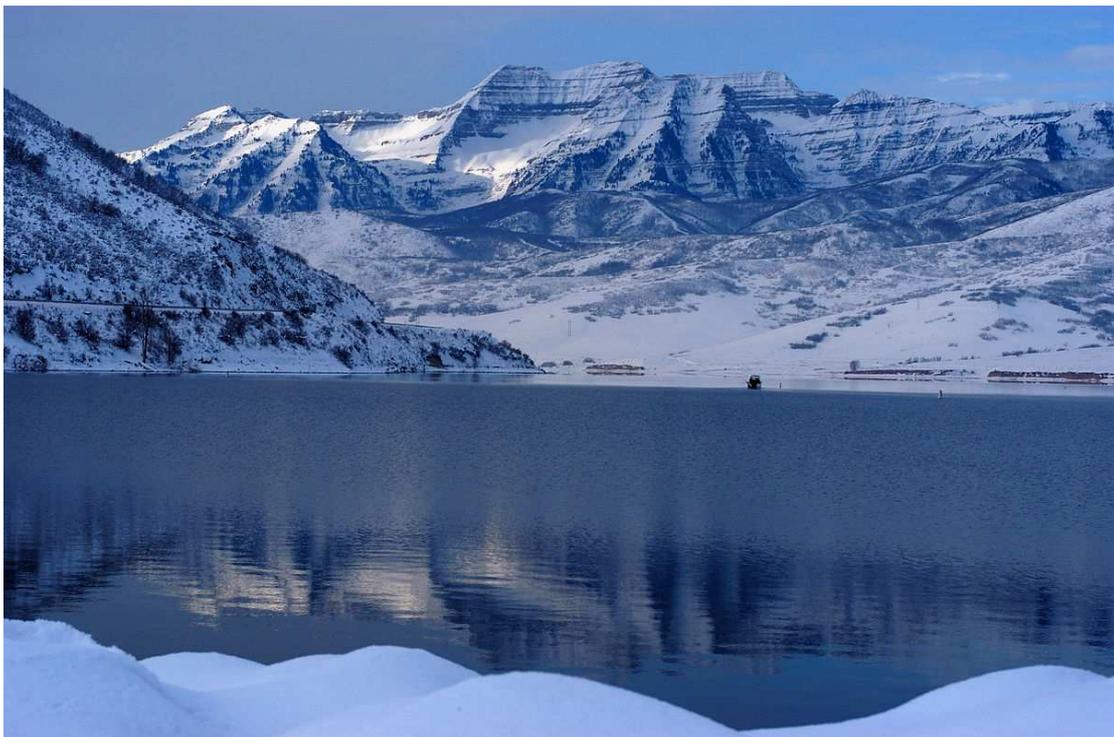


# CONGREGATIONAL CLARION

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

JANUARY 2021



WINTER WONDERLAND IN UTAH

**First Congregational Church**

**2150 S. Foothill Drive**

**Salt Lake City, Utah 84109**

Phone: (801) 487-1357

Email: [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

Website: [www.firstcongregationalslc.org](http://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 LIVE Worship Services on Facebook:**

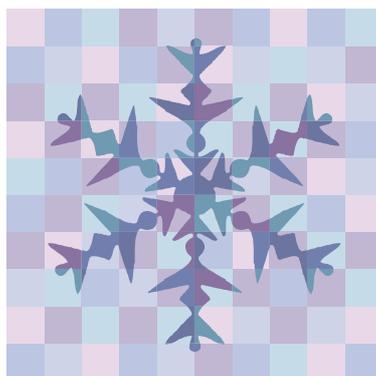
Worship Hour at 10:30am

<b>Interim Minister:</b>	Rev. Janie Gebhardt
<b>Moderator:</b>	Cissy Wolff
<b>1<sup>st</sup> Assoc. Moderator:</b>	Carla McIntire
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Mike McIntire
<b>Treasurer:</b>	Paul Kelley
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Scott Hansen
<b>Board of Deacons:</b>	Phil LeHoux
<b>Outreach Board:</b>	Diane Forster-Burke
<b>Christian Education:</b>	
<b>Youth Director:</b>	Molly Connor
<b>Membership Board:</b>	
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes, Lynne Calame
<b>Camp Fellowship:</b>	Christine Madsen and Shaun McIntire
<b>Garden of Grace:</b>	Scott & Jeanne Hansen
<b>Choir Director:</b>	Devon Bettolo
<b>Organist:</b>	Teresa Clawson
<b>Church Secretary:</b>	Kristi Hanson

## Janie's Jottings ~

Yesterday I was given a wonderful gift, a visit to camp with Diane Forster Burke. Diane reminded of something I've long known – camp is really only camp when the participants are gathered. But it was special to be in the place where so many wonderful experiences have taken place! As we walked around, Diane shared memories of campers and people who've been such an important part of that place – like walking down by the chapel and remembering Art Ritter creating skits to be performed there or some of the bigger events – like hiking up to the cross – or the perhaps less noticed things like the way a child had felt affirmed by an experience there. Though we didn't get to see the singing and the laughter, I could imagine it through the many different camp experiences I've had. It was a delight to be able to visit the place where so many wonderful Camp Fellowship memories have taken place.

Being there made me hope for the future. We talked about that as we headed back to Salt Lake – hoping that the end of the pandemic will happen to make it possible to have Camp Fellowship in the summer ahead. But how many other things have been put on hold? I think about some of the big things – like travel – but there are lots of smaller things too like hugs and spending time with loved ones or being together in worship. How many things did we take for granted before this pandemic? As we look to the end of our isolation whenever that is safe, what will you be looking forward to? I'm finding there are little things I've taken for granted that I've been missing. How many times I've wanted to gather with people beyond Zoom meetings – to sing songs and share in fellowship. How many times have I heard people just wishing we could be together in Coffee Hour? With Vaccine on the way what's high on your list for the new tomorrow we're looking forward to?



## **MODERATOR'S MESSAGE – Cissy Wolff**

Thank you to all of the people who worked so hard to provide an inspiring Advent season during such trying times. The sanctuary looked so beautiful during worship services. The music was wonderful and the words were uplifting. Because of the dedication of so many people, liturgists, musicians, technology experts, COVID specialists, our pastor, we continue to have such meaningful spiritual experiences for our gathered community. We look forward to a new year filled with hope and wonderful changes.

During November and December I had a chance to speak to many of you about the motion before our congregation. It was wonderful to hear of the love so many of you feel for this church. The ballots for this important vote will go out by the end of December. Be sure to watch for church emails and mailings for the latest updates on all aspects of our church life.

In January we look forward to celebrating the Anniversary of our Church. We have such a strong history of positive influence in our community. As we make decisions about our church's future we will rely heavily on our tradition of faith, freedom, and fellowship to help us determine the best path for this gathered people.

We are committed to stay together and to keep our church functioning. Regardless of the outcome of the motion before the congregation, we need a fresh, new group of leaders to chart a course for our destiny. Many of those presently in leadership positions deserve a much needed break from the ongoing, constant stress of decision making and coordinating. During this inspirational time before the New Year, please prayerfully consider stepping forward to become a moderator, to be part of the nominating committee, to head one of the boards, to serve on Council. Step up to steer our church into a bright future and to get us ready for that wonderful time when we can gather together again.

## Are You a Voting Member?



During this time of COVID 19 our church continues to provide meaningful spiritual experiences. Our covenant states that “we gather as a church to walk together in the Christian tradition and we seek to be more fully in relationship with God. We embrace all who are called to worship here with our support, prayers and acceptance. We commit to participate in and support the church and its ministries.”

As members we are expected to be faithful in all spiritual duties essential to the Christian life, to attend the services of this Church, to give regularly for its support and its charities, and to share in its organized work.

As 2020 draws to a close, we encourage you to review your involvement with this church. If you are presently a voting member you must do the following during 2020 to remain a **voting** member in 2021:

1. Sign the Church Roll (out in the Narthex)\*\* at least three times during the calendar year **and**
2. Make a donation of any amount to the general fund at least once during the year.
3. You can also remain a voting member by making a donation of any amount to the general fund at least 3 times during the calendar year.
4. Members who state in a written communication to the Church Clerk that they will be unable to attend for a stated duration or reason may continue as voting members 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>

\*\*Since we are not meeting in person during this time of COVID 19, please contact the church office if you have listened to or read the sermons that our interim pastor, Janie Gebhardt, has given 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>

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.

## **CLARION DEADLINE**



February Clarion Deadline will be January 20<sup>th</sup>.  
You can email your articles or leave them in the church office. [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

## **CALENDAR**



The Calendars in this issue give information about church activities as well as building use by 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. Please also go to our website and link to our google calendar under the News Tab for up to date information.

## **MOTION TO THE CONGREGATION**

Council has proposed the following motion to the congregation: **Shall Council proceed with the steps necessary to sell all or part of the real property of First Congregational Church?**

The ballots to vote on this motion will be sent by US mail to voting members on or before December 31 of this year. All ballots must be received by the church office by noon on January 20, 2021 to be counted.

All members and friends listed in the church directory were mailed information about this motion. This communication included a letter that gave background information on how Council came to the decision to bring this motion to the congregation.

Additionally, varying views from Council members regarding this motion were included. Council has tried to personally contact all voting members to determine if there are specific questions and concerns regarding this motion. Some church members have submitted their views regarding this motion and these views will be shared with the entire congregation via email. For those members needing more information on this motion, Zoom meetings are scheduled for January 6, 2021 at 7:00 pm and January 10, 2021 at 11:30 am (following the service). Please RSVP for either of the Zoom meetings by contacting the church office by noon on Tuesday, January 5, 2021. An invitation with the link to the Zoom meetings will be emailed to you. Additionally, an in-person meeting may be planned for a limited number of participants that will require compliance to all COVID 19 precautions.

Please watch for the emails where fellow church members express their views on this motion and for additional details about informational meetings. Please feel free to contact any Council member with any questions or concerns about this motion. If you are presently a voting member, please be on the lookout for your ballot (in the US mail) after December 31, 2020.

## **January Health Tip from Parish Nurses - Eating Right in the New Year**

Well, 2020 was a year that is best seen in the rear view mirror. I, personally, will celebrate the arrival of 2021. We absolutely want to be healthy in 2021 so here are some recently found tips for better eating. Use spices to reduce inflammation in the body. Spices such as: basil, oregano, cumin, turmeric, and cinnamon, especially used together as a blend have strong anti-inflammatory properties in the body. My acupuncturist recommends turmeric for reducing arthritic pain (C Rogers LAC, 2019). How much to use? Well try to work up to 2 tsp. in your food.

What about if you could eat to lower your risk of cancer and heart disease? Would you do it?

- Garlic & Onions are antioxidants meaning that they help repair DNA and decrease inflammation. (S Patel Swanner MS, RDN, LD, director of nutrition programs for the American Institute for Cancer Research). Swanner recommends letting garlic sit 10-15 minutes after slicing, chipping or mincing, to release an enzyme reaction that boosts the healthy components of the garlic.
- Leafy Greens such as spinach, lettuce, mustard greens, and chard contain not only fiber, but also folate, and cancer-fighting phytochemicals called carotenoids. These may reduce risk of colorectal, esophageal, stomach, and mouth cancers. These can also contribute to maintaining a healthy weight, which is recommended for all of us.
- Tomatoes are a great source of vitamin C and A, as well as lycopene and beta-carotene; found to lower risk of prostate, colorectal, esophageal, stomach, and mouth cancer. Both canned and fresh tomatoes have these nutritional components.
- Tea, whether white, black, green, or oolong all contain antioxidants, catechins and flavonoids that help protect cells from damage that can lead to cancer. Hot or cold tea has the same benefits. (K Proctor, MPH, RDN, dietician at the Center for Cancer Prevention and Treatment at St Joseph Hospital in Orange, CA).
- Legumes help you feel like your appetite has been satisfied and are a great source of fiber. Soluble fiber reduces the risk of heart disease, as well as breast and colorectal cancer. Legumes include: beans, peas,

and lentils. We need to eat 30 grams of dietary fiber each day to lower cancer risk. One cup of lentils has 16 grams of fiber; 1 cup of black beans has 15 grams.

- Fish is high quality protein with omega-3 fats, vitamins D and B2, potassium, and selenium. Eating fish a few times a week reduces risk of colon and breast cancers. Try to eat 8 oz. of fish each week. Eat more fish and less red meat.
- Cruciferous vegetables include: broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale. These are high in fiber, folate, and vitamins A, C, and K. Eating cruciferous vegetables helps to reduce the risk of breast, colorectal, esophageal, stomach, and mouth cancers.
- Walnuts have vitamin E and omega-3 fatty acids as well as are a great source of protein, and fiber. These could be an easy and healthy snack.
- Carrots have vitamin A, fiber, and antioxidants. The beta-carotene in carrots is associated with reduced risk of breast, stomach, and prostate cancers. Maybe snack on carrots and walnuts?
- Berries and grapes have the antioxidant anthocyanin, as well as folate, vitamins C and K, and are a good source of fiber. One cup of blackberries or raspberries contains 8 grams of fiber.
- Source: Better Homes & Gardens, October 2020, pg. 136-140.

So eat your fruits and vegetables, and add some fish to your diet!



## **From the Deacons**

At time of writing, Christmas was still ahead of us, as was the ongoing uncertainty about any plans for return to worship in our sanctuary. We have reviewed the layout of the pews to determine our capability to safely handle separated family clusters and have considered how to enter and exit within distancing guidelines. Although churches have been exempted from maximum in-person gathering, owing to our age demographic, we have been reluctant to resume our worship. As we all ache to return to the familiar, human nature may overwhelm caution, and many at risk may well decide to “take a chance”. Therefore, we will continue to rely on the guidance of our parish nurses to evaluate the risk levels within our community and their judgement on when we can again attend live worship.

It is likely that even when live worship resumes, we will continue to stream the Sunday worship as well, for those that will still not be comfortable with whatever risk will remain. In any case, it will not be “back to normal” immediately; rather, it will be a tentative first step in providing the comfort that in-person worship in our sanctuary provides. Several technical issues also remain to be addressed before worship can resume. We can draw on the experience of other faiths, such as pre-assigning seating, elimination of hymnals, bibles and other “touch points,” as well as disinfecting practices. We are particularly grateful to Kristi sharing the extensive LDS protocols to address our vulnerabilities in these areas.



## **Anniversary Thoughts – Marge Kimes**

For several weeks, Diane Simons and I have been going through historical materials found in a downstairs closet. You wouldn't believe what is there. There are items from the late 1800s all the way up to the last few years. There are pictures, news articles, board minutes, bylaws, and so much information concerning our history here at First Congregational Church Salt Lake City. I have found it very interesting, and sad at this point in time. But....

I want to remind us everyone that on the third Sunday in January this church will celebrate 156 years since Rev Norman McLeod preached the first non-Mormon sermon in the rented quarters of the Young Men's Literary Association in Salt Lake City. Four hundred years ago this year, the Pilgrims brought Congregationalism to America, and the founders of this church brought Congregationalism to Utah. There is much history in this community of faith which has seen 3 buildings, \_ ministers, and hundreds of members and friends that have come and gone. This community was responsible for helping other non-Mormons when they came to the valley by instituting centers of education, and supporting religious diversity and understanding. It is a history that is intertwined with the history of this city and valley.

At this time we are not sure what the future history for our community of faith will be, but may we remember the past, and look with faith to the future of First Congregational Church, Salt Lake City.



## **Treasurer's Explanation of the Church Financial Report – November 2020**

FCC ran a \$10,032 surplus in September. Over the first five months in this fiscal year the deficit is \$6,619. Consequently, the general fund balance fell from \$199,490 on June 30 to \$192,871 on November 30. During November, we were notified that the Small Business Administration forgave the Payroll Protection Program loan we received in May along with a small amount of interest that had accrued since then. That allowed us to recognize \$12,425 of additional income, which accounts for November's large surplus.

Unrestricted Giving was \$6,425 in November, \$5,124 below budget. For the year, Unrestricted Giving is \$40,951, \$6,004 below budget.

Total church revenue was \$29,342 in November and \$120,119 for the fiscal year to date. Revenue received from the FCC Trust to reimburse cost of HVAC controls and church maintenance expenses was \$3,711 in November and \$42,824 year to date. We received our first payment for renting space to Ekklesia in November. Our arrangement with Ekklesia is a month-to-month rental for \$2,450 per month.

Revenue from the Trust, building rental and cellular antenna leases is covering building and ground costs so far this year. Revenue from those sources has totaled \$64,856 - \$11,837 more than Building and Grounds expenses. The other major revenue source, Unrestricted Giving, has fallen short of covering the cost of employees, administration, and church activities by \$32,768 this fiscal year.

## TREASURER'S REPORT

### For Period Ending November 30, 2020

CHURCH GENERAL FUND	Fiscal Year-to-	
	November	Date
Unrestricted Contributions	\$6,425.00	\$40,951.00
+ Other Unrestricted Revenue	\$22,262.15	\$77,329.84
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$655.00	\$1,838.50
= Total Income	\$29,342.15	\$120,119.34
Total Expenses	-\$19,310.15	-\$126,738.17
= <i>Net General Fund Surplus (-Deficit)</i>	<i>\$10,032.00</i>	<i>-\$6,618.83</i>

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$46,955.00
YTD Budgeted Total Income	\$156,136.00
YTD Budgeted Total Expenses	-\$158,466.50
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$4,288.33

### DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	November	Date
All Outreach Contributions	\$250.00	\$1,705.00
Other Designated Contributions	\$20.00	\$120.00
= <i>Total Designated Contributions</i>	<i>\$270.00</i>	<i>\$1,825.00</i>

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> New Year's Day Office Closed	<b>2</b>
<b>3</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the Gym 9:3am and 11am	<b>4</b> Gym Rental Futsal 4 – 5:30pm	<b>5</b> <b>RSVP by Noon for Informational Meeting</b>  Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>6</b> Men's Breakfast 7am  Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm  <b>Zoom Informational Meeting 7pm</b>	<b>7</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm  Zoom Bible Study 7pm	<b>8</b>	<b>9</b>
<b>10</b> Facebook Live Worship Service 10:30am  <b>Zoom Informational Meeting 11:30am</b>  Ekklesia Worship Services In the gym 9:3am and 11am	<b>11</b> Gym Rental Futsal 4 – 5:30pm	<b>12</b> Zoom CE Meeting @7pm  Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>13</b> Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm	<b>14</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>15</b>	<b>16</b>
<b>17 ANNIVERSARY SUNDAY</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the gym 9:3am and 11am	<b>18</b> Martin Luther King Jr. Day  Gym Rental Futsal 4 – 5:30pm	<b>19</b> Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>20</b> <b>MAIL IN BALLOT DUE DATE TODAY BY NOON</b>  Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm  Zoom Council Meeting @7:00pm  Clarion Deadline	<b>21</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>22</b>	<b>23</b>
<b>24</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the gym 9:3am and 11am	<b>25</b> Gym Rental Futsal 4 – 5:30pm	<b>26</b> Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>27</b> Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm	<b>28</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>29</b>	<b>30</b>
<b>31</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the gym 9:3am and 11am						

## February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Gym Rental Futsal 4 – 5:30pm	<b>2</b> Deacons Meeting – Zoom @7pm  Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>3</b> Men's Breakfast 7am  Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm	<b>4</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>5</b>	<b>6</b>
<b>7</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the Gym 9:3am and 11am	<b>8</b> Gym Rental Futsal 4 – 5:30pm	<b>9</b> Zoom CE Meeting @7pm  Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>10</b> Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm	<b>11</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>12</b>	<b>13</b>
<b>14</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the Gym 9:3am and 11am	<b>15</b> Gym Rental Futsal 4 – 5:30pm	<b>16</b> Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>17</b> Ash Wednesday  Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm  Zoom Council Meeting @7:00pm  Clarion Deadline	<b>18</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>19</b>	<b>20</b>
<b>21</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the Gym 9:3am and 11am	<b>22</b> Presidents Day  Gym Rental Futsal 4 – 5:30pm	<b>23</b> Gym Rental 4:30 – 6pm  Deacons Meeting – Zoom @7pm  Ekklesia Meeting in Stoyer Hall 6:30pm	<b>24</b> Pastor Coffee – Zoom 10am  Gym Rental 4:30 – 6pm	<b>25</b> Gym Rental 4:30 – 7:30pm  Gym Rental 8pm – 8:30pm	<b>26</b>	<b>27</b>
<b>28</b> Facebook Live Worship Service 10:30am  Ekklesia Worship Services in the Gym 9:3am and 11am						

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

January 2021

**ADDRESS SERVICE REQUESTED**