



Bethlehem Lutheran Church – 2025

Truth – Forgiveness – Peace – Guidance

Saturday, 7/26 at 4 pm; Sunday, 7/27 at 9 am



Church Year: Seventh Sunday after Pentecost | **Divine Service:** Setting One, LSB 151-166

Thank you to Mr. Harold Weseloh – *today's worship leader and preacher*,
and Dr. Phillip Giessler – *today's Bible class teacher*, for substituting for Pastor Robert Green.

Blessings to everyone for ***listening, understanding, believing, applying, and sharing!***

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
- ☺ **Worship From Your Car:** *Receive at our main entrance; then listen from your car (FM 89.9).*

BELL and CANDLELIGHTING – *Please be seated!*

WELCOME – THE SEASON OF PENTECOST:

L: Since we are empowered by the Holy Spirit!

C: ***Let us follow the lead of the Holy Spirit!***

PRELUDE: *We listen in silence...*

Be Thou My Vision

Arr. Raney

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: If we say we have no sin, we deceive ourselves, and the truth is not in us.
- C: But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. 1Jo. 1:8-9**

Silence for self-examination.

- L: Let us then confess our sins to God our Father.
- A: Most merciful God, I confess that I am by nature sinful and unclean.**
- I have sinned against You in *thought, word, and deed, by what I have done and by what I have left undone.*
 - I have *not* loved You with my whole heart; I have *not* loved my neighbors as myself.
 - I justly deserved Your *present and eternal punishment.*
- For the sake of Your Son, Jesus Christ, have mercy on me. Forgive me, renew me, and lead me, so that I may *delight* in Your will and *walk* in Your ways to the *glory* of Your holy name. Amen.
- L: In the mercy of the almighty God, Jesus Christ was given to die for us, and for His sake God forgives us all our sins. To those who believe in Jesus Christ He gives the power to become the children of God and bestows on them the Holy Spirit. May the LORD, who has begun this good work in us, bring it to completion in the day of our Lord Jesus Christ! *John 1:12; Philippians 1:6*
- C: Amen.**

SERVICE OF THE WORD

↑ **HYMN:** *Lord, Open Now My Heart to Hear*
See the words below / TLH 5 / LSB 908

- 1 Lord, open now my heart to hear,
And through Your Word to me draw near;
Let me Your Word e'er pure retain;
Let me Your child and heir remain.

- 2 Your Word inspires my heart within;
Your Word grants healing from my sin;
Your Word has pow'r to guide and bless;
Your Word brings peace and happiness.
- 3 To God the Father, God the Son,
And God the Spirit, Three in One,
Shall glory, praise, and honor be
Now and throughout eternity.

KYRIE ~ Lord, Have Mercy

Mark 10:47

- L: In peace let us pray to the Lord.
- C: Lord, have mercy.**
- L: For the peace from above and for our salvation let us pray to the Lord.
- C: Lord, have mercy.**
- L: For the peace of the whole world, for the well-being of the Church of God, and for the unity of all let us pray to the Lord.
- C: Lord, have mercy.**
- L: For this holy house and for all who offer here their worship and praise let us pray to the Lord.
- C: Lord, have mercy.**
- L: Help, save, comfort, and defend us, gracious Lord.
- C: Amen.**

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 Lord, let Your merciful ears be attentive to the prayers of Your servants, and by Your Word and Spirit teach us how to pray that our petitions may be pleasing before You; 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
ABC Bible Verses



**N – No one can
serve two masters.
Matthew 6:24**

OLD TESTAMENT: Genesis 18:20-33 NAS-20
See Below / Pew Bible Page 25 / Own Bible

²⁰ And the LORD said, "The outcry of Sodom and Gomorrah is indeed great, and their sin is exceedingly grave. ²¹ I will go down now and see whether they have done entirely as the outcry, which has come to Me *indicates*; and if not, I will know."

Abraham Appeals for Sodom

²² Then the men turned away from there and went toward Sodom, while Abraham was still standing before the LORD. ²³ Abraham approached and said, "Will You indeed sweep away the righteous with the wicked? ²⁴ Suppose there are fifty righteous people within the city; will You indeed sweep *it* away and not spare the place for the sake of the fifty righteous who are in it? ²⁵ Far be it from You to do such a thing, to kill the righteous with the wicked, so that the righteous and the wicked are *treated* alike. Far be it from You! Shall not the Judge of all the earth deal justly?" ²⁶ So the LORD said, "If I find in Sodom fifty righteous within the city, then I will spare the entire place on their account." ²⁷ And Abraham replied, "Now behold, I have ventured to speak to the Lord, although I am *only* dust and ashes. ²⁸ Suppose the fifty righteous are lacking five, will You destroy the entire city because of five?" And He said, "I will not destroy *it* if I find forty-five there." ²⁹ And he spoke to Him yet again and said, "Suppose forty are found there?" And He said, "I will not do *it* on account of the forty." ³⁰ Then he

said, "Oh may the Lord not be angry, and I shall speak; suppose thirty are found there?" And He said, "I will not do *it* if I find thirty there." ³¹ And he said, "Now behold, I have ventured to speak to the Lord; suppose twenty are found there?" And He said, "I will not destroy *it* on account of the twenty." ³² Then he said, "Oh may the Lord not be angry, and I shall speak only this once: suppose ten are found there?" And He said, "I will not destroy *it* on account of the ten." ³³ As soon as He had finished speaking to Abraham the LORD departed, and Abraham returned to his place.

L: The Word of the Lord.

C: Thanks be to God!

PSALM: 138 ESV
See Below / Front of LSB / Own Bible

- 1 I give you thanks, O LORD, with | my whole heart; *
before the gods I | sing your praise;
- 2 I bow down toward your holy temple and give thanks to your name for your steadfast love and your | faithfulness, *
for you have exalted above all things your name | and your word.
- 3 On the day I called, you | answered me; *
my strength of soul | you increased.
- 4 All the kings of the earth shall give you thanks, | O LORD, *
for they have heard the words | of your mouth,
5 and they shall sing of the ways | of the LORD, *
for great is the glory | of the LORD.
- 6 For though the LORD is high, he regards the | lowly, *
but the haughty he knows | from afar.
- 7 Though I walk in the midst of trouble, you pre- | serve my life; *
you stretch out your hand against the wrath of my enemies, and your right hand de- | livers me.

8 The LORD will fulfill his purpose for me; *
your steadfast love, O LORD, endures
forever. Do not forsake the work of
your hands.

**Glory be to the Father and to the Son *
and to the Holy Spirit;
as it was in the beginning, *
is now, and will be forever. Amen.**

EPISTLE: Colossians 2:6-15 **NAS-20**
See Below / Pew Bible Page 1833 / Own Bible

You Are Built Up in Christ

⁶Therefore, as you have received Christ Jesus the Lord, so walk in Him, ⁷having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

⁸See to it that there is no one who takes you captive through philosophy and empty deception in accordance with human tradition, in accordance with the elementary principles of the world, rather than in accordance with Christ. ⁹For in Him all the fullness of Deity dwells in bodily form, ¹⁰and in Him you have been made complete, and He is the head over every ruler and authority; ¹¹and in Him you were also circumcised with a circumcision performed without hands, in the removal of the body of the flesh by the circumcision of Christ, ¹²having been buried with Him in baptism, in which you were also raised with Him through faith in the working of God, who raised Him from the dead. ¹³And when you were dead in your wrongdoings and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our wrongdoings, ¹⁴having canceled the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. ¹⁵When He had disarmed the rulers and authorities, He made a

public display of them, having triumphed over them through Him.

L: The Word of the Lord.

C: Thanks be to God!

↑ 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: Luke 11:1-13 **NAS-20**
See Below / Pew Bible Page 1633 / Own Bible

L: The Holy Gospel according to St. Luke, the eleventh chapter.

C: Glory to You, O LORD.

Instruction about Prayer

¹It happened that while Jesus was praying in a certain place, when He had finished, one of His disciples said to Him, "Lord, teach us to pray, just as John also taught his disciples." ²And He said to them, "When you pray, say:

'Father, hallowed be Your name.

Your kingdom come.

³'Give us each day our daily bread.

⁴'And forgive us our sins,

For we ourselves also forgive everyone
who is indebted to us.

And do not lead us into temptation.' "

⁵And He said to them, "Suppose one of you has a friend, and goes to him at midnight and says to him, 'Friend, lend me three loaves, ⁶because a friend of mine has come to me from a journey and I have nothing to serve him'; ⁷and from inside he answers and says, 'Do not bother me; the door has already been shut and my children and I are in bed; I cannot get up and give you anything.' ⁸I tell you, even if he will not get up and give him anything just because he is his friend, yet because of his shamelessness he will get up and give him as much as he needs.

⁹ “So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ¹⁰ For everyone who asks receives, and the one who seeks finds, and to the one who knocks, it will be opened. ¹¹ Now which one of you fathers will his son ask for a fish, and instead of a fish, he will give him a snake? ¹² Or he will even ask for an egg, *and his father* will give him a scorpion? ¹³ So if you, *despite* being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?”

L: The Gospel of the Lord.

C: **Praise to You, O Christ.** ↓

HYMN: *What a Friend We Have in Jesus*
See the words below / TLH 457 / LSB 770

- 1 What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Ev’rything to God in prayer!
Oh, what peace we often forfeit;
Oh, what needless pain we bear—
All because we do not carry
Ev’rything to God in prayer!
- 2 Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged—
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our ev’ry weakness—
Take it to the Lord in prayer.
- 3 Are we weak and heavy laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer.
In His arms He’ll take and shield thee;
Thou wilt find a solace there.

SERMON: Teach us to Pray

Luke 11:1-13

APOSTLES’ CREED: *See back of either hymnal.*

↑ **HYMN:** *Praise God, from Whom All Blessings Flow*
See the words below / TLH 644 / **LSB 805**
Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav’nly host:
Praise Father, Son, and Holy Ghost. Amen.

Offering: Plates are available in the center aisle.
Thanks for honoring the Lord with your wealth!

PRAYER: *Let Us Pray*

- L: In peace let us pray to the Lord:
- C: **Lord, have mercy.**
- L: For the gift of divine peace and of pardon,
with all our heart and with all our mind, *let us pray to the Lord:*
- C: **Lord, have mercy.**
- L: For the holy Christian Church, here and
scattered throughout the world, and for the
proclamation of the Gospel and the calling of
all to faith, *let us pray to the Lord:*
- C: **Lord, have mercy.**
- L: For this nation, for our cities and
communities, and for the common welfare of
us all, *let us pray to the Lord:*
- C: **Lord, have mercy.**

L: For seasonable weather and for the fruitfulness of the earth, *let us pray to the Lord:*

C: Lord, have mercy.

L: For those who labor, for those whose work is difficult or dangerous, and for all who travel, *let us pray to the Lord:*

C: Lord, have mercy.

L: For all those in need, for the hungry and homeless, for the widowed and orphaned, and for all those in prison, *let us pray to the Lord:*

C: Lord, have mercy.

L: For the sick and dying and for all those who care for them, *let us pray to the Lord:*

C: Lord, have mercy.

L: For these additional requests..., *let us pray to the Lord:*

C: Lord, have mercy.

L: Finally, for those named and for all our needs of body and soul, *let us pray to the Lord:*

C: Lord, have mercy. Christ, have mercy. Lord, have mercy.

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).

Please Pray During the Week

Nation

- ➔ **Texas Flooding:** Miraculously the number went from 100 to only 3 people/ bodies that have not yet been found – THANKS BE TO GOD!!!
- ➔ **USA:** Pray for our government to be in proper alignment with God's word.
- ➔ **US Armed Forces and Police:** Strength, honor, courage, safety to all, esp.: *Rachel Cepis, Kevin Mild, Eric Mild, Teagan Dedula, Nick Riviotta,*

Brad Sala, Chris Sala, Jacob Smith, Hayden Sweeny, Drew Tenney, Chris Weseloh.

Congregation

- ➔ **ABC Verses:** Get the benefits, *memorize them!*
- ➔ **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, Bill S, Cindy T, Mike & Susanna T (most are offered regular mailings and visited by our visit team).
- ➔ **Stephen Ministry:** Norma S (leader), Linda B, Alan C, Klara S, and Rhonda S (ministers).
- ➔ **Temporary Health Issues:**
 - Cedrick Hilliker (2) surg. 7/2: *relief, healing.*
 - Matt Hlavacek (2) Lyme disease: *the LORD's mercy for peace, guidance, healing.*
 - Matt Kussmaul – eye issues: *cont. healing.*
 - Tom Merkle (2) *peace, continued healing, and good test results.*
 - Regina Mild (3) broken arm: *cont. pain relief and rehab toward the full use of her hand.*
 - Cindy Taress (3) fall, broken arm, surgery 7/24: *peace, healing; cancer: peace, successful chemo and radiation treatments.*
 - Lynda Tomasch (3) wrist surgery: *pain relief, healing, rehab, wrist strength.*
 - Bill Sweeny (2) *continued blessings for peace, better breathing, contentment.*
 - Harold Weseloh (2) back: *rehab, healing.*

For Others

- ➔ **Temporary Health Issues:**
 - Kimberly Borland (3) Infection and opioid addiction: *pain relief, healing, recovery.*
 - Mikey Beauchesne (1) *continued healing.*
 - Henry Byham – lethargy, decline: *comfort.*
 - Stacey Dames (2) prop. diag.: *peace, healing.*
 - Melanie Himmelberger – cancer: *comfort.*
 - Sue House (1) stroke 6/6: *healing, rehab.*
 - Mike Leone (2) *cont. healing for his voice.*

- Linda McKay (3) surgery 6/19: *cont. healing.*
- Jim McQueeney (1) cancer, hospice: *salvation, peace.*
- Bethany Transue (3) lymphoma: *healing.*
- Jim Vrabel (3) deep foot wound: *healing.*

Celebrate and Give Thanks

Physical Birthdays:

7/29 Jeffrey Kitzler
 7/30 Jim Widzinski
 8/1 Esther Hofener
 8/1 Michael Tischler

Spiritual Birthdays:

7/29 June Russell

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

L: Lord, remember us in Your kingdom and teach us to pray:

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

PRAYER FOR THE WORD:

L: Blessed Lord, who has caused all Holy Scriptures to be written for our learning, grant that we may hear, read, mark, learn, and inwardly digest them, that by the patience and comfort of Your holy Word we may embrace, and ever hold fast, the blessed hope of everlasting life, which You have given us in our Savior Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C: **Amen.**

Saturday ➡ LUTHER'S EVENING PRAYER:

L: We pray together:

A: **I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me (Mt. 18:10), that**

the evil foe may have no power over me. Amen.

Sunday ➡ LUTHER'S MORNING PRAYER:

L: We pray together:

A: **I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me (Mt. 18:10), that the evil foe may have no power over me. Amen.**

CLOSING HYMN:

Come, My Soul, with Every Care

See the words below / LSB 779

- 1 Come, my soul, with ev'ry care,
Jesus loves to answer prayer;
He Himself has bid thee pray,
Therefore will not turn away.
- 2 Thou art coming to a King,
Large petitions with thee bring;
For His grace and pow'r are such
None can ever ask too much.
- 4 Lord, Thy rest to me impart,
Take possession of my heart;
There Thy blood-bought right maintain
And without a rival reign.
- 5 While I am a pilgrim here,
Let Thy love my spirit cheer;
As my guide, my guard, my friend,
Lead me to my journey's end.

BENEDICTION ~ *Blessing*

Num. 6:24-26

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.

C: **Amen.**

CANDLE EXTINGUISHING and POSTLUDE:

Be Thou My Vision

Schedule: 7/27/25 – 8/3/25

7/30 – Wednesday

11:00 – Stephen Ministry

7/31 – Thursday

10:00 – Living the Lutheran Lectionary

8/2 – Saturday

9:00 – Men's Group

3:00 – Bible Class

4:00 – Divine Service

8/3 – Sunday

9:00 – Divine Service

10:30 – Bible Classes and Sunday School

Thanks For Serving on 7/26 & 7/27

Altar Guild: Nancy B, Heather H

Saturday: Organist: Gayle P Usher: Matt K
Welcome: Alan C

Sunday: Organist: Gayle P
Pastor Team – Welcome: Harold W
Ushers: Rand S, Nevin S
Refreshments: The Hilliker Family & others
Sunday School: Stacey J, Harold/Cedrick

Financial Team: Natalia F, Linda W

Thanks For Serving on 8/2 & 8/3

Altar Guild: Don & Carol D

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

Sunday: Organist: Gayle P
Pastor Team – Welcome: Tim C

Distribution – Harold W

Ushers: Terry T, Larry H

Refreshments: The Hilliker Family & others

Sunday School: Kathy G, Harold/Cedrick

Financial Team: Natalia F, Paul M

Numbers From Last Week

Received God's Gifts – Services:

- Saturday at 4:00 – Inside: **34**; car: **0**
- Sunday at 9:00 – Inside: **63**; car: **0**

Studied God's Word – Classes:

- Saturday at 3:00: **15**
- Sunday at 10:30: **45**
- Thursday at 10: **8**

Supported God's Work:

- **Needed** each week to cover the budget: **5,443**
- **Received** last week for the budget: **5,287**
- **YTD Budget Surplus** as of last week: **2,519**



Connect With Us

➡ **Website:** 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; 440-292-5915

Festivals: Website > Important Links > Festivals

Address: 7500 State Road, Parma, Ohio 44134

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

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

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!

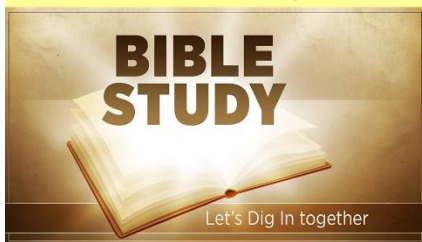
Join Us In Bible Class

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