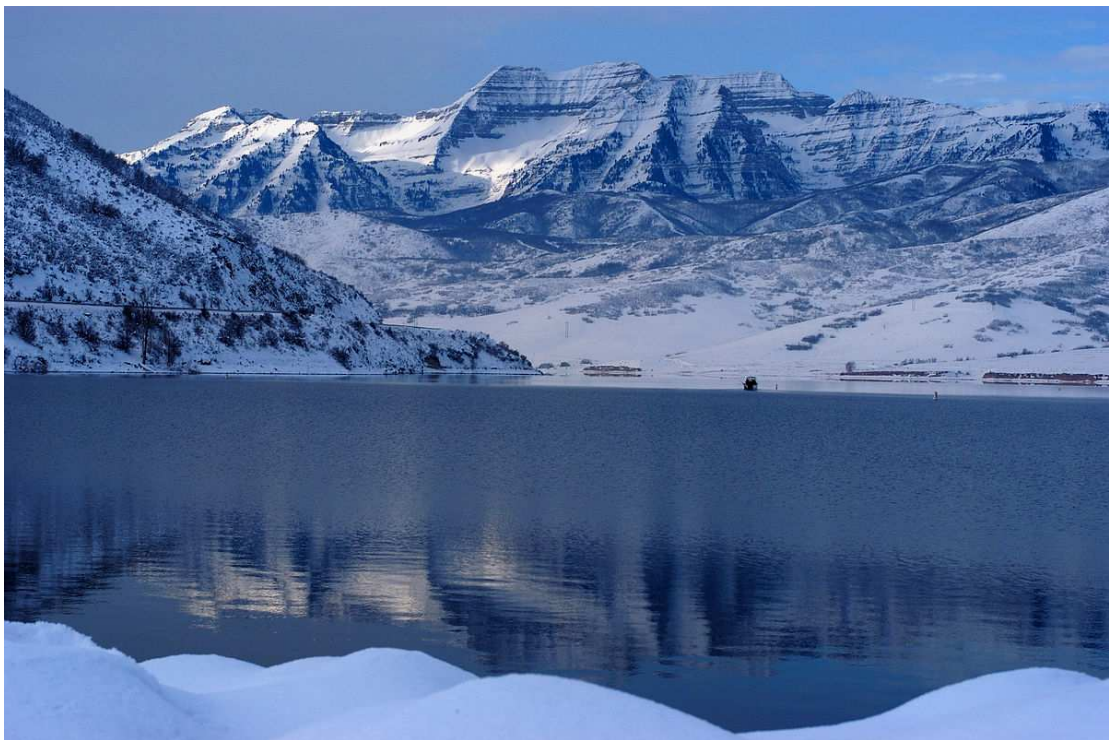


CONGREGATIONAL CLARION

1710 S. FOOTHILL DRIVE
SALT LAKE CITY, UTAH
801-487-1357

JANUARY 2023



WINTER WONDERLAND IN UTAH

First Congregational Church

1710 S. Foothill Drive

Salt Lake City, Utah 84108

Phone: (801) 487-1357

Email: firstcongregationalslc@gmail.com

Website: www.firstcongregationalslc.org

Office Hours: Tuesday and Thursday: 8:30am – 3:00pm

Wednesday and Friday – Remote Availability Hours

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


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



OFFICE HOURS

CLARION DEADLINE

February Clarion Deadline will be January 18th. You can email your articles to firstcongo@qwestoffice.net

A New Year's Gift from
Rev. Martha Moler

Kneeling in Bethlehem *Ann
Weems*

THE CHURCH YEAR

The church is Advent.

The unwrapping of God's greatest
gift is near.

Advent – coming.

God will take away the tinsel

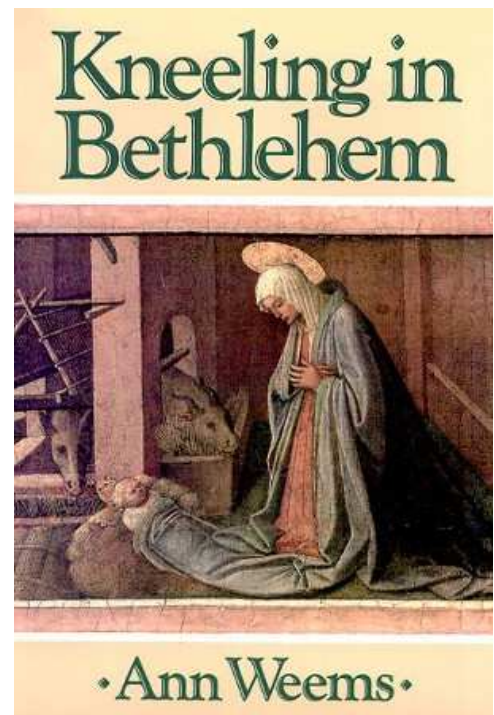
And decorate our human hearts in hope
So that Christians can sit laughing in the rain,
Knowing that the Lord is going to
shine in upon their being.

For no matter how long the darkness,
God will send the Light.

In spite of cursing and violence and the massacring
of human dignity,
we will dance in the streets of Bethlehem,
for He will be born!

The church is Epiphany.

We are the Magi, searching,
resplendent in this world's accouterments



of knowledge and wealth and achievement.
But we search for something more.
And – of all unlikely places –
 in a stable
 the Deity appears.
The birthing of our Lord
 bursts in upon our ordinary lives
 like fireworks in the snow.
Only God would send a little baby King,
 and we are on our knees,
 where we are within reach of our full personhood.

The church is Good Friday.
Darkness burnt into blackness,
 abysmal absence of anything good.
We acknowledge that death is real
 and we tremble for a world that would kill its God.
Our feet stand in quicksand;
 our voices echo sterile silence.
We huddle together to meet the dark and the death,
 forgetting what was taught us,
 forgetting that somewhere
 a seed is sprouting,
 somewhere
 a child is growing.
All we see is Christ crucified.

The church is Easter.

Out of Death: Life.

out of darkness:

a lush green world

flowers in the ice

sunrays in the storm

mustard seeds galore.

Our souls enter a spiritual springtime,

our bodies given over to leaping and dancing,

our very beings saturated in hosannas.

Our shouting crashes in upon this world:

the Lord lives!

we live!

Resurrection resounds throughout or community.

The church is Pentecost.

The Holy Spirit is poured out upon us

and sends us out together

aflame with new life,

inheritors of the wealth of God:

life abundant.

We are liberated from the prisons of pettiness,

jealousy, and greed,

liberated to be the church.

We are freed to free others.

We are affirmed to affirm others.

We are loved to love others.

We are family;

we are community.

We are the church triumphant –

you, me, anyone who would come into the Lord –
renewed, redirected, empowered
to change things and lives
together in love and wholeness.

We are the Lord's church,

the church of justice and mercy,

the people sent to pen prisons,

to heal the sick

to clothe the naked

to feed the hungry

to reconcile

to be alleluias when there is no music.

The mantle is upon our shoulders.

Joy is apparent in our living.

We have been commissioned to be the church
of Jesus Christ.

ANNIVERSARY SUNDAY CELEBRATION JANUARY

22nd

Happy
Anniversary

_We will have a special Anniversary Dinner coordinated by our former moderators on January 22nd following worship. Watch for more details coming soon.



Parish Nurse Health Tip

Don't Make These Morning Health Mistakes



1. Leaving Everything for the Morning: Lunches, finding socks, gloves, gassing up the car, ironing your shirt. You will sleep better at night and have a blessed morning if these things are completed at night.
2. Hitting the Snooze Button: That extra 15 minutes will help energize your day, right? Wrong. You'll get better rest if you get up and go to bed at the same time every day.
3. Staying in the Dark: It's tempting to stay in the quiet dark of your room with the shades drawn in the morning. Don't do it. Daylight helps your body set its clock. So open those shades and greet the new day.

4. Shooting Out of Bed Too-o-o Quickly: When you go from lying down to standing, gravity sends blood rushing to your legs, which can drop your blood pressure suddenly and make you feel a bit woozy. It can even make you pass out. Sit up slowly and pause at the edge of the bed to give your body a few seconds to get used to the idea, especially if you noticed some lightheadedness in the past. It's an easy precaution that could save you from a serious fall.
5. Ditching Your Workout: Regular exercise helps your sleep, weight, heart, and mood, among many benefits. You may be more likely to stick with exercise if you do it first thing. It could even make it easier to control what you eat throughout the day and maintain your weight. Plan ahead and put your workout clothes out the night before.
6. Forgetting Your Teeth: A sticky film called plaque forms on your teeth each night. If you don't brush it off in the morning, it can start to harden into stuff called tartar that you can only get rid of at your dentist's office. If plaque and tartar are around too long, they can lead to swollen or bleeding gums, cavities, bad breath, gum disease, and other health problems. Always brush after coffee. The acid from the coffee is not good for your teeth and then there is coffee breath. Enough said.

7. Reaching for your phone: No surprise here. Most people reach straight for their phone when they wake in the morning. This can have a negative impact on a person's mood for the rest of the day because you aren't allowing yourself to wake up naturally. Exposing yourself to the news first thing is a rubbish way to start the day.
8. Forgetting Quiet Time: If your day is filled with work and noise, the morning is a perfect chance to clear your mind with even a few minutes of meditation. You can simply focus on your breath and try to let go of negative thoughts that come up. The practice can lower levels of the stress hormone cortisol and may help ease conditions including anxiety, pain, high blood pressure, and migraine headaches.
9. Bailing Out of Breakfast: People who eat breakfast regularly tend to have sharper thinking and less body fat, and they are less likely to have type 2 diabetes and heart disease. They also exercise more regularly and eat a healthier diet. So enjoy a healthy breakfast -- it's an easy and enjoyable way to get a good start on the day.
10. Ruminating: People identify with the experience of waking up already worrying about all the tasks, problems, and stressful things that are upcoming. Going with these thought patterns magnifies and prolongs negative mood states. All the things we

worry about fall into one of three categories: unimportant, unlikely or uncontrollable and, as such, worry is a bit of a waste of time.

11. *Not Hydrating After Sleep*: You've not drunk anything for six to nine hours straight, you are dehydrated. Do not reach for the coffee first, it's a diuretic and will dehydrate you further.
12. *Picking the Wrong Alarm*: Getting up to a harsh alarm in the morning can be jarring and put you in the wrong mindset. Pick a soothing tone to wake up to.

The best way to make all of your wishes and dreams come true is wake up and get going.



Source: Nayana Ambardekar, MD, WebMD, November 02, 2021, Amy Packham, HuffPost Newsletter, June 28, 2021, Stacey Leasca, Travel and Leisure, April 10, 2022

FROM THE DEACONS

Diane Forster-Burke

We moved and immediately celebrated Advent in St John Hall, our new space. We will keep adapting and working to make this new space comfortable and sacred. We've held some coffee hours after service to once again have the chance to talk to each other. This has been wonderful.

The Deacons decided that January 1st will be a day that church will not meet. We will instead, rest at home and perhaps even sleep in. We will resume church on January 8th.

We are making plans for celebrating our church's anniversary on January 22nd. Please plan on joining us for this celebration.

OUTREACH -

Cissy Wolff

Our congregation continues to be generous in supporting Crossroads Urban Center. In December we collected items to help people stay warm through the winter. Three loads of items were delivered to the Thrift Store during the month of December.

All Saints Episcopal Church makes sandwiches for St. Vincent de Paul Dining Hall on the **third Sunday of every month.** They have extended an open invitation to our congregation to join them in this important work. Sandwiches are made upstairs immediately following

our service. Put these dates on your calendar and join us for a wonderful time of fellowship:

- January 15, 2023
- February 19, 2023
- March 19, 2023
- April 16, 2023
- May 21, 2023
- June 18, 2023

A reminder that all **Outreach financial contributions** will go to Crossroads Urban Center this fiscal year. Please help us support the important work that this organization does to combat hunger and homelessness. Watch your emails for updates from Crossroads Urban Center and for ways to participate to make this world a better place.

Council has agreed to have our congregation listed as a participating congregation at **Faith, Hunger, and Homelessness Day** at the Utah Capitol on January 19, 2023 at 10:00 am. There will be at least one representative from our church at this event. If you are interested in participating, please contact Cissy Wolff at cissywolff@gmail.com or call/text at 801-243-5457.

Are you part of a congregation that would like to be listed as participating in Faith, Hunger and Homelessness Day at the Utah Capitol?

We are organizing an event called Faith, Hunger and Homelessness Day at the Utah Capitol next month on January 19, 2023, at 10 AM. The last time we were able to organize an event like this people from more than twenty congregations were able to join us at the Capitol and talk to their legislators. This year we would like to capture the denominational and theological diversity of attendees by making a list of congregations and other faith communities that will have members present at Faith, Hunger and Homelessness Day. Are you a member of a faith community and planning to attend this fun event? Would your faith community like to be included in a list of participating congregations?

Help the Coalition of Religious Communities support legislative proposals to eliminate the sales tax on food, increase funding for food pantries and get homeless children out of cars and tents into warm and safe beds at

Faith, Hunger and Homelessness Day at the Utah Capitol

January 19, 2023

10:00 AM

Utah Capitol Building
Board Room

www.crossroadsurbancenter.org/corc

January 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 No Worship Service Today – Enjoy this time with your friends and families
2	3	4 Men's Breakfast @7am Deacons Meeting @2pm	5	6	7	8 Worship Service In St. John Hall Lower Level at All Saints @10:30am
9	10	11	12	13	14	15 Worship Service In St. John Hall Lower Level at All Saints @10:30am Making Sandwiches with All Saints Following Worship
16	17	18 Clarion Deadline	19	20	21	22 Worship Service In St. John Hall Lower Level at All Saints @10:30am
23	24	25	26	27	28	29 Worship Service In St. John Hall Lower Level at All Saints @10:30am
30	31					

FIRST CONGREGATIONAL CHURCH

1710 S. Foothill Drive

SLC, Utah 84108

January 2023

ADDRESS SERVICE REQUESTED