



The Congregational Church of Topsfield InSpire Weekly News & Updates

May 9, 2024 / Issue 174

Join Our Mailing List

Visit our website



Sunday Morning
Join us for
worship online
and in person.

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



Sunday School Schedule:
No Sunday School, May 12th

There will be no Sunday School, as

**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 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

our Sunday School teachers will be away celebrating Mother's Day.

See you on the 19th!



Many Thanks!

The Board of Community and Communications and the Women's Ministry would like to thank everyone who supported our recent Women's Tea. We had a great turn out and everyone seemed to have a wonderful time enjoying an afternoon tea complete with delicious finger foods. The tea was followed by a craft, with everyone leaving with a beautifully designed flower arrangement in a delicate tea cup!

Special thanks to Julie Quinlivan, Cathy Imboden, Joyce Talbot, Sallie Bowling, Nancy Nelson, Ellie Losee, Kim Love and Dolly McIlvaine who all helped with planning.



Muchas Gracias Amigas y Amigos!!

The Board of Community & Communication would like to thank everyone who participated in making Cinco de Mayo a wonderful celebration. This means all of you, young & "older", who set up, decorated, cooked, baked, shopped, delivered, cleaned up, ran the dishwasher & restored order did a fantastic job in creating a church-wide community party. Thank you again!

Click [here](#) to register.



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 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!



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

May 15th, 2024

When Dementia Happens

What is lost, impaired and retained?

June 12, 2024

How do we do better?

Learn strategies to connect and communicate



Coffee Hour Schedule

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

Dates and Coffee Hour Hosts:

May 12: **Volunteers needed!**

May 19th: **Sallie Bowling**

May 26: **Holiday weekend, no Coffee Hour unless we have volunteers**

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

Thank you!



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

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
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.



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:**

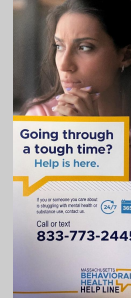
June 28th
July 26th
August 23rd

We would meet you at the Emerson 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
Sallie Bowling:
salliebowling@verizon.net

Thank you so much!



The Massachusetts Behavioral Health Help Line

Learn more [here](#).

Parish Care Ministry

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

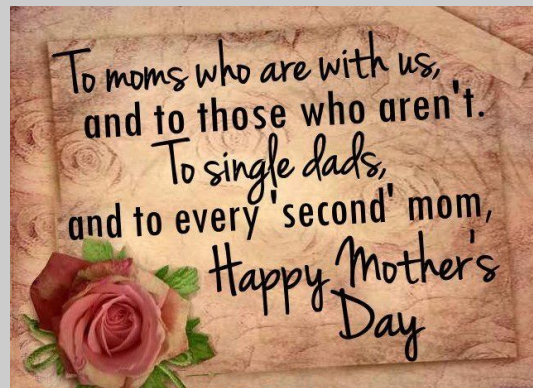


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The Congregational Church of Topsfield | 9 East Common Street, Topsfield, MA 01983

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