

DOVER VOICES

February 2026

A word from Pastor Mindy....



Lent is fast approaching. Our theme for Lent is:
The Blessings of Messiness!

Feb. 18- Ash Wednesday 7pm--- Wilderness is somewhere we've been before/ Hope

Feb. 22-1st Sunday of Lent—Wilderness is a place of beginnings/ Grace

March 1- 2nd Sunday of Lent—Wilderness is place of mystery and unknown/blessings

March 8-3rd Sunday of Lent—Wilderness is a place of isolation and connection/community

March 15 -4th Sunday of Lent—Wilderness is place of disruption

March 22- 5th Sunday of Lent—Wilderness is place of resilient life/Hope

March 29- Palm/ Passion Sunday- Wilderness is a place where we are brave

April 2- Maundy Thursday- Wilderness around the table of love with Church of the Redeemer UCC @ Dover UCC 7pm

April 3- Good Friday- Wilderness of silence. Prayer stations in sanctuary between 9-11am

April 5- Easter- Wilderness as birthplace of Joy

Sunday evenings, we will gather at **4:30-6:00pm**

a simple soup supper, followed by conversation and study

Feb. 22 Wilderness is a place of beginnings/ Grace--the place where our messiness and Jesus meet

March 1- Wilderness is place of mystery and unknown/blessings—a force of God that enlivens us to life

March 8-Wilderness is a place of isolation and connection/community--Contemplative Praying

March 15 -Wilderness is place of disruption--resisting the resisters- overcoming saboteurs of spirituality

March 22- Wilderness is place of resilient life/Hope--celebrating community

Please join in the Blessings of Messiness!



Pastor Mindy





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.

Welcome Adrian Scott Eyre Germaine!

Born December 21, 2025, happy, healthy and hefty at 8 lbs 6 oz. Excitedly welcomed by great grandma Jan Sherffler, grandparents John LeeAnn Eyre and parents, Meredith Eyre and Matt Germaine.



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Dover celebrates Three Kings Day

Three Kings Day, or Día de Reyes, is a significant celebration in Puerto Rico that occurs on January 6th, commemorating the visit of the Three Wise Men to the newborn Jesus.

At Dover, we are so lucky to have Maria Veléz explain this celebration during the children's time in the service, and then provide a wonderful coffee hour/lunch with traditional Puerto Rican dishes for everyone.



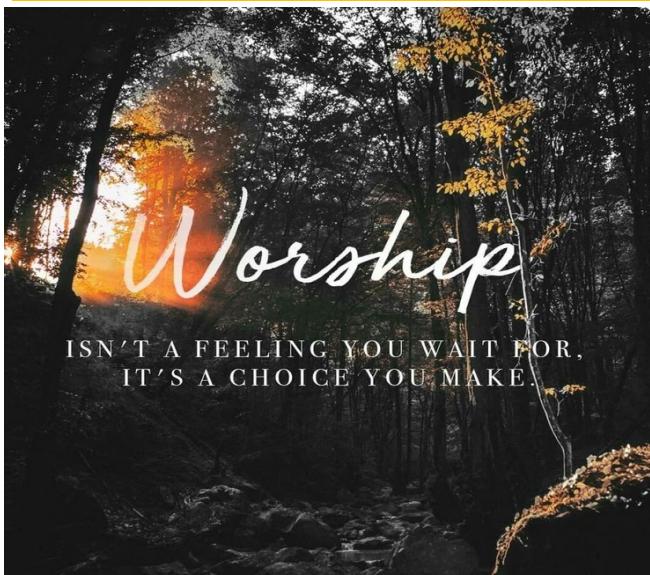
Table for 8 winter session is cozy



Several table for 8 groups continue to meet once a month for good fellowship and good food. One of the groups had a fun Mexican food night!



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.

Dover UCC will once again partner with four area churches for Vacation Bible School. This year's theme is "Snowball Mountain Challenge." VBS will take place June 15-19, 2026 at Prince of Peace Church. Dover UCC will lead snacks again, partnering with Church of Redeemer. We are currently in need of volunteers for Music/Bible stories, Games (outdoor recreation), and Crafts. And the big one: we are collecting 600 empty one gallon water jugs to build an igloo for VBS. Please place donated water jugs in the collection box in Thomas Hall. Thank you for your support—let's keep shining bright! Jacquie DelMonte 440-463-6460



Winter Itch

When cold weather sets in, so does the battle against dry, itchy skin. The combination of chilly outdoor air and the dehydrating effects of indoor heating systems can leave your skin parched and irritated, a condition commonly known as the "winter itch."

Causes of Dry Skin During Winter

- Drop in temperature and humidity outside, causing the air to become cold and dry, which results in the moisture on your skin evaporating and drying out.
- Heating your home using fireplaces, space heaters, wood-burning stoves and central heating causes the humidity inside to decrease.
- Overly long, hot baths or showers strip your skin of natural oils, causing it to lose moisture more quickly. Swimming in a heavily chlorinated pool can have the same effect.
- Harsh detergents and soaps, like many common shampoos, are designed to remove oil, including the skin's natural oils, leading to dryness.

Symptoms of Dry Skin

- Skin looks and feels rough
- Skin feels tight, especially after swimming, bathing or showering
- Slight or even severe peeling, scaling or flaking
- Itching
- Ashy, gray skin
- Redness
- Small cracks or fine lines
Deep cracks that may bleed

Complications That May Occur Due to Dry Skin

Dry or cracking skin is usually harmless, however failure to attend to it may lead to eczema or infections. If you are prone to eczema, dehydrated skin may trigger the condition, causing inflammation, cracking and redness. Moreover, bacteria could enter cracks in the skin and lead to infections. The likelihood of these complications occurring is higher if the normal protective mechanisms of your skin are severely compromised. For example, deep fissures or cracks may form on severely dry skin, and if these cracks or fissures open and bleed, bacteria could enter.

Home remedies and lifestyle changes are usually effective in preventing and treating dry skin; however, **if you observe the following, see your health care provider:**

~Excessive redness, large areas of peeling or scaling skin, if scratching skin causes infections or sores; if itchy skin interferes with your sleep, or if skin is unresponsive to home remedies and lifestyle changes,

Long standing itch can be a sign of a blood disease, diabetes, kidney disease, liver disease, HIV or an overactive thyroid.

Good Winter Skincare Tips

Using a humidifier can increase levels of moisture in the air, which can create an environment in which your skin stays hydrated. Humidifiers emit a fine mist into your room to achieve an optimal humidity of between 40 to 60 percent. Place the humidifier in the room where you spend the most time.

~ Maintain a Diet That Promotes Healthy, Hydrated Skin

Your skin health is directly connected with your gut health, so it's important to maintain a diet that supports good skin health. The following are some of the best foods for maintaining healthy skin:

- **Fatty fish such as salmon-** Omega-3 fatty acids, zinc, vitamin E and high-quality protein keep your skin moisturized and help reduce inflammation.
- **Avocados-** A good source of vitamins E and C and beneficial fats – all of which promote healthy skin. They also have compounds that help prevent sun damage.
- **Almonds-** Rich in protein, selenium, vitamin E, essential fats and zinc.
- **Sunflower seeds-** High in nutrients such as vitamin E, which has protective antioxidant effects on the skin.
- **Sweet potatoes-** Contains a lot of beta carotene, a natural sun block.
- **Bell peppers-** An excellent source of vitamin C and beta carotene – both of which have protective antioxidant effects on the skin. Vitamin C helps create collagen, the structural protein that strengthens your skin.

~ Drink Lots of Water

Drinking plenty of water has a powerful and positive impact on your skin and health, and on your overall health. Making sure you drink a lot of water is the most natural way to ensure that your skin is healthy and radiant. By drinking lots of water, you'll notice that it keeps you refreshed, hydrated and helps keep your skin elastic; it helps balance your skin pH level, keeping it healthy, it flushes toxins from your body that may otherwise cause skin health problems such as acne and it may help tighten up sagging skin.

For most adults, about eight glasses of water a day should be an adequate amount to stay hydrated. Try to limit your intake of caffeinated and alcoholic drinks, as they can have diuretic effects that may dehydrate your skin, leaving it more prone to dryness and cracking.



~ Exfoliate Your Skin

Exfoliation is essential to skin care, and failure to do leads to dry skin, regardless of how much cream or serum you apply. Use oil-based exfoliators to not only rejuvenate the skin, but also to hydrate. For best results, do not exfoliate more than twice a week

~ Use Moisturizing Face Cream and Gentle Cleansers

Switching to a moisturizing face cream is one of the most critical steps to prevent and to deal with

dry, crackling skin, yet it's one of the most overlooked. Apply thick moisturizer immediately after stepping out of the shower

- ~ **Develop a Regular Winter Skincare Routine**

Long, hot showers can feel great on chilly winter evenings, but they shouldn't be a regular part of your winter skincare routine. Consider rinsing for no more than a few minutes using warm rather than hot water and gently pat skin with a dry towel.

Wash skin with a gentle cleanser

Apply fragrance free moisturizer several times a day and when your skin is damp, after washing your hands, or when your skin feels dry.

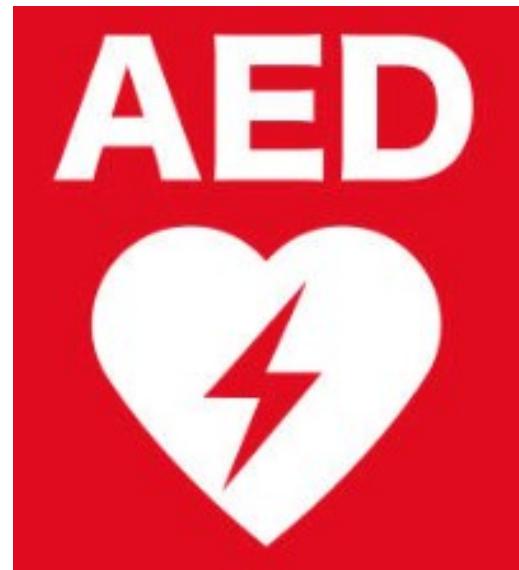


Finally, use a heavy-duty moisturizer on your lip and hands, especially the cuticles. If your skin feels too dry, consider using a hydrating sheet mask once a week before you go to bed, and be sure to avoid products with clay or charcoal. Wear gloves to keep your hands protected from the cold air.

Information taken from www.aad.org and uchealth.com

Blessings and Prayers for a Healthy Winter- Julie Kiefer, RN

SAVE THE DATE: On Sunday 2/15- I will be checking BPs before the service and reviewing Compression Only CPR and AED use after the service in Thomas Hall. Hope to see you there!





Understanding Alzheimer's Disease: Insights, Treatment Options and the Role of Pharmacy in Care

Speaker:

Kyle Duale, PharmD

Clinical Pharmacy Specialist

Neuromuscular & Memory Care Clinical Outpatient Pharmacist, UH Meds

February 23, 2026 | 7 p.m.

Rocky River Public Library

in the Auditorium

1600 Hampton Road, Rocky River, OH 44116

Registration not required. For any questions, please contact adult@rrpl.org.

This presentation will provide an overview of Alzheimer's disease, including its symptoms, stages, and impact on individuals and families and the critical role pharmacists play in the management of Alzheimer's disease. The pharmacist will discuss current treatment options, including medications aimed at managing symptoms and slowing progression, as well as emerging therapies. Attendees will gain a deeper understanding of the vital role pharmacists play in supporting patients with Alzheimer's, from medication management to providing guidance on caregiving and maintaining quality of life.



A BEAUTIFUL WAY TO BRIGHTEN SOMEONE'S DAY



A Vase, A Smile, A Little Light

Once again, Dover UCC is donating vases to **Big Hearted Blooms**, where flowers once forgotten are reborn as bouquets of joy. Each bloom carries a whisper: *you are remembered, you are not alone*. When you donate vases, you are helping to boost the emotional health of those facing a variety of life challenges in our community in nursing homes and hospitals throughout the greater Cleveland region.

Drop off your vase February 1–22 in the side entrance box labeled **Big Hearted Blooms**—and let a simple act of kindness bloom into hope.

For more information contact: Michael DiLauro, 412-414-5927



Dan Toussant leads a Pax Christi chapter in his hometown of Canton, Ohio, and was instrumental in helping launch the Interfaith Coalition of Stark County. Rooted in the nonviolent teachings of Jesus—the cornerstone of both Pax Christi and the Interfaith Coalition—their work focuses on anti-racism, ending gun violence, and fostering reconciliation and healing in the face of governmental policies that promote hate, division, and fear.

Dan also had the good fortune to marry into a family that includes Michael and Jan DiLauro. During this presentation, he will share his personal journey and reflect on why it took him 50 years to find the courage to begin a Pax Christi chapter.

Dan and his spouse, Colleen (Michael's cousin), who is also deeply involved with Pax Christi, will be with us for an evening presentation.

Monday, March 24, 6:00–7:00 pm, Thomas Hall



February 2026

	2/1	2/8	2/15	2/22
Altar Flowers	Angie Kalix		Carol Riordan	
Coffee	Peggy Montgomery	SOUPER BOWL SUNDAY!	Alexander/Russo	
Liturgist	Dan Read	Joan Brickley	Julie Rinehart	Eileen Schultz



MARK YOUR CALENDAR!!!

Dover Annual Souper Bowl will be held immediately following 10:00 AM worship on Sunday, February 8th. Come try a bowl or two of homemade soup—sure to be many you will enjoy! To-go bowls will be available to take soup home and enjoy later! Dessert/beverages will also be served. Free will offering will go to support the Back Bay Mission trip 2026.

**PLEASE LET MARTHA VIVONA KNOW IF YOU CAN PROVIDE
A CROCKPOT OF SOUP**

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

FRIDAY, February 20th!!!!!!

Please send all submissions to:

doverucc44145@gmail.com before that date.

“READING IS AN EXERCISE IN EMPATHY; AN EXERCISE IN WALKING IN SOMEONE ELSE’S SHOES FOR A WHILE.”

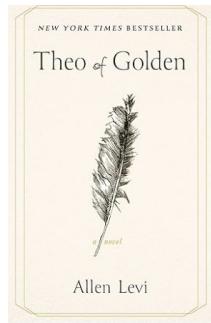
~MALORIE BLACKMAN

MONDAY AFTERNOON Book GROUP

Theo of Golden

By Allen Levi

Monday, February 2nd
12:30 PM Parlor



EVENING Book GROUP

The Lion, The Witch and

The Wardrobe

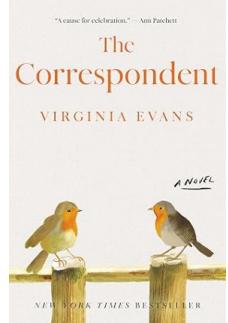
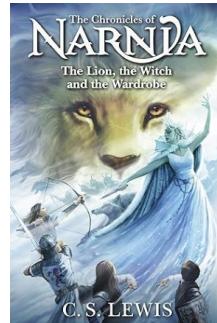
By C. S. Lewis

And

The Correspondent

By Virginia Evans

Monday, February 16th
7:00 PM Pam Compton’s house



February is . . . a month of bookish celebrations!

February . . . The shortest month of the year—but not when it comes to celebrating literature! Here’s some literary holidays that make February a “bookworm’s paradise!”

Robinson Crusoe Day; February 1

Children’s Authors and Illustrators Week; February 1-8:

World Read Aloud Day; February 4

Take Your Child to the Library Day; February 7

(Here’s one for fun!) **Read in the Bathtub Day; February 9**

Freelance Writers Appreciation Week; February 8-14

International Book-Giving Day; February 14

Clean Out Your Bookcase Day; February 20

Tell a Fairy Tale Day; February 26

These holidays celebrate various aspects of reading and literature, making February a great time to engage with books and reading activities.



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

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



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 - 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-oficio 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

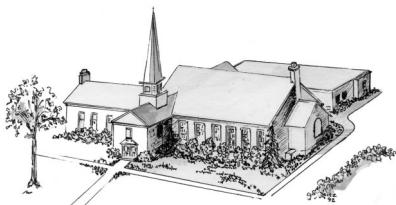
Come to me, all you who are weary and burdened

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, Karen Bellebuono (Friend of Mary Ann & Joe Brizzolara and Judy Brizzolara), Janet Leopold-Caden (friend of Judy & Dave MacKeigan), Mark Chomoa (Rae-Rita Chomoa's son), Kay Cilimbburg, Aida Colon-Velez, Gail Cordy, Betty Correll (Sandy Burkey's mother), Eli (Friend of Judy Brizzolara), Sharon Jaskolka, Judy MacKeigan, Ben Malkevitch & Kate Moszynski, David Magill (Carol McDougald's brother), Jim & Kaye Mesaros, Inge Moorman, People of Ukraine, Israel, Palestine, Gaza, Myanmar/Middle East, Bob Pozwick (Pat Houser's brother), Robert Pineiro (Aida Colon's brother-in-law), Roger Polefko (Friend of Ken & Kim Delfing)

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