

CONGREGATIONAL CLARION

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

JUNE 2022



“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”
— Henry James

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:

Online and In Person Worship at 10:30am

Follow Us On Facebook

First Congregational Church, Salt Lake City

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



CLARION DEADLINE



July Clarion Deadline will be June 15th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

LOOKING AHEAD – SECRETARY PLANS

Kristi will be out of the office and will not have cell coverage from July 24th to July 29th. Please plan accordingly. She will be preparing bulletins and newsletter early in July watch for more information.

ANNUAL MEETING

The 157th Annual Meeting of First Congregational Church of Salt Lake City will be held on June 5th, 2022. 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. Please watch for details as to how this meeting will be held.



FROM THE DEACONS

On June 12, we will enjoy our Outdoor Worship Service at Mountain Dell. There will be a pot luck following the service. Deacons will provide pulled pork and buns. For all those who have last names A-L should bring a side dish; names M-Z should bring a dessert. Please bring your own beverage.

Camp Fellowship is scheduled for July 30-August 4. Applications for staff, counselors, and campers will be on our Camp Facebook page soon.

Phil LeHoux has diligently worked to secure people to speak from our pulpit for every Sunday up until August. Carla McIntire is working on lining up special music during the summer months for worship, and Devon Bettolo has agreed to sing a solo once a month.

We know that attendance drops off in summer as people take vacations, but please do attend when you are in town. We are few in number and we are dedicated!

JUNE OUTREACH - Volunteers of America's Youth Resource Center

The Volunteers of America in Salt Lake City has a variety of programs that they offer. One program is for homeless teens. Through their Street Outreach Program, they're able to gain the trust of these youth and offer much needed services at VOA's Youth Resource Center for homeless teens. At first, teens may come to the Youth Resource Center for a shower, to do laundry, or get some food. But once trust is built, the VOA can serve them in more meaningful ways. The VOA staff can work with the teens to explore what led to homelessness and to offer services to help teens to transform their lives. Each year, they serve about 800 teens through this facility. They offer emergency shelter beds, 24/7 assistance, three meals a day and free legal services through our Homeless Youth Legal Clinic. They also offer programs dedicated to education assistance, job training, counseling, and volunteer run groups.

OUTDOOR SERVICE - Sunday June 12th is the Annual Outdoor Worship Service at 10:30 AM. Christine Madsen will be preaching. 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)

There will be a pot luck following the service. Deacons will provide pulled pork and buns. For those that have last names A-L please bring a side dish; names M-Z should bring a dessert. Please bring your own beverage.

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.



Parish Nurse Health Tip

Antioxidant Foods to Help Build a Healthy Immune System

Antioxidants are prized for their amazing ability to fight heart disease, cancer, and aging. Add these to your shopping list. But what are antioxidants?



Antioxidants are fabricated or natural substances that may prevent or delay some types of cell damage. Our bodies naturally have some antioxidants to fight free radicals (unstable molecules that can cause diseases), but there are many vegetables, fruits, and other natural foods that have significant sources of antioxidants. Some examples of antioxidants include vitamins C and E, selenium (a mineral that can help protect against infection), and carotenoids (organic pigments that can help decrease risk of disease).

Artichokes

Low in calories and sodium, artichokes are packed with vitamin C, Folate, and fiber. For beginners, artichokes from the jar or can (that we use in artichoke dip!) are available for convenience. If you're up for a little adventure, try cooking the fresh variety of this antioxidant-rich food, which takes a little practice to snip and trim. Artichoke extract has a very high ability (79.7%!) to scavenge free radicals (unstable atoms that can damage cells, causing illness and aging).

Beans

While all beans have health benefits, the more colorful beans, such as red and black, may have an added bonus. Beans are rich in flavonoids (plant substances that act as nature's dyes and give many fruits and vegetables their colors). These plant chemicals act as antioxidants to give you some protection against heart disease and certain cancers. Serve beans as a side dish or substitute them for meat once or twice a week. They're a great plant-based protein! Beans, including garbanzo, white, black, red, and navy, are naturally low in fat and contain no saturated fat, trans fats, or cholesterol. This antioxidant food is a great excuse to make homemade chili or those black bean burgers you've been meaning to try or thought, yuck! Trust me, they are yummy!

Blackberries

Packed with anthocyanins, a plant chemical that gives them their deep color, blackberries are an antioxidant food worthy of your regular meal plan. The tart fresh berries are also rich in vitamin C and fiber, which have been shown to reduce the risk of certain types of cancer and heart disease. Enjoy them as a healthy snack or to top your salad. And you know what's really fabulous with blackberries? Put them in a pie and top a slice with a hug scoop of Häagen-Dazs ice cream and then whipped cream . . . Oh never mind.

Blueberries

Blueberries are bursting with antioxidants, containing more than you find in 40 other fruits and vegetables. When it comes to antioxidant fruits, blueberries rank toward the very top. Similar to blackberries, blueberries are loaded with the healthy plant chemical called anthocyanin, which gives them that gorgeous blue hue and provides some protection against heart disease. Preliminary research also indicates that blueberries may have a positive effect on improving night vision and reducing blood glucose levels. Bonus: Frozen blueberries and blackberries are just as nutritious as fresh when they're out of season.

Cranberries

Cranberries aren't just for Thanksgiving. For years, doctors have touted the fact that cranberries prevent harmful bacteria from sticking to the walls of the urinary tract, thus cutting down on the possibility of infections. Now researchers also point out that cranberries are a high antioxidant food. The little red berries also contain other phytonutrients (antioxidants, flavonoids) important for protecting the

body against heart disease, cancer, and other conditions such as memory loss. Add the antioxidant-rich fruit to more than sauce by using cranberries in healthy recipes such as a fresh salad or roasted cauliflower.

Dark Chocolate

That's right, you can enjoy dark chocolate (in moderation, of course) with the knowledge that it's actually full of antioxidants. The cocoa extracted from the cacao tree is rich in plant chemicals called flavanols that may help to protect the heart. The natural cocoa polyphenols are even shown to have anti-inflammatory properties.

Pecans

Pecans (and other nuts such as almonds and walnuts) are well known for fighting free radicals and are packed with vitamin E, which is an antioxidant that can prevent cell damage. These powerful nuts are even believed to be a natural anti-inflammatory ingredient. Try roasting this antioxidant-rich food to give them more flavor.

Potatoes

Delicious as they are, potatoes can get a bad rap for contributing to weight gain. But the fact is, those spuds are actually nutritious, high in fiber, and definitely belong on our antioxidant food list. Potatoes contain an assortment of phytochemicals with antioxidant potential, most notably carotenoids and anthocyanins. In fact, in a study that looked at 42 vegetables, russet potatoes ranked fifth highest for the total antioxidant levels. Enjoy your potatoes mashed or baked for a nutritious side.

Prunes

Long revered as a good source of fiber, prunes are also recognized for their antioxidant properties and helping slow age-related mental and physical problems. Also high in potassium, vitamin K, and boron (which may have bone protective qualities), these dried plums are the perfect antioxidant food to add to your morning cereal or enjoy as a quick snack.

Raspberries

High in polyphenolic compounds, which are plant chemicals that act as powerful antioxidants and fight cardiovascular disease and cancer. Raspberries help fight inflammation and have been used to reduce arthritis-related pain. Use those tart red berries in a summery pie, salad, or smoothie. Raspberries are delish in your morning Greek yogurt.

Spinach

Not only is this leafy green packed with nutrients and low in calories, it's great for eye health! Concerning antioxidants, spinach is one of the best sources of lutein and zeaxanthin, which can defend the eyes from free radicals. It's delicious as a base for a healthy salad (like tilapia salad). Toss some in your morning smoothie. (BTW, I love, love, love Swiss Chard! Much milder than spinach. It too is high on the "Antioxidant Super Food Grid".)

Source: Katlyn Moncada, Better Homes and Gardens, January 18, 2022, Jillian Kuballa, MS, Rd, Swiss Chard: Nutrition & Benefits, Healthline, March 29, 2022



"YOU HEARD YOUR MOTHER. THERE'S NO NEED TO BLESS THE SUPERFOODS."

Treasurer's Explanation of the Church Financial Report – April 2022

FCC ran a \$6,768 deficit in April. For the first ten months of this fiscal year the deficit was \$41,454. The general fund balance fell from \$183,595 on June 30 to \$142,454 on April 30, 2022.

Unrestricted Giving was \$6,831 in April, \$399 less than budgeted. Unrestricted Giving year-to-date was \$79,970, \$1,341 more than budgeted and \$7,537 ahead of Unrestricted Giving a year earlier at the end of April 2021.

Total church revenue was \$12,926 in April. Revenue for the first ten months of this fiscal year was \$171,116. Rental income has fallen \$9,733 below the amount budgeted year to date, because of the decision of Ecclesia Church to move to its new location in mid-December. Reimbursements from the FCC Trust accounted for \$22,434 of this fiscal year's revenue.

Expenses through April were \$47,165 under budget. Inside and Outside Maintenance spending is approximately \$16,382 under budget. \$43,600 was budgeted for professional expenses this fiscal year in anticipation of costs arising from the sale of the building. Of the \$36,333 budgeted through April only \$5,275 has been spent.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through April. Revenue from those sources totaled \$78,371 - \$18,814 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through April fell short of covering the cost of employees, administration, and church activities by \$60,569.

TREASURER'S REPORT

For Period Ending April 30, 2022

CHURCH GENERAL FUND	April	Fiscal Year-to- Date
Unrestricted Contributions	\$6,831.00	\$79,969.93
+ Other Unrestricted Revenue	\$6,094.86	\$83,896.49
+ Transferred to General Fund from Designated Accounts	\$0.00	\$7,250.00
= Total Income	\$12,925.86	\$171,116.42
Total Expenses	-\$19,693.72	-\$212,570.83
= <i>Net General Fund Surplus (-Deficit)</i>	-\$6,767.86	-\$41,454.41

Data for comparison

YTD Budgeted Unrestricted Contributions	\$78,629.00
YTD Budgeted Total Income	\$200,530.00
YTD Budgeted Total Expenses	-\$259,736.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$17,751.59

DESIGNATED ACCOUNTS

DESIGNATED ACCOUNTS	April	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$680.00	\$8,405.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	\$680.00	\$8,435.00

June 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Men's Breakfast 7am	2	3	4 Building Rental Gym/Kitchen/Fireside Room 9am – 1pm	5 Annual Meeting Following Worship 10:30am In Person and Facebook Live Streaming Service Peter Stirba, preaching 2pm Marshall's UCC Worship
6 AA Meeting Fireside Room @7pm	7	8	9	10	11	12 Outdoor Service Christine Madsen, Preaching 10:30am In Person No Live Stream Today 2pm Marshall's UCC Worship
13 AA Meeting Fireside Room @7pm	14	15 Clarion Deadline Council Meeting @7pm	16	17	18	19 10:30am In Person and Facebook Live Streaming Service JR Baker, Preaching 2pm Marshall's UCC Worship
20 AA Meeting Fireside Room @7pm	21	22 Outreach Meeting @1pm	23	24	25	26 10:30am In Person and Facebook Live Streaming Service JR Baker, Preaching 2pm Marshall's UCC Worship
27 AA Meeting Fireside Room @7pm	28 Elections – Full Day Downstairs Use	29	30			

July 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 10:30am In Person and Facebook Live Streaming Service Ashton McDonald, Preaching 2pm Marshalles UCC Worship
4 <small>Independence Day</small> AA Meeting Fireside Room @7pm	5	6 Men's Breakfast @7am Location TBD	7	8	9	10 10:30am In Person and Facebook Live Streaming Service Marc Decoste, Preaching 2pm Marshalles UCC Worship
11 AA Meeting Fireside Room @7pm	12	13 PEO Heritage Room @1pm	14	15	16	17 10:30am In Person and Facebook Live Streaming Service Monica Dobbin, Preaching 2pm Marshalles UCC Worship
18 AA Meeting Fireside Room @7pm	19 Kristi Printing Bulletins Early this week for the following Sundays July 24 th and July 31 st	20 Council Meeting @7pm Clarion Deadline	21	22	23	24 10:30am In Person and Facebook Live Streaming Service Monica Dobbin, Preaching 2pm Marshalles UCC Worship Kristi Out of Town Kristi Out of Town
25 AA Meeting Fireside Room @7pm Kristi Out of Town	26 Kristi Out of Town	27 Kristi Out of Town	28 Kristi Out of Town	29 Kristi Out of Town	30 Kristi Out of Town	31 10:30am In Person and Facebook Live Streaming Service Monica Dobbin, Preaching 2pm Marshalles UCC Worship

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

June 2022

ADDRESS SERVICE REQUESTED