

# CONGREGATIONAL CLARION

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

June  
2017



***HAVE A GOOD SUMMER***

## WORSHIP PLANNING – JUNE

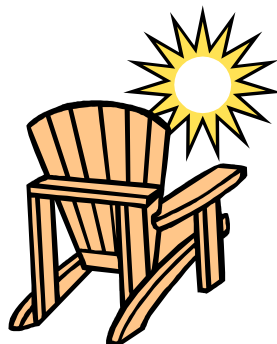
June 4<sup>th</sup> – Camp Sunday  
Morning Brew at 9:30am  
Traditional Worship Service at 11am  
Annual Meeting Following Worship

June 11<sup>th</sup> – Outdoor Service – Washington Terrace at Mountain Dell @11am. \*Please see announcement for directions

June 18<sup>th</sup> – HAPPY FATHER'S DAY  
Summer Worship Hour Begins  
Morning Brew at 8:30am  
Traditional Worship Service at 10am

June 25<sup>TH</sup> – Tom Simons, Preaching  
Morning Brew at 8:30am  
Traditional Worship Service at 10am

OUR SUMMER WORSHIP SCHEDULE WILL BEGIN ON JUNE 18<sup>TH</sup>.  
MORNING BREW WILL BE BEGIN AT 8:30AM  
TRADITIONAL WORSHIP WILL BEGIN AT 10AM  
WITH COFFEE HOUR FOLLOWING.





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

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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>Senior Minister:</b>	Rev. Marijke Rossi
<b>Moderator:</b>	Ted Stephenson III
<b>1<sup>st</sup> Assoc. Moderator:</b>	Tom Simons
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Marge Kimes
<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>	Phil LeHoux
<b>Outreach Board:</b>	Diane Forster-Burke
<b>Christian Education:</b>	Patti Garver
<b>Membership Board:</b>	Wendy Haupt
<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

Blessed June to all of you. This is the month of the outdoor service, annual meeting and the changing of the guard. Thank you to all of you who are serving on boards and many of you who will continue to do so or are starting for the first time. We all do what we can for our community. We are a family and we all chip in to help in this great endeavor of being the church.

On June 18th, we will have a sacred conversation. We will be talking about the vision of the church as we see it right now. Please come with your thoughts and ideas. Some of the work has been done toward this when we worked on the covenant. We will be doing a signing of the covenant which will be framed and hung in the narthex.

Let's continue to pray for the future of our church. Where is God leading us to be? As we pray let us all be listening for the answers to our prayer. We do this together with God.

Lincoln Ure was the chaplain at St Marks Hospital. He was a wonderful humble man. It has been a year since his death. We honor him today by quoting his favorite blessing:

"Live without fear, live beyond shame, live beyond resentment: your Creator has made you Holy, has always protected you, and Loves you as a Mother. Follow the Good Road. May you be on Christ's path. May he be on yours.

Lincoln Ure

Amen

## **SUMMER CLARION**

The office will be producing a shortened version of the Clarion during the Summer Months. We will have an updated Calendar for the month and financials and any new events that have come up. Deadline for any new upcoming events needs to be in by the 3<sup>rd</sup> Wednesday of the month.

## **CLARION DEADLINE**



SEPTEMBER Clarion Deadline will be August 19<sup>th</sup>. 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 external 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.

## **FROM THE DEACONS BOARD**

June brings the Outdoor Service at Washington Terrace. Although we always expect a perfect early summer day, the pavilion does provide shelter when less than ideal conditions are encountered. Back by popular demand, the Deacons will again provide barbecue chicken and buns, and will expect the potluck dishes to fill out the rest of the meal. Most can recall when the dish types were neatly assigned alphabetically to ensure a more-or-less even distribution of desserts, drinks and side dishes. Funny how things happen, but one year, the list was forgotten in the Clarion. The deacons were overcome with panic and worry. I guess they were projecting their own fears of open choice, expecting no desserts or side dishes and 50 bottles of soda and bags of chips.

But these things have a way of working themselves out; some would even call it Providential. Alas, the split was pretty much as if it was assigned, and, as they say, the rest is history: no more alphabetical assignments since. This year, as the Outdoor Sunday is the second Sunday of the month, we also will be celebrating Holy Communion in the mountains. We will again be inviting our Holladay UCC friends, and hope that many will choose to join us. We have recently had to reassess our flower procurement process for the communion table. Our long-time flower supplier, Skyline Flowers, retired and closed the business. She passed our needs to another vendor, but the new supplier recently informed us that the order could not be filled without a near-tripling of the price. The concern raised was twofold: the higher cost would be borne by our resources on Sundays when no one signed up, and the higher cost would likely result in more-frequent unsubscribed weeks. It was decided by the deacons to acquire a silk flower arrangement for use when no one commits to underwrite a fresh flower one. Signing up for fresh flowers for the new price of \$40 is still available to commemorate or celebrate special events, or for anyone who just wants fresh flowers for the week. The new cost has been updated on the current signup sheet, and until the new sheet is posted, Kristi will contact those already signed up to make them aware of the price change prior to placing an order.

**A NEW GATHERING** – We are doing something new. We will have a new and different Sunday gathering. Our new gathering is called Morning Brew. Want to know know more? While enjoying freshly brewed coffee or tea we will be brewing conversation. \*\*We will still also hold our Worship Service at 11am\*\*

**Worship Times will be changing June 18<sup>th</sup>**  
**Morning Brew will be at 8:30am**  
**Traditional Worship Service will be at 10am**



## Parish Nurse Health Tip

Our Very Own Wendy Haupt's  
Diet for Avoiding Dementia and Alzheimer's Disease



- *These dietary tips are designed to boost brain health by including certain nutrients - mostly found in plant-based foods, whole grains, beans, nuts, vegetable oils and fish.*
- *These nutrients help protect cells in the brain while fighting harmful inflammation and oxidation and reduce Dementia and Alzheimer's Disease by 36%- 54%.*

### Recommendations:

*Increase Eating or Intake:*

1. Vegetables: 2 - 5 servings a day.
2. Fish: 1 – 3 times a week.
3. Fruit: 4 servings a day or berries, 5 servings a week.
4. Eat whole grains, nuts, seeds, beans, and liquid oils, especially extra virgin olive oil, non-GMO (not genetically modified) safflower oil, daily.
5. Vitamin E, an antioxidant found in oils, nuts, seeds, whole grains and leafy green vegetables, is associated with a lower risk of dementia.
6. Avoid a deficiency of Vitamin B12 — found in animal products such as meat, eggs, cheese and fish. Because aging affects stomach acids that help absorb Vitamin B12, everyone in middle age should have a doctor check their B12 levels.

7. Folate, a vitamin of the B complex, found in green leafy vegetables, grains, nuts and beans. Folate deficiency has been associated with confusion, memory problems, and with a risk of dementia.
8. Omega-3 fatty acids found in fish and nuts oils are highly concentrated in the brain.

*Reduce Eating:*

9. Foods to be avoided or limited to once a week - saturated fats found in pastries, sweets, butter, red meat and fried and processed foods.

*And Now For Something Completely Different, But Still On The Topic.*  
*Did you know?*

- Sleeping on your side could reduce Alzheimer's, Dementia, and Parkinson's risk.
- Researchers, an international group of scientists, at Stony Brook University, and published in the Journal of Neuroscience, (August of 2015), say that sleeping on your side, in what's known as the lateral position, may help to remove waste products in the brain that contribute to neurological diseases.
- Many types of dementia are linked to sleep disturbances, including difficulties in falling asleep. It is increasingly acknowledged that these sleep disturbances may accelerate memory loss in Alzheimer's disease.
- According to a study done at Stanford University School of Medicine: Drinking coffee may help protect older people against inflammation, the underlying process for many age-related diseases. The more caffeine older people took in, the more protected they were against chronic inflammation. More than 90 percent of age-related diseases — including diabetes, hypertension, joint problems, Alzheimer's and many types of cancer — have chronic inflammation at their core.
- People who drink diet sodas daily have three times the risk of stroke, dementia and Alzheimer's disease compared to people who



rarely drink them, researchers out of Boston stated. While the findings do not prove that diet drinks damage brains, they support other studies that show people who drink them frequently tend to have poorer health. Women who drank diet sodas had a higher risk of stroke, heart attack and other types of heart death.



Sources: Wendy Haupt, RD, April 2017, Journal of Neuroscience, August 2015, Stanford University School of Medicine, AARP, Healthy Living, January 23, 2017, Boston University.

**ANNUAL MEETING** - The 152<sup>nd</sup> Annual Meeting of First Congregational Church of Salt Lake City will be held on June 4, 2017 in the sanctuary following the worship service. The purpose of the meeting will be the presentation and approval of the budget, receipt of reports from boards, moderator, and minister, and election of board members and officers for the coming year and other issues needing consideration by the membership of the church. Please plan on attending. Thank You.

### **FROM THE OUTREACH BOARD**

Camp Fellowship began in 1982 as an outreach for youth. It was started by Dan and Diana Kizerian. First Congregational Church has always supported Camp Fellowship. It is a non-denominational Christian camp for young people (9-13 years) with former campers who act as cabin counselors. Each cabin has a minimum of 2 teen cabin counselors. Camp utilizes the Camp Pinecliff facility on Chaulk Creek Canyon Rd, outside of Coalville. The facility is owned by the Methodist Church. We also have several adults who attend Camp as directors, pastor, cooks, nurses, and crafts and activities counselors. Camp will be from July 29th to August 3rd this year. We have about 55 campers

each year with almost 35 additional people who are counselors and adult staff.

Each year, the camper fee is \$160 for the whole 6 days. This includes their tee shirt, food, water bottle, crafts, etc. We pay Camp Pinecliff for each day that a camper, counselor, or adult stays overnight. Counselors and adults do not pay a fee as we donate our time out of love and commitment to the kids. Camp runs very close to the budget. Our members and campers' parents donate food and medical supplies toward this effort to make Camp happen for the kids.

This year's theme at Camp is "Kindness Inspires Kindness". Camp Fellowship is the Outreach recipient of our financial donations for June. Money raised will be used to help pay for the costs of scholarships for youth to attend, housing for counselors and adult staff, as well as paying for things like food, crafts, etc. Thank you.

### **Women's Pot Luck Lunch & Women's Coffee**

Ladies, we hope you can come to one of our social gatherings in June. We will have a women's pot luck lunch at the church on Friday June 30 at 12:00pm. For those who work, we will be meeting for coffee/tea on Saturday June 24 at 9:30am at Einstein's bagels on Murray Holliday Blvd and Highland. We hope you can all come to one or both of these gatherings. We always have fun conversation, and it is a good time to get to know the women in the church.

## **OUTDOOR SERVICE**

Sunday June 11th is the annual outdoor worship service at 11:00 AM with a potluck lunch immediately following. We will be in Washington Park by Mountain Dell Reservoir and Golf Course up Parley's Canyon (at the East Canyon exit #134) or Emigration Canyon. (Map available in the church office)

Following the service we will have our traditional potluck meal. Please bring a side to share. Church will provide the main course.

Directions to Mountain Dell Golf Course

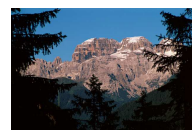
Take exit 134 on I-80 East Bound Turn Left

Go under the freeway (north) to Frontage Road

Turn right (East) follow road all the way up past the golf course

At the top of road make a left (north) you will then be in

Washington Park. Look for lower terrace.



## **Church Picnic Activities following Outdoor Service**

After the church service and picnic June 11 at Mountain Dell, we will have fun activities for all ages. Please come and enjoy bocce ball, kickball, and ultimate frisbee.

## **You can donate to FCC via PayPal**



For those of you who prefer to do all of your financial transactions through credit card, we have now made it possible for you to use your credit card to donate to FCC through PayPal. You simply go to the FCC web site ([firstcongregationalslc.org](http://firstcongregationalslc.org)) and find the "Donate" button on the lower left of the first page. If don't have a PayPal account it is easily done the first time you donate. You can use any major credit card (e.g. VISA, Mastercard, American Express and Discover Card) to make your payment.

# June Calendar

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<b>4</b> Camp Sunday <b>ANNUAL MEETING FOLLOWING WORSHIP</b>	<b>5</b> AA Meeting 6:30pm	<b>6</b> Deacons Meeting 7pm  Trustees Meeting 7pm	<b>7</b> Men's Breakfast 7am  Community Night 6:30pm	<b>8</b>	<b>9</b>	<b>10</b> Food Bank Workday 10am - Noon
<b>11</b> Communion Sunday  Outdoor Service at Washington Terrace @ Mountain Dell at 11am	<b>12</b> AA Meeting 6:30pm	<b>13</b>	<b>14</b> Community Night 6:30pm	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> Family Sunday <b>Summer Worship Hour Begins today at 10:00am</b>  Father's Day  Sacred Conversations (Visioning) following Worship	<b>19</b> AA Meeting 6:30pm	<b>20</b>   Kristi Out of Office	<b>21</b> Community Night 6:30pm  Council Meeting 6:30pm  Clarion Deadline  Kristi Out of Office	<b>22</b>   Kristi Out of Office	<b>23</b>  <b>** Need a volunteer for Office Help 9am – Noon (preferably someone with a key)</b>  <b>Marijke out of office</b>  Kristi Out of Office	<b>24</b> Women's Coffee at 9:30am *See announcement for details  <b>NACCC Annual Meeting through the 27<sup>th</sup></b>
<b>25</b> Tom Simons preaching  Adult Sunday School 11:30pm	<b>26</b> AA Meeting 6:30pm  <b>Marijke out of office</b>	<b>27</b>  <b>Marijke out of office</b>	<b>28</b>  <b>Marijke out of office</b>	<b>29</b> Church Hike Contact Wendy Haupt or Ron Sawdey for Details	<b>30</b> Women's Potluck Luncheon here at the church at Noon	<b>Notes:</b>

# July 2017

July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<b>2</b> Camp Sunday  Sunday School 11:30am	<b>3</b> AA Meeting 6:30pm	<b>4</b> Independence Day Office Closed 	<b>5</b> Men's Breakfast 7am  Community Night 6:30pm	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> CE Meeting before Worship  Communion Sunday  Sunday School 11:30am  Outreach Meeting Following Worship	<b>10</b> AA Meeting 6:30pm	<b>11</b>	<b>12</b> Community Night 6:30pm	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>  Sunday School 11:30am	<b>17</b> AA Meeting 6:30pm	<b>18</b>	<b>19</b> Community Night 6:30pm	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>  Sunday School 11:30am	<b>24</b> AA Meeting 6:30pm	<b>25</b>	<b>26</b> Community Night 6:30pm	<b>27</b>	<b>28</b> Camp Fellowship Counselors Arrive at Camp	<b>29</b> Camp Fellowship Campers arrive at Camp
<b>30</b> Guest Minister Preaching  Sunday School 11:30am	<b>31</b> AA Meeting 6:30pm	<b>Notes:</b>				



# KIDS CORNER SUMMER FUN



S S T G A G T Q W B V P S B P  
 Z C U D O M I G T A E E I B C  
 Y A I N D C E X C B L V H Q P  
 T N H N S Q X A T I Y X T N V  
 Y S M N C H T J M B I K E S D  
 M C B K I I I S I Q V Z T M E  
 S R A T O E P N T U O P M A C  
 D Y S N V D C M E O B A R G J  
 N E E S F Z Q K V J S P F T P  
 E L B O W H H J Z W G Q U Q T  
 I B A C F I R L U B Q O R W C  
 R O L S R Z M G X R L T Z S T  
 F R L Q U V C X V L C T A D N  
 A T I W P O K K U S I X V J J  
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BASEBALL  
 CAMPOUT  
 SMILES  
 VACATION

BBQ  
 FRIENDS  
 SUNSHINE

BIKES  
 PICNICS  
 SWIM

## **TREASURER'S REPORT**

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**For Period Ending April 30, 2017**

	April	Fiscal Year-to- Date
CHURCH GENERAL FUND		
Unrestricted Contributions	\$16,846.97	\$142,535.83
+ Other Unrestricted Revenue	\$4,814.88	\$50,587.64
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$524.00	\$8,327.62
= Total Income	\$22,185.85	\$201,451.09
Total Expenses	-\$21,313.23	-\$209,561.72
= <i>Net General Fund Surplus (-Deficit)</i>	\$872.62	-\$8,110.63

Data for comparison

YTD Budgeted Unrestricted Contributions	\$128,400.00
YTD Budgeted Total Income	\$199,300.00
YTD Budgeted Total Expenses	-\$229,951.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$22,540.37

### DESIGNATED ACCOUNTS

	April	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$658.00	\$7,412.00
Other Designated Contributions	\$40.07	\$2,568.66
= <i>Total Designated Contributions</i>	\$698.07	\$9,980.66

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

June 2017

**ADDRESS SERVICE REQUESTED**