DOVER VOICES

October 2026



Autumn or Fall is my most favorite time of year. By the time September rolls around I am tired of the hot weather. Don't get me wrong, summer is good, and the time of vacations and new places, of late-night talks and visits to the beach are all nice. But there is something mystical and wonder-filled about Fall that calls me back to **mystery** of faith and life. The colors change, the breeze turns chilly, jeans and hoodies become the norm as opposed to shorts and flip-fops. The crisp air calls for fall bonfires and pickup games of soccer happen on the pitch.

God has created a wonder, a mystery that is awe-filled.

Mystery, that is a good word, isn't it? But what does it mean? Two definitions from the free dictionary online: *qualities so obscure as to arouse curiosity or speculation: any truth that is unknowable except by divine revelation.*

A good mystery book is a great story, trying to figure out who did what to whom, why they did it and how it can change the world, or the lives of the people in the story.



Mystery, for me, is what faith is all about. The mystery of all that God does in our lives. The mystery of how the words fit with the music and the silence. The mystery of the people of God and how we fit together as family, the mystery of the word and story, the mystery of God. The mystery of love and relationships, the mystery of stories of faith and the mystery of the Holy Spirit. The mystery of birth, and death, and the wonder of all of life. The mystery of joy and awe.

I love how we experience mystery in worship and how the awe of silence fills the sanctuary. I love how after a beautiful song; the silence fills the awe. I love how the laughter of the children so excited to be together share the mystery of love. I love to feel the mystery as we experience God's grace together. The mystery of communion and how fellowship pulls us together as God's people in new ways. God's mystery is calling us to be, to wonder, to explore, to learn, to listen, to be silent, to sing with gusto.

There is a lot going on in our hearts and minds as we experience the mystery of God. Some of us may wonder about the months ahead, others are ready for the next steps. Some of us are figuring out our emotions and processing how my retirement in January will affect life. Some of us are pondering decisions and choices, even faith.

I invite you to experience the mystery of faith. I invite you to share when you experience this mystery, how it helps you to grow in faith, how it causes you to pause. I invite you to wonder. I invite you to dream, God's dream in mystery and hope.

Blessings abound, Pastor Mindy

2239 Dover Center Road, Westlake, OH 44145 ~ 440-871-2239
www.doverucc.org



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.



HAPPY BIRTHDAY, MILLIE!

Millie Harley turns 90 on October 3. We're all wishing her a very happy birthday.

"The Man with No Name"

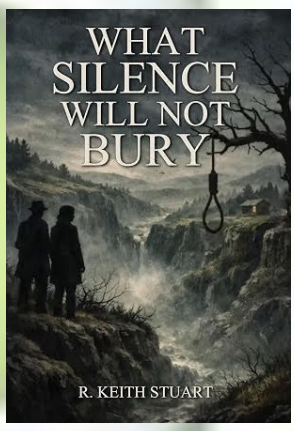
Dale's Ever Evolving Style Sense Was Visible at the Picnic



SLEEP IN HEAVENLY PEACE

NO KID SLEEPS ON THE FLOOR IN OUR TOWN!.

On Sept 12, Sleep in Heavenly Peace (SHP) held a Bunks Across America Event. Volunteers at the Rocky River Lowes turned lumber into ready-to- assemble bed parts for 104 beds for Cuyahoga County kids. Dover sent a team of 3 people to the event, but, because they had so many willing volunteers, everyone who wanted to help wasn't able to register. The JP Mission team will work on coordinating another SHP event, delivering these beds to kids. Stay tuned.



Monday Afternoon Book Group Will Discuss Keith Stuart's Book

One of everyone's favorite authors, our own Keith Stuart, will discuss his latest book at 12:30 Monday, October 4th, in the parlor. All are welcome, no reservations necessary!

Faith Formation Movie and Celebration at October 11 Coffee Hour

Plan to attend the premier presentation of a short movie about Dover Faith Formation, from our own Emmy award-winning directors, Michael Angelo and Jan DiLauro. The movie includes original music by Jamie Kunselman. This exciting event, accompanied by donuts and cider served by our Faith Formation kids, will occur at the Sunday October 11 coffee hour. Put it on your calendar!





Did you ever wish we could let more people know how wonderful Dover UCC is? Or wish we could share about all the amazing things we've got going on? If you're like me you sure have!! Social media seems to be the solution. Katie Vivona is a whiz at that and has offered to help us get the word out on Facebook. But she needs your help. Please start thinking about what you can do.

Are there pictures of mission drives and projects, featured composers or new anthems, special coffee hours, news of upcoming activities, Calling and Caring events, facilities projects. So many wonderful things are going on.

Please send your pictures etc. to me at Martygras2@gmail.com or 440-465-5347 and I'll pass them on. As Katie put it "you have to meet young people where they are and that is on social media."



Calling all 80 year old plus members!

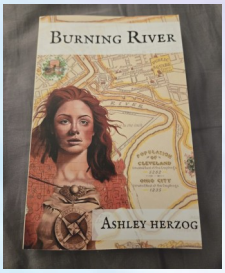
At the November 1st special coffee hour we will be honoring you. If you were born in 1946 or before please come celebrate with your church family.

MEET ASHLEY HERZOG

"It's a very cool thing to be a writer."
~Bryan Hutchinson

I was born and raised in Avon Lake, but I currently live in Rocky River. I attended St. Raphael School in Bay Village. I started writing novels at a very early age—I was hand-writing and illustrating "chapter books" by second grade. As a young adult, I put my love of writing historical fiction on hold and became focused on journalism. I attended the Scripps School of Journalism at Ohio University, where I was a columnist for the school newspaper. My columns were picked up by Salem Media, and soon my work was getting attention all over the country. I appeared on Fox News and was published in many media outlets, including our local Plain Dealer.

But I always felt incomplete, and my lifelong dream was to write a novel. I had always wanted to write a novel about Irish immigrants to the U.S.—coming through Ellis Island and all of that. In 2015, I started reading my great-uncle's genealogy research. My great-uncle, Grover Masterson, was a professional-level genealogist, and he traveled to Ireland to collect my ancestor's baptismal records, land holdings, and court documents. He even took photos of the cottage where my ancestors were born—the original home is still standing in County Mayo, Ireland. Through Grover Masterson's research, I found out my great-great-grandmother, Mary Chambers, had owned a saloon in Cleveland, which is still in business. (It's now called Carney's and is located in The Flats. I thought, "alright, there has to be a story there." My first novel about my ancestors, published in 2019, is set at the saloon and on the West Side of Cleveland.



My newest novel, released this month, is about the Irish in Cleveland during the Civil War. The Irish community was deeply divided over the war and slavery. There were deadly draft riots in Irish neighborhoods throughout the country, most famously in New York. But various Irish regiments—such as Cleveland's Hibernian Guard—served with honor in the Civil War, and their service helped establish them as Americans first, Irishmen second.

I did research and discovered my third great-grandfather, William Chambers, was a Union soldier who was badly injured during a raid of a "blockade runner," or an enemy ship smuggling supplies to Southern troops. Ohio was full of Confederate sympathizers known as "Copperheads" during this time. Because Copperhead smugglers were technically civilians, William Chambers was accused of war crimes for killing several Copperheads during a raid on a smuggling operation in the Great Lakes. The story is about his growing relationship with his future wife (my third great-grandmother), and his fight to clear himself of the charges.



TABLE OF EIGHT IS BACK!

Back by popular demand, new groups will be set up for Table of Eight—if you are interested in participating or have questions, email Loreen Flesher **loreen6300@gmail.com.**

Always a good time!



FALL INTO MINDFULNESS

Autumn is a season of transformation. As the days shorten and the leaves change, we have an opportunity to reflect on our mental well-being. The transition to autumn can bring both beauty and challenges. Embracing mindfulness during this time can offer benefits for your mental health. Whether you're seeking ways to manage anxiety, depression, or simply want to enhance your daily life, these mindfulness techniques are tailored to support you through the season.

Autumn, with its shorter days and cooler temperatures, can sometimes lead to feelings of melancholy or anxiety. This season is marked by significant changes in daylight, affecting our circadian rhythms and potentially leading to seasonal affective disorder (SAD). For individuals already managing anxiety or depression, autumn can intensify these feelings.

Recognizing these challenges allows us to address them proactively. Mindfulness practices are particularly effective during this time, helping to ground us and bring a sense of calm amidst the seasonal shifts. **By focusing on the present moment**, we can reduce the impact of stress and anxiety, leading to a more balanced state of mind.

Mindful Breathing is one of the most accessible mindfulness practices and can be done anywhere. The crisp autumn air provides the perfect setting for this exercise, allowing you to connect deeply with your surroundings:
Find a Quiet Spot: Whether indoors or outside, choose a place where you won't be disturbed.
Focus on Your Breath: Close your eyes and take a deep breath in through your nose, feeling your chest expand.
***Count and Hold*:** Inhale for four counts, hold your breath for four counts, and then exhale slowly for *another four counts.* Continue this pattern for several minutes, allowing your mind to settle and your body to relax. This technique is particularly useful for managing anxiety and can be easily integrated into your daily routine. It's a natural way to soothe your mind and body without the need for medication.

Embrace Nature: Connecting with the Season
Autumn offers a unique opportunity to connect with nature. The vibrant colors and falling leaves create a serene environment that can enhance your mindfulness practice. Engaging with nature can reduce stress, improve mood, and increase feelings of well-being.

Forest Bathing: Spend time in a wooded area, focusing on the sights, sounds, and smells around you. Allow yourself to fully immerse in the experience.
Leaf Observations: Take a walk and collect different leaves. Notice their colors, textures, and patterns. This simple act can enhance your awareness and appreciation of the natural world.
Mindful Walking: As you walk, pay attention to each step. Feel the ground beneath your feet, the rhythm of your movements, and the air around you. Incorporating mindfulness into your daily routines doesn't require drastic changes. Simple adjustments can make a significant difference in how you experience each day.

Morning Rituals: Start your day with a few minutes of meditation or stretching. This sets a positive tone for the day ahead and helps you approach tasks with a clear mind.
***Mindful Eating*:** Focus on the taste, texture, and aroma of your food. Eating slowly and savoring each bite can enhance your enjoyment and improve digestion.
Digital Detox: Set aside specific times to unplug from technology. Engage in activities that don't involve screens, such as reading a book or going for a walk.
Gratitude Journaling: Each evening, write down three things you're grateful for. Reflecting on positive aspects of your day can boost your mood and reduce stress. These practices help you remain present and engaged, reducing stress and enhancing your overall well-being.

Strengthening Relationships Through Mindfulness
Fall is a time when many of us gather with family and friends. Strengthening these relationships can be enhanced through mindfulness practices that promote empathy, listening, and communication. Here are some ways to incorporate mindfulness into your relationships:
Mindful Listening: Focus fully on the person speaking, without interrupting or planning your response. This practice shows respect and deepens connection.
Express Gratitude: Regularly acknowledge and appreciate the positive aspects of your relationships, enhancing feelings of closeness and understanding.
Practice Empathy: Try to see situations from the other person's perspective. This can reduce conflicts and promote harmony.

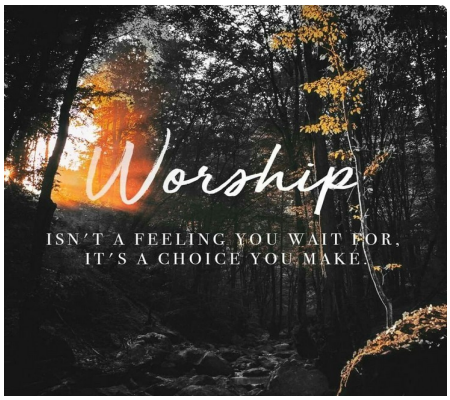
These practices help cultivate more meaningful interactions and can lead to stronger, more fulfilling relationships**. If you continue to experience anxiety or depression, please reach out to your healthcare provider!**

Information taken from AmericanBehaviorClinics.com

Blessing and Prayers for a Peaceful Fall ~ Julie Kiefer, RN



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 EXPLORERS
Safe. Loved. Growing in God.

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.

Just Peace Missions

Grow Justice, Know Peace







On behalf of CWS and the Heartland Conference Disaster Response Team, Kevin sends a BIG THANK YOU!! Ten Disaster Response Buckets and 23 Kids Kits were delivered to the depot at Camp Christian. The Team is looking forward to the additional 12 Kids Kits we have filled, as well as the Period Packs and Hygiene Kits that we will be assembling in October.

A small but mighty group attended the second Sleep in Heavenly Peace event. More dates are being scheduled so keep your eyes peeled!

Recent donations have been made to various justice-oriented organizations such as the ACLU, SPLC (Southern Poverty Law Center), MARCH (Multifaith Anti-Racism, Change & Healing), and the Haitian Community Help & Support Center in Springfield in support of their work. If you have a cause close to your heart that stands for human rights, please let us know!

As a reminder, we meet the 3rd Sunday of the month in the parlor following worship. Everyone is welcome to attend!



Feeling the loss of a loved one?

Let's talk it over. It is my feeling that the way we grieve can be of help to others in so many ways. How about we discuss these ways and see what it could mean for our church family to have a support system available.

Whether our loss was long ago, just a few years ago, or very recent, there is help to be found in sharing our experiences. Two discussion times have been set aside so that all who want to come have an opportunity to share their ideas.

October 9th at 6:30pm at Pam's house, 26775 Schubert Dr. and Oct. 11th after church in the chapel.

Please call or email Pam Compton if you have any questions regarding this open group discussion time.



Parlor Renovation



After many months of planning, researching and decision making, the Calling & Caring Ministry is ready to proceed with the renovation of our church parlor. This special room in our church is going to have a new, fresh appearance thanks to the hard work of Nancy Mayer, Bobbi Knoepp, Leita Spencer, Joan Brickley and Keith Stuart. Furniture has been removed for reupholstery, walls and ceiling will be painted, new carpet installed and fireplace updated. Wooden chairs for the meeting table have been refinished and seats reupholstered.

Work will begin October 1, 2026 with carpet removal Our hope is to complete the project by November 16, 2026. Until then, the parlor will not be in use for our church family and outside groups. Other spaces in the church will be available. Thanks to gifts given to the Calling & Caring Ministry and generous benefactors, the project is funded, We are excited to see this room reflect our care and concern for all who use the parlor.

The Calling & Caring Ministry



Stewardship is much more than sharing our treasure.
It is giving of ourselves to the life of the church from our hearts.

The heart of Dover UCC shines

1. Audio Visual
2. Bell Choir
3. Book Clubs
4. Calling and Caring
5. Child Care
6. Choir
7. Coffee Hour
8. Communion Bread Baking
9. Communion Table Flowers
10. Composting
11. Council
12. Congregational Life and Faith Formation
13. Facilities Committee
14. Food Pantry
15. Funeral Service assistance
16. Greeters
17. IT
18. Just Peace Missions
19. Labyrinth
20. Library
21. Librarian
22. Liturgists
23. Meals
24. Micha's Café
25. Missions Committee
26. Mission Trip
27. Open and Affirming
28. Personnel & Nominating Committee
29. Prayer Shawls
30. Street Ministry
31. Stewardship
32. Table of 8
33. Treasurer(s)
34. Ushers
35. Worship Committee
36. AND MORE!!

October 2026

	4	11	18	25
Altar Flowers	Eileen Schultz	Dody Chadwick	Noreen Thompson	
Coffee	Stewardship Committee	Faith Formation	Dawn Smith	Jen Bokenyi
Liturgist	Sandy Burkey	Jeff Davis	Mike English	Jan Jones



Mark your calendar!

Oct. 4: Neighbors in Need special offering
Oct. 6: *Planning Today for Peace of Mind Tomorrow*—panel discussion; Thomas Hall
Oct. 11: Faith Formation film after worship
Oct. 25: New member class; Pastor Mindy's office

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

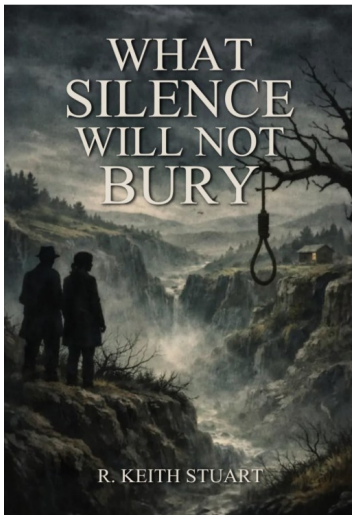
MONDAY, October 19th

Please send all submissions to:

doverucc44145@gmail.com before that date.

Monday Afternoon Book Group
Monday, Oct. 5, 12:30 PM
Parlor

What Silence Will Not Bury
By
R. Keith Stuart

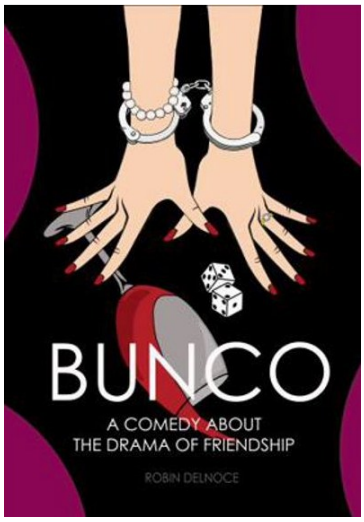


"In the summer of 1937, the quiet world of Att and Vicary is shattered by the brutal lynching of their friend, Waite Reynolds, a Black farmer on their ridge... they must determine if they can honor their friend and break the cycles of violence and quiet complicity without sacrificing everything they have left."

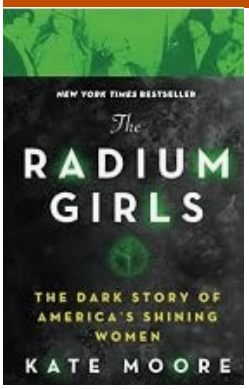
Evening Book Group
Monday, Oct. 19, 7:00 PM
Pam Compton's house

Bunco
By
Robin Delnoce

"Eight women gather monthly to play Bunco0, a popular dice game, and share their stories, struggles, and secrets, revealing the power of friendship . . . Capturing the hearts of readers who will long to be members of The Bunco Club."

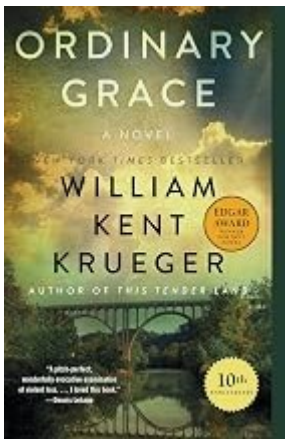


CHECK OUT SOME NEW BOOKS IN THE LIBRARY



The Radium Girls by Kate Moore
"The Curies' newly discovered element of radium makes gleaming headlines across the nation as the fresh face of beauty, and wonder drug of the medical community. Meanwhile, hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive — until they begin to fall mysteriously ill. ..these inspiring young women are exposed to the "wonder" substance of radium, and their awe-inspiring strength in the face of almost impossible circumstances. Their courage and tenacity led to life-changing regulations, research into nuclear bombing, and ultimately saved hundreds of thousands of lives."

Ordinary Grace by William Kent Kueger
"New Bremen, Minnesota, 1961. The Twins were playing their debut season, ice-cold root beers were selling out at the soda counter of Halderson's Drugstore, and Hot Stuff comic books were a mainstay on every barbershop magazine rack. It was a time of innocence and hope for a country with a new, young president. But for thirteen-year-old Frank Drum it was a grim summer in which death visited frequently and assumed many forms. Accident. Nature. Suicide. Murder. Told from Frank's perspective forty years after that fateful summer, Ordinary Grace is a brilliantly moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him. It is an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God."



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.

Church Council

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-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

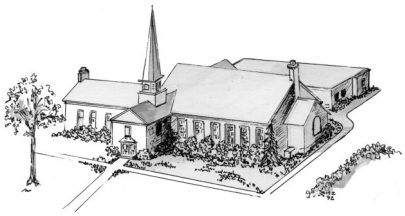
Come to me, all you who are weary and burdened

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, Amanda & Elizabeth (Ruth Kroll's daughters), Ken Bartholomew, Karen Bellebuono (Friend of Mary Ann & Joe Brizzolara and Judy Brizzolara), Michelle Beck (Daughter of Carol Sue & Tom Beck), Janet Leopold-Caden (friend of Judy & Dave MacKeigan), Mark Chomoa (Rae-Rita Chomoa's son), Russell Choma (Rae-Rita Chomoa's son), Gail Cordy, Betty Correll (Sandy Burkey's mother), Katie & Kristi, Megan Fitzgerald (Friend of Gary Burkey's), Nick & Sue Keserich (Friends of Peggy Montgomery), Carolyn Leonard (Friend of Jane Coil), Carol McDougald, Inge Moorman, 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), Jeff Stewart (Roger Stewart's brother), David Stewart (Roger Stewart's brother), Holly Stout (Mother of friend of Carolyn Emmer), Kathleen Tuthill

2239 Dover Center Road
Westlake, OH 44145



440-871-1050
doverucc.org

Jesus didn't turn people away
Neither Do We. United Church of Christ

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