

CONGREGATIONAL CLARION

2150 FOOTHILL DRIVE
SALT LAKE CITY, UTAH
801-487-1357

APRIL 2009

WORSHIP SERVICES

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

Phone: (801) 487-1357

Fax: (801) 466-1331

Email: firstcongo@qwestoffice.net

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Worship Hour: Sundays at 11:00am – Nursery Provided

Minister:	Rev. Dr. Michael Chittum
Moderator:	Wendy Haupt
1st Assoc. Moderator:	Paul Kelley
2nd Assoc. Moderator:	Scott Brown
Treasurer:	Jerry Pala
Financial Secretary:	Sandra Shipman
Asst. Fin. Secretary:	Pam Dropek
Church Clerk:	Cathy Rockwell
Board of Trustees:	Scott Haupt
Board of Deacons:	Judy Weibel
Outreach Board:	Carol Price
Stewardship Board:	Pam Dropek
Christian Education:	Robin Smith
Membership Board:	Brad Ericson, Cissy Wolff
Parish Nurses:	Diane Forster-Burke, Marge Kimes Lynne Calame
Sunday School:	Annette Tomlinson
Camp Fellowship:	Tom Hohler
Garden of Grace:	Scott & Jeanne Hansen
Choir Director:	Devon Bettolo
Organist:	Edna Hamilton, Bob Dobson
Church Secretary:	Kristi Hanson

REFLECTIONS FROM THE REV.....

Rev. Dr. Michael Chittum

CLARION DEADLINE

April Clarion Deadline will be March 18th. You can email your articles or leave them in the church office. Thank you for getting them in on time.



NEWSLETTER CHOICES UPDATE

Last Fall, you were asked to indicate your preference for receiving the CLARION – whether by e-mail, to be picked up at church, or to be mailed to you. The intent in doing this was two-fold: we want to save the church money; and we want to be more environmentally responsible.

Over the last 7 months, however, we have heard from only 80 of our 190 newsletter recipients. While we are grateful for the 80 responses we have received, it is difficult to discern what course of action to follow, since there are still more than 100 from whom we have not heard.

Some of you may not have responded because it does not matter to you. That is a legitimate response, but it would still be good for us to know. Therefore, if we have not heard from you by MAY 29, we will presume that you will be happy to receive the CLARION by e-mail or will be glad to pick up an issue as you come to service.

NACCC Prayer Requests

The NA leadership asks for our prayers for Christ of The Villages Mission in Nigeria and for the churches in the Florida Association.

52 THANK-YOUS

Many people in our church help others and provide significant ministry to our congregation, but do so quietly so that most of us are not aware of the heart-felt service. These people deserve to be thanked, even if they don't want public recognition for themselves.

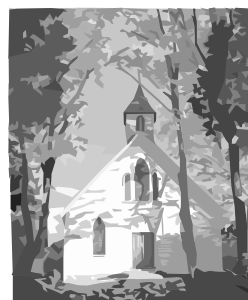
Starting in April, you will have the opportunity to identify people like that in our church to whom we should say, "Thank you." A form will be available in the Narthex for you to identify who should be thanked and why. These will be collected weekly. The church will send out a thank you card to the person. Then, we will let you know in the Clarion what good deeds are being recognized, though we will not identify the person who did it.

FAVORITE HYMNS?

Do you have a favorite hymn or hymns that you would like to have included in worship service? Please e-mail them to the church or list them in a note and let Michael know. Perhaps, we will plan for a hymn service in the summer or you may find your favorite included in an upcoming worship service.

LOOKING TO JOIN FCC?

In conjunction with the Membership Board, we are working to have another service welcoming new people into our church on Easter Sunday, April 12. If you would like to be part of this service, please let Michael know.



Web Site Committee

At the end of 2008 the Membership Board organized a working group to discuss the church website. We concluded that having a vital website is not simply desirable. It is crucial for reaching out to the wider community, and over time could become a vital link connecting members and friends to the life of our church. The church has a website. I recommend that you visit it at <http://www.firstcongregationalslc.org>. It is servicable and has some nice features, but it needs help. Developing and maintaining a website that serves our external and internal goals cannot be one person's job, nor can it simply be farmed out and forgotten. Many talents will be required to plan, implement, maintain and grow the website.

As a start, I am soliciting help in mapping out a strategy based on what we have today, what would like to have, and the time, talent, organization and money that FCC can muster for the effort. The Membership Board working group produced many good ideas and introduced possible directions to travel. This committee needs to extend that work by developing a concrete proposal for moving forward. Folks with web design and layout knowledge will be helpful, but we need folks of all stripes. Persons with an organizational streak, with a marketing flair or design sensibility, folks who know how things get done around here, hard core analyzers and dreamers all can contribute. You need not be a member, or on a board, just a .willingness to move this project forward.

If you are interested in joining the committee, please contact Paul Kelley at church or 801 532-3809 or kello1sn@msn.com

Pictures Wanted for Stewardship Sunday



The Stewardship board is in the process of putting together pictures from the past year for a slide show on Stewardship Sunday (April 26.) We are looking for any pictures you have taken of Camp Fellowship, Christmas, church picnics, special music, Lenten activities, Outreach activities, or any other church fellowship activities. Please e-mail pictures to Wendy Haupt at wshaupt@comcast.net or give her a CD with your pictures **by April 12.**

NAME TAG REQUESTS



To all members and friends of First Congregational Church-please let us know if you need a nametag. You can contact anyone on the Membership Board (Rich Dropek, Brad Ericson, Katie Ericson, Chris Slade, Cissy Wolff) or you can contact the church office. Also, church directories are available through the church office. Please continue to provide any updates to the Membership Board or call the church office.

EASTER EGG CANDY NEEDED

Pat Ericson will be collecting donations of wrapped candy for the Annual Easter Egg Hunt. Please bring your donations to the church. Thank You.

CHURCH WOMEN UNITED

The Service and program for the Human Rights Celebration held in March will be posted in the lower hall of the church. This is for the purpose of letting anyone interested in knowing about the type of programs provided by Church Women United. Watch for announcement of World Friendship Day the first Friday in May.

GARDEN OF GRACE

Replenish the Garden Day

Saturday, April 18th, 9:00am – Noon

Greetings! Spring is here and it's time to Replenish our Garden of Grace, on the north side of our church. Our xeriscape (dry vista) eco-garden needs some sprucing up by clipping, planting and TLC.

The garden sends an outward example that we care about our earth and it promotes good fellowship. Please join us for any amount of time you can.

Gloves and tools are handy, otherwise they are provided. Refreshments served. Any questions call the Hansen Family at 801-583-0500.

Hope to see you in the garden!

Stewardship Drive Begins in April

It is that time in our congregation year to begin thinking of our stewardship, both the reception of stewardship benefits and providing them for others. We have been given various gifts, talents, and bounties. We have been blessed with stewards throughout our lives. Our stewards have assisted and directed us

in growing up, becoming educated, learning life and job skills, nurturing us when needed, helping us through hard times, and sharing in our good times.

The First Congregational Church has been a great steward for us. It truly helps support us through our good times and our concerns. It provides us with friends and fellowship. It has taught us the gospel of Christ, been our moral compass, and bolstered our faith. It allows us the freedom to explore and develop our personal faith based beliefs.

The Stewardship Board will be sending out a letter during the week of April 19th. We will be asking you to consider your stewardship of our community of faith. Can we consecrate some of our time, talents and financial resources to strengthen our congregation? What we receive in return is priceless.

April 26th is Stewardship Sunday. We will hear a stewardship sermon from Reverend Dr. Chittum. We will have a slide show reviewing and rejoicing in the past church year. We will have an opportunity to pledge and consecrate some of our talents, time and treasure. After the service the Stewardship Board will provide a light luncheon. There will be no charge for the luncheon. We look forward to seeing you and sharing this important day.

OUTREACH FOR APRIL

For the past 20 years a rebel group known as the LRA has waged a brutal war against the government and people of Northern Uganda. One of the most ruthless tactics of the LRA has been to abduct children from their villages forcing them to serve as child soldiers, porters and worse. In an effort to keep the

villagers safe the government has relocated them to what are called displacement camps where conditions are crowded, sanitation is poor and food is scarce.

While attending Loyola University Chicago David Thatcher, a member of our congregation, became involved with a student group on campus called Invisible Conflicts. After learning about the conflict in Uganda and, in particular, of the plight of the children living in the displacement camps, the organization decided to sponsor the education of 20 orphans and vulnerable children residing in the war-torn area. Since even basic education is not free or supported by taxes, these children had no opportunity to attend school and were relegated to the daily stark reality of camp life.

Since 2006, Invisible Conflicts has been able to pay for the education, tuition, uniforms and books for these 20 children. The program has recently expanded and is now able to offer after-school programming which provides tutoring, sports, arts and crafts, and music, dance and drama activities. As Program Coordinator for the organization, David is returning to Uganda in April to continue development of the program. As a relatively new non-profit organization, IC relies heavily on private donations. The Outreach Board has chosen Invisible Conflicts to be the recipient of the plate donations for the month of April. Please remember to designate "Outreach" on your check or envelope. The children of Uganda thank you for your support.

HIGH BLOOD PRESSURE: What Can We Do About It?

The critically acclaimed, "How to Survive a Hotel Fire, Part One, published in last month's Clarion, and its much anticipated partner, "How to Survive a Hotel Fire, Part Two was promised to be in this month's Clarion. It has been trumped by our favorite topic, "High Blood Pressure".

“HTSAHF, P2” will be published next month. Don’t go near a hotel until April!

Repeat the following Parish Nurse Mantra: If you have a prescription, fill it. If you have medication, take it. If you have high blood pressure, go see a health care practitioner. What else can we do?

- **Lose weight; even 10% of your overall body weight will help.**
- **Eat a healthy diet. Eat less fat and eat more fruits, veggies and foods with fiber.**
- **Decrease sodium. Salt, MSG, and baking soda all contain sodium. Eat fewer processed foods; also filled with sodium. Check your water softener. They are sometimes a hidden source of sodium in your water at home.**
- **Decrease caffeine intake. Caffeine in coffee, tea, and sodas only raises blood pressure temporarily. However in excess, not good, especially if you have a sensitivity to caffeine or have heart disease.**
- **If you have Type I or II Diabetes, keep your blood sugars under control.**
- **No more than 2 alcoholic drinks per day.**
- **Stop smoking. Avoid secondhand smoke.**
- **Decrease stress, even a little bit helps.**
- **Learn to meditate.**
- **At least stop and take some deep breaths in through your nose, hold it, hold it, and gradually let it out through your lips. Do this before you enter a meeting, in the parking lot, etc. Afterwards, do some mild stretching.**
- **Increase aerobic exercise, walk, jog, bike, climb Mt. Everest.**
- **In some cases bio-feedback has helped to lower blood pressure.**

- **TRANQUILIZERS and SEDATIVES will not keep your blood pressure down.**
- **So far, research has shown that potassium does lower blood pressure. Studies have not indicated that calcium and magnesium supplements prevent high blood pressure. EAT A BANANA A DAY!**
- **Be very careful about taking some of the home remedies you find on the internet. Some of them are just plain coo-coo! These herbs have not been studied in a controlled environment, you don't know how the herbs were grown, if they have been contaminated with pesticides and unclean water. Just because someone says, "Well it's natural, it's organic, it can't be that bad." Remember another Parish Nurse Mantra: Snake venom is natural, but I don't it in my system.**
- **Get regular health care. Go in for that yearly check-up. Are you up on all of your vaccinations. Find out what are your normal base-line stats for your HR, BP, Pulse, Respirations, Blood Work. What is normal for you? Prevention, Prevention, Prevention.**
- **Self monitor your own blood pressure at home. Be very wary of the monitors in pharmacies and grocery stores. Kids play with them all of the time. It does not take much for the calibration to be off.**

References: Mayo Clinic and National Institute of Health

TREASURER'S REPORT

By Jerry Pala

For Period Ending February 28, 2009

CHURCH GENERAL FUND	<u>Febraury</u>	<u>Fiscal YTD</u>
Unrestricted giving	\$13,986.70	\$137,073.98
+Other Unrestricted Revenue	\$17,256.24	\$44,632.96
+Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	<u>\$6,620.53</u>	<u>\$40,142.81</u>
=Total Income	\$37,863.47	\$221,849.75
Total Expenses	<u>-\$29,938.48</u>	<u>-\$193,218.84</u>
= <i>Net General Fund Surplus (-Deficit)</i>	\$7,924.99	\$28,630.91

Data for comparison

YTD Budgeted Unrestricted Contributions	\$139,589.42
YTD Budgeted Income	\$203,682.50
YTD Budgeted Expenses	-\$211,589.54
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$36,537.95

DESIGNATED ACCOUNTS

Designated Contributions	<u>February</u>	<u>Fiscal YTD</u>
All Outreach	\$855.50	\$11,543.67
Other Designated Contributions	\$1,334.60	\$14,735.60
= <i>Total Designated Contributions</i>	\$2,190.10	\$26,279.27



Mission Mazahua 2009

First Congregational Church has been invited to join in the formation of a short term mission team based at Mission Mazahua this June 24 through July 1 (Wednesday through Wednesday). Groups of adults and youths from FCC took part in short-term missions at Mission Mazahua in 2007 and 2008. They have been great experiences, and much good has been accomplished. It is a wonderful outreach project for our community to participate in.

Mission Mazahua is an early 18th century hacienda located in a beautiful, high mountain valley sixty miles northwest of Mexico City. The Mission attends to the spiritual, health and economic development needs of the local indigenous Mazahua people. Mission tasks have involved


maintenance and improvement of the Mission complex, health clinics and construction projects outside the mission. The experience is truly a cross-cultural one where we work, eat and worship with members of the local community, and enjoy the scenery and historical sites of the area.

The cost of attending is a \$360 participation fee plus airfare to Mexico City. FCC can offer some financial aid for first time participants. Since there are a limited number of slots available for this short-term mission, and many other churches send members, don't wait too long to apply.

If the idea interests you, and you would like more information, please contact Paul Kelley at 532-3809. He can forward you the invitation that provides much more detail about the short-term mission. Any of the participants from prior years would be more than happy to share their experiences and impressions with you. Ask Paul for names.

March Outreach Plate Offerings:
Utah Food Bank

March 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Communion Family Sunday Nominating Committee Congregational Meeting – Following Worship	2	3	4 Men's Breakfast 7:00am	5	6	7

8	9	10 Board Meetings 7:00pm	11 Lenten Potluck 6:00pm Lenten Study 7:30pm	12	13	14
15	16	17 	18 Council Meeting 7:00pm Clarion Deadline	19	20	21
22 Congregational Budget Meeting – Following Worship Camp Fellowship Adult Staff Mtg.	23	24	25 Lenten Potluck 6:00pm Lenten Study 7:30pm	26	27	28
29 Salvation Army Sandwich Making	30	31				



April Outreach Plate Offerings:
Invisible Conflicts

<h2>April 2009</h2>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

			<p>1 Men's Breakfast 7:00am</p> <p>Lenten Potluck 6:00pm</p> <p>Lenten Study – 7:30pm</p>	2	3	4
<p>5 Communion</p> <p>PALM SUNDAY</p>	6	7	8	<p>9 Maundy Thursday 7:30pm</p>	<p>10 Good Friday Noon</p>	11
<p>12 EASTER SUNDAY</p> <p>Easter Egg Hunt – Following Worship</p> 	13	<p>14 Board Meetings 7:00pm</p>	<p>15 Council Meeting 7:00pm</p> <p>Clarion Deadline</p>	16	17	18
<p>19 COVENANT CLASS SUNDAY</p>	20	21	22	23	24	25
<p>26 CONSECRATION SUNDAY</p>	27	28	29	30		

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive
SLC, Utah 84109

March 2009

ADDRESS SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
PERMIT 1459
Salt Lake City, Utah

