



# The Congregational Church of Topsfield InSpire Weekly News & Updates

May 16, 2024 / Issue 175

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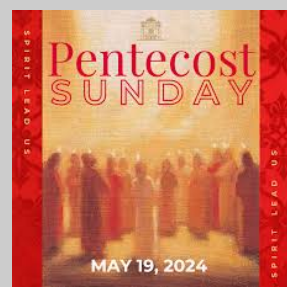
**Sunday Morning**  
Join us for  
worship online  
and in person.

View the  
Zoom link for  
the Sunday Service [here](#) and Sunday's  
bulletin [here](#).



## Community Service Announcement

Are you interested in learning more about dementia and the support available for loved ones? If so, Avita of Newburyport, in conjunction with Debbie Kroner from Monarch Care Partners will be hosting a series of free discussions. The sessions are open to the public and will include lunch, but an RSVP is required. For questions or to register, please email: [alison@avitaofnewburyport.com](mailto:alison@avitaofnewburyport.com)



Wear **Red** on Pentecost Sunday!

[June 12, 2024](#)

As we celebrate the coming of the Holy Spirit, everyone is encouraged to wear something **Red** to church this Sunday, May 19th.



## Church Chat This Sunday, May 19th

Last Sunday, Martin announced his intention to retire within the next year, hopefully by June of 2025. Given that, I invite all that are interested in knowing more about the "Call" process for the UCC to join me for a church chat this Sunday May 19, 2024, after church in the parlor.

I will outline a schedule of different tasks that will need to happen in that process as well as how we will select a search committee. If you are interested in being part of the search committee please let me know. The only qualification is that you must be a member of the church. The process will obviously be very important to the future of our church and one that not everyone can be committed to doing.

If you are interested, attending Sunday's session will be helpful for you. If you simply want to know more about the process you are welcome as well.

Thank you.  
Steve Whelan, Moderator



## Coffee Hour Schedule

Please join us for Coffee Hour directly after service in the Fellowship Hall

How do we so better?  
Learn strategies to connect and communicate



### Join the RIM Walk for Refugees

**When:** Sunday, June 23, 2024 at 4:00 P.M.  
Gathering and Registration 3:30  
RAIN or SHINE

**Where:** Gazebo at Lake Quannapowitt  
Lower Common-1 Church Street, Wakefield, MA

**Parking:** On street parking nearby

**Walking:** 3 miles around Lake Quannapowitt  
Refreshments: Water and snacks will be provided

### INFORMATION

RIM, Refugee Immigration Ministry, is an interfaith, community-based organization that has served hundreds of asylum seekers and refugees in MA since its founding in 1986.

This event will ensure that asylum seekers living in nearby communities have housing, food and access to English language tutoring until they can provide for themselves.

For more registration information

Register on line: [www.r-i-m.net](http://www.r-i-m.net) or Register at Event

PLEASE WALK FOR THIS CAUSE AND ENCOURAGE OTHERS TO JOIN- YOUR HELP IS GREATLY NEEDED AND APPRECIATED  
RIM is a non-profit organization 501-c-3 6 Pleasant St, Suite 227 Malden, MA 02148



## 2024 RIM Walk Sunday, June 23rd

To walk and/or donate, please use this [link](#).

On the RIM website, there is a donation page for the Congregational Church of Topsfield. Donations can also be made by check made out to RIM, with Northshore in the memo field so funds go to support our family from the DRC.

Thank you!



## LIFEBRIDGE VOLUNTEERS NEEDED,

It's time to think about cooking and serving at Lifebridge this spring and summer! **We need volunteers on the fourth Friday of every month...dates below:**

June 28th  
July 26th  
August 23rd

We would meet you at the Emerson

**Dates and Coffee Hour Hosts:**

May 19: **Sallie Bowling**  
May 26: **Memorial Day Weekend–  
No Coffee Hour scheduled**  
June 2: **Host needed**  
June 9: **Host needed**  
June 16: **Intergenerational Family  
Service/Fathers’ Day  
(Coffee Hour begins at 9:00am in the  
Fellowship Hall)**  
June 23: **Lemonade on the Lawn to  
begin**  
June 30: **Lemonade on the Lawn**

If you would like to volunteer for  
upcoming Coffee Hours, please email  
Nancy Nelson  
at: [nbnelson21@gmail.com](mailto:nbnelson21@gmail.com)

Thank you!

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**Sunday School Schedule  
Sunday, May 19th**

**(Pre–K–6th Grade)**  
Meet with Ms. Julie and Ms. Joyce in  
the Emerson Center Orange Room.

**(7th–12th Grade)**  
Meet with Ms. Kim and Ms. Christy in  
the Emerson Center Parlor.

Children and youth will attend the  
Sunday service at 9:30am with their  
families and an announcement will be  
made to meet in the narthex (lobby).

All visitors are welcome to attend!

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Center parking lot at 2:30 with all the  
food and directions. Dinner is served  
promptly at 5:30 and you would be  
free to leave by 6:15 or so. The best  
part is that the staff and guests do all  
the dishes! Come with your families  
and friends...a group of 4 is ideal and  
we can make the meal as easy ( or  
complex) as you would like. We’d love  
to have new volunteers! We would, of  
course, pair you with experienced  
folks.

Please let either of us know if you’d  
be able to help out with this  
important church ministry.

Cathy Szymanski:  
[jszymanski8@verizon.net](mailto:jszymanski8@verizon.net)  
Sallie Bowling:  
[salliebowling@verizon.net](mailto:salliebowling@verizon.net)

Thank you so much!

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**CCT Masking Policy**

**Preserving the Health of the  
Congregation During Worship**

Masking at worship remains  
voluntary. Worshippers are always  
welcome to wear a mask.

Careful hand washing or use of hand  
sanitizers is effective in preventing  
the spread of and acquisition of  
disease.

Please do not come to in–person  
worship if you are feeling ill. Instead,  
watch the service on Zoom or  
Boxford Community TV.

Keep your vaccinations against  
respiratory pathogens current.

Sincerely,  
The Board of Deacons

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*Unlocking Healthy Conversations:  
Strategies for Talking with Teens  
About Mental Health*

May 22, 2024  
7:00 pm ET  
Learn more at  
  
www.familyaware.org/  
trainings



- Join our Free Webinar to learn how to
- Motivate teens to commit to addressing their mental wellbeing
  - Validate feelings without enabling concerning behavior
  - Discuss difficult topics, such as thoughts of suicide



Families for Depression Awareness is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.  
391 Totten Pond Rd, 101,  
Waltham, MA 02451  
781-890-0220  
info@familyaware.org  
www.familyaware.org

This program is intended for parents, caregivers, family members, youth workers and caring adults interested in learning about teen mental health and supporting a loved one. Watch the webinar live to submit questions to the presenters.

Rebekah Gibbons, LICSW, is a certified trauma therapist, currently serving individuals aged 15 and up. Her clinical specialties include, trauma, attachment, and adolescent mental health and development. She has extensive experience with adolescents, families, and adults, having worked in community mental health as an outpatient clinician and as an in-home family therapist, as well as a clinician and clinical director at a residential group home for adolescents ages 12-19. Rebekah is also an Associate Professor of Practice and leader of the trauma certificate at the Simmons School of Social Work.

Going through a tough time?  
Help is here.

For an immediate and confidential response, call or text  
833-773-2445

MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE

The Massachusetts Behavioral Health Help Line

Learn more [here](#).

Parish Care Ministry  
View the Prayer Listing [page](#) and  
May birthday [page](#).

**DIVERSITY CREATES COMMUNITY**

**TRI-TOWN PRIDE PARADE 2024**

SCAN FOR MORE INFO & REGISTRATION  
@TRITOWNHRC

1PM • JUNE 2ND  
MAIN ST, TOPSFIELD TOWN COMMON

ENTERTAINMENT • FOOD • RESOURCES

SNEUCC—  
Southern New England  
Conference—UCC [page](#)

UNITED CHURCH OF CHRIST  
a just world for all

UCC  
Newsletter  
[page](#)



**LET'S TALK, TRI TOWN**  
connect.listen.explore.share.learn

**Dine & Dialogue**  
Thursday, June 6th  
6 - 7:30PM  
Trinity Episcopal Church  
124 River Rd., Topsfield

**Let's talk!**  
Join us for a dialogue about identity. We'll share a meal and dig into some exploration, sharing and learning.

- How does who we are influence how we see the world and how the world sees us?
- How do our perceptions of others impact our interactions?
- How can we work toward dismantling stereotypes?

[Register Here](#)

or register @ [tritowncouncil.org/events](http://tritowncouncil.org/events) by Monday, June 3rd  
All are welcome. Pre-registration is required.

Let's Talk, Tri-Town plans community explorations of issues, ideas and approaches related to diversity, equity, inclusion and belonging, through conversations and presentations. Our hope is that, by providing opportunities to engage in respectful dialogue and mutual learning, the Tri-Town community will continue to become more universally connected, engaged, equitable and inclusive.

Dine & Dialogue  
Thursday, June 6th  
Click [here](#) to register.

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The Congregational Church of Topsfield | 9 East Common Street, Topsfield, MA 01983

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