

BLC Newsletter – August 2025

Be Informed and Faithfully Receive God's Gifts

www.BLC7500.com

Service and Study Schedule

- Services – **Saturdays** at 4; **Sundays** at 9
- Weekend Classes – **Saturdays** at 3; **Sundays** at 10:30
- Weekday Class – **Thursdays** at 10:00
- Men's Group – **First Saturdays** at 9:00

The Millennium and The End of the World

Learn God's Truth!

Be Ready to Meet Jesus!

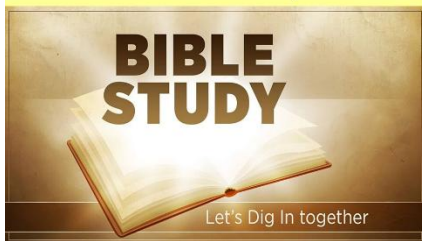
Join Us In Bible Class

Saturdays at 3:00; Sundays at 10:30

Eat ~ Drink ~ Fellowship ~ Study ~ Learn

Living the Lutheran Lectionary

Thursdays at 10



Learn
about
the
Assigned
Scripture
Readings

Men's Group – 8/2 at 9:00

Join us on **Saturday, August 2**, as Dr. Giessler helps us understand the book of Isaiah. *All men are welcome! Invite a friend!*

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

Sisters of Light Bible Study

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

- **Resumes in the Fall.**
- Call/Text Rhonda: 330-260-5194

Church Picnic

Coming on September 21



Why Bitters May Be the Key to Better Digestion and Blood Sugar

It turns out, bitterness isn't just flavor—it's a powerful signal to your body.

Submitted by Linda Blaha

Bitter foods and digestive bitters might not be the first thing you crave at mealtime, but science—and

centuries of traditional wisdom—suggest they're a missing foundation to your healthy lifestyle routine. From supporting digestion to balancing blood sugar and even influencing hormones that can help you lose weight, these



pungent plants are making a comeback. Digestive bitters are concentrated herbal extracts made from bitter-tasting plants—many of which you can find at your local health food store or online. Just a few drops before a meal can “wake up” your digestive system. However, what’s behind that distinctive bitter taste?

Activate the ‘Bitter Reflex’

When you taste something bitter, you activate special receptors not just on your tongue, but throughout your digestive tract. These receptors, called type-2 taste receptors (TAS2Rs), trigger what’s commonly termed the “bitter reflex,” which helps your digestion by breaking down food molecules more efficiently. The bitter reflex can also aid gut motility, a response of the parasympathetic or “rest-and-digest” arm of the nervous system.

While bitter herbs have been used for thousands of years in traditional Chinese medicine and other traditional healing systems to support the digestive system, modern science is now uncovering how they work. The bitter reflex stimulates the production of saliva, stomach acid, bile, and digestive enzymes. Strong stomach acid (hydrochloric acid) secretion, which declines naturally with age, is particularly important for the digestion of proteins. Altogether, these secretions prepare the body for incoming foods, allowing for more efficient breakdown and absorption.

Improve Health

The combined effects of digestive secretions and receptor signaling influence the release of metabolic hormones like glucagon-like peptide-1 (GLP-1), which improves blood sugar efficiency. It also affects how well food is absorbed and moved through your intestines. These physiological changes could benefit

people with Type 2 diabetes who are focused on losing weight.

Modern research also shows that bitter herbs promote a healthy gut by encouraging the growth of beneficial bacteria and reducing harmful microbes. As the majority of your immune system resides in the gut, this balance likewise supports immunity and may reduce inflammation.

Bitters can help reduce food cravings and influence hunger hormones, potentially leading to eating less. Additionally, bitters may have anti-inflammatory and antioxidant effects, which could help protect your brain, heart, and other organs from the damaging effects of chronic inflammation and oxidative stress—which can lead to cell damage.

Adding Bitter Foods and Tonics to Your Daily Routine

Ready to give your gut a natural boost? Here’s how to start: Start Small and Be Consistent. To see benefits, use bitter tonics regularly—ideally around 15 minutes before main meals. Consuming bitters before you start eating helps train your taste buds, stimulates gastric secretions, and supports your whole digestive system. However, if you’re not used to them, bitter flavors can be intense. Some people prefer to start by adding a handful of bitter greens, such as arugula, to their salad or mixing them into a cooked main meal.

If you’re ready to use a tonic, begin with around 1 milliliter or 20 drops of a high-quality, alcohol-free digestive bitter blend once a day before meals, then gradually increase to using it before all three meals.”

Choose the Right Bitters. Look for blends that include classic bitter herbs like gentian, dandelion root, artichoke, Oregon grape, skullcap, or ginger. Alcohol-free options are

available for those who prefer them or need to avoid alcohol, such as pregnant or breastfeeding women.” Since everyone has different health care needs, consult with your physician before using any of the above mentioned bitters.

Incorporate Bitter Foods

Add these to your meals: Dandelion greens: Sauté with extra-virgin olive oil and garlic or ginger.

Arugula and endive: Sprinkle a handful over cooked dishes/salads for a peppery, bitter kick. Radicchio: Grill/roast for a flavorful side dish. Citrus peel (zest): Add to yogurt” or other foods.

“Unsweetened cocoa or dark chocolate: Enjoy as a snack, hot drink, or in smoothies.

Listen to Your Body

Notice how you feel after adding bitters. Improved digestion, less bloating, and more balanced energy are common signs it’s working. It’s wise to track your body’s response through a food and drink diary for a week when trying new supplements or functional food ingredients. Tracking your progress helps identify patterns of change and alerts you to any reaction that may be related to an excessive dose. Start slowly and gradually build up until you’re comfortable with your digestive response. Your body knows best.

Digestive bitters are more than a wellness trend—they’re a time-tested remedy now backed by modern science. So next time you see dandelion greens at the market or a bottle of bitters at your local health store, give them a try with your meals. As the historical saying goes, “Bitter on the tongue, sweet for your health”

Sheridan Genrich, BHSc, Epoch Health, 6/11/2025

https://www.theepochtimes.com/health/why-bitters-may-be-the-key-to-better-digestion-and-blood-sugar-5858369?utm_campaign=socialshare_email&utm_source=email

Food and Fire Saturdays

Anyone can sponsor a Food and Fire Event –
See our main bulletin board for planning details! Let’s get one on the schedule!

2025 Church Pictorial Directory

Photography will take place on

**Wednesday,
10/22 &
Thursday,
10/23 from
2-8:30 p.m.**



MARK YOUR CALENDARS! Watch for “how to sign-up” in the future!

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*, text, or call Kathy G at 440-785-3802
- ➔ **Grow** through our website – many sermons, studies, and brochures are available ➔
- ➔ **Reach** those who are lost – by giving them one of our free resources, praying for them, and inviting them.
- ➔ **Use** Your Abilities: See “**Serve the LORD with Gladness**” brochure (*by main entrance*).
- ➔ **Gather** here each Saturday / Sunday!
- ➔ **Listen** to The Lutheran Hour: Sundays at 6:30 AM on WTAM 1100; Sundays at 8:00 AM on WHKW 1220



Grief Share – Fall Cycle

Move from Mourning to Joy!

- ➔ The Fall cycle: 9/2/25 – 12/16/25.
- ➔ Interested? Contact Norma to register!
Attend and get the benefits: 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.
- ➔ *You could benefit from a Stephen Minister!* Contact Norma S: 216-406-4871

Choir-Made-Easy – Join Us!

Contact Harold: 440-454-2139;

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.

Keeping You Informed

Through calls or text messages:

- 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!

Prayer Multiplier

We could use more prayer warriors! Prayers are sent by text message. **Would you like to be added to the list?** Call or text Kathy G. 440-785-3802

August *Physical* Birthdays

8/1 Esther Hofener
8/1 Michael Tischler
8/7 Linda Carlson,
8/7 Helga Haller
8/9 Michael Kaderle
8/9 Susan Shust
8/11 Tracy Crites
8/12 Doreen Weseloh
8/12 Andrew Sherepita
8/15 Bharath Meeraj
8/18 Gayle Powers
8/22 Justin Liddy
8/23 Michael Browning
8/24 Gerry Ventura
8/25 Nancy Burton
8/25 Stacey Jasulevich
8/27 Lynne Sala
8/28 Aidan Blaha
8/30 Carole Gellings



August *Spiritual* Birthdays

8/7 Jim Kovach
8/8 David Rohman
8/10 Michael Dickau
8/16 Wilhelm Mild
8/17 Kevin Liddy
8/19 Michael Kaderle
8/27 Doreen Weseloh
8/31 Ruth Blaha



August *Wedding* Anniversaries

8/7 Terry and Lynda Tomasch (44th)
8/21 Alan and Linda Carlson (49th)

Upcoming Newsletter Deadlines

- ⇒ Wednesday, **August 27** at Noon
- ⇒ Wednesday, **September 24** at Noon

Bethlehem Parma; www.BLC7500.com