

CONGREGATIONAL CLARION

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

MAY 2015



HAPPY MOTHER'S DAY

2015 WORSHIP PLANNING – May

MAY 3 – 5TH SUNDAY OF EASTER & COMMUNION

SERMON – “BRANCHES? US?”

SCRIPTURE – PSALM 22:25-31 & JOHN 15:1-8

HYMNS – 533 – Joy In The Morning

698 – Let Us Tongues And Talents Employ

306 – Alleluia! Jesus Is Risen!

MAY 10 – 6TH SUNDAY OF EASTER & MOTHER’S DAY

SERMON – “CHOSEN”

SCRIPTURE – PSALM 98 & JOHN 15:9-17

HYMNS – 13 – Sing To The Lord A New Song

641 – For The Music Of Creation

372 – I Then Shall Live

MAY 17 – 7TH SUNDAY OF EASTER & ASCENSION SUNDAY

SERMON – “PROTECTED BY TRUTH”

SCRIPTURE – PSALM 1:1-3 & JOHN 17:13-19

HYMNS – 322 – A Hymn Of Glory Let Us Sing

386 – Lord Jesus, Think On Me

324 – Christ High – Ascended

MAY 24 – PENTECOST SUNDAY & MEMORIAL DAY WEEKEND

SERMON – “THE SPIRIT COMES”

SCRIPTURE – NUMBERS 11:24-25 & ACTS 2:1-8

HYMNS – 726 – We Praise You, O God

332 – Let Every Christian Pray

594 – We Are Your People

MAY 31 – TRINITY SUNDAY

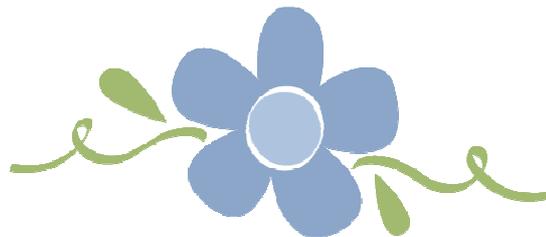
SERMON – “KNOWING”

SCRIPTURE – ISAIAH 6:1-8 & JOHN 3:1-8

HYMNS – 6 – Let The Whole Creation Cry

17 – Praise The Lord!

136 – Holy, Holy, Holy!





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

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

Minister:	Rev. Dr. Michael Chittum
Moderator:	Carol Price
1st Assoc. Moderator:	Ron Sawdey
2nd Assoc. Moderator:	Ted Stephenson III
Treasurer:	Paul Kelley
Financial Secretary:	Sandra Shipman
Asst. Fin. Secretary:	Pam Dropek
Church Clerk:	Ken Rockwell
Board of Trustees:	Mike McIntire
Board of Deacons:	Phil LeHoux
Outreach Board:	Robin Smith
Christian Education:	Emily Weibel
Membership:	Kathy Souba
Parish Nurses:	Diane Forster-Burke, Marge Kimes
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. Dr. Michael Chittum

THE MONTH OF MAY AND MOTHER'S DAY

One of the special days for most folks in the yearly calendar is Mother's Day. Despite what we may think as we consider the current practices of the day, Mother's Day was not started by the greeting card or the florist industries. According to History.com, "The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children."

As you contemplate the celebration of Mother's Day and think of your own Mother and your relationship with her, here is a poem I found that seemed appropriate to share with you. It is written from the perspective of an African-American woman.

When Mama Was God - Sister Raedorah

When mama was God

She made miracles happen
In the middle of a Houston ghetto
The center of my universe, indeed.

She walked on water

In three inch heels, matching bag

With us five kids in her footsteps.

She taught us to fear not
Night lightening, thunderstorms
Hard work, new things, good success.

When mama was God

She created not one but two
Fancy Easter dresses and sewed
Lace on my socks to match.

She hollered for me from the porch
Compelling me to come out, come out
From all of my favorite hiding places.

She held me close with strong hand
So close that I would inhale
Warm fleshy bosom heat for air.

When mama was God

She laid hands on us
So the cops wouldn't and trifling men couldn't
Healing bad attitudes and broken hearts.

She stood her ground with white folk
Who were pure evil
Of the 60s... 80s... the new millennium.

She made a dollar hollah
On the occasions of more month than money
Without robbing anyone of anything.

When mama was God

She blessed two fish and five loaves
Or was that gov'm't cheese
And canned mystery meat?

She kept an open door policy
Always meant that somebody else
Would be sleeping on the living room floor.

She prayed for us and others
We eavesdropped listening for our name to be called
Knowing that no weapon formed against us would prosper.

When mama was God

"Girl, you just like your mama,"
somebody said one day
when I was feeling God all over me.

May your day of celebration of Mother's Day be a blessed one.

Grace and Peace, Michael

SPECIAL SERVICE ON PENTECOST SUNDAY, MAY 24

One of the significant days in the church calendar is Pentecost Sunday, 50 days after Easter. According to the Book of Acts, on that day, people from a multitude of lands and speaking a multitude of languages heard the message of God's great love and responded in faith to Jesus the Christ.

In our own way, we will celebrate that first Pentecost Sunday by sharing services with the Tongan American Free Will Methodist Church. This is the congregation that held a special concert in our facility last December.

The minister of that church, the Reverend Tipiloma Pupu'a, and Michael have planned the service, which they will conduct jointly. The choir from their church will sing. Michael will preach. We will worship as one body of Christ encompassing different languages and different cultures.

Plan now to be part of that worship at FCC on May 24 at 11:00 am.

CLARION DEADLINE



Summer Clarion (June, July, August) Deadline will be May 20. You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

CALENDAR



The Calendars in this issue give information about church activities as well as building use by groups. While any building use should be coordinated through the office, this should help you make appropriate plans if you need to use the church.

GOT GRADUATES?

We would like to honor all in our church family who will be graduating from high school or college. Please call or email the church office with this information.

Remember, traditionally, our graduating high school students speak on Mother's Day May 13.



OUR GRADUATES!

We would like to congratulate all of our graduating seniors. Good luck in all your future endeavors.

High School Graduate – Laurel Tomlinson (Skyline High School)

College Graduates –

Emily Weibel - University of Utah with a Bachelors of Science in fitness and wellness specialist

Ryan Hansen - Westminster College with a Bachelors of Arts Degree in Marketing with a Music Minor

ANNUAL REPORTS DEADLINE

All annual reports need to be turned in to the church office (firstcongo@qwestoffice.net) in final, print ready, electronic form by May 20, 2014. This will give the office time to get the Report booklet ready for the meeting. Thank You. If you have any questions please call the church office at 801-487-1357.

ANNUAL MEETING

The 150th Annual Meeting of First Congregational Church of Salt Lake City will be held on June 7, 2015 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.



PILGRIM FELLOWSHIP

Sunday, May 31 from 1-3 p.m. will be FCC day at Laser Quest. \$5 will get you two games, pizza and drinks. Everyone is welcome.

Laser Quest Salt Lake City
7202 S 900 E
(801) 567-1540
www.laserquest.com

Meet after church to carpool or meet us there. Bring a friend. Call or text Emily Weibel at 801-618-9922 or Keli Burdette at 801-833-1621.

CHRISTIAN EDUCATION BOARD

May 10th Mothers Day: A token of appreciation will be given to all mothers and mother-figures. Love you Mom!

We will be blessed to hear from our high school graduating senior speaking about mothers. This is a great celebration within our church.



May 17th Teacher Appreciation: A Thank You to all the wonderful hearts that have led, taught and shared their talents with our youth this last year. Thank you to the Board members and PF leaders for the past several years, spearheading the festive activities and service projects.

VOLUNTEERS NEEDED

Susan Olson is organizing volunteers to serve as Marshals and Tellers at the NA national meeting here in Salt Lake City next June 20-23, 2015. These roles are mainly needed during business meetings and lectures to pass out handouts, monitor the doors, help pass a microphone for questions, count votes, etc. They also will become familiar with the layout of the meeting and be able to direct people to appropriate rooms for different activities. We've purchased a distinctive bandana for Marshals and Tellers to wear that designates them as a person with a helpful role to play.

Shifts are available on Saturday, Sunday, Monday, and Tuesday, ranging from 2 hours to four and a half hours. This is an opportunity to get a little look at the NA meeting activities without being a full delegate. If you would like to volunteer for one or more shifts, please contact Susan at kelloolsn@msn.com or 801-532-3809.

HEALTH TIPS FROM PARISH NURSING

Living a long full life

Longevity expert Dan Buettner has written a book entitled “The Blue Zones Solution: Eating and Living Like the World’s Healthiest People.” He is a journalist who has studied the healthiest, longest-living people in the world. The term “blue zone” refers to longevity hotspots i.e. Loma Linda, CA, Nicoya, Costa Rica. He has taken aspects of these longer living people to cities in the U.S. and has helped to transform the residents’ lives. In his book, he describes the most important habits of centenarians around the world. His recommendations are as follows:

1. Find your tribe. People who live longest surround themselves with people who support healthy behaviors. Those with strong social connections were ½ as likely to die as those with weaker ties during the study periods. Those people with lifelong alliances are very influential in healthy behaviors. Those **who belong to a faith-based community attending service 4 times a month** can add up to 14 years to their lives. They also tend to have close-knit families. Committing to a life partner can add up to 3 years to your life according to his research.

2. Eat Smart. Plant based diets were most common in the robust 100 year old people. They “eat a little meat, but mostly fish.” British researchers following 65,000 people over 12 years found that those who ate 7 or more portions of vegetables and fruits every day lowered their risk of dying from cancer and cardiovascular disease by 25% and 31% respectively.

3. Seek a purpose. “Blue Zoners” have an activity or passion or career that motivates them and gives their lives meaning. This can also be found in those who volunteer. Having a sense of purpose can lower the stress hormone cortisol.

4. Move it! Physical activity is key. Those who have longevity incorporate physical activity into their lifestyles. They garden, bake bread, walk to the store or work. Structured exercise can

extend life expectancy by 4.5 years according to a study by the NIH.

So to live longer and enjoy our lives, let's commit to these 4 recommendations. We are a tribe at FCC. We can have a purpose at church. We just need to be smarter about eating and exercise. "Live long and prosper." Spock.

UPCOMING EVENTS AND SERVICES

May 10 – Mother's Day

May 17 – Sunday School and Choir Appreciation

May 20 – Annual Reports Deadline

June 7 – Annual Meeting following worship

June 14 – Outdoor Service

June 20 – 23 – NA Meeting here in SLC

June 21 – Fathers Day – No Service here at FCC, service held at the NACCC Annual Meeting at the Sheraton Hotel, 9:00 am.

June 28 – Summer Worship Time 10am



OUT & ABOUT

A painting by Jeanne Hansen, *East of Zion* was accepted into the 91st Annual Spring Salon: April 15 - Friday. July 3, 2015.

Springville Museum of Art

126 East 400 South, Springville, Utah 84663, 1.801.489.2727

They are hosting a *Celebracion Latina* on Wednesday, May 6th from 5:00-7:00pm open to the public for Cinco de Mayo. Enjoy!

MAY OUTREACH

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 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 25 to 30th this year.

Each year, the camper fee is around \$160 for the whole 6 days. This includes tee shirt, food, water bottle, crafts, etc. We pay Camp Pinecliff for each day that a camper, counselor, or adult is there overnight. Counselors and adults do not pay 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.

Camp Fellowship is the Outreach recipient of our financial donations for May. Money raised will be used to help pay for the costs of housing counselors and adult staff, as well as paying for things like food, crafts, etc. Thank you.



LOOKING BACK AND AHEAD From the Board of Deacons

We have just completed the Easter season and can reflect on the programs that have provided added opportunities to embrace its impact and meaning. First up was the Lenten Series, three evenings which started with a potluck and ended with a discussion around the “This I Believe” series, originally created by Edward R. Murrow in the fifties, and brought back by NPR in the late nineties. Various stories were heard or read and then followed up with their impact on our own experiences and faith journey. The pre-Easter program culminated in the activities of Holy Week, the Maundy Thursday Agape Feast and the Good Friday mid-day service. This year’s Agape Feast was a successful follow-up to last year’s inaugural event. It showed no signs of diminished enthusiasm, as indicated by the larger attendance. Interwoven in the meal was a liturgy, prepared by Michael, which fit beautifully within the spirit of the evening. The Good Friday Service the following day was also appreciated by those attending. Thank you Michael for all the preparation that went into making these activities so meaningful to the participants.

Now the looking ahead part: we are delighted to report that we have secured the services of Rev. Al Hammond to cover Michael’s absence during his sabbatical from the beginning of August through to the end of October. Al, you will remember, supported us as Interim Pastor following Art Ritter’s departure until Michael’s arrival. Our “good fortune” in getting him was either providential or incredibly coincidental. I’ll leave the details for him to fill out when he arrives, as I’m sure it will be narrated in his first sermon. It should be noted that for the past several years, Al has been doing various congregational support within the local Presbyterian Diocese, as well as working in its Administration office. He is as excited to return as we are to receive him. Friendships formed with him within the congregation have lasted

through the intervening years, and the dedicated bikers have run into him routinely at the big area riding events.

OUTSIDE WORK DAY - May 2nd



An outside work day has been scheduled by the Trustees for Saturday, May 2nd from 9 am to 1 pm. Join us for some weeding along the West side of the Classrooms and garden area and pruning and Virginia Creeper removal on the East side of the sanctuary and the West side of the parking lot. If you can't come that day, we plan to have a list (in the church office) of things that can be done on your own. If you need access to the tools, contact Mike McIntire at 801-272-4629 to arrange for a time.

~ May 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OUTREACH PROJECT CAMP FELLOWSHIP					1	2 Outside Work Day 9:00am – 1pm
3 Camp Fellowship Sunday Communion	4 AA Meeting 6:30pm	5 Deacons Meeting 7pm	6 Men's Breakfast 7am	7	8	9
10 Mother's Day	11 AA Meeting 6:30pm	12 Trustees Meeting 7pm	13	14	15	16
17 Choir and Sunday School Appreciation	18 AA Meeting 6:30pm	19	20 Council Meeting 7pm Summer Clarion Deadline (June, July, August) Annual Reports Due Today	21	22	23
24 Family Sunday PENTECOST SUNDAY SPECIAL WORSHIP	25 AA Meeting 6:30pm Memorial Day	26 Kristi Out of the Office through May 29th	27	28	29	30
31 PF – Laser Tag 1-3pm Sandwich Making Following Worship	Notes:					

~ June 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Outreach Project – Support for Sandwich Making	1 AA Meeting 6:30pm	2 Deacons Meeting 7pm	3 Men's Breakfast 7am	4	5	6
7 Communion Camp Fellowship Sunday Annual Meeting Following Worship	8 AA Meeting 6:30pm	9 Trustees Meeting 7pm	10	11	12	13
14 CE Meeting before worship Outreach Meeting after worship Outdoor Service We will celebrate Father's Day due to NA Meeting next week	15 AA Meeting 6:30pm	16	17 Council Meeting 7pm No Clarion	18 NACCC Annual Meeting Salt Lake City Through June 23rd	19	20
21 NA Meeting No Service at Church. Service will be held at NACCC Annual Meeting at Sheraton Hotel – 9:00 AM	22 AA Meeting 6:30pm	23	24	25	26	27 Foodbank Workday 9am - Noon
28	29	30	Notes:			

KIDS CORNER – COLORING PAGE



TREASURER'S REPORT

For Period Ending March 31, 2015

CHURCH GENERAL FUND	March	Fiscal Year-to- Date
Unrestricted Contributions	\$12,368.16	\$132,378.40
+ Other Unrestricted Revenue	\$3,880.89	\$36,066.56
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$2,036.68	\$13,166.99
= Total Income	\$18,285.73	\$181,611.95
Total Expenses	-\$17,302.86	-\$181,821.77
= <i>Net General Fund Surplus (-Deficit)</i>	\$982.87	-\$209.82

Data for comparison

YTD Budgeted Unrestricted Contributions	\$140,014.00
YTD Budgeted Total Income	\$189,527.00
YTD Budgeted Total Expenses	-\$189,981.95
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$245.13

DESIGNATED ACCOUNTS

	March	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$997.79	\$12,739.03
Other Designated Contributions	\$126.00	\$1,838.06
= <i>Total Designated Contributions</i>	\$1,123.79	\$14,577.09

FIRST CONGREGATIONAL CHURCH
2150 S. Foothill Drive
SLC, Utah 84109

MAY 2015

ADDRESS SERVICE REQUESTED