

# CONGREGATIONAL CLARION

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

March 2020



“Our Lord has written the promise of resurrection, not in books  
alone, but in every leaf in springtime”  
Martin Luther

**First Congregational Church**  
**2150 S. Foothill Drive**  
**Salt Lake City, Utah 84109**  
Phone: (801) 487-1357

Email: [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

Website: [www.firstcongregationalslc.org](http://www.firstcongregationalslc.org)

Find us on Facebook: First Congregational Church, Salt Lake City

**Office Hours:**

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

**Sunday Worship Services:**

Worship Hour at 10:30am

Nursery Provided

<b>Interim Minister:</b>	Rev. Janie Gebhardt
<b>Moderator:</b>	Wendy Haupt
<b>1<sup>st</sup> Assoc. Moderator:</b>	Kevin Haupt
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Carla McIntire
<b>Treasurer:</b>	Paul Kelley
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Scott Haupt
<b>Board of Deacons:</b>	Phil LeHoux
<b>Outreach Board:</b>	Diane Forster-Burke
<b>Christian Education:</b>	Patti Garver
<b>Youth Director:</b>	Molly Connor
<b>Membership Board:</b>	
<b>Parish Nurses:</b>	Diane Forster-Burke, Marge Kimes, Lynne Calame
<b>Camp Fellowship:</b>	Christine Madsen and Shaun McIntire
<b>Garden of Grace:</b>	Scott & Jeanne Hansen
<b>Choir Director:</b>	Devon Bettolo
<b>Organist:</b>	Teresa Clawson
<b>Church Secretary:</b>	Kristi Hanson

## REFLECTIONS FROM THE REV.....



Rev. Janie Gebhardt

The season of Lent begins with Ash Wednesday, February 26th. As part of our Lenten preparations, I invite you to join with me in two mid-week Potluck Suppers to be followed with discussion focused on looking at the events of Holy Week through the eyes of Rabbi Amy-Jill Levine as found in her recent book Entering the Passion of Jesus. We will meet on Wednesdays - March 4th and March 25th at 6:30 pm. I look forward to seeing you there!

Amy-Jill Levine is University Professor of New Testament and Jewish Studies and Mary Jane Werthan Professor of Jewish Studies at Vanderbilt Divinity School. and College of Arts and Science. An internationally renowned scholar and teacher, she is the author of numerous books including *The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus*. She is also the co-editor of the *Jewish Annotated New Testament*. Professor Levine has done more than 300 programs for churches, clergy groups, and seminaries.

### **CLARION DEADLINE**

April Clarion Deadline will be March 18th. You can email your articles or leave them in the church office.

[firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

**DAYLIGHT SAVINGS** - Spring Forward on Sunday, March 8<sup>th</sup>. Remember to set your clocks ahead one hour before you go to bed on Saturday.

### **BLOOD DRIVE**

April 4 is the American Red Cross Blood Drive at FCC from 9-2. Sign ups are by the glass display case.

## **FOOD BANK**

April 4 is a Utah Food Bank workday from 10AM-Noon.

## **CALENDAR**



The Calendars in this issue give information about church activities as well as building use by groups.

While any building use should be co-coordinated through the office, this should help you make appropriate plans if you need to use the church.

### **The Upcoming Lenten Season**

The Lenten Season is upon us, which begins with Ash Wednesday on February 26th. This year, again we have been invited by our friends at Holladay UCC for a joint soup supper, which starts at 6:00 pm, followed by an Ash Wednesday program. Here at FCC, we will have two evening potluck dinners, followed by Lenten-themed programs. These will be on March 4<sup>th</sup> and 26<sup>th</sup>. Both are scheduled to begin the meal at 6:30pm, with the program to follow. Rev. Gebhardt is putting together a program which will tie both evenings' events, the details of which she will be communicating separately. HUCC has also invited us to attend their own Lenten soup dinners and programs, which will be held every Wednesday throughout Lent. Details of their programs will be posted when they become available, offering our members opportunities to participate in additional Lenten activities. Once again, we will be hosting what has become our annual Lenten event, the Maundy Thursday Agape Feast on April 9<sup>th</sup>, to be celebrated with our friends from HUCC. The signup sheet for Agape Feast food items will be posted on the bulletin board. It will again feature simple, uncooked traditional fare typically enjoyed in the Middle East of biblical times. The following day, a Good Friday worship will be held jointly with HUCC, starting with a soup supper at 6:00 pm.

## **MARCH OUTREACH**

The March Outreach project will be to collect donations for Australian wildfire relief, as many of us have been shocked and saddened by the news and videos out of Australia depicting raging fires, blackened forests, and injured and displaced animals, and wish to help. The organization that we have chosen to be the recipient of our donations is the World Wildlife Fund ([www.worldwildlife.org](http://www.worldwildlife.org)), an international organization founded in 1961 to work in the area of wilderness preservation and wildlife conservation. It is currently active in more than 100 countries, including Australia, where it was working on conservation projects even before the fires. As the fires spread across Australia, the WWF became involved in rescuing and treating injured animals; and when the fires subside, it will work on wildlife rehabilitation, and habitat restoration for wildlife and people. Donations will be sent to WWF's Washington DC office, thus avoiding any complications of international currency transactions.

### **Health Tips from AARP for Traveling** **From your Parish Nurses**

Many of us will be making travel plans that involve air travel. AARP had these warnings about picking up germs while flying. Granted that at least one of your parish nurses is an avowed “Priss butt”, we want to share these tips with you all. (Saying “Priss butt” rapidly makes it sound like a different Protestant faith.)

An airplane offers the perfect petri dish for germs to thrive: close quarters, frequent passenger turnaround and recirculated air. And certain areas—the ones we're most likely to touch, as it happens — are especially germy. According to a study by the folks at Travelmath, who collected bacteria samples on flights at five different airports, the “hot spots” inside the cabin include the tray table — that was the worst offender, worse than bathrooms — overhead vent, bathroom flush button

and lock, and seatbelt buckle. The seat pocket is another germ magnet (think soggy tissues and dirty diapers). Note that at the airport, drinking fountain buttons are the dirtiest.

"Airplanes not only create an environment that [viruses](#) thrive in," says Nicholas Testa, a Los Angeles-based emergency medicine physician and chief physician executive for the Southwestern Division of CommonSpirit Health. "They also make it easier to transfer germs and viruses from person to person."

## **9 ways to stay healthy when you fly:**

### **Clean and sanitize surface areas**

Aircraft cabins are usually cleaned when the plane stays overnight at the airport. Because the [flu\\_virus](#) can last up to 24 hours on hard surfaces, germs can linger between flights. "About 80 percent of all infectious diseases we actually introduce to ourselves," says Mark Gendreau, chief medical officer of Beverly and Addison Gilbert Hospitals. "You walk by and touch a contaminated surface then unwittingly touch your eyes, nose and mouth. My favorite factoid: Humans touch their faces about 200 times a day."

On all the typically germey surfaces, especially tray tables, use a hand-sanitizing gel (with at least 60 percent alcohol). "When you get settled in your seat, put several drops on a Kleenex and wipe down those areas that you're going to touch," Gendreau says. Of course, disinfectant wipes work, too. Wash your hands frequently throughout your flight, particularly when you lower the tray table to eat and after you return from the bathroom — even if you've washed your hands with warm, soapy water. "There have been contamination issues with the water in the bathrooms on aircrafts," he notes. ("Priss butt" also suggests that you wipe down the back of the seat in front of you where the tray table gets folded into the space).

BTW: Those seat pockets can be tricky to clean, thanks, in part, to the porous fabric. You may want to use your own bag under the seat to store your reading materials.

## **Help your immune system**

If you're flying during flu season, make sure you've had the [flu shot](#). (Of course you have because we had a flu clinic Sept 22, 2019). Influenza spreads by droplets made when people sneeze or cough, even from as far away as six feet — close enough to cause havoc when you're crammed in with a crowd. While there's no guarantee that the vaccine will prevent the flu, it lowers your chances of getting it, and if you do contract it, your illness is likely to be less severe.

## **Choose the window seat**

The aisle seats put you in a more vulnerable position, with all those potentially sick passengers walking (and sneezing) past you. Plus, people may steady themselves by grabbing your headrest when heading to and from the restroom (where, to make matters worse, the hand-washing conditions are not ideal). A study published in *Clinical Infectious Diseases* looked at a Boston-to- L.A. flight that had to make an emergency landing due to a norovirus outbreak, which caused vomiting and diarrhea in some passengers. What researchers discovered: Passengers in the aisle seats — even those who never left their seats — were the most likely to have contracted the virus.

## **Consider a mask**

“Some people are particularly vulnerable to getting ill, including those whose immune system is compromised by age or medications,” says Martin Cetron, M.D., director of the division of global migration and quarantine (DGMQ) at the U.S. Centers for Disease Control and Prevention. Those who take medication for arthritis, for example, may be more susceptible both to getting the infection and to the consequences of an infection. “For those people,” Cetron says, “wearing a mask in a crowded public setting may not be such a bad idea.”

## **Control the airflow**

Studies have shown that the filters on most planes remove 99.97 percent of nasty particles. Of course, that doesn't help if you're sitting next to someone who's sneezing up a storm.

Use the overhead air vent — on a low setting — to create an air current that will move germs away, Gendreau says. “Put your hands just below your belly button, an inch or two away from your body, and you should

be able to feel the flow." ("Priss Butt" also recommends wiping the air vent above you.)

## **Other advice for a healthy flight:**

### **Stay hydrated**

"The humidity in the passenger cabin after takeoff can dip as low as 10 percent, with the only thing contributing to the humidity the breath of the passengers," Gendreau notes. That dry air can do a number on the mucous membranes in your nose and airways, which need hydration to do their job. Downing plenty of water (at least eight ounces for each hour of flight) will counter the dehydrating effects of air travel. Bring along a reusable bottle. Most airports have filling stations and you can keep the water coming by visiting the galley of the plane once you're airborne.

"It's especially important to drink plenty of fluids if you're on medication," Gendreau says. Some drugs act as diuretics — blood pressure meds, for example — and can dry you out. What to avoid, Testa says: coffee, alcohol and sugary drinks, which will dehydrate you even more.

### **Use a nasal spray**

Our mucous membranes are far less effective at blocking infection if they dry out, says Michelle Barron, M.D., professor of medicine-infectious disease, UC Health, University of Colorado Hospital. A few quick pumps, every two hours, will keep them moist. Look for a saline spray, Testa advises. It's the same pH as the delicate tissues in your nose, so it won't sting. Avoid medicated nasal sprays or anything with preservatives, which can dry out nasal passages. While you're at it, stash a small bottle of eye drops in your bag. They'll relieve dry, itchy eyes, making you a lot less likely to rub them with (possibly) contaminated fingers.

### **Stretch your legs**

The position of the seatback tends to slow circulation, putting us at risk for deep-vein thrombosis, the formation of blood clots in the legs. Since most flights are packed, you're more likely to remain seated. Resist the urge to stay put, and move about the cabin every hour or so. If you don't



want to budge, Gendreau says, you can do this exercise to help improve circulation: With your feet flat on the floor, bring your heels up and down, up and down, in a rocking motion. And if you are over 60 or obese, or have a history of heart disease, varicose veins or blood clots, see your doctor before your trip, especially if the flight is longer than two hours.

### Relax

“One of the most under-discussed negative influences on our health is the effect of stress in lowering our immune system and the ability to fight off germs,” says DGMQ's Cetron. And let's face it: A day at the airport can frazzle the nerves of even the intrepid traveler.

"You're worrying about getting to the airport, then you have to navigate to the kiosk, get your ticket, get through security and get to the right gate," Gendreau says. "Pretty soon, we're engaging in anxious behaviors. We'll start rubbing our eyes or biting our nails, and that's a total disaster." Do what you can to eliminate stressors — from getting to the airport early for your flight, to having a meditation app on hand. Enjoy your travels, but be aware of the many germs. And come back safely. We love you.

(AARP Feb 2020)

### Did you know Anne Hutchinson...

Born in 1591, Anne Hutchinson had a very colorful history, by almost all standards. A strong, brave, unstoppable woman, she lived her life with integrity. She caused a lot of trouble within Congregational churches and the Plymouth Colony itself. She cared greatly for the best interpretation of the Bible, and for a woman's right to speak her interpretation and be heard. In 1638, she was excommunicated from the colony for "heretical religious beliefs."

Although she won the public's support throughout her trial, she was banished to Rhode Island. Her legacy and truths live on. Anne Hutchinson died in 1643.

In 1976, Massachusetts Governor George Dukakis read his egalitarian exoneration of Hutchinson, in which he said the pardon signified "an end to all discrimination against women and to mark the beginning of a new era of recognition of the value of all people in the life of the Commonwealth. ...was a **Congregationalist?**



### **Did you know Harriet Beecher Stowe...**

Some would say Harriet could write her own story since she became a famous writer. In 1852 Harriet Beecher Stowe wrote the novel *Uncle Tom's Cabin*. It focused on slavery and energized the anti-slavery forces of our nation. Many people named their daughters Eva after one of the characters.

Most of Harriet's family had been involved in church and anti-slavery activities. Her father was a minister. Brother Henry was a great preacher in Brooklyn. Brother Edward was with Elijah Lovejoy when the mob killed him and destroyed his abolitionist press in Alton, Illinois. Edward went on to pastor the Congregational Church in Galesburg, Illinois,, and inspire Mother Bickerdyke in her nursing and organizing work during the Civil War. Her husband was a minister, too, and a college professor.

Harriet wrote a cookbook and about twenty books in total. She spoke all over the nation when many thought women should not speak in public. She met, laughed and joked with President Lincoln, relieving some of the sadness and fear of news of the War. She was grateful for the development of the railroads that got her "swiftly" around the country. Her books enabled her to have homes in Hartford and Florida for winters. ...was a **Congregationalist?**

### **Did you know Elizabeth Jennings Graham...**

Elizabeth Jennings Graham was an African-American teacher, civil rights figure, and church musician. She was born free in March 1827, one of five children in the home of Mr. and Mrs. Thomas Jennings.

Thomas was a freeman, a successful tailor and an influential member of New York's black community. He was an inventor and was the first known African-American holder of a patent in the United States. His wife, also Elizabeth, was a prominent woman and a leader of the Ladies Literary Society of New York, founded to promote self improvement among black women through community activities, reading, and discussion.

On Sunday, July 16, 1854, Elizabeth Jennings Graham boarded a street car to attend the First Colored Congregational Church, New York City, where she was organist. The conductor ordered her to get off. When she refused, the conductor tried to remove her by force. Eventually, with the aid of a police officer, Jennings was ejected from the streetcar. At that time street car companies were private and most operated segregated cars. Her case was decided in her favor in 1855, and it led to the eventual desegregation of all New York City transit systems by 1865.

Elizabeth later started the first kindergarten for African-American children, operating it from her home on 247 West 41st Street until her death in 1901.

In 2007, New York City co-named a block of Park Row “Elizabeth Jennings Place” after a campaign by children from Public School 361.

...was a **Congregationalist?**

### **Did you know Emma Darling Cushman...**

Emma Darling Cushman was born in Burlington, New York. At a time when few women attended school, Emma studied nursing in college and, in 1900, joined the American Board of Commissioners of Foreign Missions.

Emma went to Central Turkey where she helped run the American Hospital at Konya for several years. When the Ottomans ordered all foreigners to leave, Emma refused, though the rest of the American staff left during WWI. She continued to operate the hospital and was granted the title “Acting Consul of the Allies and Neutral Nations.”

Starting in 1915, the Ottoman government carried out the systematic extermination of 1.5 million Armenians in what became known as the Armenian Genocide, leaving countless children orphaned. Emma began rescuing Armenian orphans from the streets and placing them in safe homes and basements. When she ran out of hiding places, she turned her hospital into an orphanage, which eventually held over 1,000 children who would have otherwise faced near-certain death.

The war raged on for three more years and so did Emma’s tireless humanitarianism. In addition to managing the hospital and operating the orphanage, she oversaw prisoner exchanges and millions of dollars in relief funds.

As the war came to a close, Emma’s efforts only expanded. She worked with the Near East Relief agency and newly formed League of Nations to reclaim orphans from Turkish homes. More than 60,000 children were rescued by Emma and others. She died of black water fever in 1930 in Cairo, Egypt. ...was a **Congregationalist?**

# Sync Our Church Directory to Your Mobile Device

Now you can sync our church directory directly to your Apple, Android or Kindle Fire device with a FREE app!

Search for other members, and then email, call or text – right from the directory app.

## *It's Easy!*

1. Go to your device's App Store.
2. Search for Instant Church Directory.
3. Enter your email as it's listed in our church directory.
4. Follow the directions on screen to complete the login process.



# March 2020

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Worship Service @10:30am  Communion/Camp Sunday  Trustees Meeting Following Worship	<b>2</b> AA Meeting @6:30pm  Voting Set Up in Gym/Fireside Room	<b>3</b> Deacons Meeting @7pm  Elections in Gym/Fireside Room All Day	<b>4</b> Men's Breakfast @7am  Lenten Potluck @6:30pm Kitchen/Fireside Room	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> Worship Service @10:30am	<b>9</b> AA Meeting @6:30pm	<b>10</b>	<b>11</b> Council Meeting @6:30pm	<b>12</b> Printing Bulletins for March 15 <sup>th</sup> and March 22 <sup>nd</sup> Today	<b>13</b>	<b>14</b>
<b>15</b> Worship Service @10:30am	<b>16</b> AA Meeting @6:30pm	<b>17</b>	<b>18</b> Clarion Deadline  Kristi Out of the Office Family Vacation to Disneyland	<b>19</b>  Kristi Out of the Office	<b>20</b>  Kristi Out of the Office	<b>21</b>
<b>22</b> Worship Service @10:30am	<b>23</b> AA Meeting @6:30pm	<b>24</b>  Kristi Out of the Office	<b>25</b> Kristi Back in Office  Lenten Potluck @6:30pm Kitchen/Fireside Room	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Worship Service @10:30am	<b>30</b> AA Meeting @6:30pm	<b>31</b>				

# April 2020

April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Men's Breakfast @7am  Office Printing Maundy Thursday and Good Friday	<b>2</b>  Office Printing April 5 <sup>th</sup> Bulletin and Easter Sunday	<b>3</b>	<b>4</b>  Blood Drive 8am – 2pm  Utah Food Bank Work-Day @10am - Noon
<b>5</b> Palm Sunday Communion Camp Sunday  Worship Service @10:30am  Trustees Meeting Following Worship	<b>6</b> AA Group Meeting @7pm in Fireside Room	<b>7</b> Deacons Meeting @7pm  Kristi Out of Office (Moab for Jeep Safari)	<b>8</b> Council Meeting @6:30pm  Kristi Out of Office (Moab for Jeep Safari)	<b>9</b> Maundy Thursday Agape Feast @6:30pm  Kristi Out of Office (Moab for Jeep Safari)	<b>10</b> Good Friday  Kristi Out of Office (Moab for Jeep Safari)	<b>11</b>  Kristi Out of Town (Moab for Jeep Safari)
<b>12</b> Easter Sunday Worship Service @10:30am  Easter Egg Hung?  Kristi Out of Town (Moab for Jeep Safari)	<b>13</b> AA Group Meeting @7pm in Fireside Room  Kristi Out of Town (Moab for Jeep Safari)	<b>14</b>  Kristi Out of Office (Moab for Jeep Safari)	<b>15</b> Clarion Article Deadline	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> Worship Service @10:30am	<b>20</b> AA Group Meeting @7pm in Fireside Room	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> Worship Service @10:30am	<b>27</b> AA Group Meeting @7pm in Fireside Room	<b>28</b>	<b>29</b>	<b>30</b>		



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

March 2020

**ADDRESS SERVICE REQUESTED**