

CONGREGATIONAL CLARION

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

DECEMBER 2022



MERRY CHRISTMAS

ADVENT WORSHIP SCHEDULE

2nd Advent – December 4th

3rd Advent – December 11th

4th Advent –December 18th (Lessons & Carols)

Christmas Eve Service will held in All Saint's Sanctuary
December 24th at 7:30pm

Christmas Day 25th

There will be a pre-record

Christmas message

On our Facebook Page

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
1710 S. Foothill Drive
Salt Lake City, Utah 84109**

Phone: (801) 487-1357

Email: firstcongregationalslc@gmail.com

Website: www.firstcongregationalslc.org

Office Hours:

In Person Tuesday and Thursday: 8:30am – 3:00pm

Virtual Hours Wednesday 8:30am – 3pm and Friday 8am - Noon

Sunday Worship Services:

Traditional Worship at 10:30am in person

Bridge Pastor:

Rev. Martha Moler

Moderator:

Carla McIntire

2nd 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

Garden of Grace:

Scott & Jeanne Hansen

Choir Director:

Devon Bettolo

Organist:

Teresa Clawson

Church Secretary:

Kristi Hanson



OFFICE HOURS

NEW 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

***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



HOLIDAY OFFICE HOURS - The Church Office will be closed December 23rd and 29th through January 7th.

PLANNING AHEAD – Kristi will be out of the office on family vacation December 29 through January 7. She will be printing the following bulletins early: Jan. 1st and Jan. 8th (Printing dates will be 12/27 and 12/28). Please plan accordingly.

SHARE THE WARMTH SANTA SACK



Continuing a holiday tradition, our church will collect warm clothing items including hats, gloves, mittens, scarves, coats, socks and any other winter items. This year the items will be collected in a **Santa Sack** that will be out during Sunday worship at All Saints Episcopal Church (St. John Hall). If you would like someone to pick up your clothing donation, please contact Cissy Wolff by email at cissywolff@gmail.com or you can call/text at 801-243-5457.

WELCOME TO OUR NEW PIANIST

Please take moment and welcome Alan Chavez. He is Teresa Clawson's son in law and has joined as our new Pianist. Be sure to say hello and to introduce yourselves. We are happy to have such talent to help enhance our worship services.

ADVENT DEVOTIONALS ARE AVAILABLE

Be sure to pick up an Advent Devotional. They are available on the bookcase just inside the door of St. John Hall.

Pastors Letter ...



Dear members and friends,

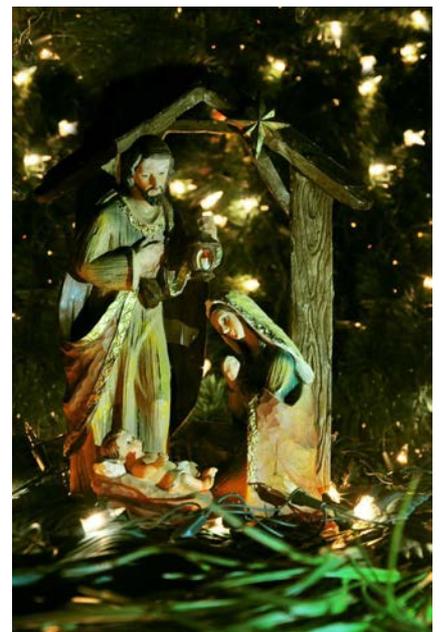
In the six short months since I started as your Bridge Pastor you have stepped boldly into a new chapter in First Congregational Church's long history.

Through the efforts of Council, Real Estate Committee, Transition Committee members and others our move is completed and sale finished. Well done!

I'm so proud that every effort has been made to "re-home" all that could be useful to others. This demonstrates thoughtful stewardship of things that meant so much to our congregation.

Now we have relocated to St. John Hall at All Saints Episcopal Church - our new home. This last Sunday we lit an Advent Candle of Hope representing our future of hopefulness as we adjust to see just what will work. Come join us as we await the coming of Jesus.

Pastor Martha Moler



REFLECTIONS ON CHANGE

Glenda Lehoux, Transition Committee Chair

It is almost two years since the members of First Congregational Church voted to sell its property. And it has been just over a year since we approached All Saints Episcopal Church to see if they would be willing to share their space with us. Much has happened during those two years. Council, the Real estate Committee, The Transition Committee, Deacons and many other individual members have worked tirelessly to ensure that we had a completed sale and a successful move.

All Saints welcomed us with open arms and open hearts. They took us in with warmth, hospitality, and a generous spirit. They made every effort to accommodate our needs and provided a good deal of hands-on-help. We could not have asked for more.

But change is hard. Change always has pros and cons, the upside and the downside and gains and losses. Loss is always accompanied by grief and there has been much grief over this move from our building. But change also brings gains and change can be exciting and full of opportunities and new possibilities. So, despite the loss and grieving for our church building, this is still a hopeful time in the life of First Congregational Church.

I am excited about the possibilities for fellowship, shared outreach, joint worship services, book groups and Bible study with All Saints. There is strength in numbers and even though we are two separate communities of faith and will remain separate, I believe that by working together both congregations will gain strength. Together we will both grow in faith, in fellowship, in purpose and mission and in spirituality. I am grateful for and excited by the possibilities that are ahead of us as we start a new chapter in the life of First Congregational Church.

I hope that going forward, all of us at First Congregational will embrace the opportunities that that this change brings us.



T. Rusnak

DEACON'S REPORT

The move to All Saints Church and St John Hall has been mostly done. We have until very early January to remove anything that we still want to keep from our previous church home. The member of All Saints hosted us to a coffee hour for our 1st service in St John Hall. They have been most welcoming. The hand bells have been moved and the All Saints choir director, Marlin, is interested in forming a new bell choir as a joint venture between our 2 congregations. Please let a Deacon know if you are interested. During our 1st service in St John Hall, we welcomed our new pianist, Alan Chavez, who is Teresa Clawson's son-in-law. Many people have worked very long and hard to make this sale and move happen. Many people have worked to make our new space feel both comfortable and lovely. The cross from our sanctuary has been shortened and moved to our new space. The banners have also made the move. We are definitely in a time of transition, requiring flexibility and adaptability to make this new space feel more like "home".

We are now in the Advent Season. The Advent Devotionals from the NACCC are available in the bookcase just inside the door to St John's Hall. Please come and pick up a copy. We will be celebrating the birth of our Lord as we always have, but in a new setting. Pastor Martha is looking for readers for the lighting of Advent Candles. Lessons & Carols will be December 18th. We may need readers for this as well. We will have a Christmas Eve service upstairs in the sanctuary at 7:30 PM. We will not meet together on Christmas morning, but will post a short, pre-recorded service on Facebook for that day. Please plan to join us.

FROM THE OUTREACH BOARD

A reminder that All **Outreach financial contributions** will go to Crossroads Urban Center this year. Please help us support the important work that this organization does to combat hunger and homelessness.

Our congregation donated **2155** diapers during Crossroads Diaper Drive in October. That is an incredible contribution for a congregation of our size!

Continuing a holiday tradition, our church will collect warm clothing items including hats, gloves, mittens, scarves, coats, socks and any other winter items. This year the items will be collected in a **Santa Sack** that will be out during Sunday worship at All Saints Episcopal Church (St. John Hall). If you would like someone to pick up your clothing donation, please contact Cissy Wolff by email at cissywolff@gmail.com or you can call/text at 801-243-5457.

Our church was very excited to help All Saints Episcopal Church make sandwiches to feed the hungry on November 20, 2022. We hope to partner with this church in more Outreach activities in the future!



During the month of October over 100 children were turned away from the family shelter in Salt Lake County because there were not enough beds to get all the families inside. There are three things you can do to help solve this crisis:

1) Ask **Governor Cox** to include funding for a second family shelter in his budget. You can read more about this in [this guest commentary](#) that I wrote for the Salt Lake Tribune.

[Contact Governor Cox](#)

2. Attend our next meeting, on December 14 at 1 PM [on Zoom](#) to learn more about what is working with homeless services. It is impossible to improve something if you do not understand how it works. Every year homeless services in Utah help thousands of people avoid sleeping outside and help hundreds of families move into housing with short or long term rental assistance. This meeting

The good news about homeless services in Utah

**December 14, 2022
1:00 PM on Zoom**

Right now there is a greater need for homeless services than there was in the past because our population is growing and the cost of living has increased faster in the past two years than it has at any time in the history of our state. We cannot understand how to improve homeless services if we do not understand the good being done by the services that are currently available. Homeless services help thousands of people avoid sleeping outside each year in Utah. They also connect hundreds of families and individuals with housing through short and long term rental assistance. The Coalition of Religious Communities is organizing this webinar to educate policymakers and concerned people from the community about the good that is currently being done by homeless service providers in Utah and to highlight a few specific ideas for expanding and improving those services to respond to increased need.

www.crossroadsurbancenter.org/corc



3. Join us at the Utah Capitol Building for Faith, Hunger and Homelessness Day at the Utah Capitol. In addition to hearing about solutions to family homelessness we will also be hearing about legislation to eliminate the sales tax on food and a budget proposal to increase funding for emergency food pantries.

Help the Coalition of Religious Communities support legislative proposals to eliminate the sales tax on food, increase funding for food pantries and get homeless children out of cars and tents into warm and safe beds at

Faith, Hunger and Homelessness Day at the Utah Capitol

January 19, 2023

10:00 AM

Utah Capitol Building
Board Room

www.crossroadsurbancenter.org/corc

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Parish Nurse Health Tip - Habits of Super-Healthy People

Here we go people. It's December. A recap, review, and reminder of what we've discussed this year.

- ✓ Go in to your primary health care provider for an annual check-up.
- ✓ Are you up to date with ALL of your immunizations?
- ✓ Are you taking the medications that have been prescribed for you?
- ✓

Have Breakfast: It's important for a bunch of reasons. It jump-starts your metabolism and stops you from overeating later. Plus, studies show that adults who have a healthy breakfast do better at work, and kids who eat a morning meal score higher on tests. If a big plateful first thing isn't for you, keep it light with a granola bar or a piece of fruit. Just don't skip it. Remember we have talked about this ad nauseam. It might not be the most important meal of the day. The research goes both ways. But what the heck, let's go with it. Get your oatmeal on!

Plan Your Meals And Eat Less Processed Food: It'll help you save time and money in the long run. Block out some time, then sit down and consider your goals and needs. Do you want to lose weight? Cut back on sugar, fat, or carbs? Add protein or vitamins? Meal prep keeps you in control. You know what you're eating and when. A bonus: It'll be that much easier to skip those doughnuts in the break room at work or at council meeting. Hit the produce section and grab the most colorful veggies. Yum! Eat from all the food groups. Remember the old food pyramid chart?

Drink Plenty of Water: It can do so many good things for you. Staying hydrated is at the top of the list, but it may also help you lose weight. Another reason to go for H₂O? Sugary drinks are linked to obesity and Type 2 Diabetes. If you aren't a fan of plain water, add flavor with slices of orange, lemon, lime, watermelon, or cucumber.

Take an Exercise Break: Don't just grab another cup of coffee -- get up and move. Do some deep lunges or stretches. It's great for your body and mind. Just 30 minutes of walking five times a week may help keep the blues at bay. And if you can't do those minutes all at once, short bursts help, too.

Go Offline: Checking your email and social media a lot? Sure, your friends' and family's latest updates are just a click away, but do you really need to see pictures of your cousin's latest meal? Let it wait until morning. Set a time to log off and put the phone down. When you cut back on screen time, it frees you to do other things. Take a walk, read a book, or help your cousin chop veggies for their next great dinner. Put that da#* phone and tablet down.

Learn Something New: New skills help keep your brain healthy. Sign up for a dance class or a creative writing workshop. Better yet, master a new language. The mental work it takes can slow the signs of aging and may even delay the effects of Alzheimer's disease. Do the daily Wordle. But Good God Almighty, there is no need for you to post your score every day. Not one of us cares.

Find an Outlet: In today's culture, stress seems to be a normal part of life, but learning to manage stress can help you live a longer, healthier life. Find something outside of your job (and sometimes even family) in which you can invest a little "you time." Look for activities that are relaxing, enjoyable and allow you to tap into your creative side. Get a hobby. Coming to church on Sunday is always a fantastically great outlet.

Don't Smoke and Watch the Drinking: If you light up, quit. It's a big move toward better health. Your body repairs itself quickly. As soon as 20 minutes after your last cigarette, your heart rate and blood pressure drop. Why wait? Kick the habit, today. Your health care provider will be happy to help you get started. A mimosa for breakfast? Sweet, but hmm? What about a quick beer with lunch? Well, okay. Then a cocktail before dinner, sure. A glass of wine is swell with dinner. And then a little port before bed. Are you kidding me!?

Sleep Well: There are almost too many benefits to list. A good night's sleep keeps you in a better mood, sharpens memory and focus, and helps you learn new things. In the long term, it lowers your risk of heart disease and helps you keep trim. Aim to get 7 to 9 hours a night. For the best rest, do it on schedule -- turning in and waking up at about the same times every day.

Train Your Muscles: Strength training helps your body trade fat for muscle mass. That means you'll burn more calories even when you're being a couch potato. But these workouts can also help you slim down, strengthen your heart, and build up your bones. Do strength-training exercises -- like push-ups, lunges, and weight lifting -- at least twice a week.

Head Outdoors: A few minutes in the sunshine raises vitamin D levels, and that's good for your bones, your heart, and your mood. Plus, being outside means you're more likely to move your body instead of parking it in front of the TV or computer. Choose nature over city streets, if you can. One study found that people who strolled in urban green spaces were calmer than people who walked in built-up areas.

Keep Your Balance: If you're young and active, good balance will help you avoid injuries. If you're older, it will keep you active longer and lower the chances you'll fall and break a bone. No matter your age, good balance means better muscle tone, a healthier heart, and greater confidence. Yoga and tai chi are great ways to work on it, but just about anything that keeps you moving, even walking, can help. Walking in a pool is fantastic!

Be Mindful: It can mean meditating or simply stopping to smell the roses. However you do it, studies show mindfulness slashes stress, relieves pain, and improves your mood. And scientists are beginning to understand how. One study found that 8 weeks of regular meditation can change parts of your brain related to emotions, learning, and memory. Even washing dishes can be good for your brain, as long as you do it mindfully. You don't have to go all transcendental.

Have a Purpose. Always find ways to be working toward a cause bigger than yourself. That may be in your career, in volunteer work or by investing time in someone else. We are not meant to live alone or be isolated, and as we age, having a purpose can help us maintain our independence and freedom, as well as our cognitive skills and memory. Volunteer for positions here at church. And there are a plenty.

Sources: Carol DerSarkissian, MD, WebMD, October 01, 2022, Cooper Aerobic Health and Wellness, Dallas TX, Core Health, Reidsville, NC



December 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 Rev. Martha Moler, Preaching Worship Service @10:30am
5	6	7 Men's Breakfast @7am Deacons Meeting@2pm	8	9	10	11 Rev. Martha Moler, Preaching Worship Service @10:30am
12	13	14	15 Clarion Deadline *Due to Christmas Holiday please plan to have articles in on time. Thank You	16	17	18 Rev. Martha Moler, Preaching Lessons and Carols Worship Service @10:30am
19	20 Printing January Newsletter Today Please plan accordingly	21	22 Printing Christmas Eve Bulletin Today Please plan accordingly	23	24 Christmas Eve Service held in Sanctuary of All Saint's Episcopal Church at 7:30pm	25 No In Person Service Today! Pre-recorded Message available on our Facebook Page Merry Christmas and enjoy your time with family and friends
26	27 Printing January 1 st Bulletin Today Please plan accordingly Office Open in the Morning Hours	28 Printing January 8 th Bulletin Today Please plan accordingly Office Open in the Morning Hours	29 Kristi Out of the Office Through January 7 th She will be back in the office January 10 th	30	31	

FIRST CONGREGATIONAL CHURCH

1710 S. Foothill Drive

SLC, Utah 84108

December 2022

ADDRESS SERVICE REQUESTED