

CONGREGATIONAL CLARION

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

October 2019



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:

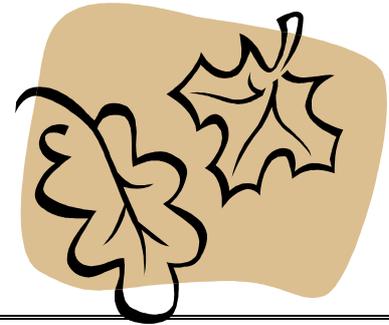
Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Sunday Worship Services:

Traditional Worship at 10:30am

Nursery Provided



Interim Minister: Rev. Alan Hammond

Moderator: Wendy Haupt

1st Assoc. Moderator: Kevin Haupt

2nd Assoc. Moderator:

Treasurer: Paul Kelley

Financial Secretary: Mike McIntire

Church Clerk: Ken Rockwell

Board of Trustees: Scott Haupt

Board of Deacons: Phil LeHoux

Outreach Board: Diane Forster-Burke

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

REFLECTIONS FROM THE REV.....

Rev. Alan Hammond

Season of Change

Summer is over, fall has begun. The seasons are clearly changing with lower temperatures, less daylight, and more rain. At times, it seems as if everything is changing. Grandchildren growing taller, vocabularies changing, and individual personalities emerging. Traffic on Foothill Dr becoming ever more dense; making it a challenge to get into or out of the church parking lot. Even our prayer concerns change as they reflect friends and families coping with the challenges of an aging congregation.

Change can be a cause for both celebration and concern. Yet everything that is alive changes; there is no way in which we can avoid change. This is true in our personal lives, in the communities in which we live and in our church community. As challenging, even disrupting, as change might be it is inevitable.

Two thoughts to consider concerning church change. The first is to focus upon God, not ourselves. I tend to be a traditionalist. I embrace church traditions; I find comfort in them; they connect me to those who have preceded me in the faith. Yet, are the very things that give me comfort an obstacle for new believers, for those who might not understand the history behind the traditions? Perhaps by not only accepting change but even encouraging it we can change some of the traditions that provide us comfort as we find new ways to bring glory to God and to encourage new believers.

The second thought is that before we can encourage change we need to accept that we might be a barrier to change. There are so many little, but highly effective, stumbling blocks to change. What does our tone of voice imply as we criticize a proposed change? Do we tend to distance ourselves from those that have different ideas about change? Do we condemn an idea

because it didn't work the last time it was tried, twenty years ago?

During this time of transition I will occasionally and intentionally make changes. Some might pose a challenge to our comfort levels. Some might invoke myriad stumbling blocks to prevent them. Please consider if any changes bring renewed glory to God and if they might attract a new generation of believers to this congregation.

Change is coming. Let us accept it and use it as a growth opportunity.

NEXT MONTH CLARION DEADLINE



November Clarion Deadline will be October 16th. You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

October Outreach Project

American Red Cross

The American Red Cross will be the financial recipient for Outreach donations for the month of October. The American Red Cross was founded by Clara Barton in 1881. The American Red Cross helps those affected by disasters (flood, fire, earthquakes, tornadoes etc.) They help with temporary shelter as well as food and water.

In addition to disaster relief efforts, the American Red Cross collects and distributes blood donations, teaches CPR, trains people for emergency preparedness, and has first aid kits for sale. They also provide training for babysitting, CNAs, EMTs, swimming and lifeguarding. Every 2 seconds, someone needs a blood transfusion. (www.redcross.org, 2019) They respond to nearly 70,000 disasters annually within the US.

FALL 2019 REPLENISH the GARDEN OF GRACE DAY

Saturday, October 5th, 9:00am - Noon
(Located on the North side of the Church)

GOALS: Clip back the plants

Garden maintenance

Add mulch on top

Plant some new ground cover

It is time to give our Xeriscape (Dry Vista)

Garden some TLC,

with the abundant moisture & dry summer.

Come and enjoy the outdoors.

Garden tools & gloves are available.

Coffee, Cold Drinks and Refreshments will be provided.

Come for any amount of time you can. Thank you!

Hope to see you in the garden!

Contact us with any questions.

Jeanne Hansen

Scott Hansen

801.209.2823

801.556.7448



Parish Nurse Health Tip

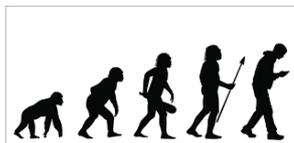


Expert Tips to Detox From and Declutter Your Smartphone

The average adult spends 2 1/2 hours a day on their smart phone.

It's time for a digital reset. Here's how to streamline your phone and your connection to it so you can spend more time in the present.

It's funny that we still call them phones: Using them to dial someone now ranks among their least utilized functions. They help us plan days and vacations, capture memories, workouts, navigate, bank, shop, and so much more. But research shows that constant attention to our phones is interfering with sleep, mood, concentration, and productivity. Experts agree we need to re-evaluate our bond with the device that keeps us company from morning alarm through bedtime Instagram scroll.



1. *Put That Phone Away At Night!*: Let's get serious about making the half hour before and after bed phone-free. Don't rely on willpower. Instead, stock your nightstand with reading material and replace early-morning emailing with something that sets a better tone for your day, such as stretching.
2. *Purge Apps Often*: Go through your apps—news, email, games, and social media. Look at each one, considering function as well as whether using it makes you feel good or lousy, and delete liberally. Remember you can put an app right back on if you miss it.
3. *Organize Your Home Screen*: Your home page is prime real estate. Reserve it for the practical apps and tools you require regularly throughout your day or any that support habits you hope to build, such as daily meditation. Dedicate the dock or navigation bar to your absolute favorites. So-o-o I should remove Facebook and replace it with Your Daily Bible Verse and Story? Yeah!
4. *Don't Get Emotionally Attached*: Though it's tempting to use a cute photo of your kids or pet on your locked screen. A personal photo can actually strengthen your emotional connection to your phone. Put that picture in a frame on your desk and opt for a plain background or inspirational quote on your phone. What!! I don't know. This is a tough one. I love putting fun pics on the lock screen and changing them out.
5. *Reduce Screen Time*: Most operating systems include screen-time trackers. Check the report weekly for a clear picture of how you spend your phone time. If you'd like to cut back, the trackers have settings to limit time on specific apps or your phone in general. Apps such as Moment (iOS) and QualityTime (Android) offer similar tracking and blocking. Well dang, that's one more thing for me to worry about and download.
6. *Prune Regularly*: Maintain your decluttered phone as you would your closet by regularly weeding it out, says tech wellness expert Carley Knobloch. Every month or two, she deletes or recategorizes apps or moves them to the final page—the last-gasp position on her phone. Good for you Carley. She has probably read Marie Kondō's book forwards and backwards.
7. *Keep Your Screen Clean*: Not-so-fun fact: Your phone is dirtier than the bottom of your shoe. Now that you've decluttered and detoxed from your phone, you may want to think about cleaning the actual phone itself. These helpers solve the problem of germ-covered devices.

- Microfiber Cloth: The Casabella i-Clean Microfiber Cloth (\$5 for two, The Container Store) is washable, reusable, and folds into its own pocket.
- Dual-Purpose Cleaner and Polisher: Clean your screens with two simple swipes using the HANS Swipe (\$15). One end features a cleaning solution, the other polishes with a microfiber cloth. It's also small enough to keep in your desk drawer.
- Portable Sanitizer and Charger: PhoneSoap Go (\$99.95) kills bacteria with UVC light. Another bonus: It has a rechargeable battery to sanitize and charge your phone on the go (perfect for travel!). Wow! So reasonably priced. I think I will buy 2.

8. When you are in a restaurant, for the love of God and all that is holy, turn off your phone and put it in your purse or pocket. Look at your wife, husband, son, daughter, or friend and have a conversation! Play the “phone stack” game. Spending time with other smartphone addicts? Play the “phone stack” game. When you’re having lunch, dinner, or drinks together, have everyone place their smartphones face down on the table. Even as the phones buzz and beep, no one is allowed to grab their device.

9. Are You A Phubber?: You know that annoying habit your friend has of casually checking her texts while you're talking? Well, it's so common, there's now an actual name for it: phubbing, as in phone-snubbing. You'd never do that, right?!

10. Information Overload: Compulsive web surfing, watching videos, playing games, or checking news feeds can lead to lower productivity at work or school and isolate you for hours at a time. Compulsive use of the Internet and smartphone apps can cause you to neglect other aspects of your life from real-world relationships to hobbies and social pursuits.

11. Online Compulsions: Such as gaming, gambling, stock trading, online shopping, or bidding on auction sites like eBay can often lead to financial and job-related problems.

12. Cybersex Addiction: Compulsive use of Internet pornography, sexting, nude-swapping, or adult messaging services can impact negatively on your real-life intimate relationships and overall emotional health. While online pornography and cybersex addictions are types of sexual addiction, the Internet makes it more accessible, relatively anonymous, and very convenient. It's easy to spend hours engaging in fantasies impossible in real life. Excessive use of dating apps that

facilitate casual sex can make it more difficult to develop long-term intimate relationships or damage an existing relationship.

Learn to let your phone be out of sight more often, turn off notifications for a while to get a break from social media and work, and enjoy living in the moment.



Sources: Catherine Price, How To Break Up With Your Phone, Better Homes and Gardens, Berit Thorkelson July 15, 2019, Sarah Karnaiewicz, Explore Health, March 06, 2019, Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. Harvard Help Guide Newsletter, June 2019.

FROM THE MODERATOR

Wendy Haupt

Outcome of FCC Meeting September 15th, 2019

At the meeting the members voted unanimously to accept the proposal of the Trustees and Council that we take up to \$125,000 out of the FCC trust over the next 18 months to pay for our heating and cooling needs. The American Chiller company bid was accepted to install two high efficiency boilers (\$35,621), add additional piping to place a cooling chiller in the future (\$10,000 - \$20,000), add controls to better manage the heating and possible cooling (\$3,000- \$35,000). The contract has been signed, and American Chiller has ordered the boilers, which should come within two weeks. We are hopeful the work to install the boilers can be started in October.

Scott Haupt from the Board of Trustees presented these additional facts at the meeting:

1. Three bids were obtained to replace current failed system that will not produce heat this winter. The bids ranged from \$35,621 to \$135,885 for two high efficiency boilers to replace current system and removal of the old boiler.

2. The Trustees voted to accept the American Chiller bid for \$35,621, as they not only would replace the boiler, but would add additional piping to place a cooling chiller in the same location at a future date, to use with our existing duct work. American Chiller received high praise from all the references provided.

4. Since the meeting announcements, we found that additional costs for controls, to better manage the heating and possible cooling, are between \$3,000- \$35,000. A used chiller would cost about \$7,000, and a new chiller would cost between \$10,000-\$20,000. This does not include heating and air conditioning for Stoyer Hall.

Treasurer Report – For Period Ending Aug. 31, 2019

CHURCH GENERAL FUND	<u>August</u>	<u>Fiscal YTD</u>
Unrestricted Contributions	\$6,602.87	\$14,967.87
+Other Unrestricted Revenue	\$5,061.79	\$13,171.06
+Transferred to General Fund		
From Designated Accounts, Memorial Fund & FCC Trust	<u>\$2,410.57</u>	<u>\$0.00</u>
= Total Income	\$14,075.23	\$28,138.93
Total Expenses	<u>-\$19,792.27</u>	<u>-\$40,927.13</u>
= <i>Net General Fund Surplus(-deficit)</i>	-\$5,717.04	-\$12,788.20

Data for comparison

YTD Budgeted Unrestricted Contributions	\$21,313.00
YTD Budgeted Total Income	\$33,720.00
YTD Budgeted Total Expenses	-\$46,079.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$429.20

DESIGNATED ACCOUNTS

	<u>August</u>	<u>Fiscal YTD</u>
Designated Contributions		
All Outreach Contributions	\$442.00	\$943.00
Other Designated Contributions	<u>\$0.00</u>	<u>\$1.00</u>
= <i>Total Designated Contributions</i>	\$442.00	\$944.00

October Calendar

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Deacons Meeting @7pm Rev. Hammonds Office Hours Noon – 3pm	2 Men's Breakfast @7am	3 Rev. Hammonds Office Hours 9am – 3pm Choir Rehearsal @7pm	4 PF Corn Maze – Meet at the church at 6:15pm	5 Garden of Grace Workday 9am - Noon
6 Camp Sunday PF Halloween Communion Worship Service @10:30am Trustees Meeting following Worship in Board Room	7 AA Meeting @6:30pm	8 Rev. Hammonds Office Hours Noon – 3pm	9 Council Meeting @6:30pm	10 Rev. Hammonds Office Hours 9am – 3pm Choir Rehearsal @7pm	11	12
13 Rev. Hammond Out of Office through the 19 th Worship Service @10:30am Ashton McDonald, Preaching Outreach Meeting Following Worship	14 AA Meeting @6:30pm	15	16 Clarion Deadline	17 Kristi Out of Office Choir Rehearsal @7pm	18 Kristi Out of Office	19 Utah Food Bank Work Day 10am - Noon
20 Worship Service @10:30am	21 AA Meeting @6:30pm	22 Rev. Hammonds Office Hours Noon – 3pm	23	24 Rev. Hammonds Office Hours 9am – 3pm Book Group 2pm In Heritage Room Choir Rehearsal @7pm	25	26
27 Worship Service @10:30am St. Vincent's Serving Diner @4:30pm	28 AA Meeting @6:30pm	29 Rev. Hammonds Office Hours Noon – 3pm	30	31 Rev. Hammonds Office Hours 9am – 3pm Book Group 2pm In Heritage Room Choir Rehearsal @7pm		

November Calendar

November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Rev. Alan Hammonds Office Hours: Tuesdays Noon – 3pm Thursdays 9am – 3pm					1	2
3 Communion Camp Sunday Worship @10:30am Trustees Meeting following worship Board Room	4 Election set up in the evening gym and fireside room AA Meeting 6:30pm Heritage Room	5 Elections Gym/fireside room/kitchen ALL DAY Deacons Meeting @7pm Board Room	6 Men's Breakfast @7am	7 Building Rental PEO 9:30am – Noon Kitchen/Fireside Room (Alice Stephenson) Book Club @2pm Choir Rehearsal 7pm	8 Gathering at Ron and Cissy Home @6pm	9
10 Youth Sabbath Worship @10:30am	11 AA Meeting @6:30pm Fireside/Kitchen	12	13 Council Meeting @6:30pm Board Room **Early Clarion Deadline Due to Thanksgiving Holiday	14 Book Club @2pm Choir Rehearsal 7pm	15	16
17 Worship @10:30am	18 AA Meeting @6:30pm Fireside/Kitchen	19	20	21 Kristi Out of Office Book Club @2pm Choir Rehearsal 7pm	22 Kristi Out of Office	23
24 Worship @10:30am Thanksgiving Feast following Worship	25 AA Meeting @6:30pm Fireside/Kitchen	26	27 Rev. Alan Hammond out of Office through December 1	28 Thanksgiving Office Closed	29 Office Closed	30 Hanging of the Greens

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

October 2019

ADDRESS SERVICE REQUESTED