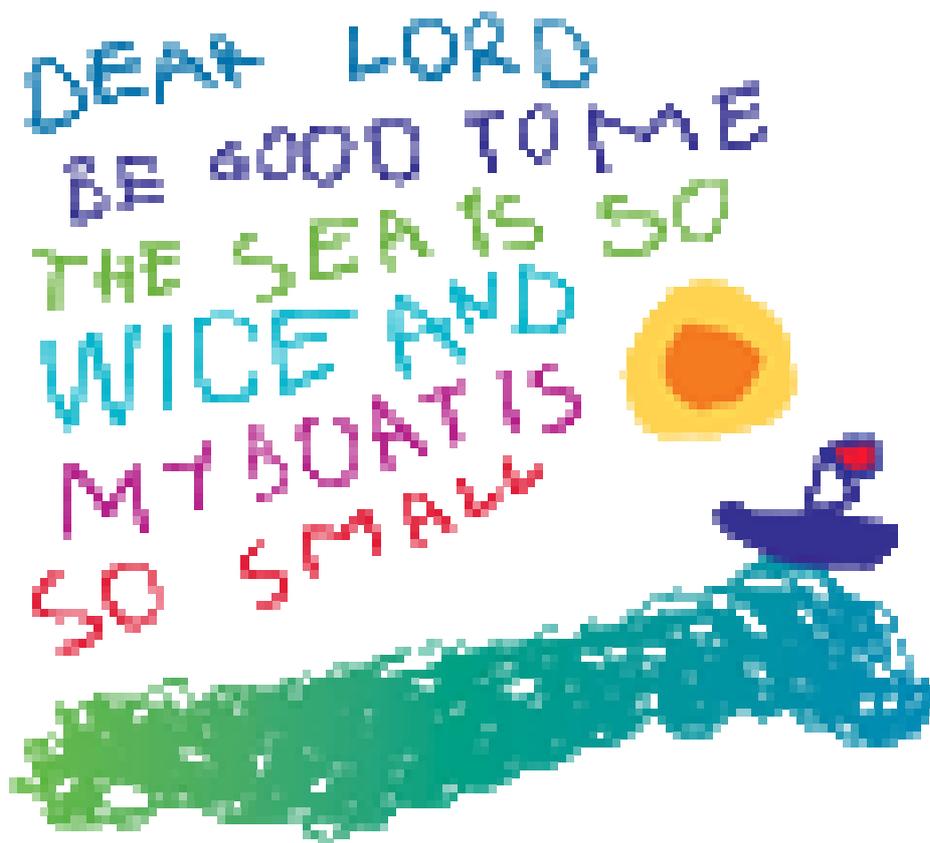


CONGREGATIONAL CLARION

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

October 2015



Children's Defense Fund

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

REFLECTIONS FROM THE REV.....

Rev. Alan Hammond

CADENCE

Bicycling cadence is the speed with which one turns the pedals. Every rider eventually finds their own optimal cadence. Spin the pedals too fast and you bounce up and down on your seat. Grind the pedals slowly and soon your muscles are exhausted and your knees destroyed.

Last summer I took a month long bicycle trip that I called Cadence. I was seeking to recapture the best speed in a life transformed after the cancer took Dorothy. There were slow periods of grieving, exhausting my energy and leaving me weak. There were furious periods of spinning, trying to move forward, forge a new life, that only left me bouncing up and down without any forward progress. Slowly a new cadence emerged that allows me to grow into my new life.

Regardless of what we might call it, we all have struggled to find the right pace in our lives and especially in our faith life. There are many cycling coaches who will try and impose an 'ideal' cadence on their clients. Likewise, there are many faith coaches who imply that there is an ideal balance between a slow life of prayer and an active life of service; between contemplative study and sharing faith discoveries with others. Such an ideal, if it exists, would be unique for each individual and dynamically changing as life changes.

This transition period may be an ideal time to reestablish your individual spiritual cadence. As you do, also reflect on how each unique individual cadence might best blend together and propel this faith community into a new era of its life.

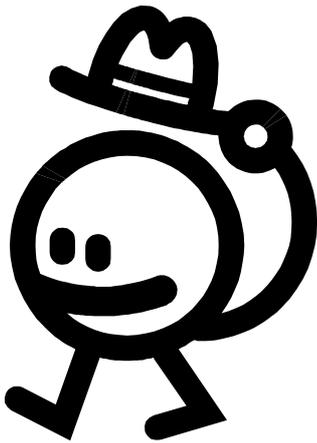
NEXT MONTH CLARION DEADLINE



November Clarion Deadline will be October 21st. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

HATS OFF TO OUR NURSERY VOLUNTEERS



Have you ever accompanied a young child on an airplane? Or maybe you've been sitting next to a parent or child on an airplane or in a doctor's office. The child doesn't understand why they have to be there, and sometimes protests loudly. The parent is nervous and upset because their child is making noise and is worried they are bothering the people around them. This happens in many public places including churches. But not at our church. We are blessed to have a team of volunteers who look after our littlest members during services. These caring volunteers teach, entertain, love the children so the parents are able to have quiet time to focus on the Sunday service, knowing their child is happy and with a caring person. We want to give a big hats off to our nursery volunteers. Thanks for all you do.

Parish Nursing Health Tip

We all love to grill during the summer but cleaning the grill can be a pain, quite literally. Apparently using a wire brush can clean but there is a risk of a wire bristle becoming loose and ending up in your food (i.e. burger).

Lynne Calame's son-in-law (an MD in an Emergency Dept) has had 3 cases this summer of patients who have had bristles stuck in their mouths, esophagus, and throats. The CDC recommends against using wire brushes. So she looked up (of course Lynne did) what are the best/safest ways to clean a grill. She sent along the following for the Clarion:



1. Aluminum Foil
2. Nylon Brush, Char-Broil Nylon, Can be purchased on Amazon
3. Grillstone Cleaning Block, Works like pumice
4. Grillfloss, Might just be the most thorough grill grate cleaning tool on the market. Basically a metal rod with a swivel mounted hook on the end that cleans not just the top of the grate, but all the way around. The limitation is that Grillfloss is designed for metal rod grates, typically of a heavy gauge, and while methodical, it requires that each rod be cleaned individually. This means that it takes more time to get the grates clean. This is the perfect product for the patient person, serious about getting every bit of grime from their grill. Can be purchased on Amazon.
5. Onion, Grillion, An old grill (or griddle) cleaning trick is to take an onion, cut it in half and use the cut side to scrub the hot surface clean. The moisture in the onion steams the surface clean while onion enzymes break down tough, grilled on food. The Grillion is built on this idea and comes with a special onion-cutting knife to give the onion grooves to fit the cooking grates. The cut onion

then goes into a handle so it is easier to hold onto. The handle is certainly easier to work with than a fork. Where do you purchase this ridiculous product? Amazon of course.

Happy and safe grilling!

OCTOBER OUTREACH

In honor of children and of the Children's Sabbath on October 11th, the Outreach Board has chosen the Children's Defense Fund (CDF) as our October financial recipient. CDF is a non-profit child advocacy organization that has worked for over 40 years to ensure a level playing field for all children. They champion policies and programs that lift children out of poverty; protect them from abuse and neglect; and ensure their access to health care, quality education and a moral and spiritual foundation.

The Children's Defense Fund has challenged the United States to raise its standards by improving policies and programs for children. Over the years, they have become known for careful research on children's survival, protection and development in all racial and income groups. Their research also involves independent analyses of how federal and state policies affect children, their families and their communities. Through this work, they have influenced national child policies.

Children's Defense Fund Leave No Child Behind mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. It provides a strong, effective and independent voice for all the children of America who cannot vote, lobby or speak for themselves. They pay particular attention to the needs of poor children, children of color and those with disabilities. CDF educates the nation about the needs of children and encourages

preventive investments before they get sick, drop out of school, get into trouble or suffer family breakdown.

Their current programs include the following:

- The CDF Beat the Odds program that honors outstanding high schools students who have overcome tremendous adversity, demonstrated academic excellence and given back to their communities.
- The CDF Freedom Schools program provides summer and after-school reading enrichment for children who might otherwise not have access to books.
- Youth Development and Leadership program strives to create a generation of leaders who will drive community and national transformations to make long-term improvements for children.

OCTOBER AND NOVEMBER OUTREACH PROJECT

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.



OUR CUP IS HALF FULL ! – Jeanne Hansen

Input from the National Association of Congregational Christian Churches 16 guests from our informal FCC tours last June. Also, from the many Fine Artisan workmen and women from the companies whom have helped us update our new meeting room.

Our past Rev. Karl & Dotti Schimpf were amazed at all of improvements over the years since they had last been FCC: 30 years for Karl and 35 years for Dotti. It was like seeing your child all grown up as an adult.

Here is a composite top 10 list from our visitors:

- 1) They were amazed by the new stained glass Good Shepherd window along with the Walk to Emmaus window.
- 2) The restored Historic Organ in the beautiful Sanctuary with the new carpet.
- 3) They loved the Idea of the Garden of Grace in full bloom with New & Old Testament Pathways and a Pathway to Hope with personalized stones.
- 4) The Fireside Fellowship room with the warmth of a working fireplace and quilts including the new tile floor off of the remodeled kitchen and cool coffee maker.
- 5) The Elevator convenience.
- 6) The Intimate Chapel Space with the historic furniture pieces.
- 7) The 150 years glass display with the historic photos.

8) They thought we had a great location, parking and electronic sign.

9) They liked the large gym space we have for activities and basketball, sports, yoga.

10) They were very excited about our new renovated meeting room with its educational and social possibilities.

Something to ponder. Thanks to all those who helped get us to this place.



Garden of Grace FALL RENEWAL 2015

Sat. October 3rd 9:30am - 12:00pm

Please meet in the xeriscape garden located on the north side of the church for some much needed sprucing up.

Tools and refreshments are provided.

Our garden was a big hit with our guests from the National Association of Christian Churches. They loved the spring flowers, the garden pathways and the peace pole. Lots of photos were taken. Rev. Karl Schimpf said, "We made the Desert Bloom!"

I had a recent Landscape Architecture Graduate from Utah State University take a look at our garden and give some recommendations for our future garden plans. He had some valuable suggestions.

Thank you to Sid Smith for sponsoring the Ruth pathway stone for the Old Testament Pathway. Another personal stone for Sid and Ruth will be forthcoming. Contact us if you would like to order your own pathway stone.

Hope to see you in the sunshine of the Garden of Grace!
Jeanne, Scott & Ryan Hansen - 801.583.0500

Celebrate Our Tradition of Supporting Public Education

Every month during our 150th Anniversary Year we will provide new books to Edison Elementary School. You can order books that will be sent directly to the school by following these steps:

1. Log onto: www.scholastic.com/readingclub
2. Choose the box labeled: First Time Here?
PARENTS Connect to your teacher
3. Enter the Class Activation code: LKMCL and connect
4. This page has flyers for several grades and should say "Welcome to Mrs. Synan's Class."
5. There is a bar across the top of the page listing several grades. Select a grade and choose the book(s) you want to donate. You are welcome to choose books for different grade levels on the same order.
6. After choosing the books, click on the icon that looks like a basket (it is in the upper right hand corner) and go to checkout.
7. You will be asked to create a user account requiring your email address and a password that you create. You may be asked to log in again (your book choices have been saved).
8. Review your order. Under the column "Child's name" choose "Add a Child" from the pull down menu. Connect to the teacher. Type in FCC for the child's first and last name. Choose grade as "Not Available." You do not need to choose gender or birthdate.
9. If your order is correct, continue to checkout
10. Enter your payment information.
11. Submit your order to Teacher.

Thanks for helping Edison Elementary. Save these instructions. You can donate books throughout the year by placing a new order by the first of every month. If you have any questions about ordering, please contact Cissy Wolff at 801-582-2820.

Outreach – Children’s Defense Fund

~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Garden of Grace Work Day 9:30am
4 Camp Fellowship Sunday Communion	5 AA Meeting 6:30pm	6 Deacons Meeting 7pm	7 Men’s Breakfast 7am	8	9	10
11 CE Meeting before worship Outreach Meeting After worship Youth Sabbath	12 <i>Columbus Day</i> AA Meeting 6:30pm	13 Trustees Meeting 7pm	14	15 Kristi Out of Office	16 Kristi Out of Office	17 Church Cleanup 9am - Noon
18 Family Sunday	19 AA Meeting 6:30pm	20	21 Council Meeting 7pm Clarion Deadline	22	23	24 <i>United Nations Day</i>
25	26 AA Meeting 6:30pm	27	28	29	30	31 <i>Halloween</i>

~ November 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Saving Time Ends Communion	2 AA group meeting 6:30pm Fireside Room	3 Election Day Deacons Meeting 7pm	4 Men's Breakfast 7am	5	6	7
8 CE Meeting before Worship Outreach Meeting Following worship	9 AA group meeting 6:30pm Fireside Room	10 Trustees Meeting 7pm	11 Veterans' Day	12	13	14
15	16 AA group meeting 6:30pm Fireside Room	17	18 Council Meeting 7pm Clarion Deadline	19	20	21
22	23 AA group meeting 6:30pm Fireside Room	24	25	26 Thanksgiving Day Thanksgiving Worship Service 10am Office Closed	27 Office Closed	28 Hanging of the Greens
29 1st Advent Sandwich Making and Serving	30 AA group meeting 6:30pm Fireside Room	Notes:				

TREASURER'S REPORT

For Period Ending August 31, 2015

CHURCH GENERAL FUND	August	Fiscal Year-to-Date
Unrestricted Contributions	\$15,041.50	\$26,031.50
+ Other Unrestricted Revenue	\$10,678.47	\$16,178.06
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$38.00	\$88.00
= Total Income	\$25,757.97	\$42,297.56
Total Expenses	-\$15,798.74	-\$38,122.47
= <i>Net General Fund Surplus (-Deficit)</i>	\$9,959.23	\$4,175.09

Data for comparison

YTD Budgeted Unrestricted Contributions	\$26,783.00
YTD Budgeted Total Income	\$48,629.34
YTD Budgeted Total Expenses	-\$50,381.86
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$5,927.61

DESIGNATED ACCOUNTS

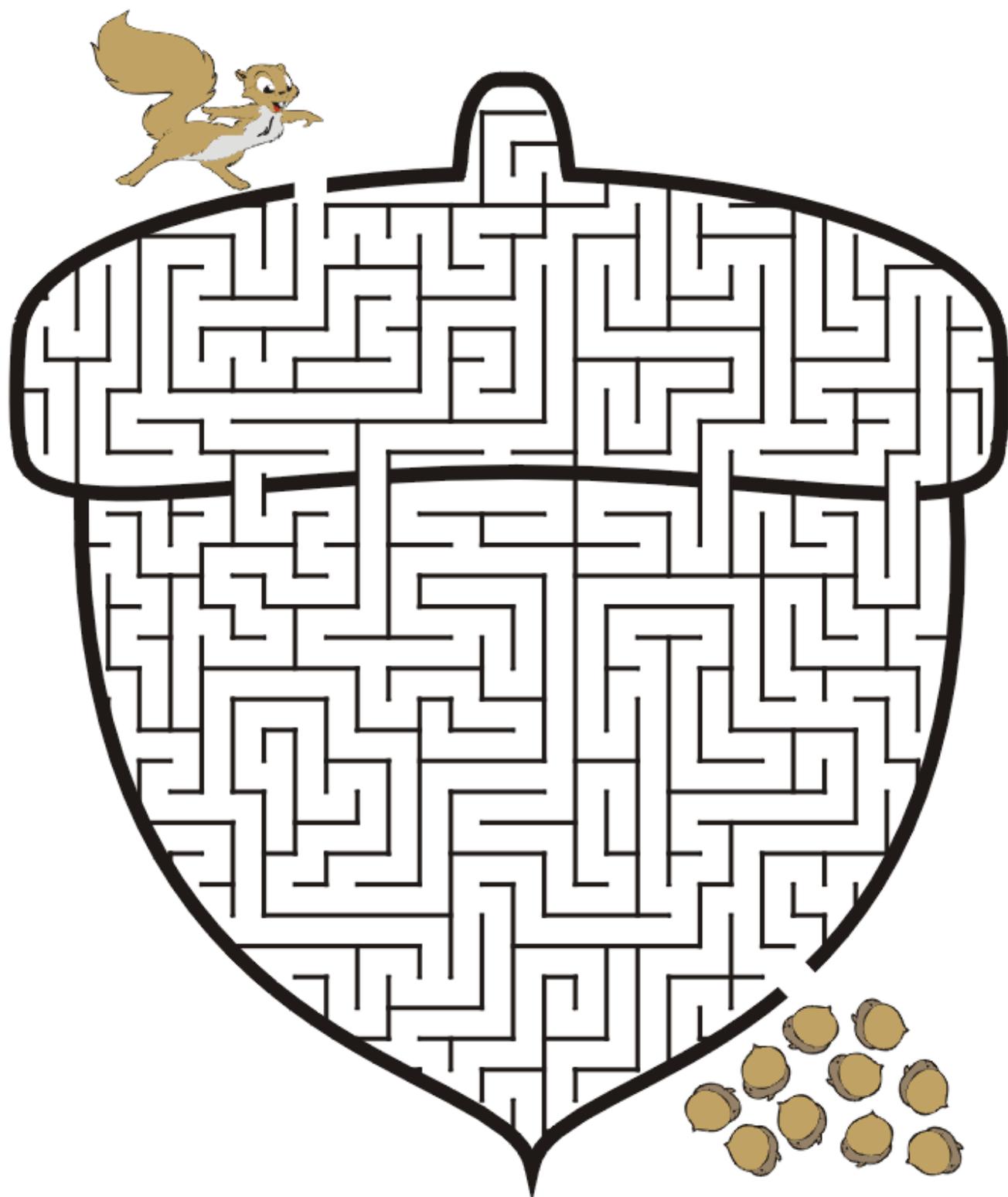
	August	Fiscal Year-to-Date
Designated Contributions		
All Outreach Contributions	\$688.50	\$1,274.00
Other Designated Contributions	\$105.00	\$155.00
= <i>Total Designated Contributions</i>	\$793.50	\$1,429.00

KIDS CORNER

Fall Into God's Word!



Help the squirrel through the maze to find its acorns



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

October 2015

ADDRESS SERVICE REQUESTED