

# CONGREGATIONAL CLARION

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

November 2022



## 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 and Thursday: 8:30am – 3:00pm

Wednesday and Friday – Remote Availability Hours

### **Sunday Worship Services:**

In Person Worship at 10:30am

Follow Us on Facebook

<b>Bridge Pastor:</b>	Rev. Martha Moler
<b>Moderator:</b>	Carla McIntire
<b>2<sup>nd</sup> Assoc. Moderator:</b>	Bill Brown
<b>Treasurer:</b>	Mike McIntire
<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>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

### **NEW OFFICE HOURS**

OFFICE HOURS

Monday – Office Closed

Tuesday – In Person 8:30am – 3pm

Wednesday – Virtual Hours 8:30am – 3pm

Thursday – In Person 8:30am – 3pm

Friday – Virtual Hours 8am - Noon

### **CLARION DEADLINE**

November Clarion Deadline will be November 16<sup>th</sup>. You can email your articles to [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

**TIME CHANGE** Remember to move your clocks back (FALL BACK) for Sunday, November 6<sup>th</sup>.

## Pastors Letter ...



We started our season of thankfulness a bit early this year with our Remembering the Past and Celebrating the Future gathering of 100 members of our church family and friends on Oct. 23. It was a lovely time of honoring the 57 years First Congregational Church has been in this location. We had two baptisms of children from the third generation of FCC families; we had special music from our choir, our organist and a solo from Ken Jones. Most important I feel was the reminiscences of Art Ritter and Bob Coates. You can view the service on our Facebook page if you were unable to attend.

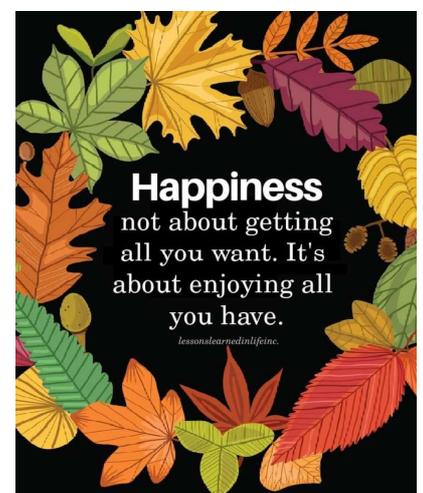
I am still a bit of an outsider when it comes to “the way we always did it before” and The Congregational Way so hearing their stories added to my knowing our congregation.

The one thing I heard Bob Coates say that I feel we need to take to heart was, “One of the images that come to me when I first considered what I would say today was a book by Paul Tillich The Courage To Be. You who are gathered here today have had to take a step, a courageous step to leave this chapter of our congregation in order to write yet another chapter. I have a small sense of how gut wrenching and heart breaking that decision had to be. ... I do believe necessity often breeds courage and knowing that God is in our midst then and now you made a difficult choice.” I believe that choice was to continue the legacy and worshipping life of our congregation.

Let me tell you about a family friend who in his mid-forties said he was going to write his life story. Everyone wondered, “Why now?” He said “You’ll see.” Sure enough when Red’s book was published Chapters 13, 14, and 15, each 10 pages long, were blank with the final words “To be continued...”

We are at the moment in time. With God’s will and the leading of the Spirit we will write First Congregational’s next chapters.

*Pastor Martha Moler*



## **NOVEMBER DEACONS REPORT – Diane Forster-Burke**

We are very thankful for the hard work that has been done by members on Council and the Transition Team who worked on the Celebration Oct 23<sup>rd</sup> and for the task of determining what we will move and not move to our new location at All Saints Episcopal. Their dedication and time is very much appreciated.

Our Celebration was wonderful, with a full Sanctuary and uplifting messages from Bob Coates and Art Ritter. We look forward to whatever God has in store for us as we look to our future. There are elements of the move yet to be determined and we are trying to patiently wait upon God and the lawyers (in that order).

The Deacons will be making plans for our services in November and December. With Christmas Day being on a Sunday, we decided last month that we may only offer an online service similar to what we did last year with music and a message. The church will not meet on that day so that we can spend time with loved ones.

Please continue to worship with us as we move in to our future.

## **GARDEN of GRACE On the Move**



We are making progress. On October 15<sup>th</sup> we were able to save our Peace Pole. We will smooth out the base and reseal the wood before relocating it to the All Saints Episcopal Church Garden. They have tagged some plants and trees they would like. Some are also tagged for our members. There are still plenty of good Perennial plants, bushes and trees you are welcome to transplant to your gardens. Call if you have any questions.

The New and Old Testament stone pathway stone pavers will also be relocated. Date to be announced later.

We wish to thank Diane Forster Burke for cleaning up the flowers outside our front entry way. Steve Deakins was instrumental in helping Scott and Jon Hansen to carefully remove our Peace Pole. Enjoy the Garden!

Jeanne Hansen  
801-209-2823

Scott Hansen  
801-556-7448

## **Parish Nurse Health Tip**



### **Signs You May Have an Addictive Personality**



Scientific American offers evidence there is no one-personality type that leads to addiction. In fact, some seemingly disparate traits can lead different people to become addicted. And it could be an addiction to anything, really. Not just drugs and alcohol. In this day and age, it can be anything and is now closely related to OCD behaviors. Yikers!

#### **Your Genetic Makeup**

Studies have shown that genetics is responsible for about half the likelihood of someone becoming addicted.

#### **Your Environment**

Many other factors, such as the friends you hang out with, your education, your social support, and the environment you grow up in, will all play a part in whether your addictive personality traits develop into an addiction. Addiction is a medical illness and develops in the same way as many other illnesses.

#### **You're Impulsive**

Do you often make decisions without thinking about the consequences? Maybe you frequently buy more than you can afford or lose your temper. If you tend to make hasty decisions or feel out of control, you might be impulsive, and impulsivity is a common sign of an addictive personality.

#### **Continuing Despite Negative Outcomes**

You continually gamble away all of your earnings and savings. You binge eat into another size of clothing. You cannot self regulate. Always wanting more.

#### **You're Sensory Seeking**

Seeking out new or intense experiences can lead to a healthy sense of adventure — you may be more likely to travel or try new foods, for example — but it can also be part of an addictive personality.

#### **You're Secretive About Your Behaviors**

It's normal to want privacy sometimes, but if you're secretly indulging in behaviors you feel bad about, it may suggest an addictive personality. Secrecy is a common trait of substance

use disorder; but secretive behavior can also be a red flag for activities like gambling, shopping, and video games. Do you find yourself lying?

### **You're a Rebel**

*People who march to the beat of their own drums are often natural leaders or artists. Still, non-conformists may also be more likely to engage in risky behaviors. If you struggle to follow rules — even rules you've set for yourself — it may be harder to keep healthy boundaries around addictive behaviors and substances.*

### **You're Obsessive**

If you obsess over things and have difficulty distracting yourself, you may have more difficulty breaking unhealthy habits, making this an addictive personality trait. For people with obsessive-compulsive disorder, some estimates put the rate of co-occurring substance use disorder as high as 40%.

### **You Have a History of Anxiety or Depression**

*People with anxiety or depression are two to three times more likely to have a substance use disorder than the general population. Anxiety or depression can lead people to use addictive substances to try to control their symptoms - like someone with social anxiety having too many drinks.*

### **You Have Low Self Esteem**

*If you feel bad about yourself, you may feel driven to do things to make yourself feel better — even things that aren't healthy.*

### **You're Reward Driven**

*If you have a high risk, high reward attitude, you may be a natural entrepreneur, but you might also have an addictive personality. People who are reward-motivated may be more likely to engage in risky behaviors.*

**If You Have ADHD** You're two to four times more likely to develop a substance use disorder.

The link between substance use disorder and ADHD continues to be studied, but brain differences that affect impulse control and reward systems likely play a role.

And now for the reason I called you all here today: The addiction WE ALL have for our PHONES and TABLETS. And don't sit there and say, oh no, not me. The worst offenders are our children. I saw a beautiful picture of six children outside (Ohhh, that was a miracle.) leaning on fence, looking like, okay what should we do today? Go to the park? Ride our bikes? Get up a game of softball? Oh, no. The next picture told it all. They were still leaning on the fence, their baseball caps turned backwards, but they were all bent over their phones, not communicating

with each other - engrossed with their screens. We are very concerned about our youth and their phones and video games . . . But how far away are you from your phone? Can't wait to see what the next email is from Reuters? Do you stew cuz Aunt Selma didn't text you back? How many hours a day are you on your technology devices? Anna Lembke, who wrote Dopamine Nation, reminds us that the closer we are to the "substance", the higher the chance of addiction. "The constant scrolling is our personal porn".

Sources: Carmelita Swiner, MD, WebMD, June 10, 2022, Marisa Craine, BS, American Addiction Center, September 14, 2022, Dax Shepard, Armchair Expert Podcast, Anna Lembke, Dopamine Nation, April 7, 2022.

## **HOLIDAY OFFICE HOURS AND PRINTING SCHEDULE**

**November 24 & 25** – Office Closed for Thanksgiving

\*Printing Bulletin November 22

**December 29 – January 7** – Kristi will be out of the office on vacation with her family. She will be printing the bulletins for the January 1<sup>st</sup> Service and the January 8<sup>th</sup> service on December 27<sup>th</sup>. Please Plan accordingly.

## **FROM THE OUTREACH BOARD**

All Outreach financial contributions will go to Crossroads Urban Center this year. Please watch your emails for updates on how to support the work of this important organization.



**CROSSROADS**  
urban center

**We are serving over 300 people per day at  
our downtown food pantry this week**

We are helping 75 percent more people at our food pantries this year than we did last year. The number of people we are helping with free clothing at our thrift store is also up

significantly. We could not meet this increased need for help without our amazing supporters and volunteers. Thank you for being part of our team.

Here are a list of our top donation needs right now for our food pantries and our thrift store.

## Donation requests

### For our food pantries:

- Cereal •Healthy Snacks
- Macaroni & Cheese •Ramen
- Canned Soup • Diapers (size 4, 5 & 6)
- Canned meals (chili, ravioli, beef stew)

### For our thrift store:

- Blankets •Towels •Sleeping Bags
- Socks •Men & Women's Underwear



Learn more: [www.crossroadsurbancenter.org](http://www.crossroadsurbancenter.org)

In November you can help with our  
Thanksgiving Giveaway by participating in

## the Give a Gobble program at Harmons

Donate at the register between November 1 and November 26 and you'll help buy a turkey for a family in need this Thanksgiving.

# GIVE·A·GOBBLE AT HARMONS NEIGHBORHOOD GROCER™

**NOVEMBER 1-26**  
**DONATE AT THE CASH REGISTER**

**AND YOU'LL HELP PROVIDE  
A TURKEY FOR A FAMILY IN  
NEED THIS THANKSGIVING!**



Turkeys will be delivered to the  
Crossroads Urban Center  
Thanksgiving Food Giveaway.



For more information, please call Crossroads Urban Center at (801) 364-7765

Organized by Crossroads Urban Center

# THANKS GIVEAWAY GIVING

If you need help with food this season, come receive a turkey and sides for your holiday meal

## HOW IT WORKS:

1. Drive north on West Temple to be directed to an entrance
2. A volunteer will load a turkey and sides into your trunk

*Limit one turkey and bag of sides per vehicle  
First come, first served until supplies are exhausted.  
You do not need any documentation to receive food.*

2022  
**Wednesday**  
**NOVEMBER**  
**23rd**  
**10:00am-3:30pm**

**Smith's Ballpark Parking Lot**

77 West 1300 South  
(North Side of 1300 S)

Walk-up options available

FOR MORE INFORMATION  
CALL (801) 364-7765  
EMAIL [EPKA@CROSSROADS-U-C.ORG](mailto:EPKA@CROSSROADS-U-C.ORG)  
OR VISIT  
[WWW.CROSSROADSURBANCENTER.ORG](http://WWW.CROSSROADSURBANCENTER.ORG)  
[FACEBOOK.COM/CROSSROADSURBANCENTER](https://FACEBOOK.COM/CROSSROADSURBANCENTER)

Sponsored by  
**HARMONS** **CROSSROADS**  
URBAN CENTER

*Crossroads Urban Center is a nonprofit, grassroots organization that assists and organizes Utahns with low incomes, those with disabilities, and people of color to meet basic survival needs and to address essential issues affecting quality of life. Established in 1966.*

Crossroads Urban Center | 347 South 400 East, Salt Lake City, UT 84111

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## **TREASURER'S REPORT**

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### **For Period Ending September 30, 2022**

CHURCH GENERAL FUND	Fiscal Year-to-	
	September	Date
Unrestricted Contributions	\$11,362.76	\$17,068.90
+ Other Unrestricted Revenue	\$8,974.50	\$22,969.83
+ Transferred to General Fund from Designated Accounts	\$1,170.00	\$1,850.00
= Total Income	\$21,507.26	\$41,888.73
Total Expenses	-\$16,958.50	-\$47,417.73
= <i>Net General Fund Surplus (-Deficit)</i>	\$4,548.76	-\$5,529.00

### Data for comparison

YTD Budgeted Unrestricted Contributions	\$21,909.00
YTD Budgeted Total Income	\$46,330.00
YTD Budgeted Total Expenses	-\$50,030.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$1,829.00

### DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	September	Date
All Outreach Contributions	\$250.00	\$1,170.00
Other Designated Contributions	\$0.00	\$0.00
= <i>Total Designated Contributions</i>	\$250.00	\$1,170.00

## November 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>1</b>	<b>2</b> Men's Breakfast @7am  Deacons Meeting @2pm	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Ken Rockwell, Preaching  Worship Service @10:30am
<b>7</b> AA Meeting Fireside Room @7pm	<b>8</b>	<b>9</b> PEO Meeting Fireside Room 1pm – 3pm	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>14</b> AA Meeting Fireside Room @7pm	<b>15</b> Council Meeting @2pm	<b>16</b> Clarion Deadline	<b>17</b> Kristi Out of Office this afternoon	<b>18</b> Kristi only available electronically Today till Noon	<b>19</b>	<b>20</b> Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Thanksgiving	<b>25</b>	<b>26</b>	<b>27</b> 1 <sup>st</sup> Sunday of Advent Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>28</b>	<b>29</b>	<b>30</b>				

## December 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 2 <sup>nd</sup> Advent Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>5</b>	<b>6</b>	<b>7</b> Men's Breakfast @7am  Deacons Meeting@2pm	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> 3 <sup>rd</sup> Advent Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Clarion Deadline	<b>16</b>	<b>17</b>	<b>18</b> 4 <sup>th</sup> Advent Rev. Martha Moler, Preaching  Worship Service @10:30am
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Printing Christmas Eve Bulletin Today Please plan accordingly	<b>23</b>	<b>24</b> Christmas Eve Candlelight Service Time To Be Determined	<b>25</b> No In Person Service Today! Merry Christmas and enjoy your time with family and friends
<b>26</b>	<b>27</b> Printing January 1 <sup>st</sup> Bulletin Today Please plan accordingly  Office Open in the Morning Hours	<b>28</b> Printing January 8 <sup>th</sup> Bulletin Today Please plan accordingly  Office Open in the Morning Hours	<b>29</b> Kristi Out of the Office Through January 7 <sup>th</sup> She will be back in the office January 10th	<b>30</b>	<b>31</b>	



FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

November 2022

**ADDRESS SERVICE REQUESTED**