

# BLC Newsletter – January 2025

## January Schedule

**Saturdays:** class **3:00**; service **4:00**

**Sundays:** service **9:00**; classes **10:30**

## Men's Group

A *very unique* men's Bible study is starting at Bethlehem on **Saturday, January 4 at 8 am**. Breakfast will be served at 8 am & a Bible story and discussion will follow from 8:30-10 am. I will lead this first study. We shall also discuss dates / location(s) for future get-togethers. Try it; you will be *pleasantly* surprised. See ya then! *Dr. Giessler*

## Let's UNDECORATE for Christmas

Please help Rand Stender and his team on **Saturday, January 11, 2025, at 9 AM**

## Classes – Join Us and Benefit

**Sat at 3:00 and Sun at 10:30:** Upcoming Studies – Please Join Us:

- Finishing Luke Chapter 1
  - Evidence that Michael is Jesus
  - Four Views of the Millennium
- Current handout – *Bible shelf in hallway.*

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

- **Every other Wednesday at 1:00: 1/8, 1/22**
- Call/text Rhonda for more info: 330-260-5194; *all women are invited to attend!*

**Living the Lutheran Lectionary:** Relax, listen, learn – Benefit from the weekly readings!

- **Thursdays at 10:00**
- Current handout – *Narthex table rack.*

## I'm Here For You!

**To everyone who is faithful** - *thanks so much!*  
I agree with the Apostle John: "I have no greater joy than this, to hear of my children walking in the truth" (3 Jn. 1:4).

**To everyone who is ill** - *may the LORD quickly restore you to good health!*  
Nothing is impossible for God: "...Jesus was going about in all Galilee... healing every kind of disease and every kind of sickness among the people" (Matt. 4:23).

**To everyone who is stuck in a home or care facility** - *rejoice in Jesus, be thankful for your blessings, and let us visit you!*  
You are not alone; Jesus said: "...and lo, I am with you always, even to the end of the age" (Matt. 28:20).

**To everyone who can faithfully attend but does not** - *I urge you to start putting Christ first in your life today!*  
Consider this great blessing: "...the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His" (2 Chr. 16:9).  
*Need help? I'm here for you!*

**To everyone who is being pulled toward the world and away from Christ, the Bible, Forgiveness, and Peace** - *now is a very important time to repent, before it is too late!*  
Consider this great blessing: "Repent therefore and return, that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord..." (Acts 3:19).  
*I can help you! No one is too far gone!  
The church is a hospital for sinners!  
We all need Jesus, me too!*

# Top Antiviral Benefits of Elderberries

Submitted by Linda Blaha from: GreenMedInfo, 4/3/2020, Top antiviral benefits of elderberry, Epoch Health, epochtimes.com



Natural antiviral substances have been used for centuries to fight common infections, but interest has grown around elderberries, a **purple berry long used for its cold and flu-reducing properties**. Researchers believe elderberry's antiviral properties may be valuable in the widespread prevention and treatment of influenza and other viral illnesses.

Elderberries, small, dark purple berries grown on the Sambucus tree, are well known for their cold and flu-fighting properties. Used medicinally for centuries to reduce cold symptoms and other ailments, **researchers believe elderberry may be one of the best natural antiviral substances and could be used to effectively treat the common cold and influenza A and B**.

Broad-based antiviral therapies like elderberry supplementation block key viral proteins from entering host cells. Additionally, elderberry extract is also antimicrobial and works to fight bacterial infections (like pneumonia) that often develop as complications of the flu.

**Elderberry for Viral Infection Protection:** The common cold and flu account for more than 20 million doctor visits a year, causing numerous missed school and workdays. While

conventional remedies address temporary symptom relief, **researchers believe that elderberry extract could be used to effectively shorten the duration of colds and cases of flu**.

**Top benefits of elderberry supplementation include the following:**

## **Elderberry Boasts Immune-Activating**

**Benefits:** Elderberry juice encourages the production of cytokines, a protein that works to regulate immunity and inflammation. In one study, elderberry's potent immune-boosting properties were shown to be effective against ten unique strains of the influenza virus.

## **Elderberry Extract Is a Powerful Antimicrobial:**

Elderberry juice is high in anthocyanins, a type of flavonoid that has both antimicrobial and antiviral properties. Many patients with severe influenza A or B are susceptible to bacterial infections like pneumonia, with pneumonia rates as high as 65.7 percent among hospitalized influenza patients. Due to its potent antimicrobial properties, **elderberry supplementation is a powerful natural compound in the prevention of both influenza and subsequent bacterial infections**.

## **Elderberry Syrup Has Potent Antioxidant**

**Ability:** Elderberries are high in phenolic compounds, a type of micronutrient found in berries and cacao. These compounds are responsible for the deep red or purple color of elderberries and are bioactive, which means they enhance the antioxidant status of healthy individuals. Additionally, anthocyanins found in elderberries have been proven to inhibit inflammatory biomarkers and promote health and disease prevention against multiple viral and bacterial infections.

## **Elderberry Treats Upper Respiratory**

**Symptoms:** Many researchers believe that

there is a strong potential for misuse of antibiotics during cold and flu season, especially in Western countries. **Elderberry is an alternative natural compound proven to effectively reduce cold and flu symptoms such as upper respiratory symptoms and may be a safer alternative to prescription medications often used to treat these symptoms.**

Other benefits of elderberry extract include its high vitamins A, C, and E content, high levels of potassium, and its anti-inflammatory and antiseptic properties. For these reasons and its potent antiviral capacity, **elderberry extract can be a useful natural compound to supplement with during cold and flu season.**

**Safety Profile of Elderberry Products:** While most elderberry products are safe to consume, researchers have found that consuming raw elderberries or the leaves or bark of the Sambucus plant can cause adverse gastrointestinal effects such as nausea, vomiting, abdominal cramps, and diarrhea. For these reasons, it's best to avoid ingesting any raw elderberries.

Due to a lack of sufficient trials, most health care personnel don't recommend the use of elderberry during pregnancy or while breastfeeding. Additionally, although a few studies have evaluated the efficacy of elderberry extract and it has been used effectively to treat influenza in children, there isn't much research on elderberry's safety profile for children. While there are many elderberry products marketed to children, it's best to speak with a holistic health care provider before use. Otherwise, **elderberry syrups, lozenges, and teas have a very high safety profile and are considered safe for home use.**

**Using Elderberry at Home:** Due to the potent antiviral and antimicrobial capabilities of elderberry extract, many people add elderberry syrups or teas to their daily routine, especially during the winter months or peak flu season.

**Organic, child-safe elderberry syrups and lozenges can be found in most health food stores,** and elderberry tea can be made at home by boiling dried elderberries with water and ginger and stirring in a small amount of sweetener like honey or stevia.

## Unique Choir Opportunity

Get on Harold's email list (send a request here: [weselohtuh@gmail.com](mailto:weselohtuh@gmail.com)); then:

- ✓ 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. Call/text Harold for more info: 440-454-2139

## All Members of Bethlehem

All members have now been divided alphabetically among all pastor team members. You may call YOUR pastor team member with ♦prayer requests, ♦concerns, ♦needs, ♦ideas, ♦etc.

- ❖ Alan C (216-218-2564): A – B
- ❖ Tim C (216-310-5662): C – D
- ❖ Mike C (440-840-4988): E – I
- ❖ Dr. G (216-374-5973): J – L
- ❖ Cedrick H (602-561-0308): M – Q
- ❖ Matthias M (440-570-9073): R – S
- ❖ Harold W (440-454-2139): T – Z

## ACME Community Cash Back

**Community Cash Back** is a local fundraiser! Collect receipts and place them in the blue holder in the Narthex. We earn 5% cashback on certain products. The program runs to 2/15/25.

## Keeping You Informed

Doing so through calls or text messages.

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

*Please don't unsubscribe!*

## January Physical Birthdays

1/4	Carol Dickau
1/5	Darrin Liddy
1/7	Nick Borland
1/8	Elyanna Blaha
1/8	Ray Klesch
1/9	Mike Coufalik
1/12	Meeka Hilliker
1/17	Natalia Ford
1/19	Brad Scotten
1/19	Greg Seefeld
1/22	Doris Chmielewski
1/24	Kelly Scotten
1/26	Molly Liddy
1/28	Gabe Montgomery
1/28	Scott Sala
1/31	Frank Murphy



## January Spiritual Birthdays

1/3	Alan Blaha
1/5	Tammy Shust
1/14	Jim Ford
1/14	Aruna James
1/14	Pranay James
1/14	Bharath Meeraj
1/25	Angie Rohman
1/30	Brad Scotten



## January Wedding Anniversaries

1/7	Phillip & Inez Giessler (25 <sup>th</sup> )
1/17	Cedrick & Heather Hilliker (17 <sup>th</sup> )

## Grief Share – Begins 3/4 at 6:30

- ➔ Pick up a brochure with the Spring schedule: see the main bulletin board.
- ➔ To Register: [www.griefshare.org](http://www.griefshare.org) or contact Norma: 216-406-4871

## Stephen Ministry

- ➔ Stephen Ministers are congregation members trained to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic illness, or terminal illness.
- ➔ Could you benefit from a Stephen Minister? Contact Norma: 216-406-4871

## Service Cancellation Policy

**We will basically NEVER cancel a divine service!** If we are ever closed, *you will receive a call / text message!*



**Remember:** If you see any Bethlehem service cancellations on your TV, it is not us; *those are other churches with the same name!*

## Online Giving – To BLC

You can donate online through our Bethlehem PayPal account. Just scan the QR code to get started **OR** go to [www.BLC7500.com](http://www.BLC7500.com) and click on the “Donate” button. **Thanks!**



## Upcoming Newsletter Deadlines

- ⇒ Wednesday, **January 22** at Noon – for the February NL
- ⇒ Wednesday, **February 19** at Noon – for the March NL