

CONGREGATIONAL CLARION

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

November 2018



First Congregational Church

2150 S. Foothill Drive

Salt Lake City, Utah 84109

Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

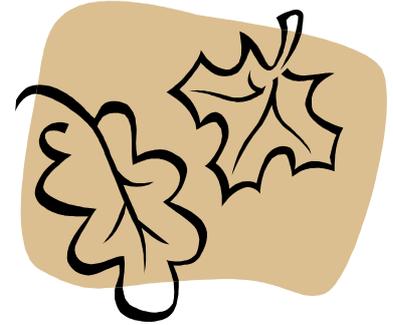
Friday: 8:00am – Noon

Sunday Worship Services:

Morning Brew at 9:30am

Traditional Worship at 11:00am

Nursery Provided



Senior Minister:	Rev. Marijke Rossi
Moderator:	Marge Kimes
1st Assoc. Moderator:	Wendy Haupt
2nd Assoc. Moderator:	
Treasurer:	Scott Hansen
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Ron Sawdey
Board of Deacons:	Carla McIntire
Outreach Board:	Joanna Hart
Christian Education:	Kevin Haupt
Youth Director:	Molly Connor
Membership Board:	Cissy Wolff
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

NOVEMBER WORSHIP SCHEDULE

November 4 Daylight Savings Time
Camp Sunday
Sermon: "History-Freedom"
Scriptures: Psalm 146, Mark 12:28-34

November 11 Communion
Veteran's Day
Sermon: "History-Fellowship"
Scriptures: Psalm 127, I Corinthians 1:4-10

November 18
Sermon: "History-Faith"
Scriptures: Psalm 16, Romans 4:18-5:5

HOLLADAY CITY – INTERFAITH SERVICE

AND FOOD DRIVE - November 18, 2018 @6:00pm

This year the Devotional will be held at the **First Congregational Church at 6:00 pm located at 2150 S. Foothill Drive**. Food items will be collected that evening at the devotional.

November 25 Christ the King Sunday
Sermon: "History-Christ the King, Head of the Church"
Scriptures: Psalm 93, Luke 23:1-3

TIME CHANGE Remember to move your clocks back (FALL BACK) for Sunday, November 4.



November is a time of thanksgiving for all that we have. We are grateful for our families, pets, homes, income and many other things. We are grateful for our church and the freedom we have in being part of the rich heritage of the Congregational Church. The sermons in November will relate to the history of the Congregational Church and will quote *The Congregational Way of Life* by Arthur A Rouner, Jr. In the introduction Rouner states this about the freedom we are so proud of;

The reason they (the church in Scrooby, England) wanted to be free was so that no canon laws, no disciplines, nor any state edicts could ever take the place of Christ—ever keep Him away from His Church. They were not anarchists. They did not want freedom for its own sake. It was so they could be free to obey only Christ that they sought freedom.... Freedom was their treasure because only in freedom could they be fully open to hear the Word that their Lord was speaking in their midst.

The polity and structural organization meant little to the pilgrims. The Gospel meant everything. I believe it is at this point that we American Congregationalists have betrayed our heritage. For too many of us—our concern for church liberty has become a political concern. We have stood for freedom not so that Christ could tell us what to do, but so that no one could tell us what to do. When spiritual and evangelical liberty become substituted by this rational and political liberty, then the driving force, the enthusiasm and motivation of free churches soon dies.

When this has happened to a congregational church it forfeits its claim to being a truly New Testament Church. Such a church may be a kind of club, or fraternity, but not a church. And I do not mean churches that are remote and distant. I do not mean anybody else's church. Every Congregational church you know is in danger of this perversion.

The danger can be averted only by a deeper understanding on the part of every Congregational layman both of his church and the Lord.

(PP 8-9)

This quote is as true today as it was when written in the 70's. The goal for the Separatists and the Puritans was to have a church free of distractions from listening to God.

My question for us is, are we having trouble with our mission and goals for the future because we have lost our way? The Congregational way and the Way of Christ are the same. If we

truly know that the Way is our way, then our mission is simple. We are a group of Christians who care deeply about each other, our church and God's kingdom here and now. We have the ability to know where we are headed and what our goals are, together with God. The freedom we have in the Way we have community is a great thing. Our freedom is what others seek. We share it now. Maybe we need to do it a little louder. Let us join together in thankfulness that we can get back on to The Way. May we be blessed every day with the leading of Jesus. May we know that God is with us, within us and all around us. Amen

MODERATOR'S MOMENT

It is hard to believe we are coming into November, the holidays and soon the end of 2018. FCC has stayed busy with our usual pursuits and we look forward to fun times over Thanksgiving, Christmas and a New Year.

I have been reviewing my notes from my visit to the NACCC meeting early in the summer and thought I would share some of it with you. I attended workshops which I thought could pertain to our community or faith. The first was one titled "Revitalization" presented by Dawn Carlson from Indiana and Ian Macdonald from California. The synopsis said church revitalization is much more than just people packing the pews. It is more than bodies, budgets and buildings. It is taking a church from where it is to where God wants it to be. I feel that is where we are today. We are trying to determine where God wants us to be.

Churches worship money and buildings. Predictions are that 100,000 will close over the next decade. We must revitalize the people so that God can help us change and grow. It takes a team and we are working on asking the hard questions needed to clarify why we exist and where we want to go.

We need to have faith over fear. We need to commit to prayer, mission, learning, a sense of purpose, and bold preaching. Healthy churches can thrive and strengthen with spiritually healthy people. We can start with small ideas, go out in our community and build on small successes. We can do this together. Join me.

Take care, I love you all. Marge

Christian Education Board November Schedule

Sunday School will include a Thanksgiving Feast on November 18, 2018. The Youth will also be going bowling after church on that day.



Don't miss the fun, a feast with your friends during Sunday School and then bowling after church. Be sure to bring your friends and \$5 for the bowling.



The annual Christmas pageant will be on December 16, 2018 during the church service. Lunch will be served after church and a special guest will visit shortly after lunch.

Youth Sabbath will be on March 10, 2019. Over the next few months, the church Youth will create a video about the bible in preparation for the service on March 10. They will then show the video and assist with the church service on that day.

NOVEMBER OUTREACH

During the month of November, we will collect financial donations for a local project called “Shalom, Salaam, Tikkun-Olam, & Peace: A Christmas Project of Hope and Cheer”. (Tikkun Olam means “helping to repair the world”). This is sponsored by the Council of Jewish Women in coordination with members and friends of Utah’s Jewish and Muslim communities. They collect clothing and food to distribute on Christmas Day while Christians are celebrating the holiday. The recipients of the food and clothing are refugees, homebound seniors, women & children in the domestic violence shelters, and single women headed households in poverty.

In previous years, they provided clothing (new and slightly used) as well as a meal to over 1500 people. Financial contributions will help them to purchase needed items like clothing, diapers, and food that will be prepared as a meal. Volunteers then deliver the items and the meals on Christmas Day.

OUTREACH HOLIDAY ACTIVITIES

Throughout November, we will collect food donations (Share the Harvest) for the Utah Food Bank. There will be a bin in the Narthex for donations.

In December, we will have the Share the Warmth tree up in the Narthex. We collect hats, gloves, scarves, socks, coats for people in need. We take the donated clothing to the Fire Department for them to distribute to individuals who are out of their homes and in need.

We will not be doing a Sub for Santa this year due to the many other activities for the members on the Outreach Board.

On Dec 8th, there will be an opportunity to sort food at the Utah Food Bank from 10-12. Also on that day, there will be a blood drive from 9-2 in our gym run by the American Red Cross. Sign-ups to donate blood will begin in mid-November.

SHARE THE HARVEST



This year we are beginning our winter food drive; Share the Harvest 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. Thank you for supporting this worthy cause.

FROM THE BOARD OF DEACONS

Dear friends,

In November we remember our Congregational heritage. Our history often has lessons that are meaningful even today. Consider the episode of the founding of Salem, the first Puritan settlement in New England. The Puritans didn't like the Separatists in the beginning, and thought them too radical for making a complete break from the Church of England. Then the early settlement of Salem was beset by illness that threatened to take away half their population. William Bradford, the Separatist leader in Plymouth Colony, remembered how his own people had suffered so in their first winter, and sent Samuel Fuller—the only physician in New England at the time—to go to Salem and care for the sick. During Fuller's stay in Salem, his acts of kindness as well as his conversations with John Endicott, Salem's leader, changed the whole spirit of the relationship between Separatists and Puritans. Endicott acknowledged that the Plymouth settlers were truly Christian, and the two colonies would work together as allies from then on. A little kindness goes a long way!

On Thanksgiving Day, we will once again hold a simple worship service recalling the ways of our Pilgrim forebears and share a potluck meal. Please consider coming, and bring a friend

or relative who might not have somewhere else to go to celebrate that day.

Peace and blessings,
Ken Rockwell, for the Board of Deacons

GARDEN of GRACE Fall Kudos

Great Thanks to all those who lent a helping hand at the Garden of Grace Fall Replenish Day. Unbeknown-st, I had broken my middle toe on my right foot three days before, so it was especially appreciated.

KUDOS to: Staci & Blake Brodrick

Dianne Forster-Burke

Jon, Ryan & Scott Hansen

Paul Kelley & Susan Olson

Yarka Pala

Cissy Wolff



The garden survived a long hot summer.
We clipped bushes & weeded.

Planted new succulent Ice Plant ground covers along the East sidewalk.

Recommended by Millcreek Gardens. It is tolerant to the heat, dry soil and winter salt.

Mums were planted near the Peace Pole and Plumbago near the south stone pathway.

Preen & mulch was added to prevent weeds.

It was a great team effort! Enjoy the Garden with its fresh herbs if you need for holiday cooking. Regards, Jeanne Hansen

Parish Nurse Health Tip



12 Reasons You Have No Energy

Wondering why you need or want a nap? Take a look at your routine.

Stuck in a midday slump? Tired by 7:00 pm? Change these habits right now for an instant energy boost. Christmas Is Coming! Let's get with it!



You'd be hard-pressed to find someone who doesn't hit snooze or experience the midafternoon slump every once in a while, but if you constantly feel like you're dragging, it may be time to take a closer look at your routine. If you don't have a related health condition and are getting enough shuteye each night, you may be to blame for the constant fatigue. Here are 12 energy zapping habits that you can change today.

1. **You're eating too much sugar.** While the candy jar is an obvious culprit, refined carbohydrates like white bread and rice, chips, and cereal are a major source of sugar, too. This type of simple sugar is digested quickly by the body, leading to a dip in blood sugar levels that leaves you feeling fatigued. Be sure to replace refined carbs with whole grain varieties for a lasting energy boost.
2. **You aren't exercising enough.** It may seem counterintuitive that exerting energy will actually increase it, but adding a workout to your daily routine will give you a short-term energy boost. Plus, regular exercise improves sleep quality, which will ultimately leave you feeling more well rested.
3. **You're skipping breakfast.** Skipping breakfast can definitely contribute to low energy in the morning. It's important to give your body good fuel to start the day after an extended period of fasting. Without this fuel, your body is running on empty – leaving you famished by lunchtime and more likely to make unhealthy choices that will cause that midafternoon dip in blood sugar. Try to combine healthy carbohydrates, like fruit, veggies, and whole grains, with a protein source, such as eggs, nuts, or dairy. The carbs give you an initial boost, and the protein helps sustain you until your next meal.
4. **You're sitting too much.** Not only is sitting for prolonged periods of time harmful to your health (just one hour of sitting affects your heart!), but it's a major energy zapper as well. Standing up and moving for even a few minutes helps get your blood circulating through your body and increases the oxygen in your blood,

ultimately sending more oxygen to your brain which increases alertness. Get up from your desk or chair and keep your blood pumping.

5. **You're drinking too much caffeine.** Whether it's a can of soda or constant refills of your coffee mug, many of the beverages we reach for when we feel tired are packed with caffeine – a stimulant that will give you a quick jolt, but can also leave you crashing soon after if you ingest too much. Plus, if you're drinking caffeinated beverages into the afternoon, they may start to have an effect on your sleep quality. If you're a coffee drinker, switch to water late-morning and replace soda with seltzer for a bubbly afternoon pick-me-up without the crash.

6. **You're dehydrated.** We all know the importance of drinking enough water – and even mild dehydration can have adverse effects on your energy level, mood, and concentration. Aim for at least one glass of water per hour, and be sure to fill your water bottle up even more if you're doing strenuous activity or are outdoors in high temperatures.

7. **You have poor posture.** A study found that slouched walking, decreased energy levels while exacerbating symptoms of depression. The good news: Simply altering body posture to a more upright position instantly boosted mood and energy, while enabling participants to more easily come up with positive thoughts. So sit up straight! Set reminders on your phone or calendar throughout the day to remind yourself to check in with your posture and straighten up.

8. **You're not snacking smart.** If you're running to the vending machine for a quick afternoon snack, your selection – most likely high in simple carbs and sugar – will take your energy levels in the wrong direction. Instead choose a snack that has a combo of protein and complex carbs for an energy boost that will last throughout the afternoon. Think trail mix, veggies and hummus, or peanut butter on whole-wheat toast.

9. **You are not getting enough high-quality sleep.** Inadequate or poor-quality sleep is a common cause of fatigue. Getting several hours of uninterrupted sleep allows your body and brain to recharge, allowing you to feel energized during the day.

10. **You are not getting enough protein.** Consuming protein has been shown to boost your metabolic rate more than carbs or fat do. In addition to aiding weight loss, this may also help prevent tiredness. Eat high-protein foods like fish, meat, eggs and beans at least twice a day. Consuming adequate protein is important for keeping your metabolism up and preventing fatigue.

11. **You are relying on energy drinks.** Unfortunately, these energy drinks are also likely to set you up for rebound fatigue when the effects of the caffeine and sugar wear off.

12. **You are dealing with too much stress.** Chronic stress may have a profound effect on your energy levels and quality of life. Although some day-to-day stress is normal and helps us “get stuff done”. An excessive level of stress leads to

increased fatigue. In addition, your response to stress can influence how tired you feel.

The Bottom Line

- There are many possible causes for feeling chronically tired.
- It's important to rule out medical conditions first, as fatigue can sometimes accompany illness.
- However, feeling overly tired may be related to what you eat and drink, how much activity you get or the way you manage stress.
- The good news is that making a few lifestyle changes may very well improve your energy levels and overall quality of life.



Source: Brianna Steinhilber, Everyday Health, 3/2015,
Johannah Sakimura, MS, Everyday Health Blogger, Franziska
Spritzler, RD, April 3, 2017

UPCOMING CHRISTMAS HOLIDAY EVENTS AND SERVICES

Hanging of the Greens will take place Saturday, December 1st, 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 – December 2nd

2nd Advent – December 9th

3rd Advent – December 16th

4th Advent – December 23rd

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

November 2018

November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BookGroup @2pm Choir Rehearsal 7pm	2	3
4 Camp Sunday Morning Brew @9:30am Worship @11am Adult Education Following Worship Outreach Meeting @12:15pm	5 Set up for Elections 5pm A Meeting @6:30pm	6 ELECTIONS Gym/Fireside Room and Kitchen all Day Deacons Meeting @7pm	7 Men's Breakfast @7am	8 PEO Meeting @9am – Noon Fireside/Kitchen BookGroup @2pm Choir Rehearsal 7pm	9	10 Council Retreat 8am - Noon
11 Communion Morning Brew @9:30am Worship @11am Adult Education Following Worship	12 Building Rental Armenian Church Concert 5pm – 9pm – Full Building AA Meeting @6:30pm	13 Trustees Meeting @7pm	14 **EARLY CLARION DEADLINE** Please Make a note of this and get your articles into the office at firstcongo@qwestoffice.net Council Meeting @6:30pm	15 BookGroup @2pm Choir Rehearsal 7pm	16	17 Possible Building Rental Utah Crew Gym/Fireside Room Kitchen 5pm – 9pm
18 Morning Brew @9:30am Worship @11am Adult Education Following Worship	19 YACP Youth Orchestra Rental @5:30pm – 9pm Full Building AA Meeting @6:30pm	20	21	22 Thanksgiving Day Worship Service and Lunch @11am Office Closed	23 Office Closed	24
25 Morning Brew @9:30am Worship @11am Adult Education Following Worship	26 AA Meeting @6:30pm	27	28	29 Book Group @2pm Choir Rehearsal 7pm	30	

December 2018

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Hanging of the Greens @9am
2 Camp Sunday 1st Advent Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm Alternative Gift Market Following Worship Outreach Meeting CE Meeting	3 AA Meeting @6:30pm	4 Deacons Meeting @7pm	5 Men's Breakfast @7am	6 Book Group @2pm Choir Rehearsal @7pm	7	8 Blood Drive @9am – Noon in the Gym/Fireside Room Utah Food Bank Workday @10am - Noon
9 Communion 2nd Advent Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	10 AA Meeting @6:30pm	11 Trustees Meeting @7pm	12 Council Meeting @6:30pm Clarion Deadline ** Due to the Christmas Holiday your articles need to be in no later than today. I will be printing December 14th	13 Book Group @2pm Choir Rehearsal @7pm	14	15
16 3rd Advent Children's Pageant Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	17 AA Meeting @6:30pm	18	19	20 Book Group @2pm Choir Rehearsal @7pm	21	22
23 4th Advent Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	24 Christmas Eve Candlelight Service @7:30pm	25 Christmas Day Office closed	26 Office Closed	27 Book Group @2pm Choir Rehearsal @7pm Office open in the morning hours	28 Office open in the morning hours	29
30 1 st Sunday after Christmas Morning Brew @9:30am Worship Service @11am Adult Education @12:30pm	31 AA Meeting @6:30pm News Year's Eve					

TREASURER'S REPORT

For Period Ending September 30, 2018

CHURCH GENERAL FUND	Fiscal Year-to-	
	September	Date
Unrestricted Contributions	\$17,377.00	\$39,211.44
+ Other Unrestricted Revenue	\$5,552.05	\$17,184.63
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$38.00	\$507.00
= Total Income	\$22,967.05	\$56,903.07
Total Expenses	-\$18,874.87	-\$53,887.20
= <i>Net General Fund Surplus (-Deficit)</i>	\$4,092.18	\$3,015.87

Data for comparison

YTD Budgeted Unrestricted Contributions	\$35,753.00
YTD Budgeted Total Income	\$59,473.00
YTD Budgeted Total Expenses	-\$66,813.51
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$10,356.38

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	September	Date
All Outreach Contributions	\$575.00	\$1,428.00
Other Designated Contributions	\$10.00	\$28.00
= <i>Total Designated Contributions</i>	\$585.00	\$1,456.00

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

November 2018

ADDRESS SERVICE REQUESTED