

CONGREGATIONAL  
**CLARION**

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First Congregational Church  
Salt Lake City, UT

January 2009



## WORSHIP SERVICES

**Worship Service and Sunday School at 11:00am  
Nursery Provided**

January 4 – EPIPHANY SUNDAY  
COMMUNION  
“Revealed to All”  
Isaiah 60:1-6 & Matthew 2:1-12

January 11 – Baptism of Our Lord  
“Creating Family”  
Genesis 1:1-5 & Mark 1:7-11

January 18 – Second Sunday after the Epiphany  
“Divine Encounter”  
I Samuel 3:1-10 & John 1:49-50

January 25 – Third Sunday after the Epiphany  
“Us and Them”  
Jonah 3:1-5,10 & Mark 1:14-20



**First Congregational Church  
2150 S. Foothill Drive  
Salt Lake City, Utah 84109**



*Phone: (801) 487-1357*

*Fax: (801) 466-1331*

**Web Address: [www.firstcongregationalslc.org](http://www.firstcongregationalslc.org)**

**Email: [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)**

**Church Hours: Tuesday – Thursday: 8:30am - 3:00pm**

**Friday: 8:00am - Noon**

**Worship Hour: Sundays at 11:00am**

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<b>Minister .....</b>	<b>Rev. Dr. Michael Chittum</b>
<b>Moderator .....</b>	Wendy Haupt
<b>1st Assoc. Moderator .....</b>	Paul Kelley
<b>2nd Assoc. Moderator .....</b>	Scott Brown
<b>Treasurer .....</b>	Jerry Pala
<b>Financial Secretary .....</b>	Herb & Sandra Shipman
<b>Asst. Fin. Secretary .....</b>	Pam Dropek
<b>Church Clerk .....</b>	Cathy Rockwell
<b>Board of Trustees .....</b>	Scott Haupt
<b>Board of Deacons .....</b>	Judy Weibel
<b>Outreach Board .....</b>	Carol Price
<b>Stewardship Board .....</b>	Pam Dropek
<b>Christian Education .....</b>	Robin Smith
<b>Membership &amp; Church Development .....</b>	
Brad Ericson & Cissy Wolff	
<b>Parish Nurses .....</b>	
Diane Forster-Burke & Marge Kimes & Lynne Calame	
<b>Sunday School Superintendent .....</b>	Annette Tomlinson

**Camp Fellowship for Youth** ..... Mary Wittke & Tom Hohler

**Garden of Grace** ..... Scott & Jeanne Hansen

**Choir Director** ..... Devon Bettolo

**Organist**..... Edna Hamilton & Bob Dobson

**Church Secretary**..... Kristi Hansen

***REFLECTIONS FROM THE PASTOR...***

**Rev. Dr. Michael Chittum**



**STARTING ANOTHER NEW YEAR**

We will successfully negotiate the transition into another new year just a few days after you receive this mailing. For most people, with New Year's Day, comes New Year Resolutions.

This is the one time of year when we all think about our lives – we evaluate, we consider, we take stock. Frequently, following this time of reflection, we make resolutions intended to improve our lives. Often, these resolutions deal with stopping things we should not be doing or starting to do things we have not been doing, but should. Resolutions are always intensely personal. Who among us would dare tell someone else that they need to lose 15 pounds or that they should resolve to be on time for events instead of 10 minutes late? No one with any intelligence would dare intrude on such a personal process as making resolutions.

So, here I am prescribing a set of New Year Resolutions for you. While there are different components to my suggestions, they all deal with the same thing – preparing for the future. The Resolutions you should make and follow this year are:

1. Prepare a will or review your will to see if it needs to be updated. Obviously, you may need to consult legal advice to ensure that the will accurately reflects your wishes.
2. Decide if you want to be an organ donor, sign the necessary paperwork for this, and let family members know of your wishes.
3. Decide on the type of medical intervention you want at the end of your life. Prepare a Living Will that outlines your desires. Give a copy to your doctor, to family members, place a copy in an easily accessible place in your home, and

put a card in your wallet stating that you have such a document on file.

4. Prepare a Durable Power of Attorney for Health. Living Wills are good, but they are limited. It is very difficult to anticipate everything that might occur in a health crisis and then to prepare a document to cover all contingencies. A DPOAH will empower someone to act as your advocate and your voice should you be incapacitated. Again, communication about this with doctors and family is crucial.
5. Make arrangements for your funeral. Making decisions now will relieve a great deal of stress from your family. You can go as far as planning your service and placing a copy of your wishes in the church office.

Information about doing end of life medical arrangements is available in the church office or you may look online at <http://www.nlm.nih.gov/medlineplus/ency/article/001908.htm>  
Start the new year right by preparing adequately for the future we all face.

Grace and Peace, Michael

**FROM THE SECRETARY**

*By Kristi Hanson*

**FEBRAURY CLARION DEADLINE IS**

**JANUARY 21, 2009**

**PLEASE HAVE YOUR ARTICLES IN ON TIME**

**WEDDING ANNIVERSARY OPEN HOUSE**

Bill and Lottie Felkner will be celebrating their 60th wedding anniversary at an Open House on January 3, 2009 from 2 to 4 PM, at 1785 South Wasatch Drive (about 2700 East). Everyone is invited to stop by for light refreshments. No gifts please.

## **PROSPECTIVE MEMBER GATHERING**

Keep January 14 open on your calendar. That is a planned get-together for folks who might want to become members of First Congregational Church. More details to come.



## **NACCC Prayer Concerns**

For the month of January, the leadership of the NACCC asks that we pray for the Bread of Life Christian Mission in Plant City, Florida and for the churches in the Alabama/Georgia Association.

## **ENERGY FOR SALE? Really? Really?**

Red Bull, Adrenaline Rush, ISO Sprint, Energice, and so on and so on. All of which contain: Ginseng, Carnitine, Ginkgo Biloba, Taurine, Inositol, Guarana Seed, Methylxanthines, Xanthine, B Vitamins, Maltodextrine, Carbonated Water, Yerba Mate and other herbs and spices . . . which add up to basically “Sugar and a Multitude of Caffeine”. But it’s all *natural!* Sure it is; snake venom is natural, but I don’t want *it* in my system.

Taurine: A natural amino acid produced by the human body. It is a major constituent of bile and can be found in the lower intestine. It also helps regulate normal heart-beats and muscle contractions. Urban legends surrounding the source of taurine have included bull urine extract and bull semen. While it’s true that taurine is found in both sources, it is not the source of taurine in the pharmaceutical or food industry. Taurine is sometimes extracted from the intestines of cattle, many food industry sources, including the popular energy drink, Red Bull, use synthesized sources. Don’t we love advertising? Taurine’s effects on people when consumed as a drink additive remain unclear.

Guarana: A stimulant grown in Brazil and Venezuela which contains high levels of caffeine. . . Five times as much caffeine as coffee beans.

Keep in mind that manufacturers of energy drinks are not required by law to list where the herbs were grown, whether or not the herbs they use, have been sprayed with toxic pesticides, irradiated or watered with contaminated water supplies.

Energy drinks will give you a 30 minute boost because of the sugar/carbohydrate effect and an hour or so boost because of the caffeine. But a crash will soon follow. Caffeine is addictive. Some drinks have as much as 150 mg of caffeine, 2-3 times as much as a cup of coffee. In high amounts, caffeine can cause anxiety attacks, heart palpitations, increased blood pressure, and insomnia. Caffeine is also a diuretic; it causes your kidneys to remove extra fluid from your body. **DO NOT DRINK THESE WHEN EXERCISING OR SWEATING.** You will become severely dehydrated quickly!

Run down? Slow Pokey? Tired? Need an energy boost? How about going to bed earlier? Get 7-8 hours of sleep every night. There's a novel idea. Exercise regularly. Eat a healthy diet. These strategies not only will increase your energy, but they will make you physically and mentally healthier. Keep your body and mind in balance. Moderation in all things, including moderation.

In Good Health, Your Parish Nurses.

Sources: Web MD, Mayo Clinic, Matthew Hoffman, MD, Dulce Zamora,

### **BRIDGE GROUP**

Did you know that First Congregational Church has a Bridge Group that meets once a month? Are you interested in Playing (or Learning) Bridge and Socializing? We are in need of more players.

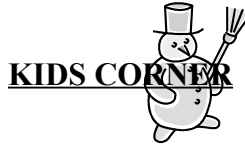
We usually meet once a month on a Friday evening for Party Bridge, light refreshment and a lot of socializing. If you are just learning, or want to learn, that's OK too. We just enjoy getting together. Help is near at hand.

If you're interested, please contact Diane Simons (272-1787) or Mike McIntire (272-4629) so we can include you in our next evening in January or February.

### **ANNIVERSARY SUNDAY – January 25<sup>th</sup>**

On Sunday, January 25<sup>th</sup> our church will celebrate its 144<sup>th</sup> Anniversary. Following the service at 11:00am, there will be a

meal in the gym hosted by our former moderators. If you plan to attend we ask that you call the church office or sign the sheet posted in the gym so that we may get an accurate count. Please make a special effort to attend this celebration.



**JANUARY**

B D F X W L C Z A B E D L M E  
 K B O U I L Z Y X M O K L M B  
 V S K N N X E Z V V X P B I F  
 I X X F K T I H A T K Z W O R  
 I K G T X K P I Y F D R N D P  
 D O H T S H D U B L V K H I N  
 S L E D D I N G T H B M C Y L  
 T N O Z V V U O A H C I Y L W  
 Y Y O C Y Y D I O C C V S W K  
 N V G W N U P G C L N U W Y U  
 R I L X M N I X E M H V E L B  
 F M K U N A H S A Y H P A S J  
 T E J K V T N T Z T D E T A D  
 Q R N T Q P J Q E Q J U E P A  
 K S E V O L G D J K Q U R Q H

- COAT
- COLD
- FUN
- GLOVES
- HAT
- ICICLES
- SKI
- SLEDDING
- SNOWMAN
- SWEATER



