



April 2024

THIRD STREET BETHEL A.M.E. CHURCH

NEWSLETTER

Greetings 3rd Street Bethel Family & Friends!

We bring you April greetings as we spring into great adoration of new birth and growth nurtured in April sun and showers, in all of God's glory each day. May you wait on the Lord with hopeful anticipation of what He will bring into your lives- renewed strength, thanksgiving, grateful living in and above all circumstances, revived hope and daily awareness- all while basking in the light of God's presence.

Remember that, God "has given [us] a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord." (Psalm 40:3, NLT). "May the God of hope fill you with all joy and peace as you trust in him [this month and always], so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13, NIV). Happy April!

The Greeter's Ministry

April Birthdays and Anniversaries



To the Birthday Celebrants: You are so special to your church family. May your birthday and each day that follows be filled with little surprises and simple pleasures. Happy birthday to you!

To the Anniversary Celebrants: Do you know what they call a couple who have been together for years and years? Blessed and happy! We wish you a wonderful anniversary, and many more!

Retirement Services for The Presiding Elder and First Lady of the Portsmouth Richmond Roanoke District

Retirement Services for Rev. Dr. Samuel E. Hayward, III and Reverend Althea J. Hayward are being held on Saturday, **April 13th** at 3:00 p. m. (A Musical Celebration Featuring RHEMA PRAISE) and Sunday, **April 14th** at 3:00 p. m. (Worship Service). The retirement services are being held at:

Bethel A.M.E. Church
2521 North Armstead Ave.
Hampton, VA 23666

Accommodations may be booked at Hampton area hotels. For a list visit:

[HTTPS://WWW.PRRAMEC.COM/](https://www.PRRAMEC.COM/)

Friends and Family Game Night!

Our Family & Friends Game Night started with a smile and warm welcome from Sis Perry-Fikes. Bishop Richard Allen was our featured honoree shown through the decor and table displays. Sis. Scott was the winner of the "SWITCH" trivia game; where she showed her knowledge of our founder, Bishop Allen's life and the history of the AME church. Micah has distributed the money and is ready to play monopoly. While Camden is choosing another delicious snack prepared by our Feeding Ministry. Bid Whist game was played with a lot of trash talk. Yet no one was sent to Boston.

Fun was had by all who stopped to color "Positive Vibes" affirmations to live by. I would like to thank Sis. Reed for Monitoring the "SWITCH" game, the Stewards and Trustees for their support and the healthy snacks prepared by our Feeding Ministry. Looking forward to seeing you at our next Family & Friends Game Night.

Sis. Kathleen Spearman





APRIL IS
BLACK WOMEN'S
HISTORY MONTH

In 2016, Sha Battle established April as International Black Women's History Month in the city of Atlanta to uplift and support the achievements of Black and minority women, and to build understanding and awareness of the contributions of Black women to the world.

Sha Battle is a native Georgian and multifaceted entrepreneur who has worked for the likes of Coca Cola, Exxon, and Price Waterhouse Cooper. Over the course of her career, Battle has been deeply committed to the idea of uplifting Black and minority women and was inspired to embrace their achievements in a more formally recognized celebration.

The theme for this year's International Black Women's History Month is "Black Women: Uplifting Each Other, Telling Our Stories, Honoring Our Legacies."

Battle's legacy is certainly spreading, both nationally and internationally. In Virginia, Democratic Josh Cole introduced HJ8, "Black Women's History Month; designating as April 2024 and each succeeding year thereafter, "which has now passed both the state House and Senate.

Last year in Canada, the NAACP Vancouver Branch released a statement, "it is important to recognize that the contributions of Black women to American society are so significant and multifaceted that they cannot be contained within a single month. This is why April has been designated as Black Women's History Month.

(Article written by Rayna R. Rayford, www.essence.com.)

**Member of Third Street Bethel Honored
As Unsung Hero**



On Saturday, April 13, 2024 at 12:00 Noon, Bro. Marvin C. Jones, Sr. will be honored as an **Unsung Hero** by the National Association of University Women at the Flo and Tony Guzman Community Center (Faison Center) which is located at 5200 Fitzhugh Avenue near

Willow Lawn in Henrico County. Each ticket is \$35.

To purchase tickets for Unsung Heroes:

<https://nauwrichmond.org>



Wednesday, April 24th

**Third Street Bethel's
Membership Celebration**

On Sunday, April 7, 2024, Third Street Bethel A.M.E. Church will host a membership celebration dinner immediately following worship service. The membership celebration is called **Asante Sana** which mean "thank you very much" in Swahili. The dinner is being held in the Belle Hall.

Call the church office between 11 a.m. and 3:00 p.m. to reserve your seat.



Third Street Bethel's Spring Revival!

On, April 8—10, 2024, Rev. Reuben J. Boyd, Jr., Senior Pastor of third Street Bethel A.M.E. Church will host a Spring Revival via the YouTube channel, @3rdStreetBethelAMEC. The Theme for the revival is "Purpose and Power Proclaimed." Each night a guest minister has been invited to speak. The guest ministers are:

April 8—Rev. Kevin P. Taylor
Israel AME Church
Albany, NY

April 9—Rev. Dr. Debbie Lawson-Smith
Persimmon Grove AME Church
Greensboro, NC

April 10—Rev. Torrey Dekine
Allen Chapel, AME Church
Laurinburg, NC





Newsletter Submission

from the

Health Commission

Autism Awareness Month, World Immunization Day & National Gardening Month

Scripture: Psalm 100: "Make a joyful noise unto the Lord, all you lands!...Enter His gates with thanksgiving, and into His courts with praise." (NKJV)

Autism Awareness Month:

How many of us are related to or know someone who is on "the spectrum"? Most of us can answer in the affirmative. Here is the definition of autism: "Autism spectrum disorder (ASD) is a developmental disability that is estimated to affect about 1 in 44 children and approximately 2.21% of adults. Autism affects the way a person experiences the world and can result in significant challenges in social communication and interaction, as well as repetitive behaviors and unusual or intense interests." ASD can be diagnosed at any age, but changes may be noticed by age 2. The hallmarks of the disorder are:

- Difficulty with communication and interaction with other people
- Restricted interests and repetitive behaviors
- Symptoms that affect their ability to function in school, work, and other areas of life.

Autism is considered a developmental disability, and the spectrum represents the degree to which a person is afflicted with the disorder. For more information, here are some helpful links:

<https://www.nlm.nih.gov/health/publications/autism-spectrum-disorder>

<https://autisticadvocacy.org/about-asan/about-autism/>

** <https://www.cdc.gov/ncbddd/actearly/milestones/index.html> This website defines developmental goals for all children, but the lack of possessing a particular skill is not necessarily indicative of ASD.

World Immunization Week: April 24-30, 2023

Are YOU current with all recommended vaccines? More importantly, are your children current on the childhood vaccines? Have your teen girls been immunized against the human papilloma virus (HPV) – the primary cause of cervical cancer? What about our adults aged 50 years and above? Have they been immunized against shingles? This is a great time to review your immunization status with your primary care practitioner. For more information, see the following websites:

<https://www.who.int/news-room/events/detail/2023/04/24/default-calendar/world-immunization-week-2023> BTW—WHO is celebrating its 75th birthday this month!!!
<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>
<https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

National Gardening Month:

In conjunction with our church's FAN activities, the AMEC International Health Commission has listed additional resources to move us in a healthier direction:

<https://blackchurchfoodsecurity.net/>

In conjunction with the above organization (BCFS) + AMEC, The AMEC International Health Commission is proud to launch an innovative opportunity of connecting, cataloging and providing resources to AME Churches/Institutions in our Connection who have farms/gardens and/or are interested in launching a farm/garden. Launched in 2021. Contact Rev. Carolyn Cavaness at amefarmfresh@gmail.com to determine whether enrollees are still being accepted.

Do you have a garden? If so, tell us about it! Better yet, send pictures! We're especially interested in vegetables, but a few flower gardens would be nice, also! Send your stories and pictures to:

Dr. Patricia Rodgers: rodgersp55@gmail.com. Prizes await!!

Dr. Patricia Rodgers

April is National Minority Health Month, Stress Awareness Month and Move More Month featuring National Walking Day

National Walking Day 2023 is Wednesday, April 5th

Lace up your walking shoes and join us as we move more this month!

Fit in Walking Morning, Noon or Night

Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.

Why is Walking the Most Popular Form of Exercise?

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.

Improve your blood pressure, blood sugar and blood [cholesterol](#) levels.

[Increase your energy](#) and stamina.

- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.

Prevent weight gain.

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking a several times a day.

Move More Tips:

When is the best time of day to work out?

Trying to find the best time for exercise? The truth is, it's personal! Follow these tips to figure out what fitness routine works best for you.

How to Be More Active During the Work Day

You can build physical activity into your workday to be less sedentary and get more exercise. Walking, alternating sitting with standing, taking active breaks from the computer, and sneaking in mini workouts at your desk are just a few of the ways you can move more, get fit and burn calories on the job.

Dr. Carolyn Campbell RNC BS MHSA PhD
Medical Case Manager Certified

YOU ARE WELCOME TO JOIN US



Sunday Worship

(Every Sunday at 11:00 a.m.)

In Person - Wearing a mask is optional.

Virtual Worship - On YouTube at:

<https://www.youtube.com/channel/UCGoO>

[yQWR_zdd_t2y-jOE3ZO](https://www.youtube.com/channel/UCGoO)

Or Audio Only: Dial 929-205-6099

Meeting ID: 677583157

PW: 946932

Bible Study

Every Wednesday at 6:00 p.m.
via Zoom

Sunday School

Held every Sunday at 9:30 a.m.

Children and Youth: In-person

Adults: In-person

Also Join Via Teleconference at 1(716)427-1108

Passcode: 956420#

Prayer Call

Every Wednesday Morning

7:00 a.m.

Prayer Call:

(716-427-1108) PC 956420

OUR SICK AND SHUT-IN

3 John 1:2 - "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Mother Trudie

Ms. Thelma McLendon

Ms. Joan Christian

Ms. Peggy Battle



Mr. Joseph Hall

Ms. Dorothy Grooms

Ms. Carolyn Turner

Ms. Lula Anderson