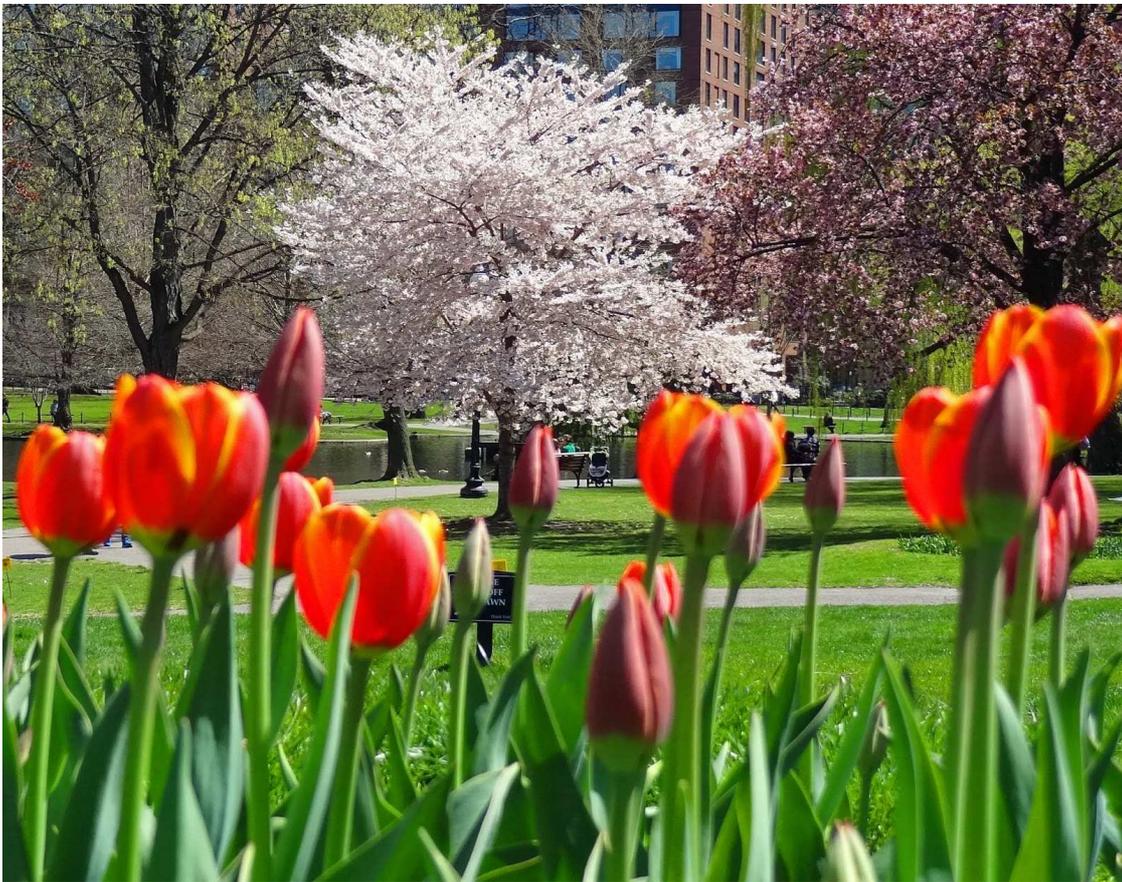


CONGREGATIONAL CLARION

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

March 2022



“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:	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

Janie's Jottings ~

So many changes in two years! As I was speaking with Fr. Trace Browning on Sunday, we both agreed what a strange time Covid has been. It has been a time of much indecision – can we be open or will we wait? What can we do now? When can we do things the way we used to? And yet, you've been able to make some important decisions about the future, and part of that future is to share space with All Saints Episcopal Church. So, one step in that direction is to begin by sharing Ash Wednesday service with them. They observe Ash Wednesday at three times – 7:00am, noon and 7pm. In talking with the Deacons and with Fr. Browning we thought the 7:00pm most comfortable for our church so we are invited to join with them for that service. (If you wish to go earlier, I'm sure they won't chase you away.) This is a beginning – to get acquainted and to meet one another, and it's a great opportunity to begin now to experience the wonderful hospitality of All Saints.

There are still unknowns but so many are working on various parts of this puzzle called transition. I give thanks for all who have stepped into new leadership roles during this Interim time. I know the nominating committee is still seeking persons to fill key roles, but I know there are very capable people here among you.

As we head into the season of Lent, I want to invite you to join in a conversation about prayer. We'll meet by zoom on March 9, 23 and April 6 at 7:00 pm so if you'd like to join us, please ask for the zoom link. (Either Kristi or I can provide it.)

Blessings to all! It will soon be Welcome Spring!

Discipleship Moment

The report from the Pulpit Committee highlighted how our church already has many of the characteristics of a thriving, successful church.

Other boards and committees such as the Outreach Board, and Council have reflected on the topics of: What is church and why do we choose to be part of this community of faith? What we found is that this gathered community has inspired us to model the life of Christ. We have so many in our congregation who emulate how Jesus wants us to live by doing so many wonderful things in the community. Beginning February 20th, we will invite different members and friends of First

Congregational Church to share their volunteer activities, their activism, and their involvement in organizations. We will highlight how this community of faith has inspired people to do so much good in the world. Please let us know about the groups that you are involved in and stay tuned to be inspired by all the good that is happening by people in this community of faith.

FROM THE FCC OFFICE MANAGER

CLARION DEADLINE

April Clarion Deadline will be March 16th. You can email your articles or leave them in the church office. firstcongo@gwestoffice.net

DAYLIGHT SAVINGS - Spring Forward on Sunday, March 13th.

Remember to set your clocks ahead one hour before you go to bed on Saturday. SPRING FORWARD

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 co-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.

VACATION DATES

I will be out of the office April 12,13,14,15,19. Please plan accordingly. I will be printing bulletins for Palm Sunday and Easter Sunday as well as Maundy Thursday and Good Friday the Week prior (April 5-8). If you have announcements or bulletin items please let me know. I will be checking emails and will respond to any urgent matters while I am away.

Current Situation at FCC

Members should all know by now that a special Congregational meeting was held on Sunday, January 9, 2022 in the sanctuary immediately following the service. **The purpose of the meeting was to vote on the sale of the church's building and land.** The resolution to enable the moderator to sign the Preliminary Sales Agreement (PSA) and any other documents that are needed to allow the sale to proceed was passed by a vote of 39 to 3 of those members in attendance. The PSA was signed on January 12th and the sale of FCC's land and building is proceeding. We are currently in the due diligence phase that will take between 4 and 6 months. Following the closing, we will have 45 days to remove anything that we wish to take with us.

****Please note that all information regarding the sale is confidential. As is typical in such transactions (and specified in the proposed Purchase and Sale Agreement), release of sale details is entirely at the discretion of the buyer. Details of the proposed sale were available to church members (the seller) at the informational meetings or by request. All the proposed sale particulars, including, but not limited to purchase price, buyer's name, and intended purpose should be only discussed with church members. Please refer all inquiries from outside sources to a member of council. ****

The current council consists of: Mike McIntire, Bill Brown, Carla McIntire, Marge Kimes, Phil LeHoux, Glenda LeHoux, Paul Kelley, Scott Hansen, Cissy Wolff and Patti Garver.

We are currently engaging with All Saints Episcopal Church (just a couple of blocks north of us on Foothill Dr.) to use office and worship space at their location. They have been very open to sharing space with us and this looks like an excellent solution to our immediate problem of a new home. We will not have to Jockey for a time slot on Sunday as was problematic with other locations we explored.

We as a council are also working on committees to find homes for our stained glass and organ. Also ongoing is the search for a new permanent minister. Janie has been very accommodating as our

Interim Pastor during this time of transition and we thank her very much for that.

During this period there are many tasks to accomplish and all volunteers are welcome as we prepare to move. There are groups to inventory the items that we will either keep, donate, sell or scrap; to arrange storage for things that we cannot store at our new meeting place; to keep exploring new homes or uses for the stained glass and organ; to arrange for the physical move; and others yet to be formed. Everyone's help is needed and it is a chance to be involved with our new vitalization. This is our 157th year, but not our last so please consider how your gifts and talents can be used in this effort.

We are also preparing for our Spring meeting where we select new moderators and a nominating committee. Again, please consider that Christ's Church is not a building but it's people and we are all a part (not apart). Another area that we are considering is how the change in our not having a building and our size will affect our organization (i.e. boards and council). Any suggestions are welcome and please consider signing up for boards or committees for the coming year.

In Christ's name, your current moderator,

Mike McIntire

LENTEN STUDY – “Looking at Prayer”

Lenten Study will be held via Zoom at 7pm on March 9, 23 and April 6th. Please watch your emails for the Zoom link.

CONGREGATIONAL MEETING MARCH 20TH

A congregational meeting will be held on Sunday, March 20, 2022 to elect the Moderator, Associate Moderators, and a Nominating Committee. We are accepting nominations to serve as Moderator and Second Associate Moderator, Bill Brown is the current nominee for 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.

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 or Cissy Wolff if you have any questions or if you would like to volunteer for one of the Moderator positions, Nominating Committee or one of our boards.

Faith Into Action

First Congregational Church has added its name to a list of endorsing organizations to support Governor Cox's \$228 million proposals for addressing housing affordability and homelessness. **This can build a lasting change in Utah.**

[This three page document](#) from the Salt Lake Valley Coalition to End Homelessness does a very good job explaining how the Governor's proposals would make a difference at the local level.

First Congregational Church continually strives to be a place that inspires all of us to model the life of Christ.

Link To Document:

<https://endutahhomelessness.org/wp-content/uploads/2022/01/Legislative-4-page-Single-Fold-Final-1.pdf>

Outreach for March - Wasatch Community Gardens

Our Outreach donations for the month of March will go to Wasatch Community Gardens. The mission of Wasatch Community Gardens is to empower people to grow and eat healthy, organic, local food. Since 1989, we have provided children, adults, and families in Salt Lake County with access to land and education for growing and eating fresh produce, while building and nurturing community connections through gardening and healthy food. We accomplish this through four main programs: Community Garden, Community Education, Youth and School Garden, and Job Training Programs. We envision a community where everyone values and has access to growing and eating healthy and delicious food. Wasatch Community Gardens core values are inclusion, collaboration, joy, and stewardship. After 2 years of keeping the community safe with virtual gardening education, in Feb 2022 they returned to in person workshops.



OUT & ABOUT

Park City Artists Association Exhibit at Red Butte Garden.

"Dreaming of Spring" is the theme.

Tues. March 1, - Sun. April 3, 2022

Open 9-5 Mon.-Sun. with free parking.

Our Art Group Exhibit will include oils, watercolors, acrylics, encaustic, glass, photography, textile scarfs, jewelry and metal yard art.

There is no fee to look and shop at the show.

Our exhibit helps to support Red Butte Garden.

Artists' Reception: Sat. March 5th, 2-5pm with

Live Music by Sophie and Jane Hansen.

Light refreshments served.

RED BUTTE GARDEN VISITORS CENTER

300 Wakara Way, SLC, Utah 84108

801-585-0556

Hope to see you there!

Any questions call or text - Jeanne Hansen 801-209-2823





Parish Nurse Health Tip

Things You Are Doing Wrong In The Shower

Common Showering and Bathing Mistakes

Who knew we were doing it

wrong?

Bathing Too Often

Showering every day may be a habit, but unless you're grimy or sweaty, you may not need to bathe more than a few times a week. Washing removes healthy oil and bacteria from your skin, so bathing too often could cause dry, itchy skin and allow bad bacteria to enter through cracked skin. When you expose your body to normal dirt and bacteria, it actually helps strengthen your immune system. Plus, showering too often wastes water. **Still, make sure you are washing your hands frequently!**

You Scrub Your Body During Washing

People are too aggressive with loofahs and washcloths. Loofahs are terrible for scrubbing because they're rough and can remove the skin's natural protective barrier. Use a soft washcloth and gently glide it over skin with minimal rubbing.

You Don't Rinse Well Enough

It's important to make sure all soap and hair products are completely rinsed off. Lingering products can lead to skin irritation and clogged pores, which can cause acne. Prevent "back acne" (pimples on your back) by rinsing your hair with your head tilted to the side, allowing the shampoo and conditioner to run right into the drain and not down your back. Hmmm. I'll get right on that one.

Using the Wrong Soap

Antibacterial soaps can kill too much bacteria, including the good kind. This can allow bad bacteria that are resistant to antibiotics to move in. Harsh soaps can dry out your skin, so stick with mild soaps with added oils, gentle cleansers, or shower gels with added moisturizers. Bar soap without any moisturizing agent, like many antibacterial deodorant soaps, can really dry out your skin. Look for bars with stearic acid in the ingredient list or "moisturizing," advertised below the name. If you have eczema or sensitive skin, scented soaps can irritate your skin. Use fragrance-free soaps instead.

Not Washing Your Towel Often Enough or Sharing Towels

Damp towels are a breeding ground for bacteria, yeasts, mold, and viruses. A dirty towel can cause toenail fungus, jock itch, athlete's foot, and warts. Yikes! To avoid this, change or launder your towel at least once a week and make sure it dries between uses. Hang it spread out on a towel bar rather than from a hook to help it dry quicker. Wash towels more often when you're sick and if your home is humid. Don't we sometimes think, oh, we just showered, our body is clean, and we are drying off a clean body? We don't EVER need to wash our towels. Don't share towels, loofahs, or shower puff scrubbers even with family members.

Not Cleaning Your Loofah and Little Shower Puff Scrubbers

Loofahs are great for scrubbing, but their nooks are the perfect hiding place for germs. You should clean your loofah weekly by soaking it in diluted bleach for five minutes and rinsing well. Although it's convenient to store your loofah in the shower, it's safer to shake it out and hang it somewhere cool where it will dry faster. You should replace a natural loofah at least every 3 to 4 weeks and a plastic scrubber one every 2 months.

Blasting Hot Water

A long, hot shower feels so good, especially in winter, but hot water removes your skin's natural oils and can leave you dry and itchy. Protect your skin by sticking with warm water and keeping your shower to 5 to 10 minutes. This is especially important if you have a skin condition like eczema or psoriasis.

Washing Your Hair Too Often

Unless you have an oily scalp, you probably don't need to wash your hair daily. If you have curly, coarse, or chemically treated hair, wash your hair less often to keep it from getting too dry. Try going longer between washes and see how it feels. Even if you exercise or sweat every day, it's best to keep a regular hair-washing schedule. As you get older, you don't need to shampoo as often because your scalp makes less oil.

You Scrub Your Scalp With Your Fingernails

A good scalp scrub can feel refreshing, but you're actually doing more harm than good if you use your fingernails to wash your hair. Your fingernails can scratch the scalp and even cause flaking. Instead, to properly wash your hair, use your

fingertips to work up a lather. It's also important to avoid aggressively rubbing strands of hair between your hands, which can damage it and cause split ends.

Not Installing a Grab Bar – Amen and Amen

Tens of thousands of people in the U.S. fall and get hurt each year while bathing or getting in or out of the tub or shower. A grab bar can help prevent falls. It's also a good idea to put nonslip mats inside bathtubs and showers.

Not Cleaning Your Showerhead

Your showerhead is an ideal home for bacteria, which love to grow in its small, damp, dark holes. When the water runs, the bacteria can enter the air you breathe. This is hard to avoid, but you can remove and clean the showerhead in boiling water to help kill the bacteria. It also helps to run hot water for a minute before you get in the shower, and drain as much water as possible from the showerhead when you're done bathing. There are tons of videos on how to clean your showerhead on YouTube.

Not Moisturizing Right After

Lotion, cream, or any moisturizer works by trapping the moisture in your skin. The best time to put it on is right after you bathe. Apply moisturizer within a few minutes of drying off. Make use of the ambient heat from the shower and humidity in the bathroom and put on moisturizer within minutes of showering. Lotion soaks into skin best when it's a little damp. Anyone who has had eczema knows this trick.

Using Soap Where You Shouldn't

Not all areas of your body need soap in order to get clean. Limit soap to your armpits, groin, feet, hands, and face, and stick to warm water for the rest of your body. This will help keep your skin from getting too dry. Using soap in your vagina could irritate it and upset the balance of natural bacteria, which can lead to bacterial vaginosis. Your vagina cleans itself.

Keeping Minor Cuts Covered

There's no need to keep minor cuts dry or cover them for showering. If you have a minor wound, it's best to take the bandage off and clean it every day with soap and warm water, and the shower is a great place to do that. Put on a new bandage

after you dry off. Your primary care provider will tell you how to care for more serious wounds.

Not Running the Bathroom Fan

The bathroom can get mighty humid during a bath or shower, and over time that moisture in the air can damage your woodwork and drywall. It also makes a welcome home for mold and bacteria to grow. Turn on the bathroom fan or vent every time you bathe to help control the humidity, and leave it on until the humidity goes down after you're done showering.

Not Cleaning Your Shower Curtain

Shower curtains can be a sneaky place for bacteria to hide. For most people, the soap scum that builds up is just gross, but if your immune system is compromised it could be a problem. Clean or change your shower curtain regularly to stay safe.



O-o-o-o, after reading this, I want a shower. Or do I?

Source: WebMD, November 2021, Alyssa Jung, The Healthy Newsletter, April 7, 2021, Sandy Johnson, MD, Johnson Dermatology, Fortsmith, AK, Mona Gohara, MD, Advanced DermCare, Danbury, CT

Deacon's Report

We really encourage everyone to attend church services, especially as we head in to the time of Lent. If you are attending via Facebook, please comment so we know you are listening. We are making plans for Ash Wednesday (March 2) at All Saints at 7pm. Janie has spoken with the Pastor at All Saints about interest in doing some combined services during Lent.

There will be Wednesday evening Lenten virtual services focused on Prayer. These will be held on March 9 & 23, and April 6.

We've encouraged Teresa Clawson to make full use of our wonderful organ for our church services as long as we are still in our sanctuary.

Allie Garver will be the speaker on Mother's Day, although not yet a graduating senior. And Ken Rockwell is watching for the opening of SL Parks & Rec. for claiming a date for our Outdoor Worship Service in June.

March 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Men's Breakfast @7am Coffee With Pastor via Zoom @10am Ash Wednesday Shared Service at All Saints @7pm	3 Choir Rehearsal @7pm	4	5 Deacons Meeting via Zoom @10am	6 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
7 AA Group Meeting 7pm Fireside Room	8	9 Lenten Study Via Zoom @7pm	10 Choir Rehearsal @7pm	11	12	13 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
14 AA Group Meeting 7pm Fireside Room	15	16 Coffee With Pastor via Zoom @10am Outreach Meeting 1pm Clarion Deadline Council Meeting @7pm	17 Choir Rehearsal @7pm Happy St. Patrick's Day	18	19	20 Worship Service In Person and Facebook Live @10:30am Congregational Meeting Following Worship Service Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
21 AA Group Meeting 7pm Fireside Room	22	23 Lenten Study via Zoom @7pm	24 Choir Rehearsal @7pm	25	26	27 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
28 AA Group Meeting 7pm Fireside Room	29	30 Coffee With Pastor via Zoom @10am Book Study Via Zoom @7pm	31 Choir Rehearsal @7pm			

April 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
4 AA Group Meeting 7pm Fireside Room	5 Kristi Printing bulletins for Holy Week this week. Please plan accordingly	6 Men's Breakfast @7am Coffee With Pastor via Zoom @10am	7 Choir Rehearsal @7pm	8	9	10 Palm Sunday Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
11 AA Group Meeting 7pm Fireside Room	12 Kristi Out of Office through March 19 th Will be back in office the 20 th	13 Book Group via Zoom @7pm Kristi Out of Office	14 Maundy Thursday Choir Rehearsal @7pm Kristi Out of Office	15 Good Friday Kristi Out of Office	16	17 Easter Sunday Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
18 AA Group Meeting 7pm Fireside Room	19 Kristi Out of Office	20 Coffee With Pastor via Zoom @10am Clarion Deadline Council Meeting @7pm	21 Choir Rehearsal @7pm	22	23	24 Worship Service In Person and Facebook Live @10:30am Marshallese UCC Worship Service 2pm – 5pm Sanctuary/SS Room/Nursery/Fireside Room/Kitchen/Gym
25 AA Group Meeting 7pm Fireside Room	26	27 Book Group via Zoom @7pm	28 Choir Rehearsal @7pm	29	30	

Treasurer's Explanation of the Church Financial Report –

January 2022 FCC ran a \$10,060 deficit in January. For the first seven months of this fiscal year the deficit was \$23,484. The general fund balance fell from \$183,595 on June 30 to \$160,127 on January 31, 2022.

Unrestricted Giving was \$4,015 in January, \$4,193 below budget. Unrestricted Giving year-to-date was \$58,586, \$192 above budget and \$4,975 ahead of Unrestricted Giving a year earlier at the end of January 2021.

Total church revenue was \$16,064 in January. Revenue for the first seven months of this fiscal year was \$128,903. Reimbursements from the FCC Trust accounted for \$18,358 of this fiscal year's revenue.

Expenses through January were \$12,871 under budget. Inside and Outside Maintenance spending is approximately \$8,823 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 \$25,434 budgeted through January only \$4,561.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through January. Revenue from those sources totaled \$60,819 - \$19,307 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through January fell short of covering the cost of employees, administration, and church activities by \$42,790.

TREASURER'S REPORT

For Period Ending January 31, 2022

CHURCH GENERAL FUND	January	Fiscal Year-to-Date
Unrestricted Contributions	\$4,015.00	\$58,586.38
+ Other Unrestricted Revenue	\$12,049.00	\$66,011.55
+ Transferred to General Fund from Designated Accounts	\$0.00	\$4,305.00
= Total Income	\$16,064.00	\$128,902.93
Total Expenses	-\$26,123.60	-\$152,386.82
= Net General Fund Surplus (-Deficit)	-\$10,059.60	-\$23,483.89

Data for comparison

YTD Budgeted Unrestricted Contributions	\$58,394.00
YTD Budgeted Total Income	\$145,049.00
YTD Budgeted Total Expenses	-\$181,404.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$12,871.11

DESIGNATED ACCOUNTS

	January	Fiscal Year-to-Date
Designated Contributions		
All Outreach Contributions	\$480.00	\$5,720.00
Other Designated Contributions	\$0.00	\$30.00
= Total Designated Contributions	\$480.00	\$5,750.00

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

March 2022

ADDRESS SERVICE REQUESTED