

DOVER VOICES

April 2026



Sometimes our path looks a little rickety, and sometimes we even head off in the wrong direction, or choose to take a fork on the path. Our Lenten journey leads us to Holy Week before reaching Easter. We must go through the messiness of Holy Week to get to Easter. The path may seem hard to decide which way to go. Washing feet, eating the last supper, being quiet, knowing, the cross, the betrayal, the denial, the arrest, the feeling of hopelessness. We are not left there! Easter comes!

In each choice, on our journey, we yield to grace, to following Jesus to Jerusalem, to trusting the promises of God, to following with the help of the Spirit.



We do not have to do what Jesus did. God was at work in him, doing for us what we can't do for ourselves. But, we are to follow his leadership and walk in his steps. We follow, as we invite others along, and help and love them on to the path with him. Our messiness wilderness journey, has led us to hope, to grace. Wilderness is the birthplace of JOY.

Happy Easter!
Alleluia!

Pastor Mindy

GOOD NEWS

Do you have Good News to Share for the newsletter?

About happenings at Dover UCC or celebrations in your life. Please send to 😊 Amy Storms (amy-storms@att.net or 314-704-7534). Pictures appreciated but not required.



WE CERTAINLY WILL BRIGHTEN SOMEONE'S DAY

Once again, Dover UCC came up big — donating 63 vases to Big Hearted Blooms, where flowers once forgotten are reborn as bouquets of joy. With these donated vases, you'll help boost the emotional health of those facing life's challenges in nursing homes and hospitals. What might have been discarded will now carry beauty, comfort, and hope into someone's room.

Many thanks to Michael DiLauro and our entire church community for your generosity, compassion, and continued commitment to sharing God's love in simple, meaningful ways.

A NEW GRANDDAUGHTER!!

Reggie Pratt is a grandmother! Harper was born March 19th, and she and her parents, Julie & Kyle Pratt are doing well and couldn't be happier!



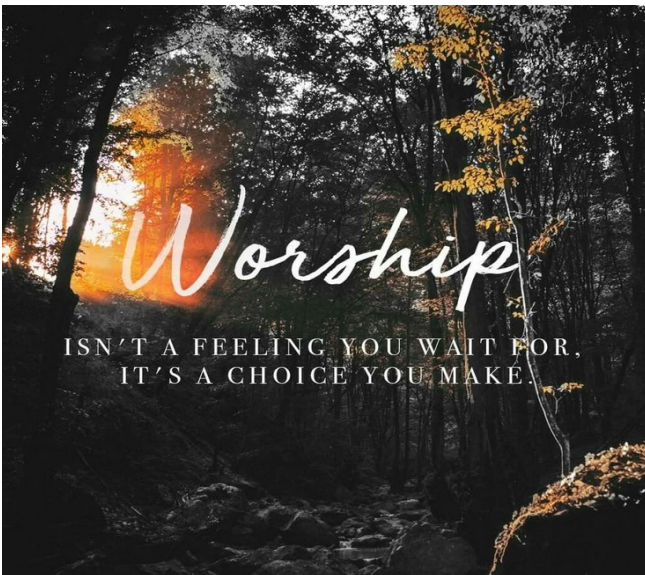


Many, many thanks for all the cards, thoughts and prayers. Friends from this wonderful church are so special. Also the gift from the Calling and Caring Ministry is so special with blue flowers and chocolate, my favorite color and treat!

My hip is healing leaving me with the challenges of macular degeneration. I would like to share that I see best when the letters are one inch in size. I hope to see you all soon.

With love, *Kay Cilimburg*

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.



Faith Formation and Faith Explorers are in full swing. and our children are learning about prayer and kindness. Come grow with us—there's something for every age! Any questions—please contact Jacquie DelMonte. 440-463-6460.

During this Lenten season, our Faith Formation Explorers have journeyed through the wilderness, discovering that it is not just a place of uncertainty, but of growth, courage, connection and hope. Week by week, we have made and followed colorful footsteps reminding us that even in the messiness of life, God is always leading us forward- preparing our hearts for the Joy of Easter. As we head towards Holy Week, please remember our Explorers are invited on Palm Sunday 3/29/26 to lead our parade through the sanctuary and then on Easter Sunday 4/5/26 for an Easter Egg Hunt after the service.

Thank you so much Dover UCC congregation for your generosity of empty clean water jugs with lids donation. Dover church has completed the quantity we were asked to bring in (120) but we will continue to collect them to help attain the quantity VBS needs (600 to 800) and to help the churches who have not reached their goal. Thank you, Jacquie DelMonte



Urinary Incontinence

Urinary incontinence is when a person leaks urine by accident. While it can happen to anyone, urinary incontinence is more common in older people, especially women. Bladder control issues can be embarrassing and cause people to avoid their normal activities; however, incontinence can often be stopped or controlled.

Incontinence can happen for many reasons, including urinary tract infections, vaginal infections, or constipation. Some medications can cause bladder control problems that last a short time. When incontinence lasts longer, it may be due to:

- Weak bladder or pelvic floor muscles

- Overactive bladder muscles

- Damage to nerves that control the bladder from diseases such as multiple sclerosis, diabetes or Parkinson's or diseases such as arthritis which may make it difficult to get to the bathroom in time

- Pelvic organ prolapse, which is when pelvic organs such as the bladder, rectum, or uterus; shift out of their normal place into the vagina or anus. When pelvic organs are out of place, the bladder and urethra cannot work normally, which may cause urine to leak.

Most incontinence in men is related to the prostate gland. Male incontinence may be caused by:

- Prostatitis, a painful inflammation of the prostate gland

- Injury or damage to nerves or muscles from surgery

- An enlarged prostate gland, which can lead to BPH, a condition in which the prostate grows as men age

Types of urinary incontinence

Stress incontinence occurs when urine leaks as pressure is put on the bladder, such as during exercise, coughing, sneezing, laughing, or lifting heavy objects. It's the most common type of bladder control problem in younger and middle-aged women. It also may begin later, around the time of menopause.

Urge incontinence happens when people have a sudden need to urinate and cannot hold their urine long enough to get to the toilet.

Overflow incontinence happens when small amounts of urine leak from a bladder that is always full.

Functional incontinence occurs in many older people who have normal bladder control. They just have a problem getting to the toilet because of arthritis or other disorders that make it hard to move quickly.

Incontinence in Alzheimer's Disease

People in the later stages of Alzheimer's disease often have problems with urinary incontinence. This can be a result of not realizing they need to urinate, forgetting to go to the bathroom, or not being able to find the toilet. These tips may help:

- Avoid drinks like caffeinated coffee, tea, and sodas, which may increase urination.

- Keep hallways clear and the bathroom clutter-free, with a light on at all times.

- Provide regular bathroom breaks.

- Use underwear that is easy to get on and off, and absorbent briefs or underwear for trips away from home.

Treating and managing urinary incontinence

Bladder control training

Pelvic muscle exercises (also known as Kegel exercises) strengthen the muscles that support the bladder, which can help you hold urine in your bladder and avoid leaks.

Urgency suppression helps control strong urges to urinate so you can make it to a toilet on time. For example, you can try distracting yourself to help keep your mind off needing to urinate, taking long relaxing breaths, holding still, and squeezing the pelvic floor muscles.

Timed voiding is used to help control your bladder through scheduling time to urinate. For example, you can set a plan to urinate every hour. As time goes on, you can slowly extend the time between toilet breaks.

Medical treatments

Medications that come in a pill, liquid, or patch may be prescribed to help with bladder control problems. However, some medications for overactive bladder have been associated with a higher risk of cognitive decline in adults over age 65. Talk with your doctor about what medications, if any, would work best for you.

Vaginal estrogen cream may help relieve urge or stress incontinence. A low dose of estrogen cream is applied directly to the vaginal walls and urethral tissue.

Bulking agents can be used to help close the bladder opening. Doctors can inject a bulking gel or paste that thickens the area around the urethra.

Medical devices may also be used to manage urinary incontinence, such as a catheter that drains urine from your bladder; a urethral insert that helps prevent leakage; and a vaginal pessary ring that provides pressure to lessen leakage.

Biofeedback uses sensors to make you aware of signals from your body. This may help you regain control over the muscles in your bladder and urethra.

Electrical nerve stimulation sends mild electric currents to the nerves around the bladder that help control urination and your bladder's reflexes.

Surgery can sometimes improve or cure incontinence if it is caused by a change in the position of the bladder or blockage due to an enlarged prostate.

Behavioral and lifestyle changes

Changing your lifestyle may help with bladder problems. Losing weight, quitting smoking and drinking alcohol, choosing water instead of other drinks, and limiting drinks before bedtime can help with some bladder problems. Preventing constipation and avoiding lifting heavy objects may also help with incontinence. Even after treatment, some people still leak urine from time to time. There are bladder control products and other solutions, including disposable briefs or underwear, furniture pads, and urine deodorizing pills that may help.

TREATMENTS FOR INCONTINENCE

- Leakage Pads**
Pads and pants are commonly used for urinary leakage. They come as both disposable or washable. These are also available in different sizes.
- Pelvic Floor Exercise**
Building stronger pelvic floor and sphincter muscles builds strength to hold back urine. Exercise your muscles several times a day.
- Pessaries**
A diaphragm is inserted into the vagina and puts pressure on the urethra to slow the flow. Used either constantly or at times of higher risk.
- Medications**
Extended release medications that calm the bladder or bulking agents can stave the flow. Injections are also available to calm contracting muscles.
- Urethral Mini-Sling for Incontinence**
The Sling acts as a urethra rest to help keep it closed. A low risk, minimally invasive surgery uses single incision tape under local anaesthesia. The procedure ensures quick recovery.

When to see a health care provider and what to expect

Talk to your health care provider if you have urinary incontinence or any signs of a bladder problem, such as:

- Needing to urinate more frequently or suddenly
- Cloudy urine
- Blood in the urine
- Pain while urinating
- Urinating eight or more times in one day
- Passing only small amounts of urine after strong urges to urinate
- Trouble starting or having a weak stream while urinating

If anyone needs disposable incontinence briefs, there are several packages in the hall leading to my office that you are welcome to take. The sizes (Small-Large) are marked on the bags.

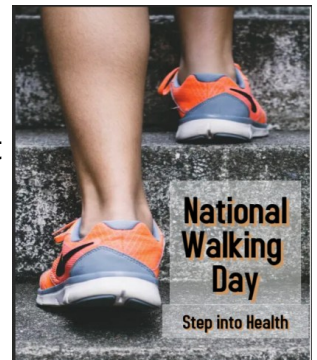
Information taken from nih.gov

Blessings and Prayers for a wonderful Easter! ~ Julie Kiefer, RN

April 2nd is National Walking Day!

National Walking Day was established by the American Heart Association in 2007 to encourage people of all ages to incorporate walking into their daily routines and raise awareness of its health benefits, including the risk of heart disease, stroke, type II diabetes, and certain cancers, as well as improving mental health and overall well-being.

Walking for 30 to 60 minutes a day can significantly improve cardiovascular health, strengthen bones and muscles, support weight management, and enhance creativity and mental clarity. Even short walks can lower the risk of chronic diseases and contribute to a longer, healthier life. Walking is also a low-impact exercise suitable for most people, making it an ideal way to stay active.



How to participate in National Walking Day:

- ◆ Take a 30-minute walk around your neighborhood, local park, or workplace.
- ◆ Invite friends, family or pets to join you for added motivation.
- ◆ Use walking as an opportunity for conference calls or errands to integrate activity into your day.
- ◆ Share your walk on social media using #NationalWalkingDay to inspire others.



LET'S TAKE A HIKE!!!

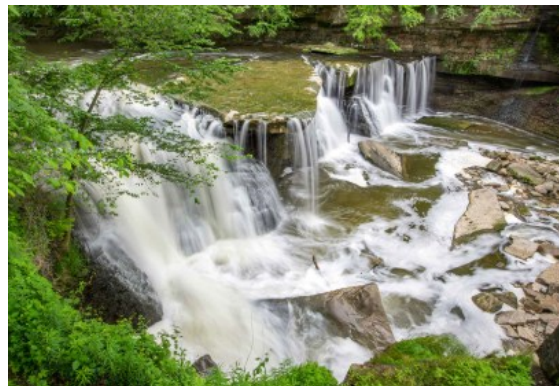
Two waterfalls in one visit!

May 17th—come out and enjoy some of God's beautiful creation. Join us for a visit to Cleveland Metroparks Bedford Reservation. We will meet after coffee hour and carpool to the reservation.

First stop will be **Bridal Veil Falls**. A short, easy hike along a natural surface trail brings us to an observation deck to view this gentle, but lovely, waterfall.



Then we will drive to another spot in the reservation to view the **Great Falls of Tinker's Creek**. This hike is a short walk on a paved path, but it is a bit of a hill.



Sign up at the Hub. Because we will be carpooling, let us know if you would be willing to drive. For more information, see Judy MacKeigan.



The watercolor artists group that meets at Dover every Tuesday afternoon will be holding an art show for the Dover congregation on Sunday, May 3rd, immediately following the 10:00 AM service in Thomas Hall.

Members of Dover have participated in this group in the past, and some currently are. You will have an opportunity to meet the artists, view their work, and framed pieces will be available to purchase, if you like (always priced reasonably—and original artwork!)

Come enjoy some light refreshment, and enjoy this talented group's work.



WESTLAKE ECUMENICAL VBS 2026



WHERE FAITH MEETS FUN THIS SUMMER!

JUNE 15-19, 9AM-NOON

FOR KIDS AGED 4 THRU RISING 5TH GRADERS
COST IS \$20 PER CHILD, MAX \$50 PER FAMILY
HELD AT PRINCE OF PEACE LUTHERAN

REGISTER
AT QR CODE



April 2026

	5	12	19	26
Altar Flowers	Easter flowers	Lucy Bufkin	Sharrie Nichols	
Coffee	NO COFFEE HOUR	English & Shaughnessy		
Liturgist	Mike English	Jan Jones	Judy MacKeigan	John McDougald



Mark your calendar!

- 4/2:** Maundy Thursday worship service; 7:00 PM
- 4/3:** Good Friday prayer stations; 9:00—11:00 AM; Dover sanctuary
- 4/5:** Easter Sunrise Service; 7:04 AM—Evergreen Cemetery
- 5/17:** Take a hike!
- 6/7:** Graduate Recognition Sunday

ARTICLES / PICTURES FOR THE MAY EDITION OF DOVER VOICES ARE DUE:

FRIDAY, April 17th!!!!!!

Please send all submissions to:

doverucc44145@gmail.com before that date.

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

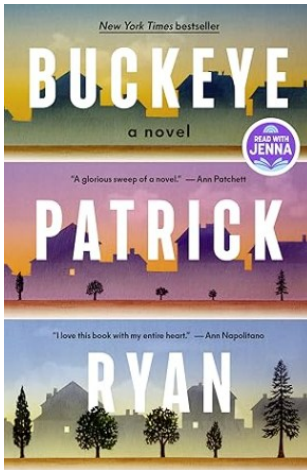
~JHUMPA LAHIRI

MONDAY AFTERNOON BOOK GROUP

Buckeye

By
Patrick Ryan

Monday, April 6th
12:30 PM Parlor



“A glorious sweep of a novel” (Ann Patchett) that weaves the intimate lives of two midwestern families across generations, from World War II to the late twentieth century.”

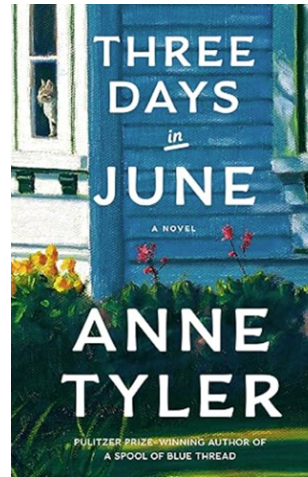
Bring a poem, too—if you like!

EVENING BOOK GROUP

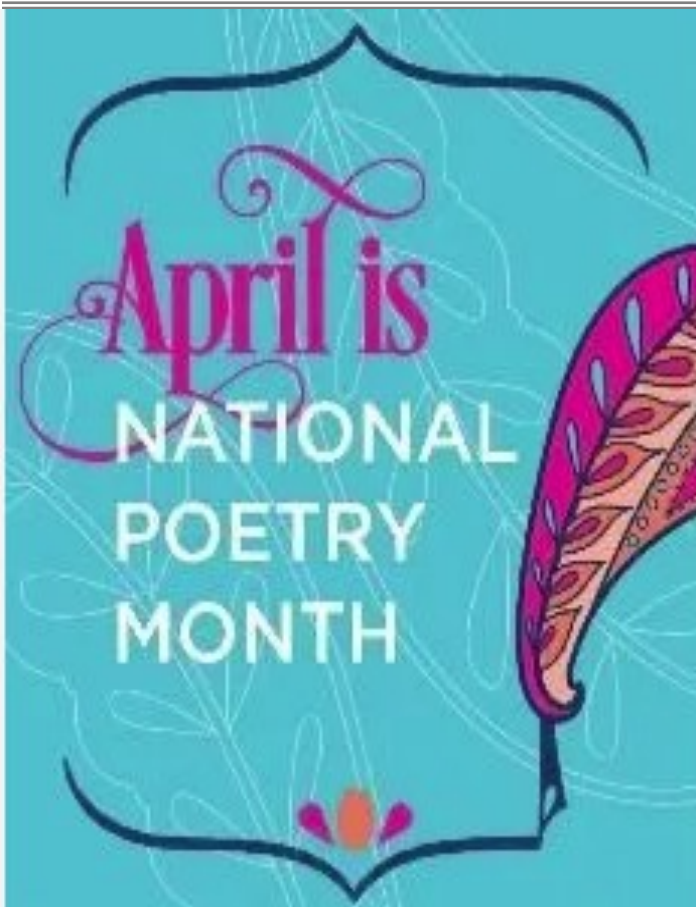
Three Days in June

By
Anne Tyler

Monday, May 18, 2026
7:00 PM Heather Harris’ house



“A socially awkward mother of the bride navigates the days before and after her daughter’s wedding. . . a story told with deep sensitivity and a tart sense of humor, full of the joys and heartbreaks of love and marriage and family life.”



National Poetry Month is the world’s largest literary celebration, highlighting poetry’s vital place in culture. Launched by the academy of American Poets in 1996, it promotes poetry through readings, classroom projects, and the hashtag #NationalPoetryMonth.

How can you celebrate National Poetry Month?

- * **Poem in Your Pocket Day:** A popular, annual event where people carry a poem and share it.
- * **“Poem-a-Day”:** The Academy of American Poets shares a curated poem daily.
- * **Local Events:** Libraries, school, and bookstores host readings and workshops.
- * **Social Media:** Users share poems and original work using hashtags like #NationalPoetryMonth and #Poetrygram.

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.**



Online Giving

The Dover website (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 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. doverucc44145@gmail.com

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 - Judy MacKeigan
Vice Moderator - Terry Chadwick
Clerk - Sharron Wilkins
Treasurer - Liz Emmer

Members at Large:

Lucy Bufkin, Judy Brizzolara, Sandy Burkey, Reggie Pratt, Noreen Thompson, Scott Thompson

Ex-officio Members:

Rev. Mindy Quellhorst

Serving the Church

Judy MacKeigan Council Moderator
Terry Chadwick 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
Nichole Fehrman..... Organist
Julie Kiefer, R. N. Parish Nurse

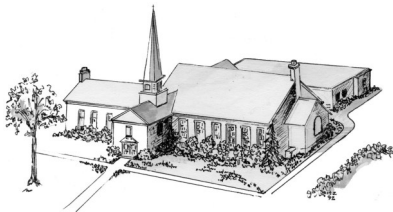
Come to me, all you who are weary and burdened

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:

Sandy Aber, Adeena & Dustin (Friends of Jen Bokenyi), Karen Bellebuono (Friend of Mary Ann & Joe Brizzolara and Judy Brizzolara), Janet Leopold-Caden (friend of Judy & Dave MacKeigan), Rev. Wayne Chasney, Mark Chomoa (Rae-Rita Chomoa's son), Gail Cordy, Betty Correll (Sandy Burkey's mother), Eli (Friend of Judy Brizzolara), Bobbi English (Friend of Lois McCreight), Sharon Jaskolka, Andy Klemens (Friend of Mary Ann & Joe Brizzolara), Loretta (Friend of Kevin Kurth's), David Magill (Carol McDougald's brother), Jim & Kaye Mesaros, Inge Moorman, Family of Dan O'Neil, People of Ukraine, Israel, Palestine, Gaza, Myanmar/Middle East, Venezuela, and Haitian people of Springfield, OH, Roger Polefko (Friend of Kim & Ken Delfing), Bob Pozwick (Pat Houser's brother)

2239 Dover Center Road
Westlake, OH 44145



440-871-1050
doverucc.org



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

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

JUST PEACE COVENANT

As a Just Peace church continuing the work of Jesus, we commit to work toward a world where all persons are treated with dignity and equality, where societies are structured in ways that promote the well-being of all people, and where conflicts are resolved through communication and negotiations, without resorting to exploitation or violence. We strive to embody these principles in our lives and witness as individuals and as a congregation. Our specific focus is: Just Peace in the community- so that all may live free from fear. Just Peace with the Earth – so that life is sustained. Just Peace in the marketplace- so that all may live with dignity. Just Peace among nations- so that human lives are protected. Through our worship, programs, and outreach we seek to be a community of reconciliation, hope, and courage as we work for peace and justice in our world.

Adopted and approved by congregation September 14, 2025