

# CONGREGATIONAL CLARION

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

November 2021



**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)

**Office Hours:**

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

**Sunday Worship Services:**

Traditional Worship at 10:30am in person and Live Streaming  
Nursery Provided

**Worship LIVE STREAMING - Facebook SUNDAYS @10:30AM**

<b>Interim Minister:</b>	Rev. Janie Gebhardt
<b>Moderator:</b>	Mike McIntire
<b>1<sup>st</sup> Assoc. Moderator:</b>	
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Bill Brown
<b>Treasurer:</b>	Paul Kelley
<b>Financial Secretary:</b>	Mike McIntire
<b>Church Clerk:</b>	Ken Rockwell
<b>Board of Trustees:</b>	Scott Hansen
<b>Board of Deacons:</b>	Diane Forster-Burke
<b>Outreach Board:</b>	Cissy Wolff
<b>Christian Education:</b>	
<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

**TIME CHANGE** Remember to move your clocks back (FALL BACK) for Sunday, November 7<sup>th</sup>.



## Janie's Jottings ~

“During these challenging times” . . . those words from the guy who promotes Viking River Cruises seem so appropriate for us too. We’ve navigated Covid quite well and have faced some big decisions – and now it seems we’re moving toward a new future. I’ve been thinking about what that future might look like for this church, but also what do we need or want to do in the days we still have in this place? By the time you see this we’ll be headed into November and decisions about holiday plans. As we spoke in Deacon’s meeting, we thought we’d do many of the traditional activities like advent candle lighting, a service of lessons and carols and some of the decorating (but not the BIG tree). I’d love to have volunteer families/ individuals for the Advent candle lighting – four Sundays of Advent plus Christmas Eve. I miss activities like Christmas Caroling or cookie exchanges (or maybe just favorite recipes), but some of those may not be recommended in this pandemic time. But are there activities you’d like to recommend?

I know the Emmaus Road window and the organ have been on people’s lists of items for special care, but are there other things? Marge Kimes has been diligently wading through many items of historical interest or significance and we’ll have to decide what needs to be saved. Are there things you are thinking of or particular actions you’d like to have us take as we prepare to leave a place that has sacred memories for many? As I was thinking about this, I thought about other places that have been special to me and would note we don’t always have opportunity to say farewell in a meaningful way. So please add your ideas for things we can share together as we move to a new chapter in our church life.



## **Deacons' Report for Clarion**

We are making plans for Thanksgiving and for Advent so please stay involved at FCC.

For Congregational History month and Thanksgiving, Ken Rockwell will do a sermon on Nov 21<sup>st</sup>. Deacons will host a coffee hour after this service. A Thanksgiving service will be pre-recorded for posting on Facebook live on Thanksgiving.

On November 27<sup>th</sup> at 10:00, we will decorate the church for Advent, aka "Hanging of the Greens". The Outreach Share the Warmth Tree will be used for decorating instead of the tall artificial tree that cannot be seen on our Facebook recordings.

Advent Devotionals from NACCC have been ordered. During Advent, we ask that members/friends sign up to do the lighting of the Advent candles and read a prepared script. Lessons and Carols will be Dec 19<sup>th</sup>. We are planning on a Christmas Eve service with details forthcoming in the December Clarion. For December 26<sup>th</sup>, there will be a pre-recorded Facebook service, so do not plan to attend church on that day. Janie and her husband will be celebrating their wedding anniversary on the 26<sup>th</sup>.



## **November Outreach collections will go to the**

### **Utah Food Bank**

For the month of November, we will be collecting financial donations for the Utah Food Bank. The Food Bank distributes food free-of-charge to a statewide network of 216 partner agencies located in all 29 counties. They also offer several direct service programs to help the most vulnerable populations-children and seniors.

Founded in 1904, Utah Food Bank has operated under various names, but has always remained true to their mission of *Fighting Hunger Statewide*. It is estimated that 410,000 Utahns, which equates to 1 in 8 individuals, are at risk of missing a meal on any given day. Even more alarming is that 1 in 7 Utah kids are unsure where their next meal is coming from. With the continued pandemic, many people are out of work and rely on the Food Bank and Food Pantries to provide them with needed food for themselves and their families.

With support from the community last year, the Food Bank distributed 70.2 million pounds of food, the equivalent of 58.5 million meals, to people facing hunger across the state.

The Food Bank is Utah's only member of Feeding America's nationwide network of more than 200 food banks. They are proud to be a part of the nation's leading domestic hunger-relief organization.

### **Planning Ahead**

Start collecting those warm hats, gloves, mittens, scarves, coats, and any other winter items for the **Share the Warmth Tree**. This beautiful tree filled with warm clothing will decorate our sanctuary during the Christmas season.

## **OUT & ABOUT**

You are invited to see the Park City Art Association Art Show at the Park City Library.

Theme: "Forget Not That the Earth Delights"

Sat. Dec. 4th - Mon. Feb. 28, 2022

Artist Reception: Wed Dec, 8th, 5-8pm

I have paintings in the art show: "Empire Peak" and

"It's Only Make Believe" featuring Jon Hansen, as a child and myself.

Park City Library

1255 Park Avenue

Park City, Utah 84060

435-615-5600

Hours: Mon-Thurs 10-9, Fri & Sat 10-6, Sun 1-5pm

I understand the show will also be online at [parkcitylibrary.org](http://parkcitylibrary.org)

Call or text me if you have any questions. Enjoy!

Jeanne Hansen 801-209-2823



## **HOLIDAY OFFICE HOURS**

November 25<sup>th</sup> and 26<sup>th</sup> - Office Closed

December 24<sup>th</sup> - Office Closed

December 28<sup>th</sup> and 29<sup>th</sup> - Office Closed

December 30<sup>th</sup> – Office Open during Morning Hours

December 31<sup>st</sup> – Office Closed

## **Know Anyone in Need of Rent or Other Financial Assistance?**

Many Utahns are struggling to find housing to rent or buy, or even afford the rent for housing they have. Utahns have many options for financial rental support:

- **Emergency rental assistance:** For renters who are unable to pay their rent and utilities due to circumstances related to COVID-19, apply at [rentrelief.utah.gov](http://rentrelief.utah.gov).
- **Other rental assistance and case management:** Contact Community Action Agency at [rentrelief.utah.gov/contacts](http://rentrelief.utah.gov/contacts) in your county or region to access other sources of rental assistance.
- **Live in Salt Lake City? There could be a program for you:** Contact Salt Lake City's Housing and Neighborhood Development department for help. Call 801-353-7712, or visit the city's [website](http://slc.gov/hand) at [slc.gov/hand](http://slc.gov/hand).
- **Renter-landlord mediation:** If talking or writing to your landlord isn't working, try mediation. For the Salt Lake Valley or Tooele, call Utah Community Action's Landlord-Tenant Mediator at 801-214-3109. For Summit and Wasatch Counties, call Mountain Mediation Center at 435-336-0060. For other Utah locations, call Utah Dispute Resolution at 877-697-7175.
- **Legal representation if dealing with an eviction:** Contact People's Legal Aid at [plautah.org](http://plautah.org) or call 801-477-6975, or contact Utah Legal Services at [utahlegalservices.org](http://utahlegalservices.org).
- **Need help paying your power bill?** Rocky Mountain Power customers can request [bill payment assistance](#) by calling 1-888-221-7070. The state of Utah also has a program called the [Home Energy Assistance Target \(HEAT\) program](#) to provide year-round energy assistance for low-income households throughout Utah. Apply by calling 1-866-205-4357.
- **Get help paying your internet bill:** A federal program called the [Emergency Broadband Benefit \(EBB\)](#) helps households struggling to pay for internet services during the pandemic. The program also seeks to connect eligible households to jobs, health care, and virtual classrooms. Check eligibility online at [getemergencybroadband.org](http://getemergencybroadband.org)
- **Need help paying for food?** Visit [uah.org/COVID19](http://uah.org/COVID19) for help from Utahns Against Hunger.
- **Get help paying for medical bills:** Contact Utah Health Policy Project for assistance signing up for health insurance through Utah Medicaid, CHIP, or the [healthcare.gov](http://healthcare.gov) marketplace. The website is in both [English](#) and [Spanish](#). For enrollment, call 801-433-2299.

## **Parish Nurse Health Tip**



### Common Walking Mistakes and How to Fix Them

*Everywhere is within walking distance if you have the time.*

*--Steven Wright*



#### The Wrong Shoe

Tennis and basketball shoes present problems. The stiffness of these court shoes helps support quick sideways movement but hinders the heel-to-toe flexibility that's good for walking. Look for a shoe with a well-padded heel that's light, breathable, and water-resistant. A running shoe might work as well as a walk-specific model. If your shoes are too loose, they won't provide the support you need. Too tight and they can rub and cause calluses or corns. They should feel comfortable in the store: roomy enough to wiggle your toes with ease but snug enough to keep your foot from sliding around. Shop later in the afternoon when your feet are slightly swollen so you get a good sense of your true size.

#### Stuck in a Rut

You might get bored and lose interest in your walk if you go the same route every day. Change it on a regular basis to keep it interesting. Not only is it good for your mood and motivation, but it also switches things up for your muscles and joints. Look for hills to add to your route. These can add intensity and strengthen thigh, hamstring, and glute muscles. In my old 3 mile a day routine, I never walked the same way day after day, but I did walk the same time of day. Alarm went off, out of bed, bathroom, walking clothes and shoes on and out the door. No chance I'd change my mind and say, "Oh, I'll do this later on." Also, vary your pace and stride. Mix it up.

#### Tuned Out

You may like to escape into your own music or podcast, but it could be unsafe if it's too loud. If you must listen, look for headphones that let in sounds from the outside, and keep the volume low enough so that you can hear what's going on around you: a speeding bus, a honking car, a barking dog, an ambulance siren.

#### Staring at Your Screen

Gazing at your phone while walking and you could be headed for trouble. You might trip or even step into traffic. It happens a lot. Pedestrian injuries linked to

phones have more than doubled since 2004, and most walkers -- 60% -- are distracted by their phones. Stop and finish your phone business before walking again.

### *Out of Touch*

That being said . . . As long as you don't get distracted by it, your phone is a plus. So don't leave it at home. You can use it to find a map if you're lost or to call someone or dial 911 in case of emergency. And it can be a useful way to track your distance and location. Just remember to charge it up before you go.

### *Doggone Lonely*

Don't leave Fido at home. They'll be thrilled to join you on your stroll about the neighborhood. And that enthusiasm might just rub off. It turns out that people who have dogs and take them for regular walks are more likely to hit 150 minutes a week of moderate exercise, which is the least that experts recommend for good health. Please keep them on a lease and pick up after them and carry the poop with you to dispose of in your own garbage can.

### *Wardrobe Malfunction*

Clothes that are too tight and heavy could make your walk unpleasant. They should be loose, comfortable, and breathable so you can move easily and they won't get wet from sweat or humidity. You can remove thin layers as you get warmer and add them back when you're cold. Take rain gear if the weather looks iffy, and don't forget hats and sunglasses. Apply sunscreen before leaving the house to protect you from the sun even on cloudy days or in winter.

### *Losing Count*

Counting steps or miles or or minutes is important. That way, you know whether you're meeting your exercise goals. It also could help motivate you. People who tracked steps took around 27% more of them than those who didn't in one group of studies. That added up to an average of 2,500 steps a day. You can track yours with an app on your phone or with a pedometer. Ya, But, ya don't need to be a slave to the STEPS. Getting out there and moving is the most important. But if step goals float your boat, knock yourself out. BTW: 10,000 steps a day is another myth. I don't have time to get into it today.

### *Slumped Stance*

You might have a hunched posture from sitting at a computer all day. But don't bring it on your walk! The right walking posture can help you walk faster and

longer and help prevent injury. Try to lift your spine as if there were a string pulling you up from the top of your head. Your eyes should be forward, your shoulders down, back, and relaxed. Swing your arms naturally and freely as you step your feet lightly from heel to toe.

### *Can't Be Seen*

Bright colors and reflective fabrics will help drivers and others see you if you like to walk in the evening or early morning when it's dark. You can also bring a light to help you see where you're going and to make yourself even more visible. It's easiest for others to see you when the reflectors or lights are on parts of your body that are moving, like your arms or legs.

### *The Wrong Drinks*

Were you going to treat yourself to a soda on your walk? You'll get too much sugar and more calories than you want. How about a sports drink? You probably don't need extra electrolytes if you're only going for a moderate walk. The best way to stay hydrated when you walk is with water. Water, remember the Camp Fellowship Motto, if you find yourself thirsty, it's too late, you are already dehydrated.

### *Not Stretching Afterward*

Give your leg muscles -- especially your calves -- a gentle stretch when you're done with your walk. It will help you stay flexible. Don't overdo it -- stretches shouldn't hurt -- and don't bounce. Hold each stretch for 10-20 seconds. Also, no need to stretch before (it's about 75% con and 25% pro stretching before walking) heading out for your walk. Start slow and build up to desired pace.

### *Walking Flat-Footed*

Instead of rolling through the step with your forward foot from heel to toe, your foot is flattening out prematurely and you land flat-footed. Either you are fighting stiff, heavy shoes or your shins are too weak to let you roll through the step. Symptoms include: Your feet hit the ground with a slap. You land flat-footed with each step and get no roll. You may develop shin pain.

### *Not Using Your Arms*

It's a walking mistake to keep your arms still at your sides while walking, or to swing them without bending them. It is natural to move your arms while walking to counterbalance your leg motion. But if you keep your arms stiff and straight at your sides, they act like a long pendulum, slowing you down. You can add power

and speed by using your arms effectively and more naturally, by bending them and letting them swing naturally forward and back as you walk. If you keep your arms straight down at your sides while walking, you may notice that your hands swell quite a bit while walking, especially in warm weather.

*If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk. –Hippocrates.*

Sources: Jump Start, WebMD, Tyler Wheeler, MD, May 16, 2021, Don Lein, PT, PhD, University of Alabama's Rehabilitation Center in Birmingham, Walk Right for Better Workout, Feb 11, 2019



## **Treasurer's Explanation of the Church Financial Report**

### **September 2021**

FCC had a \$3,662 surplus in September. For the first three months of this fiscal year combined, it ran a \$1,843 surplus. The general fund balance rose from \$183,595 on June 30 to \$185,438 on September 30, 2021.

Unrestricted Giving was \$14,097 in September, \$6,974 above budget. Unrestricted Giving year-to-date was \$35,092, \$13,608 above budget.

Total church revenue was \$25,007 in September. Revenue for the first three months of this fiscal year was \$63,485. Reimbursements from the FCC Trust accounted for \$5,787 of this year's revenue.

Expenses through September were \$14,548 under budget. \$15,000 of those budgeted expenses were for one-time expenditures that haven't occurred yet. On-going expenses are in-line with the amounts budgeted for them.

Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs through September. Revenue from those sources totaled \$25,249 - \$10,261 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through September fell short of covering the cost of employees, administration, and church activities by \$8,418.

## **TREASURER'S REPORT**

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### **For Period Ending September 30, 2021**

<b>CHURCH GENERAL FUND</b>	<b>September</b>	<b>Fiscal Year-to-Date</b>
Unrestricted Contributions	\$14,097.00	\$35,092.10
+ Other Unrestricted Revenue	\$10,289.80	\$26,208.26
+ Transferred to General Fund from Designated Accounts	\$620.00	\$2,185.00
= Total Income	\$25,006.80	\$63,485.36
Total Expenses	-\$21,345.00	-\$61,642.29
= <i>Net General Fund Surplus (-Deficit)</i>	<i>\$3,661.80</i>	<i>\$1,843.07</i>

#### Data for comparison

YTD Budgeted Unrestricted Contributions	\$21,484.00
YTD Budgeted Total Income	\$56,465.00
YTD Budgeted Total Expenses	-\$76,190.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$21,568.07

#### **DESIGNATED ACCOUNTS**

	<b>September</b>	<b>Fiscal Year-to-Date</b>
Designated Contributions		
All Outreach Contributions	\$510.00	\$2,665.00
Other Designated Contributions	\$0.00	\$30.00
= <i>Total Designated Contributions</i>	<i>\$510.00</i>	<i>\$2,695.00</i>

## November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> AA Group Meeting In Heritage Room @7pm	<b>2</b> Elections held in Gym and Fireside Room Full Day Use	<b>3</b> Men's Breakfast @7am Place TBD  Zoom Coffee with Pastor @10am			
<b>7</b> FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>8</b> AA Group Meeting In Heritage Room @7pm  Sanctuary Rental Orchestra Concert YACP 5:30 – 9pm Upstairs Space Use		<b>10</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm			
<b>14</b> FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>15</b> AA Group Meeting In Heritage Room @7pm  Sanctuary Rental Orchestra Concert YACP 5:30 – 9pm Upstairs Space Use		<b>17</b> Zoom Coffee with Pastor @10am  Council Meeting @7pm			
<b>21</b> FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>22</b> AA Group Meeting In Heritage Room @7pm	<b>23</b> Bulletin Information needed early for printing due to the Thanksgiving Holiday	<b>24</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm	<b>25</b> Thanksgiving Office Closed	<b>26</b> Office Closed	<b>27</b> Hanging of the Greens @10am
<b>28</b> 1 <sup>st</sup> Advent FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>29</b> AA Group Meeting In Heritage Room @7pm	<b>30</b>				

## December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Men's Breakfast @7am Place TBD  Zoom Coffee with Pastor @10am	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> 2 <sup>nd</sup> Advent FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>6</b> AA Group Meeting In Heritage Room @7pm	<b>7</b>	<b>8</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> 3 <sup>rd</sup> Advent FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>13</b> AA Group Meeting In Heritage Room @7pm	<b>14</b>	<b>15</b> Zoom Coffee with Pastor @10am  Council Meeting @7pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> 4 <sup>th</sup> Advent Lessons and Carols  FCC In Person Service and Facebook Live @10:30am  Ekklesia @11am	<b>20</b> AA Group Meeting In Heritage Room @7pm	<b>21</b>	<b>22</b> Zoom Coffee with Pastor @10am  Zoom Book Study @7pm	<b>23</b>	<b>24</b> Office Closed  Christmas Eve Service	<b>25</b>
<b>26</b> <u>Online Worship Service Only</u>  Ekklesia @11am	<b>27</b> AA Group Meeting In Heritage Room @7pm	<b>28</b> Office Closed	<b>29</b> Office Closed  Zoom Coffee with Pastor @10am	<b>30</b> Office Open During Morning Hours	<b>31</b> Office Closed	



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

November 2021

**ADDRESS SERVICE REQUESTED**