

CONGREGATIONAL CLARION

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

DECEMBER 2016



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

Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org



Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Worship Hour: Worship Hour at 11:00am

Nursery Provided

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



DECEMBER WORSHIP SERVICES

December 4 Camp Sunday - 2nd Sunday of Advent Love

We follow the star to the Manger

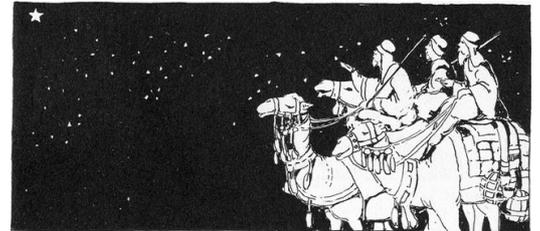
Sermon - Mary and Joseph's act of Love

Scriptures - Psalm 119: 145-152, Matthew 1:18-25

Hymns - I Wonder as I Wander 225

We Light The Advent Candles 175

O Come O Come Emmanuel 154



December 11 - 3rd Sunday of Advent Joy

We follow the star to the Manger

Sermon -The Shepherd's Joy

Lessons and Carols

December 18 - 4th Sunday of Advent Peace

We follow the star to the Manger

Sermon - The Meaning of the Manger

Christmas Pageant

Scriptures - Isaiah 7:14-16, Romans 1:1-6

Hymns - O little Town of Bethlehem 180

We Light The Advent Candles 175

What Child is This 184

December 24 Christmas Eve

We follow the star to the Manger

Scriptures - Isaiah 9:2-7, Luke 2:1-4

Hymns - O Holy Night 187

Silent Night 186

Joy To The World 179

December 25 Christmas Day

We Worship at the Manger

Sermon - Blessed Beginnings

Scriptures - Isaiah 52:7-10, John 1:1-14,

Hymns - Away in a Manger 203

Angels We Have Heard on High 188

Joy To The World 179

FROM THE REV...

Rev. Marijke Rossi

Blessed Christmas season to all of us! It has been an amazing year for First Congregational Church. We come in gratitude for all that has transpired. We have added many new members and have worked hard to be a community of love and deep caring for each other. As we celebrate the coming of Jesus into the world to be the voice of love of God and neighbor, let us "Follow the star to the manger" in ways that continue to help us grow in spirituality. Christmas is a season of happy anticipation. Let us pray for all to feel welcome in this great place of sanctuary. The Holy invitation to this sacred place is given to all! We pray that God will lead us to be the hands feet and voice of love and acceptance.

***NOTE EARLY CLARION DEADLINE**



January Clarion Deadline will be December 14th. You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

HOLIDAY OFFICE HOURS



The Church Office will be closed December 23rd. The office will be open in the morning hours December 27th and 28th and 29th and closed on December 30th Emails and messages will be checked regularly.

CHRISTMAS EVE DONATIONS

The National Association of Congregational Christian Churches Ministerial Assistance And Enrichment Fund will be the recipient of a portion of the Christmas Eve donations.

LESSONS AND CAROLS



On December 11th, our church will be celebrating the Christmas season with a service of Lessons and Carols. Our membership looks forward to this joyous Sunday every year. Because the music and readings on this day make the holidays extra special, we would like to share it with others. We are asking members to invite someone you haven't seen in church lately or another friend to church on December 11th to share in celebration.

UTAH FOOD BANK – WORK DAY will be December 10th from 10am to Noon.

COOKIES FOR CHRISTMAS EVE – COFFEE HOUR



As you are doing your holiday baking, please set aside some cookies for the Christmas Eve fellowship hour following the service. Please bring your baked goods to the church kitchen on Christmas Eve. Thank You.

CHRISTMAS EVE SERVICE

Everyone is invited to join us this Christmas Eve as we welcome the Christ Child with our traditional service of carols and candlelight. The service will begin at 7:30pm. We will hear the traditional words of Christmas. We will observe the nativity scene as portrayed by our Pilgrim Fellowship youth. And finally, we will celebrate Christmas with candlelight sweeping through the sanctuary as we sing "Silent Night." A time of coffee and fellowship will follow the worship service.

POINSETTIA ORDERS



Have you let the church office know if you would like a Poinsettia? If not, **NOW** is the time. Please come in or call in and fill out an order form (available in narthex) or send your information to the Church. Please indicate how many Poinsettias you would like and how you would like your dedication to read. Need your order no later than December 1st. Price for each Poinsettia is \$8.00.

SHARE-THE-WARMTH

This Christmas season share the warmth by donating hats, gloves, coats, scarves or other warm clothing to decorate our Share the Warmth Tree. The tree will be in the narthex throughout the month of December.

SPECIAL ADVENT SERVICES – VOLUNTEERS NEEDED

As part of December worship, we still need families/individuals to be part of our advent candle lighting. If you would like to volunteer for this, please check the sign-up sheet on the bulletin board outside the board room or talk to a deacon.

Advent Worship Schedule

1st Advent – November 27th – Poinsettia Orders Due

2nd Advent – December 4th

3rd Advent – December 11th – Lessons and Carols

4th Advent – December 18th – Children's Program

Christmas Eve Service – December 24th at 7:30pm

Christmas Day Service at 11am



ALTERNATIVE GIFT MARKET

The Alternative Gift Market for 2016 will be held one day only in the gymnasium on December 11th after church. Alternative gifts are gifts of peace and justice, gifts that are sustainable and that build security. These alternative gifts multiply and grow, sometimes exponentially, and offer hope and new life to people facing grave crises and need. They challenge the trivia of our modern culture. These are authentic gifts that people really use and cherish. They always fit and are never thrown away. Watch for information posters in the gym beginning in December.

From Outreach

Written By Diane Forster-Burke

On December 11th after church, there will be two opportunities for Christmas shopping in our gym. The Alternative Gift Market (www.alternativegift.org) will be available where you can fund an item that promotes sustainability, health, or education for people in the world through a non-profit organization as a gift for those who already have so much. We will also have Bead for Life (www.beadforlife.org) gift items for sale. This is an organization working with poor women in Uganda to teach them to make items and to create a business to support themselves and their families. (They are similar to the 10,000 Villages who used to visit us although they have no store front that costs them overhead). Please come and see what is available for purchase through either or both organizations.



A Joyous Sense of Expectancy

Advent begins on the fourth Sunday before Christmas Day, which is the Sunday nearest November 30th. This year, Advent begins on November 27th. The word Advent means “coming” or “arrival.” The focus of the entire season is the celebration of the birth of Jesus the Christ.

Advent also symbolizes the spiritual journey of individuals and a congregation, as they affirm that Christ has come and that He will come again. Advent is marked by a spirit of expectation and anticipation.

Advent has probably been observed since the fourth century. During the Middle Ages it became associated with preparations for the Second Coming. More recently, in the last half century, it is most often thought of as a time of anticipation, joy, and happiness as we await the coming of the King.

The beginning of Advent is a time for the hanging of the greens, the decoration of the church with evergreen wreaths, boughs, or trees that help to symbolize the new and everlasting life through Jesus.

The advent wreath is a popular symbol of Advent. Its origins probably date back to the folk traditions of northern Europe. It is a circular evergreen wreath with five candles, four around the wreath and one in the center. The circle of the wreath reminds us of God Himself, His eternity and endless mercy, which has no beginning or end. It symbolizes the eternity of God and the everlasting life found in Christ.

The evergreens of the wreath represent the hope that we have in God. Candles symbolize the light of God coming into the world through the birth of His son. The four outer candles represent the period of waiting. The light of the candles reminds us that Jesus is the light of the world that comes into the darkness of our lives to bring life and hope.

The meaning ascribed to each candle often varies from church to church, but in many traditions the first candle is the candle of hope and the second candle stands for love; the third candle, the pink candle, traditionally represents joy. And the fourth candle represents peace.

The center candle is white and is called the Christ Candle. It is traditionally lighted on Christmas Eve, and reminds us that Christ is the heart of the season, giving light to the world.

The Advent season is about hope, not just hope that the circumstances of individuals' lives might be improved, but that human existence has meaning and possibility beyond our present experiences. If our hope is only in our circumstances, as we define them to be good or as we want them to be to make us happy, we will always be disappointed. That is why we hope in God, so that God will come and come again into our world to reveal himself as a God of newness and possibility.

During the time of Advent we contemplate that hope embodied and incarnated in a newborn baby—the perfect example of newness, potential, and possibility. Maybe that is what hope is about: a way to live, not just to survive, but to live authentically amidst all the problems of life with a faith that continues to see possibility when there is no present evidence of it, just because God is God. That is also the wonder of Advent.

Sources:

<http://www.cresourcei.org/cyadvent.html>

<http://www.infoplease.com/spot/advent1.html#ixzz3Fhz0VDCB>



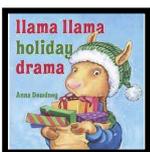
NATIVITY PLAY, SUNDAY DECEMBER 18TH

The youth will be performing our annual **Christmas Play** during services on Sunday, December 18th. Please ask your **young adults, children, grandchildren, nieces, nephews, and neighbors** to join in preparing for this event. Everyone will be given a part, speaking or non-speaking. Play practice times will be Sunday, Dec. 4th and Dec. 11th during Sunday School, Saturday, Dec. 17th from 1:00-4:00 (Pizza Party Time! And filling Christmas Eve Luminaries) at the church, and Sunday, Dec. 18th at 100 am.

YOUTH INVOLVEMENT ON CHRISTMAS EVE

On Christmas Eve, the church youth will be involved in certain activities. All youth participating are asked to arrive at the church 45 minutes prior to the service. Activities include: 1.) **All youth** are invited to place luminaries along the sidewalk to the church prior to the Christmas Eve service. 2.) The **Senior PF** will be performing the **Nativity** as part of the Christmas Eve service and should arrive 30-45 minutes prior to the service in or dress for their parts.

Parish Nurse Health Tip



Holiday Stress, Who Needs It?

Joy. Merry. Happy. Bright. Those are words associated with the holidays. Stress. Busy. Overwhelmed. Frazzled. Exhausted. Those words are also sometimes associated with the holidays.

The average person spends an average of 42 hours on holiday activities, like shopping, wrapping presents, decorating, preparing for parties, going to parties, cooking, church activities . . . and that's not counting the hours of worry about money and chaotic schedules and the **STRESS** that comes with the season.

That's a workweek. What? No Way!

This year, let's take off some of that pressure. Here are a few tips:

1. **Start Early** . . . So you can end early. I love to be finished by the 15th of December, go the mall, and stroll leisurely, breathe deeply and slowly, taking in the holiday atmosphere. Get organized! Make lists or use an appointment book, family calendar, (there is an app – of course there is – on your smart phone- that all family members can put in their events and everyone knows who is going where, when) to keep track of tasks to do and events to attend.
2. **Create the Holiday YOU WANT** . . . Make clear decision as to how you want this season to happen and do it early. Advance planning with your family and the extended family. Who is doing what and where everyone is going for what meal and celebration.
3. **Involve the Children** . . . Allow children to help with the planning. They are more than capable of helping with set up and take down, cooking, cleaning, decorating, etc. Too few children do chores these days. Lighten your load. Try hard to maintain a regular schedule during these hectic days that they are off from school.
4. **Share the Tasks** . . . Delegate. It is not just the children helping out, other family members can help – so can extended family members. You don't have to do everything yourself. And you do not ALWAYS have to host the Christmas dinner! Do you know that there is a trusted teenager down the street who is dying to earn some money by wrapping your gifts? Woo Hoo!
5. **Learn to Say No** . . . You don't have to go to every party or host every event because you have the biggest house or because it's been tradition.

6. **Beware of Shopping Pitfalls** . . . Think about the L O N G return lines in stores; think about the goofy, horrible gifts you have received. Be ever so thoughtful in your gift giving. Again, start early!
7. **Play Games** . . . Don't Groan. You would be surprised how much fun it is to get the whole "fam" together and play a group game. Every year, Channel 5's morning show, Studio 5, researches "Best New Games" for kids and families. Check out their website for this year's, which will be coming out and they will post passed years.
8. **Be Realistic** . . . Do not put pressure on yourself to create the perfect holiday for your family. It is not ever going to be perfect. Right? Enjoy what happens. Accept reality. Guests may arrive late. Your mother may get on your nerves. The turkey may be dry. Real life isn't a holiday TV special. Don't expect perfect decorations, a perfect meal or perfect people. Relax, go with the flow; ride with the tide. Enjoy what you have.
9. **Stay Healthy** . . . Be sure you have had your Flu Shot. Are you up to date on your Tetanus/Whooping Cough and Pneumonia/Prevnar 13 Shots? Don't touch your eyes, nose, and mouth. Wash your hands a million times a day. Don't stop your exercising. Stop smoking. Watch the number of times you head to that punch bowl. Get 8 hours of sleep each night, even on the weekends. Absolutely take some "Me Time" every day. Find a quiet corner and do some deep breathing. I'm serious. Get the heck away from the fray!
10. **Beware of Unhealthy Stress Relievers**. . . Holiday stress causes some people to fall into bad habits such as increased smoking, drinking or eating. Don't increase the number of anti-anxiety medications you normally take or increase the number of sleep medications.

11. **Re-gift Cautiously** . . . Here are the rules à la Martha Stewart and me. It has to be new and never been opened. It's something you would have bought for the person anyway. The original giver and the new recipient don't know each other at all. You've completely rewrapped it and made sure the original card is not anywhere near the gift. Make absolutely sure that the re-gift is NOT going back to original giver. If you are not sure where the gift or from whom the gift came from, don't re-gift it. You are playing with fire. TRUST ME. The only exception to these rules? If you're giving an heirloom that you know the recipient will love. Thanks Martha for that tip.
12. **Create New Traditions** . . . Be careful that you aren't being a slave to tradition. Sometimes traditions outgrow themselves. "That's how we've always done it" doesn't mean it still works given where you and your family are now. Just for this year try starting a new tradition and parting from an old one.
13. **Express More Gratitude** . . . Like a sweet treat, expressing gratitude or just paying a compliment has a way of immediately lifting others' spirits by bringing a smile to their faces. Just think about whose day you brighten by taking a moment to appreciate today. Pick up the phone, send them a card, flick them an email... it takes only a little time in your day to give, but it can make a profound difference to the person you give it to. As research has shown, acts of kindness toward others benefit the giver every bit as much as the person on the receiving end.
14. **Pick Your Battles** . . . Frankly, I always choose the Battle of Trafalgar. Being in close quarters with some of your family members for long periods of time can be stressful in itself. Remember that if you let every remark get under your skin, you'll be miserable and stressed out the entire time. As Dr.

Phil says: “Do you want be right? Or maintain your relationship?” Set aside your differences, and agree to disagree.

15. **KISS** . . . Finally, borrowing from the US Navy in 1960, the KISS Principle. KEEP IT SIMPLE STUPID. “Most systems work best if they are kept simple rather than made complicated; therefore, simplicity should be a key goal in design and unnecessary complexity should be avoided.” Keep it short and simple. Keep it small and simple. Keep it simple and straightforward. You choose, just do it!

Whatever you do, or don't do, in the days and weeks ahead, just remember that for all that is wrong in the world, there is much more that is right.



Sources:

AARP Medicare Plans, United Health Care, Go Farther, November 2016

Forbes Magazine, Margie Warrell, November 25, 2013

Healthline, Valencia Higuera, March 16, 2016

Real Simple, Martha Stewart

WebMD, HealthWise, Quick Tips For Reducing Holiday Stress

P.S. Holiday Stress Relief Hints From Health Canada: Get All Hands On Deck, Follow The One Drink Rule, Get Connected-Volunteer At A Homeless Shelter, Be Present, Take Time To Really Savour The Season, Give Experience Instead of Gifts, Pace Yourself, Have A Daily Antioxidant Smoothie, Watch What You Say – Speak In Positive Terms.

GARDEN OF GRACE NEWS

Kudos to our Replenish the Garden crew of Paul Kelley, Scott, Jon, Ryan, & Ally Hansen who helped me get the garden in shape. Many Thanks!

The next seven OLD TESTAMENT pathway stones are being prepared. Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon, Isaiah, & Jeremiah.

We are almost two-thirds complete on this garden pathway!

If you would like to sponsor a stone, please make your \$25. check out to the FCC Garden of Grace and we will be very grateful, or any donation helps.

Personal remembrance stones are also available for the LIFE'S HOPES & LESSONS pathway. Call or email me for an estimate.

Many Thanks! Jeanne Hansen

801.209.2823

hansatel@comcast.net

OUT & ABOUT

If you are heading to St. George this year, check out the NATIONS MOST SPECTACULAR PARKS exhibit at the St. George Art Museum through Sat. Dec. 31, 2016.

My painting, *Capitol Reef Sojourn* was juried into this show along with other artists from across our country. It includes historical and contemporary paintings, photographs, maps, drawings and fiber art. SGAM 435.627.4525 or sgartmuseum.org

The Springville Museum of Art, SPIRITUAL & RELIGIOUS ART of UTAH show runs through Wed. January 11, 2017. My painting, *Mission Morning*, (from the Carmel Mission) was juried into this show. SMOA 1.801.489.2727 or smofa.org

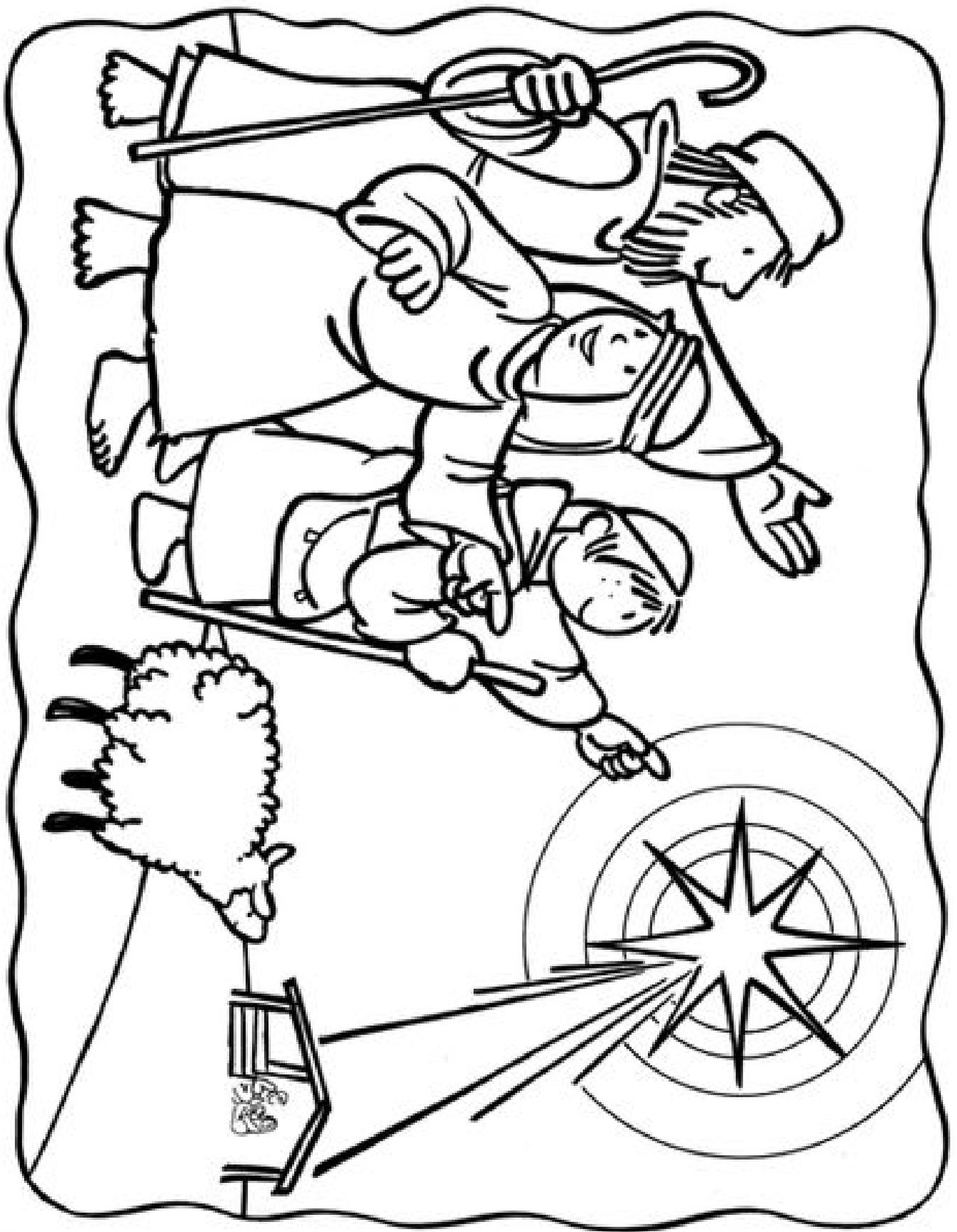
Enjoy! If you any further questions contact Jeanne Hansen 801-209-2823

December 2016

December 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Building Rental Kitchen/Fireside Gym 5pm – 10pm (Carl Hooker Family)	3 Memorial Service for Phillip Gibbons (Nancy Straders Son) Fireside Room 1 – 3pm
4 Camp Sunday 2 nd Advent Children's Pageant Rehearsal During Sunday School Poinsettia Order Deadline Communion Adult Sunday School 12:30pm	5 AA Meeting 6:30pm Fireside Room	6 Deacons Meeting 7pm Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm	7 Community Movie Night 6:30pm Men's Breakfast 7am	8	9	10 Utah Food Bank Workday 10am - Noon
11 CE Meeting before Worship Children's Pageant Rehearsal During Sunday School 3 rd Advent Lessons and Carols Outreach Meeting following worship Adult Sunday School 12:30pm	12 AA Meeting 6:30pm Fireside Room	13 Madeleine Choir School Basketball Practice 7-8:30pm	14 Community Movie Night 6:30pm Council Meeting 6:30pm *** Early Clarion Deadline due to the holidays ***	15	16 Healing Service at 7pm in Chapel	17 Pizza Party Time and Filling Luminaries for the Christmas Eve Service 1pm – 4pm
18 4 th Advent Christmas Pageant Santa is Coming and Soup Lunch Following Adult Sunday School 12:30pm	19 AA Meeting 6:30pm Fireside Room	20 Madeleine Choir School Basketball Practice 7-8:30pm	21 Community Movie Night 6:30pm	22	23 Office Closed	24 Christmas Eve Service @ 7:30pm Nursery Care Provided
25 Family Sunday Christmas Day Service at 11am	26 AA Meeting 6:30pm Fireside Room	27 Office Open in AM Madeleine Choir School Basketball Practice 7-8:30pm	28 Office Open in AM No Movie Night Tonight	29 Office Open in AM	30 Office Closed	31

January Calendar

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Camp Sunday Communion NEW YEARS DAY Adult Sunday School 12:30pm	2 AA Meeting 6:30pm	3 Deacons Meeting 7pm Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm Gym	4 Men's Breakfast 7am Community Movie Night 6:30pm	5	6	7
8 CE Meeting before Worship Outreach Meeting after Worship Adult Sunday School 12:30pm	9 AA Meeting 6:30pm	10 Madeleine Choir School Basketball Practice 7-8:30pm Gym	11 PEO – Fireside Room and Kitchen 11am – 3pm (Alice Stephenson Group) Community Movie Night 6:30pm	12	13	14
15 Adult Sunday School 12:30pm	16 AA Meeting 6:30pm	17 Madeleine Choir School Basketball Practice 7-8:30pm Gym	18 Community Movie Night 6:30pm Council Meeting 6:30pm Clarion Deadline	19	20	21
22 Adult Sunday School 12:30pm	23 AA Meeting 6:30pm	24 Madeleine Choir School Basketball Practice 7-8:30pm Gym	25 Community Movie Night 6:30pm	26	27	28
29 Adult Sunday School 12:30pm Sandwich Making	30 AA Meeting 6:30pm	31 Madeleine Choir School Basketball Practice 7-8:30pm Gym	Notes:			



TREASURER'S REPORT

For Period Ending October 31, 2016

CHURCH GENERAL FUND	Fiscal Year-to-	
	October	Date
Unrestricted Contributions	\$14,826.59	\$55,367.77
+ Other Unrestricted Revenue	\$7,179.90	\$21,788.43
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$1,755.61	\$2,871.06
= Total Income	\$23,762.10	\$80,027.26
Total Expenses	-\$28,021.50	-\$91,042.64
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$4,259.40</i>	<i>-\$11,015.38</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$47,583.00
YTD Budgeted Total Income	\$75,447.00
YTD Budgeted Total Expenses	-\$97,810.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$11,347.62

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	October	Date
All Outreach Contributions	\$580.00	\$2,378.00
Other Designated Contributions	\$185.01	\$2,011.53
= <i>Total Designated Contributions</i>	<i>\$765.01</i>	<i>\$4,389.53</i>

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

December 2016

ADDRESS SERVICE REQUESTED