

CONGREGATIONAL CLARION

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

April 2022



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:

Traditional Worship at 10:30am Live Streaming

Worship LIVE STREAMING - Facebook SUNDAYS @10:30AM

Interim Minister:	Rev. Janie Gebhardt
Moderator:	Mike McIntire
1st Assoc. Moderator:	
2nd Assoc. Moderator:	Bill Brown
Treasurer:	Paul Kelley
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Scott Hansen
Board of Deacons:	Diane Forster-Burke
Outreach Board:	Cissy Wolff
Christian Education:	
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

Janie's Jottings ~

It was November 2019, and I was at a meeting of the Interim Ministry Network when a friend from Atlanta, Georgia asked me how far from Salt Lake I live. When I told him, he said to call a Marge Kimes in Salt Lake because they weren't sure how to find an Interim Pastor. Since I had retired at the end of 2015, I had stayed connected to the Interim Network, but I didn't see too many opportunities unless I moved and I wasn't ready to do that. So I made the call. That seems so long ago! I came to Salt Lake in mid-February of 2020 – to the place I had grown up and where I had met my husband – but so much had changed to me personally as well as to this community. But little did I know how much more would change within just a few weeks. I remember Wendy Haupt and Diane Forster Burke saying that we might have to close for a few weeks – and that was early March. It was Easter 2020 and I was left wondering how we would do the transition work we needed to do if we couldn't meet in person. I do remember trying to figure out how we were going to celebrate the remainder of Lent as well as prepare for Easter. We did manage to connect with the Holliday church for one observance, but then the world seemed to come to a sudden stop. And then there were efforts at trying to do Facebook Live – something I'd never done before. What a strange world we lived in! Fr. Trace Browning and I were sharing how strange it was to navigate ministry in the ensuing days. In many ways much of that strangeness has continued even until today.

So here we are more than two years beyond those days, but sometimes we still wonder what it is safe to do. How will we observe Holy Week? At this point our hopes are to have a simple Seder at the church followed by Holy Communion and a Good Friday service in the small Chapel. We will keep alert about safety considerations and keep you apprised of final plans. We do want to celebrate these most important religious observances one last time in this church home and we hope you'll join us. Easter – a celebration of resurrection and new life. May it be so here at First Congregational Church!

A note: several people have asked me about the Taize service at All Saints. The service I attended on March 13 was a beautiful, deeply spiritual service. Upcoming Taize services in their calendar are on Palm Sunday, April 10th at 7:00 pm and on May 1. I know you'd be welcome!

Deacons' Report for April 2022

We are in the midst of Lent and I hope that you will take advantage of some activity/discipline that will help you to focus on Jesus' journey to Jerusalem, his death on the Cross, and then his Resurrection. In addition to our weekly services, the NACCC Devotionals are available in the Narthex and there are Lenten programs via Zoom on Prayer. The last one is Wednesday April 6 at 7:00 PM. All are welcome to join. Just let Janie know if you need the Zoom link.

Cissy Wolf has contacted various members to do a Discipleship Moment during church service to help us understand how that member is called to be engaged in our larger community because of our faith. This has provided a greater appreciation of how people have chosen to serve the larger community.

For Holy Week, we are still finalizing plans, and do plan to observe Maundy Thursday and Good Friday with special services. Janie has spoken with All Saint's Episcopal about any combination of services that they are interested in doing with us. The plans are still TBD.

Janie's final service with us will be on Easter. We greatly appreciate her dedication to us over this past year, and wish her well in her retirement. Following that Sunday, Deacons will be working to find people to lead our worship services for each week. If any are interested in doing this, please speak to Phil LeHoux.

As we look toward our final Easter service in our building at FCC, we want to recall the many people and activities that have meant so very much to all of us. If anyone has photos that will help us with recollection, please speak to Diane Forster-Burke. We would love to have a slide show like we used to do for Stewardship Sunday.

We have spoken with Teresa Clawson, our organist, about having an organ concert in May. This is TBA. We would love to honor our wonderful organist and our organ.

VACATION DATES

I will be out of the office April 12 -19. Please plan accordingly. I will be printing bulletins ahead of time for Holy Week as well as the Sunday following Easter. If you have announcements or bulletin items please let me know. I will be checking emails and will respond to any urgent matters while I am away.

LENTEN STUDY – “Looking at Prayer”

Lenten Study will be held via Zoom at 7pm April 6th. Please watch your emails for the Zoom link.

CLARION DEADLINE

PLEASE NOTE CLARION DEADLINE APRIL 20th.

Please email your articles firstcongo@qwestoffice.net



HOLY WEEK SERVICES

Sunday April 10 - **Palm Sunday @10:30am** also streamed on Facebook Live at 10:30am

Thursday April 14 – **Maundy Thursday** – Watch for Upcoming Details

April 15 **Good Friday** – Watch for Upcoming Details

April 17 **Easter Service @10:30am** – also streamed on Facebook Live at 10:30am



Parish Nurse Health Tip

Signs You're Not Eating Enough Protein

Even if you don't have a true deficiency, you could be running a little low, and that can affect your health in sneaky ways.



Everyone today is on a keto, paleo, southbeach, northbeach, sandybeach, gluten free, no sugar, vegetarian, raw food, vegan, low-carb, atkins, or the zone diet. Which begs the question, do you remember the old nutrition pyramid we all had? The one people now make fun of. But the one where all food groups were represented and we were told to eat a wide variety of foods in moderation from each level. Today's discussion: Protein.

- They don't call protein one of the building blocks of life for nothing. This macronutrient makes up the major component of all our cells and provides the essential amino acids that keep our bodies up and running. Problem is, some of us aren't getting as much of it as we should be.
- A true protein deficiency is very rare in the United States—though it can be seen in people who have anorexia, cancer, or, in the case of severe malnutrition, undiagnosed Crohn's disease and celiac disease. But sometimes, vegans and vegetarians or people who follow a raw food diet could find themselves running a little low.
- The next group most likely to be low in the area of protein: People over 70 years of age.
- We have all seen these new plant-based foods in the marketplace, but in terms of protein, they're not all created equal. Take milk, for example: One cup of 1% cow's milk contains about 8.5 grams of protein, while a cup of almond milk only contains just 1 gram.
- Plus, most plant-based proteins aren't complete proteins—meaning they're short on at least one of the nine essential amino acids that can be found in animal foods like meat, seafood, and eggs. Soy and quinoa are complete proteins; beans, peas, grains, nuts, and seeds are not, according to the Food and Drug Administration. We make them complete with various combinations. Think macaroni and cheese. A lesson for another time.

Signs of a mild case of protein deficiency someone might experience:

- An increased appetite for protein as the body tries to stimulate protein intake
- Weakness

Signs of a moderate case of protein deficiency include:

- Muscle wasting, also known as muscle atrophy

- Thinning hair, brittle nails, flaky skin
- Fatigue

Signs of a severe protein deficiency:

- Stomach bloating
- Liver failure
- Skin that splits open
- Stunted growth
- Porous bones that are weak and thin

You're prone to stress fractures

Your bones need more than just a healthy dose of calcium—they also need enough protein, too. That was the conclusion from a 2018 research review from some of the world's leading osteoporosis foundations, which found that eating a protein-rich diet could help protect your bones. When we aren't getting enough protein to fuel our organs and brain, our bodies borrow from other areas, including the storages in our skeletal muscle tissue. Without the support of strong skeletal muscle tissue, our bones are more susceptible to injuries like fractures and breaks.

Your hair, skin and nails look brittle and unhealthy

Because protein is an essential part of your hair and nails, your nails can feel softer and your hair can become more brittle over time. The hair can lose some of its luster, and may not be quite as thick as it used to be. You may experience flaky skin.

After a few months of not eating enough protein, you may also experience some hair loss, according to the American Academy of Dermatology, in part because the body shuts down hair growth to preserve its protein stores.

You're losing weight—from your muscles

The number on the scale may be ticking downward, but that's not necessarily a good thing. Typically, if people aren't getting enough protein, their bodies will break down muscle to get more of it. And if they're losing muscle, they're also holding on to fat stores, so their body composition could be changing in an adverse way.

You feel weak

You probably won't feel fatigued right away, but over time; people who aren't eating enough protein may feel more tired or sluggish than usual. Protein is a component of hemoglobin, which is present in our red blood cells and transports oxygen throughout the body. And too-low levels of oxygen could cause weakness or shortness of breath.

You're always catching a cold or "getting sick"

Protein is one of the building blocks of antibodies, which are produced by the body's immune system to help fight off foreign invaders like bacteria and viruses. If you don't have enough protein, you could have a compromised immune system and perhaps be ill more often than other people. Amino acids in your blood help your immune system make antibodies that activate white blood cells to fight off viruses, bacteria, and toxins. You need protein to digest and absorb other nutrients that keep you healthy. There's also evidence that protein can change the levels of disease-fighting "good" bacteria in your gut.

Swelling

A common sign that you're not getting enough protein is swelling (also called edema), especially in your abdomen, legs, feet, and hands. A possible explanation: The proteins that circulate in your blood -- albumin, in particular -- help keep fluid from building up in your tissues. But many things

can cause edema, so be sure to check with your primary health care provider in case it's more serious.

Mood Changes

Your brain uses chemicals called neurotransmitters to relay information between cells. Many of these neurotransmitters are made of amino acids, which are the building blocks of protein. So a lack of protein in your diet could mean your body can't make enough of those neurotransmitters, and that would change how your brain works. With low levels of dopamine and serotonin, for example, you may feel depressed or overly aggressive.

Hunger

This one might seem obvious. Protein fuels you. It's one of three sources of calories, along with carbs and fats. If you want to eat a lot of the time even though you have regular meals, you may need more protein. Studies have found that eating foods with protein helps you feel fuller throughout the day. I had a neighbor who always fixed her daughter a chicken breast or pork chop along with her oatmeal for breakfast before catching the school bus. That kid did not need a mid morning snack. I know I sleep better if I've had protein for dinner.

Slow-Healing Injuries

People who are low on protein often find their cuts and scrapes take longer to get better. The same seems to be true of sprains and other exercise-related mishaps. It could be another effect of your body not making enough collagen. It's found in connective tissues as well as your skin. To make blood clot, you need proteins, too.

Solutions:

- The United States Department of Agriculture currently recommends that both men and women eat about .8 grams of protein for every kilogram of body weight, if you're strength training or exercising regularly—or are trying to preserve muscle while cutting calories—you may need a little more. (One pound is equal to 2.2 kilograms; so, an adult who weighs 150 pounds would need 54 grams of protein.)
- And there's more to it than just meeting your macros. You should also be eating protein at the right time, too. The body is most happy when it's getting some protein every four to five hours.
- Eat protein rich foods:
 - Nuts and seeds such as almonds, pistachios, cashews, and flax seeds
 - Legumes, such as lentils and beans
 - Eggs
 - Seafood, like fish or shrimp
 - Whole grains like quinoa
 - Poultry, like chicken or turkey
 - Dairy products, like Greek yogurt or cottage cheese

Sources: Maria Master, Explore Health, January 23, 2020, Erin Heger and Samantha Cassetty, MS, RD, Insider Health, January 13, 2021, WebMD, November 16, 2020, Leslie Bonci, MPH, HEALTH, January 2020



APRIL OUTREACH - Camp Fellowship

Camp Fellowship began in 1981 as an outreach for youth. It was started by Dan and Diana Kizerian. First Congregational Church has always supported Camp Fellowship. It is a non-denominational Christian camp for young people (9-13 years), with former campers who return as cabin counselors. Each cabin has a minimum of 2 teen cabin counselors. Camp Fellowship utilizes the Camp Pinecliff facility on Chalk Creek Canyon Rd outside of Coalville. The camp facility is owned by the Methodist Church so we rent the facility for the week. We have several adults who attend Camp as directors, pastor, cooks, nurses, and crafts and activities staff. We usually total about 90-100 people at the Camp, however this year, we will reduce our capacity to 80% of our normal population because of the pandemic.

The camper fee is around \$200.00 for the whole 6 days. This fee covers everything, including: housing, food, tee shirt, water bottle, crafts, etc. We pay Camp Pinecliff for each day that a camper, counselor, or adult is there. Counselors and adults do not pay as we donate our time out of love and commitment to the kids. Camp runs very close to the budget. Our members and campers' parents often donate money, food, medical supplies or whatever else is needed toward this effort to make Camp happen for the kids.

This year's theme is still being determined. Camp will run from July 29th to Aug 5th this year. Camp is a wonderful opportunity for our church to contribute to the lives of young people from throughout the valley. Camp Fellowship is the Outreach recipient of our financial donations for April. Money raised will be used to help with scholarships for campers, as well as helping to pay for the costs of housing and feeding the counselors and staff. It may also be used to pay for things like food, crafts, etc.

Thank you for your ongoing support of this wonderful program.

Garden of Grace SPRING RENEWAL

Saturday, April 9, 2021, 9am-noon

We will be meeting for one of the last times at our Garden of Grace in preparation of Easter. Come for any amount of time you can.

GOALS: Clip back the plants and bushes.
Garden maintenance care
Sweep the pathway stones
Put down some Preen & mulch

We will serve Coffee, Water, Bagels and good treats. There will be garden gloves & tools or you can bring your own. Hope to see you in the Garden!

Any questions just call or text:

Jeanne Hansen
801-209-2823

Scott Hansen
801-556-7448

Jon Hansen



Treasurer's Explanation of the Church Financial Report – February 2022

FCC ran a \$8,607 deficit in February. For the first eight months of this fiscal year the deficit was \$30,376. The general fund balance fell from \$183,595 on June 30 to \$153,235 on February 28, 2022.

Unrestricted Giving was \$3,965 in February, \$2,312 less than budgeted. Unrestricted Giving year-to-date was \$64,266, \$405 less than budgeted and \$6,895 ahead of Unrestricted Giving a year earlier at the end of February 2022.

Total church revenue was \$10,938 in February. Revenue for the first eight months of this fiscal year was \$141,556. Rental income has fallen \$5,883 below the amount budgeted year to date, because of the decision of Ecclesia Church to move to its new location in mid-December. Reimbursements from the FCC Trust accounted for \$19,639 of this fiscal year's revenue.

Expenses through February were \$6,352 under budget. Inside and Outside Maintenance spending is approximately \$6,961 under budget. \$43,600 was budgeted for professional expenses this fiscal year in anticipation of costs arising from the sale of the building. Of the \$29,067 budgeted through February only \$4,561 has been spent.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through February. Revenue from those sources totaled \$66,346 - \$19,204 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through February fell short of covering the cost of employees, administration, and church activities by \$49,580.

TREASURER'S REPORT

For Period Ending February 28, 2022

CHURCH GENERAL FUND	February	Fiscal Year-to- Date
Unrestricted Contributions	\$3,965.00	\$64,266.38
+ Other Unrestricted Revenue	\$5,528.35	\$71,539.90
+ Transferred to General Fund from Designated Accounts	\$1,445.00	\$5,750.00
= Total Income	\$10,938.35	\$141,556.28
Total Expenses	-\$19,545.64	-\$171,932.46
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$8,607.29</i>	<i>-\$30,376.18</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$64,671.00
YTD Budgeted Total Income	\$162,921.00
YTD Budgeted Total Expenses	-\$207,302.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$14,004.82

DESIGNATED ACCOUNTS

	February	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$1,500.00	\$7,220.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	<i>\$1,500.00</i>	<i>\$7,250.00</i>

April 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
4 AA Group Meeting 7pm Fireside Room	5 Kristi Printing bulletins for Holy Week this week. Please plan accordingly	6 Men's Breakfast @7am Coffee With Pastor via Zoom @10am Lenten Study Via Zoom @7pm	7	8	9 Garden of Grace Workday 9am - Noon	10 Palm Sunday Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
11 AA Group Meeting 7pm Fireside Room	12 Kristi Out of Office through March 19 th Will be back in office the 20 th	13 Book Group via Zoom @7pm Kristi Out of Office	14 Maundy Thursday Kristi Out of Office	15 Good Friday Kristi Out of Office	16	17 Easter Sunday Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
18 AA Group Meeting 7pm Heritage Room Rental Group Youth Orchestra Sanctuary and Kitchen/Fireside Room 5pm – 9pm	19 Kristi Out of Office	20 Clarion Deadline	21	22	23	24 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
25 AA Group Meeting 7pm Heritage Room Rental Group Youth Orchestra Sanctuary and Kitchen/Fireside Room 5pm – 9pm	26	27 Book Group via Zoom @7pm Council Meeting @7pm	28	29	30	

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

April 2022

ADDRESS SERVICE REQUESTED