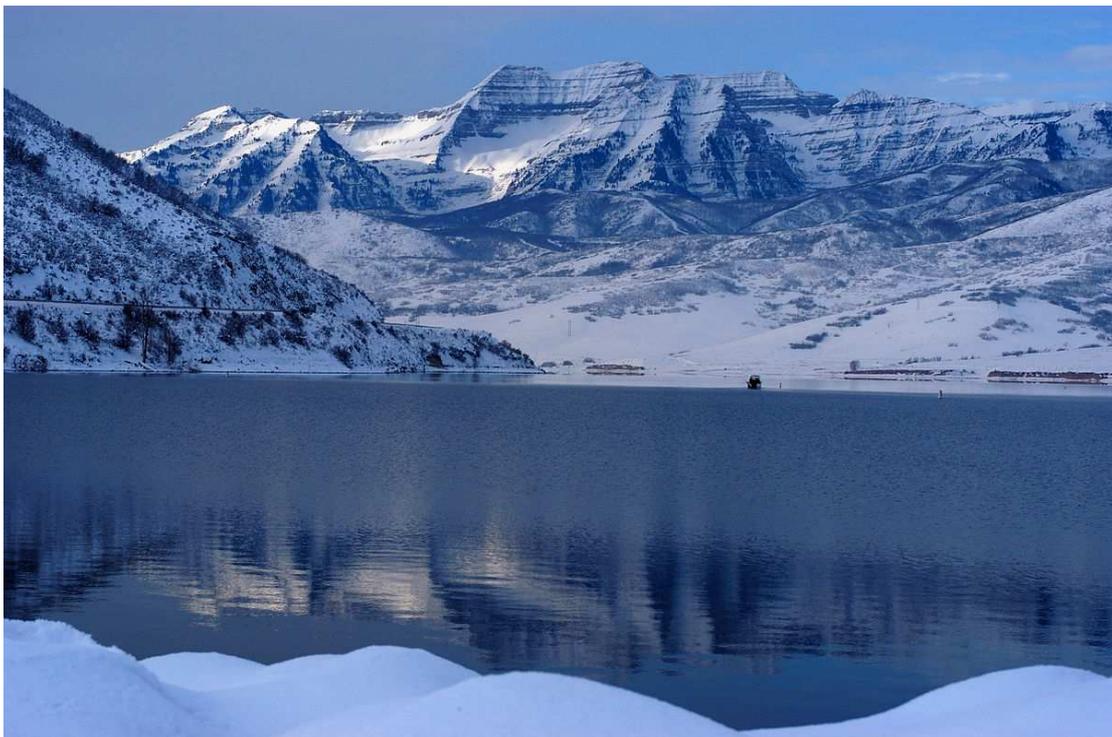


CONGREGATIONAL CLARION

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

JANUARY 2022



WINTER WONDERLAND IN UTAH

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 in person and Live Streaming

Nursery Provided

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 ~

After days of getting ready for Christmas, it seems like the move into the New Year comes so quickly. I want to keep singing Christmas Carols! Humming I'll go forward knowing this New Year promises to be an incredibly busy one. With many tasks to accomplish, and many points of view to take into account, my prayer is that we listen carefully to one another.

As we move into the New Year, I want to celebrate all the work of transition you have been engaged in. Often in an Interim time a church is assessing where it has been and then looking for a new leader to help them move forward, perhaps with a new focus and hopefully new energy. This congregation is blessed with leaders who are helping you find a new way forward with care. That last piece is important; with care – making sure that the decisions you make still represent your values. There is still much to do and I hope you will find a role that fits for you as we move forward.

One of the authors I've turned to over the years of my ministry is Ann Weems. In one of her poems for the transition into a new year has a line, "it's not over yet". She's not just speaking about the birth we just celebrated, there is the pointing toward newness in the world around us. Part of what I celebrate as we begin a new year is a sense of hope. Sometimes I've heard people say, "I'm so ready for this year to be over" as if changing the calendar will make some things go away. But I still hold hope for new possibilities. This church has a rich history that your deep faith has guided. My prayer is you will soon be able to discover a mission and vision for your future. A line from something Pastor John Robinson wrote as the Pilgrims were beginning their new lives in this new land resonates for me, "there is yet more light and truth to break forth from God's Word".

My hope for this church is you will be able to claim the wonderful gifts that exist in your midst and share them in the world around you. May God guide you as you move into a new future.

Blessings for the adventure of a New Year!

DEACONS REPORT

Advent has been a beautiful and moving time at First Congregational Church. Thanks to all who helped to decorate the Sanctuary, and to those who provided music to enhance our worship. Janie's sermons helped us to focus on Jesus during this time. The Advent Devotionals from NACCC were a wonderful addition to our journey to Bethlehem. Additionally, a special thanks to the "tech crew" who have recorded our services for our Facebook Live Stream. The Tech Crew members are Paul Kelley, Ron Sawdey, and Mike McIntire. Their work has significantly helped us to stay connected to our church.

In January, we will remove decorations after church on Dec 2nd and will celebrate Epiphany early in the month.

OUTREACH

Outreach raised \$755 for the Utah Food Bank in Nov. For the month of January the Outreach board has selected The American Red Cross. The American Red Cross goes wherever they are needed, nationally and internationally, so people can have clean water, safe shelter, and hot meals when there is a disaster. They respond to an average of more than 60,000 disasters (home fires, hurricanes, wildfires, and flooding) every year. The Red Cross also provides life saving blood and platelets to people. Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. We are holding a Red Cross blood drive at our church Jan 4th from 1pm - 6pm. To schedule a donation, please log on to www.redcrossblood.org and enter the Sponsor Code "fcc" or call 1-800-RED-CROSS (1-800-733-2767).

Parish Nurse Health Tip - Common Signs You're Deficient in Vitamins



Everyone knows that we need vitamins and minerals to keep our bodies healthy. But how do you know when you aren't meeting your body's needs?

1. Brittle hair and nails

- A variety of factors may cause brittle hair and nails. One of them is a lack of biotin. ***Biotin***, also known as vitamin B7, helps the body convert food into energy. A deficiency in biotin is very rare, but when it occurs, brittle, thinning, or splitting hair and nails are some of the most noticeable symptoms. Other symptoms of biotin deficiency include chronic fatigue, muscle pain, cramps, and tingling in the hands and feet.
- Foods rich in biotin include egg yolks, organ meats, fish, meat, dairy, nuts, seeds, spinach, broccoli, cauliflower, sweet potatoes, yeast, whole grains, and bananas

2. Mouth ulcers or cracks in the corners of the mouth, burning sensation in feet or tongue, issues with balance, constipation

- Mouth ulcers, also commonly referred to as canker sores, are often the result of deficiencies in iron or B vitamins. A small study notes that patients with mouth ulcers appear to be twice as likely to have low ***Iron*** levels. In another small study, around 28% of patients with mouth ulcers had deficiencies in ***Thiamine (Vitamin B1)***, ***Riboflavin (Vitamin B2)***, and ***Pyridoxine (Vitamin B6)***.
- Angular cheilitis, a condition that causes the corners of the mouth to crack, split, or bleed, can be caused by excess salivation or dehydration. However, it may also be caused by an insufficient intake of iron and B vitamins, particularly riboflavin.
- Foods rich in iron include poultry, meat, fish, legumes, dark leafy greens, nuts, seeds, and whole grains. Good sources of thiamine, riboflavin, and pyridoxine include whole grains, poultry, meat, fish, eggs, dairy, organ meats, legumes, green vegetables, starchy vegetables, nuts, and seeds

3. Bleeding gums, tooth loss, easy bruising, slow wound healing, dry scaly skin, and frequent nosebleeds

- Sometimes a rough tooth brushing technique is at the root of bleeding gums, but a diet lacking in ***Vitamin C*** can also be to blame. Vitamin C plays an important role in wound healing and immunity, and it even acts as an antioxidant, helping prevent cell damage.
- Your body does not make vitamin C on its own, so the only way to maintain adequate levels of it is through diet.
- Vitamin C deficiencies are rare in individuals who consume enough fresh fruits and vegetables. That said, many people fail to eat enough fruits and vegetables each day.

- Another serious consequence of severe vitamin C deficiency is scurvy, which depresses the immune system, weakens muscles and bones, and makes people feel fatigued and lethargic.
- Make sure to consume enough vitamin C by eating at least 2 pieces of fruit and 3–4 portions of vegetables each day.

4. Poor night vision and white growths on the eyes

- A nutrient-poor diet can sometimes cause vision problems. For instance, low intakes of **Vitamin A** are often linked to a condition known as night blindness, which reduces people's ability to see in low light or darkness. That's because vitamin A is necessary to produce rhodopsin, a pigment found in the retinas of the eyes that helps you see at night. Fortunately, vitamin A deficiency is rare in developed countries.
- Vitamin-A-rich foods: Organ meats, dairy, eggs, fish, dark leafy greens, and yellow-orange colored vegetables.
- Unless diagnosed with a deficiency, most people should avoid taking vitamin A supplements. That's because vitamin A is a fat-soluble vitamin, which, when consumed in excess, can accumulate in the body's fat stores and become toxic. Symptoms of vitamin A toxicity can be serious and include nausea, headaches, skin irritation, joint and bone pain, and, in severe cases, even coma or death.

5. Scaly patches and dandruff

- Seborrheic dermatitis and dandruff are part of the same group of skin disorders that affects the oil-producing areas of your body. Both involve itchy, flaking skin. Dandruff is mostly restricted to the scalp, whereas seborrheic dermatitis can also appear on the face, upper chest, armpits, and groin.
- Dandruff and seborrheic dermatitis may be caused by many factors, with a nutrient-poor diet being one of them. For instance, low blood levels of **Zinc**, **Niacin (Vitamin B3)**, **Riboflavin (Vitamin B2)**, and **Pyridoxine (Vitamin B6)** may each play a role.
- While the link between a nutrient-poor diet and these skin conditions is not fully understood, people with dandruff or seborrheic dermatitis might want to consume more of these nutrients.
- Foods rich in niacin, riboflavin, and pyridoxine include whole grains, poultry, meat, fish, eggs, dairy, organ meats, legumes, green vegetables, starchy vegetables, nuts, and seeds. Seafood, meat, legumes, dairy, nuts, and whole grains are all good sources of zinc.

6. Hair loss

- Hair loss is a very common symptom. In fact, up to 50% of adults report hair loss by the time they reach 50 years of age. A diet rich in the following nutrients may help prevent or slow hair loss. **Iron**, **Zinc**, **Niacin**, **Biotin**.

- Meat, fish, eggs, legumes, dark leafy greens, nuts, seeds, and whole grains are good sources of iron and zinc. Niacin-rich foods include meat, fish, dairy, whole grains, legumes, nuts, seeds, and leafy greens. These foods are also rich in biotin, which is also found in egg yolks and organ meat.
- Beware of supplements touting hair growth. Many cause more harm than good.

7. Red or white bumps on the skin

- Keratosis pilaris is a condition that causes goosebump-like bumps to appear on the cheeks, arms, thighs, or buttocks. These little bumps may also be accompanied by corkscrew or ingrown hairs. It has been observed in people with diets low in **Vitamins A and C**.
- In addition to traditional treatments with medicated creams, people with this condition may consider adding foods rich in vitamins A and C to their diet. These include organ meats, dairy, eggs, fish, dark leafy greens, yellow-orange colored vegetables, and fruit.

8. Restless Leg Syndrome

- Restless leg syndrome (RLS), is a nerve condition that causes unpleasant or uncomfortable sensations in the legs, as well as an irresistible urge to move them.
- While the exact causes of RLS are not fully understood, there appears to be a link between symptoms of RLS and a person's blood **Iron** levels.
- Since higher iron intakes appear to reduce symptoms, increasing the intake of iron-rich foods, such as meat, poultry, fish, legumes, dark leafy greens, nuts, seeds, and whole grains, may also be beneficial. It may be especially handy to combine these iron-rich foods with **Vitamin-C**-rich fruits and vegetables, as these can help increase iron absorption. Using cast-iron pots and pans, and avoiding tea or coffee at meals can also help boost iron absorption. Smoking decreases absorption of Vit C. Unnecessary supplementation can do more harm than good and may reduce the absorption of other nutrients. Extremely high iron levels can even be fatal in some cases, so it's best to consult your healthcare provider before taking supplements. Some evidence suggests that **Magnesium** insufficiency may play a role in restless leg syndrome.

9. Bone Pain

- Possible deficiency in **Vitamin D**.
- Eat more salmon, sardines, shrimp, milk, mushrooms and oatmeal. Get out in the sun.

10. Jaw Pain (TMJ)

- Has been linked to lack of **Magnesium** and **Calcium**.



This is a small list of disease related vitamin deficiencies. Bottom line, eat a wide variety of foods from all the food groups like we learned in elementary school!

Sources: Alina Petre, MS, RD, November 4, 2019, Healthline, Paul Casey, MD, Push Medical Center, Fall Newsletter 2021.

CLARION DEADLINE



February Clarion Deadline will be January 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 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.

ANNIVERSARY SUNDAY CELEBRATION JANUARY 16th

Happy Anniversary

We will have a special Anniversary Dinner coordinated by our former moderators on January 16th. Watch for more details coming soon.

Treasurer's Explanation of the Church Financial Report – November 2021

FCC ran a \$1,496 deficit in November. For the first five months of this fiscal year the deficit was \$8,537. The general fund balance fell from \$183,595 on June 30 to \$175,058 on November 30, 2021.

Unrestricted Giving was \$5,753 in November, \$1,755 below budget. Unrestricted Giving year-to-date was \$48,053, \$10,136 above budget and \$7,102 ahead of Unrestricted Giving at the end of November 2021.

Total church revenue was \$15,267 in November. Revenue for the first five months of this fiscal year was \$93,412. Reimbursements from the FCC Trust accounted for \$7,876 of this year's revenue.

Expenses through November were \$27,615 under budget. Inside and Outside Maintenance spending is approximately \$12,000 under budget. \$8,335 of the \$12,000 is for budgeted roof repair that hadn't been spent yet. Lower than anticipated Inside Maintenance costs accounts for the remaining \$4,700 of savings compared to budget. \$43,600 was budgeted for professional expenses this fiscal year in anticipation of costs arising from the sale of the building. Of the \$18,167 budgeted through November only \$2,589 has been spent accounting for \$15,578 of expense savings compared to budget

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through November. Revenue from those sources totaled \$41,047 - \$18,245 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through November fell short of covering the cost of employees, administration, and church activities by \$26,782.

TREASURER'S REPORT

For Period Ending November 30, 2021

CHURCH GENERAL FUND	November	Fiscal Year-to- Date
Unrestricted Contributions	\$5,753.28	\$48,053.38
+ Other Unrestricted Revenue	\$7,903.30	\$41,053.44
+ Transferred to General Fund from Designated Accounts	\$1,610.00	\$4,305.00
= Total Income	\$15,266.58	\$93,411.82
Total Expenses	-\$16,762.70	-\$101,948.60
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$1,496.12</i>	<i>-\$8,536.78</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$37,917.00
YTD Budgeted Total Income	\$101,386.00
YTD Budgeted Total Expenses	-\$129,564.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$19,641.22

DESIGNATED ACCOUNTS

	November	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$895.00	\$4,415.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	<i>\$895.00</i>	<i>\$4,445.00</i>

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Year's Day
2 Online/In Person Worship @10:30am Informational Meeting Following Worship Taking Down the Greens Following Meeting	3 AA Meeting @7pm in Gym/Fireside Room Deacons Meeting via Zoom at 7pm	4 FCC Blood Drive 1pm – 6pm	5 In Person Men's Breakfast Location TBD Informational Meeting @7pm	6	7 Deacons Meeting in the Board Room @9am	8
9 Online/In Person Worship @10:30am Special Congregational Meeting Following Worship	10 AA Meeting @7pm in Gym/Fireside Room	11	12	13	14	15
16 Anniversary Dinner watch for details Online/In Person Worship @10:30am	17 AA Meeting @7pm in Gym/Fireside Room	18	19	20	21	22
23 Online/In Person Worship @10:30am	24 AA Meeting @7pm in Gym/Fireside Room	25	26	27	28	29
30 Online/In Person Worship @10:30am	31 AA Meeting @7pm in Gym/Fireside Room					

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

January 2022

ADDRESS SERVICE REQUESTED