

CONGREGATIONAL CLARION

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

February 2018



"A life without love is like a year without summer."

-Swedish Proverb

WORSHIP PLANNING – FEBRUARY 2019

February 3 Joanna to preach
Communion
Camp Sunday
4th Sunday after Epiphany

February 10 Carla/Ken
5th Sunday after Epiphany
Psalm 138, Luke 5:1-11
“Because You Say So...”

February 17 Diane/Phil
6th Sunday after Epiphany
Psalm 1, Luke 6:17-26
“Sermon on the Mount”

February 24
7th Sunday after Epiphany
Psalm 37:1-11, 39-40, Luke 6: 27=38
“Love Your Enemies”

First Congregational Church

2150 S. Foothill Drive

Salt Lake City, Utah 84109

Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org

Find us on Facebook: First Congregational Church, Salt Lake City

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Sunday Worship Services:

Morning Brew – 9:00am

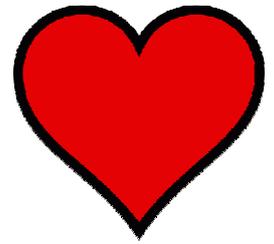
Worship Hour at 10:30am

Nursery Provided

Senior Minister:	Rev. Marijke Rossi
Moderator:	Marge Kimes
1st Assoc. Moderator:	Wendy Haupt
2nd Assoc. Moderator:	
Treasurer:	Scott Hansen
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Ron Sawdey
Board of Deacons:	Phil LeHoux
Outreach Board:	Joanna Hart
Christian Education:	Kevin Haupt
Youth Director:	Molly Connor
Membership 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

REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi



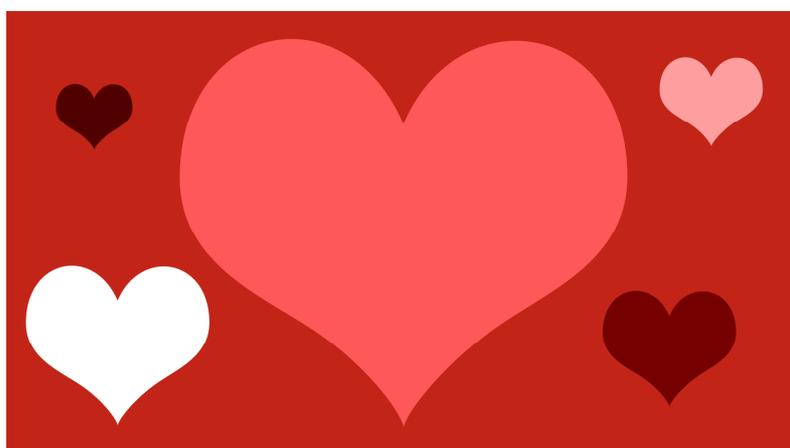
Blessed February to all. This is the month of love. If you send out cards for Valentine's Day, then think of sending one to God who is all about LOVE. Even if you don't send cards think of what you would put in a love letter to God. This is a good exercise in worship and understanding our love for God. We could begin by listing all that we are thankful for in our lives.

Here is mine:

Dear God, I am thankful for all that you are in my life. Thank you for holding us close as we faced the challenges of health issues. For comforting us in time of grief and loss. I am grateful for the joy I feel at your presence. I am grateful for the beautiful sunrises and natures glory. I am grateful for your amazing guidance. I love you God!

Marijke

I pray that February will be a continuation of deeper focus on worship. God is love



MODERATOR'S MOMENT – Marge Kimes

We are now into the New Year and hopefully everyone has recovered from all of the holiday activities. It is now time to consider our future again. Hopefully you remember last year we decided to Envision Our Future and in July we had a meeting where the consensus of the group was to remain in our current location, upgrade/repair our facility and continue our Congregational heritage in SLC. 2019 is our future.

Late in February we will be having a Congregational meeting to elect a nominating committee and Moderators to serve for the next year/years. This message is to alert you to start thinking about how and where you can serve our church. We have openings for two moderators. All of our boards have openings for 1-4 members. Our continuing ministry requires support and involvement of everyone to keep our worship services and other activities going. It takes time, talents and treasure to help maintain everything. It is also fun and rewarding. We have a great group of people here and attending meetings and working with them is well worthwhile. The old saying “Many hands make light work” is true and we are looking for many hands to support First Congregational Church, Salt Lake City.

CLARION DEADLINE



March Clarion Deadline will be Feb. 20th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

CALENDAR

The Calendars in this issue give information about church activities as well as building use by community groups. While any building use should be co-coordinated through the office, this should help you make appropriate plans if you need to use the church.



SOUPERBOWL OF CARING

We will be collecting money at the end of service on Feb. 3rd for the Souperbowl of Caring. Outreach members will collect bills at the doors as people leave church. (Please no small change it is hard to find a bank to take large amounts of small change)

FEBRUARY CONGREGATIONAL MEETING - A Congregational Meeting shall be held on Sun., Feb. 24, 2019, to elect the Moderator, Associate Moderators, and the Nominating Committee. It is the responsibility of the Nominating Committee to secure qualified candidates for the various offices to be filled at the Annual Meeting in June. If you have any interest in serving as a Moderator, please approach any Board Chair or member of Council.

Coffee Hour Hosts Needed - Celebrating a special occasion? Enjoying the fellowship after an uplifting worship service? Consider hosting Coffee Hour to enhance special celebrations and fellowship. There is a sign up sheet on the bulletin board by the conference room. Please consider helping to provide this special time of community.

Nursery Attendants needed on Easter - This Easter, April 21, families with young children may attend church. We would like to have two attendants in the nursery that day to provide supervision for children four years and under. Please prayerfully consider helping us provide this vital service. Contact Cissy Wolff at cissywolff@gmail.com if you can help out.

VALENTINE'S POT LUCK DINNER



Thursday February 14th at 6:00pm - Please join us in the Fireside Room for a Valentine's Day pot luck. This pot luck has always been fun for the whole family. Please bring a dish to share, bring your family, and we will have some activity for the whole family to enjoy. Optional: you can bring wine or other adult beverage.

FROM THE DEACONS



Moving Forward with the Survey

The New Year has started, and the pleasant distractions of the Christmas season have now passed. The deacons have once again looked at last fall's worship survey and have considered some actions. First, in a move not related to the survey, but under consideration for some time, the Camp Sunday program will be conducted in a meeting room, rather than the sanctuary. The Children's Chat will remain, after which the children will leave the sanctuary. As a result, the shortened Worship will allow for the return of communion to the more-traditional first Sunday of the month. Accordingly, communion will be celebrated on February 3rd and every first Sunday of the month thereafter.

Another area that drew much comment (none complimentary) was the sound system. This is not a simple issue to address. The system is indeed "state of the art", and the vendor, the valley's premier sound system supplier, would make the same recommendation

today. However, we are arranging for the vendor's technician to review the installation and optimize the communication between the wireless microphones (handheld and Marijke's small unit) and the receivers, as well as the sound balancing throughout the sanctuary. The effectiveness of the handheld in projecting voice, particularly during Joys and Concerns is probably the greatest frustration. Without getting too technical, the problem is that replacing the high-quality directional microphone with a less directional unit will pick up the amplified sound from the speakers and cause the dreaded "feedback." We will be looking for additional recommendations and suggestions when the vendor's technical expert reviews our configuration, but, so far, the only suggestion received is consistent proper use of the mic; that is, it must be held close, horizontal, and directly in front of the mouth, while using a firm voice. We recognize that management of a device is not the primary consideration when communicating an emotional concern and better alternatives will continue to be pursued.

The other issue raised by many is our small congregation within the large space. One commenter even wondered whether we liked each other, as we spread out so much. Closing off rear pews was considered, in order to encourage a tighter grouping of congregants, nearer the front. After much deliberation and discussion, by both the Board of Deacons and Church Council, it decided to forego closing pews. Opinion was mixed, but in the end it was felt that everyone's space and placement are aspects of a personal comfort zone that needs to be respected as a facet of worship experience. That said, the sanctuary remains a large, imposing space for many, and we would happily receive any suggestions to increase the intimacy within it. The deacons are currently in the process of procuring banners to place on the side walls to reduce the starkness of the bare brick, and we look forward to hearing how these will be received.

FROM OUR PARISH NURSES

Are You at Risk for a Fall?

Falls are the most common cause of accidental injury and death in older people. (American Nurse Today, Sept 2018, pg. 8) Falls can occur anywhere, to anyone, and are especially worrisome to your parish nurses. There are 3 types of fall categories: accidental falls (the typical “oops, I tripped”), anticipated physiological falls (caused by a medical condition or symptoms i.e. osteoporosis, hypotension), and unanticipated physiological falls (caused by a previously undiagnosed medical condition i.e. unknown osteoporosis). In the latter category, the hip may fracture and then down you go.

Risk factors for falls at home are usually a combination of factors and can include:

- Older age
- Previous fall
- Lower body weakness, gait instability
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Osteoporosis
- Frequency with urination (the “gotta go **now**” message)
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.
 - bathtubs
 - too little light. (CDC, 2008).



There are a variety of screening tools that can be done to assess the risk for a fall. There is the TUG (Timed Up and Go) test. <https://www.youtube.com/watch?v=grrYoBucNPE>. This has the person seated in a chair and it times the person who stands and walks 3 meters, turns around and goes back to sit down without using arm rests to boost yourself. Taking more than 15 seconds to do this activity may indicate a higher risk for falls. In this case, the quicker to rise, the better. There is also the Berg Balance Test. This has 14 different measures starting with standing from a seated position without using your hands. <https://www.youtube.com/watch?v=HBKXu9fHnuo>.

So great, what do you do if you are at risk for falls?



Exercising is key, whether it is the Stepping On Program offered at most Senior Citizen Centers, or Tai Chi, or the Living Well Program from the Council on Aging. Or become a mall walker with others or go to your local recreation center and walk there. Do think about slowing down your pace when not purposefully exercising. Watch where you step and if you are going out into the cold and snow. Get some Yak Trax (best thing ever) to attach to the soles of your shoes. This helps you keep from slipping.



If your risk is due to low vision, turn on lights, install night lights, have your vision checked, and remove clutter on the floor. This should include not only your own clutter, but you pet's toys and the pet him/her self. Install handrails on your stairways. Install grab bars by toilets, and inside/outside of your tub.

If your risk is due to hypotension or medications, talk with your primary care provider. If you have issues with gait instability, get nonskid footwear (including those sock slippers with the gripper additions on the sole) or be sure to use walking assist devices.

Give up on those high heeled shoes that are for looks and not comfort. And ask your healthcare provider about a referral for physical therapy (PT). These services are available at PT offices or they can come to your home. PT is a covered benefit of Medicare Part B. Working with PT can help with strength as well as balance. Medicare Part B also covers ambulance transportation (post fall), durable medical equipment (DME), and emergency room care (80% of cost).

Talk to your primary care provider about your Vitamin D level and see if you need to take some supplement. And/or drink more milk.

There has been a Falls Prevention Task Force in Utah with representation from many different health care providers. They have a cool brochure with information <https://utahfallsprevention.org/>. One of the interesting barriers to falls prevention that came to light during these meetings is that sometimes, if a person falls at home and 911 is called, the ambulance personnel may be able to stabilize the individual at home without needing transportation to the Emergency Room. Fine, but because of patient privacy laws (HIPAA), the ambulance cannot notify the patient's primary care provider that a fall has occurred. If a fall occurs, you need to notify your provider so he/she can look at reducing your risks. Additionally, many health insurance plans (Select Health, UU Health) have great case managers on staff who can "plug" you into much needed resources to reduce risk for falls.

Bottom line... know your risks and exercise. Be safe out there.

FROM THE OUTREACH BOARD

Mission Mazahua is a unique Christian non-profit organization, based in the highlands (10,000 feet elevation) 60 miles NW of Mexico City, that serves the historically oppressed, indigenous Mazahua people.

It was started by missionary couple, Norberto and Lisa Cortes, in 1976 to support the whole person (body, mind, and spirit) with the love and compassion of Jesus Christ. The NACCC organizes 2 or 3 mission trips to the Mission per year. Our church has previously trucked in supplies and provided manpower for construction and other projects there. Several of our members have completed mission trips there. Bob Baird, Paul Kelley, Susan Olson and Rachel Ericson, among others, worked there for a week or more in previous summers. The mission has rehabilitated a crumbling hacienda from which they direct their efforts to improve the peoples' education, nutrition, farming skills, environmental conservation, and health. They are further rehabilitating the hacienda to serve as a camp and retreat center, and have built dormitories for high school students in a nearby town. They provide special assistance for disabled/wheelchair-dependent individuals. Further information may be found on the Mission Mazahua website www.mazahuamission.com and their Facebook page.



February Calendar

February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Marijke Out of Town	2 Marijke Out of Town
3 Communion Camp Sunday Morning Brew 9:00am Traditional Worship 10:30am Adult Sunday School @Noon Outreach Meeting?	4 AA Meeting @6:30pm	5 Deacons Meeting @7pm	6 Men's Breakfast @7am	7 Book Group @2pm Choir Rehearsal @7pm	8	9
10 Morning Brew 9:00am Traditional Worship 10:30am Adult Sunday School @Noon CE Meeting?	11 AA Meeting @6:30pm	12 Trustees Meeting @7pm	13 Council Meeting @6:30pm	14 Book Group @2pm Choir Rehearsal @7pm Valentine's Day – Potluck Social @6pm	15	16
17 Morning Brew 9:00am Traditional Worship 10:30am Adult Sunday School @Noon	18 AA Meeting @6:30pm Presidents Day	19	20 Clarion Deadline	21 Book Group @2pm Choir Rehearsal @7pm	22	23
24 Morning Brew 9:00am Traditional Worship 10:30am NO Adult Sunday School today due to meeting Congregational Meeting Following Worship	25 AA Meeting @6:30pm	26	27 PEO 9am – Noon Kitchen/Fireside Room (Glenda LeHoux)	28 Book Group @2pm Worship Group Planning Meeting @6pm Choir Rehearsal @7pm		

March 2019

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Communion Camp Sunday Morning Brew @9am Worship @10:30am Adult Ed. @Noon Outreach Meeting	4 AA Meeting @6:30pm Fireside Room	5 Deacons Meeting @7pm Shrove Tuesday 5-7pm Fireside Room	6 6pm – Ash Wednesday Service	7 Book Group @2pm Choir Rehearsal @7pm	8	9 Women's Coffee and Bagels 9:30am See Wendy Haupt for Details
10 Morning Brew @9am Worship @10:30am Adult Ed. @Noon CE Meeting	11 AA Meeting @6:30pm Fireside Room	12 Trustees Meeting @7pm	13 Council Meeting @6:30pm	14 Book Group @2pm Choir Rehearsal @7pm	15	16
17 Morning Brew @9am Worship @10:30am Adult Ed. @Noon	18 AA Meeting @6:30pm Fireside Room	19	20 Clarion Deadline	21 Women's Potluck Luncheon @Noon in Fireside Room Book Group @2pm Choir Rehearsal @7pm	22	23
24 Morning Brew @9am Worship @10:30am Adult Ed. @Noon	25 AA Meeting @6:30pm Fireside Room	26	27	28 Book Group @2pm Worship Group Planning Meeting @6pm Choir Rehearsal @7pm Kristi Out of the Office – Having Eye Surgery	29 Kristi Out of the Office – Having Eye Surgery	30
31 Sandwich Making Morning Brew @9am Worship @10:30am Adult Ed. @Noon						

TREASURER'S REPORT

For Period Ending December 31, 2018

CHURCH GENERAL FUND	Fiscal Year-to-	
	December	Date
Unrestricted Contributions	\$22,487.16	\$83,160.60
+ Other Unrestricted Revenue	\$5,646.48	\$34,672.71
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$1,738.00	\$3,050.78
= Total Income	\$29,871.64	\$120,884.09
Total Expenses	-\$25,295.45	-\$120,116.71
= <i>Net General Fund Surplus (-Deficit)</i>	<i>\$4,576.19</i>	<i>\$767.38</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$81,942.00
YTD Budgeted Total Income	\$129,274.00
YTD Budgeted Total Expenses	-\$130,159.02
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$1,652.40

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	December	Date
All Outreach Contributions	\$1,280.00	\$3,663.78
Other Designated Contributions	\$36.70	\$67.20
= <i>Total Designated Contributions</i>	<i>\$1,316.70</i>	<i>\$3,730.98</i>

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2019

ADDRESS SERVICE REQUESTED