

BLC Newsletter – November 2024

Food & Fire – 11/2 at 5:30 PM

If you are willing to help: ➔ Contact Sue Coufalik – text or call: 440-840-4989

All Saints Day

October 31 is Reformation Day, All Hallows Eve is the evening of 10/31, and November 1 is All Hallows Day or All Saints Day. We will observe All Saints Day on November 2 & 3, remembering those who died in Christ over the last year.

How Old Is BLC?

In 1902, families were released from St. Mark on Pearl Road in Cleveland to establish a new congregation in southern Parma. The process of gaining more families, buying property, and constructing the first church building (at State and Pleasant Valley) culminated with the first service being held in the new building on **November 13, 1904**.

Therefore, this year, we will celebrate the **120th anniversary of Bethlehem Lutheran Church of Parma, Ohio**. Since we will observe Veteran's Day on 11/10 & 11, we will observe the church anniversary on 11/16 & 17 – which is a time to give thanks for the past, celebrate the present, and be more determined than ever to glorify God in the future!

Leadership Team

Open positions for 2025-2026: Financial Secretary, Treasurer, Worship, Care, Education

Summaries of the Open Positions:

Financial Secretary: The leader and teammates receive, secure, count, record, and deposit the offering; approve the offering envelopes; and prepare and distribute financial statements.

Treasurer: The leader and teammates verify bills, assign them to the proper accounts, sign checks received from the bookkeeper, and perform other treasurer-related duties.

Worship: The leader and teammates oversee the ushers, candle-filler, and altar guild; and put up and take down items in the worship area related to the church year seasons.

Care: The leader and teammates extend various forms of loving care to members and non-members, including prayers, meals, cards, visitor baskets, and Stephen Ministry.

Education: The leader and teammates oversee things related to education, such as the Sunday School program and the library.

Interested? Talk to Dr. Giessler and pick up an application in the Narthex.

November 12 at 6:30



➔ **A special ONE-SESSION annual event for all who are grieving:** 11/12 at 6:30 at BLC.
To register: Contact Norma: 216-406-4871

Is the Holy Spirit Calling You to Serve?

FROM MOURNING TO JOY:

You can make a difference in the life of a hurting person!



We are looking for someone to join Bethlehem's Grief Share ministry team – on Tuesday evenings.

If you are a compassionate person willing to make a commitment to help those who are grieving; become a GS Facilitator. You will be a blessing to others, and you will be blessed.

Interested in learning more?

Let's talk: Norma Sweeny (216) 406-4871

Why Experts Say a Good Mood Can Lead to Good Health

Intro: by Linda Blaha Article: by Laura Williamson

["A joyful heart is good medicine, but a crushed spirit dries up the bones" \(Proverbs 17:22 ESV\).](#)

This verse from the Old Testament book of Proverbs, reminds us that our mood and outlook on life truly affect our health. As Christians, we know that our faith is crucial to maintaining a positive outlook. True peace of mind is anchored in knowing the Lord. As His children, we have the comfort and reassurance that Jesus is our Savior and our sins are forgiven. Let us awaken each day with a prayer in our hearts to walk closely with Him and "pray our way through the day."

Here is a helpful article from, *The American Heart Association News* online: [Why Experts Say a Good Mood Can Lead to Good Health](#)

It doesn't take a scientist to understand that laughter feels good, while anger feels awful. But it does take one to explain why one of these feelings can boost the immune system, while the other can wear it down, damage the heart and increase the risk of dementia.

Simply put: "Mood can influence your health," said Dr. Erin Michos, director of Women's Cardiovascular Health at Johns Hopkins School of Medicine in Baltimore.

Studies show negative emotions – including anger, hostility and pessimism – are linked to a higher risk of heart disease and lower chance of recovery from events such as heart attacks, as well as poorer cognitive health.

Conversely, a growing body of research shows feelings such as happiness, optimism, gratitude, a sense of purpose, well-being or satisfaction in life leads to better heart and brain health. A 2016 study in *Health Psychology* even found that having a happy spouse or partner could improve an individual's overall health and increase healthy behaviors, such as being more physically active.

There are many reasons for this, said Michos, a cardiologist who co-authored a recent American Heart Association scientific statement on the ways in which psychological health impacts heart and brain health.

Strong, negative feelings, such as anger, and stress, arising from anxiety or depression, activate the amygdala, the region in the brain that handles emotion. It activates the body's "fight or flight" response, triggering the release of cortisol and adrenaline, hormones that make the heart beat faster and blood pressure rise, she said. "This can be stressful on the heart, particularly for people who have underlying heart conditions."

It also can cause blood platelets to form clots, and trigger plaque in the heart or brain to

rupture, causing a heart attack or stroke. Prolonged stress also increases inflammation and lowers the body's immune response.

This biological response may be compounded by harmful behaviors, Michos said. "People with poor coping mechanisms for stress may sleep poorly, engage in binge eating and exercise less."

On the flip side, lowering stress through positive feelings also affects brain circuitry, said Jill Goldstein, founder and executive director of the Innovation Center on Sex Differences in Medicine and professor of psychiatry and medicine at Harvard Medical School in Boston.

"Mindfulness, humor and other mental coping skills can help people stay healthier by reducing the amount of cortisol [which helps to regulate the body's stress response] running through their bodies," she said. In women, this can protect the production of estradiol, a type of estrogen that can be important for preserving good brain health.

"We are also enhancing our immune systems when we help regulate the stress response," she said. The brain talks to the body and calms the body down. It slows your breathing and your heart rate. Some people are better able to do this than others.

But it's not just the absence or reduction of stress that gives the brain what it needs to coordinate better overall health, Michos said. "Well-being is more than the absence of mental distress," she said. "Happiness, optimism, a sense of purpose, gratitude, mindfulness – these are all associated with favorable heart health, even independently of a lack of negative factors."

And research shows that anything good for the heart is good for the brain.

Michos said people don't have to be naturally cheery or easygoing to reap these benefits.

"Some of this can be learned," she said. "You can cultivate positive thinking and mindfulness and coping mechanisms to deal with adversity."

"Staying physically active also helps to boost mood," she said. So does spending time with friends and family to build strong social support.

"The better someone feels, the more likely they are to maintain their health," Michos said. "Optimistic people take better care of themselves. They are more compliant with medication, more likely to get checkups, to eat healthy and exercise."

"It's never too late to make a difference," said Goldstein. "The brain is very retrainable. The older we get, the more difficult it is to do, but it can be done." (2/25/2021, www.heart.org)

Classes – Join Us and Benefit

1 Timothy: Saturdays at 3:00; Sundays at 10:30

- Enjoy our delicious Sunday Refreshments!
- Current handout – *Bible shelf in hallway.*

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

- **Every other Wednesday at 1:00: 11/6 & 20**
- Call/text Rhonda for more info: 330-260-5194; *all women are invited to attend!*

Living the Lutheran Lectionary: Pick up a handout and treat, then listen, learn, benefit!

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

ACME Community Cash Back

Community Cash Back is an easy, local fundraiser! Simply start collecting receipts and place them in the blue holder in the Narthex. We earn 5% cashback on certain products. The program runs 8/1/24 – 2/15/25.

November *Physical* Birthdays

11/4 Gloria Hurka
11/10 Donald Dickau
11/10 Leo Jasulevich
11/12 Terry Tomasch
11/13 James Ford
11/14 Andrew Green
11/14 Lynda Tomasch
11/16 Reagan Cannonie
11/16 Thomas Merkle
11/20 Harold Weseloh
11/21 Amanda Booth
11/23 Nicole Cannonie
11/26 Linda Blaha
11/26 Carl Burton
11/26 Angela Rohman
11/30 Matthew Hlavacek



November *Spiritual* Birthdays

11/1 Hannah Hlavacek
11/4 Lynne Gellings
11/9 Adam Dennison
11/9 Kathleen Green
11/13 David Kaderbek
11/14 Frank Murphy
11/23 Mark Dennison
11/25 Jeffrey Kitzler
11/30 Leo Jasulevich



November *Wedding* Anniversaries

11/4 Charles & Ruth Blaha (45th)
11/7 David & Tracy Liddy (31st)

Men's Group

- Are you interested in facilitating a group? The day, time, and frequency are open for consideration. If you are interested, contact Pastor to work out the details.
- For possible resources, go here:
<https://www.lhm.org/men/>

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

FYI – Stay Informed

We are now using a system to help you stay informed through calls or text messages.

Please take note of the **NEW** TEXT NUMBER:

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

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 and click on the "Donate" button. **Thanks!**



Connect With Us

➔ **Website:** BLC7500.com ➔ **YouTube:** Benefit from the Bible ➔ **Facebook:** Bethlehem Parma

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

Festivals: Website > Important Links > Festivals

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

Address: 7500 State Road, Parma, Ohio 44134

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

Kathy Green: Secretary@blc7500.com; 440-845-2230

Pastor Green: RevRLGreen@aol.com; 440-292-5915

Church Body: lcms.org District: oh.lcms.org