



The Bethelite

Volume 1, Issue 6

SEPTEMBER 2025

Hello Bethel family & readers!

"The Church At Its Best!!" ~ Conference Theme

Being a church at its best is such a wonderful theme because we have several ways in which Bethel A.M.E. is

The Church At Its Best! Our wonderful Pastor André Jefferson, Sr. has and is preaching and providing spiritual opportunities for us to be our best as a church family! Take advantage of all that is available so that we can be restored and healed together!! We have several members on the sick & shut in list. Please reach out to them! A prayer, text, visit (with mask please), card or e-mail will brighten the hardest day!



Read more about our theme on pages 2 & 3 and enjoy this newsletter which highlights **"Bethel A.M.E. Church At Its Best!!"** There is something in here for everyone!! While traveling, I enjoyed some time with a Bethel smiler! Love & Blessings,
Raquel Cox



PLEASE READ!! Take a moment to remind yourself to **PAUSE ~ REFLECT ~ PROTECT!** Yes, in an emergency situation and realize that scam situations are emergency situations!

2 Peter 1:5-10 ⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, **knowledge**; ⁶ and to knowledge, **self-control**; and to self-control, **perseverance**; and to perseverance, **godliness**;

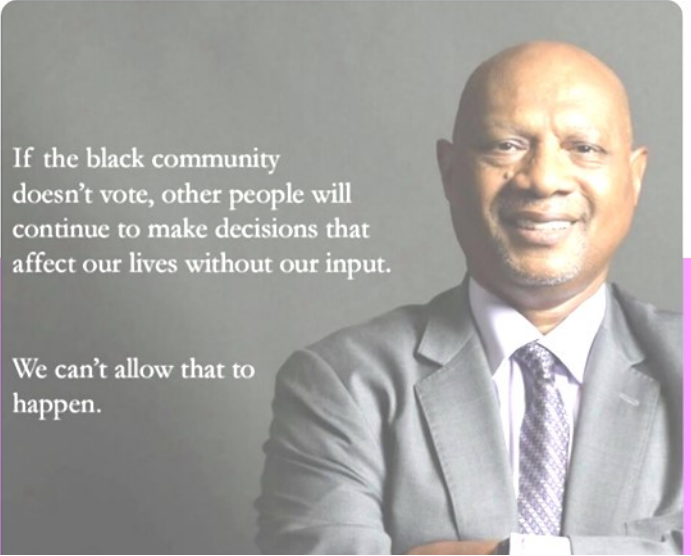
Please be aware of scams that come in various ways. AARP's Fraud Watch Network shares how to identify scams and protect yourself from them. Click on the link and you will see the video and other supportive information!

Remember to **PAUSE ~ REFLECT ~ PROTECT!**



<https://www.aarp.org/videos/money/scams-fraud/6373940168112/?msockid=0de84d9336506eaf035f58be37546f2a>





If the black community doesn't vote, other people will continue to make decisions that affect our lives without our input.

We can't allow that to happen.

2025–2026 Conference Year Theme

“The Church At Its Best!”



Bishop Reginald Thomas

Jackson *Is the presiding Prelate of the Second Episcopal District of the African Methodist Episcopal Church (A.M.E.) which comprises all the AME churches in the states of Maryland, Virginia, North*

*Bishop Reginald T. Jackson has deemed our new theme as "The Church **At** Its Best" and the scripture reference is Acts 1:8. **At** is a preposition that is a function word. In this instance to indicate the goal of an action –**best** –meaning most productive of good! In other words, “The church functioning the most productive good! Our Bishop shares ~~ In order to be “The Church **At** Its Best” there are at least four things (functions) we must do:*

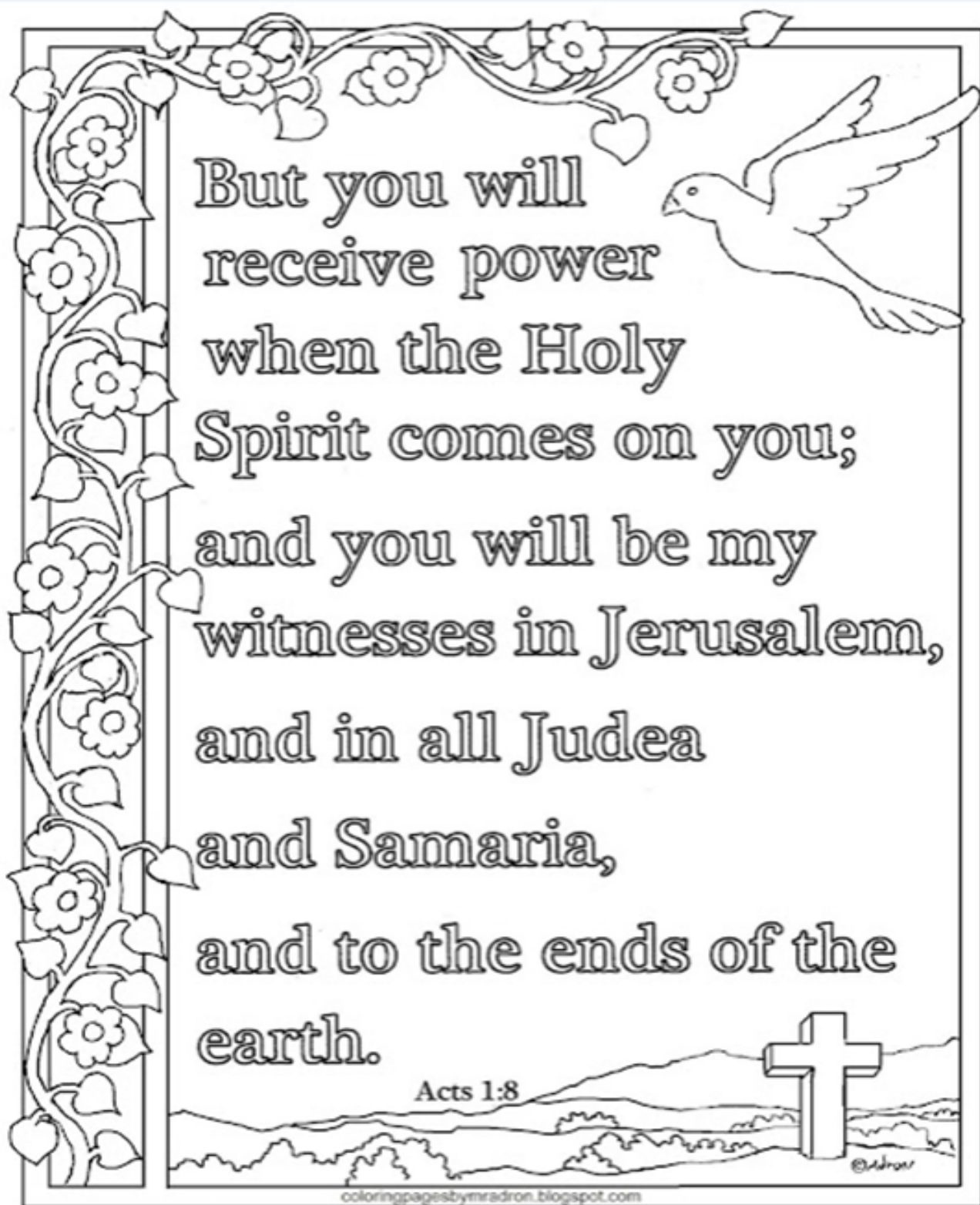
- *Recommit Ourselves to Worship and Praise God,*
- *Impact the World,*
- *Add to the Church and*
- *Do Greater Things for God!*

*Well I believe Bethel A.M.E. exemplifies the theme "The Church **At** Its Best!" This year let's share how we are great examples of this theme. Please share how you or a ministry that you are a member of exhibits this theme! Looking forward to great articles!*

*Check out this edition! Bethel A.M.E. – "The Church **At** Its Best"*

*Love & Blessings,
Raquel Cox*

A COLORING PAGE FOR YOU TO ENJOY!



"The Church At Its Best!!"

TABLE OF CONTENTS

- Pages 2 — 3** **"The Church At Its Best" & Coloring Page**
By Raquel Cox
- Pages 5 — 8** **"Happy Birthday ~ Eunice Lockett James"**
By Raquel Cox
- Pages 9 —12** **"Bethel Cares About Mental Health"**
By Maya Richardson, M.A., Ed.S, Licensed
Mental Health Professional-Resident
- Pages 13 — 14** **"The Seed" Created By: Sister Doretha Turner**
By Raquel Cox
- Pages 15 — 17** **Bethel Ministries At Work ~ Media Ministry**
By Yolanda Hinton
- Pages 18 — 19** **Women's Season 2025 ~ A Pictorial Review**
- Pages 20** **Bethel Businesses Bless Us All**
- Pages 21 — 23** **Bethel A.M.E. Church & Community Events**



HAPPY 98th BIRTHDAY

EUNICE LOCKETT JAMES

February 1, 2025

Wow! 98 years young = 9 decades! Nonagenarians ~ people 90 years and older ~ have a wealth of knowledge to share. Let's meet a wonderful nonagenarian! I had the pleasure of speaking to a wonderful young lady by phone.

I introduce to you Sister Eunice Lockett James! She is 98 years old!! She was born in Newport News, Virginia in the wonderful year of 1927! In 1946, Sister James married Mr. Harry James. He passed in 1998. His life is honored by the blessings of their union - 5 children, 12 grandchildren & a host of great-grandchildren!

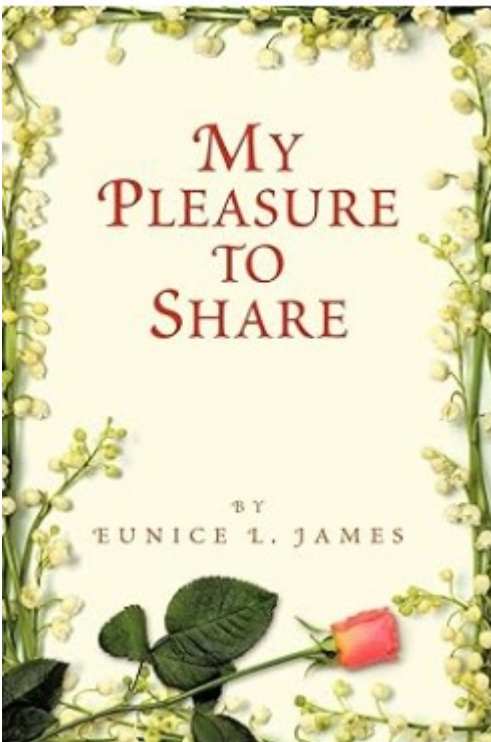
I heard joy in her heart as well when she shared in a clear and distinct voice the name, Pastor and address of her church of worship! Sister Eunice James worships at Miracle Temple Baptist Church ~ Pastor A. R. Cooper in Newport News, VA.

As you can see, Sister Eunice L. James is a wonderful, beautiful Newport News, VA resident! Sister James has a Bethel Connection as well. Sister Eunice L. James is the mother in-love of our very own Sister Paula Perry's brother, Brother Willie Dinkins!

Sister Eunice James graduated from Huntington High School in Newport News, VA! She often has an opportunity to pass the school on the way to various activities. Huntington High School is a very special time in her life because it was during high school that she feels God gave her the gift of poetry. She loves to read poetry! Sister James shares her God given gift of poetry in the books that she has written and poems she shares with family & friends! Please read two of her poems on pages 7 and 8. Thank you Sister James for sharing your life & God given gift of poetry with us!



**Sister Eunice L. James Favorite
Scriptures**



Sister Eunice L. James' Poetry

"Brighten Your Corner"

"God Sees"

***Enjoy these poems in their
entirety on the next page.***

GOD SEES

You serve the Lord with glee.

***You study His word
To be approved by Thee.***

***You are always doing
Kind things for others.***


***In the eyes of God
All are sisters and brothers.***

*

***Keep your eyes on God's
Outstretched hand.
Keep your feet on the road***

***That's narrow
Until before Him
You stand
Waiting to be crowned
And robed in light
Because you have proved
Your faithfulness
In the Master's sight.***




Eunice Lockett James 

Brighten Your Corner

***No matter who tries
To extinguish your light
Continue to hold it high.
There is always someone
Lost in darkness.
And a light will draw them nigh.
When the God in you
Is shining through.
Trust Him every step of the way.
God will never forsake you
No matter what anyone does or says.***

***The Master sits high and looks low
And everyone can agree
That there are no hidden agendas
That the Lord does not see.
If you cannot shine
Your light over here
Then shine it over there.
Shine it in the name of Jesus
Because there is darkness
Everywhere.***



Eunice Lockett James 

BETHEL CARES ABOUT MENTAL HEALTH

Connor's Climb Foundation provides helpful resources regarding mental health. Read their story at the site below and enjoy some of their resources on these two pages.

<https://www.connorsclimb.org/about/>

KNOW THE WARNING SIGNS



People who are thinking about suicide often show signs of their distress. Here are some warning signs to look for:



TALK

People who are thinking about suicide often show their distress through what they say, including that they...

- Feel trapped
- Are a burden to others
- Have no reason to live

People who are struggling with depression, a risk factor for suicide, may have changes in mood, including...

MOOD



- Feeling unhappy, irritable, or angry
- Losing interest in things they once cared about



BEHAVIOR

Someone who is acting recklessly, increasing their use of drugs or alcohol, or experiencing changes in their sleep habits may be at risk of suicide.



Visit our website for more info and resources!

WWW.CONNORSCCLIMB.ORG





BETHEL CARES ABOUT MENTAL HEALTH

Create a Mental Health
Action Plan Card

Front

**MENTAL HEALTH
ACTION PLAN CARD**

As a family, our mental health action plan is to alert a trusted adult or peer when we are experiencing a mental health issue. We plan to do this before we reach the point where we may hurt ourselves or someone else.

Trusted Adult Contacts

Trusted Peer Contacts

- [Connor's Climb Mental Health Action Plan card](https://www.connorsclimb.org/mental-health-action-plan-card/)

- This free card normalizes talking to your family or guardians about mental health, as well as taking action by creating a family action plan for mental health occurrences.

Back

#StickItTOSTigma

Notes:

**988
SUICIDE
& CRISIS
LIFELINE**

If you or someone you know needs support now,
call or text 988
or
chat 988lifeline.org

Here is the link to the website:

<https://www.connorsclimb.org/mental-health-action-plan-card/>

BETHEL CARES ABOUT MENTAL HEALTH

Our very own Sister Maya Richardson does too! Read her credentials below. Please utilize the resources she has provided for us. More resources will be shared in future **Bethelite** Newsletters!

Maya S. Richardson, Therapist

M.A., Ed.S, Licensed Mental Health Professional-Resident

Certified Anger Management Specialist-I

Mental Health First Aid Facilitator

Newport News Public Schools is blessed to have Sister

Maya Richardson share her expertise with students & staff!

(757) 660-9482

Maya.Richardson@nn.k12.va.us

Be a rainbow in someone else's cloud.



Mind (for Teens) Being healthy means dealing with the changes in your body — and your mind.

Relationships, body image, families, emotions ... sort it all out in this section.

kidshealth.org

Many people experience high anxiety during the Holidays...this article shares ways to assist with anxiety

- **Mindfulness Meditation to help ease Anxiety**

Lots of information for Teens and Mental Health

<https://kidshealth.org/en/teens/your-mind/>

Hold Ctrl, place your curser over a title, and then click your mouse to get to the site.

Ctrl

nickelodeon™ **MENTAL HEALTH** **RESOURCES FOR KIDS**

Understood.org : An organization that provides resources, support, and community for kids who learn and think differently

American Academy of Pediatrics : Resources for kids, families and professionals. Their official Parent website houses information for kids from birth to 21 years old.

American Psychological Association : Guides on many differing topics from picking a psychologist, the impacts of racism and immigration, bullying, ADHD and more.

The AARP : Resources to support the mental health of its members, including hosting multiple events that are focused on mental health.

Brightline : Behavioral health care for children and family and is offering practical tips for parents who are struggling to maintain their kid's mental wellbeing in the midst of the pandemic, such as 6 Tips to Help Your Kids Cope with Anxiety and Stress.

Connor's Climb Mental Health Action Plan : This free card normalizes talking to your family or guardians about mental health, as well as taking action by creating a family action plan for mental health occurrences.

Hathaway-Sycamores Child and Family Services : A mental health and welfare agency with locations in Southern California

National Alliance on Mental Illness : Free resources, information, videos, events, and support for kids and families.

National Federation of Families : Free videos, toolkits and activities to use at home and more to support parents and caregivers and their children.

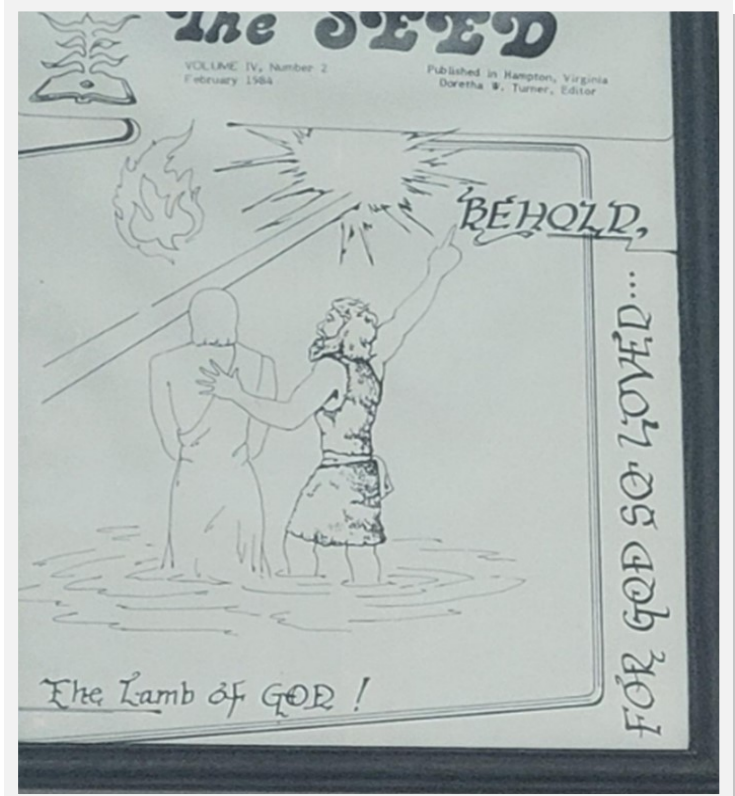
Parents Together : A fact-checked news source for parents providing free resources on a wide range of topics that affect kids and parents with tips on how to navigate these issues.

Too Small to Fail : Resources to promote Social Emotional skills from birth.

<https://www.nickelodeonparents.com/mental-health-resources-for-kids/>

The SEED

By: Sister Doretha Turner



Sister Doretha Turner, mother of Pastor Jefferson, Sr., created & edited her own newsletter. It was entitled “The Seed” & provided spiritual content for it’s readers! Enjoy the covers of these editions of her work for the Lord.

You will notice

beautiful art work on the cover of each edition. Sister Turner solicited help from anyone & everyone she could think of for the artwork. If you notice a

cover that you created, let me know! I’d love to showcase some of your other works!

The newsletters pictured range from Volume III—Volume IV 1983-1985.

Sister Turner dedicated her newsletters to the Lord! And I believe we can all agree that her work is a job well done!

Thank you Sister Turner!!



Volume IV

**Number 2
(above)**

February 1984

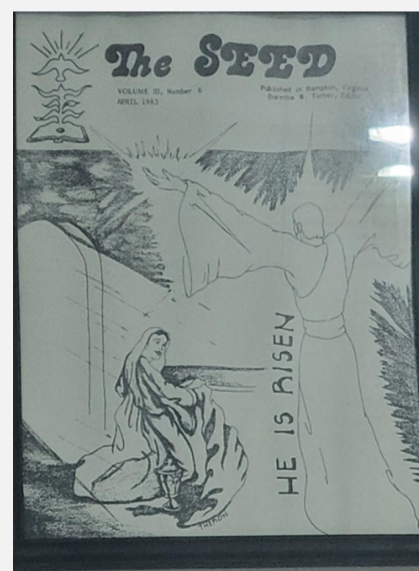
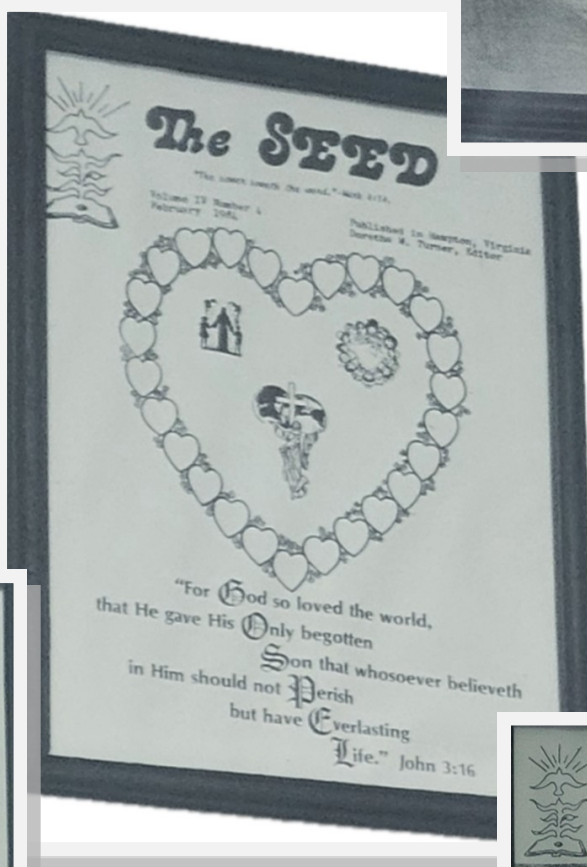
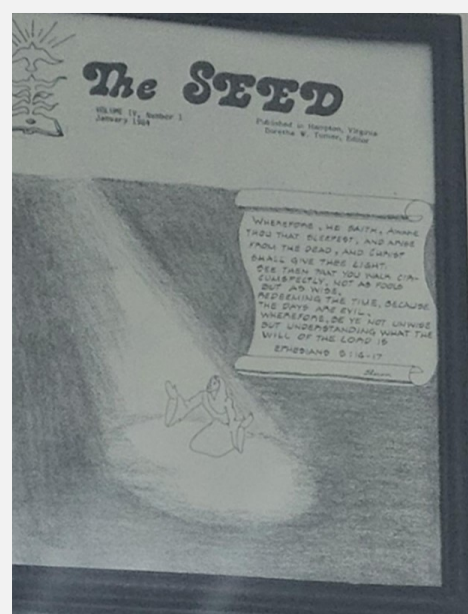
Number 5

(left)

March 1984

***Possibly
same artist!**







Who we are:

We are **e-Missionaries**, sharing God's Word with modern technology to all nations, even unto the end of the world (after Matthew 28:19-20). We are dedicated servants, assisting Bethel ministries with technology needs.

What we do:

We support Bethel's audio & visual needs. We manage the church's social media. We livestream and/or record worship services & other church activities.

bethelhamptonmedia@gmail.com



If you need to connect to the monitors in various rooms around the church to show digital content, we're here to help. If you need to use the church internet, we're here to help!



We endeavor to respect the rights of online content creators by not violating copyrights or website terms of service. Therefore, **please do not ask us to use any content from the internet unless you have written permission to do so.** Also, we are aware that other churches post content with the disclaimer "We do not have the rights to the music." That does not make using someone else's music right, nor does it

protect the user from being sued for copyright infringement. We don't want to put Bethel in a situation where it could be held liable for misuse and could be sued. Please do not ask us to use any material that you don't have the rights to use. Thanks!



We would love to have others join our ministry.

What you can do:

Our greatest needs are for people who are available at times other than during Sunday morning worship to support various services and programs.

We need people who can:

- **attend** choir rehearsals and dance rehearsals to plan how best to present them,
- **operate** video cameras,
- **create** social media content for YouTube, Facebook and Instagram,
- **learn** to make and edit video recordings.

We need people who are comfortable using computers and willing to learn. It helps, but is not required, to have some experience with the technologies we use. We will train you or we will learn together.



How you can get involved:

If you would like to join us, please email the Media Ministry at bethelhamptonmedia@gmail.com or talk to one of the members in the media booth after service.



Having an activity you would like included in our slideshow?

Provide us a slide, preferably in widescreen, 16:9, or 1920 x 1080 format as a JPEG file. To create one, we suggest [canva.com](https://www.canva.com) or [adobe.com/express](https://www.adobe.com/express). Both have free versions. You can also use Adobe Illustrator, Microsoft PowerPoint, or any other program that will save in JPEG format. All slides are subject to Pastor's approval, so please send them to bethelhamptonmedia@gmail.com by Wednesday before you want them presented.

Are you making an announcement or presentation & want to show an image video, or to play music?

Please provide us a JPEG, MP4, or MP3 file ahead of time. The content must be your original work, in the public domain, purchased for commercial use, or you must have written permission of the author or copyright holder. NOTE: Much of the content on the internet is subject to copyright and/or not for use in a public setting. This is especially true of content on YouTube, Spotify, Apple Music, and other streaming sites. Please only use music you have purchased, and videos you have obtained from the publisher (i.e., if it's on YouTube, contact the person who posted it and ask them to send you a file). Let us know if you need help creating your slide or video. We'll do our best to help, given sufficient lead time.

Does your ministry want to show a movie?

Yes, we have purchased licenses to show movies! If you want to show a movie at a church event, we can check that it's covered by one of the licenses we have purchased.



Submitted By: Sister Yolanda Hinton
Bethel Media Ministry
bethelhamptonmedia@gmail.com





Bethel Media Ministry has an undercover member!

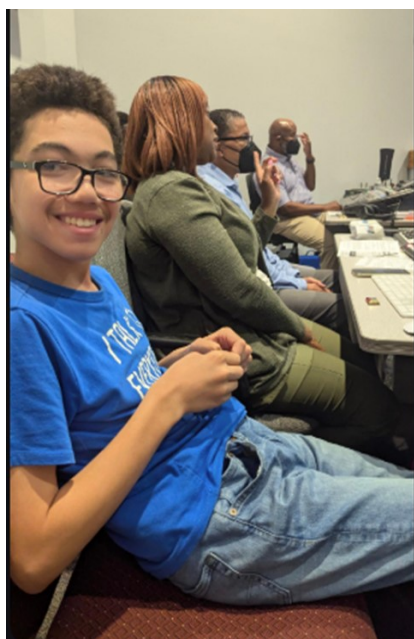
Sister Gail Berry may be in Massachusetts but she still works with Bethel Media Ministry in Virginia!

Thank Sister Lisa McCaskill for those wonderful slides you see each Sunday! ❤️



Thank Sister Gail Berry for making the updates to the presentation so the media team can have the correct slides, names, and song lyrics. ❤️

Thank you, Sister Berry!



Women's Day 2025

Enjoy these pictures
as a look back at
Women's Season 2025!

Led by Sister Rhonda
Saunders, Chair



Sisters together in prayer!



**Sisters Rhonda & Sarita Share a Sisterly
Laugh during
Women's Day 2025!**

WOMEN'S SEASON SPIRITUAL SPA

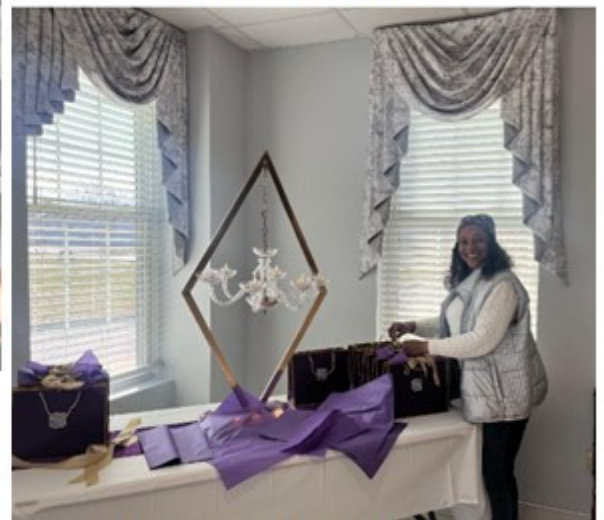


AN ENCOUNTER WITH GOD **MARCH 8, 2025**


All registrants will receive a gift bag and enjoy light snacks, juice, coffee

\$10 per person
only 50 spots available
GET YOUR ADMISSION BRACELET AT
THE WELCOME CENTER
SUNDAY, FEBRUARY 9, 2025

Soak in the Presence of God
Receive Personal Prayer
Receive a Spiritual Hand Massage
Visit the Detoxification Room: Forgiveness
Experience Powerful Foot Washing (bring or choose a partner)
Enjoy the Blessing Tunnel
Lastly, Experience Your Own Personal Weight Loss



**Sister Sarita Alston ~
2026 Women's Day Chair**



**Becoming
A Proverbs 31
Woman**

WOMEN'S SEASON
21-Day
Devotional Forum

The Women of Bethel are focused on becoming more effective and more powerful in their Christian walk. God wants us to be more effective in our Church and in the community.

We challenge every woman to join us as we go on a spiritual journey during this Women's Season - "How to Become a Proverbs 31 Woman."

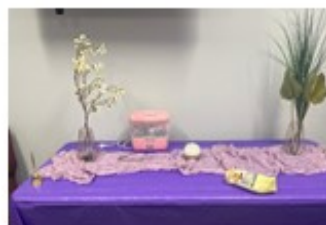
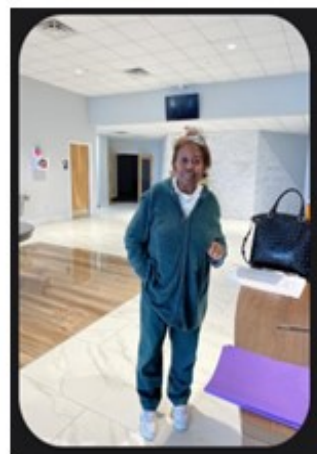
During this 21-Day Devotional Forum, we will be guided by the book *Becoming A Proverbs 31 Woman* by Tiffany Longford, which can be purchased at Amazon for \$11.99 or downloaded to a Kindle App for \$4.99.

Don't miss this! Let's invest in our own spiritual growth and development.
This is a self-study, and the women will meet virtually to discuss their experience with the Bible Study via Zoom on the following dates @ 7pm:
February 18th, February 25th & March 7th

Zoom Meeting ID: 539 903 1264 /Passcode: 64529

If you missed the Spiritual Spa, no worries it will be back during the 2026 Women's Season! Thank you Sister Elliott for this awesome event! Thank you to everyone that led an event and/or participated in an event!

We were Forged by Fire!



BETHEL BUSINESSES BLESS ALL

CALLING ALL BETHEL BUSINESSES ~~ If you have a business, please send me your information to post in the Bethelite. My goal is to share & support Bethel Businesses with our church family & community!

Include:

- ⇒ **Business Name**
- ⇒ **Owners Name *you may add a picture of yourself**
- ⇒ **Social Media locations ~**
- ⇒ **Graphic with a short write up and/or catchy phrase**
- ⇒ **Recommendation(s) from customers**
- ⇒ **Send it to me at raqcox@cox.net**

Social profiles



Facebook

X

Instagram

LinkedIn

YouTube



BETHEL A.M.E. CHURCH
Reverend André P. Jefferson, Sr. | Senior Pastor

2521 N. Armistead Ave | Hampton, VA
23666

Church Office: 757-723-4065
Church: 757-723-7716
Fax: 757-723-1940
Email: church@bethelamehamptonva.com
Pastor's email: revandre1@aol.com



We Will Never Forget Their Presence

Take a look at all of the smiles in this video! A great look back at Bethel ~ *The Church with a Smile!!*

<https://youtu.be/4ueWUAXm9m8?si=EP88XQiJ-htejhh0>

SUNDAYS
WORSHIP SERVICE

10 AM

In-Person: 2521 N. Armistead Ave.
Hampton, VA

Virtually: Sermons

TUESDAYS
INSPIRATION

7 PM

Zoom ID: 424 839 5768

Call-In Numbers:

1-312-626-6799

1-646-558-8656

1-301-715-8592

WEDNESDAYS
BIBLE STUDY

11:45 AM & 6:45 PM

Zoom ID: 424 839 5768

Call-In Numbers:

1-312-626-6799

1-646-558-8656

1-301-715-8592

SATURDAYS
SUNDAY SCHOOL

YOUTH: 6:00 PM

Zoom ID: 235 910 2608

ADULTS: 6:45 PM

Zoom ID: 820 4315 4298

Call-In Number:

1-301-715-8592



***Men's Season
Coming Soon!!
Bethel Brothers
Get Ready for an
Awesome Season!!***



BETHEL A.M.E. CHURCH

UPCOMING

EVENTS

2025

PULPIT MINISTRY PRAYER BREAKFAST

9:00AM

27 SEPTEMBER

SEPTEMBER 28

3:00PM

EXTRAVAGANZA

Praise Dance



NEW MEMBERS CLASS

FIND OUT MORE ABOUT OUR CHURCH

VIRTUAL

11 OCTOBER

9:00AM

2:00PM

OCTOBER 19

ROAD TRIP

Greater St. Andrews

3008 Macdonald Rd,

Virginia Beach, VA 23464

FOR MORE INFORMATION VISIT US @ WWW.BETHELHAME.COM

Page 22

The Bethelite

BETHEL A.M.E. CHURCH

Reverend André P. Jefferson, Sr. | Senior Pastor

**BETHEL AME
CHURCH**

COLLEGE DAY

10:00 AM

REP YO COLLEGE!!

SEPTEMBER 14, 2025

FOOD! FUN! FELLOWSHIP!

**2521 N ARMISTEAD AVE
HAMPTON, VA 23669**

The background of the flyer is a vibrant photograph of a breakfast meal. It includes a plate with fried chicken, waffles, and orange juice, a bowl of fruit with kiwi and raspberries, a cup of coffee, and a bowl of cereal. Overlaid on this image is a white circular frame containing the event details.

Pulpit Ministry
76th Anniversary

PRAYER BREAKFAST

SATURDAY, SEPTEMBER 27, 2025
9am-12pm

TICKETS

Adult	\$15
Children 6-12	\$7.50
under 5	Free

For Tickets please contact
Sandy Johnson - 757-825-0580
Jacqueline Roberts - 757-254-1899
Deloise Hurston - 646-734-3511