

CONGREGATIONAL CLARION

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

March 2021



“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

Website: www.firstcongregationalslc.org



Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Sunday Worship Services:

Traditional Worship at 10:30am Live Streaming

Worship LIVE STREAMING - Facebook SUNDAYS @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:	Bob Baird
Board of Deacons:	Phil LeHoux
Outreach Board:	Ashton McDonald
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

FROM THE FCC OFFICE MANAGER

CLARION DEADLINE

April Clarion Deadline will be March 17th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

DAYLIGHT SAVINGS - Spring Forward on Sunday, March 14th. Remember to set your clocks ahead one hour before you go to bed on Saturday.

CALENDAR



The Calendars in this issue give information about church activities and zoom meetings as well as building use by groups. While any building use should be coordinated through the office, this should help you make appropriate plans. if you need to use the church. The Google Calendar is also available on the church website under the News Tab.

Just a Reminder!!!

Our church community is certainly in a different and difficult time but we are trying to remain a center of faith and spirituality for all of us. This means we continue to have ongoing expenses for our staff and building. FCC ran a deficit of \$4,363 in January. Our deficit for our fiscal year is \$10,817.

Please remember you can use PayPal, send donations to the church office by mail or drop by the church office. If you have any questions, please call the church office. Thank You for your support. (See the Treasurer's report in this Clarion for detailed information)

Janie's Jottings ~

It's hard to believe but we've already entered the season of Lent. As a child, I can remember hearing people talk about Mardi Gras and how some things weren't permissible in Lenten time but the church I grew up in didn't place much emphasis on Lent. We did, however observe Palm Sunday and Easter. Somewhere along the way I became aware of more of the events of the week we know as Holy Week and the transition from a triumphal parade to the events of Good Friday and Easter took on new meaning. So, with the help of the work of John Dominic Crossan and Marcus Borg, we'll explore that last week of Jesus' life for our Lenten study. On March 3 and 24 – 7:00 pm, via Zoom I'll lead a study. We hope you'll join us. Please let me or Kristi know if you're interested and we'll be sure you have a link.

The Book Group have just finished reading Brian McLaren's The Great Spiritual Migration. There was a lot of comment around thinking about the future of our church. Following on that book, we've decided to read If the Church Were Christian by Philip Gulley. Providing people can obtain copies, we will begin again on March 3. We'd welcome anyone interested in joining us – just let Kristi or me know. The books are providing interesting opportunities to talk about what the potential for church in the future might be.

Blessings to all as we look to a new future!



THANK YOU FROM OUR OUTREACH

We want to thank members of FCC for their support of the Share the Warmth Tree this year. We collected 1.5 lawn bags filled with hats, gloves, socks for distribution through the Family Shelter in Midvale to unsheltered people in their center. Thank you.

A graphic with the word "THANKS" written in a bold, red, sans-serif font. The text is slanted upwards to the right and is set against a white background with a soft drop shadow.

CONGREGATIONAL MEETING FEBRUARY 28TH

A congregational meeting will be held on Sunday, February 28, 2021 via Zoom to elect the Moderator, Associate Moderators, a Nominating Committee, and a Pulpit Committee. Please watch your emails for further information on this meeting. The Zoom link will be sent to voting members via email prior to the meeting.

Mike McIntire has agreed to be a nominee for Moderator. Bill Brown has agreed to be a nominee for Second Associate Moderator. We are looking for a nominee to serve as First Associate Moderator. Please consider volunteering for this very important leadership position.

The Nominating Committee consists of the Minister, the Immediate Past Moderator, and three other voting members of the church. We are so pleased to report that Bob Dobson, Nancy (Trotta) Nalley, and Susan Baer have already agreed to have their names put forward for this committee.

Council has voted to form a Pulpit Committee to begin preliminary work in finding a pastor. The Pulpit Committee has four members and two alternates that serve with the Moderator. Members on this committee will participate in the sessions that Janie Gebhardt, our interim pastor, is leading to help us determine our “destiny”. Janie will help us to articulate what we stand for and what kind of church we want to be. This will help the congregation, and particularly the Pulpit Committee, determine the skills we desire in a pastor that will guide us going forward.

Blaine Simons , Nancy Dahill-Brown, Ken Rockwell, Glenda LeHoux, Vicki Brunstetter, and Mike McIntire have volunteered to serve on the Pulpit committee

Thank you so much for prayerfully considering how you will help us become the church we want to be. Please contact any member of Council if you have any questions and if you would like to volunteer to be First Associate Moderator.



History Lesson of First Congregational Church – Salt Lake City



Come with me back to 1865. You are a Congregationalist living in Utah territory in the foothills of the Wasatch Mountains overlooking the Great Salt Lake. It is 18 years since Brigham Young and his stalwart followers arrived in this place and now there are nearly 50,000 Mormons in the territory. You are called a Gentile for you are not “of the faith”, and even your Jewish neighbor is called Gentile!. It's 15 years since Congress established the territory, yet there are no schools for you, you cannot bury your dead or worship your God in this city called “Deseret”. You do not say this with bitterness for you have admiration for the courage and determination of the Latter Day Saints to make the desert bloom. Yet the freedom wherewith Christ hath made you free, causes you to yearn within for the Congregational way. Such might be the tone which sets the stage for the beginning of the First Congregational Church of Salt Lake City, Utah.

Just a mile north of the present church building on Foothill Drive, on the edge of the University of Utah campus, lies Fort Douglas, a United States Military Post. Established in October, 1862 under the command of Gen. Patrick E. Conner, the calvary was brought to Utah to protect the overland mail route from Indian attack. The presence of the army in the valley must have brought a sense of security to our forefathers as well. In November 1864 a group of young men organized themselves into a society called “The Young Men's Literary Association” Paying \$100 a month rental, what must have been a tremendous amount for that day, these free spirits began what was to become the First Congregational Church. You cannot be a part of this congregation and not capture a sense of its history. It is a story of courage and determination in the face of opposition and sometimes persecution. It is the opposite of the New England experience and its now 155 year history is one of which we all should be aware and proud.

With the formation of the Young Men's Literary Association, there was felt an increased need for leadership. With the help of Gen. Conner, himself a Roman Catholic, the Rev. Norman McLeod, a Congregational minister in Denver, was invited to be the chaplain at Fort Douglas until he could start gentile services in the city. On January 22, 1865, the first non-Mormon service of worship was held in Salt Lake City. The sermon

title was "Can Any Good Come Out of Nazareth – Come and See". It marked the beginning of Congregationalism in Utah Territory. Within a month the church had been formed, called "The First Church of Jesus Christ (Congregational) in Utah" and within several months the Sunday School numbered 150 people.

Taken from writings by Rev. Frank Blish and Mary Dawn Coleman.
More next month

FROM OUR MODERATOR-Cissy Wolff

Our church's Thursday night book group has been reading The Great Spiritual Migration by Brian McLaren. In the book the author states, "that in the place of uncertainty, it is tempting to freeze in paralysis or flee in fear." However, "When we are filled and guided by the Spirit, we work together. We honor each member. We value diversity. We function as one. And we move."

Our church is making some big decisions that put us in a place of uncertainty. But we are not frozen in paralysis. Instead, we have chosen to move toward wonderful renewal.

We are finding leaders and volunteers by electing Moderators and a Nominating Committee. We are finding people willing to seek a pastor by electing a Pulpit Committee. We are finding new ways to function as a gathered community by revising our bylaws. We are determining who we are, what we dream to be, and what we stand for as we evaluate potential buyers for our property.

Please read through the articles in this Clarion and read through the emails from church. Find out what you can do as our gathered community, "cemented together by mutual love, honor, and respect," works together to determine the future of our church.

FROM THE DEACONS



This year, Lent will comprise the entire month of March, having started with Ash Wednesday on February 17th. We hope you had a chance to virtually attend the worship for Ash Wednesday. The next Lenten activity will be our first Wednesday Lenten Program on the evening of March 3rd. Rev. Janie will be leading a Zoom presentation and discussion on the events leading up to the crucifixion. The Zoom format is necessary to allow discussion between the participants. Though we recognize that not everyone is familiar and comfortable with this type of computer platform, it is the best we can do under the circumstances. Please do not let a reluctance to try it stand in the way of your participation. There are many FCC folks who would gladly help setting it up on your device, to getting you “one click away” from being part of the event. A call or email to Kristi will put you in contact with someone, though not a “tech geek”, who has sufficient computer knowledge as well as empathy and patience in abundance to get you going and comfortable.

The second Lenten Program is planned for Wednesday March 24th, continuing along the same theme of pre-crucifixion events. This will still leave two weeks of Lent, with Holy Week occurring over the first week of April. Last year’s Agape Feast was cancelled due to the pandemic, and this year a virtual event will be planned. The deacons are currently contemplating possible programs, and these will be finalized at our next Board meeting in early March, with details going out via emails and announcements during the Sunday worship.

As the Covid vaccines become more-widely distributed, it is hoped that in-person worship can be contemplated in our near future. By the end of March, most of our congregation will likely have received the “jab”, allowing re-evaluation of worship in the sanctuary. As the situation evolves, we will continue to seek and follow the advice of our Parish Nurses, who are closely monitoring health directives and recommendations.

FROM THE OUTREACH BOARD



The selected organization for Outreach donations for May 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. They have one entire garden just for growing tomatoes. It is the Grateful Tomato Garden on 600 E and 800 S. They offer workshops on gardening and the produce often goes to poorer families who have learned to grow some of their own food. Workshops are open to everyone. Due to Corona Virus this spring, their workshops are on hold.

In 2020, Wasatch Community Gardens’ signature Salt Lake City campus, 615 E. 800 South, underwent an expansion that includes more gardens, a greenhouse, indoor classrooms, a kitchen, a community center, office space and — in a twist mandated by the city — an eight-unit affordable apartment complex.

Public health research shows that inner city communities have poor health outcomes because of the lack of green grocers where community members can purchase fresh produce; often residents are only able to shop at convenience stores. Purchasing food at convenience stores results in high calorie, nutrient poor eating patterns resulting in obesity and other co-morbidities like diabetes and heart disease.

Wasatch Community Gardens has helped communities to establish gardens in unused blocks of the city, on school grounds, and is involved in a capital campaign to raise money to purchase a larger area of ground for a demonstration garden and the organization’s headquarters.



Parish Nurse Health Tip: Part 1

Could Decreasing Inflammation Be the Cure for Everything?



*It hardly sounds serious at all. An inconvenience, perhaps, like maybe a mild fever or a creaky joint. In the lexicon of aging and disease, there are far more worrisome words: cancer, heart disease, dementia, and diabetes. But researchers have suspected for years that all of these health issues, and more, have at their heart one common trigger: **low-grade inflammation**.* Inflammation plays a role in everyone's health. When inflammation levels increase, so does the risk of disease. But understanding inflammation can be tricky because, when you get a disease, inflammation levels naturally increase as your body fights the condition. Inflammation, in other words, is both good and bad.

What exactly is inflammation?

Think about when you catch the flu and your body temperature rises to fight the virus. That's a form of inflammation. So is the redness and swelling that occur when you sprain your ankle; it's the process your body uses to provide the healing chemicals and nutrients needed to help repair the damage.

- These are examples of ***acute inflammation***, a temporary, helpful response to an injury or illness. Once the danger goes away, so does the inflammation.
- ***Chronic inflammation***, on the other hand, is a slow, creeping condition caused by a misfiring of the immune system that keeps your body in a constant, long-term state of high alert.

It's often the chronic inflammation, not the viruses themselves, that causes much of the damage.

Why is chronic low-grade inflammation a problem?

Over time, inflammation damages healthy cells. Here's why: When cells are in distress, they release chemicals that alert the immune system. White blood cells then flood the scene, where

they work to eat up bacteria, viruses, damaged cells and debris from an infection or injury. If the damage is too great, they call in backup cells known as neutrophils, which are the hand grenades of the immune system — they blow up everything in sight, healthy or not. Each neutrophil has a short life span, but in chronic inflammation, they continue to be sent in long after the real threat is gone, causing damage to the healthy tissue that remains. The inflammation can start attacking the linings of your arteries or intestines, the cells in your liver and brain, or the tissues of your muscles and joints. This inflammation-caused cellular damage can trigger diseases like diabetes, cancer, dementia, heart disease, arthritis and depression. And because it's low grade, it's slow and secret nature makes it hard to diagnose in day-to-day life. You have no idea it's even happening until those conditions show symptoms.

How can something natural to our bodies be so toxic to our health?

It can be complicated to figure out if inflammation is friend or foe. Looking at the four main causes of chronic inflammation, however, sheds some light.

- **An outside infection that's hard to kill:** You contract a chronic infection like Lyme disease that lingers in the body for a long time. Your body responds with inflammation that also lingers a long time. In fact, it's often the chronic inflammation, not the viruses themselves, that causes much of the long-term damage related to these diseases.
- **Genetics:** You inherit a genetic propensity toward a health issue. In some cases, the genes related to these health issues can be turned on by inflammation: Diabetes and cancer are two genetically related diseases that can be triggered by inflammation. In other cases, the gene itself causes a misfiring of the immune system that causes the inflammation in rheumatoid arthritis, multiple sclerosis, lupus and other diseases.
- **Environment:** Pollution, air and water quality, environmental allergies and a host of other environmental factors can trigger and sustain inflammation.
- **Lifestyle:** Obesity, unregulated stress, tobacco use, drinking too much, lack of physical activity, lousy sleep and, of course, poor diet are all linked to chronic inflammation.

And getting older increases inflammation, too?

Unfortunately, yes. The older we are, the more exposure we've had to stuff like environmental toxins, stress, alcohol, bad foods and chronic diseases. Plus, aging makes it more difficult for our bodies to properly manage our immune systems, to extract nutrients from food and to shed extra pounds.

So what makes chronic inflammation happen?

Chronic inflammation is a cascading effect of reactions in the body. Here's a basic breakdown of what's going on.

- **Something triggers the immune system.** Whether it's a chronic disease, an autoimmune disorder, weight gain, psychological stress, poor nutrition, and exposure to chemicals or allergens — something puts your body in a state of stress and keeps it there.
- **The immune system responds.** The body goes into attack mode with its inflammatory response, which also includes blood vessel expansion to increase blood flow to the problem areas. Blood is the primary delivery system for all these substances.
- **And responds ... and responds ... and responds.** An endless cycle of pro-inflammatory foods, rampant stress, bad sleep and more keeps this process in constant motion because we never give the body a break.

This is the end of Part One. What to look forward next month in Part Duex: Symptoms? What are “pro-inflammatory foods”? What soothes? What activities will reduce inflammation? How do I know if I have chronic inflammation? Can't I simply take ibuprofen? Treatments? How easy is it to be tested? Management? And other fun stuff.

Sources: AARP Bulletin, Mike Zimmerman, AARP, November 1, 2019, Dana DiRenzo, Johns Hopkins University School of Medicine, Baltimore, Robert H. Shmerling, Beth Israel Deaconess Medical Center, Boston, Thomas Buford, University of Alabama Birmingham School of Medicine, Roma Pahwa, National Institute of Health

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3. Enter your email as it's listed in our church directory.
4. Follow the directions on screen to complete the login process.



March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Deacons Meeting – Zoom @7pm Ekklesia Meeting Heritage Room @6:30pm	3 Men's Breakfast 7am Pastor Coffee – Zoom 10am	4 Zoom Book Group 7pm	5 Ekklesia Meeting Fireside Room and Heritage Room 4pm- 8pm	6 Ekklesia Meeting Fireside Room and Heritage Room 4pm- 8pm
7 Facebook Live Worship Service 10:30am every Sunday until Further Notice Ekklesia Building Use 9am -1pm Downstairs	8	9 Zoom CE Meeting @7pm Ekklesia Meeting Heritage Room @6:30pm	10 Pastor Coffee – Zoom 10am	11 Zoom Book Group 7pm	12	13
14 Ekklesia Building Use 9am -1pm Downstairs	15	16 Ekklesia Meeting Heritage Room @6:30pm	17 Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline	18 Zoom Book Group 7pm	19	20
21 Ekklesia Building Use 9am -1pm Downstairs	22	23 Ekklesia Meeting Heritage Room @6:30pm	24 Pastor Coffee – Zoom 10am	25 Zoom Book Group 7pm	26	27
28 Ekklesia Building Use 9am -1pm Downstairs	29	30 Kristi Out of Office til April 6 th . Will be back in the office April 7th	31 Pastor Coffee – Zoom 10am			

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

FCC ran a \$4,363 deficit in January. Over the first seven months of this fiscal year the deficit was \$10,817. Consequently, the general fund balance fell from \$199,490 on June 30 to \$188,673 on January 31.

Unrestricted Giving was \$3,345 in January, \$7,072 below budget. Unrestricted Giving year-to date was \$53,611, \$19,133 less than the \$72,744 budgeted for the seven months.

Total church revenue was \$16,116 in January and \$154,607 year-to -date. Reimbursements from the FCC Trust accounted for \$3,105 of the month's and \$48,761 of the year-to-date revenue, respectively. In January T-Mobile reimbursed FCC \$2,663 for its share of property taxes FCC had to pay in 2020 because of its lease income from T-Mobile and AT&T Cellular.

Expenses year-to-date are near budgeted amounts in most categories. Utilities and Inside Maintenance expenses combined are about \$4,300 below budget. Outside maintenance is nearly \$36,000 below budget because a couple major projects slated for this year have been deferred.

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 \$83,036 - \$19,567 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 \$30,384 this fiscal year.

TREASURER'S REPORT

For Period Ending January 31, 2021

CHURCH GENERAL FUND	January	Fiscal Year-to-Date
Unrestricted Contributions	\$3,345.00	\$53,611.00
+ Other Unrestricted Revenue	\$11,891.42	\$98,177.16
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$880.00	\$2,818.50
= Total Income	\$16,116.42	\$154,606.66
Total Expenses	-\$20,479.72	-\$165,423.23
= Net General Fund Surplus (-Deficit)	-\$4,363.30	-\$10,816.57

Data for comparison

YTD Budgeted Unrestricted Contributions	\$72,744.00
YTD Budgeted Total Income	\$206,833.00
YTD Budgeted Total Expenses	-\$210,210.90
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$7,438.67

DESIGNATED ACCOUNTS

Designated Contributions	January	Fiscal Year-to-Date
All Outreach Contributions	\$410.00	\$2,595.00
Other Designated Contributions	\$0.00	\$120.00
= Total Designated Contributions	\$410.00	\$2,715.00

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

March 2021

ADDRESS SERVICE REQUESTED