

DOVER VOICES

September 2026



Abundance—comes from the word abundant, which means: present in great quality, more than adequate, as in, we are richly supplied by God. We are overflowing in generosity.

When we look at our abundance, and give out of our abundance, we don't need to wring our hands, we need to offer thanksgiving.



We are to care for the very gift of life itself, beginning with our blessings and talents, emotions and abilities. When we share out of that abundance we are living as God has called us to live.

A few years back, I was sharing about a mission, SARA (Sharing America's Resources Abroad) and the children that were being helped. One of the children had been saving her money that she earned doing odd jobs, her allowance, and birthday money to buy a new bike. After hearing about SARA'S children, she took all the money she had saved, brought it to church, placed it in the offering plate with a note that said, please give to SARA so the children can have toys and shoes. She gave out of her abundance.

Another child, from a Central American country, learned of a tornado that had gone through an area that had destroyed a church. This young child had some coins and sent them off to the church so it could be rebuilt. He gave out of his abundance.

Where God's Spirit is, we give out of abundance and when we do that, we can't wring our hands...we have to praise God!

Abundance resonates from the inside out. Being generous people depends on the way we look at life. We give as we live, out of a sense of who we are and what we believe to be true. Praising God gives honor to something we cherish. Giving praise is what is faithful and abundant giving is all about.

When we become aware of our overflowing abundance which God showers upon us, we then become grateful people, knowing God's blessings in our lives.



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.

Congratulations and best wishes

to Dan Read and Ashley Herzog, who have announced their engagement.



Adam Jakubiak and Martin Ryan engagement

Adam Jakubiak and Martin Ryan are engaged to be married. No date yet. We wish them every happiness.

Georgeann Yonkers and Dave Fedak engagement

Georgeann Yonkers and Dave Fedak are engaged to be married. No date yet. We wish them every happiness.





The Fleshers welcome twins, Henry and Weston

John, Kayleigh and big sister Emma Flesher are excited to welcome Henry and Weston to the family! Grandma Loreen and great grandmother Carol Riordan are overjoyed, too.

New Michael DeLauro film has Cleveland premier November 6 in Westlake

Our own Emmy award winning producer Michael Angelo DeLauro has a new documentary set in Westlake.

"Out of Bounds (No Penalty)" follows a group of men in a golf repair shop. More than a film about golf, it's a celebration of community, memory and the bonds that endure over time.



Special Film Screening

OUT OF BOUNDS

(NO PENALTY)

FRIDAY, NOVEMBER 6 • 1:00 PM

Join us for the Cleveland premiere of *Out of Bounds (No Penalty)*, a moving new documentary by five-time Emmy Award recipient **Michael Angelo DiLauro**.

Set in Westlake in a neighborhood golf repair shop, the film follows a group of older men whose daily gatherings become a touching portrait of **friendship, laughter, aging**, and the routines that give life meaning.

More than a film about golf, it's a celebration of **community, memory**, and the **bonds** that endure over time.

WESTLAKE COMMUNITY SERVICES
28975 Hilliard Blvd. • Westlake, Ohio 44145

REGISTRATION BEGINS AUGUST 14.
CALL 440-899-3544 TO RESERVE YOUR SEAT.



Thank you!

Dover UCC

*Your kindness means
the world to me.*

Thank you to everyone and the church
for lending such a special place to
celebrate us graduates. I am very
thankful for all of the time, all
of the cards, and letting us have our
celebration in general.

- Kendyll Compton
♡

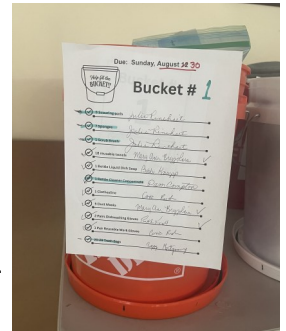




Disaster supplies

Disaster buckets - The congregation's response to our bucket boards was awesome! We have filled 10 buckets (with a few supplies still coming before the Aug 30 deadline) with supplies to spare.

Disaster school supply bags- There is also a need for school supplies after a disaster. We have 25 bags and lists of what school supplies should be included in each bag. A church mouse went out explaining the bags and what we need. The deadline is Sept 12. Bags are in Thomas Hall.



Hygiene kits and period packs-The JP Mission team has ordered supplies to fill these kits and will pay for them with the Mission budget. After they arrive, an assembly line during coffee hour will sort them into bags. This would be a Sept (or later) project.

Sleep in Heavenly Peace

On Saturday Sept 12 at the Rocky River Home Depot, 21669 Center Ridge Rd, from 8-11:15 am, Sleep in Heavenly peace will have a session to build bed parts to be delivered later. Heather Harris has more details. Register online at:

OH-Cuyahoga W - Sleep in Heavenly Peace.

We are hoping a group from Dover will be there.

Greater Cleveland Congregations

Dover has rejoined GCC. Their next meeting is Aug. 27.



Peace,
Judy Brizzolara and Amy Storms, co-leaders
on behalf of
Just Peace Missions Team



Parlor Renovation

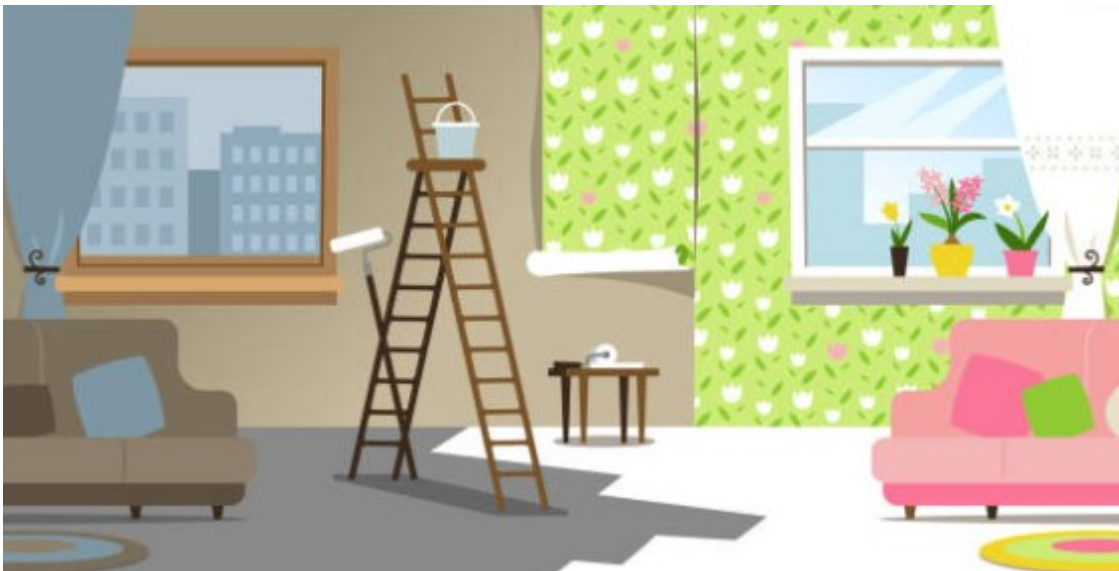
Dear Church Family,

The Calling & Caring Committee is spearheading the effort to update the church parlor through memorial gifts we have received. Our church parlor is a special place where we gather for fellowship, celebrations, meetings and meaningful moments together, so we are excited to move forward. We plan to give this space a new, updated and welcoming look.

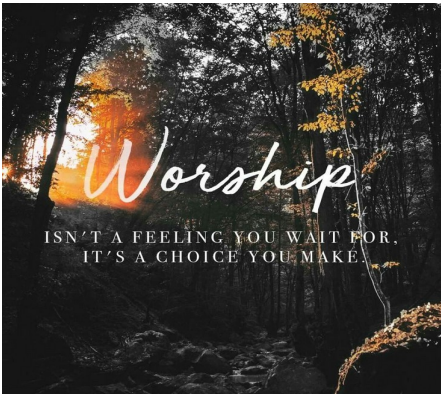
To complete this project, we will need additional support. We are asking our church family to consider thoughtfully and prayerfully making a **financial contribution to this project**. Every gift, large or small, will help us create a more comfortable space for our church family and guests.

If you would like to contribute, please designate your gift to the **Parlor Renovation Fund**.

Thank you for your generosity, love and support of our church. Together, we can make the parlor an inviting, beautiful space.



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.

Howdy partners!

Join us **Sunday, September 13** for
Faith Formation kick-off.
Ms. Jacquie has lots of great things
planned for this year!

After church will be our
RODEO ROUNDUP picnic—lots of fun
and games for everyone, and tasty grub
at the chuck wagon.

Bring a covered dish to share and a chair
and be ready for a good time!

Be sure to wear your cowboy hat and
boots.

YEE HAW!



DOVER UCC RODEO ROUNDUP

Sunday, September 13

10 - Faith Formation

11 - Church Picnic

★ Food and Fellowship ★

★ Games ★

Family Fun

All are welcome

Bring a dish to share
and a lawn chair



Break The Stigma, Save Lives- September is National Suicide Prevention Month

Every September marks National Suicide Prevention month—an opportunity to raise awareness and start difficult conversations about preventing suicide, supporting those affected by suicide, and making mental health resources more accessible. National Suicide Prevention Month sparks discussions and support, therefore saving lives. For those who are struggling with a mental health crisis, remember that you

are not alone and that seeking help when you need it is okay!

According to the Center for Disease Control (CDC), suicide claims tens of thousands of lives each year, making it one of the leading causes of death in the United States. These unnecessary tragedies can be prevented as the stigma surrounding mental health lessens and support resources become more available.

Why Suicide Prevention Month Is Important

One of the most prominent challenges surrounding the topic of suicide is the stigma. Mental health issues are commonly misunderstood or minimized, leaving individuals feeling isolated, ashamed, and struggling in silence. Suicide Prevention Month promotes starting open and honest conversations that normalize asking for help when needed. Nobody should have to face their unseen challenges alone.

Along with making suicide less of a taboo subject, it is important to identify common warning signs that an individual may be struggling with a mental health crisis. Things like **mood changes, expressing negative thoughts or actions, feelings of hopelessness, and withdrawal from activities once enjoyed can all be signs of a mental health struggle.** It is crucial to recognize these signs both in yourself and in others, and to seek the necessary help.

What Does the Semicolon Mean For Suicide Awareness?

You may have seen the semicolon icon associated with National Suicide Awareness Month. Project Semicolon is a non-profit organization built upon the idea that, in literature, a semicolon signifies the place where an author could have ended the sentence but chose to continue. This meaningful idea has taken many forms, including tattoos, clothing, stickers, and more, as a reminder to those struggling that they are not alone.

"A semicolon is used when an author could've chosen to end their sentence, but chose not to. The author is you, and the sentence is your life."

– Project Semicolon



How You Can Support the Cause

Preventing suicide and mental health issues is a fight that involves every individual. Whether you are experiencing a mental health crisis, know someone who is struggling, or want to help support your community, you can make an impact on erasing the stigma behind mental health.

Below are some ways you can be an ally to those in need, share important resources, and participate in difficult conversations.

Educate yourself and others

Being knowledgeable about the warning signs of a mental health crisis can help you recognize when someone needs support. Being aware can help you gently steer them in the direction of the support they need.

Share helpline information

Sharing information about helplines and resources on social media, with friends and family, and in your community can be a simple way to spread awareness about mental health. A silent share can be extremely helpful for someone who may not feel comfortable asking for help. Knowing the resources, including the free and confidential **988 Suicide and Crisis Hotline** can save a life.

Listen without judgement

If someone trusts sharing their inner thoughts and feelings with you, it is important to listen without judgment. It takes significant courage to open up and share internal struggles with another person, so it is important to practice active listening, empathy, and make them feel comfortable.

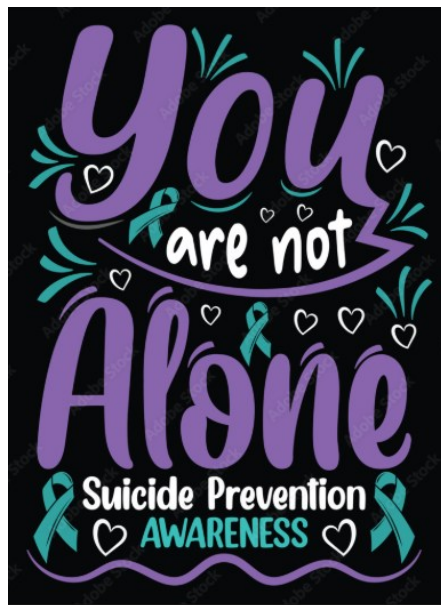
Check in with loved ones

Finally, frequent check-ins with loved ones show them that they have someone who cares about their well-being. Connecting with your friends and family can have a positive impact on your mental well-being and on those around you. **For someone who is struggling mentally, small acts of kindness can make a big difference. It may take only a few minutes for a conversation, a smile, or a compliment to change a life.**

Information taken from UnitedCareInstitute.edu

Please see attached PDF for more information on Suicide Facts from SAMHSA

Blessings and Prayers, Julie Kiefer RN



**Please note: I will be checking blood Pressures on 9/13
this month- Picnic Day!!**

SUICIDE PREVENTION FACTS & RESOURCES

SUICIDE PREVENTION FACTS



Every 12 minutes 1 person will die from suicide in the United States.



The suicide rate for individuals with serious mental illness and mood disorders, such as depression or bipolar disorder, is 25x that of the general public.



Males take their own lives at nearly 4x the rate of females and represent 77.9 % of all suicides.

The highest rates of suicides (per 100,000)

AGES 45-54



AGES 75+



Second leading cause of death
AGES 15-24 & 25-34



Suicidal thoughts, plans, and attempts increased for ages 18-25.

Centers for Disease Control and Prevention (CDC). (2015). Suicide: Facts at a Glance. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/suicide-data-sheet-a.pdf>. • Centers for Disease Control and Prevention (CDC). (2017). National Violent Death Reporting System. Retrieved from <https://www.cdc.gov/violenceprevention/nvdrs/index.html>. • Centers for Disease Control and Prevention (CDC). Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. (2013, 2011) National Center for Injury Prevention and Control, CDC (producer). Retrieved from <http://www.cdc.gov/injury/wisqars/index.html>.

SAFE-T • SUICIDE ASSESSMENT FIVE-STEP EVALUATION AND TRIAGE

1	2	3	4	5
IDENTIFY RISK FACTORS	IDENTIFY PROTECTIVE FACTORS	CONDUCT SUICIDE INQUIRY	DETERMINE RISK LEVEL/INTERVENTION	DOCUMENT
Note those that can be modified to reduce risk	Note those that can be enhanced	Suicidal thoughts, plans, behaviors and intent	Choose appropriate interventions to address and reduce risk	Assessment of risk rationale, intervention and follow-up

WARNING SIGNS OF SUICIDE

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Losing interest in things, or losing the ability to experience pleasure

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

CARE TRANSITIONS, A HIGH-RISK TIME FOR PATIENTS

The period of time following hospitalization is a high-risk time for patients with serious mental illness.

Risks can be mitigated through:

- Coordination between inpatient and outpatient services
 - Safety planning prior to inpatient discharge
 - Immediate involvement of family, friends, and social support
 - Maintaining continuity of care best practices
 - Follow-up with the patient within 24 hours after discharge
- Continuity of care is essential after an intent-to-harm-self emergency department visit.
 - Schedule follow-up appointment prior to discharge
 - Follow-up appointments ideally occur within 24 to 72 hours post-discharge. When possible, facilitate contact between the patient and the follow-up facility prior to discharge.
 - Provide crisis and contact information
 - Develop a personalized safety plan
 - Review discharge recommendations with the person and approved social support

SUICIDE PREVENTION RESOURCES



TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment
Provides guidelines for working with suicidal adults living with substance use disorders.



A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt
Guides people through the first steps toward recovery and a hopeful future after a suicide attempt.



Suicide Safe: SAMHSA's Suicide Prevention App for Healthcare Providers. Available at iTunes and Google Play.



Suicide Prevention Resource Center
The Suicide Prevention Resource Center (SPRC) is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.



National Strategy for Suicide Prevention Implementation Assessment Report
The report provides a snapshot of recent efforts to implement the goals and objectives of the National Strategy for Suicide Prevention and makes suggestions for increasing the effectiveness of implementation efforts.



Zero Suicide
Making suicide prevention a core priority in health care systems using the Zero Suicide model, a framework for systematic, clinical suicide prevention in behavioral health and health care systems.



NEED TO TALK?
WE'RE HERE TO HELP.

Suicide Prevention Lifeline
1-800-273-TALK (8255) • TTY: 1-800-779-4889
<http://suicidepreventionlifeline.org>

Disaster Distress Helpline
1-800-985-5990 • TTY: 1-800-846-8517

SAMHSA's National Helpline
1-800-662-HELP (4357) • TTY: 1-800-487-4889
<http://samhsa.gov/find-help/national-helpline>



The Behavioral Health Treatment Services Locator
Find alcohol, drug or mental health treatment facilities and programs.
<http://findtreatment.samhsa.gov>

Buprenorphine Physician & Treatment Program Locator
Find physicians authorized to treat opioid dependency.
<http://samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>

Opioid Treatment Program Directory
Find treatment programs in your state for addiction and dependence on opioids.
<http://dpt2.samhsa.gov/treatment>

More info at <http://samhsa.gov/find-help>

September 2026

	6	13	20	27
Altar Flowers		Dody Chadwick		
Coffee	DiLauros	PICNIC		Shaughnessy English
Liturgist	Eileen Schultz	Joan Brickley	Judy Brizzolara	Gary Burkey

Mark your calendar!



9/12: Sleep in Heavenly Peace bed building;
Rocky River Home Depot

9/13: Rodeo Roundup—Faith Formation kick-off and church picnic

9/27: Greater Cleveland Congregation meeting

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

MONDAY, September 21st

Please send all submissions to:

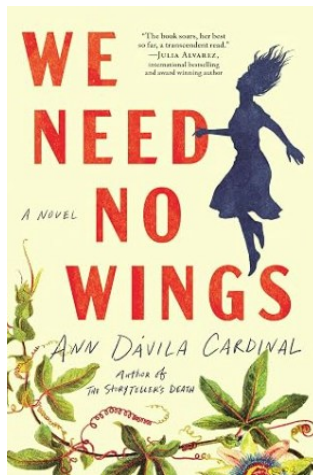
doverucc44145@gmail.com before that date.

MONDAY AFTERNOON BOOK GROUP

We Need No Wings

By
Ann Davila Cardinal

Monday, September 14, 2026
12:30 PM Parlor



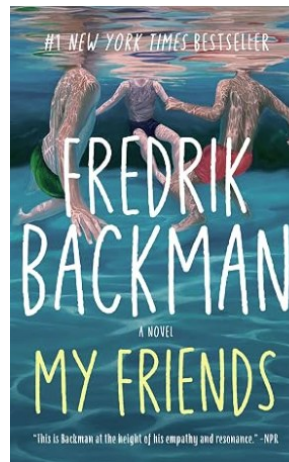
"We need more novels that deepen our understanding of these later stages of a woman's life and put wings of hope on our hearts. . ."
Julia Alvarez

EVENING BOOK GROUP

My Friends

By
Fredrik Backman

Monday, Sept. 21, 2026
7:00 PM Dover Parlor



"...an unforgettably funny, deeply moving tale of four teenagers whose friendship creates a bond so powerful that it changes a complete stranger's life twenty-five years later."

SOME SEPTEMBER READING SUGGESTIONS

September is like a second New Year—it is not fall in full. . .not yet! September is for books for reset season, campus life, ambition, work, cultural re-entry, sharpened weather, and the first edit of fall. Enjoy!

Autumn by Ali Smith: Friendship, aging, political fracture, art, memory, language, and the strange sensation of living through a country changing shape beneath one's feet.

This One is Mine by Maria Semple: a September book because it begins where many beautiful lives begin to fail: not in deprivation, but in dissatisfaction. A life that appears to have solved everything—naturally, it has not.

Old in Art School: a Memoir of Starting Over by Nell Painter: Painter, a distinguished historian and retired Princeton professor, enrolls in art school in her sixties, pursuing a FBA and MFA and entering a world that does not always know what to do with an older Black woman who refuses to ask permission to become an artist.

The Displacements by Bruce Holsinger: A novel about class, race, bureaucracy, family and the terrifying speed with which one's idea of "home" can be erased.

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

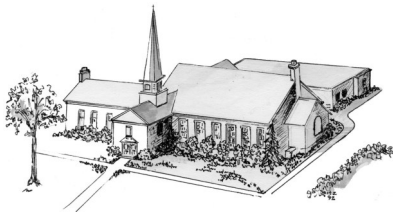
Come to me, all you who are weary and burdened

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, Amanda & Elizabeth (Ruth Kroll's daughters), 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), Russell Choma (Rae-Rita Chomoa's son), Gail Cordy, Betty Correll (Sandy Burkey's mother), Gerard (Friend of Kevin Kurth), Katie & Kristi, Nick & Sue Kesperich (Friends of Peggy Montgomery), Gary Mitchell (Friend of Kevin Kurth), 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, Family of Kurt Wiant

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