

# CONGREGATIONAL CLARION

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

August 2017





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

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

Minister Email: [pastorfirstcongo@qwestoffice.net](mailto:pastorfirstcongo@qwestoffice.net)

Website: [www.firstcongregationalslc.org](http://www.firstcongregationalslc.org)

Find us on Facebook: First Congregational Church, Salt Lake City

**Office Hours:**

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

**Worship Hour:** Worship Hour at 10:00am

Nursery Provided

<b>Senior Minister:</b>	Rev. Marijke Rossi
<b>Moderator:</b>	Tom Simons
<b>1<sup>st</sup> Assoc. Moderator:</b>	Marge Kimes
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Wendy Haupt
<b>Treasurer:</b>	Scott Hanson
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Mike McIntire
<b>Board of Deacons:</b>	<b>TBD</b>
<b>Outreach Board:</b>	Diane Forster-Burke
<b>Christian Education:</b>	Pam Svikhart
<b>Membership Board:</b>	<b>TBD</b>
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes, Lynne Calame
<b>Camp Fellowship:</b>	Christine Madsen and Shaun McIntire
<b>Garden of Grace:</b>	Scott & Jeanne Hansen
<b>Choir Director:</b>	Devon Bettolo
<b>Organist:</b>	Teresa Clawson
<b>Church Secretary:</b>	Kristi Hanson

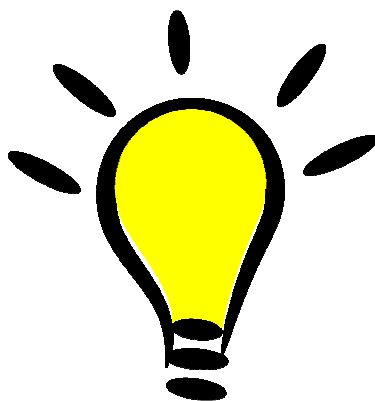
## REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi

Blessings to all as we are in the last days of summer. This has been a very hot season and we have had difficult warmth on Sundays and for other events. As we talk about our visioning for the church this is something that will come up. Our vision has always included our welcome of everyone. However, it has not been welcoming to sit through a service in the sweltering heat. The visioning plan begins with a review of the book, "I Refuse to Lead a Dying Church" With council members and anyone else who wants to join in. This will happen in August. The book will help with ideas to make our church more vibrant. The ideas we come up with will help to organize sacred conversations on what we all have energy for and what can be done to bring growth. Please feel free to bring your ideas about visioning I will put a box out in the narthex where you can leave your ideas and comments. To be clear I do not feel we are a dying church. This book is a great resource for ideas that help growth. I think finding a book with simple ideas that spark conversation is a real blessing. Let us continue in the great work that is church life with Gods leading and love to sustain us.

Love and blessings to all

Marijke



## **CLARION DEADLINE**



September Clarion Deadline will be August 16<sup>th</sup>. You can email your articles or leave them in the church office. [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

## **CALENDAR**



The Calendars in this issue give information about church activities as well as building use by external groups. While any building use should be co-coordinated through the office, this should help you make appropriate plans if you need to use the church.

## **You can donate to FCC via PayPal**



For those of you who prefer to do all of your financial transactions through credit card, we have now made it possible for you to use your credit card to donate to FCC through PayPal. You simply go to the FCC web site ([firstcongregationalslc.org](http://firstcongregationalslc.org)) and find the “Donate” button on the lower left of the first page. If don’t have a PayPal account it is easily done the first time you donate. You can use any major credit card (e.g. VISA, Mastercard, American Express and Discover Card) to make your payment. You can make payments to both the FCC general fund as well as to our monthly outreach recipients. Much like when you use a pew envelope, you can add a note to your donation and designate the amount you are giving to a specific fund.

We hope you find this convenience worthwhile. Please give any member of Council your feedback on what you think of this new way of donating to the ministry of our church.

## Parish Nurse Health Tip



### Walk This Way

*Fresh reasons to take a beneficial stroll. Consider these:*

- Taking a walk after you eat helps your body use glucose more efficiently and can prevent a blood sugar spike.
- Creaky knees? Regular walks will strengthen the muscles that support those joints, ease stiffness, and reduce pain.
- A regular evening stroll can help insomniacs sleep.
- A brisk daily walk can ease depression and anxiety.
- Make it a family-time walk. You can talk, laugh, debate, and sometimes just hold hands.
- A 20-minute walk can calm your overactive brain and restore your attention.
- Take a tree hugger walk. Researchers sent a group of walkers into a forested area, and another group of walkers into the city. Guess what? The tree huggers improved heart and lung function. Negative for the city walkers.
- You can actually “om” while you walk. Meditation helps high blood pressure, digestive challenges, anxiety, depression and insomnia. So get out there and meditate while you walk.
- Walking 6-9 miles a week will lower your memory problems by 50%. Walking 40 minutes 3 times a week slowed age-related declines in brain function performance on cognitive tasks.
- Taking walks with friends is beneficial in lowering blood pressure and is more effective in weight loss.

Source: Sara Altshul, Healthy You, Fitness, AARP, The Magazine, Real Possibilities, June/July 2017

## **Out and About**

You are INVITED to the Utah Watercolor Society's  
SMALL WORKS SUMMER ART SHOW  
Fri. July 21st - Fri. Aug 11, 2017  
Jeanne Hansen's paintings *Mission Morning* & *Tessuti Zoo*.  
Enjoy an art stroll downtown!

Michael Berry Gallery  
163. E. 300 S., SLC, Utah 84111  
801.521.0243  
[berrygallery@gmail.com](mailto:berrygallery@gmail.com)  
Hours: 9am-6pm, Mon-Sat

## **You Are Invited to a CLIMATE CONCERT here at FCC, Friday, August 4th at 7:30pm**

Our own Ryan Hansen is organizing it with his Westminster Chamber Singers Colleges, Christy Petersen, vocalist and Drew Olsen, vocalist, pianist plus instrumentals.

The free admission-open donations concert benefits the Alliance for Climate Education. ACE is a national organization which distributes materials to students at schools about Climate Education.

There will be a small reception afterwards in our front courtyard afterwards with small white lights for a great atmosphere and discussion.

This will be a great community event for our church!

If any of you are willing to help us that evening or with the preparation on Thursday, August 3rd please let us know. We will be serving coffee, lemon water, small cookies, crackers, etc. If you would like to donate an item leave them in the kitchen, marked so we know. That will be greatly appreciated!

For further information please contact us:

Jeanne Hansen  
801.209.2823

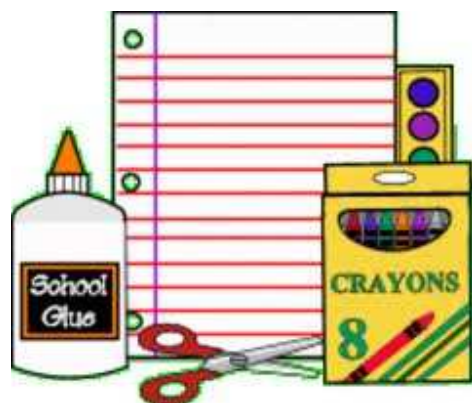
Scott Hansen  
801.556.7448

## August Outreach Project

Our August project will be the Granite School District (GSD). We wanted to branch out from the Salt Lake Education Foundation to include another school district with great needs. We will be filling backpack bags for students and any funds raised will go to the Education Foundation. These backpacks are due back to church by Aug 13<sup>th</sup>. We will solicit funds through the month of August for this Education Foundation.

Thank you for choosing to support the students and families in the Granite School District. GSD has an extremely diverse population with a wide range of needs. This year 65% of our students, approximately 44,000, are living at or below poverty. Granite Education Foundation also endeavors to provide support for over 1,000 students identified as homeless. The Foundation strives to meet the needs for each student, but especially those who are at an economic disadvantage. With the specific needs in GSD, Granite Education Foundation focuses on basic needs such as food, school supplies and hygiene items.

We are looking forward to partnering with First Congregational Church to provided new school supplies for students in need.



# August 2017

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Camp Fellowship  Kristi out of the Office Scott Hansen covering  Deacons Meeting 7pm  Trustees Meeting 7pm	<b>2</b> Camp Fellowship  Kristi Out of the Office Scott Hansen covering	<b>3</b> Camp Fellowship Campers Come Home  Kristi Out of the Office Scott Hansen Covering	<b>4</b> Camp Fellowship Counselors Come Home  Kristi Out of the Office  Building Rental *Ryan Hansen Sanctuary and Upstairs Areas 6:30pm – 10pm	<b>5</b>
<b>6</b> Camp Fellowship Sunday  Morning Brew at 8:30am	<b>7</b> AA Meeting 6:30pm	<b>8</b>	<b>9</b> Printing August 13 <sup>th</sup> Bulletin Today – Please have information in by Tuesday August 8 <sup>th</sup> Thanks  Community Night 6:30pm	<b>10</b>  Kristi Out of the Office	<b>11</b>  Kristi Out of the Office	<b>12</b>
<b>13</b> Communion Morning Brew 8:30am Traditional Service 10am  CE Meeting Before Worship  Outreach Meeting Following Worship  Adult Sunday School 11:30am	<b>14</b> AA Meeting 6:30pm	<b>15</b>	<b>16</b> Council Meeting 6:30pm  Clarion Deadline	<b>17</b> Marijke Out of Town Through the 23 <sup>rd</sup>  Church Hike 6:30pm Details see Wendy Haupt	<b>18</b>  Building Use: *Glenda LeHoux PEO Yard Sale Set –Up In Gym	<b>19</b>  Building Use: *Glenda LeHoux PEO Yard Sale outside or in Gym if rain
<b>20</b>  Traditional Service 10am  Scott Haupt Preaching	<b>21</b> AA Meeting 6:30pm	<b>22</b>	<b>23</b>  Community Night 6:30pm	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> Morning Brew 8:30am Traditional Service 10am  Adult Sunday School 11:30am	<b>28</b> AA Meeting 6:30pm	<b>29</b>	<b>30</b>  Community Night 6:30pm	<b>31</b>		



September 2017

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>3</b> Camp Sunday Family Sunday  <b>Morning Brew</b> <b>8:30am</b> <b>Traditional Service</b> <b>at 10:00am</b>  <b>Adult Sunday</b> <b>School 11:30am</b>	<b>4</b> AA Meeting 6:30pm  Labor Day	<b>5</b>	<b>6</b> Community Night 6:30pm	<b>7</b>	<b>8</b>	<b>9</b> Food Bank Workday 9am?
<b>10</b> Communion <b>Worship Services</b> <b>Change in Time</b> <b>Morning Brew</b> <b>9:30am</b> <b>Traditional Service</b> <b>11:00am</b>  Rally Day and Luncheon at Sugar House Park	<b>11</b> AA Meeting 6:30pm  Membership Board Meeting 7pm	<b>12</b> Trustees Meeting 7pm  Deacons Meeting 7pm	<b>13</b> Printing September 17 <sup>th</sup> Bulletin Today  Community Night 6:30pm	<b>14</b> Kristi Out of the Office	<b>15</b> Kristi Out of the Office	<b>16</b>
<b>17</b> <b>Morning Brew</b> <b>9:30am</b> <b>Traditional Service</b> <b>11:00am</b>  <b>Adult Sunday</b> <b>School 12:30am</b>	<b>18</b> AA Meeting 6:30pm	<b>19</b>	<b>20</b> Council Meeting 6:30pm  <u>Clarion Deadline</u>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> <b>Morning Brew</b> <b>9:30am</b> <b>Traditional Service</b> <b>11:00am</b>  <b>Adult Sunday</b> <b>School 12:30am</b>  Flu Clinic Following Worship Questions Contact Diane Forster-Burke	<b>25</b> AA Meeting 6:30pm	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

## TREASURER'S REPORT

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For Period Ending June 30, 2017

CHURCH GENERAL FUND	June	Fiscal Year-to- Date
Unrestricted Contributions	\$8,110.58	\$167,845.41
+ Other Unrestricted Revenue	\$4,167.07	\$59,607.38
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$478.00	\$9,040.36
= Total Income	\$12,755.65	\$236,493.15
Total Expenses	-\$15,635.44	-\$241,203.24
= Net General Fund Surplus (-Deficit)	-\$2,879.79	-\$4,710.09

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$149,000.00
YTD Budgeted Total Income	\$229,538.00
YTD Budgeted Total Expenses	-\$270,291.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$36,042.91

### DESIGNATED ACCOUNTS

DESIGNATED CONTRIBUTIONS	June	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$610.00	\$8,462.00
Other Designated Contributions	\$30.66	\$2,655.36
= Total Designated Contributions	\$640.66	\$11,117.36



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SLC, Utah 84109

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**ADDRESS SERVICE REQUESTED**