

CONGREGATIONAL CLARION

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

October 2020



"LIFE STARTS ALL OVER AGAIN
WHEN IT GETS CRISP IN THE FALL"

F. Scott Fitzgerald

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

Nursery Provided

Worship LIVE STREAMING - Facebook SUNDAYS @10:30AM

| | |
|---|--|
| Interim Minister: | Rev. Janie Gebhardt |
| Moderator: | Cissy Wolff |
| 1st Assoc. Moderator: | Carla McIntire |
| 2nd Assoc. Moderator: | Mike McIntire |
| Treasurer: | Paul Kelley |
| Financial Secretary: | Mike McIntire |
| Church Clerk: | Ken Rockwell |
| Board of Trustees: | Bob Baird |
| Board of Deacons: | Phil LeHoux |
| Outreach Board: | Ashton McDonald |
| 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 |

APPRECIATIVE INQUIRY – Rev. Janie Gebhardt

About 20 or so members of the congregation have met with me over a number of weeks to name positive things about our church using Appreciative Inquiry. The Positive Core addresses what people most value about this church, while Discovery looks at 'what is currently in existence. We then moved to Dreaming about what might be, and trying to Design what should be. Destiny is still a work in progress especially as we think about what needs to happen in order for us to address the future. We recognize that many have not added their ideas to this mix. Phil Lehoux offers another question: "what do you envision as a viable FCC community in two years?" I welcome inputs to this process even if you have been unable to gather with us in person. Please send your thoughts to: janiegebhardt@gmail.com or feel free to call me to discuss your thoughts or concerns (208-380-2206). I look forward to hearing your hopes and dreams!

- Janie

Positive Core

“The Democratic Way”
Value on another while honoring different opinions
Church “family” – support
Responsibility of each person to form a relationship with God
Have embraced women in leadership
Strong music program
History

Discovery

Shared hopes and dreams
Comradery
Parish nurses
Camp Fellowship (concern – has become disconnected)

Dream

Spiritually – worship uneven
How to put faith into action
Challenge (comfort the afflicted, afflict the comfortable)
Do more listening to one another
Not have to worry about the building –
(symbol of reluctance to change)
Can embrace change

Design

Mission
Hopes for new pastor
Connections – possibly through Interfaith or Crossroads
Creative space use
Outreach – clearing house
Help develop music talent in valley

Destiny

Investigations



From the Moderator - Cissy Wolff

Thank you to all of the people who have worked so faithfully to keep this church running. Thank you to all of the people who have stepped up to gather information to help us make decisions about our future.

Council members continue to attend extra meetings to go over information gathered from the various investigations. This will involve reviewing the information from the Appreciative Inquiry sessions, reviewing information provided by the Salt Lake Redevelopment Agency from their FIT study, reviewing the information gathered from the inquiries that were sent about sharing space in our church, and reviewing the bylaws. After Council has had a chance to synthesize and evaluate all of the information, our thoughts will be shared with the congregation.

Trustees will seek legal advice on our present antenna leases. Trustees continue to work diligently to manage the HVAC system so that it meets our present needs and at the same time remaining aware of the potential changes in our church's future.

Council gave approval for a committee to investigate the feasibility of sharing our sanctuary with another church for a temporary, short term period. We will let the congregation know if this arrangement works out.

Please be sure to read the information from our treasurer and also the article describing the different ways that you can donate to our church. Though we are not able to meet in person there are ongoing, set costs to keep our church going.

Thank you to the Parish Nurses, Kristi, and the deacons who stay informed on the latest updates concerning COVID 19. They are helping us determine when we can safely meet in person and they are developing ways to keep us safe when we do gather again.

Please stay safe and healthy and please stay in touch with First Congregational Church.

Kristi out of the Office

I will be out of the office on October 13,14,15 for fall break with the family. I will check emails and messages regularly.



Are you a Voting Member of First Congregational Church?



Our church covenant states that “we gather as a church to walk together in the Christian tradition and we seek to be more fully in relationship with God. We embrace all who are called to worship here with our support, prayers and acceptance. We commit to participate in and support the church and its ministries.” As a member we are expected to be faithful in all spiritual duties essential to the Christian life, to attend the services of this Church, to give regularly for its support and its charities, and to share in its organized work.

If you are a member of First Congregational Church we encourage you to be a **voting** member by signing the Church Roll (out in the Narthex)* at least three times during the calendar year and by making a donation of any amount to the general fund at least once during the year. You can also remain a voting member by making a donation of any amount to the general fund at least 3 times during the calendar year.

Additionally, members who state in a written communication to the Church Clerk that they will be unable to attend for a stated duration or reason may continue as voting members by virtue of monetary donation alone (at least once each calendar year). Any donations must be made in a way that can be attributable to you (check, PayPal, pew envelope with your name on it). <https://www.firstcongregationalslc.org/donate.html>

*Since we are not meeting in person during this time of COVID 19, please contact the church office if you have listened to or read the sermons that our interim pastor, Janie Gebhardt, has given on Facebook Live. This will take the place of signing the Church Roll. You can access these sermons from the church’s website

<https://www.firstcongregationalslc.org/facebook.html> or
<https://www.firstcongregationalslc.org/sermons.html>

Please contact the church office if you have any questions about membership.



Parish Nurse Health Tip

How to Fall Asleep in 10, 60, or 120 Seconds And Other Helpful Hints

Oh my goodness! Political, social, and environmental upheaval. Not to mention we are in a health crisis of Biblical proportion. To quote Dr. Egon Spengler from Ghost Busters; “Forty years of darkness! Earthquakes! Fire and brimstone coming down from the sky! Rivers and seas boiling! Dogs and cats living together!”

Okay, it’s not that bad . . . Yet. The point is, some of us are not sleeping very well.

And we are having trouble falling asleep.

How to Fall Asleep in “10” Seconds:

- It usually takes a magic spell to fall asleep this quickly and on cue, but just like spells, with practice you can eventually get to the sweet 10-second spot.
- This method takes a full 120 seconds to finish, but the last 10 seconds is said to be truly all it takes to finally snooze.
- The United States Navy Pre-Flight School created a routine to help pilots fall asleep in 2 minutes or less. It took pilots about 6 weeks of practice, but it worked — even after drinking coffee and with gunfire noises in the background.
- This practice is said to even work for people who need to sleep sitting up!
- The question is are we willing to practice for 6 weeks?

The Military Method

1. Relax your entire face, including the muscles inside your mouth.
2. Drop your shoulders to release the tension and let your hands drop to the side of your body.
3. Exhale, relaxing your chest.
4. Relax your legs, thighs, and calves.
5. Clear your mind for 10 seconds by imagining a relaxing scene.
6. If this doesn’t work, try saying the words “don’t think” over and over for 10 seconds.
7. Within 10 seconds, you should fall asleep!

How to Fall Asleep in “60” Seconds:

4-7-8 Breathing Method

- Mixing together the powers of meditation and visualization, this breathing method becomes more effective with practice.
- If you have a respiratory condition, such as asthma or COPD, consider checking with your PCP before beginning, as this could aggravate your symptoms.
- To prepare, place the tip of your tongue against the roof of your mouth, behind your two front teeth. Keep your tongue there the whole time and purse your lips if you need to. Tricky.

How To Do One Cycle of 4-7-8 Breathing:

1. Let your lips part slightly and make a whooshing sound as you exhale through your mouth.
2. Then close your lips and inhale silently through your nose. Count to 4 in your head.
3. Then hold your breath for 7 seconds.

4. Afterwards, exhale (with a whoosh sound) for 8 seconds.
5. Avoid being too alert at the end of each cycle. Try to practice it mindlessly.
6. Complete this cycle for four full breaths. Let your body sleep if you feel relaxation coming on earlier than anticipated.

Progressive Muscle Relaxation (PMR):

- Progressive muscle relaxation, also known as deep muscle relaxation, helps you unwind.
- The premise is to tense — but not strain — your muscles and relax to release the tension. This movement promotes tranquility throughout your body. It's a trick recommended to help with insomnia.
- Before you start, try practicing the 4-7-8 method while imagining the tension leaving your body as you exhale.

Relaxation Script:

1. Raise your eyebrows as high as possible for 5 seconds. This will tighten your forehead muscles.
2. Relax your muscles immediately and feel the tension drop.
3. Pause 10 seconds.
4. Smile widely to create tension in your cheeks. Hold for 5 seconds. Relax.
5. Pause 10 seconds.
6. Squint with your eyes shut. Hold 5 seconds. Relax.
7. Pause 10 seconds.
8. Tilt your head slightly back so you're comfortably looking at the ceiling. Hold 5 seconds. Relax as your neck sinks back into the pillow.
9. Pause 10 seconds.
10. Keep moving down the rest of the body, from your triceps to chest, thighs to feet.
11. Let yourself fall asleep, even if you don't finish tensing and relaxing the rest of your body.
12. As you do this, focus on how relaxed and heavy your body feels when it's relaxed and in a comfortable state.

How to Fall Asleep in 120 Seconds:

Tell Yourself to Stay Awake

1. Also called paradoxical intention, telling yourself to stay awake may be a good way to fall asleep faster.
2. For people — especially those with insomnia — trying to sleep can increase performance anxiety.
3. Research has found that people who practiced paradoxical intention fell asleep faster than those who didn't. If you often find yourself stressed out about trying to sleep, this method may be more effective than traditional, intentional breathing practices.

Visualize a Calm Place:

1. If counting activates your mind too much, try engaging your imagination.
Some say that visualizing something can make it real, and it's possible this works with sleep, too. In my college days, I got to float down the Florida Ichetucknee River in an inner tube. So peaceful, warm water, blue skies, soft bobbing of the tube up and down. That's my "go to" imagery.
2. In a 2002 study from the University of Oxford, researchers found that

people who engaged in “imagery distraction” fell asleep faster than those who had general distraction or no instructions.

Image Distraction

1. Instead of counting sheep, try to imagine a serene setting and all the feelings that go with it. For example, you can imagine a waterfall, the sounds of echoing, rushing water, and the scent of damp moss.
2. The key is to let this image take up space in your brain to prevent yourself from “re-engaging with thoughts, worries, and concerns” of pre-sleep.

You Could Try:

- hiding your clock . . .Who has a clock?
- taking a warm shower before bed
- opening the window to keep your room cool. . . It’s only 105 outside at this writing and the wildfire smoke is burning my eyes
- wearing socks, hmmm
- a gentle 15-minute yoga routine, okay, I’ll get right on that
- placing your phone far away from your bed
- aromatherapy, lavender, Yeah Baby!!, chamomile, or clary sage
- eating earlier to avoid stomach digestion or stimulation before bed
- blackout curtains
- white noise machines, I live by my sound machines. Ask Diane. At Camp they used to say “the airplanes were landing”. If you have a smart phone, the app is free and if you have “Alexa”, ask her every night to turn on “White Noise”. It’s free. Every couple of weeks she wants me to upgrade, but I simply say, “NO!”
- ear plugs, fine, but your ears will take some conditioning
- listening to soft no-lyrics music on an auto-stop timer



Source: Healthline: Christal Yuen , May 12, 2020, Medically reviewed by Deborah Weatherspoon, Ph.D., R.N., CRNA

OCTOBER OUTREACH

During the month of October the Outreach Board will be collecting monetary donations for the American Red Cross to aid in the relief of the numerous disasters that have hit the United States in recent weeks, including the hurricanes that have ravaged Louisiana and other Gulf coast states, and the wildfires in the Pacific Coast states that have burned large areas and destroyed thousands of homes. Founded in 1881, the American Red Cross has long been at the forefront of disaster relief, and is well-equipped to make efficient use of our donations nationwide.



WELCOME GARDENERS:

Fall Replenish the Garden, Sat.Oct.3rd, 9am-Noon

It's been a long hot summer. Our Garden of Grace on the north side of our church is in need of some TLC.

Please join us in beautiful fresh air & we will socially distance.

GOALS: Garden Maintenance

Clip back the bushes & plants

Plant some drought tolerant items

Add some mulch

Come for any amount of time you can.

We will provide tools & clean garden gloves or bring your own.

Coffee, water & individualized snacks will be provided.



Any questions contact us.

Hope to see you in the Garden!

Jeanne Hansen
801.209.2823.

Scott Hansen
801.556.7448

Jon & Ryan Hansen

Blood Drive



The American Red Cross will be at FCC on Saturday Nov 7th for a blood drive from 9-2. They will set up in the Gym with social distancing and masks in line with COVID precautions. Please consider donating blood. The pandemic has affected donations as they have not been able to hold donation events at schools, which has been a large source of blood donations. See Marge Kimes or Diane Forster-Burke about signing up for a time to donate.

NEXT MONTH CLARION DEADLINE



November Clarion Deadline will be October 21st. You can email your articles or leave them in the church office. firstcongo@qwestoffice.net

From our Council Board Regarding Giving

In the most recent financial report submitted to Council prior to our September meeting, it was made clear that the Corona virus, and our inability to meet in person has significantly impacted the giving of our church. Dropping a check or cash in the collection plate hasn't occurred for many months.

In the first two months of our fiscal year (July and August), unrestricted giving was down by nearly \$8000, and overall we are running a nearly \$14,000 deficit. Obviously, this caught the attention of the Council, and the result is this appeal to every member of First Congregational Church to renew their financial commitment.

Despite the fact that these are hardly normal times, we ask that everyone continues to give as they normally have in the past. Yes, we no longer meet in the sanctuary each Sunday, but the costs of running the church have not gone away. We must pay our minister who continues to deliver inspiring messages each Sunday as well as meet for virtual coffee hours, and conduct Bible studies. We must continue to pay our utility bills, insurance premiums and perform needed repairs (shingles blown off the roof in the wind storm). We cannot meet these expenses without your ongoing support.

To that end, we want to remind everyone that there are many ways you can give to the Church. Of course, you can write a check and put it in the mail using this address:

First Congregational Church
2150 South Foothill Drive
Salt Lake City, Utah 84108
Attn: Financial Secretary



To make this process easier, we are offering that the Church will send you a stamped, addressed envelope in the mail each month so that all you need to do is write a check; stick it in the envelope provided to you, and drop it in the mail. If you want to take advantage of this service either call the Church Office at 801-487-1357, or email the Office at firstcongo@qwestoffice.net and make that request.

Alternatively, most banks offer a “bill pay” service where you can set up a regular payment that can be made from your checking account

to our church. Typically, you would do this through the bank's website, but you might be able to set it up by calling your bank and asking them to set it up for you. Use the same mailing address shown above when setting up this payment service.

Still another way you can continue to give is by credit card or from a bank account through PayPal. To give this way, you go to the Church website and click on the "Donate" button. When you do this you will be directed to the PayPal site where you will need to set up an account (if you don't already have one) and link it to a credit card or bank account. The link will then walk you through the steps to specify how much money you want to direct to the Church.

We hope that you will take advantage of one of these payment methods to support our church. Without your donations we will not survive!

Regards, FCC Council

Treasurer's Explanation of the Church Financial Report

We ran a \$4,786 deficit in August. For the first two months in this fiscal year the general fund deficit is \$13,883. Consequently, the general fund balance has fallen from \$199,490 on June 30 to \$185,607 on August 31.

Unrestricted Giving was \$6,380 in August, \$3,493 below budget. For perspective, the last time a month's Giving was less than that was in fiscal year 1992-93. For the year Unrestricted Giving is \$10,311, \$7,710 below budget.

Church revenue was \$46,581 in August and \$55,594 for the fiscal year to date. Revenue received from the FCC Trust to reimburse cost of HVAC controls and church maintenance expenses was \$35,741 in August and \$36,911 year to date.

Revenue from the Trust and cellular antenna leases is covering building and ground costs so far this year. Revenue from those sources has totaled \$44,254 - \$2,720 more than Building and Grounds expenses. The other major revenue source, Unrestricted Giving, has fallen short of covering the cost of employees, administration and church activities by \$16,603 so far this fiscal year.

TREASURER'S REPORT

For Period Ending August 31, 2020

| CHURCH GENERAL FUND | August | Fiscal Year-to- Date |
|---|--------------------|-------------------------|
| Unrestricted Contributions | \$6,380.00 | \$10,311.00 |
| + Other Unrestricted Revenue | \$39,426.23 | \$382,628.27 |
| + Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust | \$775.00 | -\$337,569.87 |
| = Total Income | \$46,581.23 | \$55,369.40 |
| Total Expenses | -\$51,367.68 | -\$69,252.40 |
| = <i>Net General Fund Surplus (-Deficit)</i> | <i>-\$4,786.45</i> | <i>-\$13,883.00</i> |

Data for comparison

| | |
|--|--------------|
| YTD Budgeted Unrestricted Contributions | \$18,021.00 |
| YTD Budgeted Total Income | \$88,208.00 |
| YTD Budgeted Total Expenses | -\$83,490.40 |
| Amt YTD Surplus is ahead of (+) or behind (-) Budget | -\$18,600.60 |

DESIGNATED ACCOUNTS

| Designated Contributions | August | Fiscal Year-to- Date |
|---|-----------------|-------------------------|
| All Outreach Contributions | \$225.00 | \$550.00 |
| Other Designated Contributions | \$0.00 | \$0.00 |
| = <i>Total Designated Contributions</i> | <i>\$225.00</i> | <i>\$550.00</i> |

FCC CHURCH DIRECTORY



The FCC church directory now is available on your smart phone, on-line, and, as in the past, in paper from the church office. You can access the directory on your phone by loading the Instant Church Directory App. It also is available on-line at <https://www.instantchurchdirectory.com> . In both cases, you will need to enter the email address you have given to the church office. If you are unsure what that is, or if the email you enter isn't recognized, please call the church office. If you would like to change the address, let Kristi know, so she can update your directory contact information.

This version of the directory will give you the most current contact information for church members and friends as reported to the church office. Besides providing quick contact information where ever you are, the app allows you to call and email without leaving the app.

The directory includes pictures to go with names. There is space for only one photo per family, so group everyone together for your shot. As you will see some pictures have been added already. It's easy to upload your own family photo for the directory using the following link: https://www.instantchurchdirectory.com/submit_photo.aspx?id=992a24ce-ca6b-496d-ad34-b97df5687c31. Let the office know you've added the photo, so Kristi can attach it to your family's profile. On your phone? You can snap a quick 'selfie' now and upload it. Alternatively, upload a photo already on your phone.

Remember, a directory is only as valuable as it is accurate. You can do your part by keeping your contact information current. If it changes, or if you would like to make additions or corrections, please contact the church office.

October 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|-----------|--|
| | | | | 1 Zoom Bible Study 7:00pm | 2 | 3 Garden of Grace Clean-up 9am - Noon |
| 4 Facebook Live Worship Service 10:30am every Sunday until Further Notice | 5 AA group meeting virtually until further notice | 6 Deacons Meeting – Zoom @7pm | 7 Men's Breakfast 7am Pastor Coffee – Zoom 10am | 8 Zoom Bible Study 7:00pm | 9 | 10 |
| 11 | 12 | 13 Zoom CE Meeting @7pm Kristi out of Office | 14 Pastor Coffee – Zoom 10am Kristi Out of Office | 15 Zoom Bible Study 7:00pm Kristi Out of Office | 16 | 17 |
| 18 Children's Sabbath Zoom? | 19 | 20 | 21 Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline | 22 Zoom Bible Study 7:00pm | 23 | 24 |
| 25 | 26 | 27 | 28 Pastor Coffee – Zoom 10am | 29 Zoom Bible Study 7:00pm | 30 | 31 Halloween |

November 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|--------------------------------|---|
| 1 Facebook Live Worship Service 10:30am every Sunday until Further Notice | 2 AA group meeting virtually until further notice | 3 Deacons Meeting – Zoom @7pm ELECTIONS USING GYM/FIRESIDE/KITCHEN AND DOWNSTAIRS RESTROOMS Full Day Use | 4 Men's Breakfast 7am Pastor Coffee – Zoom 10am | 5 Zoom Bible Study 7:00pm | 6 | 7 Red Cross Blood Drive 9am – 2pm |
| 8 | 9 | 10 Zoom CE Meeting @7pm | 11 Pastor Coffee – Zoom 10am | 12 Zoom Bible Study 7:00pm | 13 | 14 |
| 15 | 16 | 17 | 18 Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline | 19 Zoom Bible Study 7:00pm | 20 | 21 |
| 22 | 23 | 24 | 25 Pastor Coffee – Zoom 10am | 26 Zoom Bible Study 7:00pm Thanksgiving Office Closed | 27 Office Closed | 28 Hanging of the Greens |
| 29 1 st Sunday of Advent | 30 | | | | | |

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

October 2020

ADDRESS SERVICE REQUESTED