



The Congregational Church of Topsfield InSpire Weekly News & Updates

February 8, 2024 / Issue 162

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](#).



Sketch-a-thon for Haiti
Saturday, February 17th, 8am-8pm

Join in a fun way to help in the
ongoing work for the children of St.



Black History Month February 2024



Picture above: Tuskegee Airmen stand with an airplane and prepare to receive commissions and wings from Colonel Kimble, Commanding Officer of the Tuskegee Army Flying School, Tuskegee, Alabama, 1942. (Photo by Afro American Newspapers/Gado/Getty Images)

Tuskegee Airmen

The Tuskegee Airmen were the first Black military aviators in the U.S. Army Air Corps (AAC), a precursor of the U.S. Air Force. Trained at the Tuskegee Army Air Field in Alabama, they flew more than 15,000 individual sorties in Europe and North Africa during World War II. Their impressive performance earned them more than 150 Distinguished Flying Crosses, and helped encourage the eventual integration of the U.S. armed forces.

Learn more [here](#).



Lunar New Year Saturday, February 10th

Louis d' Ayiti through Future Forward for Haiti. Sign up for this free event to help raise funds for the 2024 Packathon.

Slow River Studios in Topsfield will be sponsoring this fundraiser.

Learn more [here](#).



Parents, Caregivers, Caring Adults, please join us!

Strategies for Building Trust & Communicating w/ your Teen

Thursday, February 29th

7:00- 8:30PM

Masconomet High School Library

[Register HERE](#)

OR register @ trictowncouncil.org/events (registration helpful but not necessary)

Teen mental health matters, but talking with teens about their mental health can be challenging. Depression makes it harder. As a parent or caring adult, you want to make sure you are connecting with the teen in your life and aware of their needs, but that's tricky to do if conversations don't feel welcome. While it may feel impossible, there are ways you can build trust with your teen and have impactful conversations.

Join us to view a **recorded webinar with Rebekah Gibbons, LICSW**, discussing how parents and caring adults can build trusting relationships that help teens feel safe, communicate about depression and mental health using age-appropriate terminology, and manage difficult conversations.

Post viewing, engage in live Q & A and discussion with Randi Brown, LMHC.



Strategies for Building Trust and Communicating Effectively with your Teen

Thursday, February 29th

7 – 8:30PM

Masco High School Library

Have you ever asked a teen how they are doing, only to be met with a one-word reply? What does it mean when they say, "Fine"? Talking with teens can be hard. Depression makes it harder. As a parent or caring adult, you want to make sure you are connecting with the teen in your life and aware of their needs, but that's tricky to do if conversations don't feel welcome. While it may feel impossible, there are ways you can build trust with your teen and have impactful conversations. Join Families for Depression Awareness and TTC for this workshop.

Register [here](#).

In many Asian cultures, the Lunar New Year is a celebration marking the arrival of spring and the start of a new year on the lunisolar calendar. It's the most important holiday in China where it's observed as the Spring Festival. It's also celebrated in South Korea and Vietnam.

In 2024, it's all about the Year of the Dragon. There are 12 animals in the Chinese Zodiac and each has its own attributes and characteristics. These 12 animals coincide with the lunar calendar in a 12-year cycle.

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



Volunteer Drivers Needed for Sunday Services

We are looking for volunteers to help give rides to church, for those who don't have vehicles or can't drive.

If interested in helping out, please email Kim Love at:

kimlove@topsfieldchurch.org.

We will keep a list of volunteers that will be on call to provide rides to those in need.

For those that are in need of a ride to church, please email Kim directly.

Thank you!



Sunday School Schedule Sunday, February 11th

Weekly Elementary School Group
(Pre-K-6th Grade)



CCT Masking Policy

Preserving the Health of the Congregation During Worship

It appears that the respiratory illness season has already gotten underway in the New England area. Consequently, the Board of Deacons would like to remind everyone that the following measures may help to prevent the spread of infections of any type amongst the attendees at Sunday worship:

1) The wearing of good quality masks is effective in preventing the spread of illness from one to another, perhaps in preventing the acquisition of disease. The wearing of masks at worship will continue to be voluntary and participants are welcome to wear masks at any time.

2) Close contact with another can result in spread of disease so shaking hands or other direct contact should be avoided. As always careful handwashing or use of hand sanitizers is effective in preventing the spread of and acquisition of disease.

3) One should not attend in person worship if one feels ill in any way. Please utilize the Zoom app or watch worship on Community TV which is broadcast live. (Comcast Channel 8 or Verizon Channel 45 (<http://www.boxfordcabletv.com>).

The Zoom link goes out to members in a separate email every Saturday with a "Link To..." subject.

4) Vaccination, with the latest version of COVID-19 vaccines, influenza vaccines, and possibly even the RSV vaccine, remains the best way to prevent serious consequences of any of those diseases. We encourage everyone to keep current with these vaccinations.

Sincerely,

Meet Ms. Julie and Ms. Joyce in the Emerson Center Orange Room.

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

All visitors are welcome to attend!



Update!
Women's Ministry
Discussion Group
Sunday, February 11th

The Board of Community and Communications is interested in reorganizing a women's ministry group to increase a sense of community and fellowship through a small group approach within our congregation.

Any woman who might be interested in discussing various activities is invited to join Dolly McIlvaine during Coffee Hour (right after the worship service ends) on Sunday Feb. 11th in the Parlor of the Emerson Center.

If you cannot make it and would like to share your ideas or want to be involved in the planning of activities, please contact Dolly McIlvaine at: mciltopsfield@comcast.net or 978-790-2635

Thank you!



The Board of Deacons



Our Church is
Instagram Official!

We are happy to announce that CCoT is now on Instagram! Please visit this [link](#) to follow our page and be kept up-to date on our church activities.

Our BCC board member, Annie Badavas Wyatt, who grew up in our church but now lives in NC, is administrating our Instagram community page.

Please send her any pictures of church events with a short blurb about them. Photos can be sent directly to Annie at: abadavas@gmail.com or via text at: 917-972-5322.

Please check out our Instagram and follow us: @CongregationalTopsfield

Thank you!



About the Massachusetts
Behavioral Health Help Line

The Massachusetts Behavioral Health Help Line (BHHL) is here to connect

A Gift From the Heart Diaper Drive Now through February 15th

Community Giving Tree is partnering with local organizations to collect diapers for families in need. Diapers are a basic necessity for infants and toddlers, but unfortunately, many families struggle to afford them. Donations of all sizes are welcome, whether it's a package of diapers or a monetary contribution. Let's come together as a community to support families in need!

To learn more and to order through Amazon, click [here](#).

you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages
- Deaf or hard of hearing?
Contact [MassRelay at 711](#)

The Behavioral Health Help Line is a service of the Commonwealth of Massachusetts, operated by the Massachusetts Behavioral Health Partnership (MBHP).

Click [here](#) to learn more.



"I Am Not Sick, I Don't Need Help!" How To Help Someone with Mental Illness Accept Treatment

A Free [Webinar](#) by Dr. Xavier Amador,
author of LEAP*:

Listen–Empathize–Agree–Partner

February 15, 2024

4:00 – 5:30 PM Eastern Time

Join Dr. Amador as he guides us through the common yet often misunderstood symptom of anosognosia and its impact on people with mental illness and their families.

- Learn how common anosognosia is in people with schizophrenia, bipolar, and related disorders.
- Discover the difference between denial and anosognosia that leaves them unable to understand that they have a mental health condition.
- Gain insight into how to approach and communicate with people with anosognosia.
- Find out how to use compassionate communication



Update..... Our Church Website Now Has a Blog!

Please visit this link below to read more.

<https://www.topsfieldchurch.org/blog>



Sunday Service Telecast and Registration:

Please visit our homepage at [topsfieldchurch.org](https://www.topsfieldchurch.org) to learn more about our telecasted Sunday services and registration for more access to CCoT's community.

Parish Care Ministry

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

CCT Church Office

to help a person embrace treatment.

Register [here](#).

*an evidenced-based communication skill set developed by Dr. Xavier Amador

Sponsored by NAMI, National Alliance on Mental Illness, "Ask the Expert"



Coffee Hour Schedule February

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

Dates and Coffee Hour Hosts:

2/11 – The Read Family
2/18 – No Coffee Hour
2/25 – Carolyn Detato

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

Thank you!

[Contact us.](#)



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



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