

CONGREGATIONAL CLARION

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

April 2020



First Congregational Church
2150 S. Foothill Drive
Salt Lake City, Utah 84109
Phone: (801) 487-1357

Email: firstcongo@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

Interim Minister:	Rev. Janie Gebhardt
Moderator:	Wendy Haupt
1st Assoc. Moderator:	Kevin Haupt
2nd Assoc. Moderator:	Carla McIntire
Treasurer:	Paul Kelley
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Scott Haupt
Board of Deacons:	Phil LeHoux
Outreach Board:	Diane Forster-Burke
Christian Education:	Patti Garver
Youth Director:	Molly Connor
Membership Board:	
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

Faith in Troubled times

These are unprecedented times! When a hurricane is coming or a huge winter storm we know there are things we can do to be prepared. We may not stem all the damage with our preparations but we know there are certain things we can do. The disaster we are currently facing is unlike any of the natural disasters that may have been part of our experience. But this is truly a disaster and the actions we are being asked to take are different and part of the challenge is we not only can't see this event but we may not even know when the danger has passed. We can continue the hand washing and disinfecting as much as we know how – things we can continue indefinitely – but the harder part is the social distancing. However, social distancing doesn't mean social isolation, especially among the church folks we are connected to. Part of what is important for us is our awareness of our connectedness. That is one of the real strengths of this congregation. The Parish Nurses are so good at making us aware of folks especially those with special concerns and helping us all hold one another in prayer.

For some this is also a time of stress and fear. Remembering to breathe deeply, exercise if you're able or get outside in nature even for a few minutes can help us gain some perspective. Meditation can also help. One psychologist recommends bathing daily too.

Are there other things that can help us in times like these? In some of my reading in preparation for worship I came across a piece written long ago lifting up the wonder of Psalm 23. The writer asks what more could we ask of a piece of scripture in troubled times. There are numerous other Psalms written in times of great uncertainty that remind us to keep our focus on God who loves us always – even in the darkest of times. There are Psalms that were written during exile or when people faced loss and fear. Spend some time exploring the Psalms.

I believe our faith feeds us, reminds us that we are loved by God, but it also calls us to share that love. That may be a bit challenging right now when we might prefer calling on someone in person or going some place to serve. But in this time when we need to maintain some "social distance" we have the wonders of technology we can share. Even 20 years ago I didn't have a cell phone, but we have numerous tools that now allow us to connect with one another. Call to check in with others, but the call may also be to share stories or perhaps even music. Remember – we are not alone – even if we are apart for a time. Above all, be safe.

MODERATOR MOMENT – Wendy Haupt

I hope you are all staying healthy and practicing social distancing. We would love to worship with all of you at some point in the future, but we all need to do our part to stay away from people unless absolutely necessary, and at some point we will be together again. We have decided as a Council to put out a mini Clarion (Email Update) every week to keep you all informed about what is going on during each week in April. Janie and her husband Larry will also try to put out a video sermon each week via Facebook Live and then on our website. I know this is not the same as going to church and having that social and spiritual experience, but I have faith that we will be able to get back together in our church at some point. May the peace of God be with all of you this week.

Wendy

FROM THE SECRETARY – Kristi Hanson

Hello to my FCC family and friends – I have been trying my best to keep things organized and running as smoothly as possible on my end. I am trying to not bombard your email inboxes with too much stuff. We are just working on keeping everyone informed as best we can and email is the best way to do that at this time.

We will be sending out a weekly email update to keep you all informed. Please watch for those emails each week.

During this time all events scheduled on the calendar are fluid and some have been cancelled as things are changing every day with this new challenge we have all been facing as a country and a community and even globally. Please be flexible and patient. We want to keep everyone healthy and safe. Please reach out if there are needs that arise. Let us be kind and caring during this time. Emails are the best way to contact me right now.

firstcongo@qwestoffice.net

CLARION DEADLINE

PLEASE NOTE CLARION DEADLINE APRIL 15TH.

Please email your articles firstcongo@qwestoffice.net



BLOOD DRIVE - April 4 is the American Red Cross Blood Drive at FCC from 9-2. If you are interested in giving blood please contact Diane Forster-Burke.

UTAH FOOD BANK WORKDAY – April 4th 10am to Noon
Guidelines are as follows – No one under the age of 12 or over the age of 60 can come. Anyone that is sick or has been sick can attend. Please contact Scott Hansen if you are interested in working at the Food Bank that day.

FROM THE BOARD OF DEACONS – Phil LeHoux

What is a Church Community?

These are trying times. Even before the current health concerns, we have been working towards a determination on how to best maintain our church community. We have called a new Interim Pastor to help us in this process. Our sense of wanting to maintain our faith community to support each other on our faith journeys has been reaffirmed whenever directly addressed, though how we should continue to do so remains unclear. This year's stewardship goal is for everyone to consider what FCC means to you. Reflect on that for a moment. What do you miss when unable to attend Sunday worship? What are you thankful for? We wanted to encourage our community to submit responses to this question, which were to be read as part of a Stewardship Sunday celebration, originally planned for April 26th. As this cannot proceed as planned, we hope that you will continue to keep this question in your thoughts, then take some time to articulate your answer and perspective. Sunday mornings, while

unable to participate directly in worship, would be a good time to reflect on our church community and what exactly its support entails for you. We invite you to put your reflections into an email and send it into the church office. These will be included in what we hope will be a weekly informational, and hopefully inspirational, update. Remember as well that your part in providing this support also includes a financial commitment to help it all continue. The celebration of stewardship is the acknowledgement that we all have a responsibility to sustain this community that is such an important support to our spiritual lives, perhaps now more than ever.

An Update from Deacons

With all church activities in hiatus for an unknown period, our Lenten and Easter activities have been suspended. Will we have Easter, the celebration at the center of Christian faith? Yes, we will, though not likely on the date prescribed by its convoluted assignment!

How did we get to the point where we have to check a calendar or Google to plan for Easter? In 325 A.D., the Council of Nicaea established that Easter would be held on the first Sunday after the first Full Moon occurring on or after the vernal equinox. From that point forward, the Easter date depended on the ecclesiastical approximation of March 21 for the vernal equinox. Recall as well, that since 325 A.D., leap years were invented, and about 10 days were loped off the calendar to make the “new” Gregorian calendar work.

So, this year, we will celebrate Easter, likely along with all our Christian friends, once the “all clear” is given in Utah. Meanwhile, remember that it is still Lent. We may not get together for our final potluck, the Agape Feast and other Easter week activities,

but it is hoped that everyone will continue to reflect on the meaning of the season, and how the events of Holy Week impact our faith.

Many churches have moved to online worship at this time. We are working on providing a taped worship through our website and Facebook. The first run on March 22nd did not go as planned, as some technical issues were encountered. We are looking at trying again this week, with minimal people in attendance, maintaining our social distances. This, of course, is also subject to isolation directives and recommendations that may be revised at any time. Keep watching for email updates to remain “in the loop” about our plans for worship and other church activities going forward.

FROM THE OUTREACH BOARD

The selected organization for Outreach donations in April is the Fourth Street Clinic in Salt Lake City (www.fourthstreetclinic.org). Beginning in 1988 as Wasatch Homeless Healthcare, it changed its name to Fourth Street Clinic in the early 1990's upon acquiring its current property on the corner of 400 West and 400 South. Its mission is to help homeless Utahns improve their health and quality of life by providing high-quality health care and support services. For many homeless Utahns, Fourth Street Clinic is their first and only chance at a diagnosis and on-going treatment. Every year it serves over 5,000 homeless men, women, and children with 25,000 medical, mental health, substance abuse, dental, and case management visits. By increasing homeless Utahns' access to primary care, Fourth Street Clinic is a major partner in ending homelessness, promoting community health, and achieving across-the-board health care savings. At this time of increased awareness of threats to public health, and fears of serious communicable diseases, helping those least able to access and afford health care becomes all the more imperative.

SPRING GARDEN RENEWAL

GARDEN OF GRACE RENEWAL - Sat. April 4th 9-noon

Meet at the Garden, north of the church.

In these times it is good to get outdoors. I attended the NHMU lecture on THE NATURE FIX: Why Nature Makes Us Happier, Healthier & More Creative, a book by Florence Williams. She recommends getting outdoors 2-3 hours per week.

****We will need to practice Social Distancing so we ask that you come and keep 6 feet apart. Please watch for updates as things are fluid right now and could change.**

Garden of Grace Goals: Clip back plants & bushes
 Garden maintenance
 Plant some new items
 Add some mulch

Come for any amount of time you can. Tools & Washed Gloves provided. Come & enjoy the sunshine with company. We can spread out. Hope to see you there! Jeanne, Scott, Jon & Ryan

Questions: call or text
Jeanne Hansen
801.209.2823

Scott Hansen
801.556.7448



Parish Nurse Health Tip



Heart Attack Symptoms In Women vs. Men

*While chest pain and shortness of breath have long been the telltale signs of a heart attack, these symptoms have been based on years of clinical research looking at what **men** experience.*

But women have a higher risk of dying from a heart attack than men do. In many cases, that's because they don't realize they are having a heart attack and take too long to get help.

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, heart flutters
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats
- Paleness
- Unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- Stomach or abdominal pain
- Feeling of heartburn or indigestion with or without nausea and vomiting

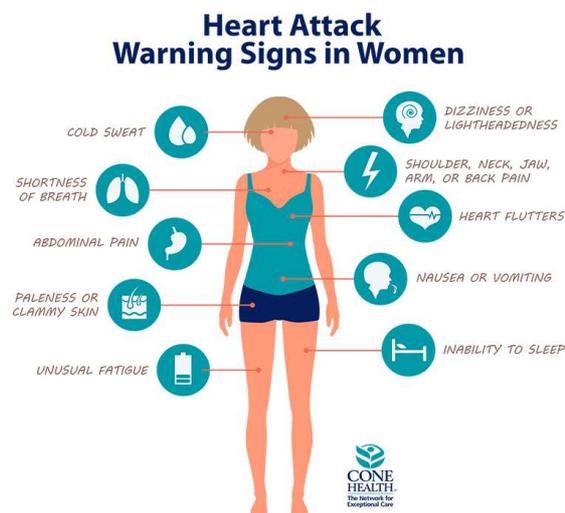
Heart attack symptoms found to be more common in women:

- Pain in the arm (especially left arm), back, neck, abdomen, shoulder blades, jaw, or throat
- Nausea and vomiting
- Overwhelming and unusual fatigue, sometimes with shortness of breath
- Light headedness, sudden dizziness
- Heartburn and/or Gas-like pain

- Unexplained weakness
- Sense of impending doom
- Unusual Tiredness and/or Sleep disturbances
- Anxiety
- Sweating
- Rapid or irregular heartbeat/Palpitations
- Cold Sweats

Your Action Plan:

- Call 911 immediately.
- Take one aspirin to chew. Heart attacks are caused by blood clots in heart arteries, and aspirin helps reduce these clots.
- Get to the hospital quickly. The longer it takes to get treated, the more badly damaged the heart will be.



Source: John Fernandez, Baptist Health South Florida, February 13, 2013, Jeanie Lerche Davies, Women's Heart Attacks: How They Differ, WebMD, Elaine Luo, MD, Healthline, January 23, 2018, Catherine Erlinger, The Heart Foundation, March 29, 2017

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We will be working on having a weekly message posted on our church Facebook page each week. Stay Tuned</p>			1	2	3	4 Blood Drive 8am – 2pm Utah Food Bank Work-Day @10am - Noon
<p>5 Palm Sunday Trustees Email Meeting</p>	<p>6 AA Group Meeting AA is holding online AA meetings. If you know someone interested in needing this please contact church office and I will get you in touch with them</p>	<p>7 Deacons Email Meeting</p>	<p>8 Council Email Meeting</p>	<p>9 Maundy Thursday</p>	<p>10 Good Friday</p>	<p>11</p>
<p>12 Easter Sunday</p>	<p>13</p>	<p>14</p>	<p>15 Clarion Article Deadline</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 Youth Orchestra Group Full Building 5pm – 9pm Watch for Updates on this Event</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26 Stewardship Sunday – Watch updates for New date</p>	<p>27 Youth Orchestra Group Full Building 5pm – 9pm Watch for Updates on this Event</p>	<p>28</p>	<p>29</p>	<p>30</p>		

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Trustees Email Meeting	4 AA Meeting will be held online until further notice. If you are interested or know someone who is please contact church office and we will get you in contact with them.	5 Deacons Email Meeting	6	7	8	9
10 Mother's Day	11	12	13 PEO Meeting Glenda LeHoux Fireside Room/Kitchen 11am – 3pm Watch for Updates on this event Council Email Meeting	14	15	16
17 Annual Meeting Watch for Updates on New Date Sunday School and Choir Appreciation Sunday. Watch for Updates on New Date	18	19	20 Clarion Deadline	21	22	23
24 Necrology Sunday Watch for Updates on New Date	25 Memorial Day	26	27	28	29	30
31	**Watch for Updates on our Annual Meeting and Sunday School and Choir Appreciation Dates**					

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SLC, Utah 84109

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ADDRESS SERVICE REQUESTED