

CONGREGATIONAL CLARION

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

Summer Issue
2018



HAVE A GOOD SUMMER

SUMMER WORSHIP PLANNING

June 3 - Annual Meeting

Camp Sunday

Communion

Psalm 139, Mark 2:23-3:6

“The Sabbath Was Made for Us”

June 10 – Joanna Hart, Preaching

Outdoor Service

June 17 – Joanna Hart, Preaching

June 24 – Mike Lowry, Preaching

July 1 - Camp Sunday

Psalm 130, Mark 5:21-43

“Jesus Meets Us Where We Are”

July 8 - Communion

Psalm 48, Mark 6:1-13

“Don’t Worry About Acceptance”

July 15

Psalm 24, Mark 6:14-29

“Jealousy Can Be Deadly”

July 22

Psalm 23, Mark 6:30-43

“All Are Welcome at the Table of Abundance”

July 29 (Marijke gone to camp)

August 5 - Camp Sunday Celebration

Colossians 3:12-17

August 12 - Communion

Psalm 130, Ephesians 4:25-5:2

“Can We be Imitators of God?”

August 19

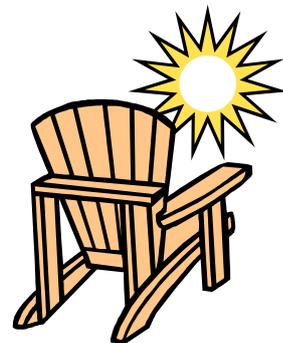
Psalm 111, Ephesians 5:15-20

“Live Wise”

August 26

Psalm 84, Ephesians 6:10-20

“Does the Armor of God Make us Militant?”



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

Summer Worship Services Begin June 17th

Morning Brew at 8:30am

Traditional Worship at 10am

Senior Minister:	Rev. Marijke Rossi
Moderator:	Tom Simons
1st Assoc. Moderator:	Marge Kimes
2nd Assoc. Moderator:	Wendy Haupt
Treasurer:	Scott Hansen
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
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

REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi

Blessings to all of you during the month of June! I will be away for most of it. Alex and I will be going on vacation for three weeks. We will miss you and are sad to miss the outdoor service and Father's Day. You will be in good hands with all of you working together to make worship and the goings on great for everyone. Joanna Hart and Mike Lowry will be helping to keep the pulpit full. The nurses will continue to lovingly care for everyone and Pastor Fred will take calls if needed. We have had quite a few visitors lately and I have received wonderful feedback that everyone feels welcome and beloved. Thank you all for being the hands, feet and voice of God to all who are in need of it.

SUMMER CLARION

The office will be producing a shortened version of the Clarion during the Summer Months. We will have an updated Calendar for the month and financials and any new events that have come up. Deadline for any new upcoming events needs to be in by the 3rd Wednesday of the month.

CLARION DEADLINE



SEPTEMBER Clarion Deadline will be August 15th. 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 coordinated through the office, this should help you make appropriate plans if you need to use the church.

ANNUAL MEETING - The 153rd Annual Meeting of First Congregational Church of Salt Lake City will be held on June 3rd, 2018 in the sanctuary following the worship service. The purpose of the meeting will be the presentation and approval of the budget, trust, receipt of reports from boards, moderator, and minister, and election of board members and officers for the coming year and other issues needing consideration by the membership of the church including the introduction of a process for discussing the future of the church. Also a possible vote to suspend the bylaws relating to the size of boards. Please plan on attending. Thank You.

WE NEED YOU HELP GETTING READY FOR

CAMP FELLOWSHIP – Once again, we are asking if people will donate items to help with camp. There is a list of medical supplies needed in the Narthex (see big clear bin with a green bow). If you pick up something, please cross it off the master list on the bin.

We also need donations of produce, casseroles, and cookies. We feed approximately 100 people for breakfast, lunch and dinner. We will need donations of vegetables (lettuce, tomatoes, cucumbers etc.) and fruit (grapes, apples, oranges, nectarines, peaches, berries, melons etc.) We will use whatever is donated. We make sure that everyone gets some fresh fruit and vegetables to keep fiber in his/her systems.

Casseroles are served on Sunday evening after a big Sunday brunch in order to give the kitchen staff a small break. Please let Diane Forster-Burke know if you are able to donate some food and what you will donate. Thank you so very much. CAMP CAMP CAMP

Coffee with Women in the Church - Please join us for coffee or tea on Saturday June 30th at 10am - Beans and Brews on 3300 S just west of REI. This is a great opportunity to get to know women in our church. We hope to see you there.

OUTDOOR SERVICE - Sunday June 10th is the Annual Outdoor Worship Service at 11:00 AM with a potluck lunch immediately following. We will be in Washington Park by Mountain Dell Reservoir and Golf Course up Parley's Canyon (at the East Canyon exit #134) or Emigration Canyon. (Map available in the church office)

Following the service we will have our traditional potluck meal. Please bring a side to share. Church will provide the main course.

Directions to Mountain Dell Golf Course

Take exit 134 on I-80 East Bound Turn Left

Go under the freeway (north) to Frontage Road

Turn right (East) follow road all the way up past the golf course

At the top of road make a left (north) you will then be in Washington Park. Look for lower terrace.

Link Below for a map – paste this into your web browser

<http://www.slcgov.com/sites/default/files/documents/parks/2012/LowerWashingtonPark.pdf>

Church Picnic Activities following Outdoor Service

After the church service and picnic June 10th at Mountain Dell, we will have fun activities for all ages. Please come and enjoy bocce ball, kickball, and ultimate frisbee.

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.

From the Deacons

Written by Judy Weibel

“June is Bustin' Out All Over”. Summer is a more laid back time of the year. It's a time when many of us go on vacation and take it easy. For the Deacons it is still a busy time for us to serve the church and to keep things running.

First of all we want to remind everyone of the upcoming Outdoor Service on June 10th. It is being held, as in years past, at Mountain Dell Park and will be at the Washington Terrace (the farthest down the road). The worship service will begin at 11:00 with a potluck lunch following at 12:00. The Deacons will provide a hot entree and hot dogs with the rest of the food and beverages being provided by the rest of the congregation. We hope you'll bring your outdoor games and stay after lunch and enjoy the pavilion and the grounds.

The following Sunday the worship service will change to summer schedule with Morning Brew at 8:30am and traditional worship at 10am. Please mark your calendars and don't be late.

As usual, we are constantly looking for individuals who would like to participate in the service as liturgists or readers. If you would like to do only one thing (such as give a prayer or read the scriptures), please let one of the Deacons know (Diane Simons, Phil LeHoux, Ken Rockwell, Judy Weibel, or Carla McIntire). We are also constantly looking for people who would like to be ushers for a given Sunday. It is not hard- just pass out the bulletins before church and help collect the offering. You can sign up on the sheet on the bulletin board out in the narthex or let one of the Deacons know. This saves us from having to hunt down people at the last minute.

One further thing- we are looking for people with any musical talent who would like to share during one worship service during the summer. If you or someone you know would like to share please contact Carla McIntire on a Sunday or call at 801-272-4629. This would help make our services special.

Thanks so much for all your help.

FROM THE MEMBERSHIP BOARD

Part of our church covenant states that “we gather as a church to walk together in the Christian tradition and we seek to be more fully in relationship with God. We embrace all who are called to worship here with our support, prayers and acceptance. We commit to participate in and support the church and its ministries.”

The Membership Board would like to encourage everyone to embrace our covenant by committing to participate in and support the church and its ministries. You can do this by officially becoming a member by affirming in a public worship service a desire to further the purpose of this Church and to honor the covenant.

If you are already a member, we encourage you to remain a voting member by signing the Church Roll (in the Narthex) at least three times during the calendar year and by making a donation of any amount to the general fund at least once during the year. This donation must be made in a way that can be attributable to you (check, PayPal, pew envelope with your name on it). You can also be a voting member by making a donation of any amount to the general fund at least 3 times during the calendar year. Again, these donations must be made in a way that can be attributable to you.

If you are interested in officially joining our congregation or if you have any questions about your membership status, please call the church office.

JUNE OUTREACH

Written by Diane Forster-Burke

The selected organization for Outreach donations for the June is Wasatch Community Gardens. <https://wasatchgardens.org/>. The organization began in SLC in 1989 with a mission to empower people of all ages and incomes to grow and eat healthy, organic, local food. They believe that the quality of a community is directly related to the quality of its food. They offer garden space, educational programs, and community events to empower people to grow, harvest, preserve, and prepare fresh, healthy food through four main programs: Community Garden, Youth Garden, School Garden, and Community Education. They have one entire garden just for growing tomatoes. It is the Grateful Tomato Garden on 600 E and 800 S.

Public health research shows that inner city communities have poor health outcomes because of the lack of green grocers where community members can purchase fresh produce; often only able to shop at convenience stores. Purchasing food at convenience stores results in high calorie, nutrient poor eating patterns resulting in obesity and other co-morbidities like diabetes and heart disease.

Wasatch Community Gardens has helped communities to establish gardens in unused blocks of the city, on school grounds, and is currently involved in a capital campaign to raise money to purchase a larger area of ground for a demonstration garden and the organization's headquarters. They offer workshops on gardening and the produce often goes to poorer families who have learned to grow some of their own food. Workshops are open to everyone.

JULY OUTREACH

Written by Joanna Hart

July's Outreach committee donation recipient is the Utah Food Bank. You've heard of this program throughout the year. Several times a year, members of the church go out on a Saturday morning and sort non-perishable foodstuffs to distribute throughout the state. The Food Bank uses its network of 149 agencies and food banks to distribute donated food and other sources of perishable and non-perishable items to all 29 counties in the state. The church also gives the donations from Noisy Buckets every month to the Food Bank.

According to their website, 1 in 8 adult Utahns and 1 in 6 children are at risk of missing a meal on any given day. This is where the Utah Food Bank lends a hand. Through seven different programs, the Food Bank assists in preventing children, adults and seniors from having to go hungry. In the summer one of the programs, Kids Café, extends its services to provide kids with meals during the summer so they don't have to miss meals they would have received through the school year program. Thirty-eight percent of the Utah Food Bank's funding comes from community donations. Last year it distributed 39.2 million pounds of food state wide.

I can imagine that we have all been in a position or known someone who has needed a little boost in their ability to have food at some point. It doesn't take much for there to be a shortage of food – a disaster, medical problems, an accident, etc. Please help the Food Bank meet those unexpected needs as well as continued needs by families who continually struggle to put food on the table. Thank you.

FRIENDSHIP MANOR

Food Service Positions – Full or Part Time Opportunities

Many benefits to this position including:

Flexible Scheduling, Paid Time Off, Health, Dental & Life Benefits, Retirement Benefits, No late nights! OFF BY 5:00pm,

Daily Complimentary meal during each shift worked. Great location and atmosphere, Learn great life skills, Service oriented job. You are making a difference in the lives of others! Stop By, Call or Email Today to Apply

801-582-3100 1320 East 500 South

cameron@friendship-manor.com



Parish Nurse Health Tip

Fancy a Cuppa?

It's Tea Time: Call it a health boost in a cup. Tea leaves contain antioxidants that can help protect against inflammation, heart disease, diabetes, and cancer . . . plus boost the immune system.

- ✓ Tea is made from the Camellia Sinensis leaf.
- ✓ The level of oxidation distinguishes one type from another.
- ✓ Look for roomy tea bags. They allow leaves to unfurl and release more flavor as they steep.

White: This pale, subtly sweet tea is the least oxidized (the process of allowing leaves to wither and air-dry after being picked), making it a rich source of antioxidants and polyphenols. (Polyphenols are micronutrients with antioxidant activity. They play an important role in preventing and reducing the progression of diabetes, cancer, and neurodegenerative and cardiovascular diseases.) Studies show that white tea can help raise good cholesterol and reduce inflammation. Early research also suggests this tea may help prevent the growth of cancer cells.

Green: A slightly more complicated drying process preserves green tea's intense color and flavor. It also results in a high concentration of polyphenols. Those who drank four or more cups of green tea daily had a 32 percent reduction in the risk of having a heart attack and lower levels of LDL cholesterol. Here is something to think about. Green tea may help protect bone loss.

Oolong: Once withered, the leaves are gently bruised to spur oxidation; then fired to remove more moisture. Oolong is partially oxidized so antioxidants called flavonoids form. Studies show that oolong tea can help stabilize blood sugar levels and may lower diabetes risk.

Black: The leaves of this most oxidized tea are allowed to wither then are rolled or crushed to start rapid oxidation. Its dark hue comes from a high concentration of thearubigins and theaflavins, antioxidants that may lower cholesterol.

Matcha: Matcha Powder is finely ground leaves of tencha, a shade-grown tea. You consume the leaves themselves, giving you a higher concentration of antioxidants than a cup of steeped green tea. One cup of Matcha is equivalent to the health benefits of 3 cups of green tea.

Moringa: There is a "battle" brewing (pun intended) in the health food arena. Matcha Tea vs. Moringa Tea. Moringa is a plant native to South Asia. It is a fast-growing, drought-resistant tree, native to the southern foothills of the Himalayas in northwestern India. This tea has

been known for its medicinal properties and is now quickly becoming a mainstream superfood. It has more calcium than milk, as well as iron, Vitamin A and K.

Rooibos: Red Bush Tea. WebMD calls this tea, “The Tao of Tea”. The tea is made from *Aspalathus Linearis*, an indigenous shrub that grows only in the mountainous region close to the Cape of Good Hope, South Africa. It has between 30% and 50% more antioxidants than are found in green tea. Sometimes is used as a substitute for milk with colicky babies. It is good for bone health because it is high in vitamin C. It helps with digestion, and aides the respiratory system, as Rooibos tea is a bronchodilator. Furthermore, the tea is rich in minerals and may help boost the immune system - thereby keeping the body healthy. It contains calcium, iron, potassium, copper, manganese, magnesium, zinc and alpha hydroxy acid. This is one of my all time favorite yummy teas. I started drinking it because of “The #1 Ladies’ Detective Agency” book series. It takes place in Botswana. They always had the kettle on and drank gallons red bush tea.

Herbal Brews: Also known as tisanes. These aren’t technically tea because they’re made from dried herbs, not the *Camellia Sinensis* leaf. Many have proven health benefits, like ginger (for nausea) and chamomile (for tummy upset and irritable bowel syndrome-related symptoms).

Source: Better Homes and Garden, Cynthia Gold, Tea Sommelier and Nada Milosavljevic, M.D., February 2018, Linda Carroll, January 3, 2018, Veg Kitchen, Amy Johnson January 2018, WebMD. Sandy Lim, well.org, February 26, 2016, Dr. Joseph Mercola, December 14, 2015.



June 2018

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Summer Worship Hour Begins 6/17 at 10am Morning Brew 8:30am starting 6/17					1	2
3 Communion Annual Meeting Following Worship Camp Sunday Morning Brew 9:30am Traditional Worship 11am	4 AA Meeting 6:30pm	5 Trustees Meeting 7pm Deacons Meeting 7pm Marijke will be out of the office through to June 26th	6 Men's Breakfast 7am	7	8	9 Building Rental Vine Institute Graduation Ceremony @2-4pm Sanctuary/Kitchen/Fireside Room Food Bank Workday 10am - Noon
10 Joanna Hart Preaching Outdoor Service at Washington Terrace @Mountain Dell at 11am – Lunch Following bring a side to share the church will provide the main course Communion	11 AA Meeting 6:30pm	12	13	14	15	16
17 Father's Day Summer Worship Hour Begins Today at 10am Joanna Hart Preaching	18 AA Meeting 6:30pm	19	20 Council Meeting 6:30pm Clarion Deadline	21	22	23 NACCC Annual Meeting in San Diego, CA 23 rd – 26 th
24 Mike Lowry, Preaching	25 AA Meeting 6:30pm	26 Building Use ELECTIONS Gym/Fireside Room/Kitchen 5am – 10pm	27 Community Movie Night 6:30pm	28 Book Group @2pm Heritage Room Worship Team Meeting @7pm – Heritage Room	29	30 Women's Coffee @10am Beans and Brews on 3300 South. For More Info Contact Wendy Haupt

July 2018

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Camp Sunday Morning Brew @8:30am Traditional Service @10am Adult Sunday School @11:30am	2 AA Meeting @6:pm	3 Trustees Meeting @7pm Deacons Meeting @7pm	4 Independence Day Office Closed No Community Night	5	6	7
8 Morning Brew @8:30am Traditional Service @10am CE Meeting?? Adult Sunday School @11:30am	9 AA Meeting @6:pm	10	11 Community Night @6:30pm	12	13	14
15 Morning Brew @8:30am Traditional Service @10am Adult Sunday School @11:30am	16 AA Meeting @6:pm	17	18 Council Meeting @6:30pm NO Community Night	19	20	21
22 Morning Brew @8:30am Traditional Service @10am Adult Sunday School @11:30am Camp Counselor Overnight Training 4pm to Monday 10am	23 AA Meeting @6:pm	24 Pioneer Day Office Closed	25 Community Night @6:30pm	26	27 Camp Counselors check in at Camp Pinecliff	28 Campers Arrive at Camp Pinecliff Campers Return Home August 2 nd Counselors Return Home August 3 rd
29 Guest Preacher Morning Brew @8:30am Traditional Service @10am Adult Sunday School @11:30am	30 AA Meeting @6:pm	31	Morning Brew @ 8:30am Traditional Service @ 10am			

TREASURER'S REPORT

For Period Ending April 30, 2018

CHURCH GENERAL FUND	April	Fiscal Year-to-Date
Unrestricted Contributions	\$21,114.09	\$129,593.97
+ Other Unrestricted Revenue	\$5,394.33	\$56,141.28
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$1,146.52	\$7,775.36
= Total Income	\$27,654.94	\$193,510.61
Total Expenses	-\$21,322.79	-\$197,106.38
= <i>Net General Fund Surplus (-Deficit)</i>	\$6,332.15	-\$3,595.77

Data for comparison

YTD Budgeted Unrestricted Contributions	\$140,458.00
YTD Budgeted Total Income	\$192,756.00
YTD Budgeted Total Expenses	-\$194,150.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$2,201.77

DESIGNATED ACCOUNTS

Designated Contributions	April	Fiscal Year-to-Date
All Outreach Contributions	\$500.00	\$6,831.35
Other Designated Contributions	\$0.00	\$982.00
= <i>Total Designated Contributions</i>	\$500.00	\$7,813.35

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

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ADDRESS SERVICE REQUESTED