

CONGREGATIONAL CLARION

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

DECEMBER 2018



**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

Sunday Worship Services:

Morning Brew at 9:30am

Traditional Worship at 11:00am

Nursery Provided

Senior Minister:	Rev. Marijke Rossi
Moderator:	Marge Kimes
1st Assoc. Moderator:	Wendy Haupt
2nd Assoc. Moderator:	
Treasurer:	Scott Hansen
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Ron Sawdey
Board of Deacons:	Phil LeHoux
Outreach Board:	Joanna Hart
Christian Education:	Kevin Haupt
Youth Director:	Molly Connor
Membership Board:	Cissy Wolff
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

ADVENT WORSHIP SCHEDULE

1st Advent – December 2nd

Alternative Gift Market and Bead for Life Following Worship

2nd Advent – December 9th

Caroling at the Ridge and Friendship Manor Following Worship

3rd Advent – December 16th

Children's Pageant

4th Advent – December 23rd

Lessons and Carols

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



FROM THE REV...

Rev. Marijke Rossi

Blessed Advent to all of us as we prepare for Christmas. May we be in the Spirit of great anticipation of the coming Christ. We will be focusing on what gifts we bring to the newborn king. The theme is "Gifts for the King." The Christmas season can be so magical. I pray that our meaning can come from Jesus, and knowing what a true gift Jesus is to all of us.

We will continue adult Ed study of the Gospel of Mark during this time as well. This study is a way to understanding all scripture. In studying scripture, we can come to a deeper relationship with God. The closer we are to God the fuller our lives will be. Jesus said to people that their faith is what made them whole.

Wholeness is what we seek in our lives, so let's study, worship and learn together.

***NOTE EARLY CLARION DEADLINE**



January Clarion Deadline will be December 12th. 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 24th – December 27th Office open in the morning hours on the 28th. Office will also be closed January 1st. 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.

UTAH FOOD BANK – WORK DAY will be December 8th from 10am to Noon.

LESSONS AND CAROLS



On December 23rd, 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 23rd to share in celebration.

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 the Sunday before Christmas Eve or on Christmas Eve, or make arrangements with a member of council. 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.

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.

ALTERNATIVE GIFT MARKET

The Alternative Gift Market and Bead for Life 2018 will be held one day only in the gymnasium on December 2nd 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.

GIFT IDEAS FOR CHRISTMAS - Written By Diane Forster-Burke

On December 2nd 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.

COFFEE WITH CHURCH WOMEN

Please come for conversation, coffee, tea, and bagels with the women in our church **Saturday December 15th at 9:30am at Einstein Bros Bagels 4764 S Highland Dr.** We always have fun and may even learn something new about each other. Let Wendy Haupt know if you plan to be there 801-755-9758 (in case of inclement weather we want to communicate with each other).

MODERATOR MOMENT – Written by Marge Kimes

Well, here we are folks, going into the last month of 2018. As they say, time does fly. I am wishing for very Happy Holidays for all.

We continue to be busy at FCC and anticipate it to continue into 2019. We are very happy with the response we received to the survey sent out in October. The council and Deacons have been reviewing the responses, especially the many comments received and will be acting on many in the near future. There will be some changes coming after the New Year.

In the meantime may I remind you to read the Clarion, the Sunday bulletin and online notices so you do not miss any of the fun holiday (and regular) activities.

Please also remember you are always welcome to let myself, Wendy, Marijke and the many board members, know if you have a comment, concern or idea to improve our service. We are still in the Envisioning Our Future mode and we want to hear from YOU! Merry Christmas and Happy New Year, Marge

December 2018 Outreach

Operation Gratitude

The financial recipient of donations during the month of December will be Operation Gratitude. Operation Gratitude was founded in 2003 to lift the spirits and meet the evolving needs of the U.S. Military and First Responders. More than 95% of all financial donations are devoted to Program Services. Operation Gratitude annually sends 200,000+ care packages filled with food, entertainment, hygiene, and handmade items, plus personal letters of appreciation to Veterans, First Responders, New Recruits, Wounded Heroes, their Care Givers, and to individually named U.S. service members deployed overseas and their families waiting at home. Note that Operation Gratitude also supports disaster relief (such as from recent fires and hurricanes) by being able to quickly deliver needed items to first responders in affected areas. **Since its inception in 2003, Operation Gratitude volunteers have shipped more than 2 million care packages.**

COFFEE HOUR HOSTS NEEDED

Celebrating a special occasion? Enjoying the fellowship after an uplifting worship service? Consider hosting Coffee Hour to enhance special celebrations and fellowship. Go to the link to sign up for coffee hour online. There is also a sign up sheet on the bulletin board by the conference room. Please consider helping to provide this special time of community.



TO SIGN UP ONLINE FOLLOW THE STEPS BELOW

Please sign up for Coffee Hour and Nursery Volunteers!

Here's how it works in 3 easy steps:

1. Paste this link into your browser to go to our invitation page on SignUp.com:
<http://signup.com/login/entry/1013746964083>
2. Enter your email address: (You will NOT need to register an account on SignUp.com)
3. Sign up! Choose your spots - SignUp.com will send you an automated confirmation and reminders. Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact Cissy Wolff at cissywolff@gmail.com or at 801-243-5457 (call or text) and she will sign you up manually.

NURSERY ATTENDANTS NEEDED

Are you able to provide supervision in the nursery when families with young children attend church? No need to make a long term commitment. You can volunteer for a few Sundays here and there or you can be part of our regular rotation. Contact Cissy Wolff at cissywolff@gmail.com if you would like to volunteer or if you have any questions. You can also sign up on the sheet posted by the nursery. Please prayerfully consider joining us in providing this vital service for our church.



FROM THE DEACONS

A new church year will now begin with Advent. This will be a new year in several ways at FCC. It will start with the traditional Advent season, with a few changes and additions. First on the agenda will, of course, be the Hanging of the Greens on December 1st. Due to the happy quirk of the calendar, this does not fall on the busy weekend following Thanksgiving, which will allow a whole week to recover from Black Friday! Please join us starting at 9:00 am until done (noonish). If you can only make it for part of the time, that's okay too. Warm drink and goodies will be provided. Although we will decorate the tree with the traditional chrismons, we invite everyone to participate by lending your own special ornament that may have personal or family meaning and hanging on the tree for the season.

This year, caroling will return as an activity. We are planning to revive the tradition modestly on the second Sunday of Advent (December 9th) and hope to entertain our new senior neighbors at the Ridge, as well as Friendship Manor. We will follow the outing with a chili lunch at the church.

We will also be moving the Lessons and Carols Worship to the fourth Sunday of Advent (December 23rd), in order to better accommodate the children's pageant during the Worship on Third Advent (December 16th). Of course, the traditional Christmas Eve Candlelight Service will again usher in Christmas. Lighting the Advent candles each Sunday will continue. If you are interested in participating, either as a group, family or individuals, please contact Rev. Rossi. She will have prepared liturgies to use; you do not have to compose your own. Similarly, there will be signups for readers on Lessons and Carols Sunday.

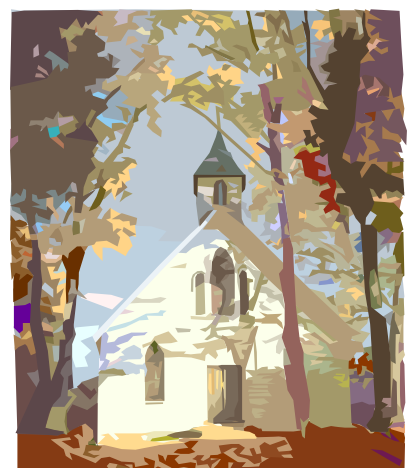
The new calendar year will also bring some changes to the worship, as a result of the great comments and suggestions from the survey (which you all should have available). These are already under consideration and will be communicated either as emails, pulpit announcements or Clarion articles.

FROM THE MEMBERSHIP BOARD

Part of our church covenant states that “we gather as a church to walk together in the Christian tradition and we seek to be more fully in relationship with God. We embrace all who are called to worship here with our support, prayers and acceptance. We commit to participate in and support the church and its ministries.” During this magnificent season of Thanksgiving and Christmas, the Membership Board would like to encourage everyone to embrace our covenant by committing to participate in and support the church, its ministries, and its activities. You can do this by officially becoming a member by affirming in a public worship service a desire to further the purpose of this Church and to honor the covenant.

If you are already a member, we encourage you to remain a voting member by signing the Church Roll (in the Narthex) at least three times during the calendar year and by making a donation of any amount to the general fund at least once during the year. This donation must be made in a way that can be attributable to you (check, PayPal, pew envelope with your name on it). You can also be a voting member by making a donation of any amount to the general fund at least 3 times during the calendar year. Again, these donations must be made in a way that can be attributable to you.

If you are interested in officially joining our congregation or if you have any questions about your membership status, please call the church office.



Parish Nurse Health Tip

Brush Away Your Health Risks

Poor dental habits can have a surprising ripple effect throughout your body. Grab your toothbrush, some floss and a little extra sink time and you could be on your way to preventing diabetes, cancer, heart disease and more!

Here are some ways keeping your teeth, gums and fresh breath can help you lead a healthier life!

- **Sharper Brain:** People with severe periodontal disease are three times more likely to have Alzheimer's disease, according to a statistical review. In another study, stroke patients had higher levels of a certain bacteria in their saliva, demonstrating a link between oral hygiene and stroke risk.
- **Preserves Your Memory:** Adults with gingivitis (swollen, bleeding gums) performed worse on tests of memory and other cognitive skills than did those with healthier gums and mouths, according to a report in the *Journal of Neurology, Neurosurgery & Psychiatry*.
- **Clearer Lungs:** If you find yourself heading to the hospital, bring your toothbrush. A recent study found that providing patients with oral care decreased instances of hospital-related pneumonia by 39%.
- **Lower Cancer Risk:** Postmenopausal women who've experienced periodontal disease are at increased risk for breast, esophageal, gallbladder, skin and lung cancers, according to a 2017 study.
- **Healthier Kidneys:** The correlation between poor periodontal health and atherosclerosis has been well established for a few decades now. Atherosclerosis can be the root of a bunch of health problems you want nothing to do with, like chronic kidney disease.
- **Stronger Heart:** Endocarditis is an infection or inflammation of the inner lining of the heart chambers and valves, caused by germs invading the bloodstream. While fairly uncommon, it can be fatal. The National Institutes of Health warns that "poor dental hygiene and unhealthy teeth and gums increase your risk for the infection."
- **Reduces Risk of Infection and Inflammation:** Research has found an association between gum disease and rheumatoid arthritis (RA), an autoimmune disease that causes inflammation of the joints. Experts say the mechanism of the destruction of connective tissues in both gum disease and RA is similar.
- **Lower Blood Sugar:** People with diabetes and periodontal disease may have a harder time controlling their blood glucose levels.
- **Healthy Newborn:** Women may experience increased gingivitis during pregnancy. Some research suggests a relationship between gum disease and preterm, low-birth weight infants.
- **Lifelong Sex:** Men suffering from erectile dysfunction were three times more likely to have been diagnosed with chronic periodontal disease, according to a recent large-scale review. Chronic inflammation can damage the lining of blood vessels, including those in the penis.

- **Fatter Wallet:** Every time you brush and floss, it's like adding to your 401(k). The average 20-year dental expense for an American 65-plus is about \$15,340. At-home tooth care can help avoid a large chunk of that cost.

How To Keep Those Pearly Whites Sparkly:

1. Brush twice a day for 2 minutes each time with a fluoride toothpaste. Please think about buying an electric toothbrush. Brush from multiple angles.
2. Don't forget to brush your tongue.
3. Floss twice a day.
4. Use an antiseptic mouthwash.
5. See your dentist twice a year.
6. Quit smoking and don't chew tobacco.
7. Feel free to chew sugarless gum. Chewing gum is a good way to produce saliva in your mouth. Once saliva starts flowing into your mouth, it neutralizes the acid effect produced by bacteria – thereby acting as a natural defender for your teeth.
8. Limit acidic drinks like soft drinks and fruit juices.
9. Decrease sugary foods.
10. If you are prone to gum disease like gingivitis, use an antibacterial toothpaste and mouthwash.
11. Use a water pic! (oral irrigator) Here is my testimonial. I floss. Use my electric toothbrush for 2 minutes, swish and spit. And for good measure, I get out my trusty water pic. I am shocked at what the flossing and brushing did not get rid of. I have a tiny bathroom here in Portland to go along with my tiny house, so I was not able to use my regular size water pic with the large tank that I had in my bathroom in Salt Lake. So, I bought a small hand held one on line. Easy to fill. Much smaller, yet powerful! It does the trick! Point being, large or small, I highly recommend using a water pic.



Sources: Kimberly Rae Miller, AARP Bulletin, October 2018, National Institutes of Health, WebMD, Christine Frank, DDS, Healthline Newsletter, November 13, 2017, Victoria Better Health Channel

BLOOD DRIVE - December 8th here at the church at 9am – To Schedule your appointment or for more information, please contact Jared at jared.willis@redcross.org or visit redcrossblood.org and enter “fcc” to schedule an appointment

POINSETTIAS

We will once again be making the purchase of poinsettias available for the congregation as a memorial or celebration. The poinsettias will beautify the sanctuary during the Christmas Season. The cost of each will be \$8.00. Please pay when you place your order.

To make an order, please complete the form below and place it, with your check payable to FCC/Poinsettias in the offering plate or mail to the church. Call the church office if you have any questions. **The deadline is December 9.**

Name _____

Number of Poinsettias _____

In Memory of

In Celebration of _____



December 2018

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Hanging of the Greens @9am
2 Camp Sunday 1st Advent Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm Alternative Gift Market and Bead for Life Following Worship	3 AA Meeting @6:30pm	4 Deacons Meeting @7pm	5 Men's Breakfast @7am	6 Book Group @2pm Choir Rehearsal @7pm	7	8 Blood Drive @9am – Noon in the Gym/Fireside Room Utah Food Bank Workday @10am - Noon
9 Communion 2nd Advent Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm CE Meeting	10 AA Meeting @6:30pm	11 Trustees Meeting @7pm	12 Council Meeting @6:30pm Clarion Deadline ** Due to the Christmas Holiday your articles need to be in no later than today. I will be printing December 14th	13 Book Group @2pm Choir Rehearsal @7pm	14	15 Women's Coffee 9:30am at Einsteins Murray/Holladay Road See Wendy Haupt for Details
16 3 rd Advent Children's Pageant Morning Brew @9:30am Worship Service @11am Soup and Santa ☺ 12:30pm Adult Education @12:30pm	17 AA Meeting @6:30pm	18	19	20 Book Group @2pm Choir Rehearsal @7pm Worship Group Meeting @6pm	21	22
23 4 th Advent Lessons and Carols Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	24 Christmas Eve Candlelight Service @7:30pm	25 Christmas Day Office closed	26 Office Closed	27 Office open in the morning hours	28 Office open in the morning hours	29
30 1 st Sunday after Christmas Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	31 AA Meeting @6:30pm News Year's Eve					

January 2019

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NEW YEAR'S DAY Office Closed Deacons Meeting @7pm??	2 Men's Breakfast @7am	3 Book Group @2pm Choir Rehearsal @7pm	4	5
6 Camp Sunday Morning Brew @9:30am Worship @11am Adult Education @12:30pm Outreach Meeting CE Meeting	7 AA Meeting @6:30pm in Fireside Room	8	9	10 Book Group @2pm Choir Rehearsal @7pm	11	12
13 Morning Brew @9:30am Worship @11am Adult Education @12:30pm	14 AA Meeting @6:30pm in Fireside Room	15	16 Council Meeting @6:30pm Clarion Deadline	17 Book Group @2pm Choir Rehearsal @7pm	18	19
20 Morning Brew @9:30am Worship @11am Adult Education @12:30pm	21 AA Meeting @6:30pm in Fireside Room Martin Luther King Jr. Day	22 Office Closed Kristi will be out of town	23	24 Book Group @2pm Choir Rehearsal @7pm	25	26
27 Morning Brew @9:30am Worship @11am Adult Education @12:30pm	28 AA Meeting @6:30pm in Fireside Room	29	30	31 Book Group @2pm Choir Rehearsal @7pm Worship Group Meeting @6pm		

TREASURER'S REPORT

For Period Ending October 31, 2017

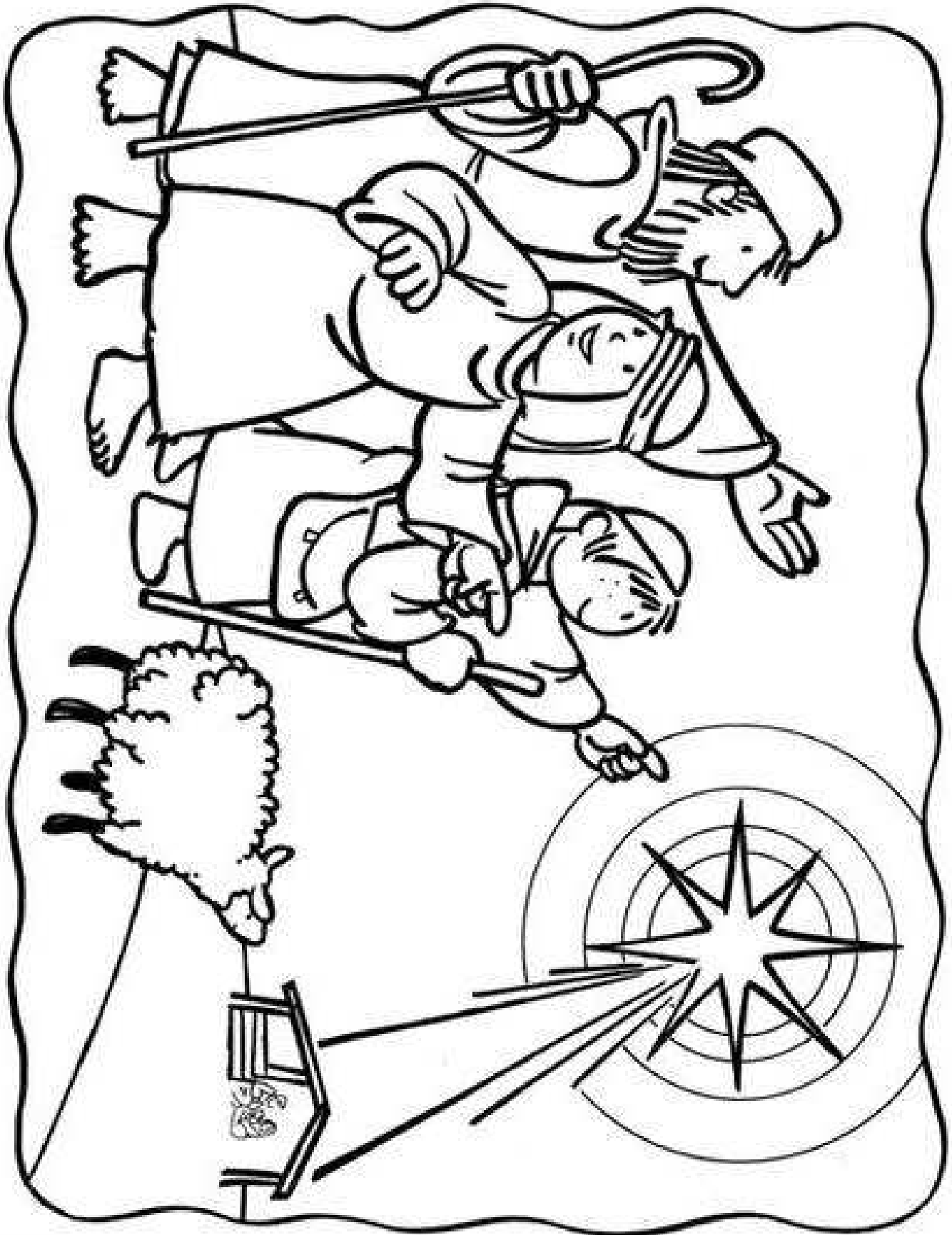
CHURCH GENERAL FUND	Fiscal Year-to-	
	October	Date
Unrestricted Contributions	\$11,597.39	\$49,069.20
+ Other Unrestricted Revenue	\$4,023.39	\$20,088.53
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$458.34	\$1,482.34
= Total Income	\$16,079.12	\$70,640.07
Total Expenses	-\$20,448.90	-\$72,875.80
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$4,369.78</i>	<i>-\$2,235.73</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$52,095.00
YTD Budgeted Total Income	\$72,662.00
YTD Budgeted Total Expenses	-\$77,070.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$2,172.27

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	October	Date
All Outreach Contributions	\$1,045.00	\$2,315.00
Other Designated Contributions	\$482.58	\$535.74
- <i>Total Designated Contributions</i>	<i>\$1,527.58</i>	<i>\$2,850.74</i>



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

December 2018

ADDRESS SERVICE REQUESTED