

CONGREGATIONAL CLARION

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

October 2016



WORSHIP SCHEDULE

October 2 Communion/Camp Sunday *suggestions

“Give Us More Faith”

Psalm 37:1-9, Luke 17:5-10

Camp Song 349 Seek Ye First*

Camp Song 422 Amazing Grace*

697 Eat This Bread

Camp Song 595 They'll Know we are Christians *

October 9

Your Faith Has Healed You

Psalm 111, Luke 17:11-19

October 16

Pray Consistently

Psalm 121, Luke 18:1-8

October 23

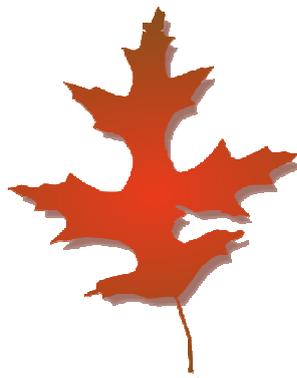
Prayer is relationship

Psalm 84:1-7, Luke 18:9-14

October 30

Restore the lost

Psalm 119:137-144, Luke 19:1-10



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

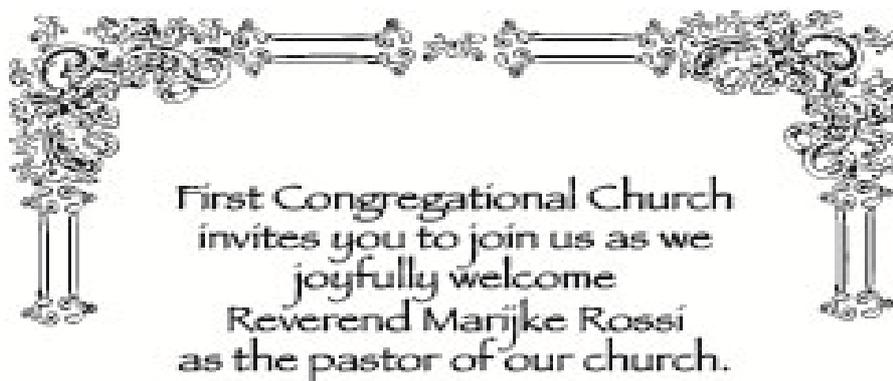
Nursery Provided

Senior Minister:	Rev. Marijke Rossi
Moderator:	Ted Stephenson III
1st Assoc. Moderator:	Tom Simons
2nd Assoc. Moderator:	Marge Kimes
Treasurer:	Scott Hanson
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Mike McIntire
Board of Deacons:	Phil LeHoux
Outreach Board:	Diane Forster-Burke
Christian Education:	TBD
Membership Board:	Wendy Haupt
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. Marijke Rossi

This Month we begin a new chapter in our joining together as church and Pastor. The installation on October 15th will be a bond in covenant that brings us to a more permanent relationship. I enter into this time with joy and thanksgiving. May we thrive and continue to grow into the church we all pray for with God's blessing and love. A big wonderful loving family!



Installation:
Saturday, October 15th

2:00 PM

2150 South Foothill Drive

Reception to follow

Installation Service - This will be held Saturday Oct 15 at 2 PM in our sanctuary. An installation of a minister is a formal celebration of the ministry of a pastor at a church. We will have words of commitment both from Marijke to us and we, the congregation to her. Please join us. There will be light refreshments following the service.

NEXT MONTH CLARION DEADLINE



November Clarion Deadline will be October 19th.
You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

DO YOU WANT TO RECEIVE THE CLARION VIA EMAIL?

If you would like to receive the Clarion via email and save the church some postage please contact the church office and we will add you to the clarion email list. If you are already receiving clarion via email thank you.

Health Tip From Your Parish Nurse



Hey Hillary, What Is Pneumonia?

- A. A Lung infection
- B. A Severe chest cold
- C. An Advanced bronchitis
- D. An unusual result of hepatitis

A. Pneumonia is a type of lung infection caused by bacteria, viruses, or fungi. It can also be caused by inhalation of certain chemicals that irritate the lung tissue. Pneumonia may affect one or both lungs. Bacterial pneumonia can develop on its own, or after a person has had a cold or the flu. Respiratory diseases or viral infections can put people at greater risk for getting bacterial pneumonia. Risk factors for getting bacterial pneumonia include illness, recent surgery, being immune compromised (such as people with HIV/AIDS or cancer or on certain medications), old age, or malnutrition. When the body's immune system is compromised, bacteria that live in healthy throats can move to the lungs, causing pneumonia and systemic infection.

What Is Walking Pneumonia?

- A. A mild case of pneumonia.
- B. Has no symptoms.
- C. Is an upper respiratory infection.
- D. Is a fatal type of pneumonia.

The correct answer is A: A mild case of pneumonia.

Pneumonia Can Be A Life-Threatening Infection

While many cases of pneumonia can be mild such as with walking pneumonia, left untreated some cases of pneumonia can be serious and even life threatening. Thousands of people die or are hospitalized from pneumonia each year. Those most at risk of severe infection from pneumonia include smokers, people with heart or lung disease, infants and young children, adults age 65 and older, and people with chronic medical conditions or weakened immune systems. If you have risk factors for severe pneumonia and you develop a cough that won't go away, shortness of breath, chest pain, fever, or you feel worse after recovering from a cold or the flu, see your health care provider.

What Are The Symptoms Of Pneumonia?

Symptoms of pneumonia may be mild to severe, and can vary depending on your age and health, and what type of pneumonia you have.

- Cough (may produce yellow-green or bloody mucus)
- Fever and chills
- Shortness of breath, sometimes only on exertion
- Chest pain when you cough or inhale deeply
- Headache
- Sweating and clammy skin
- Loss of appetite

- Fatigue
- Confusion (especially in the elderly)

Is Pneumonia Contagious?

This is a tricky question. Technically, pneumonia refers to inflammation of the lungs, which in itself is not contagious. However, causes of pneumonia such as bacteria or viruses can be contagious. Pneumonia-causing bacteria or viruses can be spread from person to person from respiratory droplets in the air, such as when a person coughs or sneezes. These particles can also land on surfaces such as doorknobs or tables, where another person can touch the surface and then their face and become infected. *Mycoplasma pneumoniae* (*M. pneumoniae*) bacteria that often causes walking pneumonia (mild cases), methicillin-resistant *Staphylococcus aureus* (MRSA) bacteria, and tuberculosis are all highly contagious. The period in which a person is contagious can range from one or two days to up to two weeks. If the cause of pneumonia is due to aspiration (inflammation of the lungs that results from inhalation of foreign material, such as food, liquid, saliva, or vomit) it is not contagious.

Pneumonia Is One Of The Top 10 Causes Of Death In The United States.

Combined with influenza, pneumonia is the 8th leading cause of deaths in the United States. According to the Centers for Disease Control (CDC), the leading causes of death are:

1. Heart disease
2. Cancer
3. Chronic lower respiratory diseases
4. Accidents (unintentional injuries)
5. Stroke (cerebrovascular diseases)
6. Alzheimer's disease
7. Diabetes

8. Influenza and **Pneumonia**

9. Nephritis, nephrotic syndrome, and nephrosis

10. Intentional self-harm (suicide)

Is There a Vaccine To Prevent Pneumonia?

- There are currently vaccines to prevent two types of pneumonia. These vaccines won't prevent all cases of pneumonia but they can reduce the risk of severe and life-threatening complications.
- PCV13 (Prevnar 13) is recommended for all children younger than 5 years old, all adults 65 years or older, and people 6 years or older with certain risk factors.
- Pneumococcal polysaccharide vaccine (PPSV23 or Pneumovax) is recommended for children older than 2 years old, and all adults who are 65 years or older who are at high risk for pneumococcal disease. Those at high risk include people who smoke or abuse alcohol, have chronic medical conditions (asthma, diabetes, heart or lung disease, cirrhosis of the liver), weakened immune systems (HIV/AIDS, kidney failure, damaged or removed spleen), sickle cell disease, are taking medication to prevent organ transplant rejection, or are receiving chemotherapy.
- Side effects of pneumonia vaccines are usually mild and temporary, and include injection site reactions (redness, tenderness), low fever, loss of appetite, muscle soreness, or irritability.

Is Pneumonia Treatable?

- Your health care worker will listen to your chest and will probably take an x-ray of your lungs to determine a definitive diagnosis . . . Maybe other blood and lab tests will be done.
- Health care workers use antibiotics to treat pneumonia caused by bacteria.

- Getting started on antibiotics soon after getting pneumonia may help recovery.
- If given antibiotics, **TAKE ALL OF THEM! DON'T STOP BECAUSE YOU FEEL BETTER!**
- Most people see some improvement in symptoms in 2 to 3 days.
- You probably will not have to go to the hospital for pneumonia unless you are over 65 or have a heart condition, diabetes, asthma, liver disease, etc.
- Rest during this time is extremely important.
- Drink plenty of fluids.
- Do not take cough medicines without first talking to your health care provider. Coughing is one way your body works to get rid of an infection. If your cough is preventing you from getting the rest you need, ask your HCP about steps you can take to get relief.
- Typical antibiotics will not work for viral pneumonia; sometimes, however, your HCP may use antiviral medication. Viral pneumonia usually improves in 1 to 3 weeks.



Source: MedicineNet.com/September 2016, Diagnosing and Treating Pneumonia, American Lung Association, September 2016

OUTREACH BOARD

The program that will receive your special offering dollars in October is the YWCA's Women In Jeopardy Shelter Program. The YWCA provides many services to help women who have been the victim of intimate partner violence, including providing emergency and extended shelter to women and their children fleeing from unsafe situations. The program not only provides a bed and basic necessities, but also provides case managers, advocacy partners, transitional housing and help with employment and life skills. Children also receive advocacy help as well as after school and summer camp programs. (information sourced from the YWCAUtah.org website.)

FALL REPLENISH THE GARDEN OF GRACE DAY

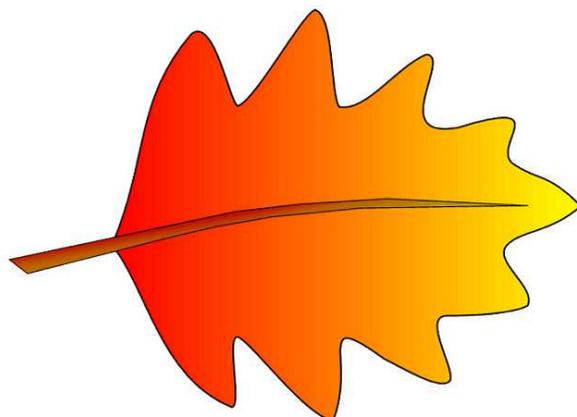
Saturday, October 8th, 9am-noon

It is time to get the garden ready for the fall and the Installation of Rev. Marijke Rossi on Oct. 15, 2016.

Please join us to give the Garden some needed TLC. We will be trimming back bushes, planting a few flowers and add some mulch.

Come for any amount of time you can. We have tools & gloves. Coffee, water & refreshments provided. Any questions call 801.583.0500.

Hope to see you there!
Jeanne Hansen



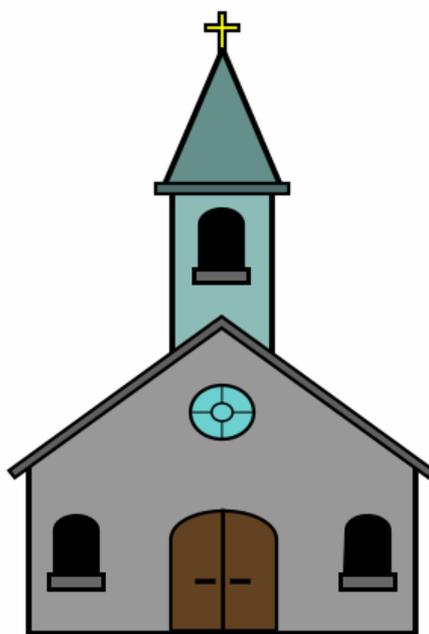
The Deacons' Summary

Written by Judy Weibel

Our new banners for the Narthex have arrived and will be hanging in the Narthex in October. We know they will add a warm, welcoming feeling to our Narthex. The pew pads are still on schedule to arrive within the next two months. These should add a welcomed comfort for all of us.

The choir has rejoined the morning service and is always eager to welcome new members. It is a fun and rewarding way to add to the worship service. You can talk to any choir member or to Devon, our director, if you have any questions. Our summer music was wonderful and we thank everyone who volunteered their musical talents.

Please remember to check the sign-up sheets in the Narthex for flowers, candles, ushers, and liturgists. These are great opportunities for everyone to participate in the service. We are also asking for volunteers to help serve communion on the first Sunday of each month. If you would be interested and willing to do this, please add your name to the sign-up sheet and a Deacon will get in touch with you the week before Communion Sunday. Please ask any Deacon if you have questions or concerns about serving communion.



TREASURER'S REPORT

For Period Ending August 31, 2016

CHURCH GENERAL FUND	Fiscal Year-to-	
	August	Date
Unrestricted Contributions	\$10,380.40	\$25,579.58
+ Other Unrestricted Revenue	\$3,441.53	\$8,776.55
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$819.00	\$972.20
= Total Income	\$14,640.93	\$35,328.33
Total Expenses	-\$17,941.21	-\$36,082.74
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$3,300.28</i>	<i>-\$754.41</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$23,269.00
YTD Budgeted Total Income	\$33,231.00
YTD Budgeted Total Expenses	-\$49,694.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$15,708.59

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	August	Date
All Outreach Contributions	\$495.00	\$1,128.00
Other Designated Contributions	\$1.00	\$0.00
= <i>Total Designated Contributions</i>	<i>\$496.00</i>	<i>\$1,128.00</i>

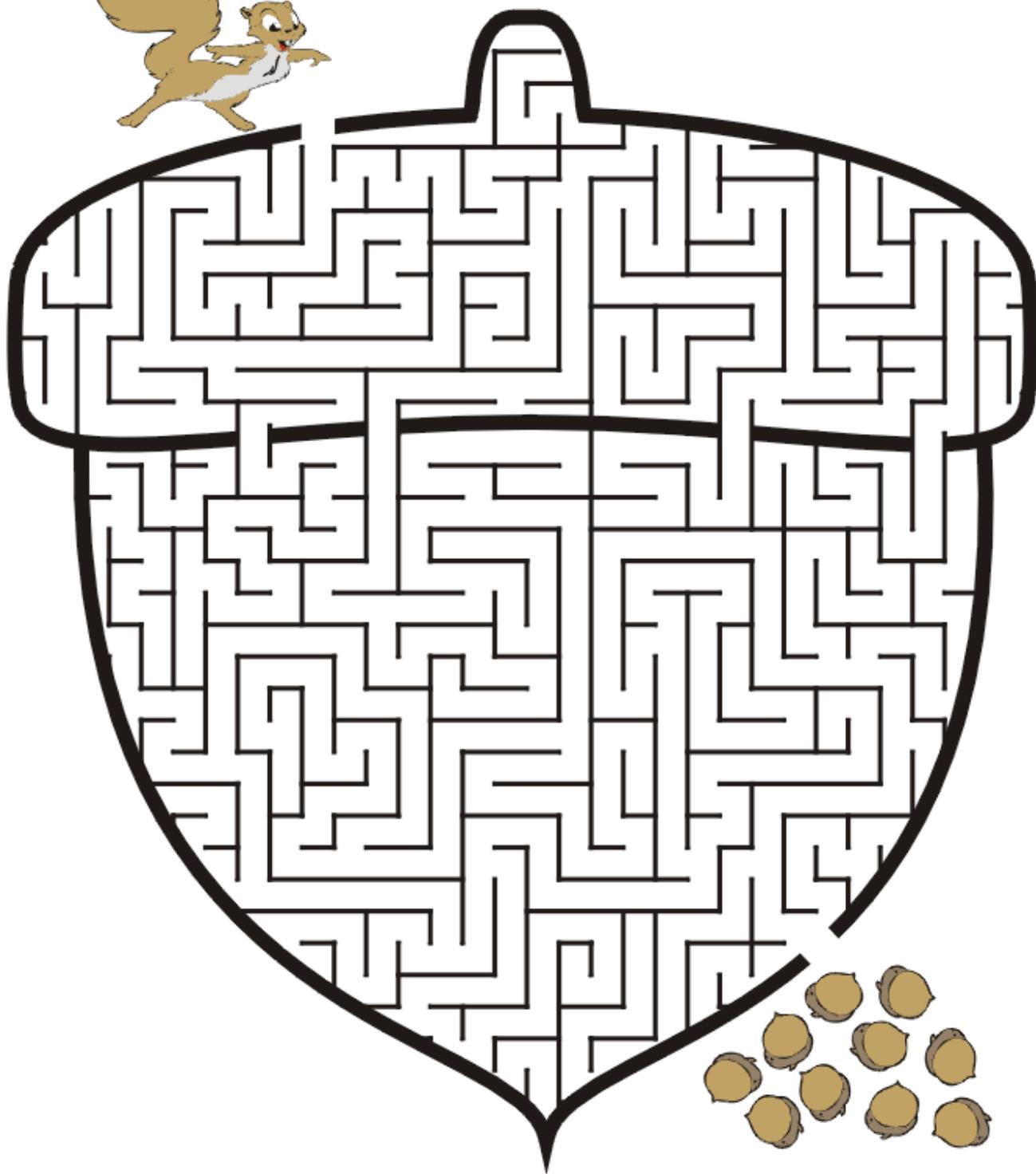
October 2016

October 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Communion Adult Sunday School 12:30pm	3 AA Meeting 6:30pm	4 Deacons Meeting 7pm	5 Community Movie Nights 6:30pm Men's Breakfast 7am	6	7 Women's Retreat	8 Women's Retreat Garden of Grace Work-Day 9am Building Rental Fireside Room/Kitchen/Gym (Marilyn Felkner Family)
9 CE Meeting before Worship Outreach Meeting After Worship Adult Sunday School 12:30pm	10 AA Meeting 6:30pm	11 Trustees Meeting 7pm	12 Community Movie Nights 6:30pm	13	14 Pilgrim Fellowship Activity Cornbelly's Maze Time TBD	15 Rev. Marijke Rossi Installation Service 2pm
16 Youth Sunday Adult Sunday School 12:30pm	17 AA Meeting 6:30pm	18	19 Community Movie Nights 6:30pm Council Meeting 7pm Clarion Deadline	20	21	22
23 Family Sunday Adult Sunday School 12:30pm	24 AA Meeting 6:30pm	25	26 Community Movie Nights 6:30pm	27	28	29
30 Sandwich Making Following Worship Halloween Party Time TBD	31 AA Meeting 6:30pm	Notes:				

November 2016

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Deacons Meeting 7pm	2 Men's Breakfast 7am Community Movie Night 6:30pm	3	4	5
6 Communion Adult Sunday School 12:30pm	7 AA Meeting 6:30pm	8 Trustees Meeting 7pm Elections Fireside Room all day PEO – Parlor 6:30pm-10pm (Diane Simons Group)	9 Community Movie Night 6:30pm PEO – Fireside Room and Kitchen 11am – 3pm (Alice Stephenson's Group)	10 PEO Meeting 10am Kitchen/Fireside (Diane Simons)	11	12
13 CE Meeting before Worship Outreach Meeting Following Worship Adult Sunday School 12:30pm	14 AA Meeting 6:30pm	15	16 Community Movie Night 6:30pm Council Meeting 7pm Clarion Deadline	17	18	19 Building Rental Kitchen/Fireside Room 6pm – 9pm
20 Adult Sunday School 12:30pm	21 AA Meeting 6:30pm	22	23 Community Movie Night 6:30pm	24 Thanksgiving Day Office Closed	25 Office Closed	26
27 Family Sunday 1 st Advent Adult Sunday School 12:30pm	28 AA Meeting 6:30pm	29	30 Community Movie Night 6:30pm	Notes:		

Help the squirrel through the maze to find its acorns



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

October 2016

ADDRESS SERVICE REQUESTED