

# CONGREGATIONAL CLARION

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

October 2018



**First Congregational Church**

**2150 S. Foothill Drive**

**Salt Lake City, Utah 84109**

Phone: (801) 487-1357

Email: [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

Website: [www.firstcongregationalslc.org](http://www.firstcongregationalslc.org)

**Office Hours:**

Tuesday – Thursday: 8:30am – 3:00pm

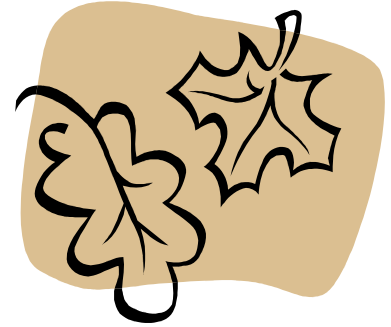
Friday: 8:00am – Noon

**Sunday Worship Services:**

Morning Brew at 9:30am

Traditional Worship at 11:00am

Nursery Provided



<b>Senior Minister:</b>	Rev. Marijke Rossi
<b>Moderator:</b>	Marge Kimes
<b>1<sup>st</sup> Assoc. Moderator:</b>	Wendy Haupt
<b>2<sup>nd</sup> Assoc. Moderator:</b>	
<b>Treasurer:</b>	Scott Hansen
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Ron Sawdey
<b>Board of Deacons:</b>	Carla McIntire
<b>Outreach Board:</b>	Joanna Hart
<b>Christian Education:</b>	Kevin Haupt
<b>Youth Director:</b>	Molly Connor
<b>Membership Board:</b>	Cissy Wolff
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes, Lynne Calame
<b>Camp Fellowship:</b>	Christine Madsen and Shaun McIntire
<b>Garden of Grace:</b>	Scott & Jeanne Hansen
<b>Choir Director:</b>	Devon Bettolo
<b>Organist:</b>	Teresa Clawson
<b>Church Secretary:</b>	Kristi Hanson

## **OCTOBER WORSHIP SCHEDULE**



October 7 - Camp Sunday  
Visioning Our Future Committee  
Scriptures: Mark 10:2-16, Psalm 26

October 14 - Communion  
Sermon: What Does It Take To Get To Heaven?  
Scriptures: Psalm 90:12-17, Mark 10:17-31

October 21  
Sermon: Fitting in as Kingdom People  
Scriptures: Psalm 91:9-16, Mark 10:35-45

October 27 - Saturday  
Animal Blessing

October 28  
Sermon: How Do We "See" God's Love?  
Scriptures: Psalm 126, Mark 10:46-52

### **NEXT MONTH CLARION DEADLINE**



November Clarion Deadline will be October 17th.  
You can email your articles or leave them in the church  
office. [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

## **REFLECTIONS FROM THE REV.....**

Rev. Marijke Rossi

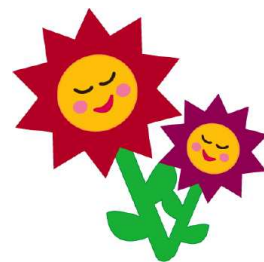
Blessings to all as we are in full swing autumn. May we feel the blessing of the changing season and be joyful in it. We have had busy exciting things happening. Ashton McDonald and Bruce Wycoff joined as new members on September 30<sup>th</sup> during the Hymn-sing Sunday celebration. We are so happy to welcome them as new members in covenant. We are also happy for Rev. Joanna as she began her residency program at St Marks Hospital. The NACCC has confirmed that Joanna is now on the list of Congregational pastors. As we work toward the kingdom of God here on earth and in our community, let us think about what it is that we need to accomplish as a church toward that goal. The visioning/Futures committee members will be leading worship on October 7<sup>th</sup> while I am away. Your voice is so important so please let the visioning team know how you feel about the future of our church. I leave you with a copy of our Vision/Mission statement and a quote I saw recently:

First Congregational Church is a welcoming Christian community, anchored in Faith, community service, and worship that:

- Encourages and values diversity of thought and belief,
- Supports each individual's faith journey, and
- Provides a spiritual home in which to find purpose and fellowship.

“It is not hard to make decisions when you know what your values are.” By Roy Disney

## **BOARD OF DEACONS**



The Deacons continue to work together to make our worship services meaningful and enjoyable. Two Deacons are busy on Sunday mornings...one to liturgize and one to prepare the sanctuary for worship. We appreciate having other volunteers do the liturgy. If you have liturgized in the past or have never done it but would like to try it, please sign up on the sheet in the narthex or talk to any Deacon or Marijke. We can explain what you need to do to liturgize and are more than willing to help you prepare.

Over a year ago, the Deacons decided to go with artificial flower arrangements for the Communion Table. We used designated Deacon funds as well as donations from the congregation to purchase these. We would like to have a few more choices of arrangements to display. If you would like to designate a Sunday for someone or something special in your life, you may sign the sheet in the narthex designating the flowers and give your money to the office or in a marked envelope for the offering plate. Your designation will be printed in the bulletin and the funds will be used to buy new arrangements. You are also welcomed to sign up and purchase a live arrangement and bring it to church on that Sunday. Flowers do add to the beauty of our sanctuary.

We are still working on the new banners for the sanctuary. It has taken longer than we thought it would to design and prepare these banners. We are hoping to get these displayed very soon.

World Wide Communion is celebrated in October. We will celebrate this on the second Sunday of October at our scheduled Communion service. Children's Sabbath is also in October. Our youth will participate in the service on a Sunday in October to celebrate Children's Sabbath.

## **FROM THE CHRISTIAN EDUCATION BOARD**



**Halloween Carnival - October 7** - We will have Halloween games and activities for our October Camp Sunday. Be sure to wear your costume.

**Youth Sabbath** – Check with Molly Connor or Kevin Haupt for the exact date of Youth Sabbath. The church youth will assist with the church service for youth Sabbath.

**Cornbelly's** – Check with Molly Connor or Kevin Haupt for the exact date for visiting Cornbelly's at Thanksgiving Point. This is always a fun activity through the corn maze and all the other games to be found at Cornbelly's. Please bring your friends and \$5 each to cover the entrance price.

## **OCTOBER OUTREACH**

The Volunteers of America in Salt Lake City will be the financial recipient for Outreach donations for the month of October. The Volunteers of America in Salt Lake City has a variety of programs that they offer. One program is for homeless teens. Through their Street Outreach program, they're able to gain the trust of these youth and offer much-needed services at VOA's Youth Resource Center for homeless teens. At first, teens may come to the Youth Resource Center for a shower, to do laundry, or get some food. Once trust is built, the VOA can serve them in more meaningful ways. The VOA staff can work with the teens to explore what led to homelessness and to offer services to help teens to transform their lives. Each year, they serve about 800 teens through this facility. They offer emergency shelter beds, 24/7 assistance, three meals a day and free legal services through our *Homeless Youth Legal Clinic*. They also offer programs dedicated to education assistance, job training, counseling, and volunteer-run groups. For more information about their services you can go to: <https://www.voaut.org/homeless-teen-services>



## **Parish Nurse Health Tip**

### **Women's Heart Attacks: How They Differ From Their Counterparts**

*According to the National Coalition for Women with Heart Disease, some women mistakenly think that only crushing chest pain is a symptom of a heart attack. This misconception causes them to delay seeking medical help.*

1. Sometimes heart attack symptoms are attributed to other health problems, such as indigestion or a panic attack.
2. This is why it is so important to ask your doctor to administer an EKG test or an enzyme blood test.

#### **Early symptoms of heart attack can include the following:**

- mild pain or discomfort in your chest that may come and go, which is also called “stuttering” chest pain
- pain in your shoulders, neck, and jaw
- sweating
- nausea or vomiting
- lightheadedness or fainting
- breathlessness
- feeling of “impending doom”
- severe anxiety or confusion
- standard chest pain/pressure that feels like “an elephant” is sitting on your chest, with a squeezing sensation that may come and go or remain constant and intense
- upper body pain or discomfort, including arms, left shoulder, back, neck, jaw, or stomach
- rapid or irregular heartbeat
- stomach discomfort that feels like indigestion

- shortness of breath, which may leave you feeling like you can't get enough air, even when you're resting
- dizziness or feeling like you're going to pass out
- breaking out in a cold sweat

**Most common heart attack symptoms for men and women:**

- discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- crushing chest pain
- pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- dizziness
- nausea
- clammy sweats
- heart flutters
- paleness
- unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- stomach or abdominal pain
- shortness of breath and difficulty breathing

**Heart attack symptoms found to be more common in women:**

- indigestion or gas-like pain
- dizziness
- unexplained weakness or fatigue
- discomfort or pain between the shoulder blades
- recurring chest discomfort
- sense of impending doom
- pain in the arm (especially left arm), back, neck, abdomen or shoulder blades
- upper back or shoulder pain
- throat pain
- jaw pain
- palpitations
- nausea and vomiting



- overwhelming and unusual fatigue, could last for several days
- light headedness
- sweating
- sleep disturbances
- anxiety
- shortness of breath
- pressure or pain in the center of your chest, which may spread to your arm

**There are additional symptoms of a heart attack that women over the age of 50 may experience:**

- severe chest pain
- pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- rapid or irregular heartbeat
- sweating

**Silent heart attacks are more common among people with diabetes and in those who've had previous heart attacks:**

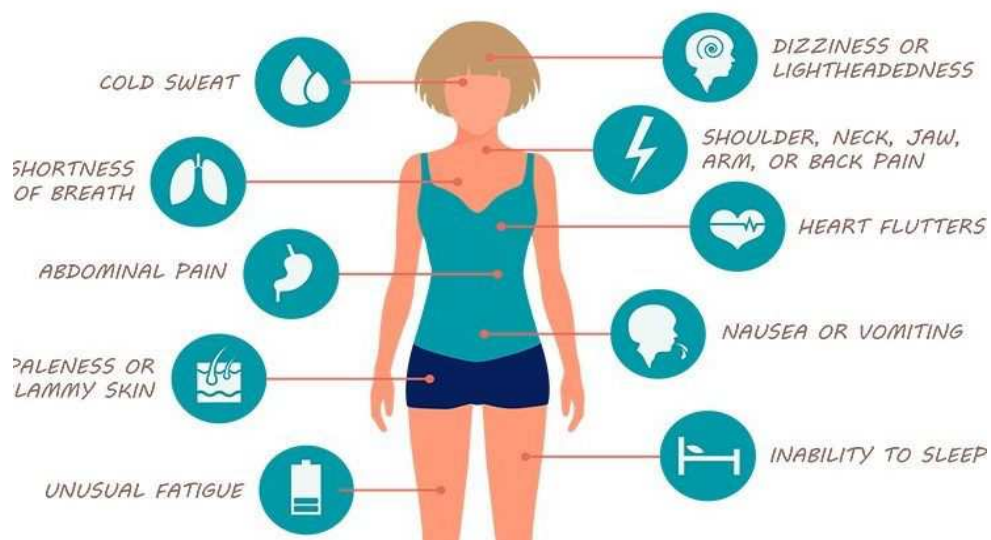
- mild discomfort in your chest, arms, or jaw that goes away after resting
- shortness of breath and tiring easily
- sleep disturbances and increased fatigue
- abdominal pain or heartburn
- skin clamminess
- after having a silent heart attack, you may experience more fatigue than before or find that exercise becomes more difficult

**Your Emergency Action Plan:**

1. Dial 911 immediately, for an ambulance. Get to the hospital quickly.
2. Chew one aspirin. Heart attacks are caused by blood clots in heart arteries, and aspirin helps reduce these clots.
3. Do not waste time trying to reach your own doctor.
4. Don't drive yourself or ask someone else drive you to the hospital. Don't call a cab, or Lyft or Uber.

5. Why? "Because within the first few hours after a heart attack, there is a high risk of sudden fatal arrhythmia (irregular heartbeats), and only ambulances with fire department personnel or paramedics are equipped to revive you should your heart suddenly stop beating.
6. Also, the longer it takes to get treated, the more badly damaged the heart will be.
7. Don't sit around stewing about whether it is a heart attack or not, and you don't want to be embarrassed if the paramedics come and it turns out not to be a heart attack. Worry that you don't call for a fast ride to treatment. Let me see. Death or Embarrassment. We sure will miss you. I know what we will put on your head stone: Dang, I should have called 911!

Sources: John Fernandez, Baptist Health South Florida, February 8, 2013, Healthline Newsletter, Elaine Luo, MD, January 23, 2018, Jeanie L. Davis, WebMD



# TREASURER'S REPORT

## TREASURER'S REPORT

**For Period Ending August 31, 2018**

	August	Fiscal Year-to- Date
CHURCH GENERAL FUND		
Unrestricted Contributions	\$9,764.00	\$23,658.44
+ Other Unrestricted Revenue	\$5,997.48	\$11,632.58
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$431.00	\$469.00
= Total Income	\$16,192.48	\$35,760.02
Total Expenses	-\$16,554.34	-\$35,012.33
= <i>Net General Fund Surplus (-Deficit)</i>	-\$361.86	\$747.69

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$22,962.00
YTD Budgeted Total Income	\$38,604.00
YTD Budgeted Total Expenses	-\$46,738.34
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$8,882.03

### DESIGNATED ACCOUNTS

	August	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$420.00	\$853.00
Other Designated Contributions	\$0.00	\$18.00
- <i>Total Designated Contributions</i>	\$420.00	\$871.00

## COFFEE HOUR AND NURSERY VOLUNTEERS NEEDED



Coffee Hour is an important part of our worship experience on Sunday mornings. It is a time for fellowship and sharing how God is working in our lives. We realize that hosting coffee hour may be an intimidating task. We have gotten feedback that providing treats and goodies is too overwhelming or that the physical nature of setting up and cleaning up is too difficult or that people do not know how to make the coffee. To overcome these barriers and to help more people be able to participate in this important ministry we broke down coffee hour into 5 specific tasks. These are: 1.) setting up the chairs in the fireside room 2.) making the coffee/tea/juice 3.) providing treats 4.) folding the chairs and sweeping the fireside room and 5.) cleaning up after coffee hour.

Having coffee made every Sunday seems to be the most critical task. To avoid having a **No Coffee** Fellowship Time we are trying a computer application called SignUp.com. Many of you received instructions and a link to this SignUp in the weekly update that Kristi sent out. If you received this, be sure to go to the link provided since that link takes you to our specific SignUp.

The individual coffee hour tasks are listed under each Sunday. There are often multiple slots for people to sign up for the same task. We would certainly welcome more than one person to help provide treats, to set up, or to help clean up.

On the SignUp app there are also slots to volunteer for the Nursery. Though we do not have many infants and toddlers here, we always want to be ready to provide child care so that parents can fully experience the worship service.

Please give this SignUp application a try. Let Cissy Wolff know if you have any problems. Feel free to sign up for as many slots as you want on any given Sunday.

Thank you so much for any help you can give to enhance our worship and fellowship.

Please sign up for Coffee Hour and Nursery Volunteers!

Here's how it works in 3 easy steps:

1. Paste this link into your browser to go to our invitation page on SignUp.com: <http://signup.com/login/entry/1013746964083>
2. Enter your email address: (You will NOT need to register an account on SignUp.com)
3. Sign up! Choose your spots - SignUp.com will send you an automated confirmation and reminders. Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact Cissy Wolff at [cissywolff@gmail.com](mailto:cissywolff@gmail.com) or at 801-243-5457 (call or text) and she will sign you up manually.

Please note: We will continue to have paper sign up sheets for Coffee Hour on the bulletin board near the display case. There is a paper sign up sheet for the Nursery outside the Nursery downstairs.

# October 2018

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> AA Meeting (Annual Meeting) 6pm – 8pm in Fireside Room and Kitchen	<b>2</b> Deacons Meeting @ 7pm	<b>3</b> Men's Breakfast @7am	<b>4</b> Book Group @2pm  Choir Rehearsal @7pm	<b>5</b>	<b>6</b>
<b>7</b> Camp Sunday  Morning Brew @9:30am Worship @11am	<b>8</b> AA Meeting @6:30pm	<b>9</b> Trustees Meeting @ 7pm	<b>10</b>  Council Meeting @6:30pm	<b>11</b> Book Group @2pm  Choir Rehearsal @7pm	<b>12</b>	<b>13</b>
<b>14</b> Communion Morning Brew @9:30am Worship @11am	<b>15</b> AA Meeting @6:30pm	<b>16</b>	<b>17</b> Clarion Deadline	<b>18</b> Book Group @2pm  Choir Rehearsal @7pm  Kristi Out of the Office	<b>19</b> Kristi Out of the Office	<b>20</b>
<b>21</b> Children's Sabbath  Morning Brew @9:30am Worship @11am  Adult Education Following Worship	<b>22</b> AA Meeting @6:30pm	<b>23</b>	<b>24</b>	<b>25</b> Women's Potluck Luncheon @Noon  Book Group @2pm  Worship Planning Meeting @6pm  Choir Rehearsal @7pm	<b>26</b>	<b>27</b> Animal Blessing
<b>28</b> Morning Brew @9:30am Worship @11am  Adult Education Following Worship	<b>29</b> AA Meeting @6:30pm	<b>30</b>	<b>31</b>			

# November 2018

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

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

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**ADDRESS SERVICE REQUESTED**