

CONGREGATIONAL CLARION

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

September 2017





First Congregational Church
2150 S. Foothill Drive
Salt Lake City, Utah 84109

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Minister Email: pastorfirstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org

Find us on Facebook: First Congregational Church, Salt Lake City

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Worship Hour: Worship Hour at 10:00am (**Worship Hour Moves to 11am beginning September 10 Rally Day**)

Nursery Provided

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

REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi

Blessed September to all. We are glad to be out of the hot summer. Our season will begin with lots going on at church on Sundays. We will start sacred conversations on September 17th where we will be continuing conversations about the vision of the church going forward. In preparation for this council has gotten together for a short retreat to discuss the ideas in the book, "I Refuse to Lead a Dying Church." By Paul Nixon. I will be ordering more books if anyone wants to read along and become more involved. The ideas we came up with at the retreat include:

My deepest Hopes: That we can grow in our love and compassion for all who enter and who we go out to in the community, Fulfillment of creation of God space, to grow all age groups, energy for the work we are called to do, Lots of kids on a regular basis.

Our Deepest Hopes: Survival, growth in membership opportunities, welcoming like Jesus did, bigger and sustainable, actively dispel hate, more families, diversity, more choir members, building for the future, kindness, joy and fun, recognition of our own wealth and putting it into community needs, serving as a beacon to the community, vibrant and dynamic, happy and safe, thriving community of people who share love and respect.

Ideas: hiring a youth leader/planner, trading responsibilities with other boards, rename the church, be the cooler church

Vision: Everyone feel beloved, Showing the world Christian Love, Safe and comfortable community, hang our covenant on the wall,

banners outside to show our vision, use the sign for humor, kindness inspires kindness.

Please write down your ideas and what you think we are doing right. We don't want to lose our identity in our work going forward.

We have an opportunity to hire a youth coordinator right now. We have someone in mind that can start very soon. Please give your feedback for this. I am in favor of this, especially for the person I have been speaking with. This would be a part time position that would include Sunday school coordination. We have had wonderful hard work from the CE board for many years. The lack of children has really made things difficult. I believe that this effort will relieve this exhausted board to have valuable help and we will be injecting some vibrant new energy to all of the activities for our remaining young people and help to retain some of the young families who have come. It would be great to make a decision as soon as possible. It would be great for this person to start the beginning of October.

CLARION DEADLINE



October Clarion Deadline will be September 13th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

CALENDAR

The Calendars in this issue give information about church activities as well as building use by external groups. While any building use should be co-coordinated through the office, this should help you make appropriate plans if you need to use the church.

You can donate to FCC via PayPal



For those of you who prefer to do all of your financial transactions through credit card, we have now made it possible for you to use your credit card to donate to FCC through PayPal. You simply go to the FCC web site (firstcongregationalslc.org) and find the "Donate" button on the lower left of the first page. If don't have a PayPal account it is easily done the first time you donate. You can use any major credit card (e.g. VISA, Mastercard, American Express and Discover Card) to make your payment. You can make payments to both the FCC general fund as well as to our monthly outreach recipients. Much like when you use a pew envelope, you can add a note to your donation and designate the amount you are giving to a specific fund. We hope you find this convenience worthwhile. Please give any member of Council your feedback on what you think of this new way of donating to the ministry of our church.



Rally Day Picnic for all church will be right after service on September 10th @ Sugarhouse Park 1400 e 2100 s, Fabian Lakeside Pavilion. Bring a friend or two and look for the FCC sign for food, friends and fun. Hot and cold drinks as well as hotdogs or burgers will be provided. Bring a side, salad or dessert item to share and join in the games.

Women's Retreat - Oct 14, 2017

Save the date for our women's retreat Saturday Oct 14th from 9am - 4pm at Old Farm Clubhouse. This is a wonderful time to get to know the women in our church and recharge spiritually. The theme this year will be "Movements of Spirituality," and Marijke will be leading the retreat. The cost of the retreat will be approximately \$40. More details will be coming soon. Please let Diane Forster Burke know if would like to attend.

Women's Pot Luck Lunch

We will have a women's pot luck lunch at the church on Sept 8 at 12pm. Please bring something to share, and we will plan what activities you would like to do for the next year as a women's group. This is a wonderful time of food and fellowship, so bring a friend. Everyone is welcome.

Utah Food Bank Work-Day - Utah Food Bank day is Sept 10 from 10-12. Please come help at the Food Bank.



Parish Nurse Health Tip

Don't Believe These Asthma Myths

If you suffer from asthma, you actually have two conditions: underlying chronic airway inflammation that is present in nearly all asthmatics and acute events of bronchoconstriction.

Myth 1: You'll outgrow your asthma

Fact: Asthma is a lifelong disease. Asthma may seem to go away or become less serious over time, but it won't go away.

Myth 2: Asthmatics wheeze when they have an asthma attack

Fact: People with asthma may feel breathlessness, a tight chest and may even cough.

Wheezing is a subjective complaint that may be described in various ways. Some patients report noisy, difficult breathing (wheezy dyspnea), whereas others describe a whistling type of breathing or rattling secretions in the throat. Wheezing is not always present during active asthma. Most patients with asthma complain more frequently about chest tightness (in combination with shortness of breath or cough) than wheezing.

Myth 3: Moving to a drier climate will fix your asthma

Fact: Asthma is not linked to climate. Fortunately asthma can be managed, which means you can control and prevent the symptoms.

Myth 4: Asthma symptoms are the same for everyone

Fact: Asthma affects people differently. Some experience “wheezing”, coughing or fatigue. While someone else may have a tight chest and dizziness.

Myth 5: You can't die from asthma

Fact: It's rare, but about two-thirds of asthma-related deaths are preventable by simply taking asthma medication regularly and correctly and having a rescue inhaler on your person.

Myth 6: It's all in your head

Fact: Asthma affects your lungs and immune system, causing it to go into overdrive when something triggers it.

Myth 7: Asthma medications stop working over time

Fact: Asthma medication will remain effective as long as it's taken regularly and as it has been prescribed.

Myth 8: Asthma can be cured

Fact: Asthma can't be cured, but it can be treated and managed.

Myth 9: People with asthma should avoid physical activity

Fact: The goal for anyone with asthma should be to lead a normal, healthy life — which includes regular exercise.

Myth 10: Allergies have nothing to do with asthma

Fact: Inflamed airways in people who have asthma are more sensitive to allergens and allergens are common asthma triggers. More than 50% of asthma cases in the United States are linked to allergies. Common allergens include cats, pollen, mold and dust mites.

Myth 11: People with asthma should not get a flu shot

Fact: The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for people who have asthma. However, according to the CDC, each year about two-thirds of

adults with asthma **do not** get the vaccine - leaving them at an increased risk for asthma attacks triggered by the flu.

Myth 12: Inhaled steroids are unsafe

Fact: Truth is, side effects of inhaled corticosteroids are almost negligible. Because you are inhaling it, you are applying the medicine directly where it's needed, as opposed to taking it in systemically. As long as you rinse your mouth after each use to eliminate any residue of the medicine in your mouth that could be swallowed, systemic steroids are proven safe.



Sources: Health 24, Live A Great Life, October 19, 2016, health.utah.gov/asthma/pdf/factsheets/myths_facts_asthma.pdf, National Center for Biotechnology, USA.gov, 2017 Everyday Health Media, LLC, healthcommunities.com, Common Asthma Myths and Facts, 2017, 11 Asthma Myths Debunked, John Bottrell Health Central, Nov 21, 2013

Coffee Hour Hosts Needed



Celebrating a special occasion? Enjoying the fellowship after an uplifting worship service? Consider hosting Coffee Hour to enhance special celebrations and fellowship. There is a sign-up sheet on the bulletin board by the conference room. Please consider helping to provide this special time of community.

Nursery Attendants Needed

Are you able to provide supervision in the nursery when families with young children attend church? No need to make a long term commitment. You can volunteer for a few Sundays here and there or you can be part of our regular rotation. Contact Cissy Wolff at cissywolff@gmail.com if you would like to volunteer or if you have any questions.

Please prayerfully consider joining us in providing this vital service for our church.



**Our 2nd Annual
Connect and Reconnect Event
Put it on your calendar
Sunday, October 1, 2017
6:00 pm**

We treasure our times with those involved with First Congregational Church (FCC) and miss our interactions with those no longer attending FCC. Therefore, we invite you to **Connect and Reconnect**. Everyone who has ever been associated with First Congregational Church is welcome to a time of conversation, food, drink, fun, and fellowship. Join us for an informal gathering at the home of Cissy Wolff and Ron Sawdey (2016 Emerson Ave). Please bring an appetizer to share. Drinks will be provided. Feel free to pass on this invitation to anyone that may be interested. RSVP by emailing me at cissywolff@gmail.com or by responding to the Evite that will be sent out soon. Please send me any names and emails of past members and friends of FCC so that I can send them an invitation to this event.



Deacon News I'm sure you've heard the deacons announce on various Sundays that we invite anyone who is interested to be a liturgist to let us know. The liturgist position is not only open to the Deacons. It is a weekly job that anyone in the church is welcome to do. With that being said we thought perhaps we should give you an idea of what is involved in being a liturgist.

Each week the liturgist assists the Pastor (Marijke or a guest preacher) with the order of worship. The main components of the liturgist's job are to welcome the congregation, help make any pertinent announcements, do the Call to Worship and an Invocation, read the chosen scriptures for the week, and provide a prayer after the offering.

Deacons frequently use a liturgy guide (available in the library) to find the Call to Worship, Invocation, and Offertory Prayer. (I know you thought we composed all that stuff by ourselves.) Some deacons do use favorite poems or readings for the Call to Worship. Some even write their own Invocations and Offertory Prayers, but that is not required. If you are using the "call and response" Call to Worship you need to e-mail Kristi in the office by the Wednesday before so that she can get it in the bulletin.

I hope this demystifies the job somewhat. We really do welcome anyone who would like to be part of the service. We know many of you have wonderful talents that are hidden under your bushel basket and would love to have you share them. There is a sign-up sheet on the bulletin board next to the showcase where you can sign up for the week you would like to be a liturgist or you can talk to any of the Deacons. The Deacons for this year are Carla McIntire (chair), Judy Weibel, Diane Simons, Marilyn Felkner, and Ken Rockwell. I know anyone of them or Marijke would be happy to help you.

OUTREACH



First Congregational Church, in association with Catholic Community Services, participates in serving thousands of hot, nutritious meals to individuals in need at St. Vincent de Paul Dining

Hall. Five times a year we, as a church, make and serve 600-700 sandwiches. In order to support this continued commitment, Outreach donations for this month will go toward this project. Donations will be used to purchase the supplies needed to make the sandwiches and to continue our dedication to feed those in need in our community.

September 2017

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Camp Sunday Family Sunday Morning Brew 8:30am Traditional Service at 10:00am Adult Sunday School 11:30am	4 AA Meeting 6:30pm Labor Day	5 Trustees Meeting 7pm Deacons Meeting 7pm	6 Men's Breakfast 7am Community Night 6:30pm	7 Choir Rehearsal 7pm	8 Women's Potluck Luncheon Noon	9 Food Bank Work Day 10am - Noon
10 Communion Worship Services Change in Time 11am Morning Brew 9:30am Traditional Service 11:00am Rally Day and Luncheon at Sugar House Park	11 AA Meeting 6:30pm Membership Board Meeting 7pm	12	13 Printing September 17th Bulletin Today Council Meeting 6:30pm Clarion Deadline	14 Kristi Out of the Office Choir Rehearsal 7pm PEO Meeting 6:30pm to 9:30pm Fireside Room (Diane Simons)	15 Kristi Out of the Office	16
17 Morning Brew 9:30am Traditional Service 11:00am Sacred Conversations 12:30am	18 AA Meeting 6:30pm	19	20 Community Night 6:30pm	21 Choir Rehearsal 7pm	22	23
24 Morning Brew 9:30am Traditional Service 11:00am Sacred Conversations 12:30am Flu Clinic Following Worship Questions Contact Diane Forster-Burke	25 AA Meeting 6:30pm	26	27 Community Night 6:30pm	28 Choir Rehearsal 7pm	29	30

October 2017

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Camp Sunday Morning Brew 9:30am Traditional Service 11am Adult Sunday School 12:30pm Connect and Reconnect Social 6pm @Sawdeys Home (See Announcement)	2 AA Meeting 6:30pm	3 Deacons Meeting 7pm Trustees Meeting 7pm	4 Men's Breakfast 7am Community Night 6:30pm	5 Choir Rehearsal 7pm	6	7
8 Communion Sunday Morning Brew 9:30am Traditional Service 11am Adult Sunday School 12:30pm	9 AA Meeting 6:30pm	10	11 Community Night 6:30pm	12 Choir Rehearsal 7pm	13	14 Women's Retreat 9am – 4pm See Wendy Haupt for Questions
15 Youth Sabbath Morning Brew 9:30am Traditional Service 11am Adult Sunday School 12:30pm	16 AA Meeting 6:30pm	17	18 Council Meeting 6:30pm Clarion Deadline	19 Choir Rehearsal 7pm <u>UEA SCHOOL BREAK</u>	20 <u>UEA SCHOOL BREAK</u>	21
22 Morning Brew 9:30am Traditional Service 11am Adult Sunday School 12:30pm	23 AA Meeting 6:30pm	24	25 Community Night 6:30pm	26 Choir Rehearsal 7pm	27	28
29 Morning Brew 9:30am Traditional Service 11am Sandwich Making Following Worship Adult Sunday School 12:30pm	30 AA Meeting 6:30pm	31 Happy Halloween				

TREASURER'S REPORT

For Period Ending July 31, 2017

CHURCH GENERAL FUND	July	Fiscal Year-to-Date
Unrestricted Contributions	\$12,655.00	\$12,655.00
+ Other Unrestricted Revenue	\$6,819.22	\$6,819.22
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$38.00	\$38.00
= Total Income	\$19,512.22	\$19,512.22
Total Expenses	-\$19,265.52	-\$19,265.52
= <i>Net General Fund Surplus (-Deficit)</i>	\$246.70	\$246.70

Data for comparison

YTD Budgeted Unrestricted Contributions	\$14,349.00
YTD Budgeted Total Income	\$19,625.00
YTD Budgeted Total Expenses	-\$19,158.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$220.30

DESIGNATED ACCOUNTS

Designated Contributions	July	Fiscal Year-to-Date
All Outreach Contributions	\$490.00	\$490.00
Other Designated Contributions	\$2.50	\$2.50
= <i>Total Designated Contributions</i>	\$492.50	\$492.50

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

September 2017

ADDRESS SERVICE REQUESTED