

CONGREGATIONAL CLARION

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

JUNE 2023



June in Utah

First Congregational Church
1710 S. Foothill Drive
Salt Lake City, Utah 84108
Email: firstcongregationalslc@gmail.com
Website: www.firstcongregationalslc.org

Sunday Worship Services:

In Person Worship at 10:30am

Follow Us on Facebook

Pastor:	Rev. Doug Gray
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
Choir Director:	Devon Bettolo
Pianist:	Alan Chavez
Church Secretary:	Kristi Hanson

NEW OFFICE HOURS

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

**Reminder that Kristi will be out of the office,
June 8th through June 19th and will return to the office June 20th.**

Pastor Doug's Office and Hours and Day Off

Doug's office hours are generally

Monday, Tuesday, Wednesday, Friday from 8:30a–4:30p
Thursday is Doug's day off for now.

Of course, during Doug's office hours, he often has appointments, visits and errands that take him out of the church's offices. Feel free to give him a call. His cellphone is 608-436-6263.

FROM THE REV...



More Than We Imagined

Together Cynthia and I drove into Salt Lake City for the first time on Sunday, May 14. It was pouring down rain as we were coming down the canyon on I-80. Yikes! As we came down into the valley, the rain stopped and the sun came out. Everything was fresh and clean from the rain, and we found our way to our apartment. Carla and Mike McIntire met us with some essential furniture, the bed we had ordered, and put some food in our fridge. Then Cissy and Ron dropped by with dinner, drinks, and a few things to help us forward. The Parish Nurse team blessed us on Sunday with a welcome packet. What wonderful grace! Thank you all!

Everyone was so warm and welcoming on Sunday (May 21), our first official Sunday with you. Thanks for the special coffee hour 😊 We have been really touched by the ways you have helped us get acquainted with each of you and with Salt Lake City. We still have a lot to learn, but we know you will help us find what we need. Do you have any idea what a difference your warm and loving welcome has made?

Wonderful...warm...loving...exciting...aren't those some of what grace is? We may not ask for it, but it comes. We may not deserve it, but it comes. We may not even know we need it, but it comes.

And grace calls something forth in us—wonder, gratitude, joy! We are just beginning the great fun of working alongside you all. I look forward to waking up each day, curious to see how I will see the grace of God, wanting to do my part alongside you all and God.

Yes, being here is wonderful. We really do love it! And I have a sense that in all of us, God is going to do something wonderful, something more than we imagined. Thanks for all the ways you are showing the awesome love of Jesus Christ!

“Now to Him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to Him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.”

—Ephesians 3:20–21

Catching Up with Doug and Cynthia

Pastor Doug and Cynthia left Quincy, MA on Thursday, May 11 and rode into town on Sunday afternoon, May 14. Their dog, Watson, isn't sure about the move, but loved the mostly empty apartment where he could race around. The apartment is temporary lodgings, while they wait for a more permanent home.

On Sunday, May 21—their first Sunday at First Congregational—the moving truck arrived with all their things. The movers stopped at the apartment first, and then delivered the contents of Doug's office to the church's offices. So Doug and Cynthia have been swimming in boxes, finding their things and setting up the essentials.

On Sunday, May 28th – Doug and Cynthia found their new condo and put an offer in. It was Accepted! They will close on June 30. Thank You, God!

June Worship Schedule

Date	Theme/Event	Scriptures	Preaching
June 4	Annual Meeting Sunday 1 st Sunday After Pentecost Communion Sunday	Genesis 1: 1–2:4a Psalm 8 Matthew 28:16 – 20	Doug Gray
June 11	Outdoor Worship 2 nd Sunday After Pentecost	Hosea 5:15–6:6 Matthew 9:9–17	Doug Gray
June 18	3 rd Sunday After Pentecost	Genesis 18:1–15, 21:1–7 Romans 5:1–8	Doug Gray
June 25	4 th Sunday After Pentecost	Jeremiah 20:7–13 Romans 6:1b–1	Doug Gray
July 2	Communion Sunday 5 th Sunday After Pentecost	Psalm 89:1–4, 15–18 Romans 6:12–23	Doug Gray

Annual Meeting

The 158th Annual Meeting of First Congregational Church of Salt Lake City will be held on June 4th, 2023. 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.



Outdoor Service - Sunday June 11th

June 11th is our Annual Outdoor Worship Service at 10:30 AM. We will be in Washington Park – Lower Terrace Site by Mountain Dell Reservoir and Golf Course up Parley's Canyon (at the East Canyon exit #134) or Emigration Canyon.

There will be a pot luck following the service. Deacons will provide main course. 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 your own.

Directions to Mountain Dell Golf Course

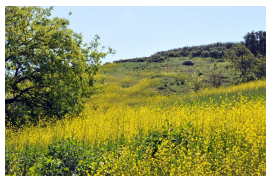
Take exit 134 on I-80 East Bound Turn Left

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.

Camp Fellowship 2023



Camp Fellowship's theme will be "Believe In, Trust In, and Love Yourself". The educators on the planning committee felt that the young people from their schools have shown a real need to gain self-confidence. The dates will be Saturday July 29th through Thursday August 3rd. Shaun McIntire is trying to retire and will help with the registration and the website. Christine Madsen and Molly Connor will be the co-directors at Camp this year. We will be inviting Pastor Doug to join us at Camp for the spiritual Morning Watch, and Evening Vespers.

If you know of anyone who might like to be a camper or counselor, refer him/her to campfellowship.com. Registrations will be open May 1st. If you would like to help out with your time, supplies, or food, please talk to Diane Forster-Burke.

Deacons Report

We had a lovely coffee hour to honor Rev. Martha's work with us on May 14th. We will miss the sermon questions that she posed to us to consider during the week.

Rev. Doug Gray started in the office May 15th. The Deacons are eager to work with him on worship and other activities. It is always an adventure to work with a new person. We look forward to collaborating with him, as he is a Christ-centered pastor with a long history of serving in Congregational churches. Please plan on attending church this summer around your summer vacation plans.

Please mark on your calendars that the annual Outdoor Worship service is June 11th at Mountain Dell. It is the same location where we have met for several years. Bring a pot luck side dish or dessert to share. BBQ pork and buns will be provided by the Deacons. See directions on previous page.

Out & About

Frank McEntyre made a new art piece out of our old FCC Organ Pipes titled: "First Congregational Gothic Arch" 2023

It was juried into the 99th Spring Salon of the Springville Museum of Art.
Wed. April 26- Sat. July 8, 2023

126 East 400 South
SLC, Utah 84663, Exit 260
801-489-2727

Free parking and admission.

JEANNE HANSEN ART SHOW "JOY IN NATURE"

Anderson Foothill Library

Friday, June 9 at 10:00am - Thursday July 20, 2023 at 8:00pm

Artist Reception: Sat. June 10th 2:30-5:30pm

with light refreshments

Anderson Foothill Library

1135 South 2100 East

Salt Lake City, Utah 84108

801-594-8611

Hours: 10:00am-8:00pm Mon-Thurs

10:00am-6:00pm Fri & Sat

Art information is available at the front desk.

801-209-

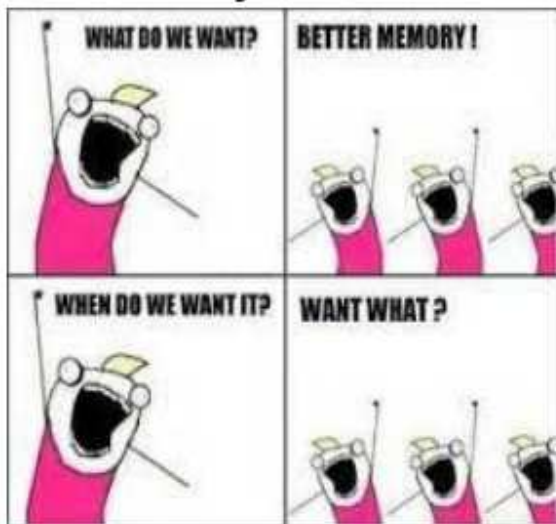
2823 hansenartbydesign@gmail.com

Thank you so much!

Jeanne Hansen



Parish Nurse Health Tip



We all know that **Brain Fog** feeling: When you know what you want to say but can't quite remember the words. Or you can't for the life of God recall where you put your keys. Or you find yourself reading the same page over and over again and still not quite understanding it.

"Brain fog" isn't a medical condition. It's a term used for certain symptoms that can affect your ability to think. You may feel confused or disorganized or find it hard to focus or put your thoughts into words. Can interfere with work or

school. But it does not have to be a permanent fixture in your life.

What is Brain Fog? It's a type of cognitive dysfunction involving:

- A lack of mental clarity
- An inability to focus
- Confusion
- Lack of focus
- Memory problems
- Mental fatigue
- Poor concentration

What Are the Causes of Brain Fog?

There are several explanations for why brain fog happens. Once you identify the underlying cause, you can begin trying to fix the problem.

1. **Stress:** Chronic stress can increase blood pressure, weaken the immune system, and trigger depression. It can also cause mental fatigue. When your brain is exhausted, it becomes harder to think, reason, and focus.
2. **Sleep:** Lack of sleep. Changes in sleep. Poor sleep quality can interfere with how well your brain functions. Aim for 8 to 9 hours of sleep per night. Sleeping too little can lead to poor concentration and cloudy thoughts.
3. **Hormonal Changes:** Hormonal changes can also trigger brain fog. Levels of the hormones progesterone and estrogen increase during pregnancy. This change can affect memory and cause short-term cognitive impairment. Similarly, a drop in estrogen levels during menopause can cause forgetfulness, poor concentration, and cloudy thinking. Hormone supplements and other types of medication may help.

4. Diet: Diet can also play a role in brain fog. Vitamin B12 supports healthy brain function, and a Vitamin B12 deficiency can bring about brain fog. If you have food allergies or sensitivities, brain fog may develop after eating certain foods. These might include: aspartame, peanuts, or dairy. Removing trigger foods from your diet may improve symptoms.

5. Medications: If you notice brain fog while taking certain medications, talk with your Primary Care Provider. Brain fog may be a known side effect of these medications. Lowering your dosage or switching to another drug may improve your symptoms. Brain fog can also occur after cancer treatments. This is referred to as chemo brain.

6. Medical Conditions: Medical conditions associated with inflammation, fatigue, or changes in blood glucose level can also cause mental fatigue. For example, brain fog is a symptom of chronic fatigue syndrome, which involves persistent fatigue for a prolonged period of time. People who have fibromyalgia may experience similar foggy on a daily basis.

Other conditions that may cause brain fog include:

- Anemia
- Autoimmune diseases, like lupus, arthritis, and multiple sclerosis
- Dehydration
- Depression
- Diabetes
- Hypothyroidism
- Migraine
- Pregnancy
- Sjögren Syndrome
- Viral infections, like COVID-19

7. Toxins, Pollution, Chemical Substances, and Insecticides

How It's Diagnosed

A single test cannot be used by a Primary Care Provider to diagnose brain fog. Brain fog may signal an underlying issue, so a PCP will conduct a physical examination and ask about your: mental health, diet, level of physical activity, current medications or supplements. Let your health care provider know about other symptoms you might have. For example, someone with hypothyroidism may have brain fog along with hair loss, dry skin, weight gain, or brittle nails. Blood work might help identify the cause of brain fog. A blood test can detect the following: irregular glucose levels, poor liver, kidney, and thyroid function, nutritional deficiencies, infections, and

inflammatory diseases. Based on the results, your provider will determine whether to investigate further. Other diagnostic tools may include imaging tests to look inside the body, like X-rays, magnetic resonance imaging (MRI), or computerized tomography (CT) scans. Your provider may also conduct allergy testing or a sleep study to check for a sleep disorder. Keeping a food journal can help you determine if your diet contributes to brain fog.

How to Treat It

Brain fog treatment depends on the cause. For example, if you're anemic, iron supplements may increase your production of red blood cells and reduce your brain fog. If you're diagnosed with an autoimmune disease, a corticosteroid or other medication to reduce inflammation or suppress the immune system could be helpful. Sometimes, relieving brain fog is a matter of correcting a nutritional deficiency, switching medications, or improving the quality of your sleep.

Home Remedies to Improve Brain Fog:

- Sleep: 7-9 Hour per night. No caffeine or alcohol before bedtime. Computer and smart phone off long before bedtime. Treat your sleep apnea. You all know this drill.
- Managing stress by knowing your limitations
- Exercising
- Strengthening your thinking abilities with solving brain puzzles
- Volunteering
- Finding enjoyable activities
- Eating better, increasing your intake of protein, fruits, vegetables, and healthy fats, fiber, whole grains and cut out the processed foods
- Spend less time on your computer and phone
- Try new things: Engage in some new mentally stimulating activities. Take a different route to work and church. Listen to different music. BRANCH OUT! This can help increase the production of a brain chemical called norepinephrine, which stimulates the brain.
- Avoid multitasking: Multitasking can drain your energy and lower your productivity, especially if you're trying to do two activities that require conscious thought. Instead, try focusing on one thing at a time.
- Work on your memory: If you're prone to forgetting things, try using different tricks to improve your memory. For instance, rhymes, mnemonics, or visual or verbal cues can help you remember important things. You can also try repetition; for instance, if someone tells you their name, saying it back to them can help you remember it.

- Take mental breaks: Make it a point to take a couple of mental breaks during the day, where you don't think about anything and be in the moment. You can close your eyes, take a short walk, or look out your window.
- Focus your attention: If you get distracted by multiple things or lose focus, try to slow down and focus all your attention on one task. Then, work on completing that task, no matter how small.
- Stay socially active: Participating in social activities can improve your mood, memory, and cognition. Come to church each Sunday. We sure could use your help on various boards and committees!
- Engage in deep thought: Exercise your mind by spending a little time engaged in deep thought each day. For instance, if you have read an article, spend 10 minutes thinking about the article's contents. Hmm. I don't know about this. I'm thrilled if I get through an article. But sure, give it a try. Maybe, if it is a great article, tell a friend about it.
- Try meditation: Meditation can help reduce stress and relax your brain and body.

What is the outlook for brain fog?

Brain fog can be frustrating, but relief is possible. You should not ignore your symptoms because if left untreated, brain fog can impact the quality of your life. Once the underlying cause is addressed, your mental clarity can improve.

Sources: Debra Rose, Ph. D., MSN, April 29, 2022, Healthline, Brunilda Nazario, MD, WebMD, June 22, 2021, Sanjana Gupta, Brain Health, November 08, 2022, Erin Migdol, Yahoo Entertainment, December 06, 2017

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Worship Service in St. John Hall @10:30am Annual Meeting Following Worship	5	6	7 Men's Breakfast @7am Deacons Meeting @12:30pm Office will be printing the Sunday Bulletins for June 11 th and June 18 th Today – Please plan accordingly	8	9 Kristi Out of Office from June 9 th through June 16 th – She will be back in the office on June 20 th	10
11 Outdoor Service Washington Park Mountain Dell @10:30am Lunch Following	12	13	14	15	16	17
18 Worship Service in St. John Hall @10:30am	19	20 Council Meeting 2pm	21 Clarion Deadline	22 Rev. Doug in Milwaukee June 22 – June 27	23	24
25 Worship Service in St. John Hall @10:30am	26	27	28	29	30	