

# BLC Newsletter – June 2025

*Be Informed and Faithfully Receive God's Gifts*

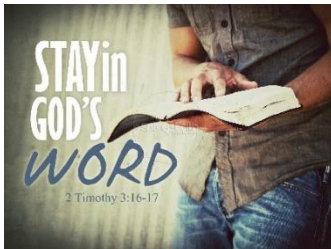
[www.BLC7500.com](http://www.BLC7500.com)

## Service and Study Schedule

- Services – **Saturdays** at 4; **Sundays** at 9
- Weekend Classes – **Saturdays** at 3; **Sundays** at 10:30
- Weekday Classes – **Wednesdays** (every other) at 1:00; **Thursdays** at 10:00

## Men's Group – 6/7 at 9:00

Join us on **Saturday, June 7**, as Dr. Giessler unpacks the important book of Isaiah.



**All men are welcome! Invite a friend!**

- Gather at 9:00 – Free Breakfast
- Study Begins at 9:15

## Classes – Grow In Truth and Peace

**Sat at 3:00 and Sun at 10:30:**

- What Does the Bible Say about the Millennium? *The 1,000-year reign of Christ*

**Sisters of Light:** *Strengthening Fellowship Bonds; No-Homework, Women's Bible Study*

- **Last class for the season at 1:00 on 6/4.**  
*We'll resume in the Fall.*
- Call/Text Rhonda: 330-260-5194

**Living the Lutheran Lectionary:** *Benefit more from the weekly Scripture readings!*

- **Thursdays at 10:00** (In person and online)
- Call/Text Harold: 440-454-2139

## 8 Health Benefits of Sleep

Submitted by Linda Blaha

Like eating nutritious food, drinking water, and exercising regularly, getting quality sleep



is an important component of overall health.

Although the exact reasons humans need to sleep remain unknown, sleep experts agree there are numerous benefits to consistently getting a full night's rest. Most adults should get at least seven hours of sleep each night. While sleeping, the body performs several repairing and maintaining processes that affect nearly every part of the body. As a result, **a good night's sleep, or a lack of sleep, can impact the body both mentally and physically.**

### Improved Mood

Sleep restores the body and improves energy levels, so waking up well-rested can have a positive impact on an individual's mood. In contrast, people who get inadequate sleep are at higher risk of experiencing mental distress. A chronic lack of sleep can lead to anxiety, depression, and irritability. However, developing a consistent sleep routine often resolves these symptoms.

### Healthy Heart

Quality sleep promotes cardiac health. **During sleep, heart rate slows down, and blood pressure decreases. This means that during sleep, the heart and vascular system can rest.** However, insufficient sleep is a risk factor for unwanted cardiovascular events. Lack of sleep causes blood pressure to remain high for an extended period, increasing the risk of heart disease, heart attack, and heart failure.

#### Regulated Blood Sugar

Sleep impacts the body's relationship with the hormone insulin, which helps blood sugar, or glucose, enter the body's cells. The cells then use glucose as energy. **Sleeping seven hours or more each night helps ensure blood sugar is regulated in the body.** Adults who get less than seven hours of sleep at night are at increased risk for Type 2 diabetes" (Summer, 2024).

#### Improved Mental Function

**Sleep is believed to help with memory and cognitive thinking.** Brain plasticity theory, a major theory on why humans sleep, posits that sleep is necessary so the brain can grow, reorganize, restructure, and make new neural connections. These connections in the brain help individuals learn new information and form memories during sleep. In other words, a good night's sleep can lead to better problem-solving and decision-making skills. A lack of sleep can have a negative impact on the ability to think clearly, form memories, learn well, and function optimally during the day. The ability to think quickly slows down after only a week of insufficient sleep. Accuracy on tasks also decreases after a week of getting five hours of sleep or less each night. Sleep-deprived people perform poorly in activities that require quick responses and attention to multiple tasks, such as driving. Insufficient sleep also impacts judgment. Less

than five hours of sleep at night is correlated with riskier behavior. A sleep-deprived person is at higher risk of making poor decisions because they only can focus on a desired outcome, not the consequences.

#### Restored Immune System

**Restorative theories of sleep suggest that sleep restores and repairs the body, making people feel refreshed in the morning.** During sleep, the body produces growth hormones necessary for development in children and adolescents. These growth hormones also repair tissues and cells in people of all ages. The body also produces cytokines during sleep, which support the immune system in fighting infections. Inadequate sleep can impact the body's immune response to infection. Chronic sleep loss can make individuals more susceptible to common infections, such as a cold, while insufficient sleep over time can lead to a greater risk for immunodeficiency or compromised immunity.

#### Stress Relief

**Getting appropriate sleep each night can help manage stress.** When people wake up refreshed, they avoid the stressors that come with functioning while sleep-deprived, such as poor performance, difficulty thinking clearly, and lack of energy. Quality sleep can also reduce anxiety, depression, and other mental health strains related to stress.

#### Athletic Performance

**Sleep is a key element of athletic recovery** and the body's production of growth hormones is highest during sleep. These growth hormones are necessary for the repair of tissue and likely contribute to muscle growth. Most athletes require eight hours of sleep each night for restoration and to avoid overtraining and improve their performance. Without sleep, athletes are at risk for lowered performance,

fatigue, and changes in mood. Performing with less sleep also heightens the risk for injury. The potential for injury rises even more when an athlete's sleep time decreases and time spent training increases.

### **Maintaining Healthy Weight**

**Quality sleep, in addition to exercise, stress management, and healthy eating choices, is an important part of maintaining a healthy weight.** During sleep, the body naturally produces more of an appetite suppressor, called leptin, while reducing production of the appetite stimulant--ghrelin. On nights of too-little sleep, however, production of ghrelin increases and leptin decreases. As a result, a lack of sleep can lead to a greater feeling of hunger.

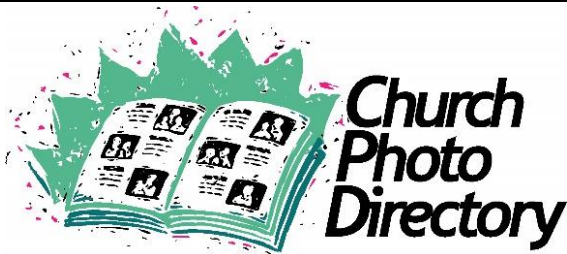
### **Tips for Getting Better Sleep**

- ✓ Create a consistent sleep schedule.
- ✓ Make a quality sleep environment.
- ✓ Avoid caffeine, nicotine, and alcohol before bedtime.
- ✓ Exercise during the day.
- ✓ Avoid electronic devices at least 30 minutes before bedtime.
- ✓ Talk to a health care provider if you are having sleep difficulty."

Summer, J.V., Singh, A., (2024, February 29), Health benefits of sleep, *Sleep Foundation.org*

<https://www.sleepfoundation.org/how-sleep-works/benefits-of-sleep>

## **Pictorial Directory**



**We have many new faces at BLC, so we could**

**use a NEW PICTORIAL DIRECTORY!** It's easy!

An outside company will help you make it happen! Contact Kathy 440-785-3802

## **Food and Fire Saturdays**



**Looking for people to make a food and fire activity happen – *maybe once each month.***

To make it work, someone needs to schedule the date, *then Kathy will advertise it.*

When planning, it's best to plan for rain or shine. If it rains, we can move to the Christian Life Room.

**The person scheduling the date needs to recruit someone to:**

- Make and maintain the fire.
- Consider the food that attendees are bringing, then possibly buy / bring / make something else.
- Bring the needed items (plates, cups, beverages, etc.) from the church building and return them after the event.
- Be on garbage detail – to put a liner in the can, empty it after, and install a new liner.

*See the bulletin board! Thanks for considering!*

## **Volunteers Needed Will You Serve?**

- **Saturday Greeter** – give attendees a warm welcome. Call/text Rhonda: 330-260-5194
- **Outreach Teammate** – serve under Rhonda, the Team Leader: call/text: 330-260-5194
- **Thank You** – to Will Mild for his willingness to make the repairs by the main entrance.

## Choir-Made-Easy – Join Us!

Contact Harold: 440-454-2139;

[weselohduh@gmail.com](mailto:weselohduh@gmail.com)

- ✓ Receive the hymn and melody for the first Sunday of each month via email.
- ✓ Practice on your own.
- ✓ Meet at the organ on the first Sunday of each month at 8:45.
- ✓ Sing during that service.

## LOANS and SCHOLARSHIPS

- ➔ **Barrick Nursing Scholarship** – Contact the church office for an application. Deadline is June 30
- ➔ **Loans for College Bound Students:**  
Visit [www.Pierstorf.org](http://www.Pierstorf.org) and complete the 2025-2026 application. Deadline is June 30
- ➔ **Mikitta College Scholarship** – To be considered for the scholarship, you must be an active member of Bethlehem, be a full-time student working toward your bachelor's degree in ♦Christian ministry, ♦education, ♦music, or ♦engineering. Contact the church office for an application. Deadline is June 30

## Keeping You Informed

- Calls will show this number: **440-845-2230**
- Texts will show this number: **440-298-2791**

*If you put those numbers in the Contact list on your phone under "BLC Info;" then you will be the source of those calls and texts!*

## June Physical Birthdays

6/4 Mike Dickau  
6/4 Aruna James  
6/5 Paul Moyer Sr.  
6/6 Tim Chilton  
6/12 Shelby Rock  
6/13 Dolores Merkle



6/18 Kayleigh Musil  
6/19 June Russell  
6/22 Dave Kaderbek  
6/24 Matyas Liao  
6/25 Larry Haslem  
6/27 Lisa Woodward  
6/28 Jaclyn Blaha

## June Spiritual Birthdays

6/3 Cedrick Hilliker Jr.  
6/4 Caleb Hlavacek  
6/4 Kevin Mild  
6/7 Matt Hlavacek  
6/9 Michael Browning  
6/9 Shelby Rock  
6/11 Miriam Engelman  
6/13 Joann Kissinger  
6/14 Cindy Slepko  
6/26 Phillip Giessler  
6/26 Emma Rohman  
6/27 Janice Martinez  
6/28 Dolores Merkle



## June Wedding Anniversaries

6/6 Don & Carol Dickau (55<sup>th</sup>)  
6/10 Matt & Hannah Hlavacek (14<sup>th</sup>)  
6/15 Bill & Norma Sweeny (29<sup>th</sup>)  
6/18 Mike & Susanna Tischler (59<sup>th</sup>)

## Parking Lot Church

**Not feeling well? LISTEN FROM YOUR CAR!**

Pick up everything you need – just inside our main entrance, then tune your radio to **FM 89.9**. For all the details, read the special insert in each parking lot church service folder.

## Upcoming Newsletter Deadlines

- ⇒ Wed., **July 23** at Noon – for August NL
  - ⇒ Wed., **August 27** at Noon – for Sept. NL
- Bethlehem Parma; [www.BLC7500.com](http://www.BLC7500.com)