

# BLC Newsletter – April 2025

## Good Friday Is April 18

## Easter Sunday Is April 20

### General Schedule:

- Services – **Wednesdays** at 11 AM & 7 PM; **Saturdays** at 4:00; **Sundays** at 9:00
- Free Meals Remaining – **Wednesdays** at Noon and 6 PM – *April 2 & April 9*
- Weekend Classes – **Saturdays** at 3:00; **Sundays** at 10:30
- Weekday Classes – **Wednesdays** (*every other*) at 1:00; **Thursdays** at 10:00

### Detailed Schedule:

- **April 2 – Wednesday**: “When I Survey the Wondrous Cross”
- **April 5 & 6**
  - Bible Classes – Part 6: Jesus is Crucified; One Criminal is Saved!
  - Lectionary Readings: Isaiah 43:16-21; Psalm 126; Phil. 3:8-14; Luke 20:9-20
- **April 9 – Wednesday**: Sermon based on Hymn 439 – “O Dearest Jesus, What Law Hast Thou Broken”
- **April 12 & 13 – Palm Sunday**
  - Bible Classes – Part 7: Jesus’ Speaks, Dies, is Buried, and Is Raised!
  - Lectionary Readings: Deut. 32:36-39; Phil. 2:5-11; Luke 22:1-46
- **April 17 – Maundy Thursday**: Service at 11 AM & 7 PM – Ex. 12:1-14; 1 Cor. 11:23-32; Jn. 13:1-17, 31b-35
- **April 18 – Good Friday**: Service at 11 AM & 7 PM – Luke 22:47 – 23:49
- **April 19 – Holy Saturday – Vigil of Easter**: Service at 4:00 (NO Bible Class)

- **April 20 – Easter Sunday – The Resurrection of Our Lord**: Service 9:00; Breakfast 10:30 (NO Bible Class)

## Classes – Join Us and Benefit

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

- The Passion of the Christ – movie & study
- Four Views of the Millennium – 4/26 & 27

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

- **Every other Wednesday at 1:00: 4/2, 4/16**
- Call/text Rhonda: 330-260-5194

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

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

## Grief Share – 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

## Blessings on Your Month!

### *Stay Close to Jesus!*

- ➔ **Talk** to God through prayer.
- ➔ **Watch** Worship Anew – *A Lutheran Service for shut-ins*: Sundays at 11:30 AM: Cox: 12; Direct TV: 67, 377; Dish: 47
- ➔ **Pray** for those in need. *If you have a prayer chain request, call Kathy G at 440-785-3802*
- ➔ **Grow** through our website – many sermons, studies, and brochures are available ➔



- ➔ **Reach** those who are lost.
- ➔ **Use Your Abilities:** See “**Serve the LORD with Gladness**” bro. (*by main entrance*).
- ➔ **Gather** here each Saturday / Sunday!
- ➔ **Listen** to Issues Etc.: [www.issuesetc.org](http://www.issuesetc.org)
- ➔ **Listen** to The Lutheran Hour: Sundays at 6:30 AM on WTAM 1100; Sundays at 8:00 AM on WHKW 1220

## 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.
- ➔ *You could benefit from a Stephen Minister!* Contact Norma: 216-406-4871

## Prayer Multiplier



Prayers are now being sent through text messages.

**Would you like to pray?**

Text or call Kathy G:

440.785.3802. **Have a**

**prayer request?** Call or text Kathy G.

## Keeping You Informed

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!*

## Choir-Made-Easy – Join Us!

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

## "Pour Yourself Another Cup: Health Benefits of Drinking Coffee"

Submitted by Linda Blaha



Drinking coffee is no longer just about boosting your energy. Researchers continue to uncover

ways that coffee improves mental health, affects physical health and offers disease protection. Whether you drink coffee regularly or are thinking of starting, the benefits outweigh the risks. Here's what you need to know:

### **New Research About Coffee and Liver Disease:** A

recent study of almost 500,000 people in the United Kingdom shows that drinking any type of coffee can reduce your risk of liver disease.

Researchers found that both ground and instant coffee offer liver protection, but ground coffee provides the highest benefit.

When compared to non-coffee drinkers, drinking four cups a day of ground coffee may provide:

- 21% reduced risk of chronic liver disease.
- 20% reduced risk of chronic or fatty liver disease.
- 49% reduced risk of death from chronic liver disease.

**Other Health Benefits of Coffee:** Coffee offers many health benefits, thanks to its complex mixture of compounds and the fact that it's rich in vitamin B3, magnesium and potassium. According to the Academy of Nutrition and Dietetics, aim to drink three to five, 8-ounce cups (400 milligrams) a day to get the most from your coffee.

## The Benefits Include

**Better Heart Health:** According to the American Heart Association (AHA) drinking at least one cup of coffee each day may lower your long-term risk of heart failure. Studies show that when compared to people who drink no coffee, consuming caffeinated coffee reduces the risk of heart failure by about 12% per cup. The AHA notes that increasing coffee consumption should not replace long-proven methods of risk reduction, such as stopping smoking, losing weight and exercising.

**Decreased Risk of Some Cancers:** Drinking coffee is not associated with an overall cancer risk reduction, but it may protect you from certain types of cancer. Studies suggest that consuming coffee daily may lower your risk of: Colorectal cancer, Endometrial cancer, Liver cancer, Oral cancer, Prostate cancer, Lowered risk of Parkinson's disease.

As early as 1968, researchers reported the caffeine in coffee may offer protection against Parkinson's disease (PD), a progressive disorder of the nervous system that affects movement. According to the Institute for Scientific Information on Coffee, numerous studies report that when compared to non-coffee drinkers, coffee drinkers may decrease the risk of developing PD by about 30% when consuming three cups a day.

**Protection Against Type 2 Diabetes:** More than 30 million Americans have type 2 diabetes, a disease marked by blood glucose (sugar) levels that are too high. But according to a recent review of 30 studies, you can decrease your risk of type 2 diabetes by drinking coffee (caffeinated or decaffeinated) every day. The review found your risk decreases by 6% for each cup you consume with a maximum benefit of 30% reduced risk if you drink five or more cups a day.

## Reduced Risk of Dementia and Alzheimer's

**Disease:** Not all research draws a clear connection between caffeine consumption and the development of dementia and Alzheimer's disease (the most common type of dementia). But most studies suggest that regular consumption of caffeinated coffee over the course of a lifetime decreases the risk of developing Alzheimer's disease.

**Health Concerns Associated With Coffee:** While coffee offers many health benefits, the caffeine it contains can cause health concerns for some people. According to the National Institutes of Health, caffeine may affect your body by:

- Decreasing calcium absorption, which can be offset by adding a tablespoon or two of milk to your coffee.
- Increasing your blood pressure, which can lead to a rapid or abnormal heart rhythm. Serving as a diuretic, causing you to urinate more and dehydrate.
- Stimulating your central nervous system, which may leave you restless, anxious, shaky or unable to sleep.
- Triggering acid production in your stomach, often leading to increased heartburn, reflux or upset stomach.

To understand whether drinking coffee is a good choice for your personal health, reach out to your primary care provider."

(UCLA health, September 13, 2021,

<https://www.uclahealth.org/news/article/pour-yourself-another-cup-health-benefits-of-drinking-coffee>)

## April Physical Birthdays

- 4/14 Matthias Moyer
- 4/15 Miriam Engelman
- 4/18 Pranay James
- 4/19 Rhonda Shuler
- 4/21 Ashley Kovachic
- 4/25 Dan Blaha



4/25 Chris Sala  
4/29 Cindy Slepko

### April Baptismal Birthdays

4/1 Jackie Blaha  
4/1 Mariah Haslem  
4/3 Chuck Blaha  
4/3 Mel Bucholtz  
4/8 Elyanna Blaha  
4/11 Miriam Putze  
4/13 Tom Merkle  
4/16 Natalia Ford  
4/17 Carl Burton  
4/25 Hilda Kaderle  
4/28 Brad Sala  
4/28 Brian Sala



### April Wedding Anniversaries

4/13 Jason & Stacey Jasulevich (12<sup>th</sup>)  
4/30 Carl & Nancy Burton (42<sup>nd</sup>)



### Pictorial Directory

**We have many new faces at BLC, so we could use a NEW PICTORIAL**

**DIRECTORY!** Would you be willing to work with an outside company to produce a new directory for Bethlehem?

*Let me know! Kathy G: 440-785-3802*

### Baby Shower Cornerstone Pregnancy Center



During the **month of April**, Bethlehem will be collecting items for the Cornerstone Pregnancy Center (formerly Cleveland

Pregnancy Center). Please leave your items in the large box in the Narthex. Thanks : )

### Parking Lot Church

**Not feeling well?** LISTEN FROM YOUR CAR!  
Pick up everything 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.

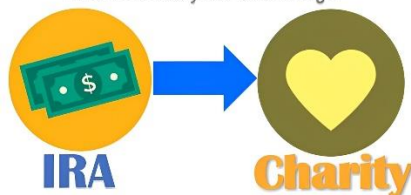
### ACME Community Cash Back

**Community Cash Back** is complete! **Thanks** for saving your receipts! *It begins again in August.*

### Your IRA Distribution Make Your RMD a QCD

#### QCD for RMD

Give charitably for tax savings



If you own an individual retirement account (IRA) and are at least 70 1/2 years old, you can support the Lord's work by directing a **tax-free distribution** to Bethlehem. See this article from Thrivent for a full explanation: [click here](#)

No internet access? Copies of the Thrivent article are available in the Narthex.

### Online Giving – To BLC

You can donate online through our Bethlehem PayPal account. Scan the code to get **OR** go to [www.BLC7500.com](http://www.BLC7500.com) and click "Donate" button. **Thanks!**



### Upcoming Newsletter Deadlines

- ⇒ **Wed., April 23** at noon– for May NL
  - ⇒ **Wed., May 21** at Noon – for June NL
- Bethlehem Parma; [www.BLC7500.com](http://www.BLC7500.com)