



# New Ark

## UNITED CHURCH OF CHRIST

ISSUE 05 | May 2023

### “Circles of care”



**Image Description:** Two handprints in light brown watercolor paint, upside down, thumbs pointed toward the middle to form a heart shape. A red watercolor heart is painted between the handprints.

Sometimes it can seem like the ideal close community is one where everyone knows what is going on with everyone else but in truth that is simply not possible. That kind of community can be exhausting but it can also signify a lack of healthy boundaries. Each of us has our own way of dealing with stress, illness, grief, and trauma and how to communicate our needs when we are in the midst of it. Often it can be difficult to know how to care for someone in a way that is helpful to them. Out of our love for a person or family we want to help ease their suffering. We want to put our

compassion and empathy to work. The feeling of powerlessness can gnaw away at us.

The last thing we want to do is say or do anything that is awkward or inappropriate. After her own discouraging experience while suffering from a serious illness, clinical psychologist Susan Silk developed Ring Theory or circles of care. In the center of concentric circles is the person or family who needs care. The next circle is family members, followed by close friends. The next circle is filled by neighbors, colleagues, coworkers, distant friends. Doctors, nurses, professional caregivers, therapists, and first responders are in the next circle.

Silk then advises, imagine a spotlight on the center with decreasing light expanding outward, a reminder of where the focus belongs. As she puts it, “comfort in, dump out,” meaning, the one in the center can say as much or as little as they want to whom-ever they want. Those in the outer circles can sympathize and empathize; but if they need to dump or express emotions about their own experience, to do so

with someone in their own circle or outward, not inward. Comfort in. Dump out.

In a faith community this can be not as clear to navigate because it can feel like our circles overlap. We minister to each other. As your pastor, it’s my role to keep the spotlight on you when you are going through something. When I am going through something, it gets tricky, because naturally you care for me as much as I care for you, but you are also the people I serve as well as my employer. Which is why we have a Pastor Congregation Relations Committee. These folks are the next circle after family and close friends. Their role is to receive the “dump out” as well as offer the “comfort in” when the pastor is going through something.

You too can offer “comfort in”—in fact, it is most welcome and appreciated! Your cards, calls, emails, social media comments, and texts after the death of my brother have brought me a great deal of comfort in the

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### NEW ARK UCC

A Just Peace, Open & Affirming,  
Earthwise Congregation

Rev. Cynthia Robinson, Pastor



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Newark, Delaware 19711  
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[www.newarkucc.org](http://www.newarkucc.org)  
[newarkucc@verizon.net](mailto:newarkucc@verizon.net)

## CONVENER'S CORNER

Gloria Noel, Convener

The April Quarterly Congregational Meeting was held on April 30<sup>th</sup> in the church sanctuary and via Zoom. The Whistleblower Policy was approved as amended. A copy of the policy will be in the New Ark UCC Handbook.

The congregation voted to approve Juneteenth as a paid holiday for the Pastor and Administrative Assistant. Juneteenth was approved as a federal holiday in 2021. The holiday commemorates the day when the last enslaved African Americans in the United States were freed following the conclusion of the Civil War in 1865.

The Childcare Job description and salary for additional childcare staff was also approved. Linda Brasel has served as our Childcare Coordinator for the past seven years. She is stepping down from that position. Her exceptional service to the church was recognized and appreciated.

Pastor Cynthia, Debbie Micklos, and Lisa Diller spoke on the need for affordable multi-family housing in Newark and possible opportunities for our church. Exploring housing options will continue.

Pastor Cynthia expressed thanks to the congregation for their support during the passing of her brother and her current health challenges. We appreciate her ongoing service to our church.

### “Circles of Care,”

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sure knowledge that I am not alone.

I am thankful and blessed to care for and be part of such a church as the New Ark.

## Cynthia



## TOGETHER WOMEN RISE

Collective action for global gender equality

formerly *Dining for Women*

### May 26 Meeting of Together Women Rise

#### May Project:

*Nurse Midwife Skill Check, Training, and Mentoring Program and Basic Emergency Obstetric and Newborn Care (BEMONC) Training*

Share lunch and learn about this month's project!

- Location: Ethiopia
- Grantee Website:

[villagehealthpartnership.org/](http://villagehealthpartnership.org/)

The mission of Village Health Partnership is to prevent maternal and neonatal death during childbirth by building a

workforce of nurses and midwives skilled in providing care in rural Ethiopia.



Join us as we learn how this project is empowering women in Ethiopia.

### Newark Area Welfare Committee



Thank you, NAUCC, for your generous donation to the Newark Area Welfare Committee (NAWC). We appreciate your support, and your donation directly enables our organization to assist Newark families in crisis.

Your assistance and interest in NAWC are deeply appreciated. It is a source of inspiration to see this level of concern for families in the Newark area. Thanks to donations like yours, we can put our motto “Neighbors Helping Neighbors” into action.

—Deborah Seador, Corresp. Sec’y.

**A FRIENDLY REMINDER  
from the PCRC**



Monday is  
Pastor Cynthia's  
day off.  
Kindly be respectful!

**LECTIONARY  
READINGS**

■ **May 7**

Acts 7:55-60  
Psalm 31:1-5, 15-16  
I Peter 2:2-10  
John 14:1-14

■ **May 14**

Acts 17:22-31  
Psalm 66:8-20  
I Peter 3:13-22  
John 14:15-21

■ **May 21**

Acts 1:6-14  
Psalm 68:1-10, 32-35  
I Peter 4:12-14; 5:6-11  
John 17:1-11

■ **May 28**

Acts 2:1-21  
Psalm 104:24-23, 35b  
I Corinthians 12:3b-13  
John 7:37-39



**RETHINKING LAND  
ACKNOWLEDGMENTS**

The first Wednesday of May we will look at a short video from the UCC entitled "**Rethinking Land Acknowledgments**" and discuss the pros and cons of developing and publishing such. Join us at 7:00 on Zoom at <https://us02web.zoom.us/j/89547131664?pwd=OXlvR3Byd3lOc2ozUEZVVnJyN1gxZz09>.

**Meeting ID:** 895 4713 1664  
**Passcode:** 127039



It can be difficult to lighten your footprint on the planet if you aren't sure where to start. Below is a site designed to help you live smarter and more sustainably by offering simple tips that you can implement into your own life, at your own pace. A few lifestyle changes can go a long way toward helping you to be more mindful, conscious, and conscientious. Live sustainably. Live smart. Live EarthWise.

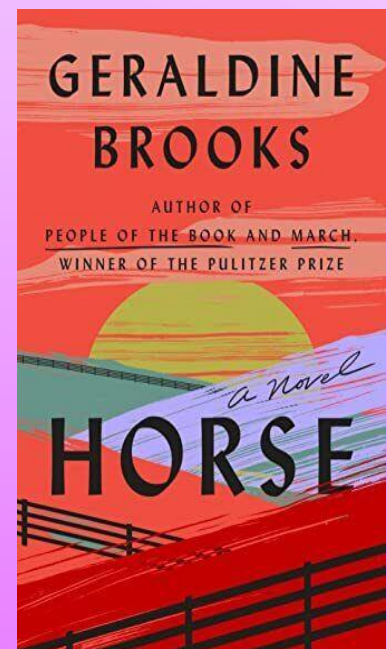
[EarthWise \(liveearthwise.com\)](http://liveearthwise.com)




We are still in need of greeters on a weekly basis. If you are willing to help out in this capacity, please contact John Micklos at [jjmj197@comcast.net](mailto:jjmj197@comcast.net) or fill in the sign-up sheet at [https://docs.google.com/spreadsheets/d/1nMc2lytoWXJ\\_yA4o4t7w\\_pgdozfANH6OrW7JY4ra9Jc/edit#gid=0](https://docs.google.com/spreadsheets/d/1nMc2lytoWXJ_yA4o4t7w_pgdozfANH6OrW7JY4ra9Jc/edit#gid=0). Thank you!

**BOOK GROUP**

The NAUCC Book Group will meet at 2:00 p.m. on Thursday, May 18, at the home of Jean Kutcher. Linda Brasel will be leading us in a discussion of the book, *Horse* by Geraldine Brooks.







Celebrate HOPE DINING ROOM's


# 40TH ANNIVERSARY

Heavy appetizers, '80s music, silent  
auction, and "Hope" memories

Friday, May 19  
4:00 - 7:00

Home of Shelley Hastings: 270 Elbow Lane, Elkton

Suggested donation \$10  
RSVP: [MAD1240@comcast.net](mailto:MAD1240@comcast.net)



## THANK YOU

Thank You to all who provided tulips to brighten our service on Easter Sunday, as well as to those who contributed toward the UCC Turkey/ Syria Earthquake appeal.

### EASTER TULIPS

<u>In Memory of</u>	<u>Contributed by</u>
Frank Childs.....	Jean and Bill Kutcher
Harry, Sr. and Mildred Dillner .....	Peggy and Harry Dillner
Audrey Eubanks .....	Jean and Bill Kutcher
Marie Hartman.....	Ron Hartman
Marian Lindsay.....	Cyndi and Donna Lindsay
Loved Ones.....	Jane Dilley
Harry and Peg Manon .....	Jon Manon
My Sister, Jane Parr.....	Martha Bailey
Noel and Robinson Loved Ones .....	Gloria Noel
Joe, Jane, and Tom Phillis.....	Peggy and Harry Dillner
Paul and Janice Rahn.....	Marcia Rahn
Dinah Reed .....	Cyndi and Donna Lindsay
Glen and Irene Schrader .....	Lynn Boulter
Tick .....	Anita Clark
Thomas Walsh.....	Kim and Dave Bell

<u>In Honor of</u>	<u>Contributed by</u>
John Cassels .....	Bob and Sheila Cassels
Christopher Cassels.....	Bob and Sheila Cassels
Elizabeth Cassels Turano.....	Bob and Sheila Cassels



**UCC TURKEY/SYRIA EARTHQUAKE APPEAL**

<u>In Memory of</u>	<u>Contributed by</u>
Glen Schrader.....	Lynn Boulter
Thomas Walsh.....	Kim and Dave Bell

<u>In Honor of</u>	<u>Contributed by</u>
Cynthia Robinson .....	Anonymous
Earthquake Victims .....	Martha Bailey
Earthquake Victims .....	Jane Dilley
Earthquake Victims .....	Marcia Rahn



# CACUCC



## CHESAPEAKE ASSOCIATION SPRING MEETING

Saturday, May 6, 2023  
10:00 a.m.

Webster Congregational  
Christian Church, UCC  
4100 Webster Road  
Havre De Grace, MD 21078  
-and-  
Via Zoom

Registration begins  
at 10:00 a.m.

Email your registration to: Angie  
([amegna@cacucc.org](mailto:amegna@cacucc.org))  
by **May 1, 2023**  
or call 410-788-4190

Please indicate whether you are clergy, a lay delegate, or a visitor, along with your church membership and church location. Please also indicate whether you will be attending in person or via Zoom. Zoom participants will receive a link at a later date.

[See the Full Call and Agenda Here](#)

## PERIOD PACKS

This summer, the United Church of Christ will hold its 34<sup>th</sup> General Synod from June 30-July 4. Our pastor, Rev. Cynthia Robinson, will be a delegate. Delegates and guests are being invited to participate in preparation of Church World Service's kits for menstrual hygiene called "Period Packs." We hope to send some prepared "Period Packs" with Cynthia. CWS gives **very specific instructions** (see below).

If you can contribute to any of these, please contact Lynn Boulter ([leb1447@live.com](mailto:leb1447@live.com)) so she can monitor what we have and what we need. Assembling of the kits will be after church on **June 25**.

### Here's what you'll need:

- One 1-gallon size re-sealable bag
- Two 2 oz. bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of Wet Ones
- 5 regular Tampons
- 5 super absorbency Tampons
- 10 Pads (Unscented. Long super ultra-thin.)
- Bath-size soap (3 oz. bar or larger. No Ivory or Jergen's soap. Do not remove from packaging.)
- One pack of flushable wipes (Unscented. 42 count.)
- [Six fragrance-free laundry sheets \(placed in small, Ziploc bags\)](#)

### Assembly Tips:

- Place all items in the gallon-sized plastic bag, remove air, and seal.
- All items must be new.
- Do not enclose personal notes, money, or extra items in the kits.







## Join Friendship House on June 10 for the 2023 Highmark Walk for a Healthy Community!



Saturday, June 10, 2023  
Tubman Garrett Riverfront Park  
Registration starts at 7:45 am  
Group photo at 8:30 am  
Walk starts at 9:00 am



To register or donate to our team: scan the QR code and search for our team!

Our Team Name is:

**Newark Empowerment Center Team**

If our team recruits over 20 walkers and raises over \$2,000, an anonymous donor gifts an additional \$1,000!

The link below is specifically for the Newark Empowerment Center Team:  
[http://hcf.convio.net/site/TR/Wilmington/HighmarkWalk?team\\_id=16401&pg=team&fr\\_id=4047](http://hcf.convio.net/site/TR/Wilmington/HighmarkWalk?team_id=16401&pg=team&fr_id=4047)

## MAY BIRTHDAYS

**June 2023  
NEWSLETTER  
DEADLINE**  
  
**12:00 noon  
on Monday,  
May 22, 2023**

- 09 Isabella Williams
- 11 Ed Robinson
- 11 Ron Hartman
- 18 Mary Jo Williams
- 18 Elisa Diller
- 20 Emily Cox
- 22 Rich Bayer
- 26 Thandy Thondhlana
- 29 Martha Bailey



If we've missed your special day, please contact the church office at (302) 737-4711 or email [newarkucc@verizon.net](mailto:newarkucc@verizon.net).

## MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, a time for churches to consider starting (or expanding) a mental health ministry. The [UCC Mental Health Network](#) encourages congregations to have a Mental Health Sunday on the third Sunday in May, or any Sunday that works for congregation, to highlight the topic and to consider becoming [WISE \(Welcoming, Inclusive, Supportive, Engaged\) congregations](#)—increasing welcome for those facing mental health challenges.

Addressing mental health concerns for youth has become increasingly important, as studies show that youth are now facing [higher rates of depression](#) and suicidal ideation.

—Excerpted from [Kayla Berkey, Author at United Church of Christ \(ucc.org\)](#)

**DELAWARE CENTER FOR JUSTICE**  
WE LISTEN. WE AMPLIFY. WE ACT

**SAVE THE DATE**  
**ANNUAL CELEBRATION '23**

**May 12, 2023**  
5:30 P.M. - 8:00 P.M.

THE DELAWARE CONTEMPORARY  
200 S MADISON ST,  
WILMINGTON, DE 19801

Celebrating those Delawareans who make a difference in our justice-impacted communities.

**Guest M.C.**  
**Sen. Sarah McBride**  
2022 SURJ Award Recipient

Annual Celebration 2023: Celebrating those that have been a positive influence in justice-impacted communities. May 12, 2023, 5:30-8:00 p.m. at The Delaware Contemporary, 200 S Madison St., Wilmington, DE 19801. [Delaware Center for Justice](#)



# MAY 2023 CALENDAR

Church office, Central Atlantic Conference, NAUCC meetings/events, Other community events, Rentals

May 2023 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
8:45am - Choir Practice (S) 9:30am - Worship 10:30am - Coffee Hour 10:45am - Congregational Meeting 3pm - Gospel Truth (S)	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	5:30pm - Karate/Ji - Martial Arts (M) 6:30pm - Membership Growth Com. 6:30pm - Social Justice (online)	10am - Office Open 12pm - Com. Office Hrs. (online) 4:30pm - Grail's Friends 6:30pm - DE Zan (S) @ Sanctuary 7pm - New Ark Meet Up (online)		7am - Systems 4 Cleaning 10am - Office Open 5:30pm - Friendship House Board of 6:30pm - Newark GA (L)	8:30am - Friendship House Board of 8:30am - Karate/Ji - Martial Arts (M)
7	8	9	10	11	12	13
8:45am - Choir Practice (S) 9:30am - Communion 9:30am - Worship 10:30am - Coffee Hour 2pm - Greater Grace (S) @ Sanctuary	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	5:30pm - Karate/Ji - Martial Arts (M)	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (S) @ Sanctuary 7pm - New Ark Meet Up (online)	8pm - Peace Week DE Blessing 8:30pm - Finance C. (online) @ Lounge 7pm - Worship C. Mtg (online)	7am - Systems 4 Cleaning 10am - Office Open 6:30pm - Newark GA (W or L) 7pm - Brandywine Recorders (S)	8:30am - Karate/Ji - Martial Arts (M) 10am - HDR Planning 1pm - Greater Grace (M) 7pm - Zoom Shower
14	15	16	17	18	19	20
8:45am - Choir Practice (S) 9:30am - Worship 10:30am - Coffee Hour 2pm - Greater Grace (S)	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	5:30pm - Karate/Ji - Martial Arts (M)	10am - Office Open 12pm - Com. Office Hrs. (online) 4:30pm - Grail's Friends 6:30pm - DE Zan (S) @ Sanctuary 7pm - New Ark Meet Up (online)	2pm - Book Group @ off site 6:30pm - Coord. Com.	7am - Systems 4 Cleaning 10am - Office Open 11am - Hope Dining Room (offsite) 6:30pm - Newark GA (L)	10am - Joan Hamilton - Visitation (S/W) 11am - Joan Hamilton - Memorial and 8pm - Couples for Christ (S,W)
21	22	23	24	25	26	27
8:45am - Choir Practice (S) 9:30am - Worship 10:30am - Coffee Hour	<b>PASSOVER DAY OFF</b> 10am - Office Open 12pm - NL Deadline 7pm - AI-Anon (L)	5:30pm - Karate/Ji - Martial Arts (M)	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (S) @ Sanctuary 7pm - New Ark Meet Up (online)		7am - Systems 4 Cleaning 10am - Office Open 12:30pm - Together Women Rise (W) 6:30pm - Newark GA (W or L)	8:30am - Karate/Ji - Martial Arts (M)
28	29	30	31	1	2	3
8:45am - Choir Practice (S) 9:30am - Worship 10:30am - Coffee Hour 2pm - Greater Grace (S)	<b>PASSOVER DAY OFF</b> 10am - Office Open 7pm - AI-Anon (L)	5:30pm - Karate/Ji - Martial Arts (M)	10am - Office Open 12pm - Com. Office Hrs. (online) 6:30pm - DE Zan (S) @ Sanctuary 7pm - New Ark Meet Up (online)		7am - Systems 4 Cleaning 10am - Office Open 6:30pm - Newark GA (W or L)	8:30am - Karate/Ji - Martial Arts (M)