

# CONGREGATIONAL CLARION

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

February 2018



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

-Swedish Proverb

## WORSHIP PLANNING – FEBRUARY 2018

Feb 4

Camp Sunday

Isaiah 40:21-31, Mark 1:29-39

Jesus, The Healer

Feb 11

Communion Sunday

Transfiguration Sunday

Psalm 50:1-6, Mark 9:2-9

Revealing Light

Feb 14 Ash Wednesday

Feb 18

First Sunday in Lent

Psalm 25:1-10, Mark 1:9-15

Jesus' Preparation

Feb 25

Second Sunday in Lent

Psalm 22:23-31, Mark 8:31-38

The Mind Of God

**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

**Sunday Worship Services:**

Morning Brew at 9:30am

Worship Hour at 11:00am

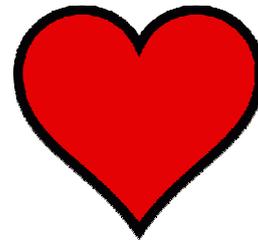
Nursery Provided

<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>	Carla McIntire
<b>Outreach Board:</b>	Diane Forster-Burke
<b>Christian Education:</b>	Pam Svikhart
<b>Membership Board:</b>	Cissy Wolff
<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

Many blessings to us as we enter the time of Lent! Ash Wednesday is on Valentine's Day this year and we will be sharing a contemplative service of our two loving communities, Holladay United Church of Christ (HUCC) and FCC at HUCC. Maundy Thursday Agape Feast will be a shared service as well at FCC. An invitation to our communities will be given to the Good Friday services at each church and the Shrove Tuesday pancake supper. This is a season of introspection. May we all make time each day to connect with our spirituality. The experience of Brother Lawrence from the book *The Practice of the presence of God*:



He prayed "Lord, I will never be able to do that if you don't help me." Immediately he would be given more than enough strength. Pp15

## CLARION DEADLINE



March Clarion Deadline will be Feb. 15th. 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 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.



**SOUPEBOWL 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 4<sup>th</sup>. 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. 25, 2018, 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** -Don't miss First Congregational Church's Shrove Tuesday pancake dinner that starts at 5 PM on February 13th! Join us in the Fireside Room for this fun social that is part of a long tradition, and—did I mention—there will be tons of pancakes! Hope to see you there!

**Shrove Tuesday: Is It Just Another Name for Mardi Gras?**

This year, February 13th is the Tuesday when both Shrove Tuesday and Fat Tuesday (or Mardi Gras, as the French call it) are observed.

Although Mardi Gras and Shrove Tuesday have several elements that are quite similar, they probably grew out of different traditions.

In countries or areas where the Catholic Church has had a great deal of influence, both Carnival and Mardi Gras are more likely to be the tradition that's followed. The length of Carnival may vary from country to country. In some locales it may start at Epiphany and last until Ash Wednesday. In other areas, it is only observed on the three days prior to Ash Wednesday. Mardi Gras is a time of feasting, dancing, parades, and other festivities. Often, the term "Mardi Gras" is used interchangeably to describe the time of Carnival.

The day following Mardi Gras is Ash Wednesday, which marks the beginning of Lent, the period of time that encompasses the 40 days just prior to Easter. Those who observe Lent are encouraged to give up some indulgence, to fast, or to practice penance.

The earliest possible date for Mardi Gras and Shrove Tuesday is February 3rd, and the latest possible date is March 9th.

The Bible doesn't support the idea that early Christians observed either Mardi Gras, Shrove Tuesday, or Lent, but over time these observations have become traditions that are generally incorporated with the celebration of Easter.

Like Mardi Gras, Shrove Tuesday is celebrated on the Tuesday before Ash Wednesday. The pre-Lenten time prior to Ash Wednesday is called "Shrovetide." Shrove Tuesday dates back to about 1000 AD and is most generally observed by Episcopalians, Lutherans, Methodists, and some Catholics.

For those who observed Shrove Tuesday, the day before Ash Wednesday was a solemn day of preparation for the upcoming season of Lent. Christians took part in the Sacrament of Confession on that day, which is why it became known as Shrove Tuesday. (*Shrove* is the past tense of the word *shrive*, which refers to a priest hearing a confession.)

In preparation for the Lenten season of fasting, families would try to get rid of the restricted foods such as sugar, flour, and eggs. In an effort to rid the household of these food items, a family would often fix several batches of pancakes.

If you've ever wondered how the date for Easter is determined (and why the date varies so much), well here's the explanation: Back in 325 AD the Christian churches met together in the first ever ecumenical gathering. One of the decisions made at the meeting was how to determine the date for Easter. First, they decided because Jesus rose on a Sunday, Easter must be on a Sunday. The very first Easter was the Sunday after the Jewish Passover, which fell on the paschal full moon. ("Paschal" has both Greek and Hebrew roots and refers to the "Passover.") The paschal full moon is the first full moon after the spring equinox. So, it was decided that the date for Easter would be the Sunday following the paschal full moon. Because different time zones could impact the date of the paschal full moon, the church sets a universal approximation for both the occurrence of the paschal full moon and the date of the vernal equinox.

So today Easter is always the first Sunday after the first full moon that falls on or after March 21st. Sources: from ThoughtCo.com by Scott P. Richert gotquestions.org

**Put It On Your Calendar** - Stewardship Sunday will be April 22. Join us for worship and lunch after the service.

**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. There is a sign up sheet on the bulletin board by the conference room. Please consider helping to provide this special time of community.

**Nursery Attendants needed on Easter** - This Easter, April 1, families with young children may attend church. We would like to have two attendants in the nursery that day to provide supervision for children four years and under. Please prayerfully consider helping us provide this vital service. Contact Cissy Wolff at [cissywolff@gmail.com](mailto:cissywolff@gmail.com) if you can help out.



**Valentine's Pot Luck Dinner and Game Night** Come celebrate Valentine's a little early on Saturday Feb 10 at 5pm. This will be fun for everyone (young and young at heart). We will have a pot luck dinner (adult beverages are also allowed) starting about 5pm and games for all ages after dinner. Pickleball will be set up in the gym, with a demonstration to teach anyone who wants to learn. We will also have Utah Cornhole set up in the gym. We plan to play a Valentine's version of "Minute To Win It" (fun for all ages). We hope to see you all there.

## February 2018 FCC Community Movie Schedule

Please come and experience some great movies. As always, popcorn will be available. **Please note: There will NOT be a movie shown on Ash Wednesday February 14<sup>th</sup>.**

<b>Date</b>	<b>Movie</b>	<b>Description</b>
Wed. <b>February 7<sup>th</sup></b> 6:30 p.m.	<u>Just Like Heaven</u>	Reese Witherspoon plays an overworked doctor. Mark Ruffalo plays a man who just wants to be left alone. This sweet, romantic comedy will get you in the mood for Valentine's Day. (2006 PG-13) 95 minutes
Wed. <b>February 14<sup>th</sup></b>	-----	No Movie due to <b>Ash Wednesday</b>
Wed. <b>February 21<sup>st</sup></b>	-----	No Movie due to Council Meeting
Wed. <b>February 28<sup>th</sup></b> 6:30 p.m.	<b>RED</b>	This all star action-comedy stars Bruce Willis, Morgan Freeman, John Malkovich, and Helen Mirren as retired intelligence agents. (2011 PG-13 - Strong language and violence) 111 minutes



## HEALTH TIP FROM PARISH NURSING

### ADVANCED DIRECTIVES

By Diane Forster-Burke

Some people have questions about advanced directives. Advanced directives came about through the Patient Self Determination Act of 1990. All health care facilities that receive federal funds are required to ask admitted patients whether they know about advanced directives and have a living will. The law requires that the hospital ask but not necessarily provide the forms so we can get our own on line, or you can ask the hospital to provide you with a form. (Bureaucracy at work).

An advanced directive is a legal document, prepared in advance of an illness, made by the individual person, which outlines the individual's wishes for future medical care in the event that he/she is unable to speak for him/herself.

A living will is a legal document, prepared in advance of an illness, which indicates what kinds of life-saving and life-maintaining care and treatment that the individual does or does not wish to receive during a terminal illness and the patient is unable to speak for him/herself. Think in terms of whether or not you want to have food supplied in a tube. Most of us want pain medication and will receive this. How do we define quality of life? This is a very individual decision. Living Wills have nothing to do with distribution of property. (<http://leaving-well.org/advance-directives.php>)

A medical power of attorney (sometimes called a durable power of attorney) is a legal document that specifies who can make medical decisions for an individual if the individual patient is unable to speak for him/herself. This designated person becomes a "proxy authority" in the event that the patient loses the ability to make his/her own decisions about health care, even if the loss is temporary.

A "Do Not Resuscitate" order may only be written by a health care provider for a person with a terminal illness. Being elderly and/or having a chronic illness will not qualify a patient for a DNR order. On rare occasions, a DNR order may be overturned by a family member or health care provider. It is imperative that you speak to your family members to let them know your wishes. There is also a DNAR (Do Not Attempt Resuscitation) form, which directs the health care team to NOT resuscitate the patient whose breathing or circulation has ceased. (Some of us in healthcare have threatened to have DNR/DNI tattooed on our chests as a statement of our wishes. Personally, I plan to come back to haunt anyone who overturns my wishes.)

A "Do Not Intubate" (DNI) means that should the patient stop breathing/ circulating blood, [this](#) order means that chest compressions and cardiac drugs may be used, but no breathing tube will be placed. (<https://curesearch.org/DNR-DNI-AND>)

Most care facilities in Utah (assisted living centers, skilled care facilities) will ask about a resident having a POLST form. This stands for “Provider Order for Life Sustaining Treatment”. The POLST is a standing medical order directing a patient’s end-of-life care treatment. The POLST enables a health care provider to put transferable orders in place addressing specific life-sustaining treatments. This POLST form would transfer with the patient as he/she might move from assisted living to the hospital and back to assisted living facility. The POLST encourages communication between providers and patients about difficult end-of-life care decisions. In addition, it is the only legal mechanism that allows a Utahn to have a DNR/DNAR order outside of a licensed health care facility. It is a tool that providers can use to help their patients get the end-of-life care they want. The POLST becomes effective the moment that it is signed, whereas an Advanced Directive becomes effective when certain conditions are met.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3241061/>)

The important thing to do now is to think about how each of us feels about what is a quality life? What medical treatments we would feel are fine to undergo if meant to be short term or long term? I, for one, would not want to be on a ventilator for a time period over 1 month and not be likely to ever breath and/eat on my own. Do you want to be fed through a feeding tube for a short time or for the rest of your life? Communicate these desires to our family members and put the plan in writing. If you have a POLST form at home and your heart stops, do you want your family members to call 911? If they do and EMS responds, the EMTs will mostly likely begin resuscitation methods and not spend valuable time hunting for a piece of paper. These are critical discussions to have with your family.

Please talk with your family and health care provider about your wishes. This is so important! Put your wishes in writing using an advanced directive and living will. Forms are available at hospitals,

county aging services and over the internet. Some web sites to check out include:

The Last Acts Campaign [www.lastacts.rwjf.org](http://www.lastacts.rwjf.org)

Americans for Better Care of the dying [www.abcd-caring.com](http://www.abcd-caring.com)

PBS-Before I die: Medical Care and Personal Choices

[www.pbs.org/bid](http://www.pbs.org/bid)

Utah Partnership for End of Life [www.carefordying.org](http://www.carefordying.org)

Living will forms [www.freebusinessforms.com/livwill.htm](http://www.freebusinessforms.com/livwill.htm)

Make sure that your family and your health care provider have a copy of your advanced directive and living will. While you're talking with your family, talk about becoming an organ donor as well.

**FEBRUARY OUTREACH PROJECT** - Our February project is an NACCC mission. It is the Pilgrim's Presence Mission. The Pilgrim's Presence Mission of Kiwawa is located in the West Pokot District of Kenya. This area is predominately semi-arid with only four percent cultivatable land. The rainy season is only 1 month long. Among the various tribes of Kenya, the Pokot with a population of 300,000, form one of the most marginalized communities in Kenya. Geoffrey Lipale, the mission director, reports that the goal of this ministry is to help these people transform their lives by gaining an understanding of their problems in a changing world. With financial donations, they work to dig wells for community members to be able to access water. They have built a school and are in the process of building a health clinic for the community. This program also is trying to change the culture away from female genital mutilation as a cultural norm.

**PRAYER CHAIN** We began Prayer Chain in the mid-1980s as a way of coordinating our prayer activities on behalf of others. We originally named it C.A.L.L. (Christians Appealing to the Living Lord). We began meeting for prayer prior to the Sunday service in the Deacon's room and then began a "tree" of communication for prayers throughout the week.

We currently have 38 individuals who commit to confidentially praying for those people who have requested prayer support. Diane Forster-Burke or Judy Weibel start the prayer chain on Sundays from Joys & Concerns that are mentioned during church service. We also hear from people who have requested prayer support privately or something comes up during the week. Diane emails a group of pray-ers, who then contact their people on the "tree", and the word goes out from there.

We ask that people pray regularly for those listed on the prayer chain needing support. We pass along updates as we hear more news on someone. Marijke and the parish nurses are a part of this prayer chain and are able to keep track of who might need a visit.

If there is anyone who would like to join Prayer Chain as a pray-er, please contact Diane Forster-Burke.

# February 2018

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Morning Brew</b> <b>9:30am</b> <b>Each Sunday</b>  <b>Traditional Service</b> <b>11am Each Sunday</b>				<b>1</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>2</b>	<b>3</b>
<b>4</b> Souper Bowl of Carling  Camp Sunday  Outreach Meeting Following Worship  <b>Adult Sunday School</b> <b>12:30pm</b>	<b>5</b> AA Meeting 6:30pm Fireside Room	<b>6</b> Trustees Meeting 7pm Deacons Meeting 7pm	<b>7</b> Men's Breakfast 7am  Community Movie Night 6:30pm	<b>8</b> Choir Rehearsal 7pm  PEO Meeting 9:30am – 11:30am Fireside Room/Kitchen (Diane Simons)  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>9</b>	<b>10</b>  Valentines Potluck and games at 5pm Fireside Room and Gym
<b>11</b> Communion <b>CE Board Meeting 10am</b>  <b>Adult Sunday School</b> <b>12:30pm</b>	<b>12</b> AA Meeting 6:30pm Fireside Room	<b>13</b> Shrove Tuesday Pancake Supper 5-7pm	<b>14</b> Ash Wednesday Shared Service at Holladay UCC  Valentines Day	<b>15</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>16</b>	<b>17</b>
<b>18</b> 1 <sup>st</sup> Lent <b>Adult Sunday School</b> <b>12:30pm</b>	<b>19</b> Membership Meeting 7pm  AA Meeting 6:30pm Fireside Room	<b>20</b>	<b>21</b> Council Meeting 6:30pm Clarion Deadline	<b>22</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>23</b>	<b>24</b>
<b>25</b> 2 <sup>nd</sup> Lent <b>Adult Sunday School</b> <b>12:30pm</b>  Congregational Meeting and Moderators and Nominating Committee Meeting	<b>26</b> AA Meeting 6:30pm Fireside Room	<b>27</b>	<b>28</b> Community Movie Night 6:30pm			

March 2018

March 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Morning Brew</b> <b>9:30am</b> <b>Each Sunday</b>  <b>Traditional Service</b> <b>11am Each Sunday</b>				<b>1</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>2</b>	<b>3</b>
<b>4</b> 3 <sup>rd</sup> Lent Noisy Buckets Camp Sunday  Outreach Meeting following Worship  Adult Sunday School 12:30pm	<b>5</b> AA Meeting 6:30pm Fireside Room	<b>6</b> Trustees Meeting 7pm Deacons Meeting 7pm	<b>7</b> Men's Breakfast 7am  Community Movie Night 6:30pm	<b>8</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>9</b>	<b>10</b> Utah Food Bank Workday @10am
<b>11</b> 4 <sup>th</sup> Lent Communion CE Board Meeting @10am Adult Sunday School 12:30pm  Daylight Savings Set Your Clocks ahead 1 hour before you go to bed Saturday Night	<b>12</b> AA Meeting 6:30pm Fireside Room  Membership Board Meeting 7pm	<b>13</b>	<b>14</b> Community Movie Night 6:30pm	<b>15</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>16</b>	<b>17</b>
<b>18</b> 5 <sup>th</sup> Lent Adult Sunday School 12:30pm  Budget Informational Meeting	<b>19</b> AA Meeting 6:30pm Fireside Room	<b>20</b>	<b>21</b> Council Meeting 6:30pm  Clarion Deadline	<b>22</b> Choir Rehearsal 7pm  Book Review Group 1:30pm Heritage Room  Madeleine Choir School Basketball Gym Rental 7-8:30pm	<b>23</b>	<b>24</b>
<b>25</b> Palm Sunday Adult Sunday School 12:30pm	<b>26</b> AA Meeting 6:30pm Fireside Room	<b>27</b>	<b>28</b> Community Movie Night 6:30pm	<b>29</b> Maundy Thursday Agape Feast 6:30pm  <b>Kristi Out of the Office</b>	<b>30</b> Good Friday Service at Noon at FCC  Evening Good Friday Service at Holladay UCC  <b>Kristi Out of the Office</b>	<b>31</b>

## TREASURER'S REPORT

For Period Ending December 31, 2017

CHURCH GENERAL FUND	December	Fiscal Year-to- Date
Unrestricted Contributions	\$21,755.74	\$77,795.69
+ Other Unrestricted Revenue	\$3,899.99	\$29,075.94
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$2,083.00	\$4,144.34
= Total Income	\$27,738.73	\$111,015.97
Total Expenses	-\$23,417.07	-\$115,258.74
= <i>Net General Fund Surplus (-Deficit)</i>	<i>\$4,321.66</i>	<i>-\$4,242.77</i>

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$90,916.00
YTD Budgeted Total Income	\$121,917.00
YTD Budgeted Total Expenses	-\$116,093.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$10,066.77

### DESIGNATED ACCOUNTS

Designated Contributions	December	Fiscal Year-to- Date
All Outreach Contributions	\$1,875.00	\$4,665.00
Other Designated Contributions	\$503.00	\$1,080.74
= <i>Total Designated Contributions</i>	<i>\$2,378.00</i>	<i>\$5,745.74</i>

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2018

**ADDRESS SERVICE REQUESTED**