

CONGREGATIONAL CLARION

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

February 2021



"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

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Sunday Worship Services:

Traditional Worship at 10:30am Live Streaming

Worship LIVE STREAMING - Facebook SUNDAYS @10:30AM

Interim Minister:	Rev. Janie Gebhardt
Moderator:	Cissy Wolff
1st Assoc. Moderator:	Carla McIntire
2nd Assoc. Moderator:	Mike McIntire
Treasurer:	Paul Kelley
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Bob Baird
Board of Deacons:	Phil LeHoux
Outreach Board:	Ashton McDonald
Christian Education:	
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

Janie's Jottings ~

I'm still delighting in the words of the young poet laureate, Amanda Gorman, who spoke at President Biden's Inauguration. One line of her poem speaks to me of where we are as a church – "We will not march back to what was, but move to what shall be . . ." The vote to sell our building is a decision to move forward into a new future, but what is at the heart of who we are that will guide us going forward?

In the Appreciative Inquiry conversations we've had thus far, it is apparent that this is a community that cares very much for one another. That was so evident as many of you gathered to collect our Anniversary box lunches this past Sunday. After not seeing many of your friends during this pandemic time, the warmth of greetings echoed around the parking area. But where do we go from here? The question I've been asking is what is our "destiny" or our "why" going forward? What makes First Congregational Church different from another social group? Another way to ask might be – how do you make God's love and message real in the world around you?

Please let me know if you are willing to be part of a Zoom conversation. I have the following times available: Wednesday, Jan. 27 – 7:00 pm; Friday Jan. 29 – 10:00am or 7:00 pm; Wednesday, Feb. 3 – 7:00 pm or Sunday, Jan. 31 – 4:00 pm.

CLARION DEADLINE



March Clarion Deadline will be Feb. 18th. (Due to Ash Wednesday date has been moved to the 18th. 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.

Just a Reminder!!!



Our church community is certainly in a different and difficult time but we are trying to remain a center of faith and spirituality for all of us. This means we continue to have ongoing expenses for our staff and building. Please remember you can use PayPal, send donations to the church office by mail or drop by the church office. If you have any questions, please call the church office. Thank You for your support.

From the Moderator-Cissy Wolff

We had excellent participation in the vote on the motion before the congregation. We had 59 responses which means 82% of the voting members returned their ballot. The motion was: **Shall Council proceed with the steps necessary to sell all or part of the real property of First Congregational Church?**

The motion passed with 40 YES votes. 18 people voted NO and there was one abstention. This means that the congregation is authorizing Council to solicit and evaluate offers to buy our property.

This decision requires many in depth discussions to determine who we are, what we dream to be, and what we stand for. I hope that everyone will make the time to participate in these important discussions.

Our next steps include:

- Finding a real estate broker that will provide the required expertise to represent our church's needs and interests
- Further investigation of the options for our property provided by Salt Lake Redevelopment Agency
- Contacting churches that have expressed interest in our property in the past
- Evaluating past offers to buy our property outright

One of our most important tasks as a congregation is to continue our work with Janie to determine our destiny. We need to articulate what

we stand for and decide how we will continue to function while we make these important decisions.

In February we have a congregational meeting to elect the Moderators and to form a Nominating Committee. It is anticipated that we will make these decisions by mail-in ballot but please watch for emails detailing the final process for this vote.

Please prayerfully consider volunteering to be a nominee for Second Associate Moderator and/or to serve on the Nominating Committee. The Nominating Committee is tasked to contact church members and friends to serve on our various boards and offices. Please let any Council member know if you would like to volunteer in any capacity at First Congregational Church.



One of the first steps that we need to take in exploring the many possible sales options for the church property is to retain a commercial real estate agent. We currently have a small committee that has been charged with developing criteria to evaluate interested agents and then selecting one that will best represent the needs and desires of our congregation. If you are interested in serving on this committee please reach out to Ron Sawdey via email (rjsawdey@gmail.com) or by phone (801-718-4688).

FROM THE DEACONS: An Update on Worship



It was just over a year ago, part way through Lent that worship was suspended as coronavirus cases soared throughout the state. Though it took a while to regroup, with Paul Kelley's equipment and knowhow, we were eventually able to resume worship services for our community, albeit in a virtual format. It was certainly hoped that the worst would be over long before another Lenten season came along, but, alas, here we are planning virtual Lenten programs. This will start with a virtual Ash Wednesday on our Facebook page on February 17th. It will likely be available early in the day, to allow for flexible viewing by the community. We will also be preparing

a couple of evening Lenten programs, though these will be on Zoom to allow interaction with the participants. These are tentatively planned for March 3rd and March 24th, starting at 7:00 p.m. Last year's programs were interrupted, and Rev. Janie is planning to resume the exploration of events leading up to the crucifixion. More details will be provided through congregational emails, including how to join a Zoom event. As you know, this format is currently being used extensively for all Board and Council meetings, as well as for informational meetings, Coffee with the Pastor, Book Club and the recently-held virtual Anniversary Brunch. Anyone with access to a computer, tablet or smartphone can easily participate. If you would like to be part of these activities but are unfamiliar with exactly how to make it work, contact the FCC office. Kristi will be glad to walk you through the process or put you in touch with someone who will.

As we continue to prepare for participation online, it is apparent that we have no plans for the resumption of in-person worship, events, or meetings, anytime soon. In fact, FCC will be acquiring the equipment required to produce the online worships, as well as expanding the group of volunteers to operate it. It is encouraging that vaccines are being administered, though this process has just begun, and it is unclear when conditions will result in the risk of close contact or lengthy stays in a closed space will be low enough for our already elevated risk population. This is being closely monitored by our parish nurses, whose advice will be heeded in any decisions about resuming activities in the sanctuary. In the meantime, we invite everyone to stay connected as best they can, and we will try to make the technology accessible to those who may be reluctant to give it a try.

Are You a Voting Member for 2021?

We are updating our membership lists and will soon inform you of your membership status based on your participation during 2020.

To be a voting member in **2021**,

you must have done the following **during 2020**:

- Signed the Church Roll (out in the Narthex)** at least three times during the calendar year **and** made a donation of any amount to the general fund at least once during the year.

Since we did not meet in person during this time of COVID 19, **contact the church office via email or phone at firstcongo@qwestoffice.net or 801-487-1357 **if you listened to or read the sermons** that our interim pastor, Janie Gebhardt, gave on Facebook Live. This will take the place of signing the Church Roll. You can access these sermons from the church's website <https://www.firstcongregationalslc.org/facebook.html> or <https://www.firstcongregationalslc.org/sermons.html>

Or

- Made a donation of any amount to the general fund at least 3 times during the calendar year.

Or

- Informed the Church Clerk in a written communication that you would be unable to attend for a stated duration or reason and will continue as a voting member by virtue of monetary donation alone (at least once each calendar year).

Please remember that any donations must be made in a way that can be attributable to you (check, PayPal, pew envelope with your name on it). <https://www.firstcongregationalslc.org/donate.html>

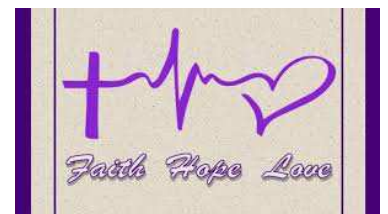
If you are currently a non-voting member you can become a voting member by fulfilling the criteria listed above and informing the church office of your desire to be a voting member.

If you are not currently a member of First Congregational Church and would like to become a member please contact the church office and arrangements will be made for becoming a member.

Thank you for your ongoing support of this special place.

Parish Nurse Health Tip

Dr. Sanjay Gupta's Recipe for a "Resilient Brain"



When we recover from colds, flus or even pneumonia, we don't often think about an aftermath punch to cognition. In fact, viruses such as the flu, measles, respiratory syncytial virus (RSV) and Zika have known neurological effects, as do other types of coronaviruses, including SARS and MERS. These stealthy connections are real, and we're just beginning to document the far-reaching insults that the virus that causes COVID-19, has on the brain – like headaches and dizziness. But reports of encephalopathy and altered brain function, in nearly a third of patients, have been documented.

Here Are 5 Approaches To Offer Hope:

1. **Connection for Protection:** Maintain social connections in a physically distanced world. What we do know is that prolonged social isolation leads to memory loss, and that loneliness is a risk factor for cognitive decline, dementia and even death. It becomes all the more imperative to fight back against loneliness and remain socially engaged. When asking about someone's well-being, probe more deeply and

refuse to accept a generic “I’m doing fine.” Focus on people’s eyes, as they reflect a more authentic emotion.

2. Eat for Resiliency: There are no such things as immune boosters or superfoods; but there's lots of data behind the advantages of a Mediterranean-style diet rooted in fresh fruits and vegetables; whole grains; lean proteins, including seafood; healthy fats; and nuts and seeds. People who follow anti-inflammatory diets such as the Mediterranean regimen may additionally gain beneficial effects against the infection itself. Processed and sugary foods tend to raise inflammation levels. Try swapping out one processed, pro-inflammatory meal a day for minimally processed fare grounded based in whole, fresh foods. I go to the kitchen and all I find are ingredients! What gives?

3. Move More: Exercise remains key to mental sharpness and a healthy immune system. Exercise can counteract the negative effects of isolation and confinement stress on immune function. We also know now that exercise improves immune responses to infections and could even help to develop better immunity with the aid of a vaccine. All of this ultimately helps protect the brain and its vulnerability in the face of infection. Virtual free on-line classes are everywhere! No membership required! YouTube it! Good Grief. If you can find a class on, How To Thread A Needle, you can find an exercise class for you.

4. Boost Immunity Through Sound Sleep and Help Your Brain Function: Our sleeping habits have changed throughout the pandemic because of shifts in our routines. But now is not the time to lose sleep. It's your secret weapon to refresh and replenish tissues and cells — among them, those of the brain and immune system. It also rinses away waste and debris in the brain that can otherwise foment disease, and it strengthens your memories. After a good night's sleep, you wake up with a smarter body and a sharper mind, better able to deal with the day's stressors. Keep a dream journal. Concentrate before sleeping on what you want to dream about. Stop all TV and screen time at least 30 minutes before bedtime. An hour would be better. Completely wind down. Meditate. Ohmmmm.

5. Ward off anxiety and fears by learning something new, to distract from the negative news: Turn off CNN. And if you have to, turn off the 6:00 and 11:00 pm news! Distance learning is not just for kids! For less than the cost of a pizza a month, you can be a student of dance taught by Misty Copeland, of writing taught by David Sedaris or of tennis taught by Serena Williams. Amy Pohler taught her children sign language. Finding this sort of purpose-driven activity activates the brain in protective ways. Or up the ante – teach a class yourself! I'm ready to run a manners class for my new neighbor who just moved in. She came across the street to introduce herself to me. I found out from another neighbor, she is positive for Covid.

Source: Sanjay Gupta, MD, AARP Magazine, December 8, 2020

February's Outreach Project

"The Outreach project for February will be to collect donations for Oxfam. Founded in 1942, Oxfam is a global organization active in the fight against poverty and hunger. In recent months, it has been focusing on the economic misery and food insecurity caused by Covid. Since March 2020, Oxfam has been helping vulnerable people in more than 60 countries, including the U.S., by providing clean water, soap, cash, and food; and it has been supporting small farmers and others burdened by coronavirus-related movement restrictions, loss of jobs, and lack of food with livelihood assistance. Here in the U.S., it has distributed cash and food baskets to vulnerable communities, including laid-off workers in multiple states, and cash and food to families in Puerto Rico affected by the pandemic, as well as by previous hurricanes and earthquakes. These are but a few examples of their many worthwhile projects."

Treasurer's Explanation of the Church Financial Report – December 2020

FCC ran a \$66 surplus in December. Over the first six months of this fiscal year the deficit was \$6,453. Consequently, the general fund balance fell from \$199,490 on June 30 to \$193,037 on December 31.

Unrestricted Giving was \$9,315 in December, \$6,057 below budget. For the fiscal year-to-date, Unrestricted Giving was \$50,266, \$12,061 less than the amount budgeted.

Total church revenue was \$18,271 in December and \$138,490 for the fiscal year-to-date. Revenue received from the FCC Trust to reimburse cost of HVAC controls and church maintenance expenses was \$2,832 in December and \$45,656 year to date. Despite these withdrawals, between June 30 and December 31, 2020 the FCC Trust grew by \$23,330 to \$538,952.

Revenue from the Trust, building rentals and cellular antenna leases has covered building and ground costs so far this year. Revenue from those sources totaled \$73,810 - \$15,617 more than Building and Grounds expenses. The other major revenue source, Unrestricted Giving, fell short of covering the cost of employees, administration, and church activities by \$34,540 this fiscal year.

TREASURER'S REPORT

For Period Ending December 31, 2020

CHURCH GENERAL FUND	December	Fiscal Year-to- Date
Unrestricted Contributions	\$9,315.00	\$50,266.00
+ Other Unrestricted Revenue	\$8,955.90	\$86,285.74
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$0.00	\$1,938.50
= Total Income	\$18,270.90	\$138,490.24
Total Expenses	-\$18,205.34	-\$144,943.51
= Net General Fund Surplus (-Deficit)	\$65.56	-\$6,453.27

Data for comparison

YTD Budgeted Unrestricted Contributions	\$62,327.00
YTD Budgeted Total Income	\$183,835.00
YTD Budgeted Total Expenses	-\$183,154.20
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$7,134.07

DESIGNATED ACCOUNTS

Designated Contributions	December	Fiscal Year-to- Date
All Outreach Contributions	\$480.00	\$2,185.00
Other Designated Contributions	\$0.00	\$120.00
= Total Designated Contributions	\$480.00	\$2,305.00

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Gym Rental – Futsol 4pm – 5:30pm	2 Deacons Meeting – Zoom @7pm Gym Rental – Lacrosse 4:30pm – 6pm	3 Men's Breakfast 7am Pastor Coffee – Zoom 10am Gym Rental – Lacrosse 4:30pm – 6pm Gym Rental – Fusol 7:00pm – 8:30pm	4 Gym Rental – Lacrosse 4:30pm - 7:00pm Zoom Book Group 7pm	5	6
7 Facebook Live Worship Service 10:30am every Sunday until Further Notice	8 Gym Rental – Futsol 4pm – 5:30pm	9 Zoom CE Meeting @7pm Gym Rental – Lacrosse 4:30pm – 6pm	10 Pastor Coffee – Zoom 10am Gym Rental – Lacrosse 4:30pm – 6pm Gym Rental – Fusol 7:00pm – 8:30pm	11 Gym Rental – Lacrosse 4:30pm - 7:00pm Zoom Book Group 7pm	12	13
14	15 Gym Rental – Futsol 4pm – 5:30pm	16 Gym Rental – Lacrosse 4:30pm – 6pm	17 Ash Wednesday Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline Gym Rental – Lacrosse 4:30pm – 6pm Gym Rental – Fusol 7:00pm – 8:30pm	18 Gym Rental – Lacrosse 4:30pm - 7:00pm Zoom Book Group 7pm	19	20
21	22 Presidents Day Gym Rental – Futsol 4pm – 5:30pm	23	24 Pastor Coffee – Zoom 10am Gym Rental – Fusol 7:00pm – 8:30pm	25 Zoom Book Group 7pm	26	27
28						

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Deacons Meeting – Zoom @7pm	3 Men's Breakfast 7am Pastor Coffee – Zoom 10am	4 Zoom Book Group 7pm	5	6
7 Facebook Live Worship Service 10:30am every Sunday until Further Notice	8	9 Zoom CE Meeting @7pm	10 Pastor Coffee – Zoom 10am	11 Zoom Book Group 7pm	12	13
14	15	16	17 Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline	18 Zoom Book Group 7pm	19	20
21	22	23	24 Pastor Coffee – Zoom 10am	25 Zoom Book Group 7pm	26	27
28	29	30 Kristi Out of Office til April 6 th . Will be back in the office April 7 th	31 Pastor Coffee – Zoom 10am			

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2021

ADDRESS SERVICE REQUESTED