

CONGREGATIONAL CLARION

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

February 2017



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

-Swedish Proverb

WORSHIP PLANNING – FEBRUARY 2017

February 5

Scriptures: Matthew 5:13-16, Psalm 112:1-9
Sermon: We are the Salt of The Earth
Hymns: Sing a New Church 577
We've a Story to Tell the Nations 562
Here I am Lord 559

February 12

Scriptures: Matthew 5:21-30, Psalm 119:33-40
Sermon: Our Hearts Show Our True Selves
Hymns: Take My Life and Let it Be 466
I Then Shall Live 372
Eat This Bread 697
Let There Be Peace on Earth 614

February 19

Scriptures: Matthew 5:38-48, Psalm 119:41-48
Sermon: What Does it Mean to Turn the Other Cheek
Hymns: Lord, Whose Love Through Humble Service 575
God of Grace and God of Glory 569
Pass it on 557

February 26 – Congregational Meeting Following Worship

Scriptures: Matthew 17:1-9, Psalm 99
Sermon: Transfiguration, Light that opens our eyes
Hymns: Be Thou My Vision 502
Praise to the One Who Breaks the Darkness 93
Christ, Whose Glory Fills The Skies 91



First Congregational Church
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Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: 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

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

REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi

Blessed February to all! I am writing this article from Kauai Hawaii for some wonderful down time. Many thanks to all who help to make worship happen every week and especially while I am away.

Gratitude is what I am feeling for this wonderful community. The future is an exciting page we can write on together. We can write on it that we will be a blessing to the needs of our city, state, country and the world in ways that we have ability and are led to do. Now we do so much for outreach. I am very proud to talk about who we are and what we accomplish.

We are going to have the focus of community night movie on "The Story of God" with Morgan Freeman starting Feb. 8. These are 5 episodes of season one. We will watch the program and then have discussion. This will be the first of hopefully many more evenings of video with discussion.

We will be moving into the season of Lent next month which promises to be a wonderful contemplative time for all of us. We will be sharing two services during this time with Holladay United Church of Christ (HUCC). Ash Wednesday at HUCC and the Agape Feast on Maundy Thursday will be the services we share but both communities can choose FCC and/or HUCC for Good Friday services where all will be welcome.

Movie Night is Changing

We will be having some different video options starting February. The first offering will be "The Story of God" with Morgan Freeman. These videos will be great for conversation and broadening our minds. We speak about critical thinking so much. This will afford us some means to get some great alternative ways of seeing.

CLARION DEADLINE



March Clarion Deadline will be Feb. 15th. You can email your articles or leave them in the church office. 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



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 5. Our coin roller is broken so bills are preferred. Donations will go to the Utah Food Bank.

FEBRUARY CONGREGATIONAL MEETING - A Congregational Meeting shall be held on Sun., Feb. 26, 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.

Shrove Tuesday Pancake Dinner - On February 28th, we will have our annual pancake dinner to kick off lent. It will be held in the Fireside room between 5:30pm and 7:00pm. There is no charge, but a donation would be appreciated - it will go to the March Outreach program. Hope to see you there.

Bead for Life (jewelry made by poor women of Uganda) will be back at FCC on **Feb 5** at noon in the gym. She will have things on sale as she tries to move her inventory. If you missed her in December or wished that you had picked up something extra, you will have another chance to purchase items in early Feb.



The Greatest Love of All

Written by: Marilyn Felkner

Martin Luther King, Jr. said that “Agape is an over-flowing love which seeks nothing in return. When you rise to love on this level, you love all [people] not because you like them, not because their ways appeal to you, but you love them because God loves them.”

The Greek word “agape” is used more than 300 times in the New Testament. In contrast, in the Greek classics it was used sparsely: Homer’s works include about ten instances, Euripides’ about three.

It is the agape kind of love which God has for us, and for which we are commanded to have for one another. In the following scripture verses the word “love” has been translated from the Greek “agape”:

“A new commandment I give to you: Love one another. As I have loved you, so you must love one another.” (John 13:34 NIV)

“By this everyone will know that you are my disciples, if you love one another.” (John 13:35 NIV).

“Do everything in love.” (1 Corinthians 16:14 NIV)

“If you love me, keep my commands.” (John 14:15 NIV).

“Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:38-39 NIV)

God is love: Love should be the motivation for everything we do. What a different place the world would be if everyone lived by the principles of agape. Unlike our English word “love,” agape is not used in the New Testament to refer to romantic or sexual love. Nor does it refer to close friendship or brotherly love. Agape love is selfless, sacrificial, unconditional love. It is distinguished from the other types of love by its lofty moral nature and strong character. Agape is used to describe the love that is of and from God, whose very nature is love itself: “God is love” (1 John 4:8 NIV). God loves the unlovable and the unlovely, not because we deserve to be loved or because of any excellence we possess, but because it is His nature to love.

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.” (1 John 3:16 NIV). Because of God’s love toward us, we are able to love one another. The church is to be a community of love. We owe it to the Lord, to each other, and to the world.

Agape love is beautifully described in 1 Corinthians 13:4-7: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is

not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” God’s love is eternal.

Perhaps the greatest example of agape is Jesus Christ coming to earth to die on a cross for our sin: “For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16 NIV)

We use a heart shape as a stand-in for the word “love”; but maybe the best symbol for “agape” is a cross.



FEBRUARY PARISH NURSE TIP

Foods To Eat To Avoid A Winter Cold

- Hand washing, flu and pneumonia shots, hydrate, don't touch your eyes, nose, and mouth, don't smoke, watch the alcohol intake, keep moving/exercise and adequate rest are key to protecting yourself from diseases—and why not up your nutrition defenses as well?
- Read on for some foods to start eating today to help keep your immune system in top shape.

Fatty Fish: Omega-3 fatty acids play an important role in the immune system, and one way to load up on this is through fatty fish like salmon, tuna, sardines, and anchovies. In addition to omega-3 fatty acids, fish contains protein, vitamin B-6, and iron -- important nutrients to keep you healthy. To help reach the recommended 2 to 3 servings of fish a week for good health, stock up on cans of fatty fish.

Fortified Milks: Usually the last thing you want when you have a cold is something milk-based, but making fortified milks (such as

cow's milk, soy milk, and rice milk fortified with vitamin D) part of your diet might help keep away colds in the first place. Vitamin D increases the ability to defend against attacking viruses. Other foods high in vitamin D include fatty fish, egg yolks, vitamin D fortified orange juice, vitamin D fortified cereals, and vitamin D fortified yogurts.

Pumpkin Seeds: A nutritional powerhouse wrapped up in a very small package, pumpkin seeds offer important nutrients like magnesium, protein, and zinc. Vitamin D is more effective when available at the very beginning of illness. A one-ounce serving of pumpkin seeds (about a handful) provides 19 percent of your recommended daily requirement of zinc. Try adding pumpkin seeds to your cereal in the morning, sprinkle some on your salad, or eat them for a snack.

Citrus Fruits: It is a happy coincidence that citrus fruits are at their best when we might need them most: in the winter months. An excellent source of the antioxidant vitamin C, consider adding some mandarin oranges or grapefruit to your diet. Since hydration is also key to keeping your immune system strong, try adding lemons or limes to your water to boost taste and vitamin C, or add a splash of 100% orange juice to your flat or sparkling water.

Germ-busting Greens: Most of us think of carrots when we think of beta-carotene, but leafy greens are also an excellent source of this antioxidant. Beta-carotene (an antioxidant that is converted to vitamin A in the body) plays an important role in immune function, and loading up on seasonal greens like spinach, kale, collards, and mustard greens is a great way to take advantage of winter produce that might help keep colds at bay. Other top choices for beta-carotene include orange-colored produce like sweet potatoes, squash and cantaloupe.

Honey: For thousands of years, honey has been known across cultures for its impressive medicinal properties. Modern science

continues to find evidence to back up these claims, and it turns out honey can be useful at fighting microbes both inside and outside the body. Use some honey in the morning to sweeten your yogurt, or try stirring it into some tea if you feel that telltale scratchiness in the back of your throat coming on. Since honey is also high in sugar (one tablespoon provides 17 grams), it's best used in small amounts.

Vitamins and Herbs:

- Think about adding Echinacea, zinc and garlic to your daily regime.
- The jury is out on Vitamin C. Some practitioners pro some con. All agree won't hurt.
- If you have been prescribed a Vitamin D medication, TAKE IT.
- Drink green tea.
- Up the probiotics. Add Greek Yogurt to your daily diet.
- An interesting study out of Turkey found that xylitol prevented strep pneumonia. Xylitol is a sweetener. WebMD stated this sugar-free sweetener might prevent ear infections in kids. Try some Ice Breaker Sugarfree Mints.
- Grate some fresh ginger in that green tea. Ginger has long been known to have healing properties.
- For your cough: Menthol Eucalyptus Cough Drops such as Sina Care Soft Gels. The eucalyptus in the cough drops can be anti-inflammatory, analgesic and a decongestant.

Cover Your Wiener: Sauerkraut may provide sweet relief.

Researchers in Italy report that *Lactobacillus plantarum*, a type of probiotic found in such fermented foods as kraut and kimchi, may reduce the potency of a certain kind of strep bacteria. The *L. plantarum* triggers a protein that helps control inflammation while simultaneously slowing bacterial growth. Give your sandwiches and hot dogs a kick by layering on kimchi or sauerkraut.

And Now For A Couple Of Random Concluding Thoughts:

1. Start Nasal Maneuvers

2. Freezing your butt off? Worry more about your nose. The cilia in your nasal and sinus cavities sweep away illness-causing pathogens, but the rate at which the cilia move is affected by temperature, says James Palmer, M.D., director of the division of rhinology at the University of Pennsylvania. "When cilia are warmed up, they beat a little faster, and when it's cold they beat more slowly. So spending a lot of time in the cold may make it easier for you to get sick." That is, unless you breathe through a scarf.

3. Say "Hum Bug!"

- Humming may annoy other people a bit, but it really annoys germs. "Humming has been shown to increase nitric oxide in the nose, which is antimicrobial," says Dr. Payne.
- Try this technique from an Indian study: Take a deep breath, close one nostril, and exhale out the other nostril as you hum. Repeat on the other side. Do this five times. Allergy sufferers who tried it after using a steroid nasal spray twice a day for three months felt about half as congested as those who only used a spray, the study reports.

Source: Patricia Bannan, January 7, 2017, FoxNews.com, Daily Mail, UK/Health Article, January 10, 2017, Lila Batlis, Today, Health and Wellness, November 15, 2014, WebMD.

FEBRUARY OUTREACH

Written By Diane Forster-Burke

First Congregational Church, in association with Catholic Community Services, participates in serving thousands of hot, nutritious meals to individuals in need at St. Vincent de Paul Dining Hall. Five times a year we, as a church, make and serve 600-700 sandwiches. In order to support this continued commitment, Outreach donations for this month will go toward this project. Donations will be used to purchase the supplies needed to make the sandwiches and to continue our dedication to feed those in need in our community.

THANK YOU to everyone who donated to the Sub for Santa family and to those who helped deliver the presents to them. Our SFS family was a single mother recently arrived from Venezuela and who is seeking asylum here. She has a 20 year old son and a 13 year old daughter who are enrolled in the Granite District.

When we arrived at their apartment, several days before Christmas, they had only a metal frame futon couch from which they had removed the pad to put on the floor for sleeping. They had just a few kitchen items. By the time that we finished deliveries, they had 2 queen beds to sleep on with bedding, pillows, towels, and blankets. They also received a television, entertainment center, food, dining table with chairs, winter jackets, and other clothing. The mother was so overwhelmed with gratitude that she stood in the apartment and wept. It really gave us all that wonderful Christmas spirit. Thank you to all.

God has truly blessed us.

Valentine's Social - Saturday Feb 11TH at 6pm

We invite everyone to come to a pot luck Valentine's Social in the Fireside Room on Feb 11 at 6pm. Last year this event was really fun for all ages. Please bring a dish to share (appetizer, salad, side dish, vegetable, main course, or dessert). White, red and pink food is always fun to celebrate Valentine's. We will have cookie decorating and relay tic tac toe for those young and young at heart.

TREASURER'S REPORT

For Period Ending December 31, 2016

CHURCH GENERAL FUND	Fiscal Year-to-	
	December	Date
Unrestricted Contributions	\$22,969.29	\$89,167.21
+ Other Unrestricted Revenue	\$5,345.52	\$31,925.75
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$143.25	\$3,257.34
= Total Income	\$28,458.06	\$124,350.30
Total Expenses	-\$17,146.14	-\$127,546.91
= <i>Net General Fund Surplus (-Deficit)</i>	\$11,311.92	-\$3,196.61

Data for comparison

YTD Budgeted Unrestricted Contributions	\$80,140.00
YTD Budgeted Total Income	\$125,636.00
YTD Budgeted Total Expenses	-\$146,326.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$17,493.39

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	December	Date
All Outreach Contributions	\$639.00	\$3,445.00
Other Designated Contributions	\$160.00	\$2,214.53
= <i>Total Designated Contributions</i>	\$799.00	\$5,659.53

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Men's Breakfast 7am Community Movie Night 6:30pm	2 Choir Rehearsal 7pm	3	4
5 Camp Sunday Souper Bowl of Caring for Food Bank Adult Sunday School 12:30pm Outreach Meeting After Worship Bead for Life table Following Worship	6 AA Meeting 6:30pm	7 Deacons Meeting 7pm Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm	8 Community Movie Night 6:30pm	9 Choir Rehearsal 7pm PEO Meeting 9am – Noon Fireside Room and Kitchen	10	11 Valentine's Potluck Dinner Social 6pm
12 Communion CE meeting before Worship Adult Sunday School 12:30pm	13 AA Meeting 6:30pm	14 Madeleine Choir School Basketball Practice 7-8:30pm PEO Diane Simons Heritage Room 6:30-10pm	15 Community Movie Night 6:30pm Council Meeting 6:30pm Clarion Deadline	16 Choir Rehearsal 7pm	17	18
19 Family Sunday Adult Sunday School 12:30pm	20 AA Meeting 6:30pm	21 Madeleine Choir School Basketball Practice 7-8:30pm	22 Community Movie Night 6:30pm	23 Choir Rehearsal 7pm	24	25
26 Adult Sunday School 12:30pm Congregational Meeting Following Worship	27 AA Meeting 6:30pm	28 Madeleine Choir School Basketball Practice 7-8:30pm Pancake Supper Shrove Tuesday 5:30pm -7pm	Notes:			

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Men's Breakfast 7am ASH WEDNESDAY 6:30pm shared service at Holladay United Church of Christ	2 Choir Rehearsal 7pm	3	4
5 <i>Camp Sunday</i> 1 st Sunday In Lent Adult Sunday School 12:30pm	6 AA Meeting 6:30pm	7 Deacons Meeting 7pm Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm	8 Community Night 6:30pm PEO Meeting (Alice Stephenson) 11:30am Fireside Room/Kitchen	9 Choir Rehearsal 7pm	10 Women's Potluck Lunch at Noon in the Fireside Room Kristi will be out of the office	11
12 <i>Communion</i> 2 nd Sunday In Lent Adult Sunday School 12:30pm	13 AA Meeting 6:30pm	14 Madeleine Choir School Basketball Practice 7-8:30pm	15 Community Night 6:30pm Council Meeting 6:30pm Clarion Deadline	16 Choir Rehearsal 7pm	17	18
19 3 rd Sunday In Lent Adult Sunday School 12:30pm	20 AA Meeting 6:30pm	21 Madeleine Choir School Basketball Practice 7-8:30pm	22 Community Night 6:30pm	23 Choir Rehearsal 7pm	24	25
26 <i>Family Sunday</i> 4 th Sunday In Lent Adult Sunday School 12:30pm	27 AA Meeting 6:30pm	28 Madeleine Choir School Basketball Practice 7-8:30pm PEO Meeting (Diane Simons) Fireside Room and Kitchen 6:30pm – 10pm	29 Community Night 6:30pm	30 Choir Rehearsal 7pm	31	Notes:

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2017

ADDRESS SERVICE REQUESTED