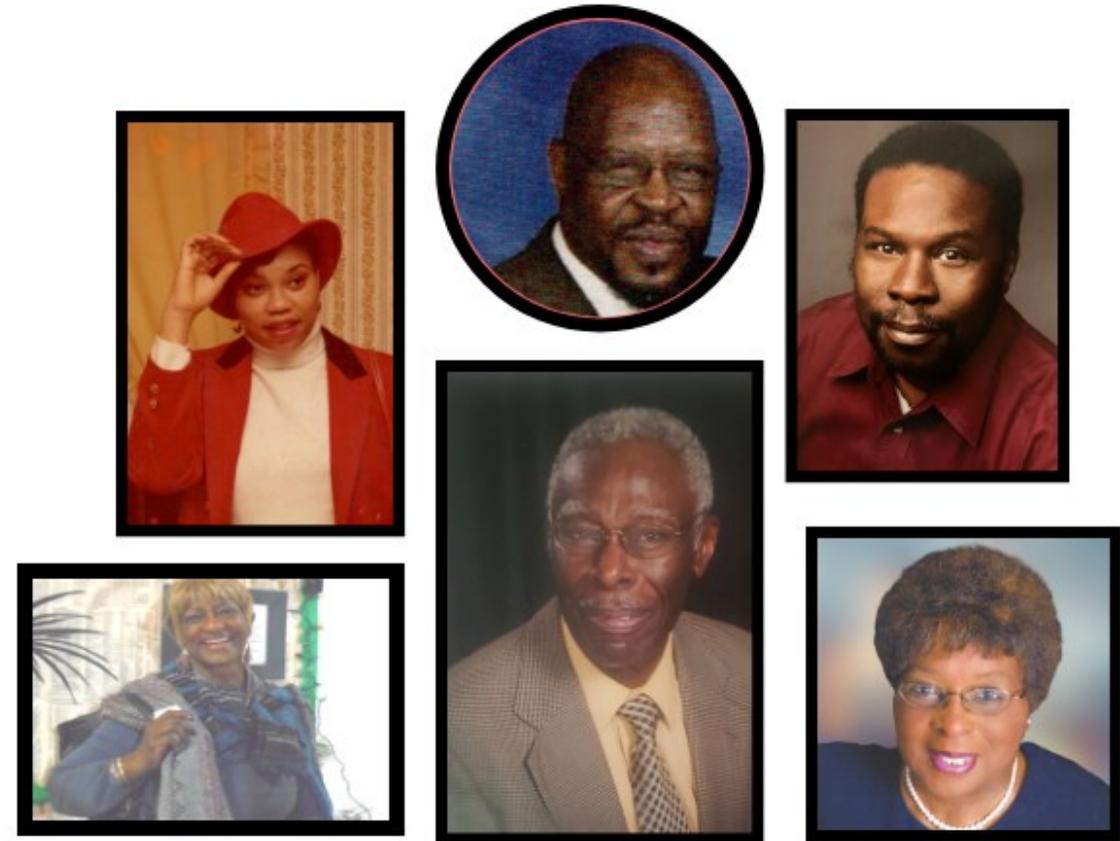
Please continue to Pray for our
 Nation, Our Leaders, Military
 Families and one Another!

Please call the Church Office
 for contact information for our
 sick and shut in members.
 757-723-4065



As we all need prayer, please remember those among our Church Family who are currently dealing with health issues at home or in other places, such as, nursing and rehabilitation facilities and assisted living facilities.

Always In Our Hearts



In Loving Memorie of:
 Brother Kenneth McCormick
 Sister Mildred Luff
 Brother James Bennett
 Brother Herbert Nedd
 Sister Cynthia Simmons
 Sister Brenda Kelly

We'll Get Through This

*Lord, our troubles
Are so great,
We don't know what to do;
The price for our
Iniquity
Is finally coming due.*

*The world is crumbling
All about;
No safe place can be found.
Right is wrong,
Wrong is right;
The change is quite profound.*

*Lord, we need
Your guiding light
To lead us out of here;
We'll focus on
Your Word, and prayer,
To take away our fear.*

*Temptations of
This dying world
We'll rule out and let go;
Give our burdens
All to you,
Shed all worldly woe.*

*That's how we'll
Get through this, Lord,
Fixed on heaven above,
Assured of your
protection, help,
And everlasting love.*

By Joanna Fuchs



Success SATISFACTION FRIENDSHIP
PEACE MONEY 2021
GOOD LUCK Friendship
2021 LOVE Happiness
Peace
Satisfaction

Health Money
Wish you all the best for 2021
HAPPY NEW YEAR
Love Success Health
2021