

CONGREGATIONAL CLARION

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

February 2020



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

-Swedish Proverb

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:

Worship Hour at 10:30am

Nursery Provided

Moderator: Wendy Haupt

1st Assoc. Moderator: Kevin Haupt

2nd Assoc. Moderator: Carla McIntire

Treasurer: Paul Kelley

Financial Secretary: Mike McIntire

Church Clerk: Ken Rockwell

Board of Trustees: Scott Haupt

Board of Deacons: Phil LeHoux

Outreach Board: Diane Forster-Burke

Christian Education: Patti Garver

Youth Director: Molly Connor

Membership Board:

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

MODERATOR'S MOMENT – Wendy Haupt

Please plan to attend our Congregational Meeting on Feb 23, where we will elect moderators and a nominating committee. Please consider being our next 2nd associate moderator and being or being on the nominating committee. If you are interested in being our next 2nd Associate Moderator, please let Wendy Haupt any Council Member know.

We are excited that the Search Committee is finalizing the details to hire an intentional interim minister to start sometime in Feb. The purpose of an intentional interim minister is not only to act as a bridge between the past minister and a future settled pastor, but also to address strengths and weaknesses of the church in order to become a more effective ministry and to help replace uncertainty with purpose and vision for our future. During the transition, the intentional interim minister aids the church in removing the obstacles that hinder us from achieving our potential and leaves the church with a feeling of enthusiasm and excitement for our future success when the new pastor arrives.

CLARION DEADLINE



March Clarion Deadline will be Feb. 19th. 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.



FEBRUARY CONGREGATIONAL MEETING - A Congregational Meeting shall be held on Sun., Feb. 23, 2020, 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, please approach any Board Chair or member of Council.

Tips to Avoid Diabetes and Stay Healthy -

Wendy Haupt

1) **Don't skip meals** - If you skip breakfast, blood sugar can rise more after lunch and dinner. Three small meals are better for blood sugars than 1 - 2 large meals a day.

2) **Fill half your plate with fresh or frozen non-starchy vegetables.** Non starchy vegetables include all vegetables except corn, potatoes, yams and sweet potatoes.

3) **Eat some lean protein with every meal** - good sources of lean protein include: chicken & turkey without skin, fish, eggs, black beans, pinto beans, kidney beans, garbanzo beans, edamame, peas, lentils, cottage cheese, Greek yogurt, peanut butter, almond butter, or tofu

4) **Get 30 - 60 minutes of any kind of exercise 5 - 7 days/week.** Exercise will lower blood sugar for up to 24 hours, so it acts like a free drug to combat diabetes. Even 15 minutes is better than no exercise.

5) **Don't drink sugary drinks or artificially flavored drinks** - research shows that drinking 2 (12 oz) cans of regular soda, diet soda, or juice/day doubles your risk of getting diabetes and 4 of these drinks/day is 10 X the risk of developing diabetes. Drinking sweet tasting drinks (with sugar or any artificial sweetener) causes our pancreas to put out insulin, making you more hungry for other carbohydrates and more insulin resistant.



You are more likely to gain weight and get diabetes the more you drink sweet tasting drinks. ***Drink mainly water, water with lemon, lime or cucumbers, unsweetened tea, black coffee (or with milk), and natural sparkling water like Le Croix or Bubbly drinks.** Avoid regular and diet sodas, juices, lemonade, Gatorade, Vitamin Water, sweet tea, sweet coffee drinks, hot chocolate, smoothies, milk shakes, and any beverage that taste sweet, but says zero calories (because it has artificial sweetener).

6) Eat a high fiber diet. Eat vegetables, fruits, whole grain bread, brown rice, wheat pasta, quinoa, old fashioned or steel cut oats, beans, nuts and seeds to get fiber. Try to avoid eating only white bread, white rice, and white pasta. Fiber helps slow down digestion so that blood sugar does not rise as fast, and you burn twice the calories eating a high fiber meal compared to a low fiber meal. High fiber diets also make your gut more healthy.

7) Eat heart healthy fats - the best sources are avocados, nuts, seeds, extra virgin olive oil, and avocado oil. Avoid butter, margarine, lard, and hydrogenated fats.

8) Lose weight if you are overweight. If you lose just 10% of your body weight, your blood sugar, blood pressure, and cholesterol all get better.

9) Don't smoke. Smoking makes your body more resistant to insulin, and leads to more diabetes and worsening diabetes.

OUTREACH - Souper Bowl of Caring

Normally in February, First Congregational Church joins in to donate money to the Souper Bowl of Caring; the proceeds of the donations going to the Utah Food Bank. This year, we will designate the recipient of all of the financial outreach donations for the month of February as the Utah Food Bank.

Founded in 1904, Utah Food Bank has operated under various names, but has always remained true to their mission of *Fighting Hunger Statewide*. It is estimated that 382,000 Utahns, which equates to 1 in 8 individuals, are at risk of missing a meal on any given day. Even more alarming is that 1 in 7 Utah kids are unsure where their next meal is coming from. With support from the community last year, they distributed 43.3 million pounds of food; the equivalent of 36.1 million meals, to people facing hunger across the state.

Additionally during February, Outreach will join with Christian Ed to collect Valentine kits (cards only) for Utah Refugee Connection. <https://serverefugees.org/>. They need valentine cards by Feb 5 to distribute to refugees who are learning about the customs here. CE will be collecting these kits, especially on Camp Sunday Feb 2nd. Please pick up an extra Valentine kit or 2 at the grocery store.

DEACONS

Thank You to our Guest Preachers

Following the completion of Al Hammond's commitment to cover pastoral functions until Christmas, an appeal went out, via the Clarion and Sunday announcements, for volunteers to present a sermon. That appeal was heard, and all Sunday worships were covered. It needs to be acknowledged that this can be a daunting task, from pulling thoughts together into a message of a length most have not faced since a college essay, to its delivery from the pulpit with all eyes looking back at you, while hoping your intent is being correctly interpreted. The deacons would like to recognize those who have stepped up to the task from within the congregation. This includes Joanna Hart, who made an open-ended commitment to cover communion Sundays; Marge Kimes, who led our Hymn Sing Sunday the week after Christmas; Christine Madsen, who delivered a moving and heartfelt message

January 12th, and Ken Rockwell, who spoke on Anniversary Sunday and delivered an informative and well-researched review with an upbeat outlook by arcing from our Separatist roots in England through New England and on to our history here in Utah.

In the coming weeks, until Janie Gebhardt starts her ministry and engages with Sunday Worship, we will have the opportunity to hear some new perspectives. Stephen Macauley, a recent U of U doctoral recipient will preach on January 26th. Stephen has been a regular participant at FCC men's breakfast, book club and bible study groups for some time. Chasen Robbins, a campus ministry intern with the local chapter of the InterVarsity Christian Fellowship at the U of U, will present another unique perspective to us on February 9th. Our own Ashton Macdonald, who has begun studies towards the goal of eventual ordination, will be preaching on February 16th. The final week of guest coverage has been arranged for February 23rd. We have a commitment from a local church to provide a guest speaker, though the exact details have not been finalized at time of writing.

It has been a challenging period, but we have weathered it, with the blessings of exposure to voices who have and will assist us in our faith journey.

BLOOD DRIVE - April 4th



The American Red Cross will come to FCC for a blood drive on Saturday April 4th . Please plan on signing up and donating blood. Let your friends and relations know and invite them to participate. More details to come.

February Calendar

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Communion Camp Sunday Worship Service 10:30am Trustees Meeting Following Worship in Board Room	3 AA group Meeting @6:30 Fireside Room	4 Deacons Meeting 7pm	5 Men's Breakfast 7am Gym Rental 4:30pm – 6pm	6 Gym Rental 4:30pm – 6pm	7	8 PEO Kitchen/Fireside Room and Gym Noon to 4pm
9 Worship Service 10:30am	10 AA group Meeting @6:30 Fireside Room	11	12 Council Meeting 6:30pm Gym Rental 4:30pm – 6pm	13 PEO Group (Alice Stephenson) Kitchen/Fireside Room 9:30am – Noon Gym Rental 4:30pm – 6pm	14	15
16 Worship Service 10:30am	17 President's Day AA group Meeting @6:30 Fireside Room	18	19 Clarion Deadline Gym Rental 4:30pm – 6pm	20 Gym Rental 4:30pm – 6pm	21	22
23 Worship Service 10:30am Congregational Meeting Following Worship	24 AA group Meeting @6:30 Fireside Room	25 Shrove Tuesday Pancake Supper @5pm	26 Gym Rental 4:30pm – 6pm	27 Gym Rental 4:30pm – 6pm	28 PEO Board Meeting Heritage Room 8:30am – 6pm	29

March 2020

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship Service @10:30am Communion/Camp Sunday Trustees Meeting Following Worship	2 AA Meeting @6:30pm Voting Set Up in Gym/Fireside Room	3 Deacons Meeting @7pm Elections in Gym/Fireside Room All Day	4 Men's Breakfast @7am	5	6	7
8 Worship Service @10:30am	9 AA Meeting @6:30pm	10	11 Council Meeting @6:30pm	12	13	14
15 Worship Service @10:30am	16 AA Meeting @6:30pm	17 **Clarion Deadline** *Due to Family Vacation if you can please have your Clarion articles in by today. I would really appreciate it. Thank You	18 Kristi Out of the Office Family Vacation to Disneyland	19 Kristi Out of the Office	20 Kristi Out of the Office	21
22 Worship Service @10:30am	23 AA Meeting @6:30pm	24 Kristi Out of the Office	25 Kristi Back in Office	26	27	28
29 Worship Service @10:30am	30 AA Meeting @6:30pm	31				

TREASURER'S REPORT

For Period Ending December 31, 2019

CHURCH GENERAL FUND	Fiscal Year-to-	
	December	Date
Unrestricted Contributions	\$13,863.50	\$66,460.62
+ Other Unrestricted Revenue	\$93,368.29	\$65,922.22
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$1,178.00	\$4,728.02
= Total Income	\$108,409.79	\$137,110.86
Total Expenses	-\$16,513.68	-\$146,333.81
= <i>Net General Fund Surplus (-Deficit)</i>	<i>\$91,896.11</i>	<i>-\$9,222.95</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$82,569.00
YTD Budgeted Total Income	\$119,050.00
YTD Budgeted Total Expenses	-\$126,836.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$1,436.95

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	December	Date
All Outreach Contributions	\$739.00	\$3,466.17
Other Designated Contributions	\$2.00	\$38.00
= <i>Total Designated Contributions</i>	<i>\$741.00</i>	<i>\$3,504.17</i>

Did you know Edward Beecher...



Edward Beecher was the son of Rev. Lyman Beecher, brother of Henry Ward Beecher, Harriet Beecher Stowe and others. With Isabella Porter he had eleven children. After studying at Yale and Andover he became minister of Park Street Church in Boston and, later, President of the newly founded Illinois College.

He was a close friend of Elijah Lovejoy and is said to have been present when the pro-slavery mob rioted and killed Lovejoy and destroyed his anti-slavery press. Beecher's appeal from the pulpit of the First Congregational Church (the Brick Church) in Galesburg, Illinois, inspired Mary Anne Ball Bickerdyke to become Mother Bickerdyke and the Florence Nightingale of America.

...was a Congregationalist?

Did you know George Burroughs...

Born in 1652, in Suffolk, England, George came to the settlement of Roxbury, in the Massachusetts Bay Colony with his mother when he was a child. He graduated from Harvard College in 1670 with distinguished honors, and became a Congregational minister.

He married his first wife, Hannah Fisher, in 1673. In 1674, he moved to Falmouth, Maine, where he served as pastor of Falmouth Congregational Church. He continued to serve as the pastor until the town was attacked and destroyed during a Wabanaki raid on August 11, 1676.

He served in Salem Village 1680 - 1683, departing after a pay dispute with the congregation. Hannah had passed away, and he had to borrow money for funeral expenses, as the congregation had failed to pay his salary. He remarried Sarah Ruck Hathorne, who also died some time later.

George moved to Wells, Maine, where he married again and continued in the ministry. It was while he was there that he was arrested and convicted on charges of witchcraft on April 30, 1692, having been accused by some personal enemies from his former congregation who had sued him for debt.

Standing on the ladder, waiting to be hanged, he recited the Lord's Prayer, something considered impossible for a witch to do. After he was killed, Cotton Mather spoke from horseback to the crowd, assuring them that George had been convicted in a court of law. His speech convinced the crowd to execute four others similarly accused and convicted. He was the only minister executed for witchcraft during the Salem witch trials.

...was a Congregationalist?

FIRST CONGREGATIONAL CHURCH

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SLC, Utah 84109

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ADDRESS SERVICE REQUESTED