

April 2025



From the pastor....

Lenten blessings! Easter HOPE!

This is a picture of my twin and me, on Easter Sunday 1966. We are standing on the front porch of the church parsonage that had just been rebuilt after the Palm Sunday tornados of 1965. This tornado caused destruction for many miles, not just homes, but lives as well, it destroyed our home and church. It changed lives! This Easter, we dressed in our Easter dress and bonnets, and laughed, and praised God. We

shouted; He is risen! Christ is risen indeed! Alleluia!

We are called to be menders of broken walls and restorer of livable streets in this world that we live and breathe. As we journey through the last weeks of Lent, and move into Holy Week, how are you living into mending walls and restoring streets?



*"Isn't this the fast I choose: releasing the wicked restraints, untying the ropes of a yoke, setting free the mistreated, and breaking every yoke? Isn't it sharing your bread with the hungry and bringing the homeless poor into your house, covering the naked when you see them, and not hiding from your own family? You will be called Mender of Broken Walls, Restorer of Livable Streets." Isaiah 59:6,7,12c.*

On our journey this Lent, we have shared in rich conversations, words and emotions, praise and worship, liturgical art images that have helped us live into what we are being called to. I invite you to journey with us into the rest of Lent and into Easter, so we shout together in community:



**Christ is Risen! He is Risen indeed! Alleluia! Alleluia! Alleluia!**

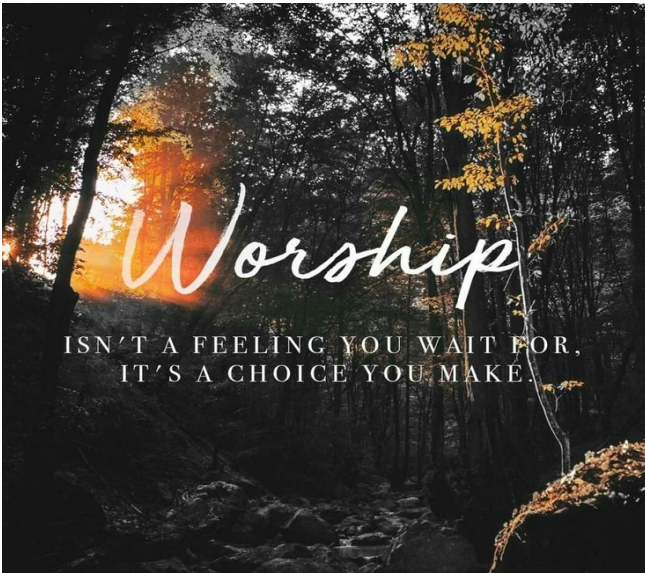
*Pastor Mindy*

# HOLY WEEK

Dover Congregational United Church of Christ

<b>Palm Sunday</b> April 13 8:15 & 10:00am	<b>Maundy Thursday</b> April 17 7:00pm Dover UCC	<b>Good Friday</b> April 18 7:00pm Redeemer UCC	<b>Easter Sunrise</b> April 20 6:40am Evergreen Cemetery	<b>Easter Sunday</b> April 20 10:00am
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## JOIN US FOR WORSHIP



We have two services every Sunday morning, one at 8:15 AM in our chapel, which is a more informal service, and the second at 10:00 AM in the sanctuary, where you will hear a variety of music styles from contemporary praise to traditional hymns. Pastor Melinda Quellhorst's message is sure to inspire.

Our 10:00 AM service is also live-streamed on Facebook (Dover Congregational UCC) and on the home page of our website, <https://www.doverucc.org>. Recorded services

will be available on our website under the 'Worship' tab immediately after the service.

Our nursery for children from birth through pre-Kindergarten is staffed and open every Sunday during the 10:00 AM worship service.

If you have any questions about our program, please call the church office at 440-871-1050.



### **DON'T FORGET ABOUT VACATION BIBLE SCHOOL!** **"Road Trip—On the Go With God!"**

June 16-20, 9AM—12 Noon; Prince of Peace Lutheran Church  
28455 Center Ridge Road, Westlake

Register at: <https://forms.gle/zKpDKRZ54T7cxihK6> or call the church office to have link emailed to you.





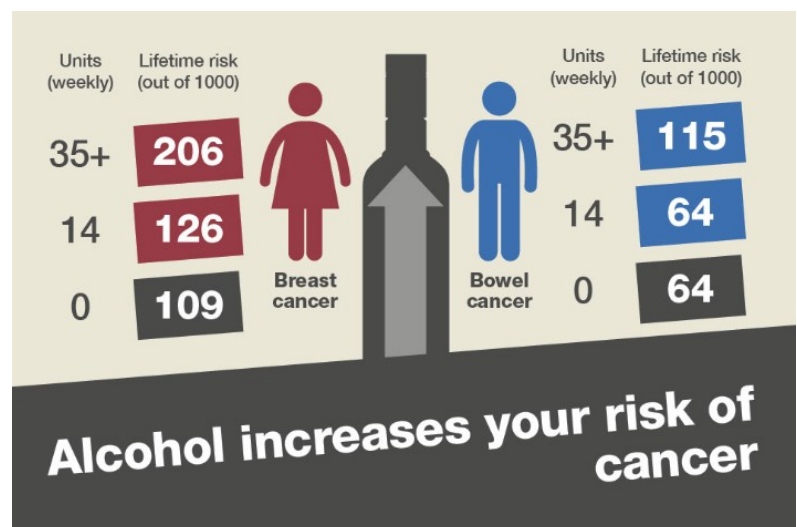
## Rethink the Drink~ Alcohol and the Risk of Cancer



Drinking alcohol increases the risk of cancer. In fact, alcohol use is one of the most important preventable risk factors for cancer, along with tobacco use and excess body weight. Alcohol use accounts for about 5% of all cancers and 4% of all cancer deaths in the United States, but many people don't know about the link between alcohol and cancer. For each of these cancers, the more alcohol you drink, the higher your cancer risk. But for some types of cancer, most notably breast cancer, drinking even small amounts of alcohol can increase your risk.

- **Cancers of the mouth, throat, voice box, and esophagus:** Alcohol use raises the risk of mouth, throat, voice box, and esophageal cancer. Drinking and smoking together increases this more than drinking or smoking alone. This might be because alcohol can help harmful chemicals in tobacco get inside the cells that line your mouth, throat, and esophagus. Alcohol might also limit how well these cells can repair damage to their DNA caused by the chemicals in tobacco.
- **Liver cancer:** Long-term alcohol use has been linked to an increased risk of liver cancer. Regular, heavy alcohol use can damage your liver, leading to inflammation and scarring and raising your risk of liver cancer.
- **Colon and rectal cancer:** Alcohol use is linked to a higher risk of cancers of the colon and rectum. There is stronger evidence for this in men, but studies have found a link in women as well.
- **Breast cancer:** Drinking even small amounts of alcohol increases the risk of breast cancer in women. Alcohol can raise estrogen levels in the body, which may explain some of the increased risk. Avoiding or cutting back on alcohol may be an important way for many women to lower their risk of breast cancer.
- **Stomach cancer:** Having 3 or more alcoholic drinks a day raises your risk of stomach cancer.

All types of alcohol increase cancer risk. This includes beer, wine, liquor and other drinks. When it comes to cancer risk, the *amount* of alcohol you drink over time seems to be the most important risk factor. The *type* of alcohol you drink isn't as important. Most evidence suggests the **ethanol** in alcohol is what increases cancer risk, not other things in the drink. (One standard-sized serving of alcohol = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor)



### How can drinking alcohol raise your risk of cancer?

**Causing damage to body tissues:** Alcohol can act as an irritant, especially in the mouth and throat. Cells that are damaged by alcohol may try to repair themselves. This could lead to DNA changes that can be a step toward cancer.

Most alcohol turns into **acetaldehyde** in your body. Acetaldehyde is a chemical that can damage the DNA inside your cells. It has been shown to cause cancer in lab animals. Drinking alcohol can also lead to **oxidative stress** in your cells. This causes the cells to make too many harmful oxygen molecules (free radicals). This can damage the inside of the cells and might increase your risk of cancer.

Alcohol and its byproducts can also damage your liver, leading to **inflammation** and scarring (cirrhosis). As liver cells try to repair the damage, they can end up with mistakes in their DNA, which could lead to cancer.

Alcohol may also slow your body's ability to break down and get rid of some harmful chemicals and affect your body's ability to absorb some nutrients, such as folate. Folate is a vitamin that your cells need to stay healthy. Low folate levels may play a role in the risk of some cancers, such as breast and colorectal cancer. Absorption of nutrients can be even worse in heavy drinkers, who often consume low levels of folate to begin with.

**Raising the levels of estrogen or other hormones:** Alcohol can raise the levels of estrogen in the body. Estrogen is a hormone important in the growth and development of breast tissue. This could affect a woman's risk of breast cancer.

**Increasing body weight:** Too much alcohol can add extra calories to your diet, which can contribute to weight gain in some people. Excess body weight is known to increase the risks of many types of cancer.

According to ACS **it is best not to drink alcohol**. People who choose to drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink a day for women. The recommended limit is lower for women because of their smaller body size and because their bodies tend to break down alcohol more slowly. Hopefully this information will help you to "rethink the drink"!

*Information taken from the American Cancer Society*

Blessings and Prayers for a wonderful Easter, Julie Kiefer RN





### **DO YOU HAVE A STUDENT GRADUATING THIS SPRING/SUMMER?!?**

High school, college, post-graduate, trade school? We want to recognize these great achievements! Please contact the office if you know of someone at Dover who is completing an education program this Spring. Email their names, the date of graduation, and what school/program they are completing a program with.

### **VACATION BIBLE SCHOOL**

Vacation Bible School is for kids age 4 – rising 5th graders as we head out on the go with God June 16 – 20th from 9am – 12noon. Sign up now at: <https://forms.gle/XNpeXykTp7sMaBW89>

A colorful poster for 'Road Trip VBS' set against a background of a stylized map. On the left, a cartoon dog wearing a red hat and a yellow vest is sitting on a green hill. Below the dog is a blue license plate that says 'ROAD TRIP' in white letters, with 'WHERE DO YOU GO?' written in smaller letters below it. To the right of the dog, the text 'Road Trip VBS Registration is Open!' is written in large, bold, white letters on a dark blue background. Below this, in a yellow box, it says 'for kids age 4 - rising 5th graders'. In a green box, it says 'June 16 - 20th' and '9am - 12noon'. Below the green box, it says 'Prince of Peace Lutheran'. At the bottom right, in a yellow box, it says 'Register at QR code'. A QR code is located in the bottom left corner of the poster.



# April 2025

	4/6	4/13	4/20	4/27
Altar Flowers			Easter flowers	
Coffee Hour	Worship Committee	Mission Trip	Easter—no Coffee Hour	
Liturgist	Sharrie Nichols	Dan Read	Julie Rinehart	Eileen Schultz
Nursery Aides				

## LENT 2025: Fasting from injustice

April 6: "Joy"

Autism Awareness Sunday—**WEAR BLUE!!**

Gather in Thomas Hall 4:30—6:00 PM

Share a simple soup supper 4:30—5:15 PM

Word around tables 5:15-5:50 PM

Worship 5:50-6:00 PM

April 13: Palm, Sunday worship; 8:15 & 10:00 AM

Gratitude Gumbo—11:00 AM; Thomas Hall

April 17: Maundy Thursday service; 7:00 PM; Dover

April 18: Good Friday service; 7:00 PM; Redeemer

April 20: Easter sunrise service; Evergreen Cemetery;  
6:40 AM

Easter worship service; 10:00 AM; Dover



## **CAN YOU HELP???**

I am looking for someone who is willing to take over the weekly watering of plants inside the church building. This is a simple task requiring about 20 minutes to complete (unless, of course, you stop to chat then we can be talking all the time you have in the world!) and can be done on your schedule whenever convenient for you.

If this sounds like something you could take on please contact Janice Mattingly at [jjbrmatt@hotmail.com](mailto:jjbrmatt@hotmail.com) or 440 570-9509. Thank You.

# Gratitude Gumbo - April 13



**You are invited!**

**Join us Sunday, April 13th, after worship  
For gumbo (or Mac 'N Cheese)**

We are blessed to have such a wonderful, supportive congregation and the members who went on the Back Bay mission trip would like to show our appreciation!! Y'all are invited to join us Sunday, April 13th after church for gumbo (or mac 'n cheese), corn bread and dessert. We want to show some southern hospitality.

***“THAT’S THE THING ABOUT BOOKS. THEY LET YOU TRAVEL  
WITHOUT MOVING YOUR FEET.” ~JHUMPA LAHIRI***

## **MONDAY AFTERNOON BOOK GROUP**

### **POETRY MONTH**

Monday, April 7, 12:30 PM  
Parlor

Bring your favorite poem to  
share!



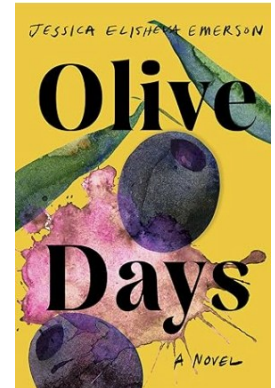
## **EVENING BOOK GROUP**

### **Olive Days**

By

Jessica Elisheva Emerson  
Monday, April 28, 7:00 PM  
Ann Lew’s house

“Winner of the GLCA  
New Writers Awards, a  
debut novel about an  
exhausted young  
mother in an Orthodox  
Jewish community of  
Los Angeles whose  
quest for authenticity  
erupts in a passionate  
affair following a night  
of wife swapping.”



If you have any questions or would like to  
join us, but would like more information,  
please feel free to email Dody Chadwick at  
[DGCC629@aol.com](mailto:DGCC629@aol.com)

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## **April is. . . “National Poetry Month” and “DEAR Day” (Drop Everything and Read!)**

Academy of American Poets designates April as **National Poetry Month**—celebrating  
the joy and expressiveness of poetry.

**DEAR Day:** April 12th is a national celebration of reading designed to encourage  
families to make reading a priority.

**National Library Week:** the American Library Association kicks off this week in April,  
including events like “Right to Read Day,” National Library Workers Day, and  
National Library Outreach Day.

**Children’s Book Month:** focus on children’s books and literacy.

**Arbor Day** and **Earth Day** can be linked to reading about nature and environmental  
issues.



## FOR YOUR INFORMATION

The generosity of our congregation is evident every single day. If you are mailing in your pledge to the church office or a donation to another ministry, **please indicate on the “Memo” section of the check, e.g. pledge, Denison food pantry, Calling & Caring, etc.**

The Dover website ([doverucc.org](http://doverucc.org)) provides an easy link for making online donations--one-time, recurring or to special funds. You can make a notation in the “Note” field: if you are leaving a



Online Giving

memorial--who the donation is in

memory of, etc. OR -- you can scan this QR code with the camera on your phone or a QR reader app and be directed to our giving page on our website. Contact Jane Coil if you have any questions how to use the online giving feature.

[jcoil@doverucc.org](mailto:jcoil@doverucc.org)



### HOSPITAL/HOME VISITS

Please notify the church office at 440-871-1050 if you are admitted to the hospital so a phone call or visit from our parish nurse Julie or a member of the Calling & Caring committee can be arranged. When you are recovering, Julie and members of the Calling & Caring committee are available to give you a call; just call the church office to let them know you desire a call. We are not notified by hospitals of admissions.



Please notify the church office if you have a change of address, telephone number(s) or a new email address. A church directory is emailed quarterly to congregation members, and we would like to have the correct information for you!

### HAVE A CONCERN OR QUESTION FOR CHURCH COUNCIL?

#### MEET YOUR CHURCH COUNCIL MEMBERS.

Moderator - Adam Jakubiak  
Vice Moderator - Judy MacKeigan  
Clerk - Sharron Wilkins  
Treasurer - Liz Emmer

#### Members at Large:

Judy Brizzolara, Sandy Burkey, Terry Chadwick, Millie Harley,  
Reggie Pratt, Dan Read, Scott Thompson

Ex-officio Members:  
Rev. Mindy Quellhorst



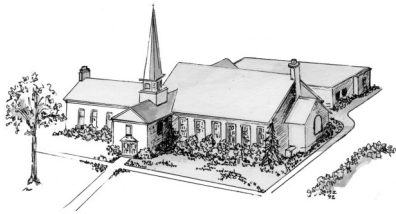
# Come to me, all you who are weary and burdened

*Matthew 11:28*

~ Prayer Requests---Please pray for God to be with these individuals, and for them to feel God's presence in the midst of their concerns:

Meri Armour, Family of Tom Cammock (Friend of Coils'), Mark Chomoa (Rae-Rita Chomoa's son), Gail Cordy, Jacquie DelMonte, Linda Dobbins (Inge Moorman's daughter & Roberta Moorman's sister), David Edsall, Bobbie English (Friend of Lois McCreight), Lexi, Carol McDougald, Jim & Kay Mesaros, Cathy Montgomery, People of Ukraine, Israel, Palestine and Gaza, Bob Pozwick (Patricia Houser's brother), Joann West (Friend of Joe & Mary Ann Brizzolara)

2239 Dover Center Road  
Westlake, OH 44145



440-871-1050  
doverucc.org

## Serving the Church

Adam Jakubiak ..... Council Moderator  
Judy MacKeigan ..... Council Vice Moderator  
Sharron Wilkins ..... Council Clerk  
Liz Emmer ..... Council Treasurer  
Jane Coil ..... Office Administrator

Rev. Mindy Quellhorst ..... Pastor  
Rev. Scott Patterson ..... Pastor Emeritus  
Jamie Kunselman ..... Music Director  
Ben Malkevitch ..... Organist  
Julie Kiefer, R. N. .... Parish Nurse



## OPEN AND AFFIRMING STATEMENT

Dover Congregational United Church of Christ is an Open and Affirming congregation. We affirm that God's grace is available to all. We welcome people of all ages, genders, races, views, abilities, sexual orientations, expressions and identities, ethnic, educational and economic backgrounds into the full life and ministry of our church. We declare this in the name of God, whose Son, Jesus Christ, welcomed all people into God's circle of grace.

Approved by the congregation September 21, 2008  
Additions approved by the congregation April 13, 2014

*No matter who you are,  
or where you are on life's journey,  
you are welcome here!*