

DOVER VOICES



This phrase is an abridged form of the 1904 poem "Success" by Bessie Anderson Stanley which begins: He achieved success who has lived well, laughed often, and loved much. It was taken and rewritten by others but the very first time these action words were spoken were in the Bible.

They were spoken many times in the Bible. That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another. Then was our mouth filled with laughter, and our tongue with singing, Then said they among the heathen, The LORD hath done great things for them.

Jesus tells us He came so that we could "have and enjoy life, and have it in abundance (to the full, till it overflows)." So we might live.

The world has tried to define love in many different ways. It has a lot to say about "romantic love," "true love" and even "selfless love." But we best know what love is because of Jesus Christ! He encapsulated love for each of us.

God has given us the ability to laugh for a reason. It may seem like a little thing, but laughter is vitally important in the battle against stress, anxiety, fear and worry. It's a tool from God that benefits you in so many ways. We see in God's Word that He gives us the gift of laughter: Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them" (Psalm 126:2). He will yet fill your mouth with laughter, and your lips with shouting (Job 8:21). A joyful heart is good medicine, but a crushed spirit dries up the bones (Proverbs 17:22).

The Bible says a joyful heart is a good medicine -- laughter lifts your spirits, improves your mental, emotional and physical health, and de-stresses your mind. And (here is the best part) . . . it costs nothing.

~ Chuck Swindoll

JULY/AUGUST 2024

Dover Congregational United Church of Christ

2239 Dover Center Road ~ Westlake, OH 44145 ~ 440.871.1050 ~ www.doverucc.org

~An Open & Affirming Congregation~

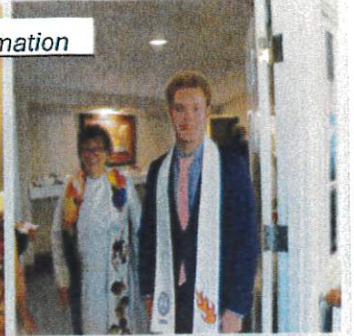
From the pastor....



Children's time



Confirmation



Pride weekend--Love out



Graduates



Campout



Gun violence awareness



Pastor Mindy

Notes From Council

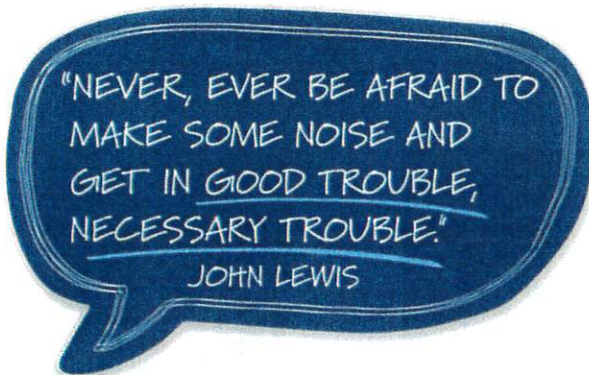
Adam Jakubiak, Moderator

What does the Lord require of us, but to seek justice, love kindness and walk humbly with God.

What a full month it has been at Dover! I am always amazed each week at how much is happening and how many people are actively contributing and creating in so many ways to create the community we enjoy. Our Council meetings very much mirror that pace as we strive each month to share feedback, updates, and concerns from the committees, make progress against our goals, and take action when needed through creating task forces, discussing policies, or planning for the future. Amidst all of that, I am personally trying to learn how to also create room for the Spirit to move within us given my propensity for a tight agenda - as anyone on Council will tell you!

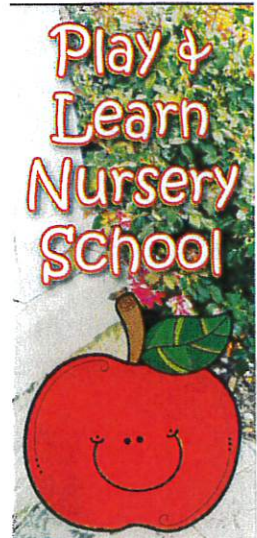
This month we worked with Play and Learn Preschool to extend their lease for the use of our classroom spaces on the lower level for another year. I had the honest pleasure of meeting with them to learn even more about the program and their long history at Dover. Did you know they have co-located with us for over 50 years? And among their graduates are an olympic athlete and an Iron Chef? Although they are off for the Summer, we look forward to having them return when school starts again and wish them a successful year.

We also held a special meeting this month to take extra time to discuss our governance and strategic planning goals. We invited and welcomed our Association General Minister, the Rev. Nayiri Karjian, to share with us some ideas and frameworks that have been successful within other UCC churches of our size as they considered how to refresh their governance systems and policies for today's world. She left us with some good ideas and thought starters, but there is still much more for us to consider and do.

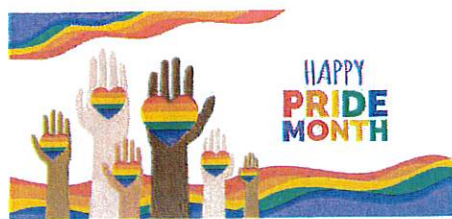


I would be remiss to not close this month by noting how much we missed having John Rinehart as a part of our Council gatherings. Sometimes he would make us laugh or cry, but he always challenged us to truly live into our mission to seek justice for all and be willing to cause some good trouble.

A handwritten signature in black ink, appearing to read "Adam Jakubiak".

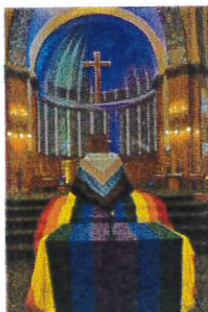


Missions Team News



As Pride Month comes to a close, I am reminded that June was truly a month for us to be proud of! We enjoyed many moments of support, joy, and celebration.

Pride in the CLE was an amazing weekend. Many of us took part in Saturday's parade, wearing our Dover UCC Love Is Louder shirts. Over 200 church members and UCC staff participated, many helping to carry the gigantic pride flag brought by Pilgrim Congregational UCC of Cleveland. The outpouring of love from the folks lining the parade route was palatable with many shouts of "THANK YOU!!!" heard above the crowd noise! The festivities took place on The Mall near Public Square where food, music, vendors, and an incredible feeling of joy continued throughout the day. Pastor Mindy and I were honored to take part in the Love Is Louder: Love Your Neighbor OUT LOUD worship service at Pilgrim on Sunday evening, joined by some of our Dover church family. The service was a roller coaster of emotions as personal stories, prayer, and music filled the large church.



The sanctuary was a sea of orange on June 9 as almost everyone in attendance showed support of Wear Orange Weekend. About 30 people participated in the Prayer Vigil. Dover was joined by members of Westlake's Church of the Redeemer and Cleveland's West Park UCC. Pastor Brooke Baker and Pastor Jason Thompson led the service as Pastor Mindy and Jeff celebrated their grandson Emmett's 1st birthday.



Pride Month began with Pride in the CLE and will end with Pride in the DOV as we celebrate ONA Sunday! Missions is hosting coffee hour with a wide array of goodies for eating and taking home. Wear your rainbows with pride!

Thanks to everyone who has donated to the Disaster Relief Buckets!! We have filled 6 buckets and are well on our way to completing 2 more – that puts us over halfway to our goal of 10! Supply lists are available in Thomas Hall – please consider donating a few items to help reach our goal.

Two July dates to remember:

Sunday, July 14 @ 6pm the Environmental Justice Team will show the documentary “COOKED” which explores the devastating effect of climate change.

Wednesday July 25 @ noon we will host a youth group from St. Mark’s UCC visiting from New Albany, IN. We will provide lunch and they will provide helping hands for a service project! Missions has ordered supplies for Personal Hygiene Kits and Period Packs from Church World Services. We are hoping to receive them in time.

Missions Team meets the second Sunday of each month following worship. We hope you’ll grab a snack at coffee hour then join us in the parlor!

Peace,
Judy Brizzolara
Missions Team Leader

TIPS TO TREAT

SUNBURN

Even if you slather sunscreen all over your body, you still might miss a spot and suffer a painful sunburn. Or if you don't use enough sunscreen, you may be in for even more misery. So, what's the best remedy? First of all, get out of the sun and preferably indoors! Once indoors, these tips from board-certified dermatologists can help relieve the discomfort:

Take frequent cool baths or showers to help relieve the pain. As soon as you get out of the bathtub or shower, gently pat yourself dry.

Apply a moisturizer that contains aloe vera or soy to help soothe sunburned skin. Do this while your skin is still damp from a bath or shower and whenever you feel discomfort. You can also apply calamine lotion, place a cool, damp washcloth on the affected area, or take a colloidal oatmeal bath.

Consider aspirin or ibuprofen to help reduce swelling and discomfort.

Drink extra water. Sunburn draws fluid to the skin's surface ~ away from the rest of the body. Drinking extra water when sunburned helps prevent dehydration.

If your skin blisters, allow the blisters to heal. Blistering skin means you have a second-degree sunburn. You should not pop the blisters, as blisters form to help your skin heal and protect you from infection. Keep blisters clean.

Apply a soothing medicated cream. For mild to moderate sunburn, apply nonprescription 1% hydrocortisone cream to the affected area three times a day for three days. Try cooling the product in the refrigerator before applying.

Treat sunburned eyes. Apply a clean towel dampened with cool tap water. Don't wear contacts until your eye symptoms have gone away. Don't rub your eyes.

Avoid applying '-caine' products, such as benzocaine. Such creams can irritate the skin or cause an allergic reaction.

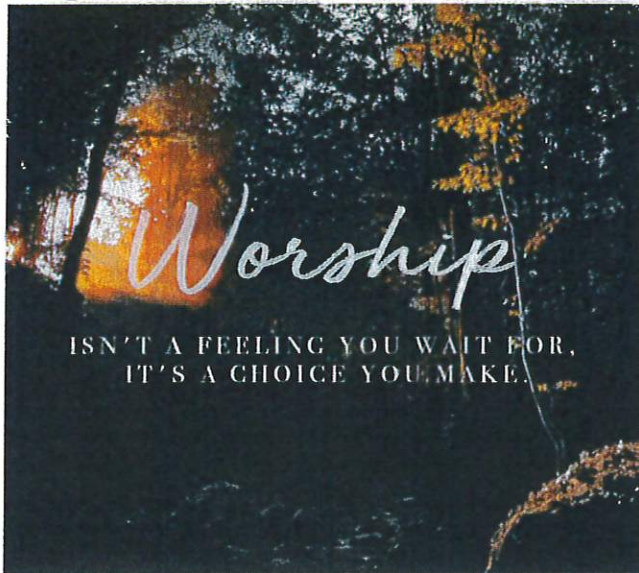
Although it may seem like a temporary condition, sunburn can cause long-lasting damage to the skin. This damage increases your risk for getting skin cancer. Seek medical attention if you have severe blistering over a substantial portion of your body, have a fever and chills, or if you feel faint or confused. These symptoms can be a sign of severe dehydration, overheating, or heatstroke.

Information taken from American Academy of Dermatology and the Mayo Clinic
I saw this quote on one of the church signs and thought it related to this article well.

"No SPF needed when spending time with the SON!!"

Blessings and Prayers for a wonderful summer! ~ 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 FORMATION

Weekly Sunday school classes are on hiatus for the summer. . .but that doesn't mean we've taken a break from building our relationship with our God! This summer children ages rising kindergarteners through rising fifth graders are invited to join in a mini-Peace Village as we work together to encourage understanding, inspire connection, and build sustainable peace in our world. The children will be engaged in fun activities centered around peace in our world on the following Sundays: July 21st, and August 18th. We will meet and, weather permitting, go outside to the labyrinth after the Children's Message.

- July 21: **Connecting with Nature:** The main purpose of "Connecting with Nature" is to unite children with the peace that we find outside in the natural world. All people need to be outside, yet more and more kids are spending a significant time in front of screens and engaged in solitary activities that take place indoor.
- August 18: **Mindful Movement:** Even in a difficult conflict situation, we can almost always find a way to pause and create the space to center ourselves. This takes practice!



Our nursery for children from birth through pre-Kindergarten is staffed and open every Sunday during the 10:00 AM worship service.

If you have any questions about our program, please email Jane Coil at jcoil@doverucc.org; or call the church office--440-871-1050.

God's blessings and grace,
Bette English, Christian Education Committee, Chair
Jane Coil, Director of Faith Formation



WESTLAKE 4TH OF JULY PARADE

Bring your family and friends and join us as Dover UCC marches in the Westlake 4th of July parade!

The parade begins at 10:00 AM on Dover Center and will progress east on Hilliard to Clague Park.

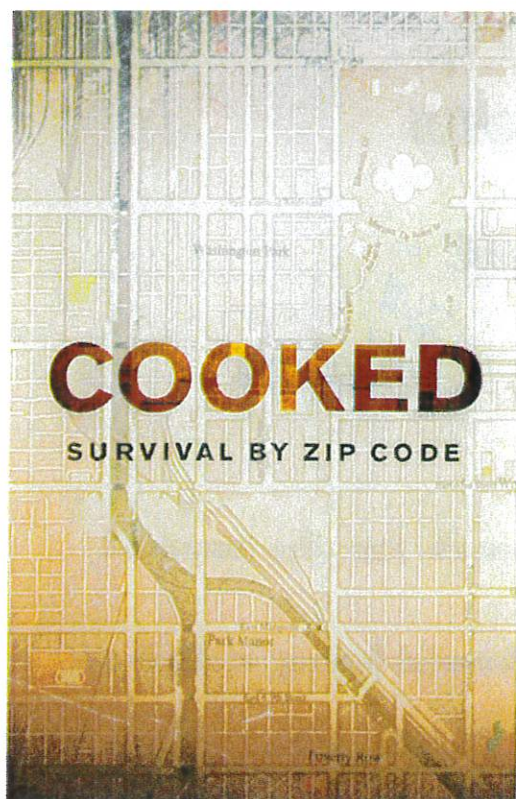
Walkers in the parade will line up at 9:15 AM--location to meet to walk in the parade is at:

Saints Peter and George Coptic Orthodox Church, 25800 Hilliard Blvd

Please sign up at The Hub if you plan on participating in the parade-- or you can reach out to either Gary or myself if you would like to join us for this amazing parade!!!!

COME JOIN US FOR A GREAT TIME TOGETHER

Sandy Blessedburkey@gmail.com
Gary. Butchbob82@gmail.com



Chicago suffered the worst heat disaster in U.S history in 1995, when 739 residents—mostly elderly and black—died over the course of one week. As ***COOKED: Survival by Zip Code*** links the deadly heat wave's devastation back to the underlying manmade disaster of structural racism, it delves deep into one of our nation's biggest growth industries: Disaster Preparedness.

Whether it was the heat wave in Chicago or Hurricanes Katrina, Sandy, Harvey, Irma and Maria, all of these disasters share something key: they reveal the ways in which class, race, and zip code predetermine who was living on the edge to start with, who gets hurt the worst, who recovers and bounces back—and who doesn't.

Join us at Dover Congregational UCC on Sunday, July 14, at 6 PM to view this documentary by Peabody Award-winning filmmaker Judith Helfand.

**JERSEY THE BAND
THE SPRINGSTEEN TRIBUTE
July 21st Westlake Rec Center 7:00 PM**

Bring your chairs or blankets and join your friends for a fun evening!

Last year's Neil Diamond tribute was such fun - come join us, and maybe even sing along!



DRAGON BOATING - THE SPORT OF LEGENDS!!



On Sunday, August 11th, at 1:00 PM we will meet up at Merwin's Wharf for instruction and lots of fun as we learn to paddle a dragon boat! In Chinese culture, the classic dragon boat rides the clouds in the sky and commands the wind, mist and rain. . . a revered symbol of strength and power. In ancient China, the Dragon Board was used as a way of appeasing the rain gods.

Our friend, Dave MacKeigan has made arrangements for instruction and then a group boating excursion. All your paddling equipment along with a life vest is provided--you just need to be dressed to be ready to get wet! And don't forget your hat, sunglasses and sunscreen!

Cost is \$16/person; sign up at The Hub. Anyone 12 or older is invited to participate.




UPER HEROES



UPER PICNIC



UNDAY SCHOOL KICKOFF

Join us Sunday, September 15th after church for the annual church picnic. All you uper cooks should bring a dish to share and a lawn chair. We'll provide pulled pork sandwiches, drinks and tableware.

Be sure to wear your tights. Leotards are optional.



Dover Congregational UCC
All Church Retreat
October 4 at 7ish pm - October 6 at noon
@ Templed Hills Camp



"LIVE, LAUGH, LOVE" WILL BE THE THEME OF OUR WEEKEND TOGETHER AS WE:

- FOCUS ON BUILDING A STRONG SENSE OF COMMUNITY AND CONNECTION,
- ENGAGE IN ACTIVITIES THAT ENCOURAGE LIVING IN THE MOMENT, FIND JOY AND LAUGHTER TOGETHER,
- AND SHARE IN FOSTERING A DEEP SENSE OF LOVE AND CARE FOR ONE ANOTHER.

WHAT A GREAT OPPORTUNITY FOR REFLECTION, BONDING, AND GROWTH WITHIN OUR CHURCH COMMUNITY!

WHAT TO EXPECT...

FOOD, LAUGHTER, CONVERSATION, MORE LAUGHTER, MORE FOOD, DAD JOKES, WORSHIP, SINGING, EXPLORING, YOGA, MORE FOOD AND MORE LAUGHTER, GAMES, SHARING, GROWING, CONNECTION, AND MORE DAD JOKES... DID I MENTION FOOD?

SIGN UP TODAY!

July 2024

	7/7	7/14	7/21	7/28
Altar Flowers				Penteks
Coffee Hour	Chadwicks	Karin Shaughnessy		
Ushers	Larry & Jane Coil Olivia & Julia Poe	Ruth Kroll, Dorothy Pastura, Kathleen Poe, Martha Vivona	Kate Alexander, Ty Alexander, Lucy Bufkin NEED ONE MORE	Kate Alexander, Ty Alexander, Lucy Bufkin NEED ONE MORE
Greeters	Carol Riordan Anne Long	Carol Riordan Anne Long	Carol Riordan Dorothy Pastura	Carol Riordan Dorothy Pastura
Liturgist	Ken Delfing	Jacque DelMonte	Mike English	Jan Jones

August 2024

	8/4	8/11	8/18	8/25
Altar Flowers	Coils			Julie Rinehart
Coffee Hour		Katie Alexander		
Ushers	Dody Chadwick, Dorothy Pastura, Sharron Wilkins NEED ONE MORE	Dody Chadwick, Dorothy Pastura, Sharron Wilkins NEED ONE MORE	Ruth Kroll Kevin Kurth NEED TWO MORE	Ruth Kroll Kevin Kurth NEED TWO MORE
Greeters	Nancy Mayer Angie Kalix	Nancy Mayer Angie Kalix	Linda Brugh Kay Cilimburg	Linda Brugh Kay Cilimburg
Liturgist	Ann Lew	Judy MacKeigan	Don Nichols	Sharrie Nichols

UPCOMING EVENTS

- July 4:** Fourth of July Westlake Parade
July 14: 6:00 PM; Showing of "Cooked: Survival by Zip Code"
July 21: 1:40 PM; Guardians Game
 7:00 PM; Jersey the Bank; Springsteen Tribute--Rec Center
Aug. 11: 1:00 PM; Learn to Paddle Dragon Boats
Sept. 15: Church picnic & Sunday school kick-off
Oct. 4-6: "Live, Laugh, Love" Retreat - Temple Hills

SAVE THE DATE FOR THE BACK BAY MISSION TRIP - March 16-22, 2025

Bits & Pieces

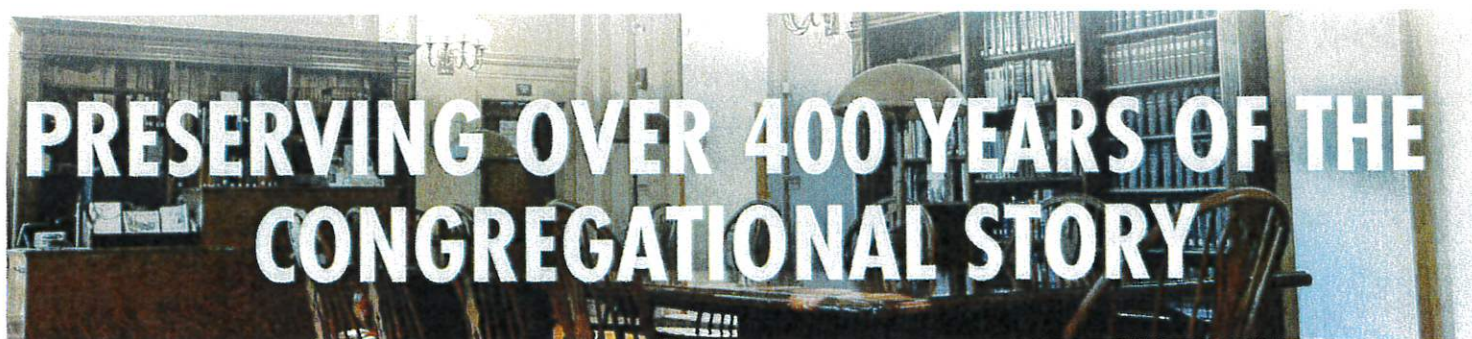
Did you know: if you have a pacemaker, you can put it in your Will to have your pacemaker donated to a dog in need after you pass. Pacemakers cannot be donated to another human, but they can be donated to dogs with cardiac issues who would depend on it to stay alive. You can have the pacemaker brought to a vet of your choice. So many pacemakers get thrown away and dogs die because people don't know they can do this. It even saves the dog's owner the cost of the actual pacemaker which sometimes means the difference in being able to afford lifesaving treatment or not.



A SOURCE FOR CONGREGATIONAL HISTORY

Attention to all who might wish to broaden their understanding of Congregational History. **The Congregational Library & Archives** based in Boston is an excellent source of the histories of Congregational church all around the world. I belong to it as it is one of the branches of our United Church of Christ. They put programs out that may be reached by your computer on zoom. The programs explore all types of interest that persons have indicate they'd like learn about. To reach this resource go to info@14beacon.org.

Agape, Dr. Don Nichols





LOST & FOUND



**ANYTHING
LOOK
FAMILIAR?!?**

**You can claim your
lost item from the
"Lost & Found" box
in the coat closet
outside**

Thomas Hall!



"BOOKS ARE A UNIQUELY PORTABLE MAGIC."

~STEPHEN KING



MONDAY AFTERNOON BOOK GROUP

Tom Lake

by Ann Patchett

Monday, July 1, 1:30 PM
Parlor

"In the spring of 2020, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before at a theater company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew. . . Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born. Both hopeful and elegiac, it explores what it means to be happy even when the world is falling apart.



EVENING BOOK GROUP

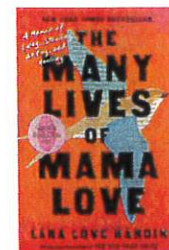
The Many Lives of Mama Love

by

Lara Love Hardin

Monday, July 22, 7:00 PM
Jacquie DelMonte's house OR via Zoom

"No one expects the police to knock on the door of the million-dollar two-story home of the perfect cul-de-sac housewife. But soccer mom Lara Love Hardin has been hiding a shady secret: she is funding her heroin addiction by stealing her neighbors' credit cards. Lara is convicted of thirty-two felonies and becomes inmate S32179. When she's released, she reinvents herself as a ghostwriter. Now, she's legally co-opting other people's identities and getting to meet Oprah, meditate with the Dalai Lama, and have dinner with Archbishop Desmond Tutu. But the shadow of her past follows her."



Benefits of Reading for Pleasure

Summer is a time to explore, relax, and for many, to read. Summer reading programs offer a great (and fun!) way for young people to keep reading and learning during their hiatus from school. But while we often talk about how much reading for pleasure helps children grow and develop, there's much less talk about adult reading habits. It is not an exaggeration to say that reading has many benefits--we tend to focus on the benefits to children, but the truth is that adults can experience the same perks.

- *Readers of fiction have increased creativity, empathy, and emotional intelligence. Losing yourself in fictional characters' experiences can make us more open-minded and allow us to spend time in someone else's shoes.
- * Reading boosts brain power, creating cognitive engagement which can help with things like memory and brain function as we get older.
- *Reading supports self-improvement. We often tell children "readers are leaders," and there's definite truth to that!

We all need to be life-long learners, and one of the best way to do that is to pick up a book and learn something new.

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.**

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



Online Giving

memorial--who the donation is in

memory of, etc. OR -- you can install our new app from the link below onto your mobile device, and have the same capability. Call the church office if you would like Jane Coil to send it to you.

<https://tithe.ly/app/link/dover-ucc>



HOSPITAL/HOME VISITS

Please notify the church office at 440-871-1050 if you are admitted to the hospital so a phone call from our parish nurse Julie or a member of the Calling & Caring committee can be arranged. In many cases, we are not allowed person to person visits at this time. 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 - Martha Vivona
Clerk - Sharron Wilkins
Treasurer - Liz Emmer

Members at Large:

Sandy Burkey, Terry Chadwick, Ken Delfing, Millie Harley,
Judy MacKeigan, Dan Read, Scott Thompson

Ex-officio Members:
Rev. Mindy Quellhorst
Jane Coil



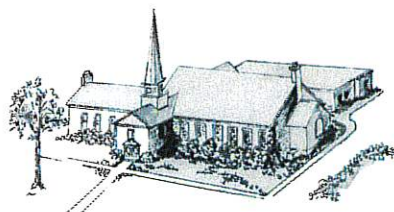
Come to me, all you who are weary and burdened

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:

Meri Armour, Herb Blackann, Molly Burnett, Deidre Butti (Friend of Judy Brizzolara), Claire Chase, Mark Chomoa (Rae-Rita Chomoa's son), Family of Annie Clark (Dody Chadwick's mother), Karen & Charlie Clark (Dody Chadwick's brother and sister-in-law), Family of Kathy Derges (Friend of Larry & Jane Coil), Gail Cordy, Chase Davis (Jeff Davis' nephew), David Edsall, Mary Lou Gerdel, Pat Gollmar, Kellsey Horton (Friend of Judy Brizzolara), Jan Kinloch (Friend of Judy Brizzolara and Mary Ann Brizzolara), Erv Koch, Mark (Friend of Jan Jones), Shirley McClimon, Cathy Montgomery, Jim & Kaye Mesaros, Mike Moorman, People of Ukraine, Israel, Palestine and Gaza, Bob Pozwick (Patricia Houser's brother), Parker Reynolds, Family of John Rinehart, Joann Sarvay, David Spencer (Leita Spencer's son)

2239 Dover Center Road
Westlake, OH 44145



440-871-1050
doverucc.org

Serving the Church

Adam Jakubiak Council Moderator
Martha Vivona Council Vice Moderator
Sharron Wilkins Council Clerk
Liz Emmer Council Treasurer
Jane Coil Director of Faith Formation/
Office Administrator

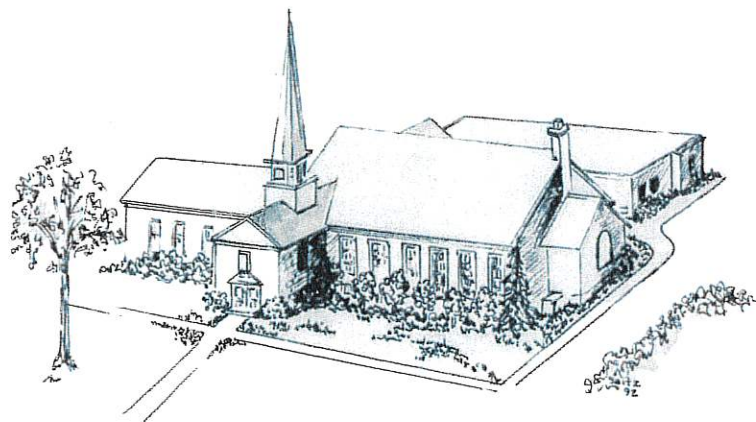
Rev. Mindy Quellhorst..... Pastor
Rev. Scott Patterson Pastor Emeritus
Craig Reynolds..... Music Director
Ben Malkevitch Organist
Julie Kiefer, R. N. Parish Nurse



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.

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



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Approved by the congregation September 21, 2008
Additions approved by the congregation April 13, 2014