

# CONGREGATIONAL CLARION

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

February 2016



"A life without love is like a year without summer."

-Swedish Proverb

## **WORSHIP PLANNING – FEBRUARY 2016**

### **February 7**

Sermon Title: “Transfiguration”

Scriptures: Psalm 99, Luke 9: 28-36

### **February 14**

Sermon Title: “Fasting and Lenten Practices”

Scriptures: Psalm 91: 1-2, 9-16, Luke 4: 1-13,

Romans 10: 8b-13

### **February 21**

Sermon Title: “Jesus’ Sorrow”

Scriptures: Psalm 27, Luke 13: 31-35

### **February 28**

Sermon Title: “Seek The Way of the Lord”

Scriptures: Psalm 63: 1-8, Isaiah 55: 1-9



**First Congregational Church**  
**2150 S. Foothill Drive**  
**Salt Lake City, Utah 84109**  
Phone: (801) 487-1357

Email: [firstcongo@qwestoffice.net](mailto:firstcongo@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 11:00am

Nursery Provided

<b>Interim Minister:</b>	Rev. Marijke Rossi
<b>Moderator:</b>	Ron Sawdey
<b>1<sup>st</sup> Assoc. Moderator:</b>	Ted Stephenson III
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Tom Simons
<b>Treasurer:</b>	Paul Kelley
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Scott Brown
<b>Board of Deacons:</b>	Phil LeHoux
<b>Outreach Board:</b>	Robin Smith
<b>Christian Education:</b>	Emily Weibel/Patti Garver
<b>Membership Board:</b>	Wendy Haupt
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes
<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

As I am writing this article for February it occurs to me that I have been with you as your interim pastor for two months. It is amazing how fast it has gone. I am grateful every day that I am here with you.

February brings us an early beginning to Lent. This will be a great time of thinking about where we are headed as a church. We will be using the book, *The Rebirthing of God, Christianity's Struggle for New Beginnings* by John Phillip Newell, as a template for worship themes and for meditations for one of our Wednesday evening Community night activities.

The Ash Wednesday service will be a shared service with Holladay United Church of Christ at their church in Holladay. The Agape Feast on Maundy Thursday will also be a shared service with HUCC but will be celebrated here at FCC. This will be a great opportunity for us to be with another congregation who we have connections with and also shares the search for a permanent pastor. Mike has also suggested inviting HUCC to the Shrove Tuesday pancake breakfast.

I was involved in the planning and creation of the Ash Wednesday service at HUCC last year. It is a service of ritual and blessing. I will fill you in on what it will be like in the week to come. I know you will be blessed by the sacredness and the welcome.

Let us feel loved and nurtured by God and each other through this time of search, contemplation and new birth. Come on beloved, the water is fine.

## **Women's Pot Luck Luncheon - Feb 25 12:00pm**

Bring your favorite dish to share, and come have some fun with the women of the church.

## **Valentine's Day Coffee Hour**

The Membership Board is hosting a "**Decorate Your Valentine a Cookie**" coffee hour after church Feb 14. If you forgot to get your Mom, Dad, spouse, brother, sister, kid or friend anything for Valentine's, don't worry. We will have heart shaped cookies for you to decorate and give that homemade gift to your Valentine. It will be a fun time for all ages, so we hope everyone comes ready to be creative.

## **CLARION DEADLINE**



March Clarion Deadline will be Feb. 17th. You can email your articles or leave them in the church office.

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

## **FLOWERS/CANDLES**

A new sign up is posted on the bulletin board outside the board room. Please take a look. Flowers are \$15 and Candles are \$20

## **CALENDAR**

The Calendars in this issue give information about church activities as well as building use by community 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.

# SOUPERBOWL OF CARING

Written By Diane Forster-Burke



Once again we will be collecting money for the Souper Bowl of Caring (from the CE and Outreach Boards). The youth will collect bills or coins from people at church on Feb 7 and 14. Our coin roller is broken so bills are preferred. Donations will go to the Utah Food Bank.

## Health Tips from Parish Nursing

### Health Emergencies

Written By: Diane Forster-Burke

I was thinking it was a good time to review some information on health emergencies and what to do. So I checked the American Heart Association web site. ([www.heart.org](http://www.heart.org)).

**Heart Attack**—may feel like a sudden, intense pain or it might be milder as in “discomfort”. Classic signs are:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

## **Women Heart Attack Signs in Women**

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.

4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**If you have any of these signs, call 9-1-1 and get to a hospital right away.**

[http://watchlearnlive.heart.org/CVML\\_Player.php?moduleSelect=hrtatkE](http://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=hrtatkE)

ven if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

If you find someone who has no pulse, call 911 and then begin chest compressions if you have taken CPR at some point. The new standards for CPR say that you use continuous chest compressions and do not worry about mouth to mouth breathing if you are by yourself. Do between 100-120 chest compressions every minute with 2 inches depth. Keep going until help arrives. (Parade Magazine, Jan 10, 2016)

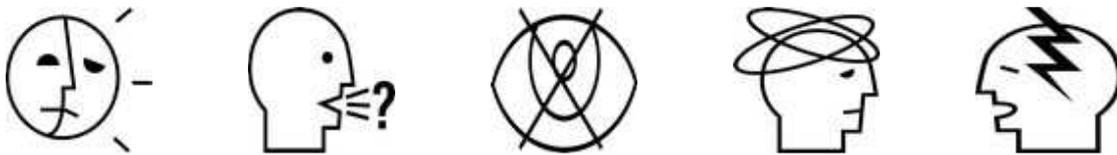
**Stroke or Cardiovascular Accident (CVA)—Learn the acronym **FAST**.**

**Face Drooping**—does one side of the face droop or is it numb? Ask the person to smile. Is it uneven?

**Arm Weakness**—is one arm weak or numb? Ask the person to raise both arms and look for one arm to drift downward.

**Speech Difficulty**—is their speech slurred? Are they unable to speak or are hard to understand? Can they repeat a simple sentence?

**Time to Call 911**—if any of these symptoms are present, call 911. With a stroke or heart attack, time is of the essence. Do not drive yourself if you are experiencing any of these symptoms. Do not drive someone else to care unless you are in a remote area. Call 911 most all of the time.



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## Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden **CONFUSION**, trouble speaking or understanding speech
- Sudden **TROUBLE SEEING** in one or both eyes
- Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination
- Sudden **SEVERE HEADACHE** with no known cause

**If someone shows any of these symptoms, immediately call 9-1-1 or emergency medical services.**

Ok, so you've called 911 to your home or office. Make sure to clear the way. Snow and untrimmed shrubbery can impede EMS access. Please attend to these issues ahead of time. Have good outdoor lighting and clear numbers so EMTs can find your home or office. Have a spare key in a lock box outside your home so that if your door is locked, you can yell to the EMTs where to find the key and not make them lose valuable time breaking down your door. Or you can call the EMS ahead of time and

tell them where the lockbox is located and the combination so that they can store this in their database. If you have a lot of clutter in your home, work on de-cluttering so that the EMTs can get a stretcher into your home and the rooms of your home. Keep records handy including medications, health care provider, past health conditions and surgeries, and your advanced directives. Put these in an easy to see location like the door of your refrigerator. (Think compulsive here). Alert EMS to any special needs that you might have ahead of time. This includes anyone with physical disabilities or someone who is very heavy.

Final thoughts: if you are working in an office building and need to call 911, alert the security office as well, or they might turn away the EMTs, not knowing that you needed help. If you have an overprotective dog (or cat), you need to have someone put them in a back room for the time being. (AARP, Dec 2015)

## **FEBRUARY CONGREGATIONAL MEETING**

A Congregational Meeting shall be held on Sunday, February 21, 2016, to elect the Moderator, Associate Moderators, and the Nominating Committee. It is the responsibility of the Nominating Committee to secure qualified candidates for the various offices to be filled at the Annual Meeting in June. If you have any interest in serving as a Moderator, please approach any Board Chair or member of Council. We will also consider a request to use Trust monies to fund renovation of the "Kids Room" downstairs.

## **SHROVE TUESDAY PANCAKE DINNER**

Kick off the Easter season this year with a Pancake Dinner on February 9th from 5:30-7pm in the Fireside Room.

## **FROM THE DEACONS**

Written By: Phil LeHoux

It seems that Christmas is barely passed and, owing to the quirks of the lunar calendar, Easter is rapidly approaching. This year, Lent starts with Ash Wednesday on February 10<sup>th</sup>, with a joint

evening worship experience with Holladay United Church of Christ(HUCC), which Marijke will describe more-fully in her Clarion article. We will return their courtesy and hospitality by inviting the HUCC community to join in our Maundy Thursday Agape Feast. The Agape Feast originated as a new initiative for the Holy Week commemoration, and has evolved into a regular addition to our church calendar. In fact, last year's event pretty much reached the limit of the Fireside Room seating layout that provided forward focus for all attendees. It is likely that maintaining this important contribution to the event atmosphere and sense of participation will require moving the event to the gym. Between these two events will come Lenten devotionals. In another attempt to introduce change to our current programs and formats to encourage increased participation, we will increase the frequency of evening programs to weekly, on Wednesdays, while trying to reduce the preparation impact on attendees. The event will be a simple meal of soup and bread, starting at 6:30, with a short devotional/program at 7:00. We will be asking for volunteers to provide and prepare the meal (the signup sheet is on the bulletin board in the Narthex), thus eliminating the complication on a work night of everyone having to contribute to a pot luck. We hope this will encourage a larger turnout throughout the Lenten season. Marijke will be discussing her plan for the program theme elsewhere in this Clarion issue. We also realize that child care could factor into decisions whether to participate in weekday programs. Providing child care is being contemplated, and if that stands as a barrier to participation, please contact the church office, a member of the Board of Deacons, or Marijke. This will allow us to include this consideration in our planning.

## **FROM THE OUTREACH BOARD**

Written by Robin Smith

The Outreach Board financial recipient for the month of February will be Volunteers of America (VOA). VOA serves homeless youth in Salt Lake City through their Homeless Youth Resource Center. They offer both a street outreach component and a daytime drop-in center for homeless young people ages 15-22. The goal is a life of self-sufficiency off of the streets.

VOA also has transition homes for young men and women to provide a supportive path from the street to self-sufficiency, so young people experiencing homelessness don't become homeless adults. The homes serve young people ages 18 through 24 who are struggling with homelessness--often because they have been turned away from their families or have aged out of foster care. This residential program provides the safety net and support these young people need to reach their full potential. It fills a critical gap in our society today by providing the encouragement, love, respect and expectations these homeless young people need to succeed. By helping them finish their education, find employment and develop critical life skills, youth are helped along the path toward self-sufficiency. The Transition Home opens a doorway to hope. Young people are expected to log 40 hours of productive work each week, help run the home, and learn daily living skills that enable them take care of themselves and become self-sufficient adults. Please help support this worthwhile cause.

### **Looking Ahead to Holy Week**

Palm Sunday – March 20<sup>th</sup> at 11 am

Maundy Thursday – March 24<sup>th</sup> Agape Feast at 6pm

Good Friday – March 25<sup>th</sup> at Noon

Easter Sunday – March 27<sup>th</sup> at 11 am

# Outreach Project – Volunteers of America

February 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> AA Group Meeting 6:30pm Fireside Room	<b>2</b> Madeleine Choir School Basketball Practice 7-8:30pm Gym  Deacons Meeting 7pm	<b>3</b> Men's Breakfast 7am  Community Movie Night at 7pm	<b>4</b> Choir Rehearsal 7pm	<b>5</b>	<b>6</b>
<b>7</b> Communion	<b>8</b> AA Group Meeting 6:30pm Fireside Room	<b>9</b> Madeleine Choir School Basketball Practice 7-8:30pm Gym  Trustees Meeting 7pm  Shrove Pancake Supper 5:30-7pm	<b>10</b> PEO Meeting Fireside Room 11am  Lenten Soup Supper at 5:30pm at HUCC  Ash Wednesday Service at Holladay United Church of Christ at 6:30pm	<b>11</b> Choir Rehearsal 7pm	<b>12</b>	<b>13</b>
<b>14</b> Family Sunday  CE Meeting before Worship  Outreach Meeting Following Worship	<b>15</b> AA Group Meeting 6:30pm Fireside Room	<b>16</b> Madeleine Choir School Basketball Practice 7-8:30pm Gym	<b>17</b> Council Meeting 7pm  Clarion Deadline  Lenten Soup Supper Community Night at 6:30pm	<b>18</b> Choir Rehearsal 7pm	<b>19</b>	<b>20</b>
<b>21</b>  Congregational Meeting Following Worship	<b>22</b> AA Group Meeting 6:30pm Fireside Room	<b>23</b> Madeleine Choir School Basketball Practice 7-8:30pm Gym	<b>24</b> Lenten Soup Supper Community Night at 6:30pm	<b>25</b> Choir Rehearsal 7pm  Women's Fellowship Luncheon Noon in Fireside Room	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> AA Group Meeting 6:30pm Fireside Room	<b>Notes:</b>				

## March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Madeleine Choir School Basketball Practice 7-8:30pm  Deacons Meeting 7pm	<b>2</b> Men's Breakfast 7am  Lenten Soup Supper Community Night 6:30pm	<b>3</b> Choir Rehearsal 7pm Sanctuary	<b>4</b>	<b>5</b>
<b>6</b> Communion	<b>7</b> AA Group Meeting 6:30pm Fireside Room	<b>8</b> Madeleine Choir School Basketball Practice 7-8:30pm  Trustees Meeting 7pm	<b>9</b> PEO Meeting 11am Fireside Room  Lenten Soup Supper Community Night 6:30pm	<b>10</b> Choir Rehearsal 7pm Sanctuary	<b>11</b>	<b>12</b>
<b>13</b> CE Meeting Before Worship  Outreach Meeting Following Worship	<b>14</b> AA Group Meeting 6:30pm Fireside Room	<b>15</b> Madeleine Choir School Basketball Practice 7-8:30pm	<b>16</b> Council Meeting 7pm  Clarion Deadline  Lenten Soup Supper Community Night 6:30pm	<b>17</b> Choir Rehearsal 7pm Sanctuary	<b>18</b>	<b>19</b>
<b>20</b> Palm Sunday  Family Sunday	<b>21</b> AA Group Meeting 6:30pm Fireside Room	<b>22</b> Madeleine Choir School Basketball Practice 7-8:30pm  Kristi Out of Office Through March 28 Will be back in the office on March 29th	<b>23</b>	<b>24</b> Agape Feast Here at FCC shared service with Holladay United Church of Christ 6pm  Maundy Thursday	<b>25</b> Good Friday Service at Noon in chapel at FCC	<b>26</b>
<b>27</b> Easter Sunday	<b>28</b> AA Group Meeting 6:30pm Fireside Room	<b>29</b> Madeleine Choir School Basketball Practice 7-8:30pm	<b>30</b> Community Night 6:30pm	<b>31</b> Choir Rehearsal 7pm Sanctuary	<b>Notes:</b>	



## **TREASURER'S REPORT**

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**For Period Ending December 31, 2015**

<b>CHURCH GENERAL FUND</b>	<b>December</b>	<b>Fiscal Year-to-Date</b>
Unrestricted Contributions	\$22,562.03	\$80,572.53
+ Other Unrestricted Revenue	\$4,530.82	\$36,270.28
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$2,259.91	\$5,028.00
= Total Income	\$29,352.76	\$121,870.81
Total Expenses	-\$17,474.63	-\$98,469.77
= <i>Net General Fund Surplus (-Deficit)</i>	\$11,878.13	\$23,401.04

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$92,242.00
YTD Budgeted Total Income	\$149,697.98
YTD Budgeted Total Expenses	-\$142,538.58
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$16,241.64

### **DESIGNATED ACCOUNTS**

	<b>December</b>	<b>Fiscal Year-to-Date</b>
Designated Contributions		
All Outreach Contributions	\$791.00	\$4,309.97
Other Designated Contributions	\$375.00	\$735.00
= <i>Total Designated Contributions</i>	\$1,166.00	\$5,044.97

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2016

**ADDRESS SERVICE REQUESTED**