

DOVER VOICES

March 2026



Join me in our Lenten Study, Sunday evenings from **4:30-6 pm** with a simple soup and bread meal.

March 1-Wilderness is a 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 a place of disruption-resisting the resisters-overcoming saboteurs of spirituality

March 22-Wilderness is a place of resilient life-hope-celebrating community

With the fear and hate that are filling our lives, our world, God's world, I invite you to join me in praising God in all we do. In our journey of wilderness through the messiness and blessings, I invite us to come out of your comfort zone and live praising God in your life, in this world. You may want to ask:
How can we praise when life feels so fragile, so hard?
How can we praise when we are in the midst of fear and grief?

We praise because God loves us.
We praise because the Holy Spirit is holding us.
We praise because God blesses us, and we bless others.
We praise because God has empowered us to be people of God.
And as people of God we are called to live praise in our lives, in God's world.



Stand up my friends...
Stand up in love and hope and compassion and kindness...
Stand up in grace and mercy and blessings...
Stand up for justice

Yes, there is grief, and fear.
Yes, we are in a time of messiness and wilderness, but it is filled with blessings.

Wilderness can find hope in the midst of praise.
Wilderness can find love in the midst of pain.
Wilderness can find healing in the midst of grief.

As we live into our journey in the wilderness this Lent, may we live PRAISE!
Blessings and Praise abound,

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.



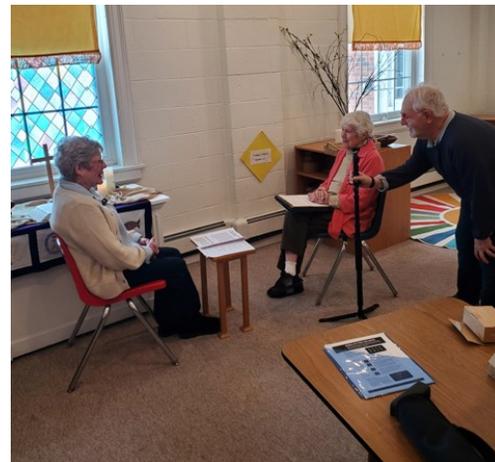
Micah's Café welcomes new manager

We are excited that Ian Healey is taking over managing Micah's Café. If you have questions or want to help, you can contact Ian at healeyian82@gmail.com, (440) 420-8909.

As she "retires" we send a **BIG THANK YOU** to Georgann Yonkers for all her hard work running Micah's Café.

Stay Tuned!

Jan and Michael DiLauro are creating a short documentary on Faith Formation for the Dover community. The project hi-lights the work of Jacquie DelMonte, the support staff, and the exceptional children involved in nurturing spiritual growth. More details coming soon.

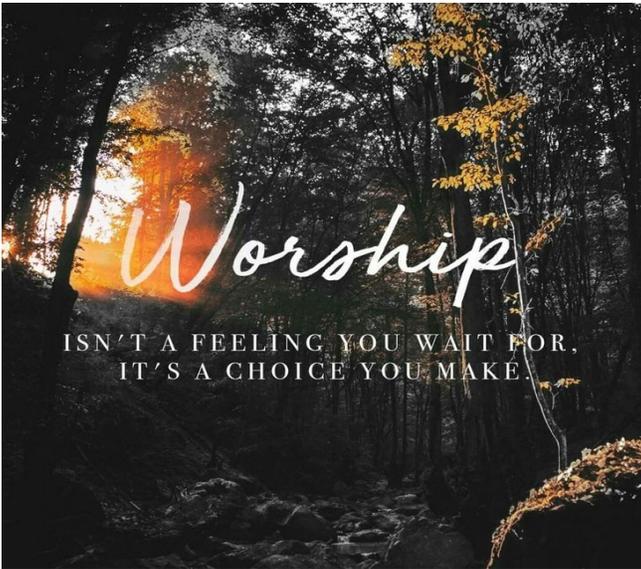


Congratulations to Finn Keller!

Finn is the son of Amy & Brent Keller. On February 4, 2026, Finn signed his commitment letter to Robert Morris University in Pittsburgh. He will be a punter/kicker for the D1 football team and will be majoring in sports management.



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

Sleep Apnea



Sleep Apnea is a potentially serious sleep disorder where **breathing is interrupted repeatedly during sleep**. 80% of people are unaware that they have this condition. There are two different types:

Obstructive Sleep Apnea (OSA) is caused by the relaxation of throat muscles that obstruct the airway; and **Central Sleep Apnea (CSA)** is caused by medical issues in the brain's respiratory control centers. In OSA, the airway either closes off completely (apnea) or becomes so narrowed that the oxygen level drops (hypopnea).

Five or more episodes a night = obstructive sleep apnea.

Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. When your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep. As a result of poor sleep quality, you are tired during the day.

Quality sleep means *continuous & uninterrupted sleep*. (Sleep can also be disrupted due to pain or discomfort, the need to go to the bathroom, medical problems,

medications, & sleep disorders as well as poor or irregular sleep schedules)



Diagnosis of sleep apnea requires a sleep study (polysomnography) which measures brain waves, breathing, oxygen, and other vital signs while you sleep. Apple watches can also be set to track for sleep apnea or breathing disturbances.



Sleep apnea requires long-term management. Treatment with continuous positive airway pressure (CPAP) therapy uses pressurized air to keep the airway open. Lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people.

Losing excess weight, avoiding alcohol & sedatives before bed, treating nasal congestion, and maintaining good sleep hygiene may all help reduce the frequency of apneas and hypopneas.

Untreated sleep apnea may increase the risk of:

- high blood pressure,
- heart attack,
- stroke,
- obesity,
- diabetes;
- heart failure and
- make arrhythmias (irregular heartbeats) more likely;
- plus can increase the chance of having work-related or driving accidents.

TIPS FOR GOOD SLEEP

- * **Avoid caffeine (coffee, tea, soft drinks, chocolate) and nicotine (cigarettes, tobacco products) close to bedtime. Avoid alcohol as it can lead to disrupted sleep.**
- * **Exercise regularly, but complete your workout at least 3 hours before Bedtime.**

Consider taking the STOP-Bang questionnaire: <https://www.sleepfoundation.org/sleep-apnea/stop-bang-score>

Remember sleep is important! Use your prayers or meditation to bring you God's comfort and peace, not a litany of the world and your problems. If you are having sleep problems, talk to your physician. March includes **National Sleep Awareness Week** - when clocks move ahead one hour on March 8, 2026

Info taken from <https://www.sleepfoundation.org/sleep-apnea> & <https://www.nhlbi.nih.gov/health/sleep-apnea>

Blessings and Prayers for Sleeping Well and Renewed Energy!
Julie Kiefer, Parish Nurse



Purpose: Educate the public on the importance of sleep and the dangers of sleep deprivation.

Timing: Always begins with the start of Daylight Savings Time in March, emphasizing the need to adjust to the lost hour of sleep.

Goals: Promote better sleep hygiene, awareness of sleep disorders and the impact of rest on daily functioning.

Activities: The National Sleep Foundation and other health organizations share tips, host events, and release data on sleep health.

Tips for Better Sleep: Experts recommend keeping a consistent sleep schedule (even on weekends), optimizing the bedroom environment for light/temperature, and establishing a relaxing pre-bedtime routine.

REMEMBER TO MOVE YOUR CLOCKS FORWARD ONE HOUR—daylight savings time starts at 2:00 AM on March 8, 2026!

JUST PEACE OPPORTUNITY

More info and post cards at the HUB

About 90% of Congressional staff say personalized mail can influence lawmakers if volume is high enough. The mission of the **Majority Project** is to make the volume high enough.

WHAT TO DO:

1. Get 3 postcards from the box at the hub.
2. Send them to our senators and representatives. Addresses are with the post cards.
3. **Tell your friends!**

Do you know about the 3.5% rule?

A widely cited Harvard study found that when just 3.5% of a population joins a non-violent action, the movement never fails.

In the U.S., that's 12 million postcards to Congress. And we're already 12.5% of the way there. 2,878,554 postcards sent to Congress

12 MILLION POSTCARDS

Let's Flood Congress with the Facts



JOIN THE CAMPAIGN →





Finding the Courage for Peace

This is more than a talk. It's a call.

Dover Congregational United Church of Christ invites you to a timely and urgent conversation with Dan Toussant—leader with Pax Christi and co-founder of the Interfaith Coalition of Stark County.

After 50 years of wrestling with faith, fear, and calling, Dan chose action—launching a grassroots peace movement rooted in the nonviolent teachings of Jesus. In a time marked by racism, gun violence, and deep division, his story challenges us to ask:

If not now... when?

Dan is also family to Michael DiLauro, making this evening especially meaningful for our Dover community.

Tuesday, March 24

6:00–7:00 pm

Thomas Hall

Come listen. Come reflect. Come be part of the movement.

SCONES 101 WITH RECIPE

Make, take & bake—ingredients and recipe provided. If you've ever had one of Reggie's delicious scones you know this event is a must. So come find out her baking secrets and you can make perfect scones for your Easter brunch. Join us Sunday, March 29th at 11:30 in Thomas Hall. Sign up at The Hub.





Sunday, February 8th was a special day at Dover UCC as 3 memory pillows and two prayer shawls were blessed. Z, Liam and Ja'nya were present to receive their pillows made from their grandmother's favorite clothes. It is our hope that these pillows will bring comfort, encourage fun memories and remind them of their grandmother, Susan Hartman who passed suddenly in November. This was a team effort and we are grateful for Jacquie DelMonte who secured the clothing, Bobbi Knoepp who shopped for pillows, Nancy Mayer who sewed the pillow covers, Mary Mann who embroidered the labels, Sue Jachnick who made the cards and Pam Compton who wrote a message to each child. The two prayer shawls will receive labels and be ready for gifting.

With gratitude,
The Calling & Caring Committee



The Columbarium at Dover UCC

The Columbarium is a very special place in our chapel where the ashes of a loved one can be put to rest. At this time, there is one niche available. If you are interested, please contact Jane Coil at the church office.

March 2026

	1	8	15	22	29
Altar Flowers	DiLauro		Delfings		
Coffee	Reggie Pratt	Calling & Caring		Pam Compton & family	Dave & Judy MacKeigan
Liturgist	Pastor Mindy	Gary Burkey	Pastor Mindy	Jeff Davis	Ken Delfing



Mark your calendar!

- 3/15:** LAST DAY TO ORDER EASTER FLOWERS
- 3/24:** "Finding the Courage for Peace" 6:00 PM; Thomas Hall
- 3/29:** Scones 101 with Reggie; 11:30 AM Thomas Hall
- 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

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

FRIDAY, MARCH 20th!!!!!!

Please send all submissions to:

doverucc44145@gmail.com before that date.

“THE MORE THAT YOU READ, THE MORE THINGS YOU WILL KNOW. THE MORE THAT YOU LEARN, THE MORE PLACES YOU’LL GO.”

~DR. SUESS

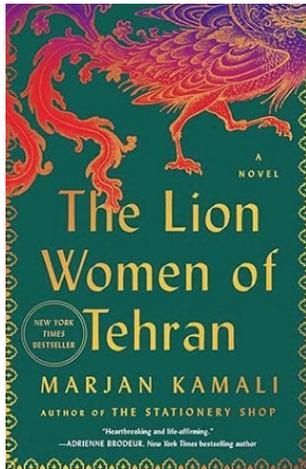
MONDAY AFTERNOON BOOK GROUP

EVENING BOOK GROUP

The Lion Women of Tehran

By
Marjan Kamali

Monday, March 2nd
12:30 PM Parlor

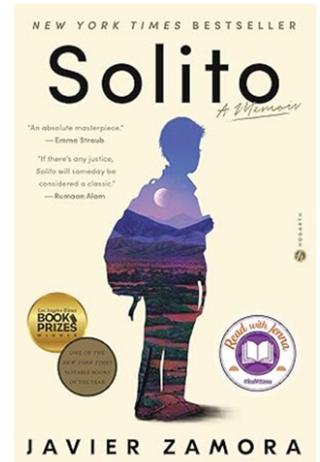


“An evocative read and a powerful portrait of friendship, feminism, and political activism set against three transformative decades in Tehran, Iran.”

Solito

By
Javier Zamora

Monday, March 16, 2026
7:00 PM Martha Vivona’s house



“A young poet tells the inspiring story of his migration from El Salvador to the United States at the age of nine . . . a gripping memoir.”

CELEBRATE



March is
National
**Reading
Month**

National Reading Month is celebrated in March to honor the birthday of Dr. Seuss on March 2nd. This month-long celebration encourages reading among children, teens, and adults through various activities such as reading challenges, literacy events, and story hours organized by schools, libraries, and community partners.

Here are some suggestions for celebrating National Reading Month:

- *Visit your local library**
- *Buy a book from a local independent bookstore**
- *Read short stories**
- *Loan a book to a friend**
- *Read a book aloud**
- *Donate to a “bookish” non-profit**
- *Refresh your reading nook**
- *Visit the place where your favorite book is set**
- *Eat a dish from your favorite book**



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

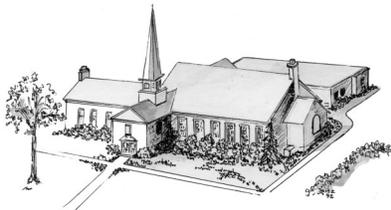
Come to me, all you who are weary and burdened

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, 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), Kay Cilimburg, Aida Colon-Velez, Gail Cordy, Betty Correll (Sandy Burkey's mother), Eli (Friend of Judy Brizzolara), 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, Dan O'Neil, People of Ukraine, Israel, Palestine, Gaza, Myanmar/Middle East, Venezuela, and Haitian people of Springfield, OH, Bob Pozwick (Pat Houser's brother), Robert Pineiro (Aida Colon's brother-in-law), Scott Thompson

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