

CONGREGATIONAL CLARION

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

May 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
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

Pastors Letter ...



Dear Church Family – I've been thinking hard on what I should write and I keep coming back to the image of a bridge. My title for these past 11 months has been "Bridge Pastor". A bridge takes you from what you have known, across some turbulence, and onto a new safe shore to start anew.

In three short weeks my Sunday mornings will be spent sitting in a pew or sleeping in or wherever God has in mind for my next challenge, not here in St. John Hall leading worship. We've been through quite a transition (and my time away from surgery and recovery). I keep recalling Rev. Bob Coates comments at our celebration in October "it takes great courage to embrace change and open a new chapter." Now your writing of this new chapter will be with Rev. Doug Gray as your Settled Pastor. My heart and prayers go with you all in this new phase of life for First Congregational Church. God by with you.

Pastor Martha Moler

Enjoy this humorous post from Facebook 😊

New Pastor Warranty

It has come to our attention that the pastor you have called was shipped with a slight defect – They are not psychic. Because of this, you observe certain procedures to ensure optimum performance.

It is necessary to inform them of any members who are hospitalized. If someone you know is in need of prayer, the pastor must be told or they won't know. If you are in need of a pastoral visit, you will get the best results if you ask for one.

PLEASE take directions in the 2nd paragraph to heart when Pastor Doug arrives.

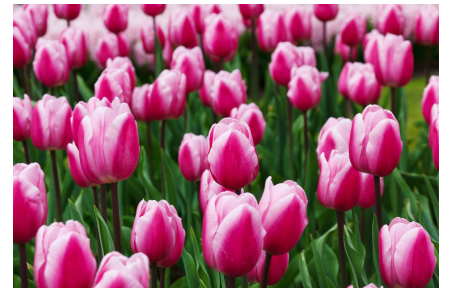
MOTHER'S DAY SERVICE - May 14th

PLEASE PUT THIS DATE ON YOUR CALENDAR AND PLAN TO ATTEND!

Mother's Day is Sunday, May 14th and as always, we will have our graduating high school seniors speak during the service. This year, choir director Devon Bettolo's daughter, Alexis, will be speaking. If there are any other graduating high school seniors that are part of our community of faith that would like to speak on Mother's Day, please contact the church by May 9th so the information can be printed in the bulletin.

Sunday, May 14th is also the last Sunday of Pastor Martha's ministry with us. Martha has given us a year of stability and continuity as well as wonderful sermons.

YOU ARE INVITED to a special coffee hour following the service on May 14th to honor Pastor Martha. This coffee hour fellowship time will give all of us a chance to thank Martha for her year of service and to say good-bye and wish her well.



SAVE THE DATE - Put it on your calendar!
Set your alarms! You don't want to miss this!

At 10:30am on May 21, 2023, **Doug Gray** will give his first sermon as our new settled pastor. There is information about Doug and his family in the April Clarion which can be accessed on the church's website. He was recommended to the congregation on the basis of his skill set, experience, enthusiasm, energy and deeply rooted faith. A special celebratory coffee hour will be held following the church service. Please plan to attend the service on May 21st and help welcome Doug and Cynthia to First Congregational Church as they start their faith journey with us.



Deacons' Report – Diane Forster-Burke

Pastor Martha is with us for 2 more Sunday services, and then our new Pastor, Doug Gray will begin in the office on May 15th. There will be a special coffee hour on the 14th to honor Martha and thank her for helping us during this past year.

The choir will start their summer break after church on May 21st and will resume around Labor Day. We are asking for anyone who would like to perform a musical piece for our worship to please let Diane Forster-Burke know. (801-699-4841)

Our outdoor worship service will again be at Mountain Dell Park on June 11th with a picnic to follow the service. Please plan to come and bring a dish to share.

We expect that Pastor Doug will have a different way of doing church, and we are excited about this opportunity with him. Once again, please everyone be adaptable and open to change. Kristi will be a great support to him as she has been to Martha.

Please continue to support FCC with your presence, your ideas and energies, your treasures (time and finances), and your prayers.

OUTREACH UPDATES AND INFORMATION - Cissy Wolff

Thank
YOU

Thank you for the continued generosity of members and friends of First Congregational Church! 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 the slightest hesitation, Council approved this donation and encouraged members and friends of First Congregational Church to contribute additional funds to go to this relief effort. First Congregational Church was able to send \$3050 to the NACCC to assist with earthquake relief efforts in Syria and Turkey.

Put it on your calendar

All Saints Episcopal Church will be making sandwiches for St. Vincent de Paul Dining Hall on May 21, 2023 and June 18, 2023 immediately following the service. Plan to join us for this great time!

Ongoing support for Crossroads Urban Center

Unless otherwise indicated, all Outreach financial contributions will go to Crossroads Urban Center during the rest of 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.

FROM THE 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 and Marge Kimes

We need individuals to serve in the following positions:

- *3 at-large members of Council
- *Board of Deacons
- *Board of Trustees
- *Treasurer
- *Financial Secretary
- *Church Clerk
- *Mt. Olivet Board
- *Membership/Stewardship
- *Friendship Manor Board
- *FCC Trust
- *Historian

Please prayerfully consider 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.



Knee Pain Dos and Don'ts



- **Don't: Let Your Knee Pain Become a Chronic Problem!** Tackle your knee pain before it becomes a major issue. Better yet, if you don't have any knee pain, baby those cute knees, before they become a problem. You only get 2 knees! Pinning your bets on a later-life knee replacement isn't the way to go. Studies show that those that underwent surgery versus those that underwent non-surgical interventions had similar outcomes. However, this entirely depends on the type of injury or condition you have! Make sure knee pain doesn't become your norm.
- **Do: Rest a Sore Knee.** Take a break so your knee has time to heal. You'll only need 1 or 2 days of rest to ease minor knee pain, but severe injuries may keep you off your feet longer. Talk to your primary care health care provider if it doesn't get better after a few days.
- **Don't: Kneel or Sit on Your Knees.** This can cause aggravation to your knees.
- **Don't: Stay on the Couch Too Long.** Exercise builds strong muscles around your joints, and that helps prevent injuries. Once your knee has had enough rest, get back out there. Low-impact water workouts or tai chi are good options. But don't overdo it or you'll risk more pain.
- **Do: Use RICE.** Try the RICE formula to treat a knee injury: **R**est for a day or two to heal. **I**ce your knee to calm inflammation. **C**ompress (wrap) your joint for support and to stop fluid buildup. **E**levate it on a pillow or stool to curb swelling.
- **Don't: Risk Slips, Trips, or Falls.** Wear shoes with good tread on them to cut your risk of a slip. Choose low-heeled ones with soft, rubber soles. Keep your home's hallways and stairwells well lit, and clear floors of things you could trip over. Tack down those throw rugs. When your knees are unstable, your risk of falling rises. And just one untimely fall can increase damage to the knee. Take extra steps to make sure your home is well-lit and free of excess clutter that could pose a fall risk. Use handrails on staircases and exercise extra caution in snowy or rainy weather.
- **Do: Think Safety and Use a Cane If You Need One!** Feel unsteady? Use something to steady you as you move around. Choose a sturdy, strong, light cane or walking stick with a rubber tip and a handle that's easy to grasp. Hold it at a 45-degree angle to be sure it's the right height. Find one in a color or style you like so you'll be more likely to use it. Give up the ghost! Use one if ya need it!! Also Water Aerobics are an easy way to get your exercise in a very safe and fun environment. Walk in the pool.
- **Do: Watch Your Weight.** Extra pounds add strain to your knees and raise your risk of painful arthritis and injuries. But even moderate weight loss can make it better. If you need to drop a few pounds, set a goal to lose just 5% of your current weight over the next few months. For every pound of excess weight, your knees experience four extra pounds of pressure. Eat foods that help reduce inflammation, like the Mediterranean Diet.
- **Don't: Forget to Stretch.** The muscles around your knees can get tight, and that can lead to painful injuries. Daily stretches can prevent that and muscle pain. Ask your Primary Health Care Provider or physical therapist for easy moves to help you limber up before you walk or do any other activity. Like everything we recommend, there are professionals with other opinions. I'll give another. Instead of any elaborate warm-up/limber-up activities, many experts say to simply head out *walking slowly*, increasing your stride, to a run. Or begin your exercises on the slow mild workout and work up to the wild aerobic end. Hmmm.
- **Do: Use Heat and Cold.** If your knee pain flares, try hot or cold treatments. Moist heat is better for pain relief than dry. Soak in a warm bath, or zap a damp washcloth in the microwave. To ease a swollen knee, press a bag of frozen veggies wrapped in a towel against the joint.

- **Don't: Sleep in the Wrong Position.** This can make your knee pain worse. Try out different positions, and put a pillow between your knees if you sleep on your side. Don't prop up a bent knee on a pillow, though -- that can make it harder to unbend your leg the next day.
- **Don't: Wear Out Your Knees.** You may get knee pain because you overload your joints. Movements you do over and over again, like going up and down stairs every day, can jar and wear down your knees. But don't sit for long periods, either. That puts extra pressure between your knee and leg bone that can cause pain. If you have been running 10 miles a day over rough terrain and you are now 65, maybe you want to rein it in and say, Golly Gee, I ruined my knees. I guess I should have started running 3 miles on flat surfaces – 5 years ago - and now I need two knee replacements.
- **Do: Choose Your Shoes Carefully.** Your shoes are important to your foot health. Choosing the right footwear is crucial for preventing knee pain, as well as decreasing your fall risk. If you have knee osteoarthritis, you may benefit from special cushioned insoles to reduce stress on your knee. Ask your PHCP or sport's medicine physicians or physical therapist for a specific recommendation when choosing shoes and insoles. Don't keep wearing the same old shoes. Shoes can stretch and wear out after a while. Don't keep wearing your favorite pair after their support and tread have worn out. You may find that new shoes will support your feet and ankles better and ease your knee pain. Stop with the high heels. Nothing more than 2 inches.
- **Do: Support Your Arches .** Choose shoes that support your arches, or get slip-in inserts at your local drugstore. If those don't work, you can ask your Primary Health Care Provider about custom supports. But those can be expensive and don't always work better than the ones available over the counter.
- **Don't: Jostle Your Joints.** Walking, swimming, cycling, using the elliptical machine or participating in water aerobics are all excellent low-impact exercise options. Avoid movements that will put more stress on your joints, like running, jumping and playing sports.
- **Do: Talk to Your Primary Care Provider.** You don't have to deal with knee pain alone. Your PCHP might prescribe medication or give you a steroid shot to help. They also might talk with you about surgery to replace worn joints or ligaments. Don't wait if our tips have not helped the pain. Your PHCP is likely to hit you over the head with a Nerf bat if you wait too long wondering why you didn't come in sooner. Don't dismiss swelling and severe pain.
- **Do: Try Acupuncture.** Need a recommendation? We can help ya.

Sources: Tyler Wheeler, MD, WebMD. February 19, 2023, Adventist Health, Centers for Disease Control and Prevention, Arthritis Foundation, 2023, Pain Medicine Group, Iron Bull Strength, Sherbrook, Canada

LOOKING AHEAD

ANNUAL MEETING

The 158th Annual Meeting of First Congregational Church of Salt Lake City will be held on June 4th, 2023. The purpose of the meeting will be the presentation and approval of the budget, 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.



ANNUAL REPORTS DUE DATE – Council and Board Members, Please submit your annual reports by May 15th to firstcongregationasl@gmail.com

OUTDOOR SERVICE - Sunday June 11th is the Annual Outdoor Worship Service at 10:30 AM. We will be in Washington Park – Lower Terrae Site by Mountain Dell Reservoir and Golf Course up Parley’s Canyon (at the East Canyon exit #134) or Emigration Canyon. (Maps available in the narthex)

There will be a pot luck following the service. Deacons will provide main course. For those that have last names A-L please bring a side dish; names M-Z should bring a dessert. Please bring your own beverage.

There are picnic tables and benches in the pavilion however if you would prefer a camp chair you are welcome to bring that to ensure social distancing as needed.

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. Drive to the end of the road, where the Lower Terrace is located.

May Calendar

May 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Men's Breakfast @7am	4 Choir Rehearsal @7pm in St. John Hall	5	6
7 Worship Service in St. John Hall @10:30am	8	9	10 Deacons Meeting 2pm	11 Choir Rehearsal @7pm in St. John Hall	12	13
14 Mother's Day Farewell to Rev. Martha Moler Worship Service in St. John Hall @10:30am	15 Rev. Doug Gray First Day in Office Welcome to FCC	16 Council Meeting @2pm	17 Clarion Deadline	18 Choir Rehearsal @7pm in St. John Hall	19	20
21 Rev. Doug Gray's First Sunday with a Special Coffee Hour following service Worship Service in St. John Hall @10:30am	22	23	24	25	26	27
28 Worship Service in St. John Hall @10:30am	29	30	31			

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

May 2023

ADDRESS SERVICE REQUESTED