



## InSpire Weekly News & Updates

January 19, 2022 / Issue 107

Join Our Mailing List

Visit our website



**Sunday Morning**  
Join us for worship online  
and in person. View the  
Zoom [link](#) and Sunday's  
service order [here](#).

### CCT Masking Policy Update as of 11/17

Mask wearing in the Meetinghouse is  
now voluntary. We also want to

### NEW COVID-19 TREATMENT HOTLINE:

Tested positive for COVID-19? Telehealth is a quick and free way to  
see if you're eligible for COVID-19 treatment.

You can access telehealth services by calling 833-273-6330 or by  
completing an online assessment at [mass.gov/CovidTelehealth](https://mass.gov/CovidTelehealth).  
Clinicians are available every day from 8:00 AM to 10:00 PM EST. This  
service is not for medical emergencies or those who have severe  
chest pain or shortness of breath.

Learn more [here](#).

emphasize that participants in worship may choose to mask at any time.

As we are now at the start of cold and flu season, if you have a cough or are feeling under the weather we hope you to take advantage of our worship on Zoom or Community TV.

We encourage all individuals to stay current with COVID vaccinations and booster shots, get a flu vaccine, stay home when ill, and seek testing if you have COVID symptoms.

Sincerely,  
Board of Deacons



### **Coffee Hour Returns!**

**Mark your calendars for our upcoming Coffee Hours that take place after Sunday worship service in the Emerson Center Fellowship Hall:**

1/22– Marti & Jack Soper  
1/29– Annual Mtg, no coffee hour  
2/5– Meg Moran & Cathy Imboden  
2/12– Nicole & Beryl Bloor  
2/19– Jane & Bruce Jones  
2/26– Amanda & Tony Rogers

**Thank you to our Coffee Hour Host volunteers!!**



### **Lunar New Year 2023**

**Lunar New Year (also known as Chinese New Year) will be celebrated on Sunday, January 22, 2023.**

Lunar New Year begins on the date (in East Asia) of the second new Moon after the winter solstice, which always takes place in late December.

This means that the first day of the Lunar New Year can occur anytime between January 21st and February 20th.

In 2023, this new Moon occurs in China on Sunday, January 22nd, marking the start of the Lunar New Year.

#### **What does the Year of the Rabbit symbolize?**

In 2023, we ring in the Year of the Rabbit, one of 12 animals in the Chinese zodiac. The animal designations of the zodiac follow a 12-year cycle and are always used in the same sequence.

#### **What Qualities Does the Rabbit Represent?**

Those born in the Year of the Rabbit are said to be talented at many things. They are affectionate people, often excelling at forming close relationships. However, they also appreciate tranquility and seek out peace.

Learn more about the Lunar New Year [here](#).

#### **38 Lunar New Year Foods to Greet the Year of the Rabbit:**

<https://www.epicurious.com/recipes-menus/noodles-and-dumplings-for-lunar-new-year-gallery>

### **Recipe of the Week: SHANGHAI STYLE FRIED NOODLES**

Recipe from: [www.aheadofthyme.com](http://www.aheadofthyme.com)



# My Neighbor's Keeper

Caring for Ourselves and Each Other

Saturday, January 21st

5:00 – 6:15pm in Fellowship Hall

in Emerson Center

Congregational Church of Topsfield

This gathering is open to anyone who wants to talk, learn and create together in search of better mental and physical health.

**Care Question:** When Do We Move Our Bodies?

*Family Activity:* Bethany Cass will lead us in some yoga poses and a guided meditation. Practicing stretching and moving our bodies, even for brief periods, can dramatically effect how we feel.

We welcome families with children/youth/parents of all ages!  
An RSVP to Amy at 339.368.0818 is helpful by Friday. Thanks!



## Ingredients:

- 1 tablespoon Chinese cooking wine
- 300 grams Shanghai chao mian noodles, soaked in warm water for 5 minutes and drained
- 3 brown mushrooms, sliced
- 1/2 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1/2 tablespoon dark soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon white pepper powder
- 1 large bunch bok choy, base trimmed and discarded

## Directions:

- Heat oil in large pan over high heat. Add chicken and cook for 2–3 minutes, until it changes colour. Then, add cooking wine and turn the heat down to medium–low.
- Break the soaked noodles apart with your hands and add them to the pan, along with mushrooms and sesame oil and stir-fry together for 3 minutes, until mushroom is soft and translucent.
- Add soy sauce, dark soy sauce, brown sugar, and white pepper. Stir for 1 minute.
- Add bok choy and turn the heat up to medium. Cook until bok choy gets medium soft, about 1–2 minutes. Do not overcook as you want the bok choy to still be firm and not soggy. If the sauce is getting too dry, add a tablespoon of water.
- Serve hot.

Enjoy!

The Eliot logo features the word "Eliot" in a blue, serif font. The letter "o" is replaced by a stylized blue icon of a person with arms raised, set against a white background.

In response to the desperate need for mental health crisis help, and the national 988 crisis number roll out, Massachusetts state and local agencies are working to develop Community Behavioral Health Centers (CBHC) to meet this need.

NAMI Greater North Shore invites you to learn about this important local resource:

Want to learn more about Eliot's new  
Community Behavioral Health  
Centers?

Join us on Thursday, January 26th  
from 6:00–7:15pm via Zoom  
Aaron Katz, VP of Behavioral Health  
Services at Eliot Community Human  
Services, and key program staff, will  
provide everything you need to know  
about Eliot's two new Community  
Behavioral Health Centers (CBHCs) in

Lynn and Danvers. This new model of behavioral health care expands local access to routine, urgent, and crisis treatment for mental health conditions and substance use disorders. CBHCs play a key role in making services more available, accessible, equitable, as well as provide access to treatment in one's own community.

*In this presentation you will learn about:*

- *Services provided by CBHCs*
- *Location and community information*
- *Referral information and how to access services*
- *Community outreach to increase awareness of CBHCs*

There will be Q&A session following the presentation. Spanish interpretation will be made available to anyone who needs it. The session will be recorded. All registrants will receive a link to the recording following the session. The link will also be made available on the Eliot website. <https://www.eliotchs.org/services/>

Register [here](#).

An invitation from our friends at Tri-Town Council...

Click on poster below to register.



**Join us for a Community Conversation**  
Thursday, January 26th  
7 - 9PM  
Masconomet Small Cafeteria

**All Tri-Town Kids are our Kids!**  
**Healthy Kids = Healthy Communities**

Come listen to our Youth Action Advisory Board (YAAB) and Coalition members as they present the 2021 Youth Risk Behavior Survey (YRBS) and the 2022 Adult Perception Survey results. Together, let's use the data to dig deep into conversation around youth substance use and non-use, perceptions and norms, youth mental & physical health, well-being, and protective factors.



All caring adults welcome! No matter your role in the community -- parent, caregiver, teacher, neighbor, town leader, business owner -- you ALL matter in the lives of our youth! Together, let's explore actionable steps we, as a community, are taking and can take to support, encourage and empower our youth to make healthy decisions.

 **Register HERE**

or register @ [trittowncouncil.org/events](https://trittowncouncil.org/events)  
(Registration helpful but not necessary)



7 Grove St., Topsfield 978.887.6512 [trittowncouncil.org](https://trittowncouncil.org)



We would love to hear from you about a favorite recipe! Maybe an appetizer, dessert or a favorite family meal!

If you would like to have one of your recipes highlighted in our newsletter, email Kim Love at: [kimlove@topsfeldchurch.org](mailto:kimlove@topsfeldchurch.org).

Please include the recipe name, ingredients, directions and a picture would be wonderful too!

Looking forward to receiving some delicious recipes!

## Parish Care Ministry

View the Prayer Listing [page](#) and January birthday [page](#).



**CCT Church Office**  
**[Contact us.](#)**

Link to Signboard request form [here](#) for events on the church calendar.

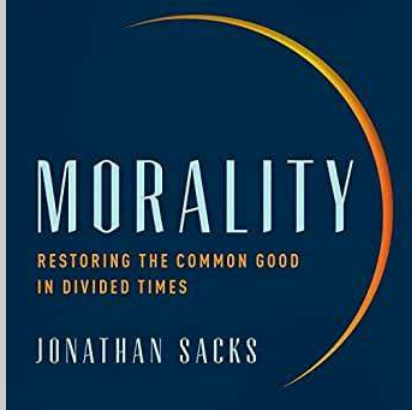


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***"Morality: Restoring the Common Good in Divided Times".***

–a book by Rabbi Jonathan Sacks

Jackie Cassiday will be hosting a Zoom book discussion on MORALITY according to the most convenient times interested folks would prefer to attend for approximately 1–1 1/2 hour sessions, twice per month.

Jackie would also like to offer 'daytime' meetings, as only Monday or Friday evenings will work for her. In order to organize a schedule, please email or call Jackie to express your interest and preferences--what would be the most desirable times to meet. After your input: day of week, times of the day and a schedule will be worked out.

Learn more about this book [here](#).

Hope to have you join!  
Jackie Cassiday  
[jacassiday@comcast.net](mailto:jacassiday@comcast.net)  
978-852-4567

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