



InSpire Weekly News & Updates

September 29, 2022 / Issue 91

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Sunday Morning
Join us for worship online

**The Bold Move To Transform
Your Life:**



and in person. View the Zoom [link](#) and the service order for Sunday, October 2nd [here](#).



**Topsfield Fair 2022
Fair Booth Sign-Up Sheet**

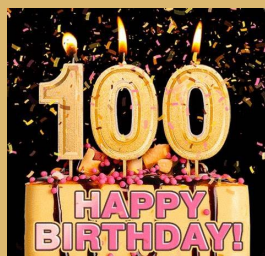
September is upon us, with October right on its heels. The Topsfield Fair runs from **September 30th – October 10th** this year, and as we have since time immemorial, we will be serving our turkey dinners.

If you have helped us in the past – thank you! If you have never worked in the booth – come out and give us a try. It's a fun time with some wonderful people! Start thinking about what you would be interested in doing – cooking, working the dining room, dishes, steam table, grill, cash register etc.

If you have any questions talk to one of the Fair Booth Committee Members: Rob Hardy (Chair), Joe Gibbons, Conny Griesshammer or Charlie Itz

Please follow this [link](#) to sign up online. Please note that some of the times for the various shifts have changed.

Thank you!

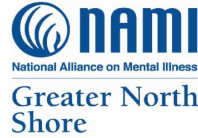


**Three Simple Science-Based Steps
To Move Boldly Through Change**

Save the date!

**Thursday, September 29, 2022
7:00pm–8:30pm EST
Virtual-Zoom**

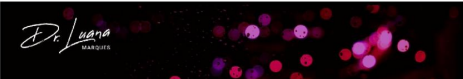
Click [here](#) to register and [here](#) to read a brief biography about Dr. Luna Marques.



The **Bold Move™ To Transform Your Life:
Three Simple Science-Based Steps to Move Boldly
Through Change**

Save the date!

**Thursday, September 29, 2022 7:00 – 8:30 pm EST
Virtual - Zoom**

Dr. Luana Marques

The **Bold Move™ To Transform Your Life:
Three Simple Science-Based Steps to Move Boldly Through Change**

Have you been feeling stressed, anxious, or burned out? Have you been trying to figure out how to get back on track or adjust to another "new normal"? Do you have moments when you feel as though you are skating on thin ice? **The Bold Move**™ is a set of three science-based steps that will equip you to move through discomfort to reach your goals.

In an engaging and transformative presentation, Dr. Luana will walk through each step of **The Bold Move**™ sharing the insight she has gained from growing up in Brazil to leading a premier research lab as an Associate Professor at Harvard Medical School. By the end of this presentation, you will have the tools to feel less stressed, be more productive, and live boldly.

This keynote is ideal for individuals, professionals, and families:

- Struggling to be their best at work and at home
- Passionate about achieving their goals, but feel stuck, drained & stressed
- Searching for proven skills to navigate change

You will leave with:

- A new understanding of what fuels discomfort and keeps us from reaching our goals
- A personalized three-step action plan to move boldly toward your goals
- The knowledge and motivation to make your next bold move

DrLuna.com @DrLunaMarques

Click [here](#) to register!

**Tri-Town Council Virtual Program:
Addressing Family Stress and Depression**

Click on the poster below to register

This month marks the
100th birthday of
George Huckins!

Congratulations George, on this
amazing Centenarian
milestone!
You're a blessing to us all and
we celebrate you!!



Masking Update as of 9/15/2022

The Board of Deacons met this week to consider the masking policy during worship in the Meeting House.

We have decided to continue the current policy that church and choir members wear masks while singing hymns, the anthem, and doxology. While there continues to be an improvement in health and safety as the result of vaccines and booster shots, the risks created while singing are too great to revise the policy.

We are also mindful of the importance of ventilation, and we will be examining, along with the Trustees Board, ways to improve ventilation and air circulation, particularly during the

Join us for a virtual lunch and learn presentation:

Addressing Family Stress and Depression

Thursday, October 6th

12 - 1PM

via ZOOM



 Register **HERE**

or register @ tritowncouncil.org/events

Does your family have the tools they need to address life's stressors? Join TTC and Families for Depression Awareness for this virtual workshop facilitated by a licensed mental health professional. By being knowledgeable about self-care and mental health, you can help your family get on the path to wellness.

Participants will learn how to:

- identify symptoms of stress in themselves and family members
- manage stress as a family
- respond when symptoms become "more than stress"
- know how to get help for themselves or a family member

 Families for
Depression Awareness



7 Grove St., Topsfield

978.887.6512

tritowncouncil.org



Dementia
Friendly
Topsfield

Dementia Friendly Topsfield

Our local Dementia Friendly Taskforce helps to make Topsfield, Massachusetts a caring and supportive community for those residents living with dementia and their care-partners.

Visit the COA Dementia Friendly Topsfield website below to learn more about their mission and community resources being offered.

<https://www.topsfield-ma.gov/council-aging/pages/dementia-friendly-topsfield>



winter when doors will need to be closed.

We will continue to monitor this policy, and welcome input and feedback from our staff and church members.

Board of Deacons



During National Hispanic Heritage Month, from September 15 – October 15, the U.S. government celebrates the countless contributions of more than 60 million Hispanic Americans, Latinos, Latinas, and Latinx-identifying people to our culture and society.

Hispanic Americans are the largest minority group in the United States today, and generations of Hispanic Americans have consistently helped make our country strong.

Hispanic Americans embody the best of our American values, including commitment to faith, family, and country.



REFUGEE IMMIGRATION MINISTRY (RIM) NORTHSHORE
Support the 2022 RIM Walk

Join others from CCoT who are walking on **Sunday October 16th at 3pm**. Rain or shine we will meet to walk at 3pm at the Gazebo at Lake Quannapowitt (1 Church St, Wakefield).

Carpool: Contact Cathy Imboden

Community Garden Update

Thank you to everyone in the community who made it possible to deliver more than **500 lbs of fresh produce** to 'Haven From Hunger' in Peabody!

Thanks to all who worked the compost into the soil, thank you to the planters, thank you to folks who watered and took care of the weeds, thanks to everyone who harvested and delivered and also thanks to people who left donations from their own gardens on our doorstep.

The garden is still producing after the much needed rain and we will have one or two more deliveries to Peabody in the Fall.

Conny Griesshammer

Try this Fall dish:

Sheet-Pan Salmon with Potato Hash

Recipe from foodnetwork.com



Ingredients:

- 1 pound red-skinned potatoes, sliced
- 2 bell peppers (1 red, 1 green), chopped
- 1 small onion, halved and sliced 1/4 to 1/2 inch thick
- 3 tablespoons plus 1 teaspoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons drained jarred capers
- 4 cornichons (small pickled cucumbers or gherkins)
- 1/2 cup fresh parsley
- 3/4 cup whole-milk yogurt
- 1/2 teaspoon grated lemon zest, plus 4 teaspoons lemon juice

at cibimboden@gmail.com

Parking: On street nearby

Walking: 3 miles around lake

Quannapowitt (about an hour)

Snacks and water provided!

For more information and/or to make a donation:

[https://r-i-](https://r-i-m.giv.sh/fundraisers/fnd_6d9688e418377c9d)

[m.giv.sh/fundraisers/fnd_6d9688e418377c9d](https://r-i-m.giv.sh/fundraisers/fnd_6d9688e418377c9d)

(Besides online donations, checks

can be made out to: **Refugee**

Immigration Ministry North Shore.)

Hope to have you join us!

-Cathy Imboden on behalf of the Board of Mission and Outreach.

- 1 1/2 teaspoons Old Bay, plus a pinch
- 4 6-ounce salmon fillets (preferably wild)

Directions:

1. Place a baking sheet in the upper third of the oven and preheat to 450° F. Toss the potatoes, bell peppers and onion with 3 tablespoons olive oil, 1/2 teaspoon salt and a few grinds of pepper. Spread on the hot pan and roast, stirring halfway through, until the potatoes are tender and browned in spots, 15 to 20 minutes.
2. Meanwhile, roughly chop the capers, cornichons and parsley. Combine the yogurt in a bowl with the capers, cornichons and half the parsley. Stir in the lemon zest, 1 tablespoon lemon juice and a pinch of Old Bay; season with salt and pepper.
3. Coat the salmon with the remaining 1 teaspoon each olive oil and lemon juice and 1 1/2 teaspoons Old Bay; season with salt. Stir the potato mixture and make space on the pan for the salmon fillets. Add the salmon to the pan and roast until the fish flakes easily with a fork, 7 to 10 minutes depending on the thickness.
4. Divide the salmon and potatoes among plates and top with the yogurt sauce. Sprinkle with the remaining parsley.

Enjoy!

Topsfield Fair *Save the date!*
The Topsfield Fair returns **September 30th- October 10th**. Be sure to mark your calendars!

Friday, September 30th. Topsfield Residents FREE from 4-10pm. CORRECTION: tickets can be picked up at the Fairgrounds.

Monday, October 3rd- Senior Discount Day \$10 admission and purchased at the entrance on that day.



Coffee Hour Returns!

Mark your calendars for our upcoming Coffee Hours that take place

after Sunday worship service in the Emerson Center Fellowship Hall:

- 10/2- Ellie Losee
- 10/9- Mark Warner
- 10/16- The Rogers Family
- 10/23- Barb and Jim Barnes
- 10/30/Potluck Sunday- The Miller

Parish Care Ministry

View the Prayer listing [page](#) and September birthday [page](#).



CCT Church Office Contact us.

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



SNEUC-
Southern New England
Conference-UCC [page](#)

Thank you to our Coffee Hour
Host volunteers!!



Men's Breakfast –
Saturday November 5th

All men are invited to breakfast on Saturday, November 5th from 8–10a.m. in the Emerson Center Fellowship Hall.

This is a great chance to connect with each other over coffee and food, and still have most of the day available for other Saturday activities. No speakers, no activities – just an opportunity to hang out.

We'd like to get an approximate headcount so we can estimate how much food to prepare. If you think you might attend, please add your name to this spreadsheet:

https://docs.google.com/spreadsheets/d/1B4yVs-2TT-asANonxUcD6_NOBNmxYmp9Ep8f4GoH5W8/edit?usp=sharing

Hope to see you there!



Try email marketing for free today!
