

CONGREGATIONAL CLARION

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

May 2022



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



GOT GRADUATES?

We would like to honor all in our church family who will be graduating from high school or college. Please call or email the church office with this information. We will list our graduates in the June Issue of the Clarion so get your information in by May 18th.



Secretary's Travel Plans for May

Kristi will be out of the office May 19th and 20th, please plan ahead if you need anything from her before she leaves.

CLARION DEADLINE



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

firstcongo@qwestoffice.net

ANNUAL REPORTS DEADLINE

All annual reports need to be turned in to the church office (firstcongo@qwestoffice.net) in final, print ready, electronic form by May 18, 2022. This will give the office time to get the Report booklet ready for the meeting. Thank You. If you have any questions please call the church office at 801-487-1357.

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 – Diane Forster-Burke

Lent and Easter time was very special with several activities in our church home: Lenten Programs on 3 Wednesdays, Maundy Thursday, Good Friday, and of course, Easter Sunday. The sanctuary was wonderfully fragrant with the smell of the lilies. We were able to thank Rev. Janie for her dedication to us over the past 2 years.

Phil LeHoux has been diligently working on “pulpit fill” for each Sunday since Easter. If you would like to do a sermon or know of anyone to recommend, please talk to Phil.

We have been treated to some wonderful organ music played by Teresa Clawson. We want to have an opportunity to celebrate our glorious organ so we are planning an organ concert on Thursday May 26th. The concert will be free and will feature Teresa and others at the organ.

Our Outdoor Worship Service will be June 12th at Mountain Dell in Parleys’ Canyon. This service will have a Camp focus. We will have a lunch following the service.

After the choir finishes singing for the year in May, we will be looking for music to be played as special music over the summer months. Please contact a Deacon if you would like to perform or know of someone who might perform for our services.

Marilyn Felkner and Susan Baer are collecting photos of church activities where the building is featured within the photo. If you have such photos, please see either Marilyn or Susan.

OUT & ABOUT - The 98th Annual Spring Salon is at the Springville Museum of Art. Wed. April 27, Opening Reception 6:30-8pm. through Sat. July 2, 2022. No admission fee. Hours: Tues, Thurs, Fri, & Sat. 10am-5pm, Wed, 10am - 8pm. Closed Sun & Mon.

SPRINGVILLE MUSEUM of ART

126 East 400 South

Springville, Utah 84663

801-491-5705 smofa.org

Jeanne Hansen’s Watercolor painting juried in is titled: “Bryce-A Connection Afar with Mars” - Enjoy!



MAY OUTREACH

Our Outreach donations for the month of May will go to the International Rescue Committee, www.rescue.org. Founded in 1933 at the request of Albert Einstein, the IRC is now a global non-governmental humanitarian aid and relief organization. It helps people affected by humanitarian crises to survive, recover, and rebuild their lives, and is currently at work in more than 40 crisis-affected countries as well as communities throughout Europe and the Americas. It is particularly active in helping refugees and people displaced and affected by war. In the U.S., for example, it works in 26 cities to resettle refugees and help them become self-sufficient. Most recently, it has launched an immediate emergency response to the war in Ukraine in order to help the millions of people displaced and suffering on account of that war. Please consider giving generously to this fine organization.

GARDEN of GRACE SPRING RENEWAL RECAP

We worked hard to trim back the bushes, weed, add Preen with a layer of Wood Mulch on top. Steve Deakins carefully trimmed around each of our pathway stones from the Old Testament, New Testament to the Pathway to Hope. Take a stroll and check it out! Great thanks to our Guardians of the Garden of Grace: Jon and Scott Hansen and Steve "The Deak". Enjoy this beautiful Spring Weather!



Parish Nurse Health Tip



Are You Dehydrated?

I know. It seems like the whole world walks around with either a water bottle or a cup of coffee. However, let's take a closer look.

1. What is "Dehydration"? It's when you lose more water than you take in. That makes it harder for your body to do some basic jobs, like keeping your temperature steady and clearing out waste. You lose water in your sweat, tears, and every time you go to the bathroom. Even breathing takes a little out of you.
2. How Lack of Water Affects You More than half your body weight comes from water. So if your levels are off, it can show up in a surprising number of ways. Mild dehydration can make you feel tired, give you a headache, and affect your mood and focus - even give you bad breath. And when you push yourself hard at the gym, all that sweating actually lowers how much blood you have for a bit.
3. Is Thirst a Sign I'm Dehydrated? Yes, but no need to panic. By the time you get the urge to quench your thirst, you're already a little dehydrated. As long as you pay attention and snag a drink when your body tells you to, it's not a problem. For older adults, the lag might be a little longer. So it can help to make a habit of drinking water before you feel thirsty.
4. Who is it Likely to Happen to? You can lose over a gallon of water a day if you have diarrhea and throw up. Babies and kids are more likely than adults to get dehydrated because they're smaller. Older adults need to be on the lookout because your sense of thirst gets duller with age. Kidney disease and some health conditions can make your body get parched. Pregnant or breastfeeding women need to drink more than usual.
5. Symptoms in Young Children Babies and little kids can't always tell you what's going on with their bodies. Look for a dry tongue, no tears when crying, no wet diapers for 3 hours, and more fussiness than normal. When it's more severe, their mouths will be dry and sticky, and their eyes and cheeks may look sunken. They also may breathe fast and have a fast or weak pulse.
6. Symptoms in Older Kids and Adults You might be thirsty, and your mouth might feel dry or sticky. You won't pee very often -- under 4 times a day. When you do go, there may not be much pee, and it'll be dark or have a strong smell. You may feel dizzy or lightheaded, and you may pass out. As it gets worse, your thirst cranks up. Your breathing and heart rate may be faster than normal. You can overheat, and you might feel confused or cranky. You might have headaches, experience fatigue, dry skin, decreased skin turgor and have poor concentration.
7. Should I Drink 8 Cups a Day? This old rule has zero science behind it. But it's fine as a rough guide. The amount you need to drink depends on how active you are, where you

live, and your overall health. If you're not sure you're drinking enough, check the color of your pee. Clear or pale yellow means you're all set. Darker means you need to drink up.

8. What About Electrolytes? They're just basic salts, like potassium, sodium, and calcium. But they have a hand in everything from how your nerves work to building healthy bones. Your electrolyte levels are closely tied to how much water is in your body. That means that if you've lost a lot of fluid, you'll feel thirstier and pee less as your body tries to get the electrolytes back in balance.
9. Do I Need a Sports Drink? Almost never. These blends of water, salts, and sugars are made for high-level athletes, like marathon runners. Most of us don't need anything more than water during exercise. You'll only have to work harder to burn off the extra calories from sport drinks. If you do intense training for more than an hour, then they can make sense. Plus they burn a hole in your pocket.
10. Oral Rehydration Solution When dehydration is mild or even moderate; you can often kick it with plenty of water. But if you have severe diarrhea or are throwing up, an oral rehydration solution might help. It's more often kids who need one. The special mix of salts and sugars is a closer match to what the body needs. You can buy it over the counter at a drugstore. Try Pedialyte.
11. When to Call Your Health Care Provider When you see symptoms of severe dehydration, call your doctor right away. It can hit kids quickly, so it's best to check in sooner rather than later. Signs include:
 - Diarrhea for more than 24 hours
 - Feeling dizzy, confused, or faint
 - Can't keep fluids down
 - No energy
 - Fast heartbeat or breathing
 - Black or bloody poop
12. Tips for Staying Hydrated
 - If you just can't remember to drink enough water, look for ways to build it into your day.
 - Make water your go-to drink.
 - Tip a glass at and between each meal.
 - Set a reminder on your phone to have a glass every hour.
 - Some people find that carrying a water bottle does the trick.
 - And if you're hankering for a snack, have water instead. Sometimes, our bodies confuse thirst for hunger.

Sources: Poonam Sachdev , Nourish Newsletter, WebMD, February 2022, Healthline Newsletter, December 7, 2021, Mayo Clinic Newsletter Dehydration.



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

FCC ran a \$4,310 deficit in March. For the first nine months of this fiscal year the deficit was \$34,687. The general fund balance fell from \$183,595 on June 30 to \$148,925 on March 31, 2022.

Unrestricted Giving was \$8,873 in March, \$2,145 more than budgeted. Unrestricted Giving year-to-date was \$73,139, \$1,740 more than budgeted and \$8,338 ahead of Unrestricted Giving a year earlier at the end of March 2022.

Total church revenue was \$16,634 in March. Revenue for the first nine months of this fiscal year was \$158,191. Rental income has fallen \$8,133 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 \$21,628 of this fiscal year's revenue.

Expenses through March were \$40,060 under budget. Inside and Outside Maintenance spending is approximately \$13,700 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 \$32,700 budgeted through March only \$5,275 has been spent.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through March. Revenue from those sources totaled \$72,598 - \$18,826 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through March fell short of covering the cost of employees, administration, and church activities by \$53,513.

TREASURER'S REPORT

For Period Ending March 31, 2022

CHURCH GENERAL FUND	March	Fiscal Year-to-Date
Unrestricted Contributions	\$8,872.55	\$73,138.93
+ Other Unrestricted Revenue	\$6,261.73	\$77,801.63
+ Transferred to General Fund from Designated Accounts	\$1,500.00	\$7,250.00
= Total Income	\$16,634.28	\$158,190.56
Total Expenses	-\$20,944.65	-\$192,877.11
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$4,310.37</i>	<i>-\$34,686.55</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$71,399.00
YTD Budgeted Total Income	\$181,242.00
YTD Budgeted Total Expenses	-\$232,937.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$17,008.45

DESIGNATED ACCOUNTS

Designated Contributions	March	Fiscal Year-to-Date
All Outreach Contributions	\$505.00	\$7,725.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	<i>\$505.00</i>	<i>\$7,755.00</i>

May 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Joanna Hart, Preaching 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles UCC Worship
2 AA Meeting Fireside Room @7pm	3	4 Men's Breakfast @7am	5	6	7 Marshalles UCC Using Gym/Kitchen/Fireside Room	8 Mother's Day Chasen Robbins, Preaching 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles UCC Worship
9 AA Meeting Fireside Room @7pm	10	11	12	13	14 Marshalles UCC Using Gym/Kitchen/Fireside Room	15 Ken Rockwell, Preaching 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles UCC Worship
16 AA Meeting Fireside Room @7pm	17 Printing May 22 nd Bulletin	18 Annual Reports Due Clarion Deadline Council Meeting 7pm	19 Kristi Out of the Office	20 Kristi Out of the Office	21 Marshalles UCC Using Gym/Kitchen/Fireside Room	22 Mary Janda, Preaching 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles UCC Worship
23 AA Meeting Fireside Room @7pm	24 Sanctuary Meeting Rental @6pm	25	26 Organ Concert at FCC	27	28 Marshalles UCC Using Gym/Kitchen/Fireside Room	29 Necrology Sunday 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles UCC Worship
30 Memorial Day AA Meeting Fireside Room @7pm	31					

June 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Men's Breakfast 7am	2	3	4	5 Annual Meeting Following Worship 10:30am In Person and Facebook Live Streaming Service 2pm Marshalles 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 Marshalles 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 2pm Marshalles 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 2pm Marshalles UCC Worship
27 AA Meeting Fireside Room @7pm	28	29	30			

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

MAY 2021

ADDRESS SERVICE REQUESTED