



# Bethlehem Lutheran Church – 2025

Truth – Forgiveness – Assurance – Peace – Guidance

**Saturday, 5/24 at 4 pm; Sunday, 5/25 at 9 am**



## What Is the Greatest Ultimate Sacrifice?

**Church Year:** Sixth Sunday of Easter | **Divine Service:** Setting Four, LSB 203-212

### WELCOME:

- ☺ **Visitors:** *Welcome! Please fill out an attendance slip insert and let us know how we can help!*
- ☺ **Prayer Request:** *Use a “yellow” card (Narthex).*
- ☺ **Young Children:** *Activity bags (by worship entrance); Little Lamb Room (off Narthex).*
- ☺ **All Children:** *Children’s Message (join us).*
- ☺ **Phone:** *Please put on silent.*
- ☺ **Hearing Assistance:** *Available in the Narthex.*
- ☺ **Service Folder:** *Available on your smartphone:*  
[www.BLC7500.com/ServiceFolder](http://www.BLC7500.com/ServiceFolder)
- ☺ **Worship From Your Car:** *Receive at our main entrance; then listen from your car (FM 89.9).*

### BELL and CANDLELIGHTING – Please be seated!

**PRELUDE:** *We listen in silence...* ➡➡ **Mark LSB 556**

**Saturday ➡** Battle Hymn Of The Republic Kerr

**Sunday ➡** Fairest lord Jesus Dale Wood

### CONFESSION and ABSOLUTION

- L: In the name of the Father and of the † Son and of the Holy Spirit. *Matthew 28:19b; [18:20]*
- C: **Amen.**
- L: Our help is in the name of the LORD,
- C: **who made heaven and earth.** *Psalms 124:8*
- L: Let us pray: If You, O Lord, kept a record of sins, O Lord who could stand?
- C: **But with You there is forgiveness; therefore, You are feared.** *Psalms 130:3-4*

- L: Since we are gathered to hear God’s Word, call upon Him in prayer and praise, and receive the body and blood of our Lord Jesus Christ in the fellowship of this altar, let us first consider our unworthiness, and confess before God and one another that we *have sinned in thought, word, and deed*, and that we *cannot free ourselves from our sinful condition*. Together as His people let us take refuge in the infinite mercy of God, *our heavenly Father*, seeking His grace for the sake of Christ, and saying:  
God, be merciful to me a sinner.

C: **Almighty God, ➡have mercy upon us, ➡forgive us our sins, and ➡lead us to everlasting life. Amen.**

- L: Almighty God, *merciful Father*, in Holy Baptism You declared us to be Your children and gathered us into Your one, holy Church, in which You daily and richly forgive us our sins and grant us new life through Your Spirit. Be in our midst, enliven our faith, and graciously receive our prayer and praise; through Your Son, Jesus Christ, our Lord.

C: **Amen.**

### SERVICE OF THE WORD

**Saturday ➡** Hymn

**Sunday ➡** Entrance Hymn and Procession

↑ **HYMN OF THE DAY:** Text by Rev. Dr. Martin Luther

*Dear Christians, One and All, Rejoice*

**Turn to LSB 556, vv. 1-4**

**KYRIE** ~ *Lord, Have Mercy*

*Mark 10:47*

L: Lord, C: **have mercy.**

L: Christ, C: **have mercy.**

L: Lord, C: **have mercy.**

**SALUTATION and COLLECT OF THE DAY:**

L: The LORD be with you.

*2 Timothy 4:22*

C: **And also with you.**

L: Let us pray: O God, the giver of all that is good, by Your holy inspiration grant that we may think those things that are right and by Your merciful guiding accomplish them; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C: **Amen.** ↓ Children! Please come forward!

**CHILDREN'S MESSAGE:** E – Even a child is known by his actions. Proverbs 20:11

**FIRST READING:** Acts 16:9-15

NAS-20

***The Macedonian Vision***

<sup>9</sup> And a vision appeared to Paul in the night: a man of Macedonia was standing and pleading with him, and saying, "Come over to Macedonia and help us." <sup>10</sup> When he had seen the vision, we immediately sought to leave for Macedonia, concluding that God had called us to preach the gospel to them.

<sup>11</sup> So after setting sail from Troas, we ran a straight course to Samothrace, and on the following day to Neapolis; <sup>12</sup> and from there to Philippi, which is a leading city of the district of Macedonia, a Roman colony; and we were spending some days in this city. <sup>13</sup> And on the Sabbath day we went outside the gate to a riverside, where we were thinking that there was

a place of prayer; and we sat down and began speaking to the women who had assembled.

***First Convert in Europe***

<sup>14</sup> A woman named Lydia was listening; *she was a seller of purple fabrics from the city of Thyatira, and a worshiper of God.* The Lord opened her heart to respond to the things spoken by Paul. <sup>15</sup> Now when she and her household had been baptized, she urged *us*, saying, "If you have judged me to be faithful to the Lord, come into my house and stay." And she prevailed upon us.

L: The Word of the Lord.

C: **Thanks be to God!**

You can go here to listen to or read my 2019 sermon on the same text:

<https://blc7500.com/Sermons/45382/Details>

**HYMN OF THE DAY:**

Text by Rev. Dr. Martin Luther

*Dear Christians, One and All, Rejoice*

**Turn to LSB 556, vv. 5-6**

**SECOND READING:** Rev. 21:9-14, 21-27 NAS-20

***The New Heaven and Earth***

<sup>9</sup> Then one of the seven angels who had the seven bowls, full of the seven last plagues, came and spoke with me, saying, "Come here, I will show you the bride, the wife of the Lamb."

***The New Jerusalem***

<sup>10</sup> And he carried me away in *the Spirit* to a great and high mountain, and showed me the holy city, Jerusalem, coming down out of heaven from God, <sup>11</sup> having the glory of God. Her brilliance was like a very valuable stone, like a stone of crystal-clear jasper. <sup>12</sup> It had a great and high wall, with twelve gates, and at the gates twelve angels; and names *were* written on *the gates*, which are *the names* of the twelve tribes of the sons of Israel. <sup>13</sup> *There were* three gates on the east, three gates on the north, three gates on the south, and three gates on the west. <sup>14</sup> And the

wall of the city had twelve foundation stones, and on them *were the* twelve names of the twelve apostles of the Lamb.

<sup>21</sup> And the twelve gates were twelve pearls; each one of the gates was a single pearl. And the street of the city was pure gold, like transparent glass.

<sup>22</sup> I saw no temple in it, for the Lord God the Almighty and the Lamb are its temple. <sup>23</sup> And the city has no need of the sun or of the moon to shine on it, for the glory of God has illuminated it, and its lamp *is* the Lamb. <sup>24</sup> The nations will walk by its light, and the kings of the earth will bring their glory into it. <sup>25</sup> In the daytime (for there will be no night there) its gates will never be closed; <sup>26</sup> and they will bring the glory and the honor of the nations into it; <sup>27</sup> and nothing unclean, and no one who practices abomination and lying, shall ever come into it, but only those whose names are written in the Lamb's book of life.

L: The Word of the Lord.

C: Thanks be to God!

You can go here to listen to or read my 2012 sermon on the same text:

<https://blc7500.com/Sermons/49640/Details>

↑ ALLELUIA and VERSE LSB 156  
*John 6:68*

Al-le-lu-ia. Lord, to whom shall we go?  
You have the words of e-ter-nal life.  
Al-le-lu-ia, al-le-lu-ia.

HOLY GOSPEL: John 5:1-9 NAS-20  
See Below / Pew Bible Page 1653 / Own Bible

L: The Holy Gospel according to St. John, the fifth chapter.

C: Glory to You, O LORD.

1. **Previously:** <sup>1</sup> After these things there was a feast of the Jews, and Jesus went up to Jerusalem.

2. **Setting:** <sup>2</sup> Now in Jerusalem, by the Sheep Gate, there is a pool which in Hebrew is called Bethesda [*House of Mercy* or *House of Grace*], having five porticoes [*covered porches*].

3. **Jerusalem Hospital:** <sup>3</sup> In these *porticoes* [*covered areas*] lay a multitude of those who were sick, blind, limping, or paralyzed.

4. **One Particular Man:** <sup>5</sup> Now a man was there who had been ill for thirty-eight years.

5. **Conversation:** <sup>6</sup> Jesus, upon seeing this man lying *there* and knowing that he had already been *in that condition* for a long time, said to him, **“Do you want to get well?”** <sup>7</sup> The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.”

6. **Miracle:** <sup>8</sup> Jesus said to him, **“Get up, pick up your pallet and walk.”** <sup>9</sup> Immediately the man became well, and picked up his pallet and *began* to walk. Now it was a Sabbath on that day.

L: The Gospel of the Lord.

C: Praise to You, O Christ. ↓

**HYMN OF THE DAY:** Text by Rev. Dr. Martin Luther  
*Dear Christians, One and All, Rejoice*  
**Turn to LSB 556, vv. 7-10**

**SERMON:** What Is the Greatest Ultimate Sacrifice? John 5:1-9 NAS-20  
*The text is today's Holy Gospel.*

**Get a Full and Sharable Copy of the Sermon**  
*Narthex / Website / YouTube / Facebook / Email*

↑ **CREEDAL HYMN:** *We All Believe in One True God*

See the words below / TLH 252 / **LSB 953**

1. We all believe in one true God,  
Father, Son, and Holy Ghost,  
Ever-present help in need,  
Praised by all the heav'nly host;  
All He made His love enfolds,  
All creation He upholds.
2. We all believe in Jesus Christ,  
Son of God and Mary's son,  
Who descended from His throne  
And for us salvation won;  
By whose cross and death are we  
Rescued from all misery.
3. We all confess the Holy Ghost,  
Who from both in truth proceeds,  
Who sustains and comforts us  
In all trials, fears, and needs.  
Blessèd, holy Trinity,  
Praise forever be to Thee!

**Offering:** Plates are available in the center aisle.

*Thanks for Honoring the LORD!*

**PRAYER OF THE CHURCH:**

*1 Timothy 2:1-4*

**Request a Prayer:** Complete a PRAYER REQUEST card  
(available in the Narthex).

**Prayer List Procedure:** Names with a (3) need to be  
renewed by Wednesday at 3:00. Contact your person;  
update Kathy (call: 440-845-2230; text: 440-785-3802).

**After Each Petition:** L: LORD, in Your mercy.

**C: Hear our prayer.**

**Nation**

- ➔ **USA:** Pray for repentance, guidance, unity.
- ➔ **US Armed Forces and Police:** Praying for all,  
especially: *Rachel Cepis, Kevin Mild, Eric Mild,*  
*Teagan Dedula, Nick Riviotta, Brad Sala, Chris*  
*Sala, Jacob Smith, Hayden Sweeny, Drew*  
*Tenney, Chris Weseloh.*

**Congregation**

- ➔ **Be Equipped with God's Word:** Memorize the  
ABC Bible Verses (*brochures by main entrance*).
- ➔ **Care List:** Helga B, Zach B, Doris C, Sandy C,  
Jim F, Carole G, Hilda K, Edmund & Christl K,  
Bill M, Regina M, Rose R, June R, Jean S, Mike  
& Susanna T. (They are offered regular mailings  
and visits. *Pray for our secretary and visitors.*)
- ➔ **Grief Share:** Tuesdays at 6:30; **guidance** for  
our facilitators and **comfort** for the attendees.
- ➔ **Stephen Ministry:** Norma S (leader), Linda B,  
Alan C, Klara S, and Rhonda S (ministers).  
*Please pray for them and their care receivers.*
- ➔ **Mourning:** Comfort and peace to all mourning  
the death of Michael Miller's brother, David,  
on 5/11. (*Calling: 5/30, 4-7 p.m.; Service 5/31,*  
*at 10 a.m. Ripepi FH, 5762 Pearl Rd.*)
- ➔ **Temporary Health Issues:**
  - Ed Cepis (2) heart: *peace, continued healing.*
  - Cedrick Hilliker (1) shoulder; get through the  
workman's comp red tape: *healing!*
  - Matt Kusmaul – eye issues: *peace, healing.*
  - Tom Merkle – chemo, rad → 6/6: *success.*
  - Regina Mild – fall, broken wrist: *healing.*
  - Dennis Montick (1) – heart issues,  
pacemaker: *peace, healing.*
  - Cindy Taress (1) broken hip: *healing, rehab.*
  - Bill Sweeny (2) rehab: *peace and strength.*

**For Others**

- ➔ **Temporary Health Issues:**
  - Eileen (1) hip surg. 5/19: *healing, rehab.*
  - Steve (1) (friend of the Liddy's) – cancer,  
blood cell transplant (6/10): *success, healing.*
  - Kimberly Borland (3) *guidance, healing.*
  - Mikey Beauchesne (1) (grandson of Mike &  
Sue C) – hosp. w/ possible relapse of  
encephalitis: *peace, prop. diagnosis, healing.*
  - Henry Byham – lethargy, decline: *comfort.*
  - Melanie Himmelberger – cancer: *comfort.*

- **Mike Leone** (3) thyroid surgery 6/10: *peace*.
- **Linda McKay** – skull surgery **5/28**: *peace*.
- **Diane Miller** – blood clots, respiratory infection: *peace, healing, comfort, strength*.

### Celebrate and Give Thanks

#### Physical Birthdays:

**5/25 Heather Hilliker**  
 5/27 Phillip Giessler  
 5/27 Joann Kissinger  
 5/29 Janice Martinez  
 5/31 Emma Rohman

#### Spiritual Birthdays:

**5/25 Doris Chmielewski**  
 5/31 Eileen Kovach  
 5/31 David Liddy

#### Wedding Anniversaries:

5/26 Noel & Janice Martinez (46<sup>th</sup>)  
 5/27 Scott & Lynne Sala (36<sup>th</sup>)  
 5/29 Alan & Linda Blaha (49<sup>th</sup>)

#### Conclusion:

L: Into Your hands, O Lord, we commend all for whom we pray, trusting in Your mercy, through Your Son, Jesus Christ, our Lord.

C: Amen. ↓

### THE SERVICE OF THE SACRAMENT

#### SELF-EXAMINATION MUSIC:

**Saturday** ➡ Meditation on "My Faith Looks Trustingly"  
 Young

**Sunday** ➡ Lord Jesus, I Will Ponder

#### LORD'S SUPPER SELF-EXAMINATION: 1 Cor. 11:28

**Should I receive the Lord's Supper today?**

**Use these 10 questions to examine yourself...**

[Learn More:](#) Read through a Self-Examination Brochure

#### Part 1 – Basics of Being a Christian:

1. **Do I believe the Bible is true?** Y N *John 17:17*
2. **Am I sorry for my sins?** Y N *2 Cor. 7:10*
3. **Am I trusting in Jesus for eternal life?** Y N *Ac. 4:12*

4. **Am I baptized?** Y N *Matt. 28:19; Acts 2:38-39; Tit. 3:5*

5. **Do I desire to live for Christ?** Y N *2 Cor. 5:15*

#### Part 2 – Forgiveness and Reconciliation:

6. **Am I forgiving all others?** Y N *Mark 11:25*

7. **Am I doing my part to reconcile?** Y N *Rom. 12:18*

#### Part 3 – Elements and Benefits of the Lord's Supper:

8. **Are the elements of the Lord's Supper bread, body, wine, and blood?** Y N *1 Cor. 10:16*

9. **Is the main benefit of the Supper the assurance of the forgiveness of sins?** Y N *Matt. 26:26-28*

#### Part 4 – Lutheran Church—Missouri Synod (LCMS):

10. **Do you understand and agree with the basic teachings of the LCMS?** Y N *1 Cor. 10:15-22*

#### ↑ PREFACE and PROPER PREFACE:

L: The Lord be with you. *2 Tim. 4:22*

C: **And also with you.**

L: Lift up your hearts.

C: **We lift them to the Lord.** *[Col. 3:1]*

L: Let us give thanks to the Lord our God.

C: **It is right to give Him thanks and praise.** *[Ps. 136]*

L: It is truly good, right, and beneficial that we should at all times, and in all places, give thanks to You, holy Lord, almighty Father, everlasting God. And most especially are we bound to praise You during this Easter Season for the glorious resurrection of Your Son, Jesus Christ, the Ultimate Passover Lamb, who was sacrificed for us and bore the sins of the world. By His dying He has destroyed death, and by His rising again He has restored to us everlasting life. Therefore with Mary Magdalene, Peter, and John, and with all the witnesses of the resurrection, with angels, and with all the company of heaven we laud and magnify Your glorious name, evermore praising You and singing:

## SANCTUS ~ *Holy*

LSB 208

*Is. 6:3; Mt. 21:9*

Holy, holy, holy Lord God of Sabaoth adored;  
Heav'n and earth with full acclaim  
shout the glory of Your name.  
Sing hosanna in the highest,  
sing hosanna to the Lord;  
Truly blest is He who comes  
in the name of the Lord!

## PRAYER OF THANKSGIVING:

L: Blessed are You, O LORD our God, king of all creation, for You have had mercy on us and given Your only begotten Son that whoever believes in Him should not perish but have eternal life. Grant us Your Holy Spirit that we may faithfully eat and drink of the fruits of His cross and receive the blessings of forgiveness, life, and salvation that come to us in His body and blood. Hear us as we pray in His name and as He has taught us:

**LORD'S PRAYER:** *See the back of either hymnal.*

**A: Our Father who art in heaven...** *Matt. 6:9-13*

## THE WORDS OF OUR LORD:

*Combining: Mt 26:26-28; Mk 14:22-24; Lk 22:19-20; 1Co 11:23-25*

**PAX DOMINI ~ *Peace of the Lord***

*John 20:19*

L: The peace of the Lord be with you always!  
**C: Amen.**

**AGNUS DEI ~ *Lamb of God***

*John 1:29*

See the words below / **LSB 550**

1 Your only Son, no sin to hide,  
But You have sent Him from Your side  
To walk upon this guilty sod,  
And to become the Lamb of God. **Refrain**

**Refrain:** O Lamb of God, sweet Lamb of God,  
I love the holy Lamb of God!  
O wash me in His precious blood.  
My Jesus Christ, the Lamb of God.

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## DISTRIBUTION INSTRUCTIONS:

- ♦ If you are ready to receive: Come forward now.
- ♦ Receiving at your pew: Please inform an usher.
- ♦ Alcohol-Removed Wine: Center of each tray.
- ♦ Receive. Go in peace. Return via a side aisle.
- ♦ Main dismissal: After everyone has returned.

## MUSIC DURING DISTRIBUTION:

**Saturday** ➔ Soul, Adorn Thyself With Gladness Kerr

**Sunday** ➔ Pastorale J.S. Bach

## LORD'S SUPPER DISMISSAL

## POST-COMMUNION COLLECT: *Let Us Pray*

L: Gracious God, *our heavenly Father*, You have given us a foretaste of the feast to come in the Holy Supper of Your Son's body and blood. Keep us firm in the true faith throughout our days of pilgrimage that, *on the day of His coming*, we may, *together with all Your saints*, celebrate the marriage feast of the Lamb in His kingdom which has no end; through Jesus Christ, Your Son, our Lord.  
**C: Amen.**

## MEMORIAL DAY:

**Armed Forces Day, 3<sup>rd</sup> Sat. in May – Serving now!**

**Memorial Day, Last Mon. in May – Died while serving!**

**Veterans Day, 11/11 – Served in the past!**

**American military fatalities in major wars involving the United States from 1775 to 2024: 1,304,705**

L: Let us pray for those who made the ultimate sacrifice: Lord God Almighty, the gracious Giver of physical life and eternal life. We give You thanks for the many American soldiers who, while fighting for our freedom, came to the end of their earthly lives. We pray that their great sacrifices were not in vain, and You used their efforts to win the victory over our enemies. Fill us with gratitude for their service to our nation, help us to honor them on Memorial Day, and grant special help to



their families, through Your Son, Jesus Christ,  
our Lord.

**C: Amen.**

↑ **HYMN:** *Battle Hymn of the Republic*  
See the words below (TSC 549)

1. Mine eyes have seen the glory  
Of the coming of the Lord;  
He is trampling out the vintage  
Where the grapes of wrath are stored;  
He hath loosed the fateful lightning  
Of His terrible swift sword;  
His truth is marching on.

**Refrain:** **Glory, glory, hallelujah.**  
**Glory, glory, hallelujah.**  
**Glory, glory, hallelujah.**  
**Our God is marching on.**

2. I have seen Him in the watchfires  
Of a hundred circling camps;  
They have builded Him an altar  
In the evening dew and damp;  
I can read His righteous sentence  
By the dim and flaring lamps;  
His day is marching on. **REFRAIN**
3. He has sounded forth the trumpet  
That shall never sound retreat;  
He is sifting out the hearts of men  
Before His judgment seat;  
O be swift, my soul, to answer Him!  
Be jubilant, my feet!  
Our God is marching on. **REFRAIN**
4. In the beauty of the lilies,  
Christ was born across the sea,  
With a glory in His bosom  
That transfigures you and me;  
As He died to make men holy,  
Let us live to make men free,  
While God is marching on. **REFRAIN**

## **BENEDICAMUS and BENEDICTION:**

L: Let us bless the Lord.

[Ps. 103:1]

**C: Thanks be to God.**

L: The Lord bless you and keep you; the Lord  
make his face shine upon you and be gracious  
unto you; the Lord look upon you with *favor*  
and give you peace.

*Numbers 6:24-26*

**C: Amen.** ↓

**Memorial Day Remembrance: Today in Bible Class**

## **CANDLE EXTINGUISHING and POSTLUDE:**

**Saturday** → God Bless Our Native Land

**Sunday** → Dear Christians One and All, Rejoice

**Desire a Prayer?** *See a Stephen Minister* – Linda  
B, Alan C, Klara S, Rhonda S, or Norma S.

## **Ascension Day – Free Meal & Service**

**Thursday, May 29:** Meal 6:00; Service 7:00

- Planning to attend the meal? Please tell us on your attendance slip.
- Consider bringing a dessert to share!

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

- **BLC Pictorial Directory** – help us make it happen. Call/text Kathy: 440-785-3802
- **Altar Guild** – prepare/clean up after the Lord's Supper – receive training, then serve. Call/text Kathy: 440-785-3802
- **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.

## **FREE SEWING MACHINE**

Contact Larry at 440-552-6128.

**Schedule: 5/25/25 – 6/1/25**

**5/27 – Tuesday**

6:30 – Grief Share

**5/28 – Wednesday**

11:00 – Stephen Ministry

**5/29 – Thursday – ASCENSION DAY!**

10:00 – Living the Lutheran Lectionary

**6:00 – Ascension Meal**

**7:00 – Ascension Service**

**5/31 – Saturday**

3:00 – Bible Class

4:00 – Divine Service

**6/1 – Sunday**

9:00 – Divine Service

10:30 – Bible Classes and Sunday School

**Thanks For Serving on 5/24 & 5/25**

**Altar Guild:** Kathy G

**Saturday:** Organist: Jim V      Usher: Larry H  
Welcome & Distribution: Alan C

**Sunday:** Organist: Gayle P  
Pastor Team – Welcome: Harold W  
Distribution – Harold W  
Ushers: Matthias M, Mel B, Nick B  
Refreshments: The Hilliker Family & others  
Sunday School: Angie R, Harold/Cedrick

**Financial Team:** Natalia F, Financial Assistants

**Thanks For Serving on 5/31 & 6/1**

**Altar Guild:** Nancy B., Heather H

**Saturday:** Organist: Jim V      Usher: Matt K  
Welcome & Distribution: Alan C

**Sunday:** Organist: Gayle P  
Pastor Team – Welcome: Tim C  
Distribution – Harold W  
Ushers: Carl B, Michael B  
Refreshments: The Hilliker Family & others  
Sunday School: Stacey J, Harold/Cedrick

**Financial Team:** Natalia F, Financial Assistants

**Numbers From Last Week**

**Received God's Gifts – Services:**

- Saturday at 4:00 – Inside: **24**; car: **3**
- Sunday at 9:00 – Inside: **59**; car: **0**

**Studied God's Word – Classes:**

- Saturday at 3:00: **16**
- Sunday at 10:30: **44**
- Thursday at 10: **9**

**Supported God's Work:**

- **Needed** each week to cover the budget: **5,443**
- **Received** last week for the budget: **5,815**
- **YTD Budget Surplus** as of last week: **5,608**



**Join us this Thursday: Free Meal at 6; Ascension Service at 7**

**Connect With Us**

➡ **Website:** [BLC7500.com](http://BLC7500.com) ➡ **YouTube:** Benefit from the Bible ➡ **Facebook:** Bethlehem Parma

**Regular Services:** Saturdays at 4:00; Sundays at 9:00

**Studies:** Wed 1; Thurs 10; Sat 3; Sun 10:30

**Church Office:** Wed & Thu: 9:30-3:30; Sat: 2:00-6:00

**Pastor Green:** [RevRLGreen@aol.com](mailto:RevRLGreen@aol.com); 440-292-5915

**Festivals:** Website > Important Links > Festivals

**Address:** 7500 State Road, Parma, Ohio 44134

**Kathy Green:** [Secretary@blc7500.com](mailto:Secretary@blc7500.com); 440-845-2230

**Church Body:** [lcms.org](http://lcms.org) District: [oh.lcms.org](http://oh.lcms.org)



# BLC Newsletter – June 2025

*Be Informed and Faithfully Receive God's Gifts*

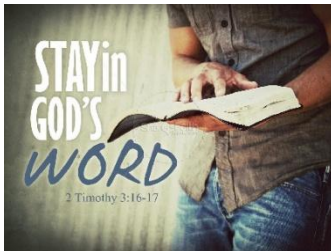
[www.BLC7500.com](http://www.BLC7500.com)

## 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.

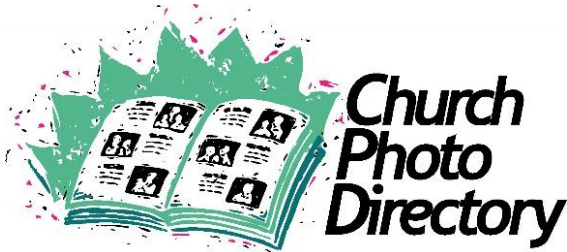
### **Tips for Getting Better Sleep**

- ✓ 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)