

CONGREGATIONAL CLARION

1710 FOOTHILL DRIVE
SALT LAKE CITY, UTAH
801-487-1357

April 2023



First Congregational Church

1710 S. Foothill Drive

Salt Lake City, Utah 84108

Email: firstcongregationalslc@gmail.com

Website: www.firstcongregationalslc.org


Sunday Worship Services:

In Person Worship at 10:30am

Follow Us on Facebook

Bridge Pastor:	Rev. Martha Moler
Moderator:	Carla McIntire
1st Assoc. Moderator:	Bill Brown
Treasurer:	Mike McIntire
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Scott Hansen
Board of Deacons:	Diane Forster-Burke
Outreach Board:	Cissy Wolff
Parish Nurses:	Diane Forster-Burke, Marge Kimes, Lynne Calame
Camp Fellowship:	Christine Madsen and Shaun McIntire
Choir Director:	Devon Bettolo
Pianist:	Alan Chavez
Church Secretary:	Kristi Hanson

NEW OFFICE HOURS



OFFICE HOURS

Monday – Office Closed

Tuesday – In Person 8:30am – 3pm

Wednesday – Virtual Hours 8:30am – 3pm

Thursday – In Person 8:30am – 3pm

Friday – Virtual Hours 8am - Noon

CLARION DEADLINE

May Clarion Deadline will be April 20th. You can email your articles to firstcongregationalslc@gmail.com

Walking Rainbows

A rainbow is not just a symphony of colors
sent to calm the storm in our souls;
it is a talk with God.

a mysterious, miraculous conversation
with God,

heart to heart,

the very heart of God saying to our
hearts:

“I remember I am your God.

Be my walking rainbows,
so that the whole world

will know to whom you belong,

for I am the God who keeps promises,

and I have not forgotten our covenant.”

This is the hope of the church:

that God keeps promises.

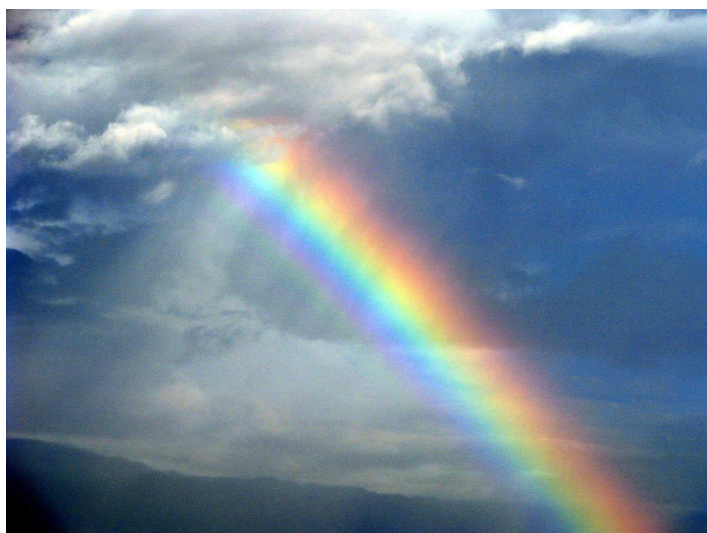
The mission of the church is to

walk among the suffering and give,

for we are covenant keepers,

walking rainbows,

bringing the hope of the good news to the poor.



Pastors Letter ...



I have been spending time this week selecting hymns for all our Holy Week services. I hope I found ones you'll enjoy. While looking through our hymnal I had a chance to read our 2017 Church Covenant. There is one line that will be of importance moving forward in our new chapter: “We commit to participate in and support the church and its ministries.” I ask you to carefully consider what that means for you. Each of you are unique in what time, talent and treasure means. Your church needs your participation and support. Enjoy a lovely Spring, whenever it arrives.

Pastor Martha Moler

Outreach - Cissy Wolff

Outreach

What a great joy it is that we, as a gathered community, can find ways to be good stewards of God's resources after the sale of our building. We will constantly look for ways to show a spirit of generosity and to focus outward. Thank you so much for the generosity this church has already shown.

This year our church committed to have all designated Outreach funds go to Crossroads Urban Center. However, we realized the importance of being able to respond to immediate, emergency needs. In March, the Outreach Board made a request to Council to approve a donation of \$2500 to the Mission and Outreach Ministry Council of the NACCC to assist with Syria and Turkey relief efforts. Without any hesitation, Council approved this donation and encouraged members and friends of First Congregational Church to contribute additional funds to go to this relief effort. During the month of March, Outreach donations went to the NACCC to assist with earthquake relief efforts in Syria and Turkey. Thank you for all of your efforts to help those in need.

All Saints Episcopal Church will be making sandwiches for St. Vincent de Paul Dining Hall on April 16, 2023 immediately following the service. Plan to join us for this great time!

Unless otherwise indicated, all **Outreach financial contributions** will go to Crossroads Urban Center during this fiscal year. Please help us support the important work that this organization does to combat hunger and homelessness. Watch your emails for updates from Crossroads Urban Center and for ways to participate to make this world a better place.

If you have any questions, comments, or concerns about Outreach, please contact Cissy Wolff at cissywolff@gmail.com or call/text at 801-243-5457.



Parish Nurse Health Tip

Tips to Stop Heartburn at Night



Why is heartburn more common at night?

Acid reflux occurs when the digestive acid that's naturally in your stomach backs up into the esophagus. The lining of the stomach can handle this strong acid, but the esophagus cannot. This can lead to heartburn. Heartburn may be more common at night because of gravity. When you lie down in bed, it's easier for stomach acid to move up into the esophagus.

Prop Yourself Up for Better Sleep

To keep acid down, use gravity. Try a specially designed wedge-shaped pillow to prop yourself up. Not enough? Boost the head of your bed 6 inches with wood blocks secured under the bedposts. Or purchase adjustable stackable bed risers for about \$15.00. Oh, and BTW, these are great to raise sofas to make it easier to sit down and get up from. I'm just saying. *Sleeping on your left side can also help digestion and calm acid reflux.*

Eat Earlier and Don't Overdo It at Dinner

Going to bed on a full stomach makes nighttime heartburn more likely. Keep your portions in check. A full stomach puts pressure on the valve at the top of the stomach, which is supposed to keep stomach acid out of the esophagus. So eat at least 2 to 3 hours before bedtime to give your stomach time to empty. In other words, stay upright for at least 3 hours before going to bed. Try early dinners, and avoid snacks at night.

Skip Chocolate Dessert and Coffee

Both of these after-dinner treats can trigger heartburn in some people. Other common offenders to skip at your evening meal include citrus fruits, onions, fizzy drinks, and fatty or spicy foods. Instead of fried entrees, try broiled.

Take It Easy Before Bed

Exercise can make acid reflux worse. Avoid doing anything that's very intense right before you go to bed. A leisurely walk after dinner and giving food time to settle may help prevent heartburn at night.

Watch for Trouble Signs

If you get heartburn more than twice a week or if it keeps returning, tell your Primary Health Care Provider. It might be GERD, which can cause ulcers, throat and lung problems, and other serious conditions. Call your PHCP if you feel sudden pain, tightness, or pressure in your chest. Also do that if you are having any trouble swallowing or you're losing weight for no reason.

Nix Nightcaps

Any type of alcohol can trigger heartburn. If you drink and have heartburn at night, slow down on wine or beer with dinner. And avoid after-dinner drinks altogether. Besides, booze gives you extra calories and can lead you to overeat -- a combination that can make you gain weight and make heartburn worse.

Watch Your Weight

Although people of any size can get heartburn, extra pounds make it more likely. It may add pressure on the valve at the top of the stomach. Trimming down may help with your acid indigestion. And that may mean better sleep at night and less daytime sleepiness.

Kick the Habit

Smoking is one of the leading causes of heartburn. It can weaken the valve between the esophagus and the stomach. If you smoke, try to quit. Talk to your PCHP about medications and other aids that can help you break up with nicotine.

Avoid After-Dinner Mints

A peppermint after dinner may sound soothing. But many people get heartburn after eating mints. Research suggests that mint may relax the valve at the top of the stomach, making stomach acid more likely to flow into the esophagus.

Keep a Food Diary

Jot down what you eat and drink, and look for clues about what triggers your heartburn. Try to avoid those foods for a few days. Later, add them back one at a time, so you can see if they cause trouble.

Wear Loose PJs

Tight-fitting pajamas at night can add pressure to your stomach, increasing the risk of heartburn. Avoid snug waistbands and wear loose sleepwear instead.

Chew Gum

Research shows that chewing non-mint sugarless gum for 30 minutes after a meal may lower the risk of heartburn. Chewing gum may make you swallow more often, which helps wash acid out of the esophagus.

Bend With Your Knees

At night, whether you lift the kids to put them in bed or pick up laundry, bend with your knees when doing evening chores. Bending forward at the waist gives some people heartburn. It's especially important to avoid it in the evening if you tend to get heartburn at night.

What Do Antacids Do?

Over-the-counter antacids can provide short-term relief for occasional heartburn. They neutralize stomach acid so it won't cause heartburn. Choose from dissolvable or chewable tablets or liquids. If antacids don't do the trick or you use them more than a few times a week, see your PCHP to find the right treatment for you.

How Do H2 Blockers Work?

Drugs called H2 blockers cut down on acid production. You can take them to help prevent heartburn. Some need a prescription. Others are sold over the counter. Some drugs interact with H2 blockers, so be sure to tell your PCHP about all your medications and supplements.

Sources: Carmelita Swiner, MD, WebMD, November 30, 2022, Mera Goodman, MD, GoodRx Health, April 25, 2021

FIRST CONGREGATIONAL CHURCH ART



Frank McEntyre's FCC Organ pipe Assemblage Art titled - "Making a Loud, Joyful Noise"

Rob Adamson's "Sanctuary Light" Oil Painting & Artist Statement



I am very grateful for the wonderful opportunity I had to create this memorial painting for The First Congregational Church. I worked closely with my dear friend, Jeanne Hansen. She provided wonderful stories and insights about the church, its history and the congregation which assisted me while designing, making sketches and creating this painting. We enjoyed sketching and creating color studies from life as we sat in the beautiful sanctuary with the large, colorful stained-glassed windows. I have my own personal memories of this building and sanctuary. Some years ago, my daughter, Sarah and her friend Kate, performed The Bach Double Concerto for 2 violins for The Young Artist Chamber Players-YACP. I have certainly gained a greater appreciation and connection for this beautiful church, its Architecture, the colorful light-filled inner sanctuary and especially the wonderful people! My hope is that this painting will serve as a reminder of all the beautiful memories of this wonderful building and that everyone will continue to feel God's great love! ❤️

Rob Adamson

OUT & ABOUT

Jeanne Hansen Art Show at Red Butte Garden

You're invited to my Art Show at the Red Butte Garden Visitor Center Gallery, Friday, April 14- Monday, May 8th, 2023.

Artist's Reception on Earth Day: Sat. April 22nd, 2-5pm with live music and refreshments. Red Butte Garden Visitor Center 300 Wakara Way, SLC, Utah 84103

801-585-0556 There is not a fee to see the Art Shows with an elevator and free parking. Any sales help support the Garden and their events. Enjoy & Hope to see you there!

Jeanne Hansen



GARDEN of GRACE on the Move

It's Spring and time to move our New Testament and Old Testament Pathway Stones to the All Saints Episcopal Church grounds. We are tentatively planning to do it on Sat. April 29th, 2023. Let us know by call or text if you can help us and we will keep you informed on the time. We will also save the last remaining named stones. Hope to see you there!

Scott Hansen
801-556-7448

Jeanne Hansen
801-209-2823

Deacons Report for April Clarion

We are well in to Lent and I hope that you are reading the NACCC Devotional books.

We offered a "Call" to Rev. Doug Gray and he accepted our Call. He has to give his current church a 60 day notice of his departure. We will learn later this spring when he will start with us. Meanwhile Pastor Martha is continuing to work with us and lead our services.

Holy Week will have many opportunities for worship. We are invited to join All Saints members for a Wednesday service (April 5) at 7 PM titled "Women Of The Passion, A Journey to the Cross". We will participate in an Agape Feast on Thursday at 6 PM. We ask that people sign up to bring food that might have been available at the Last Supper. We will also hold Good Friday observance at noon on April 7th. For Easter on the 9th, we will have Communion.

Please plan to join with other members at some (or all) of these events.

PULPIT SEARCH COMMITTEE

The Pulpit Search Committee is pleased to announce that we will soon have a new settled minister at First Congregational Church. Doug Gray comes to us with a background of participation in the NACCC and thirty-five years of experience in Congregational churches. We recommended him to the congregation on the basis of his skill set, experience, enthusiasm, energy and deeply rooted faith. Many of you came to church on March 12th to hear him speak and others met him at the open house. We are so happy that Doug and his wife Cynthia will be joining us as we continue our faith journey.

The Story of Rev. Doug Gray's Ministry



Rev. Doug Gray has nearly thirty-five years experience in the ministry, and he's passionate about youth ministry, contemporary music, lay ministry training, and playing games. Doug earned his undergraduate degree in chemistry from Earlham College in Indiana. After a year as a chemist, Doug answered God's call into the ministry, attending Princeton Theological Seminary. Since then, Doug has served churches in Maryland, Illinois, Wisconsin, and Massachusetts. For eleven years, Doug served as Senior Pastor at Second Congregational Church in Beloit, WI, including a merger process with a Presbyterian fellowship to become the United Church of Beloit. Since 2013, he has served as Pastor at the First Church of Squantum (Congregational) in Quincy, Massachusetts. During COVID, that church led a successful capital campaign, built a new entrance to the church and redid all its bathrooms.



The Story of Doug, Cynthia and Their Family

Doug grew up in urban Los Angeles and suburban Milwaukee. Doug and Cynthia, met in college, and married in 1991. Dr. Cynthia B. Gray grew up in New Jersey and Atlanta, and had a successful career teaching and administrating at the college level before retiring in 2013. Together, they have raised three dynamic children—Morgan (age 28), Jordan (age 23), and Caleb (age 19). They enjoy going for walks, having friends over, and trying new foods together. Doug says, “My wife, Cynthia, is incredibly beautiful, smart and funny—and I’m not biased!”



How Doug has fun:

Playing the guitar, movies, outsmarting technology, brewing beer, current affairs, writing, and video games.

Favorite book (besides the Bible): The Lord of the Rings

Favorite sports: Baseball and volleyball

Favorite quote: “God does not call the qualified; he qualifies the called.” (Pastor Roy B. Nabors.)

Nominating Committee - Board Position Openings

Dear Members and Friends of First Congregational Church,

At our Congregational Meeting on March 26th the following persons were elected to serve our church for the coming year:

Moderator: Bill Brown

1st Associate Moderator: Glenda Barkwell

2nd Associate Moderator: Karyl Bennion

The Nominating Committee as dictated by our by-laws:

Rev. Martha Moler as Minister will be replaced with Rev. Doug Gray when he begins his service on May 15th;

Mike McIntire- immediate past moderator;

3 members of the Congregation-

Scott Brown,

Phil LeHoux,

Marge Kimes,

We need individuals to serve in the following positions:

3 at-large members of Council;

Board of Deacons;

Board of Trustees;

Board of Outreach;

Treasurer;

Financial Secretary:

Church Clerk;
Historian;
FCC Trust;
Friendship Manor Board;
Membership/Stewardship Board;
Mt. Olivet Board

Please consider prayerfully how you can serve your church. These positions are important in helping us assist our Minister in serving the Lord and our community. Contact any member of the nominating committee to volunteer.

2023 - Holy Week Schedule

April 2 Palm Sunday at 10:30am - in St John Hall. Weather permitting; All Saints (ASEC) has invited us to a parade of Palms around the church building prior to our services.

April 5 ASEC Service “Women Of The Passion, A Journey to the Cross” at 7 PM. Martha will do a reading and we are invited to sign up to read.

April 6 Maundy Thursday Agape Feast @6pm – We need to know who plans on attending this service as well as help provide the meal. If you are planning to attend please sign up this Sunday in St. John Hall on the sign-up sheet located on the window by the door or email the church office at firstcongregationalslc@gmail.com. Service will be in St. John Hall beginning at 6pm. Choir will practice after the service.

April 7 Good Friday @Noon – FCC will hold Good Friday Services in St. John Hall. Please meet at Noon.

April 9 Easter Service - in St John Hall.

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Palm Sunday in St. John Hall @10:30am	3	4	5 Men's Breakfast @7am Deacons Meeting @2pm	6 Agape Feast in St. John Hall @6pm Choir Rehearsal following Agape Feast Kristi Out of Office	7 Good Friday in St. John Hall @Noon Kristi Out of Office	8
9 Easter Sunday in St. John Hall @10:30am	10	11 Kristi Out of Office	12 Kristi Out of Office	13 Choir Rehearsal @7pm in St. John Hall Kristi Out of Office	14 Kristi Out of Office	15
16 Worship Service in St. John Hall @10:30am	17	18	19 Clarion Deadline	20 Choir Rehearsal @7pm in St. John Hall	21	22
23 Worship Service in St. John Hall @10:30am	24	25 Council Meeting @2pm	26	27 Choir Rehearsal @7pm in St. John Hall	28	29
30 Worship Service in St. John Hall @10:30am						

