

# CONGREGATIONAL CLARION

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

DECEMBER 2021



MERRY CHRISTMAS

## **ADVENT WORSHIP SCHEDULE**

**\*Facebook Live Services will be at 10:30am**

2<sup>nd</sup> Advent – December 5<sup>th</sup>

3<sup>rd</sup> Advent – December 12<sup>th</sup>

4<sup>th</sup> Advent –December 19<sup>th</sup> (Lessons & Carols)

Christmas Eve Service will be on Facebook Live and in person  
December 24<sup>th</sup> at 7:30pm

Facebook Live Streaming on December 26<sup>th</sup>  
No In Person Service

## **CHRISTMAS EVE OFFERING**

A portion of Christmas Eve's offering will benefit the Ministerial Assistance Fund which provides funds for NACCC clergy in times of crisis or need. Since this is not an endowed fund, it relies on yearly contributions. Thank you for your contributions



**First Congregational Church**

**2150 S. Foothill Drive**

**Salt Lake City, Utah 84109**

Phone: (801) 487-1357

Email: [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

Website: [www.firstcongregationalslc.org](http://www.firstcongregationalslc.org)

**Office Hours:**

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

**Sunday Worship Services:**

Traditional Worship at 10:30am in person and Live Streaming

Nursery Provided

**Worship LIVE STREAMING - Facebook SUNDAYS @10:30AM**

<b>Interim Minister:</b>	Rev. Janie Gebhardt
<b>Moderator:</b>	Mike McIntire
<b>1<sup>st</sup> Assoc. Moderator:</b>	
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Bill Brown
<b>Treasurer:</b>	Paul Kelley
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Scott Hansen
<b>Board of Deacons:</b>	Diane Forster-Burke
<b>Outreach Board:</b>	Cissy Wolff
<b>Christian Education:</b>	
<b>Membership Board:</b>	
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes, Lynne Calame
<b>Camp Fellowship:</b>	Christine Madsen and Shaun McIntire
<b>Garden of Grace:</b>	Scott & Jeanne Hansen
<b>Choir Director:</b>	Devon Bettolo
<b>Organist:</b>	Teresa Clawson
<b>Church Secretary:</b>	Kristi Hanson

## **Janie's Jottings~**

This week I came across a story about the first Thanksgiving – and it wasn't the story we have long been told. It made me think about the stories we share at this time of year about Jesus' birth. We have looked to the stories from Luke and Matthew, and I know many read them as if they were history - factual. Mark's Gospel doesn't give us any such account and John's Gospel speaks of Jesus' beginning in a very different way – seemingly tying it to the beginning of creation. Matthew and Luke tell their stories with different purposes in mind. I don't think we thought of that as we often melded those stories together for our Christmas pageants. Read them again to see how truly different they are. Matthew has kings from afar visiting this baby while Luke paints a picture of a babe born to a very young mother in a very lowly place with shepherds (people who weren't thought highly of) being the first to visit. Yes, there were angels but no kings. I've appreciated reading from Marcus Borg and John Dominic Crossan who point out that the authors of those Gospels want to make sure we understand that this baby and future leader is not an imperial ruler like Caesar, but is one sent by God to bring peace and hope – to change the direction of the world. We still celebrate that God loves us so much God had sent Jesus, but it seems we still support forms of power that rule over people rather than with peace. As we prepare to celebrate this Holy season, may our celebration honor the one who came among us to bring Peace and Love.

May your holiday season be filled with special meaning – and may our stories be filled with reminders of God's Love.

### **\*NOTE EARLY CLARION DEADLINE**



January Clarion Deadline will be December 15th. You can email your articles or leave them in the church office.

[firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

**HOLIDAY OFFICE HOURS** - The Church Office will be closed December 24 and 28. Kristi will be available morning hours via phone and email December 29<sup>th</sup> – December 31<sup>st</sup>. Bulletin for January 2<sup>nd</sup> will be printed on December 30<sup>th</sup> in the afternoon.



## **SHARE THE WARMTH TREE**

Beginning Nov 27 and throughout December we collect warm clothing items on the Share the Warmth Tree. These include hats, gloves, mittens, scarves, coats, socks and any other winter items.

The Share the Warmth Tree will be put up during the Hanging of the Greens. We will add items to the tree throughout the Advent season. Place your items in the containers under the coat racks. After the tree is taken down the items will be donated to the Road Home.



## **BLOOD DRIVE – JANUARY 4<sup>TH</sup>**

The American Red Cross will run a blood donation drive in our gym on Jan 4 from 1-6. More information about scheduling an appointment will be forthcoming.

## **DECEMBER OUTREACH - Salvation Army**



The Salvation Army is an international Christian organization that began operations in Canada in 1882. It's mission is to share the Christian religion, help children and families access basic needs and help transform communities around the world.

The Salvation Army also has a thrift store in Ogden. The sale of donated items in the thrift store helps to fund their Adult Rehabilitation Center where those struggling with drugs and alcohol find help, hope, and a second chance at life.

The Salvation Army helps to provide many services: a Thanksgiving meal at their centers, Christian worship service at their centers, food pantries, help with specific need items such as beds or cribs to those who are poor and struggling, helps with after school programs, helps with job training and veteran services, helps with emergency housing or longer term homeless shelters, helps those escaping domestic violence and has programs to help those who are escaping human trafficking.

## **FROM THE DEACONS**

Thanksgiving is close at hand, and then it will suddenly be Advent and Christmas. This is a time for not only family preparations, visiting friends, baking, and gift buying, but also for spiritual reflection.

- Advent devotionals have been ordered from the NACCC. Please look for them in the Narthex.
- The Hanging of the Greens will be Saturday, Nov 27 at 10. Please come help us decorate the Sanctuary for Advent. Advent begins Nov 28.
- Please sign up to light an Advent candle and/or to be a reader for Lessons and Carols (Dec 19). The Sign Up sheet for candles is on the bulletin board by the front stairs. If you can read for Lessons & Carols, please tell Janie.
- Lessons and Carols will be on December 19. Please plan on attending or joining us on Facebook live. If you join us on the live stream on Facebook, please comment so we know you are listening.
- There will be pre-recorded services for Thanksgiving Day and December 26. These will be live streamed on Nov 25 and Dec 26 respectively.





## What Your Nails Say About Your Health *Fingernail Abnormalities*

*Nails change, and some of those changes are totally benign. Others can indicate a disorder or condition that you might want to discuss with your primary care practitioner.*

### Pale Nails

Very pale nails can sometimes be a sign of serious illness, such as anemia, congestive heart failure, liver disease, or malnutrition.

### White Nails

- If the nails are mostly white with darker rims, this can indicate liver problems, such as hepatitis.
- Watch out for fingers that are also jaundiced, another sign of liver trouble.

### Yellow Nails

- One of the most common causes of yellow nails is a fungal infection.
- As the infection worsens, the nail bed may retract, and nails may thicken and crumble.
- In rare cases, yellow nails can indicate a more serious condition such as severe thyroid disease, lung disease, diabetes or psoriasis.

### Bluish Nails

Nails with a bluish tint can mean the body isn't getting enough oxygen. This could indicate a lung problem, such as emphysema. Some heart problems can be associated with bluish nails.

### Rippled or Pitted Nails

If the nail surface is rippled or pitted, this may be an early sign of psoriasis or inflammatory arthritis. Discoloration of the nail is common; the skin under the nail can seem reddish-brown.

### Cracked or Split Nails

Dry, brittle nails that frequently crack or split have been linked to thyroid disease. Cracking or splitting combined with a yellowish hue is more likely due to a fungal infection.

### Puffy Nail Fold

- If the skin around the nail appears red and puffy, this is known as inflammation of the nail fold.
- It may be the result of lupus or another connective tissue disorder.

### Dark Lines Beneath the Nail

- Dark lines beneath the nail should be investigated as soon as possible.
- They could be caused by melanoma, the most dangerous type of skin cancer.

### Beau's Lines

- Depressions that run across your fingernail.
- These can be a sign of: malnourishment, diseases from high fevers, peripheral vascular disease, pneumonia, uncontrolled diabetes, zinc deficiency

### Clubbing

- When nails thicken and curve around your fingertips, a process that generally takes years.
- This can be a result of low oxygen in the blood associated with cardiovascular diseases, inflammatory bowel disease, liver diseases, pulmonary diseases, AIDS

### Soft, Dry, Thin, Crumbling, Easy To Break, Brittle, Easy to Peel

- How does this happen? Everything from aging, poor nutrition, harsh soaps and detergents, in water a lot, gardening, out in the weather, constant use of hands, etc., etc.

### Koilonychia or Spooning

- Is when your fingernail has raised ridges and scoop outward, like spoons. Sometimes the nail is curved enough to hold a drop of liquid.
- Spooning can be a sign that you have: iron deficiency anemia, heart disease, liver disorder, lupus, hypothyroidism, Raynaud's Disease (a conditions that limits your blood circulation)

### Leukonychia or Nonuniform White Spots

They're usually the result of a minor trauma and are harmless in healthy individuals.

Sometimes Leukonychia is associated with poor health or nutritional deficiencies. Factors can include infectious, metabolic, or systemic diseases as well as certain drugs.

### Mees' Lines

- Mees' Lines are transverse white lines. They can be a sign of arsenic poisoning. Yikers! Get to your Health Care Provider.

### Onycholysis

- When the nail plate separates from the nail bed, it causes a white discoloration.
- Can be due to infection, trauma, or products used on the nails – or from psoriasis or thyroid disease

### Terry's Nails

When the tip of each nail has a dark band. This is often due to aging, but could be due to congestive heart failure, diabetes, or liver disease

### Greenish/Black On Nails or Red Around Nails

- Infection

### Nail Lifting With White Discoloration

- Fungal infection
- Psoriasis
- From injury from cleaning under nails with a sharp instrument or having a too aggressive manicure

### Washboard Nails

- Grooves and ridges in nails
- From picking at nails

### Ram's Horn Nails

- Thick, overgrown nails
- Can run in the family
- From psoriasis and circulation problems

**Tips:**

- ✓ Don't bite or tear at your nails, or pull on hangnails.
- ✓ Always use nail clippers and trim them after you bathe, when nails are still soft.
- ✓ Keep your nails dry and clean.
- ✓ Using sharp manicure scissors, trim your nails straight across, rounding the tips gently.
- ✓ If you have a problem with brittle or weak nails, keep them short to avoid breakage.
- ✓ Use lotion on your nails and cuticles to keep the nail and nail beds moisturized.

Sources: WebMD, Stephanie Gardner, MD, May 23, 2020, Healthline, Alana Biggers, MD, Ann Pietrangolo, March 7, 2019, American Academy of Dermatology Association

**Treasurer's Explanation of the Church Financial Report**

**October 2021**

FCC had a \$7,928 deficit in October. For the first four months of this fiscal year it ran a \$7,041 deficit. The general fund balance fell from \$183,595 on June 30 to \$176,554 on October 31, 2021.

Unrestricted Giving was \$7,208 in October, \$1,717 below budget. Unrestricted Giving year-to-date was \$42,300, \$11,891 above budget.

Total church revenue was \$15,616 in October. Revenue for the first four months of this fiscal year was \$78,415. Reimbursements from the FCC Trust accounted for \$7,266 of this year's revenue.

Expenses through October were \$15,113 under budget. \$21,200 of those budgeted expenses were for one-time expenditures that haven't occurred yet. Excluding those items expenses are about \$6,000 over budget. \$5,183 of that is due to our property tax paid in October, which was budgeted to be paid in November.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through October. Revenue from those sources totaled \$33,145 - \$13,269 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through October fell short of covering the cost of employees, administration, and church activities by \$20,315.

## TREASURER'S REPORT

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### For Period Ending October 31, 2021

CHURCH GENERAL FUND	Fiscal Year-to-	
	October	Date
Unrestricted Contributions	\$7,208.00	\$42,300.10
+ Other Unrestricted Revenue	\$7,897.66	\$33,150.14
+ Transferred to General Fund from Designated Accounts	\$510.00	\$2,695.00
= Total Income	\$15,615.66	\$78,145.24
Total Expenses	-\$23,543.61	-\$85,185.90
= <i>Net General Fund Surplus (-Deficit)</i>	-\$7,927.95	-\$7,040.66

#### Data for comparison

YTD Budgeted Unrestricted Contributions	\$30,409.00
YTD Budgeted Total Income	\$76,983.00
YTD Budgeted Total Expenses	-\$100,299.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$16,275.34

#### DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	October	Date
All Outreach Contributions	\$855.00	\$3,520.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	\$855.00	\$3,550.00

## December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Men's Breakfast @7am Fireside Room  Zoom Coffee with Pastor @10am	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> 2 <sup>nd</sup> Advent FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>6</b> AA Group Meeting In Heritage Room @7pm	<b>7</b>	<b>8</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> 3 <sup>rd</sup> Advent FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>13</b> AA Group Meeting In Heritage Room @7pm	<b>14</b>	<b>15</b> Clarion Deadline Zoom Coffee with Pastor @10am  Council Meeting @7pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> 4 <sup>th</sup> Advent Lessons and Carols  FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>20</b> AA Group Meeting In Heritage Room @7pm	<b>21</b>	<b>22</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm	<b>23</b>	<b>24</b> Christmas Eve Service @7:30pm (Nursery Provided)  Office Closed	<b>25</b> Merry Christmas
<b>26</b> <u>Online Worship Service Only</u>  Ekklesia @11am	<b>27</b> AA Group Meeting In Heritage Room @7pm	<b>28</b> Office Closed	<b>29</b> Kristi will be available via phone and email in the morning hours  Zoom Coffee with Pastor @10am	<b>30</b> Kristi will be available via phone and email in the morning hours  Kristi will be printing bulletin in the afternoon	<b>31</b> Office Closed	

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

December 2021

**ADDRESS SERVICE REQUESTED**