

CONGREGATIONAL CLARION

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

November 2015



NOVEMBER CALENDAR HIGHLIGHTS

November 1 – Youth Fall-Halloween Bash Following Worship

November 22 – Informational Meeting following Worship

November 28 – Hanging of the Greens at 9am

November 29 – First Advent

Check out the full November Calendar in this issue of the Clarion.

If you need to reserve the building for any meetings or activities please contact the church office.

FROM THE CLEANING CREW

With the holidays coming up the building will have more activities. Please be sure that no food or drink is left on the floor or around the building. This can cause bugs. On Sunday after coffee hour please check the floor in the fireside room and kitchen and sweep if needed. Please also take out the trash from the kitchen and fireside room. Also if there are any bathroom emergencies there are cleaning supplies in the cleaning closet in-between the two bathrooms downstairs. Also for those working in the nursery we ask that you empty the nursery bathroom garbage can and do a quick check to make sure everything looks ok. Sometimes the building does not get cleaned till later in the week and anything left causes odors. Thank You

TIME CHANGE Remember to move your clocks back (FALL BACK) for Sunday, November 1.



NEXT MONTH CLARION DEADLINE



December Clarion Deadline will be November 18th. You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

First Congregational Church

2150 S. Foothill Drive

Salt Lake City, Utah 84109

Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org

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



| | |
|---|-------------------------------------|
| Interim Minister: | Rev. Alan Hammond |
| Moderator: | Ron Sawdey |
| 1st Assoc. Moderator: | Ted Stephenson III |
| 2nd Assoc. Moderator: | Tom Simons |
| Treasurer: | Paul Kelley |
| Financial Secretary: | Mike McIntire |
| Church Clerk: | Ken Rockwell |
| Board of Trustees: | Scott Brown |
| Board of Deacons: | Diane Simons |
| Outreach Board: | Robin Smith |
| Christian Education: | Emily Weibel/Patti Garver |
| Membership Board: | 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 |

Let Us Go Into the House of the Lord: Worship at First Congregational Church

Worship at First Congregational Church provides a time of reflection, prayer, and joyful praise. Many of us find comfort and peace as we gather together for worship each Sunday.

As we search for a new pastor, we have an opportunity to use this time to see if there are modifications we want to introduce that might make our worship service even more amazing.

A number of suggestions have been offered, some of which we'll be trying out to see if they're a good "fit" for us. If we try something new that you feel makes our worship even more meaningful, please tell one of the deacons. Likewise, if we try something that doesn't work for you, let one of the deacons know.

Here are some of the suggestions:

- *add an 8 AM contemporary service
- *change the order of the the service
- *eliminate certain parts of the service
- *include more "special" music
(with the flute, guitar, piano, etc.)
- *include more singable hymns
- *invite Camp Fellowship youth to participate in the
worship service more frequently
- *invite Sunday School youth to participate in the worship
service more frequently



You may have other suggestions you'd like to have us try. Please let one of the deacons know. We can only implement specific changes if they are made known to us. Together we hope to make worship at our church a spiritually uplifting event. See you on Sunday!

CONGREGATIONAL INFORMATIONAL MEETING

Council is planning to meet after church on Sunday, November 22 to discuss the results of the FCC survey. We also plan to present the steps that Boards have already begun to take to address some of the issues that came out of the survey. Council also would like to get everyone's input on the significance of the survey results and how they will influence the decisions we make going forward.

Please plan to attend and participate in this dialogue on the future of our congregation.

FROM THE CHRISTIAN EDUCATION BOARD

Sunday School theme for November: **Congregational Heritage**

November 1st Sunday PF Fall Halloween Bash

Want to show off that costume one more time. Bring a Friend for this day of fun. This activity falls on All Saints Day. Make a Ghost-on-a-stick, Donut bobbing, Candle shoot-out, Cup-cake walk and some trivia etc.

November 28th Saturday Hanging of the Greens

We'd like to invite all youth to help decorate for the Christmas Season.

Join us for Pilgrim Fellowship PF on the **first and third Sunday's for PF** activities, unless otherwise indicated. If you haven't yet received info on these activities please ask to be added to the list, as we do not have you in the CE file for email etc.

Thanks for all contributions to our sponsored child **Jayrald**, who lives in the Philippines, with your **loose change offering**. Keep your change as we will be doing this again.

SHARE THE HARVEST

This year we are beginning our winter food drive; Share the Harvest, in October. It will run through the month of November. This will help in a couple of ways. First, and most importantly, we will get a jump on the winter food need at the Utah Food Bank. In addition you will have several Sundays to remember to bring your nonperishable items to church. We will collect donated food items each Sunday during October and November or you can drop items by during the week while the office is open. Cash donations are also accepted. Thank you for supporting this worthy cause.

NOVEMBER OUTREACH



The Outreach Board's financial recipient for the month of November will be Family Promise, a faith community's unique response to homeless families.

Family Promise Salt Lake was founded in 1995 and is one of 180 Family Promise affiliates across the country, but the only such program in Utah. Various congregations take turns providing temporary shelter for 4 families at a time through a rotation network. This unique shelter model mobilizes existing resources within the faith community to take a hands-on approach to homelessness. First Congregational Church was directly involved in this program when the Seventh Day Adventist Church housed families several years ago. At that time we provided meals, companionship and supervision for the four families housed there.

Each week, approximately 50 volunteers work to provide guest families with basic human needs: shelter, safety and sustenance. These volunteers also offer comfort, acceptance, and dignity. Both volunteers and guests grow from the Family Promise experience.

In order to address the growing crisis of family homelessness, Family Promise has worked diligently to expand their services to include intensive case management, life-skill tools, housing costs, affordable apartments, and a Housing Retention Program which provides post-shelter support. Family Promise is committed to serving homeless families in need and lessening their suffering, especially for children.

In addition to the above-described evening shelter, daytime guests in this program utilize the Family Promise Day Center where they access shower and laundry facilities, computers, meals and transportation assistance. Families also use the Day Center address for housing and job applications so that no one need know that they are “homeless.” Staff works to support parents through intensive case management plans and to advocate for the services and assistance families need to regain their self-sufficiency.

Statistics show that once homeless families are assisted into housing, on-going case management services including rent and utility assistance, budgeting assistance, and referrals to government and community service help them remain housed. Family Promise offers 2 years of post shelter case management through their Housing Retention Program to help stabilize a family going through the crisis of homelessness. Please consider supporting this organization with your financial contributions.

PARLOR RENOVATION

Revamped Parlor to be Dedicated November 15

FCC's parlor—that large, downstairs room with its sketchy furniture and slightly funky smell—has been totally re-done and will be ready for use mid-November. Now revamped with new lighting, paint, carpet, furniture, meeting tables and a TV for presentations, the room is set for many uses. It will be re-named the “Fellowship Room”.



A brief dedication and celebration of the new Fellowship Room will take place after the service on November 15. We'd love to have everyone attend.

What's special about this room? The lighting can be dimmed for digital presentations, and we have stacking chairs to accommodate 20 people in addition to other seating. The three meeting tables can be pushed aside and the tops flipped up to get them out of the way, or put together into a single large table, as needed. A large cabinet provides places to store things and a surface for refreshments. The room features the historic photos of First Congregational Church and other art reflective of who and where we are.

The Parlor Renovation Committee has recommended guidelines for its use to Trustees, who will report back to Council with a final recommendation.

The renovation cost around \$18,800. Council approved up to \$20,000 to be drawn from the FCC Trust. We received what are called “designer discounts” on all the furniture we purchased. RC Willey reduced the price on the carpet and we bought the TV

from them on sale. Henriksen Butler Design Group, added another discount to the flip-top tables through a special program they have for non-profits. Ace Electric, Scott McCloud (painter), Kelly McKean (ceiling and wall repair), even the wallpaper hanger, Wayne Halverson, each gave us modest discounts on their work. The cabinets were donated by John and Kay Denny, and Scott Hansen repaired and painted them for material costs only. Mike McIntire installed all the cables for the TV and connected them with the antenna. In short, as a team effort, we got the best value we possibly could while trying to make the room functional, attractive and of greater benefit to our church. If anyone wants a copy of the budget, it's available from Kristi.

While the Parlor Renovation Committee—John Garver, Jeanne Hansen, Elizabeth Mitchell, and Jeniel Smith—devoted hundreds of hours making this happen, we also had help from many other people including Rich Dropek, Scott Hansen, Kami Mahan, Mike McIntire, and Ron Sawdey, as well as help with furniture pick up and assembly from Paul Kelley, Paul Mitchell, Chris, Kathy and Brooke Slade, Tracy Smith, and Kathy and Doug Souba. Many thanks to Kristi Hanson for her help with checks and coordination. No one put more time into this than Jeanne Hansen, who tirelessly pursued the best solution for the best value, met every contractor for bids and work, and even got out a paintbrush to clean up areas that got nicked when the carpet was laid. Kudos also to Jeniel, John, and Jeanne for their design capabilities to make the room so attractive.

Many thanks to Council, FCC Trust, and the members of First Congregational Church for supporting the vision for this renovation. Now let's put it to use!

Elizabeth Mitchell

Health Tips from Parish Nursing

De-Stressing the Holidays

The Thanksgiving and Christmas holidays are here and this is often considered to be a stressful time instead of a time of peace and joy. We run about “doing things” to make the “perfect” holiday or find the “perfect” gift, and this can lead to feelings of being overwhelmed, busy beyond belief, stretched finances, and possibly depression. (I’ve got my hand up at this point as one who gets very much caught up in this all). In the recent issue of Caring Connections Newsletter (Winter 2016), they have several great suggestions to help with de-stressing.

First of all, they suggest that we can indeed simplify the holidays by setting realistic expectations and not comparing ourselves to others (or previous efforts). Whatever way we choose to celebrate the holiday is right for us. We can try spending time with others instead of money on a gift. We could make a family decision to donate to a charity in place of giving each other gifts. Then they have a list of strategies to cope when stress rears its ugly head. Ah yes...

1. Accept your feelings; they are neither right nor wrong. They are just your feelings. You don’t have to be in the best holiday mood all of the time because it is the holiday season.

2. Reach out to others if you are feeling lonely or down. Call someone to get together. Volunteer or join a class. In other words, be with others.

3. Get organized by developing a holiday plan ahead of time before the crazy busyness sets in. Set aside time for all of your activities and get it on your calendar. Include preparation time as needed.

4. Know thyself. Know your limits and when to set “no”. Others will understand if you cannot commit to everything. Don’t take on more than you can handle as this makes you angry and resentful.

5. Take time to breathe. Spend 10 minutes daily being alone to relax and focus on breathing. You can listen to music or not when you do this breathing exercise. Prayer with this breathing exercise is very helpful to center yourself.

6. Move it. Schedule time in your day for exercise i.e. walking, yoga etc. Gentle stretching before sleep at night will promote relaxation and help you get a better night's sleep.

7. Delegate tasks to others so you do not take it all on your own shoulders.

8. Zzzz. Healthy sleep habits are essential. Try to get 8 hours per night. You may have to avoid caffeine after noon. Turn your worries over to God. He can handle them while you sleep.

9. Healthy eating is important as we can be so tempted to indulge in sweets. Drink a large glass of water before a holiday party so you will feel more full, and try not to pick at food. Try eating carrots before a party to reduce your appetite.

10. See professional help if needed if you cannot get through the sadness or depression that you are experiencing. The holidays can be a very hard time for those who are grieving. Above all, go easy on yourself. It is ok to make mistakes. Try to focus on one positive idea or a favorite scripture each day and reflect at bedtime to see how you did with this focus. You have friends at FCC who are willing to help and support you through the holidays.



UPCOMING CHRISTMAS HOLIDAY EVENTS AND SERVICES

Hanging of the Greens will take place Saturday, November 28, from 9:00 - Noon. This is an all-church activity to make the sanctuary beautiful prior to the first Sunday in Advent. Your reward will be coffee, doughnuts, the fellowship of working together, and the satisfaction of creating an uplifting space for worship in December.



Advent Worship Schedule

1st Advent – November 29th – Poinsettia Orders Due

2nd Advent – December 6th

3rd Advent – December 13th – Lessons and Carols

4th Advent – December 20th – Children's Program and Soup Luncheon Following

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

SPECIAL ADVENT SERVICES – VOLUNTEERS NEEDED

As part of December worship, we need families/individuals to be part of our advent candle lighting. If you would like to volunteer for this, please contact the church office.

We are also seeking volunteers for the Lessons and Carols service. If you would be interested in reading one of the Lessons please contact the church office.



| ~ November 2015 ~ | | | | | | |
|--|--|---|--|--|-------------------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 Daylight Saving Time Ends Communion Youth Fall-Halloween Bash Following Worship | 2 AA group meeting 6:30pm Fireside Room | 3 Election Day | 4 Men's Breakfast 7am PEO Meeting at Noon | 5 Deacons Meeting At 7pm | 6 | 7 |
| 8 CE Meeting before Worship Outreach Meeting Following worship | 9 AA group meeting 6:30pm Fireside Room | 10 Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm | 11 Veterans' Day | 12 | 13 | 14 |
| 15 Parlor Dedication following worship | 16 AA group meeting 6:30pm Fireside Room YACP Concert Full Building 4-9:30pm | 17 Madeleine Choir School Basketball Practice 7-8:30pm | 18 Council Meeting 7pm Clarion Deadline | 19 | 20 | 21 |
| 22 Congregation Informational Meeting to discuss church survey following worship | 23 AA group meeting 6:30pm Fireside Room YACP Concert Full Building 4-9:30pm | 24 Madeleine Choir School Basketball Practice 7-8:30pm | 25 | 26 Thanksgiving Day Thanksgiving Worship Service 10am Office Closed | 27 Office Closed | 28 Hanging of the Greens at 9am |
| 29 1st Advent Family Sunday Sandwich Making and Serving | 30 AA group meeting 6:30pm Fireside Room | Notes: | | | | |

~ December 2015 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|--------------------------------------|---|
| | | 1 Madeleine Choir School Basketball Practice 7-8:30pm | 2 Men's Breakfast 7am | 3 | 4 | 5 |
| 6 2 nd Advent | 7 AA group Meeting 6:30pm Fireside Room | 8 Trustees Meeting 7pm Madeleine Choir School Basketball Practice 7-8:30pm | 9 | 10 | 11 | 12 |
| 13 3 rd Advent Lessons and Carols Alternative Gift Market following Worship CE Meeting Before Worship Outreach Meeting following Worship | 14 AA group Meeting 6:30pm Fireside Room | 15 Madeleine Choir School Basketball Practice 7-8:30pm | 16 Council Meeting 7pm Clarion Deadline | 17 | 18 | 19 Food Bank Workday 10am - Noon |
| 20 4 th Advent Children's Pageant and meet with Santa Following Worship | 21 AA group Meeting 6:30pm Fireside Room | 22 Winter Solstice (Northern) Madeleine Choir School Basketball Practice 7-8:30pm | 23 | 24 Office Closed Christmas Eve Service 7:30pm Nursery Care Provided | 25 Christmas Office Closed | 26 |
| 27 Family Sunday | 28 AA group Meeting 6:30pm Fireside Room | 29 Madeleine Choir School Basketball Practice 7-8:30pm Office Closed | 30 Office Open in the morning hours | 31 Office Open in the morning hours | Notes: | |

TREASURER'S REPORT

For Period Ending September 30, 2015

| CHURCH GENERAL FUND | September | Fiscal Year-to- Date |
|---|------------------|---------------------------------|
| Unrestricted Contributions | \$7,288.25 | \$33,319.75 |
| + Other Unrestricted Revenue | \$7,416.79 | \$23,594.85 |
| + Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust | \$860.29 | \$948.29 |
| = Total Income | \$15,565.33 | \$57,862.89 |
| Total Expenses | -\$15,365.78 | -\$53,488.25 |
| = <i>Net General Fund Surplus (-Deficit)</i> | <i>\$199.55</i> | <i>\$4,374.64</i> |

Data for comparison

| | |
|--|--------------|
| YTD Budgeted Unrestricted Contributions | \$41,152.00 |
| YTD Budgeted Total Income | \$56,443.00 |
| YTD Budgeted Total Expenses | -\$58,526.84 |
| Amt YTD Surplus is ahead of (+) or behind (-) Budget | \$6,458.48 |

DESIGNATED ACCOUNTS

| | September | Fiscal Year-to- Date |
|---|------------------|---------------------------------|
| Designated Contributions | | |
| All Outreach Contributions | \$896.00 | \$2,170.00 |
| Other Designated Contributions | \$0.00 | \$155.00 |
| = <i>Total Designated Contributions</i> | <i>\$896.00</i> | <i>\$2,325.00</i> |

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

November 2015

ADDRESS SERVICE REQUESTED