

CONGREGATIONAL CLARION

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

JUNE 2021



HAVE A GOOD SUMMER

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 10:30am

Follow Us on Facebook for Live Online Sunday Worship at 10:30am

Interim Minister:	Rev. Janie Gebhardt
Moderator:	Cissy Wolff
1st Assoc. Moderator:	Carla McIntire
2nd Assoc. Moderator:	Mike McIntire
Treasurer:	Paul Kelley
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Scott Hansen
Board of Deacons:	Phil LeHoux
Outreach Board:	Diane Forster-Burke
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 ~

I just got a note from my alma mater about a new faculty member who is coming to the Institute of Sacred Music. I'm excited about what he'll bring, but it also made me think about the changes that have come with recent times. This young man has done a lot of study in the field of Gospel musicology. A few weeks back I loved the presentation on PBS about the important role music has played in the Black Church. All of that has made me reflect on what feeds us spiritually. That may be quite individual, but I believe it is something we need to look at. It is music in the Black Church that ties the worship experience together, but what functions in that way for us? I think about a hymn *When In Our Music God is Glorified* but I'm not sure we sing with our whole hearts. So here's a question for you – what fills you spiritually? I know a number of people have said that being in nature is what fills them. I know that is true for me too. But in our worship together, what is most spiritually fulfilling for you? What ideas might you have to add a deeper spiritual dimension to our worship. Don't be afraid to think out of the box! I know we have become accustomed to doing things in a certain way, but I'm not sure that always meets people's spiritual needs so what might bring new life to us? This is a great time to try some new things.

SUMMER CLARION



The office will be producing a shortened version of the Clarion during the Summer Months. We will have an updated Calendar for the month and financials and any new events that have come up. Deadline for any new upcoming events needs to be in by the 3rd Wednesday of the month.

CLARION DEADLINE



July Clarion Deadline will be June 16th. You can email your articles to firstcongo@qwestoffice.net

ANNUAL MEETING The 156th Annual Meeting of First Congregational Church of Salt Lake City will be held on June 6th, 2021. The purpose of the meeting will be the presentation and approval of the budget, receipt of reports from boards, moderator, and minister, and election of board members and officers for the coming year and other issues needing consideration by the membership of the church. **Meeting will be held in person following worship**

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 - We will be taking a short break and will resume on June 24th (Thursday) at 7:00pm. Watch emails for updates.

CONGRATS TO OUR GRADUATES

To the class of 2021 – Congratulations! We are proud of you for pushing through and staying positive. We know you will go on to do great things.



Congratulations to Ryan Hansen for his Masters of Science in Information Systems & a Certificate in Business Analytics from The University of Utah, College of Business Class of 2021.

KRISTI VACATION SCHEDULE

Kristi will be out of the office June 24th and 25th

OUTDOOR SERVICE - Sunday June 13th is the Annual Outdoor Worship Service at 11:00 AM. We will be in Washington Park by Mountain Dell Reservoir and Golf Course up Parley's Canyon (at the East Canyon exit #134) or Emigration Canyon. (Maps available in the narthex)

This will not be a potluck as in years past however we will have burgers and hotdogs and an assortment of individual chip bags as well as water and coffee. You are welcome to bring additional food and drink items for your own group. Cutlery, napkins, paper goods will be provided.

There are picnic tables and benches in the pavilion however if you would prefer a camp chair you are welcome to bring that to ensure social distancing as needed.

Directions to Mountain Dell Golf Course

Take exit 134 on I-80 East Bound Turn Left

Go under the freeway (north) to Frontage Road

Turn right (East) follow road all the way up past the golf course

At the top of road make a left (north) you will then be in

Washington Park. Drive to the end of the road, where the Lower Terrace is located.



JUNE OUTREACH - Utah Food Bank

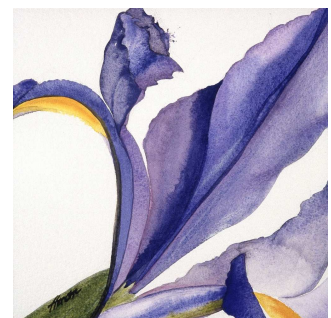
For the month of June, we will be collecting financial donations for the Utah Food Bank. The Food Bank acts as a central distribution point for food pantries across the State serving 150 partner agencies. Founded in 1904, Utah Food Bank has operated under various names, but has always remained true to their mission of *Fighting Hunger Statewide*. In previous times, it is estimated that 382,000 Utahns, which equates to 1 in 6 individuals, are at risk of missing a meal on any given day. Even more alarming is that 1 in 5 Utah kids are unsure where their next meal is coming from.

With support from Utahns last year, they distributed 52.9 million pounds of food, the equivalent of 44.1 million meals, to people facing hunger across the state. Forty-eight percent of their support comes from community members. During the summer months, many school aged children go hungry as they are not in school to receive breakfasts/lunches, and do not have food sent home with them from school based pantries on Fridays that help to feed their families over the weekend. With any financial donations, they can purchase \$8 of food for every \$1 donated.

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 – Submitted by Phil LeHoux

As distancing and other health protocols are relaxed, the parish nurses and the deacons will consider how to implement and adapt revised procedure and activities involving worship practices. One facet that has not worked as well as planned has been the small disposable communion element kits. The accessing of the tiny wafer as the bread element has been difficult for many. For this reason, we suggest and recommend bringing your own bread elements from home. It is unclear when “normal” sharing of the communion elements can resume, and the prepared kits (at least for the juice), which are being used by many congregations practicing in-person communion, are the best that we can do at present, though we are open to suggestions that would meet distancing and cross-handling protocols in place.

We are particularly pleased to be able to plan for the Outdoor Worship in Mountain Dell Park on June 13th, now that the Salt Lake City Parks Department has recently reopened their site reservation system. The post-worship lunch will be handled a bit differently this year, owing to the ongoing health protocols. We will be cooking hamburgers and hot dogs, as well as supplying potato chips in individual bags. Coffee and water will also be provided, but there will not be a potluck table and general sharing of food and beverage items. Of course, everyone is welcome to bring their own additional items to share with their own party.

As it is an outdoor venue, and every current (though rapidly-evolving) health protocol will be followed, all are invited to attend. Our now-diminished group size may allow for much distancing, but all who may not feel comfortable with the level of

proximity afforded, are welcome and encouraged to bring their own lawn chairs. Due to the logistics, internet access and layout of the pavilion, we will not be recording or streaming the Outdoor Worship.

At time of writing, the plan for mitigating the summer heat in the sanctuary has not been finalized. The use of the portable coolers as in the past summer (2019), is being considered, though our HVAC contractor is still trying to find a chiller which will work with the new water circulation system and directly cool the sanctuary. We are also likely to implement an earlier worship time, starting after the Outdoor Service, and even considered possible relocation of the worship to the chapel. The cooling issue could certainly be more-easily addressed in that smaller setting, but music, and especially special music by invited artists, would prove difficult, if not impossible, to accommodate, as would any distancing or ventilation requirements.

FROM THE MODERATOR – Cissy Wolff

Thank you to the bylaws committee for doing such a phenomenal job on revising the bylaws. The committee led by Susan Olson included Wendy Haupt and Marge Kimes. They spent endless hours consulting with a lawyer and constructing just the right wording so that our bylaws are in compliance with state law. They developed a document that will help our church work smoothly now and in the future. The hard work of this dedicated committee was rewarded by unanimous approval of the bylaws revision.

The committee of Ron Sawdey, Scott Hansen, Dave Svikhart, and Tom Simons interviewed candidates to serve as our real estate

broker. Council approved the committee's selection and they will now develop a contract that will be approved by Council.

Council continues to work diligently to determine the most appropriate buyer for our property. Council members have spent many hours meeting with churches, meeting with the Salt Lake RDA, and meeting with each other to continue the difficult task of determining our future. Council agreed to have all parties interested in buying our property submit a proposal. Council will evaluate the varying proposals and will decide on one offer to bring to the congregation to approve. Please be on the lookout for updates on this process.

The Annual Meeting will be held in person on June 6, 2021 immediately following the service. The congregation will be asked to accept the slate of officers and board members presented by the Nominating Committee. They will be asked to approve the proposed budget as well as approve the request to withdraw up to \$ 54,790 to cover the church's 2021-2022 budgeted maintenance and custodial expenses. Additionally, the congregation will be asked to approve some minor amendments to the bylaws. Please plan to attend this very important meeting.

Please continue to watch for the emails highlighting church news and activities. So many people continue to work so hard to keep this church functioning. Please show your support by attending worship and participating in any fellowship opportunities.

Parish Nurse Health Tip

The Best and Worst Beverages to Drink Before Bedtime

Science says what you sip before bedtime (and for several hours leading up to it) can definitely affect your slumber.



- From warm milk to chamomile tea to a plethora of wellness drinks, there's no shortage of beverages available that have claims drinking them can help you sleep. But which ones might actually serve your slumber?
- Here's a list of the best and worst beverages for your sleep — and the ones the sleep medicine jury is still out on.
- But first, it's important to note that everyone should avoid consuming too much of any beverage just before sleep (as the need to urinate will wake you up). And this caveat is especially significant if you're older, have a sensitive bladder, or are on a medication that may increase urination (like an SGLT2 inhibitors for diabetes), explains Alon Avidan, MD, professor of neurology and director of the Sleep Disorders Center at the University of California in Los Angeles (UCLA).
- For these individuals, he suggests stopping drinking any beverages (aside from a sip or two of water to quench thirst) three to four hours before bedtime. "It would be ideal to keep primary fluid intake to during the day and during dinner," he says.

The Best Beverages for Sleep:

- **Water**

According to the Centers for Disease Control and Prevention (CDC), plain water is the healthiest, best beverage you can drink any time of day — it has zero calories and prevents dehydration, a condition that can cause foggy thinking, make you moody, and increase risk of constipation and kidney stones. Research has suggested there may be a link between dehydration and poorer sleep (including an observational study published in 2019 in the journal *Sleep*), but more data is needed to explain exactly if one causes the other and if so, specifically which one causes which.

- **Chamomile Tea**

The old cliché of nursing a cup of chamomile tea to bring on sleep has merit: Research has shown chamomile to be soothing and slumber-inducing. A number of studies, including one published in October 2015 in the *Journal of Advanced Nursing* of sleep-deprived Taiwanese new moms, have found chamomile tea conducive to a better night's sleep. "It has a soothing, warming effect — just by knowing you're taking something that's more related to relaxation — that by itself can have a positive effect," says Dr. Avidan. Anecdotally people have found Valerian Tea to be helpful. When Camp

Fellowship campers are having a hard time falling asleep, you will see Camp Nurse Diane carrying a tray of Sleepy Time Tea or Nighty Night Tea off to their cabins. And it's off to dreamland.

- **Tart Cherry Juice**

Dana Hunnes, PhD, a senior registered dietician at the Ronald Reagan UCLA Medical Center and professor at the UCLA Fielding School of Public Health, says tart cherry juice has sleep-inducing properties. "Tart cherries are rich in melatonin, the sleep-inducing hormone that we naturally create," explains Dr. Hunnes, who adds people might consider eating the fruit rather than drinking the juice. "The naturally occurring sugar in the juice might make you have to urinate more — sugar often pulls additional water to dilute it in the body," she explains. Avidan says he's recommended patients try drinking tart cherry juice for sleep. "There is published data that shows that there is a positive effect on two attributes related to sleep — sleep latency (how long it takes one to fall asleep) and an improvement in the time that people are remaining awake during the night," says Avidan.

The Worst Beverages to Drink Before Bed:

- **Alcohol**

It may make you drowsy, but a cocktail doesn't necessarily make for good sleep. "Alcohol can absolutely disrupt sleep patterns, especially the important brain waves we have when we sleep. It makes it more difficult to fall into a deep sleep," says Hunnes. Drinking alcohol before bedtime exacerbates problems with snoring and sleep apnea. She recommends stopping drinking alcohol of any kind four hours before bed and having no more than one drink on a night for better quality sleep. "It takes one hour and 15 minutes to metabolize one drink, so giving yourself the extra time, plus the time to drink additional water to flush it out of your system, can be helpful," she says.

- **Coffee**

No surprises here: Avidan says coffee is problematic to drink before sleep for two reasons. It has a diuretic effect, which means it promotes urination; and the caffeine in coffee keeps you up. Hunnes adds that even decaf can keep you up. "I would avoid caffeinated coffee within eight hours of bedtime due to its longish half-life and dose of the caffeine," she says.

- **Black or Green Tea**

Black and green teas both contain caffeine and are diuretics, so they don't make the best bedtime beverages for the same reasons as coffee, says Avidan. "I would avoid them within four to six hours of bedtime, since even a little bit of caffeine has been shown to be detrimental to sleep patterns and potentially make falling asleep more difficult," says Hunnes.

- **Soda**

The caffeine and sugar combination found in most colas can cause sleep issues, both experts say. Even if the drink has neither, bubbles from the carbonation can keep you up, says Hunnes. "I would probably limit soda to no closer than three to four hours before bed without caffeine, and eight hours if it has caffeine," she says.

The Beverages That Claim to Help Sleep, But Don't Have a Lot of Evidence to Show for It:

Proceed with caution when it comes to relying on these beverages for better sleep. The evidence to-date isn't there to back up that they can really boost your rest.

▪ **Magnesium-Infused Beverage Mixes (Like Calm)**

As magnesium deficiency has been associated with sleep disorders, one would think supplementation might be helpful in bringing on a peaceful slumber. Hunnes says magnesium-infusion drinks may help with sleep by helping to regulate melatonin (a sleep-inducing hormone) and lower blood pressure. She mentions, however, the amount of magnesium in these drinks (like Calm) may not be sufficient enough to really make a difference. “You might be better off getting your magnesium from foods, but since there’s won’t be caffeine in Calm, there’s no reason to avoid it either,” she says.

▪ **Warm Milk**

It’s an ages-old recommendation, but the science behind this one is far from rock-solid. “It may work because the milk is a comfort food that helps some people fall asleep,” Hunnes says — because of the placebo effect. “It may also be the tryptophan in it or other proteins that help people fall asleep,” says Hunnes. There’s not good scientific evidence, however, to show it markedly improves sleep. Anecdotally people have found that malted milk from the British classic Horlicks works like magic for sleep. Avidan adds that warm milk should be approached with caution because it can cause gastric reflux in those with gastroesophageal reflux disease, or GERD. “Drinking a glass of warm milk is always been thought traditionally as calming, but it comes with a price in folks with reflux,” says Avidan. But definitely, no milkshakes!

▪ **CBD-Infused Drinks**

Whether CBD beverages can do your sleep any favors is not yet known. Avidan says he would caution against trying CBD beverages for sleep because there’s variation in how people react to it. Also, there’s a lack of data to hint at whether it’s helping sleep or not *and* whether it comes with any other risks. “It’s hard to make a recommendation here because it’s not backed by data,” says Avidan.

▪ **Enhanced Water (Like Pepsi’s Driftwell)**

Containing L-theanine and magnesium, Pepsi’s newly introduced mass-market “enhanced water” beverage, Driftwell, claiming it helps sleep. Avidan cautions that there’s no scientific evidence behind that claim. The formula for the drink may be based on research that suggests different ingredients (like specific minerals and amino acids) are good for sleep. “But no one has really tested the safety of using this combination in a specific drink,” says Avidan — or whether it actually works. “We don’t have the data.”

Sources: By Vivian Manning-Schaffel, Jason Paul Chua, MD, PhD, Everyday Health, March 16, 2021, Dr. Lawrence Epstein, AASM Sleep Education, July 30, 2019, NV Intermountain Health Care, August 12, 2016, NDTV Food, July 1, 2019

History Lesson #4 First Congregational Church

Salt Lake City

In 1958 when Rev Frank M. Blish replaced Rev Weber, a study of the church was done by members of the board. It indicated the need for many improvements, additions and renovations.. The development of Salt Lake City to the south also indicated the desirability of moving from the seventy-three year old building. A planning committee under the chairmanship of Mr. Robert H. Dobson was formed. Property was purchased and construction began in July of 1964 at 2150 Foothill Drive. The cornerstone was laid on October 25 and the first service was Easter Sunday in April of 1965. The big, beautiful memorial stained glass window "Road to Emmaus" and the huge pipe organ, built in 1894, became an integral part of the new church sanctuary. The new building provided much space for education and socialization as well as space for future expansion.

The actual dedication service was not held until September 19, 1965 with a 2 hour evening service in the evening. The service began with an organ concert given by a prominent Salt Lake City organist, Dr. Frank W. Asper. The concert was followed by a dedication service which included several guest ministers from the local area as well as others from out of state, including a representative from the NACCC, Rev. Vaughn Abercrombie and Rev. Douglas Hook, a son of our church.

Rev. Blish remained at First Congregational church until 1967.

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

FCC ran a \$7,669 surplus in April. Over the first ten months of this fiscal year the deficit was \$6,215. Consequently, the general fund balance fell from \$199,490 on June 30 to \$193,275 on April 30.

Unrestricted Giving was \$10,261 in April, \$1,299 above budget. Unrestricted Giving year-to date was \$75,062, \$22,879 less than the \$97,91 budgeted for the ten months.

Total church revenue was \$27,169 in April and \$220,624 year-to - date. Reimbursements from the FCC Trust accounted for \$2,643 of the month's and \$56,070 of the year-to-date revenue, respectively.

AT&T paid six years of property taxes that it owed us resulting in \$7,353 of miscellaneous income in April. 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 \$3,700 below budget. Outside Maintenance is \$53,500 below budget because a couple major projects slated for this year have been deferred. Spending on all other categories combined is \$480 below budget. The \$6,215 year-to-date deficit is \$12,982 smaller than the \$19,197 deficit budgeted for the first ten 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 \$11,101 - \$29,704 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 \$35,919 this fiscal year. Year-to-date these non-building expenses exceed Giving alone by \$66,242.

TREASURER'S REPORT

For Period Ending April 30, 2021

CHURCH GENERAL FUND	April	Fiscal Year-to- Date
Unrestricted Contributions	\$10,261.02	\$75,062.02
+ Other Unrestricted Revenue	\$16,412.99	\$141,423.59
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$495.00	\$4,138.50
= Total Income	\$27,169.01	\$220,624.11
Total Expenses	-\$19,499.98	-\$226,838.96
= <i>Net General Fund Surplus (-Deficit)</i>	\$7,669.03	-\$6,214.85

Data for comparison

YTD Budgeted Unrestricted Contributions	\$97,941.00
YTD Budgeted Total Income	\$269,109.00
YTD Budgeted Total Expenses	-\$288,306.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$12,982.15

DESIGNATED ACCOUNTS

	April	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$1,160.00	\$4,665.00
Other Designated Contributions	\$0.00	\$120.00
= <i>Total Designated Contributions</i>	\$1,160.00	\$4,785.00

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Deacons Meeting – Zoom @7pm	2 In Person Men's Breakfast 7am Pastor Coffee Zoom at 10am	3	4	5
6 Annual Meeting following worship Facebook Live and in Person Worship at 10:30am Ekklesia Worship Service @11am	7	8 Zoom CE Meeting @7pm	9 Pastor Coffee Zoom at 10am	10	11	12 PEO Meeting Heritage Room 9am – 4pm Alice Stephenson
13 Outdoor Service at Washington Terrance Mountain Dell – Maps available in church office Ekklesia Worship Service @11am	14 AA Group Meeting at 7pm in Fireside Room	15	16 Pastor Coffee Zoom at 10am Zoom Council Meeting @7:00pm Clarion Deadline	17	18	19 Virtual NACCC Annual Meeting through Monday the 21st
20 Father's Day Facebook Live and in Person Worship at 10:30am Ekklesia Worship Service @11am	21 AA Group Meeting at 7pm in Fireside Room	22	23 Pastor Coffee Zoom at 10am	24 Kristi Out of the Office Zoom Book Study Resumes @7pm	25 Kristi Out of the Office	26
27 Facebook Live and in Person Worship at 10:30am Ekklesia Worship Service @11am	28 AA Group Meeting at 7pm in Fireside Room	29	30 Pastor Coffee Zoom at 10am			

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 6pm Ekklesia Meeting in Heritage Room 7pm Deacons Meeting	7 7:30am – Men's Breakfast In Person 10am Zoom Coffee with Pastor	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	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

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

June 2021

ADDRESS SERVICE REQUESTED