

CONGREGATIONAL CLARION

1710 FOOTHILL DRIVE
SALT LAKE CITY, UTAH

February 2023



**First Congregational Church
1710 S. Foothill Drive
Salt Lake City, Utah 84108**

Email: firstcongregationalslc@gmail.com
Website: www.firstcongregationalslc.org

Sunday Worship Services:

In Person Worship at 10:30am
Follow Us on Facebook

Bridge Pastor:	Rev. Martha Moler
Moderator:	Carla McIntire
1st 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
Choir Director:	Devon Bettolo
Pianist:	Alan Chavez
Church Secretary:	Kristi Hanson

NEW OFFICE HOURS

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

CLARION DEADLINE

March Clarion Deadline will be February 16th. You can email your articles to firstcongregationalslc@gmail.com

Pastors Letter ...



Dear Church Family and Friends. I am so glad to be nearly recovered from what turned out to be two whole months in the hospital, surgery and rehab. I thank everyone for their thoughts and prayers during all this. A special thank you to those who stepped up and took on a little extra to keep our worship going in my absence.

We are looking forward to our first Lent and Easter season here at All Saints Episcopal Church, worshipping in St John Hall. There will be opportunities to join together in worship, study and continuing to make new friends.

As you enjoy Valentine's Day remember those who might be alone or missing someone special and reach out in love.

Pastor Martha

PS – I am seeking help in selecting weekly hymns. Please message me if you are interested in helping. Thank You.

PAY IT FORWARD



Now is the time for me to Pay It Forward. Available, I have a walker, a long grabber, a shower chair and bedside grab bar (extension goes under mattress). All you need to do is let me know you need them and come pick them up. Please reach out if you are interested in these items.

HELP WANTED !

Coffee Hour is an important part of Sundays. It is a chance for people to catch up with each other, greet visitors, connect with new members and socialize. Hosting a Coffee Hour is a great way to contribute to your faith community without involving a lot of time. We are looking for a Coffee Hour Coordinator who will help to schedule those who are willing to host a coffee hour. Will you consider taking on this position and fill a critical need in our church? If you are interested, please contact Kristi at the office or any Council Member and volunteer.



Deacons Report

There were many changes to our Advent season based on our relocation and space considerations. Regardless of the differences, we shared in a time of waiting for the birth of the Savior. Thank you to everyone who participated with the Lessons & Carols, as well as the lighting of the Advent candles. Apparently some members told a Deacon that they missed the old Post Office for sharing Christmas cards. This was a contribution from Dee Wilson, Michael Chittum's mother in law. Due to space considerations in the storage room, and the additional activities for Deacons of getting items out of the storage room for service, and back into the storage room following service, the Deacons do not have the Post Office anymore. If someone would like to take this on as a special project, that would be fine.

We celebrated our anniversary on Jan 22nd and joined with members of All Saints in a luncheon.

We are looking forward to Lent, which starts Feb 22nd with Ash Wednesday.



Parish Nurse Health Tip

Signs That You May Have Had COVID-19

You may have had the virus and recovered from it without knowing.

Some telltale signs could indicate that you're one of those people.



- A 'Bad Cold': One way to know the difference is that COVID can stick around 2 weeks or longer, while a cold typically lasts several days. And unlike a cold, COVID could have caused a fever.
- Shortness of Breath: This isn't typically a symptom of a cold or the flu, but feeling like you can't breathe is common with COVID-19. You may have thought you had bronchitis, which COVID-19 can cause. It also comes with flu-like symptoms.
- Persistent Cough: If you had a dry cough that took a long time to go away, it could have been a symptom of COVID-19. It would have been different from a cough caused by a cold. It would have started mildly, but then got worse during the next 5 to 7 days.
- Red, Watery Eyes: Throughout the pandemic, we've been told to wash our hands often and avoid touching our face. One reason for this is that COVID-19 can affect your eyes. If you had conjunctivitis (pinkeye), watering eyes, or blurred vision, it might have been caused by the virus.
- Heart Palpitations or Chest Pain: COVID-19 can affect your heart. It can cause heart palpitations, making your heart beat fast or flutter, or pound. You may have had tightness in your chest. All of these things can happen

even after the virus clears your body. Episodes like this can be noticeable for up to 2 weeks in mild cases or for 6 weeks in more serious ones.

- **Extreme Fatigue**: Feeling really tired is a common symptom of COVID-19. So if you had that kind of extreme fatigue that didn't get better with plenty of sleep and drinking gallons of tea, it could have been a sign of the virus. The feeling can come back again days and sometimes weeks later.
- **Loss of Smell or Taste**: If foods and drinks seemed to taste different than usual (or had no taste), or you weren't able to pick up on odors for a couple of weeks, you could've been infected with the virus. Nearly 80% of people who test positive have this issue, and it's usually a sign of a mild case.

What To Do Now:

1. **Do You Need To Know? Probably Not**: But you could get an **Antibodies Test**. **Antibodies** are proteins your body makes to help fight off an infection. The only way to know for certain if you've had COVID-19 is to have your blood tested to see if you have the antibodies that fight the virus. If you do have them, scientists aren't sure how well they'll protect you from getting it again. But some studies show that people who have those antibodies are less likely to get COVID again. Some people however have gotten Covid several times. It will not tell you which strain/variant you had

2. What To Do From This Point Forward: When feeling ill with Cold, Flu, and/or COVID symptoms. Don't know what it is? ALWAYS reach for those free test kits. Don't have any? Go to: covid.gov or Call: 800-232-0233

3. If positive, call you Primary Health Care Provider to be put on medication immediately which will of course make you feel better, but will hopefully help mitigate some of the above sequelae.

4. Make sure you have had every vaccine and booster for COVID available. How long has it been since you've had a Tetanus, Whooping Cough, or Pneumonia vaccine? Shingles? Hop to it!

Please keep in mind, you can contract Covid-19, have it, have no symptoms, pass it on to others, unbeknownst to you, and then later have the above "Post Covid-19 Long-Term Syndrome Side Effects"!

Sources: Gabriela Pichardo, MD, WebMD, November 21, 2022, Mayo Clinic Newsletter, June 28, 2022.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Men's Breakfast @7am Deacons Meeting @2pm	2	3	4
5 Worship Service In St. John Hall Lower Level at All Saints @10:30am	6	7	8	9	10	11
12 Worship Service In St. John Hall Lower Level at All Saints @10:30am	13	14	15 Clarion Deadline	16	17	18
19 Worship Service In St. John Hall Lower Level at All Saints @10:30am	20	21 Shrove Tuesday	22 Ash Wednesday	23	24	25
26 Worship Service In St. John Hall Lower Level at All Saints @10:30am	27	28				