

CONGREGATIONAL CLARION

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

February 2022



"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: | Mike McIntire |
| 1st Assoc. Moderator: | |
| 2nd Assoc. Moderator: | Bill Brown |
| Treasurer: | Paul Kelley |
| Financial Secretary: | Mike McIntire |
| Church Clerk: | Ken Rockwell |
| Board of Trustees: | Scott Hansen |
| Board of Deacons: | Diane Forster-Burke |
| Outreach Board: | Cissy Wolff |
| Christian Education: | |
| 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 ~

How will things be different? Larry and I faced that question recently as we had some very large trees removed from our property. I know their removal made our neighbor very happy, but perhaps the thing I notice most is how much more light is available to some other trees. This may not be the best analogy, but I believe some of the changes happening here at FCC are like that 'more light'. I expect that 'more light' in my yard will allow some things to thrive just as I believe that possible for the church. There will be some challenges – true – but there will be new opportunities too.

How might a new space influence your worship? What opportunities are presented by more open space and easier access – no steps or raised platforms? Could you try dance, drama or different styles of music? What I'm sure of is your connection to God and one another can continue and perhaps be enhanced in this new space. Tap into your creativity – God's gift to you!

Looking ahead, the season of Lent begins with Ash Wednesday which is on March 2nd this year. I'm sure the Deacons will announce plans for that soon, but one part of Lent will be an exploration of *Prayer*. Not knowing how our pandemic protocols will be then, I'll suggest we need to meet online for that. Please let me know if you are interested and as soon as we have more details (like dates and times) I'll be sure to share that information.

As I announced in worship, I plan to continue among you through Easter Sunday. Blessings to each of you as we share this journey.

CLARION DEADLINE



March Clarion Deadline will be Feb. 16th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

CALENDAR AND HEATING SCHEDULE



The Calendars in this issue give information about church activities as well as building use by community groups. While any building use should be coordinated through the office, this should help you make appropriate plans if you need to use the church. If you plan to have a meeting at the church, you will need to let the office know in advance so that the heat can be scheduled.

Deacon's Report

We enjoyed participating in the Anniversary Zoom call, and now have begun discussions with Rev. Janie about what to do for Lent. The scripture cycle that we are in now, for the next few months, is Luke. We are grateful for her continuing work with us.

During this time of increasing cases of Omicron virus, we ask that you all wear an N 95 or KN95 mask and practice social distancing so that we can continue to gather to worship God. Please stay safe.

MEN'S BREAKFAST – Wednesday, Feb. 2

The men of our church community are invited to a group breakfast this coming Wednesday morning. This month, we will be meeting at 7am at the IHOP at 4550 S. Highland Drive in Holladay. Please join us for some banter, discussion, and good fellowship.

Outreach

Thank you so much for your generosity! Your Outreach contributions supported the following organizations:

October: Doctors Without Borders - \$855

November: Utah Food Bank - \$955

December: Salvation Army - \$765

Christmas Eve: Ministerial Assistance Fund - \$198.45



February Outreach

Crossroads Urban Center is a nonprofit, grassroots organization that assists and organizes Utahns with low incomes, those with disabilities, and people of color to meet basic survival needs and to address essential issues affecting quality of life. It was established in 1966 as a multi-faith community based project.

Crossroads Urban Center runs one of Utah's busiest emergency food pantries and a thrift store. They connect low-income people with other service agencies and facilitate holiday food programs.

Crossroads Urban Center also supports political advocacy groups that bring together community members interested in working towards a system that aligns with the needs of the people. The groups include the Coalition of Religious Communities (CORC), Community Housing Advocacy Project (CHAP), and Powerful Moms Who Care (PMWC). These advocacy groups work with political leaders to make policies that are inclusive and support people in their fight to escape poverty.

Please give generously to support this important multi-faith organization. Please clearly indicate that you would like your contribution to go to Outreach when you make a donation.

To find out more about Crossroads Urban Center please explore their website at: crossroadsurbancenter.org



Parish Nurse Health Tip

I know we are all tired of this, But we want to save your lives.

Is It a Cold, the Flu, or COVID-19?

While symptoms of all three infections overlap, there are crucial differences.

And New Mask Updates! Yea!



Top Cold Symptoms

We've all had colds, so we tend to know what the symptoms are — and they are typically less severe than those of COVID-19 or the flu.

- A runny nose
- Congestion
- Mild cough
- Sore throat
- Malaise
- Body aches
- Headache

Top Flu Symptoms

Flu symptoms are apt to come on very abruptly, versus symptoms of COVID-19 or a cold. These symptoms can include:

- A high fever lasting several days — One of the hallmarks of the flu is a higher fever than you'd get with COVID-19, which generally tends to be in the 100.5.
- Malaise, fatigue, and weakness
- Muscle aches
- Chills
- Dry cough — Often with the flu you get a dry 'barking' cough, which is not something you see with a cold, though you may see it with COVID-19
- Headache

Top COVID-19 Symptoms

- COVID-19 can bring on the same symptoms as a cold (congestion, headache, body aches, sore throat) and the flu (fever, cough, overall malaise, and muscles aches) Swell!
- But there are also outside-the-box symptoms that you may not see with the common cold or flu
- COVID-19 symptoms include:
- A lack of ability to smell or taste, particularly at the onset, when there are no other symptoms present
- Diarrhea — We generally don't think of diarrhea and other gastrointestinal symptoms as something that occurs with influenza in adults. But with COVID, diarrhea can occasionally be the only symptom, along with profound fatigue.
- Nausea or vomiting
- Fever
- Chills
- Shortness of breath, difficulty breathing, or chest tightness
- Rash — Young children with COVID may get a rash on their fingers and toes. And, rarely, we've seen something called multisystem inflammatory disorder in children [multisystem inflammatory syndrome in children, or MIS-C], which is similar to Kawasaki disease, and is not something we see with the flu.

- Chest pain or heaviness in the chest

Mask Update:

- Physicians are now urging people to ditch cloth facemasks, which they say may not provide enough protection against the virus and variants. Instead, they recommend pairing cloth masks with surgical models or moving on to stronger respirator masks.
- The Mayo Clinic and other infectious disease departments around the country have begun requiring all patients and visitors to wear disposable surgical masks or N95 or KN95 masks. Anyone wearing a single-layer, homemade cloth mask, gaiter or bandanna, or a mask with a vent, will be provided a medical-grade mask to wear over it.
- Right now, you can purchase N95 and KN95 masks online and Amazon fairly inexpensively.
- Single-layer cloth masks, which many people prefer for comfort and style, can block larger droplets carrying the virus, but aren't as effective in blocking smaller aerosols or particles carrying the virus, according to infectious-disease specialists.
- The KN95 masks are less expensive than the N95 masks. They have 5 layers of overlapping material and a tighter fit to reduce droplets from escaping or entering. And they come in children's sizes.
- Thank God for people who are still wearing some kind of face covering. But we all know, most people wear them incorrectly, nose exposed half of the time. They touch the front of the mask adjusting, take it off by grabbing the front of the mask, and wash it infrequently, if ever.



Source: Everyday Health, Paula Derrow, Sanjai Sinha, MD, October, 2021, Mayo Clinic, Megan Srinivas, Clinical and Infectious Disease Department, University of North Carolina at Chapel Hill, Wall Street Journal, January, 4, 2022.

TREASURER'S REPORT

For Period Ending December 31, 2021

| CHURCH GENERAL FUND | December | Fiscal Year-to-Date |
|---|--------------------|----------------------------|
| Unrestricted Contributions | \$6,518.00 | \$54,571.38 |
| + Other Unrestricted Revenue | \$12,907.91 | \$53,961.35 |
| + Transferred to General Fund from Designated Accounts | \$125.25 | \$4,430.25 |
| = Total Income | \$19,551.16 | \$112,962.98 |
| Total Expenses | -\$24,311.26 | -\$126,263.22 |
| = <i>Net General Fund Surplus (-Deficit)</i> | <i>-\$4,760.10</i> | <i>-\$13,300.24</i> |

Data for comparison

| | |
|--|---------------|
| YTD Budgeted Unrestricted Contributions | \$50,186.00 |
| YTD Budgeted Total Income | \$125,248.00 |
| YTD Budgeted Total Expenses | -\$154,833.00 |
| Amt YTD Surplus is ahead of (+) or behind (-) Budget | \$16,284.76 |

DESIGNATED ACCOUNTS

| | December | Fiscal Year-to-Date |
|---|-----------------|----------------------------|
| Designated Contributions | | |
| All Outreach Contributions | \$765.00 | \$5,240.00 |
| Other Designated Contributions | \$0.00 | \$30.00 |
| = <i>Total Designated Contributions</i> | <i>\$765.00</i> | <i>\$5,270.00</i> |

• Please Note Calendars are New and go from Monday to Sunday

February 2022

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|---|-----------|-----------|-----------|---|
| | 1 | 2 Men's Breakfast @7am Coffee with Pastor @10am | 3 | 4 | 5 | 6 Worship Service In Person and Facebook Live @10:30am |
| 7 AA Group Meeting 7pm Fireside Room | 8 Deacons Meeting Via Zoom @7pm | 9 Book Group Via Zoom @7pm | 10 | 11 | 12 | 13 Worship Service In Person and Facebook Live @10:30am |
| 14 Happy Valentine's Day  AA Group Meeting 7pm Fireside Room | 15 | 16 Coffee with Pastor @10am Clarion Deadline Council Meeting @7pm | 17 | 18 | 19 | 20 Worship Service In Person and Facebook Live @10:30am |
| 21 Presidents Day AA Group Meeting 7pm Fireside Room | 22 | 23 Book Group Via Zoom @7pm | 24 | 25 | 26 | 27 Worship Service In Person and Facebook Live @10:30am |
| 28 AA Group Meeting 7pm Fireside Room | | | | | | |

March 2022

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|--------------------------------------|-----------|-----------|---|
| | 1 | 2 Men's Breakfast @7am Coffee With Pastor via Zoom @10am Ash Wednesday | 3 | 4 | 5 | 6 Worship Service In Person and Facebook Live @10:30am |
| 7 AA Group Meeting 7pm Fireside Room | 8 Deacons Meeting Via Zoom @7pm | 9 Book Group Via Zoom @7pm | 10 | 11 | 12 | 13 Worship Service In Person and Facebook Live @10:30am |
| 14 AA Group Meeting 7pm Fireside Room | 15 | 16 Coffee With Pastor via Zoom @10am Clarion Deadline Council Meeting @7pm | 17 Happy St. Patrick's Day | 18 | 19 | 20 Worship Service In Person and Facebook Live @10:30am Congregational Meeting Following Worship Service |
| 21 AA Group Meeting 7pm Fireside Room | 22 | 23 Book Group Via Zoom @7pm | 24 | 25 | 26 | 27 Worship Service In Person and Facebook Live @10:30am |
| 28 AA Group Meeting 7pm Fireside Room | 29 | 30 Coffee With Pastor via Zoom @10am | 31 | | | |

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

February 2022

ADDRESS SERVICE REQUESTED