

CONGREGATIONAL CLARION

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

JULY 2021



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:

In Person Worship at 10:00am

Follow Us on Facebook for Live Online Sunday Worship at 10:00am

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:	
Christian Education:	
Youth Director:	Molly Connor
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 ~

This past weekend was a busy one. Not only have we added a new national holiday – Juneteenth – it was also Father’s Day and it was the Annual Meeting of the NACCC. Whew! I’m excited that Juneteenth is officially on our calendars now, but I know that I have much to learn about what that day means to many people of color. I know it wasn’t even on my radar until fairly recently, but know emancipation means a great deal. All of that was only briefly mentioned at the NACCC meeting as normal items of business were handled such as election of new officers and approving budgets. The one exciting thing was the introduction of our new Executive Director, Rev. Dr. Ashley Cook Cleere. She is following Dr. Michael Chittum as the lead at the national church. I sensed a great deal of energy around her leadership. One of the things she shared is the hope that the gifts of all our congregations can be recognized and shared to strengthen the whole body. Ashley has served in a variety of capacities, among them as Chaplain at Piedmont College in Demorest, Georgia. She has also held several positions as Pastor and Teacher. Her enthusiastic endorsement by the search committee says much to recommend her to us. New energy is exciting – something we look forward to as well. Thanks to Glenda Lehoux and her committee, the search for new leadership is soon to be underway. Many thanks and blessings for all the faithful work being done!

CLARION DEADLINE



August Clarion Deadline will be July 21st. You can email your articles to firstcongo@qwestoffice.net

KRISTI VACATION SCHEDULE

Kristi will be out of the office July 27th – July 30th. I will not have cell coverage so please plan accordingly. I will be printing the following Sundays (July 25th and August 1st) on July 21st. Deacons please plan ahead. Thank you.

ZOOM Coffee with the Pastor

– Wednesdays at 10:00am.
Please email the church if you are interested in joining in and we will get you the information you need to get online and chat with other members/friends and pastor of FCC.



ZOOM BOOK GROUP

Thursdays at 7:00pm. Watch emails for updates.

STILL IN NEED OF VOLUNTEERS

We are still looking for a **First Associate Moderator** to serve during the 2021-2022 year. Please consider volunteering for this very important position. Contact any Council member to see how you can help determine the future of our church.

We are also looking for any volunteers to serve on the **Membership/Stewardship Board**. Please contact any Council member if you have questions or would like to serve on this board.

Out & About

At the Red Butte Garden Visitor Center, Jeanne Hansen's Watercolor and oil paintings will be featured Fri. July 9- Sun. August 1st, Hours: 9am-9pm. Admission not required to look and shop. Enjoy!

Red Butte Garden Visitor's Center
300 Wakara Way, SLC, Ut. 84108
801-585-0556



FROM THE DEACONS – Phil LeHoux



All-Things-Worship is slowly re-forming to more-familiar territory. We were able to celebrate the return of our Outdoor Worship at Mountain Dell, as Salt Lake City reopened park reservations only a short time ago. Our in-person worship can now be called “regular” again. The demarcation tape has been removed, regaining access to one’s favorite pew. We are having a coffee time again, simpler and more-subdued, though very conveniently located in the narthex. We will also return to a more-traditional communion, eliminating the difficult task of opening the little communion cups and its inherent risk of splash and spillage. Summer music has again returned, as Carla McIntire has filled the summer worships with artists willing to share their talents with us. There are still a few openings, and Carla can be contacted if you know of anyone who may wish to participate. Plans are also underway to reassemble the choir and resume their weekly participation in worship in the fall. A lot can still cause these plans to go awry, therefore we continue to depend on the Parish Nurses to monitor health directives and advise us on practices that will minimize any ongoing risks.

We will also continue our streaming of the Sunday worship on Facebook, to allow access to those that remain unable to attend. For this, we thank our technical crew, led by Paul Kelley, which sets up and oversees the weekly production.

I am also happy to report that our deacon Board, which consists of an amalgam of “elected” and “helper” deacons will have new leadership going forward. Diane Forster-Burke has agreed to chair the Board for the upcoming 2021-22 church year, which starts at the end of June. I wish her well and can assure you that all the Board will help and support her to assist Janie in providing a worship experience to all our members.

Phil LeHoux

CAMP FELLOWSHIP FOOD DONATIONS - Over the previous years, our members have generously supported Camp Fellowship with money and food. In order to have better inventory control in the kitchen, we are asking that anyone who wishes to help provide food, should purchase a gift card (Smiths, Costco, Harmons, Maceys). Either bring the card to church on Sunday and put it in the collection plate, OR mail gift cards to: Christine Madsen, 1172 S 900 E, Salt Lake City, 84105. Thank you.

FROM THE MODERATOR - Cissy Wolff

Thank you to everyone who attended our 156th Annual Meeting on June 6, 2021. We had a good turnout of 31 people. Annual reports from the church clerk, the pastor, the moderator, officers, and boards were presented. The congregation accepted the slate of officers and board members presented by the Nominating Committee. We approved the proposed budget for the 2021-2022 fiscal year along with approval of withdrawing funds from the trust to cover building maintenance and custodial expenses. The congregation also approved some minor amendments to the bylaws. After the Annual Meeting the Deacons arranged our first coffee hour since the start of the pandemic. It was a wonderful, much needed time of reconnecting. Please look through this Clarion for an article that describes how you can help continue this important time of fellowship.

Thanks to the hard work of the Deacons and many others, we had a wonderful outdoor worship service on June 13th. It felt wonderful to gather in nature and to share a meal.

Council will soon approve a contract with the selected real estate broker. Work will continue to determine the most appropriate buyer for our property. Be continually on the lookout for emails that contain information about our future.

The Pulpit Committee headed by Glenda LeHoux has been hard at work to begin the search for a settled pastor. We have met to discuss our church's top priorities and to develop an accurate profile of our present congregation. The committee members are hopeful and excited as the search begins for a pastor who will inspire, challenge, nurture, and support us as we determine a new future.

Thank you to all of Council for the amazing work you have done this year. All of you have been faithful and focussed in addressing the multitude of issues we faced this year. You made sure that all views were represented and searched your heart and soul to determine what decisions would be best for our church. And at the same time, you

persevered and kept this church running. Thank you for showing the resilience of this community of faith during a very unusual year.

Thank you to Janie, our interim pastor, who provided a wonderful sense of continuity and calm during this unusual year.

As Mike McIntire begins his term as moderator on July 1, I hope that he will feel supported by all of you as we continue our journey together toward an exciting future.

JULY OUTREACH - Wasatch Community Gardens

The selected organization for Outreach donations for July is Wasatch Community Gardens. <https://wasatchgardens.org/>. The organization began in SLC in 1989 with a mission “to empower people of all ages and incomes to grow and eat healthy, organic, local food.” They believe that the quality of a community is directly related to the quality of its food. They offer garden space, educational programs, and community events to empower people to grow, harvest, preserve, and prepare fresh, healthy food through four main programs: Community Garden, Youth Garden, School Garden, and Community Education. Through their job training program for women facing homelessness, women have the opportunity to work in a paid position on their beautiful Green Phoenix Farm in downtown Salt Lake while working towards stable housing and employment. In addition to offering educational workshops and webinars, they also host "Garden Coaching" sessions most Wednesdays from 4:30 - 5:30pm in March through August via Facebook Live. You can find them on the Wasatch Community Gardens' Facebook page.



THANK YOU – Thanks to the generous Outreach Donations for May to Dogs on Deployment - \$625

COFFEE HOUR

After the success of coffee hour after the annual meeting and the great outdoor service Council discussed the possibility of continuing coffee hour. We felt that people enjoy socializing after the service and with most of us being vaccinated we would like to continue the practice of having a coffee hour after our service again.



Of course this will be dependent on having volunteers willing to provide the coffee and something cool (even ice water) each week. The coffee can either be made down in our kitchen or a box purchased at Einstein's Bagels (about \$17.00). Cookies or other treats are optional.

Because we are sharing our church with Ekklesia, who is using the gym and fireside room, we will need to continue to have our social time up in the narthex. We have carts in the kitchen that can be used to transport the coffee, cups, and condiments to the elevator and upstairs.

There will be a sign-up sheet on the bulletin board in the narthex or you can contact Marge Kimes, Glenda LeHoux, or Carla McIntire to volunteer or if you have any questions. Thanks for your participation.



Parish Nurse Health Tip

When Is the Best Time to Drink Coffee?

Coffee is one of the world's most popular beverages. It contains a very popular stimulant called caffeine. Many people reach for a cup of this caffeinated beverage immediately after rising, whereas others believe it's more beneficial to hold off for a few hours. Heck, most of us have a timer on our coffee maker to go off when we wake up, so we smell that coffee brewing as we slowly open our eyes.

Cortisol and Coffee

- People enjoy a cup — or two — of coffee upon rising or shortly thereafter.

- However, it's thought that drinking coffee too soon after rising decreases its energizing effects, as your stress hormone cortisol is at its peak level at this time.
- Cortisol is a hormone that can enhance alertness and focus. It also regulates your metabolism, immune system response, and blood pressure.
- The hormone follows a rhythm specific to your sleep-wake cycle, with high levels that peak 30–45 minutes after rising and slowly decline throughout the rest of the day.
- That said, it has been suggested that the best time to drink coffee is mid- to late-morning when your cortisol level is lower.
- For most people who get up around 6:30 a.m., this time is between 9:30 and 11:30 a.m.

While there may be some truth to this, no studies to date have observed any superior energizing effects with delaying your morning coffee, compared with drinking it immediately upon rising. Another reason why it has been suggested that you should delay your morning coffee is that the caffeine from coffee can increase cortisol levels. Drinking coffee when your cortisol level is at its peak may further increase levels of this hormone. Elevated levels of cortisol over long periods can impair your immune system, causing health problems. Still, there have been no long-term studies on the health implications of elevated cortisol from drinking coffee.

- So-o-o - That said, there's likely no harm if you prefer to drink coffee upon rising rather than several hours thereafter. However, this means that the caffeine consumed during this time is largely wasted because you're already at your natural alertness peak (even if you don't always feel like it).
- But if you're willing to change up your morning coffee ritual, you may find that delaying your coffee intake a few hours may give you more energy.
- P.S. For a better workout, have a cuppa' 30 to 60 minutes before your workout not mere minutes before.

Sources: Gavin Van de Walle, MS Rd, Healthline, May 15, 2020, Lynne Matisak and Amy Richter, RD, Greatist Newsletter, June 2021, Garret Oden, Java Presse Newsletter

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

FCC ran a \$3,524 deficit in May. Over the first eleven months of this fiscal year the deficit was \$9,739. Consequently, the general fund balance fell from \$199,490 on June 30 to \$189,751 on May 31.

Unrestricted Giving was \$4,955 in May, \$5,402 below budget. Unrestricted Giving year-to-date was \$80,017, \$28,281 less than the \$108,298 budgeted for the eleven months.

Total church revenue was \$12,836 in May and \$233,462 year-to-date. Reimbursements from the FCC Trust accounted for \$1,010 of the month's and \$57,080 of the year-to-date revenue, respectively. Year to date we received \$30,264 of miscellaneous income from cell companies' back property tax reimbursements and our PPP loan forgiveness.

Expenses year-to-date are near budgeted amounts in most categories. Utilities and Inside Maintenance expenses combined are about \$4,700 below budget. Outside Maintenance is \$59,148 below budget because a couple major projects slated for this year have been deferred. The \$9,737 year-to-date deficit is \$11,162 smaller than the \$20,901 deficit budgeted for the first eleven months of the fiscal year.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") has exceeded building and ground costs so far this year. Revenue from those sources totaled \$118,983 - \$34,115 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue, has fallen short of covering the cost of employees, administration, and church activities by \$43,853 this fiscal year. Year-to-date these non-building expenses exceed Giving alone by \$74,177.

TREASURER'S REPORT

For Period Ending May 31, 2021

CHURCH GENERAL FUND	May	Fiscal Year-to- Date
Unrestricted Contributions	\$4,955.00	\$80,017.02
+ Other Unrestricted Revenue	\$7,883.34	\$149,306.93
+ Transferred to General Fund from Designated Accounts	\$0.00	\$4,138.50
= Total Income	\$12,838.34	\$233,462.45
Total Expenses	-\$16,362.09	-\$243,201.05
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$3,523.75</i>	<i>-\$9,738.60</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$108,298.00
YTD Budgeted Total Income	\$291,157.00
YTD Budgeted Total Expenses	-\$312,057.70
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$11,162.10

DESIGNATED ACCOUNTS

	May	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$625.00	\$5,290.00
Other Designated Contributions	\$0.00	\$120.00
= <i>Total Designated Contributions</i>	<i>\$625.00</i>	<i>\$5,410.00</i>

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7pm – Zoom Book Group	2	3
4 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	5 AA Meeting 7pm in Fireside Room	6 7pm Deacons Meeting	7 7:30am – Men's Breakfast In Person Location TBD 10am Zoom Coffee with Pastor PEO Meeting in Heritage Room (Alice Stephenson 9am – 5pm	8 7pm – Zoom Book Group	9	10
11 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	12 AA Meeting 7pm in Fireside Room	13	14 10am Zoom Coffee with Pastor PEO Meeting in Heritage Room @1pm (Glenda LeHoux)	15 7pm – Zoom Book Group	16	17
18 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	19 AA Meeting 7pm in Fireside Room	20	21 Clarion Deadline 10am Zoom Coffee with Pastor 7pm Council Meeting **Office will be printing bulletins for both the 25 th of June and August 1 st Today. Please plan accordingly	22 7pm – Zoom Book Group	23	24
25 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am 5pm - Camp Counselor Training all Downstairs Areas of the Church	26 AA Meeting 7pm in Fireside Room	27 Kristi Out of Office all this week. I will not have cell coverage so please plan ahead. Thank you.	28 10am Zoom Coffee with Pastor	29 7pm – Zoom Book Group	30 Camp Counselors Head to Camp Staff Returns Home August 6th	31 Campers head to Camp Campers Return Home August 5th

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am Live Stream and In Person Worship Service – Guest Preacher Ekklesia Worship Service 11am	2 AA Meeting 7pm in Fireside Room	3	4 Men's Breakfast @7am – Location TBD No Zoon Coffee With Pastor – Minister at Camp Fellowship	5 Campers Return No Book Group – Minister at at Camp Fellowship	6 Counselors Return	7
8 Camp Fellowship Sunday 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	9 AA Meeting 7pm in Fireside Room	10 7pm Deacons Meeting	11 10am Zoom Coffee with Pastor PEO in Heritage Room @1pm (Glenda LeHoux)	12 7pm – Zoom Book Group	13	14
15 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	16 AA Meeting 7pm in Fireside Room	17	18 Clarion Deadline 10am Zoom Coffee with Pastor 7pm Council Meeting	19 7pm – Zoom Book Group	20	21
22 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	23 AA Meeting 7pm in Fireside Room	24	25 10am Zoom Coffee with Pastor	26 7pm – Zoom Book Group	27	28
29 10:30am Live Stream and In Person Worship Service Ekklesia Worship Service 11am	30 AA Meeting 7pm in Fireside Room	31				

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

July 2021

ADDRESS SERVICE REQUESTED