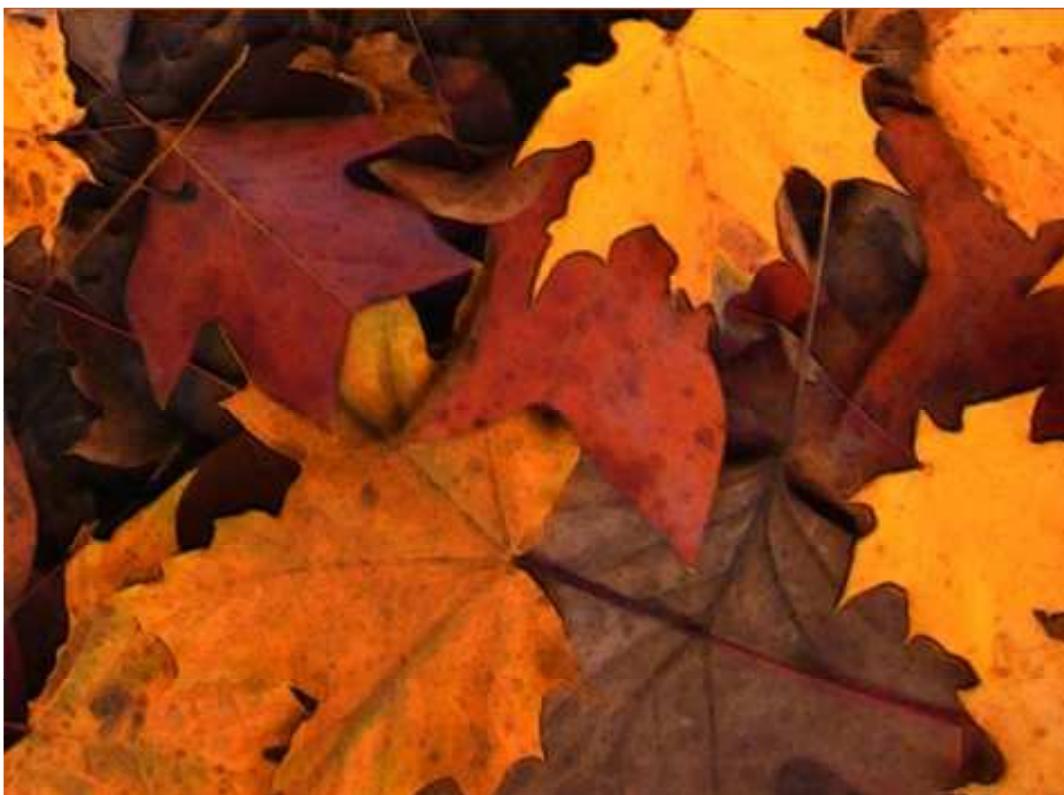


# CONGREGATIONAL CLARION

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

October 2021



"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](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**

**Interim Minister:** Rev. Janie Gebhardt

**Moderator:** Mike McIntire

**1<sup>st</sup> Assoc. Moderator:**

**2<sup>nd</sup> 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

## **Janie's Jottings ~**

Cooler weather has finally arrived – probably on its way to much cooler. As the seasons march on it's a reminder for me of our church calendar too. You all have worked hard in spite of Covid – worked to find a way forward as a church. I applaud the good work done on bylaws and careful decision making around your hopes for a new future. I've wondered though about what you want to maintain. As we began to think about the upcoming holiday season, what of your traditions should remain and what be adjusted in some ways? Do you want to put up the huge tree with chrismons or are simpler decorations best? What is most meaningful? I know last year was pared down quite a bit, but it still caught the spirit of the season. Though decisions about an actual sale have not yet been made, I know there have been some thoughts about what would need to move with you. It reminds me of several friends who have recently lost their spouses and as they've decided to either move closer to grandchildren or to downsize, they are facing decisions about what they need to keep and what to part ways with. One friend learned of a refugee program nearby and was able to donate some household items there. Harder decisions may be about what historical items to keep – and where. What parts of our history need to be kept to tell the story of this church in the Salt Lake valley and the spirit of its people? The book group has been reading an interesting book about 'remembering'. It has made me think about some of the conversation around maintaining large monuments in the South. Was the monument there to commemorate great deeds or as some kind of tribute to maintaining white power? What tells your story as a people of faith and the journey you've made together? Interesting things to think about.

I'm still doing "Coffee with the Pastor" on Wednesday's at 10:00 AM (a great time to share thoughts and questions) and Book Group is meeting second and fourth Wednesdays at 7:00 PM via Zoom – at least for now. We'd love to have you join us!

## **Kristi out of the Office**

I will be out of the office on October 12 and 13 for fall break with my family. I will check emails and messages regularly.

## **NEXT MONTH CLARION DEADLINE**



November Clarion Deadline will be October 20<sup>th</sup>.  
You can email your articles or leave them in the church office. [firstcongo@qwestoffice.net](mailto:firstcongo@qwestoffice.net)

## **Garden of Grace FALL RENEWAL**

Saturday, October 9, 2021, 10am-1pm  
It's the time of year to prep our Garden  
for the crisp Fall days.  
Come for any amount of time you can.



**GOALS:** Clip back the plants and bushes.

Garden maintenance care & add Preen  
Sweep the pathway stones  
Put down some mulch

We will serve Coffee, water and good treats.  
There will be garden gloves & tools or you can bring your own.  
Hope to see you in the Garden!  
Any questions just call or text:

Jeanne Hansen  
801-209-2823

Scott Hansen  
801-556-7448

## **Wonderful Outreach Opportunities in October**

- **October's Outreach collections** will go to Doctors Without Borders, also known as Medecins Sans Frontieres, or MSF ([www.doctorswithoutborders.org](http://www.doctorswithoutborders.org)). Founded in 1971 in the aftermath of the Biafran war by a small group of French doctors and journalists who sought to expand accessibility to medical care across national boundaries, irrespective of race, religion, creed or political affiliation, it has grown into a large international organization that provides medical relief in areas affected by natural or man made disasters. Among the natural disasters it has responded to is Hurricane Sandy in 2012, helping to fill gaps in medical aid in New York and New Jersey to some of the most vulnerable groups, such as the elderly, homeless, and handicapped. It responded to the 2014-2016 Ebola epidemic in West Africa, and is currently working hard to combat Covid-19 in many countries, including the U.S. In war zones, it adheres strictly to the principle of absolute neutrality, caring for all people, combatant and civilian, regardless of which side they are on. Despite that, its facilities are sometimes targeted and its doctors and other staff killed, yet they are not deterred. In 1999 MSF was awarded the Nobel Peace Prize "in recognition of the organization's pioneering humanitarian work on several continents." MSF has long been present in Afghanistan, providing aid during its endless wars, and latest reports indicate that it is still doing so, treating people who were injured in the fighting, as well as patients with a variety of other health conditions. It is continuing to provide healthcare to women, especially maternity and neonatal care. It states, "Doctors Without Borders teams in Afghanistan are continuing to provide medical care across all five of our projects in Herat, Helmand, Kandahar, Khost, and Kunduz provinces. Despite intense fighting in recent weeks, our teams did not stop providing medical care." Please consider giving generously to this magnificent organization and please indicate clearly that you want your donations to go to Outreach.



- **Through Thursday, October 7th:** The International Rescue Committee (IRC) in Salt Lake City would like to invite you to join the **Warm Welcome Winter Clothing Drive**. Please see details at this link: <https://www.rescue.org/announcement/warm-welcome-winter-clothing-drive-salt-lake-city>.
- **Ongoing: Provide needed items for refugees.** Please see details at this link: <https://www.rescue.org/announcement/items-needed-refugees-salt-lake-city>

The Outreach Board encourages individuals and families from our congregation to go to the provided links to see what items are needed by the International Rescue Committee (IRC). The IRC's Amazon Wishlists are the easiest way to donate. Items can be purchased from the Wishlist and sent directly to the IRC office. Please check each link carefully to see how to drop off donations.

- **New in October: A Diaper Drive for Children Experiencing Homelessness sponsored by CORC,** Coalition of Religious Communities. Faith communities are collecting diapers and delivering them to the Crossroads Urban Center food pantry. They have the highest need for larger diapers, size 5 and 6, because kids wear those sizes for much longer than the small sizes. Some babies are too big for size 1 when they are born and a lot of babies have outgrown that size by the time they are a month old. Please bring your diaper donations to the church anytime in October. You can leave the diapers in the baskets by the coat rack.



Please contact Cissy Wolff ([cissywolff@gmail.com](mailto:cissywolff@gmail.com) or call/text 801-243-5457) if you have any questions or need help accessing any information.

## **Status on the Sale of the Church Property - Ron Sawdey**

Much has happened over the last few months on the possible sale of our church property, and the Real Estate Committee formed by the Council has much to report. Here are the significant milestones that we have achieved so far.

- We have retained a commercial realtor, Greg Barratt of Berkadia, to represent us in any potential sale. We have signed a listing agreement with Greg and Council authorized Greg to begin marketing our property in its last meeting. Once Greg has developed his marketing materials, the Real Estate Committee will have a chance to review and approve those materials before they are circulated. We anticipated that once the property is fully marketed that we will have several offers to evaluate.
- Discussions with the Salt Lake Redevelopment Agency (RDA) have been ongoing. Most recently the RDA prepared an analysis of the potential of our property as an affordable housing project. Their analysis was very involved and we have asked them to clarify several points before we proceed. Susan Olson continues to serve as the primary liaison with the RDA.
- Even though we have not actively marketed our property we have received a few unsolicited, written offers to purchase the property. One developer has submitted no less than three different offers, each one increasing the proposed purchase price. The Real Estate Committee, with Greg's advice, has reviewed each of these proposals, and with the most recent proposal, Council has directed us to respond to the developer that we will need more time, and would like to negotiate further on some of the terms that they have suggested.

Going forward we intend to pursue all legitimate offers. This work will primarily involve the Real Estate Committee, but Council will be brought in if we reach a key decision point. Once we focus in on a preferred proposal, I anticipate that we will be making a presentation to the congregation to give everyone a chance to better understand the nature of the proposal and to ask any questions that they might have about the proposal.

## Parish Nurse Health Tip

Breakfast Is The Most Important Meal Of The Day  
*Breakfast is most important for people who are hungry when they wake up—Alexandra Johnstone*



You've heard it all your life, right? Let me burst your bubble. Observational studies show breakfast eaters are more likely to have less heart disease, diabetes, obesity, and high cholesterol than breakfast skippers. But it's not clear if eating breakfast is the secret sauce that makes the difference, or if breakfast eaters simply have more good habits — like exercising, not smoking, drinking less alcohol, and eating a better diet overall. And on the flip side, some recent studies suggest that skipping breakfast now and then may have health benefits, too. In the end, there's not much proof that breakfast is any more important than other meals. What is important, experts say: choosing healthy foods, eating mindfully, and planning smart meals when you do eat.

## So-o-o, Why Is It That So Many Of Us Simply Are Not Hungry In The Morning

1. You ate a large dinner or late night snacks the night before. This may be especially true if you ate a meal high in fat or protein. These macronutrients can slow the emptying of your stomach and keep you feeling fuller longer — even into the next morning. Protein, in particular, can also significantly alter the levels of hormones that regulate your hunger and appetite, including ghrelin, glucagon-like peptide-1, peptide YY, and cholecystokinin.
2. Your hormone levels change overnight. Overnight and during sleep, the levels of several hormones in your body fluctuate. This can change your appetite. In particular, research shows that levels of epinephrine, also known as adrenaline, tend to be higher in the morning. It's believed that this hormone suppresses appetite by slowing the rate at which your stomach empties and increases the breakdown of carbohydrates stored in your liver and muscles to fuel your body.

Oftentimes levels of ghrelin, the hunger hormone, are lower in the morning than the night before. This can also explain why you feel less hungry when you wake up.

3. You feel anxious or depressed. Both anxiety and depression can significantly impact your hunger levels. In addition to symptoms such as sleep disturbances, fatigue, and loss of interest, depression can cause appetite changes. Meanwhile, anxiety can increase levels of certain stress hormones that reduce your appetite
4. You're pregnant. Morning sickness is a common issue characterized by nausea vomiting or indigestion. It affects around 80% of women during pregnancy. Although morning sickness can affect you at any time of day, it often occurs in the morning — hence its name. In most cases, it improves or disappears after 14 weeks of pregnancy.
5. You're Ill. Feeling under the weather often causes a decrease in appetite and hunger levels. In particular, respiratory infections such as the common cold, the flu, and pneumonia are known to make you feel less hungry. In some cases, these infections also limit your senses of taste and smell, which may reduce your appetite. You might have a thyroid issue. You have a chronic condition. Certain conditions such as liver disease, heart failure, kidney disease, HIV, and cancer can all cause appetite loss
6. Other underlying causes:
  - Certain medications. Many types of medication, including diuretics and antibiotics, can reduce hunger and appetite
  - You're getting older. Decreased appetite is common among older adults and can be caused by changes in energy needs, hormones, taste or smell.
  - You're ovulating. Estrogen, a female sex hormone that increases during ovulation, may suppress your appetite.

## Tips:

- If you're not feeling hungry right when you wake up, it's perfectly fine to wait before eating.
- Sometimes, by the time you've taken a shower, gotten dressed, and started getting ready for the day, read the "paper", you might feel hungry and ready to eat. Or Not.
- If you're still not feeling hungry, you could try eating something small and nutrient-dense, like those yummy protein bars (that pretend not to be cardboard based), to stimulate your appetite.
- Keeping convenient foods on hand can be helpful if you don't feel hungry when you wake up, but want to have something at the ready, or bring to school or work to eat later. Fresh fruit, yogurt, hard-boiled eggs, and protein cookies are a few easy grab-and-go ideas.

## The Bottom Line

- Don't let the "guilts" get to you. Eating breakfast DOES NOT boost your metabolism or kick start it for the day. This is a reference to the thermic effect of food. What matters is the total amount of food consumed throughout the day. It makes no difference at which times, or how often, you eat. Studies show that there is no difference in calories burned over 24 hours between people who eat or skip breakfast.
- Skipping breakfast does not cause weight gain. Skipping Breakfast May Even Have Some Health Benefits. Skipping breakfast is a common part of many intermittent fasting methods. "Intermittent" being the key word.
- It's completely fine if you prefer to skip breakfast altogether. Make sure to get the nutrients you need later in the day, hydrate properly, and not ignore any potential negative effects from not eating in the morning, such as headaches, fatigue, or irritability. Lastly, if you suspect that an underlying health condition could be contributing to your appetite loss, talk with a healthcare provider.

Sources: Written by Rachael Link, MS, RD on June 7, 2021 — Medically reviewed by Kim Rose RDN, CDCES, CNSC, LD, Healthline, Laurie Herr, Allrecipes, Food Fictions, Future, BBC, November 26, 2018

## **Treasurer's Explanation of the Church Financial Report – August 2021**

FCC had a \$4,685 surplus in August. For the first two months of this fiscal year combined, it ran a \$1,848 deficit. The general fund balance fell from \$183,595 on June 30 to \$181,736 on August 31, 2021.

Unrestricted Giving was \$15,245 in August, \$7,331 above budget.

Unrestricted Giving year-to date was \$20,995, \$6,634 above budget. Total church revenue was \$25,065 in August. Revenue for the first two months of this fiscal year was \$38,729. Reimbursements from the FCC Trust accounted for \$2,165 of this year's revenue. Expenses through August were \$10,603 under budget. \$10,000 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 August. Revenue from those sources totaled \$15,210 - \$6,357 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue through August fell short of covering the cost of employees, administration, and church activities by \$8,216.

### **TREASURER'S REPORT**

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**For Period Ending August 31, 2021**

CHURCH GENERAL FUND	Fiscal Year-to-	
	August	Date
Unrestricted Contributions	\$15,245.10	\$20,995.10
+ Other Unrestricted Revenue	\$8,285.12	\$16,168.46
+ Transferred to General Fund from Designated Accounts	\$1,535.00	\$1,565.00
= Total Income	\$25,065.22	\$38,728.56
Total Expenses	-\$20,380.56	-\$40,586.92
= Net General Fund Surplus (-Deficit)	\$4,684.66	-\$1,858.36

Data for comparison

YTD Budgeted Unrestricted Contributions	\$14,361.00
YTD Budgeted Total Income	\$37,549.00
YTD Budgeted Total Expenses	-\$51,190.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$11,782.64

**DESIGNATED ACCOUNTS**

	Fiscal Year-to-	
	August	Date
Designated Contributions		
All Outreach Contributions	\$620.00	\$2,155.00
Other Designated Contributions	\$0.00	\$30.00
= Total Designated Contributions	\$620.00	\$2,185.00

## **FCC CHURCH DIRECTORY**



The FCC church directory 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](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 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>3</b> FCC In Person Service and Facebook Live @10:30am  Eklesia @11am	<b>4</b> AA Group Meeting In Heritage Room @7pm	<b>5</b>	<b>6</b> Men's Breakfast @7am Place TBD  Zoom Coffee with Pastor @10am	<b>7</b> Choir Rehearsal @7pm	<b>8</b>	<b>9</b> Garden of Grace Work Day 10am – 1pm
<b>10</b> FCC In Person Service and Facebook Live @10:30  Eklesia @11am	<b>11</b> Columbus Day  AA Group Meeting In Heritage Room @7pm	<b>12</b>  CE Meeting @7pm  Kristi Out of Office	<b>13</b>  Zoom Coffee with Pastor @10am  Kristi Out of Office	<b>14</b>  Zoom Book Study @7pm  Choir Rehearsal @7pm	<b>15</b>	<b>16</b>
<b>17</b> FCC In Person Service and Facebook Live @10:30  Eklesia @11am	<b>18</b> AA Group Meeting In Heritage Room @7pm	<b>19</b>	<b>20</b>  Zoom Coffee with Pastor @10am  Council Meeting @7pm Clarion Deadline	<b>21</b>  Choir Rehearsal @7pm	<b>22</b>	<b>23</b>
<b>24</b> FCC In Person Service and Facebook Live @10:30  Eklesia @11am	<b>25</b> AA Group Meeting In Heritage Room @7pm	<b>26</b>	<b>27</b>  Zoom Coffee with Pastor @10am	<b>28</b>  Zoom Book Study @7pm  Choir Rehearsal @7pm	<b>29</b>	<b>30</b>
<b>31</b> FCC In Person Service and Facebook Live @10:30  Eklesia @11am						

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>4</b>	<b>5</b>	<b>6</b>
<b>7</b> FCC In Person Service and Facebook Live @10:30am  Eklesia @11am	<b>8</b> AA Group Meeting In Heritage Room @7pm	<b>9</b>	<b>10</b> Zoom Coffee with Pastor @10am	<b>11</b> Zoom Book Study @7pm	<b>12</b>	<b>13</b>
<b>14</b> FCC In Person Service and Facebook Live @10:30am  Eklesia @11am	<b>15</b> AA Group Meeting In Heritage Room @7pm	<b>16</b>	<b>17</b> Zoom Coffee with Pastor @10am  Council Meeting @7pm	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> FCC In Person Service and Facebook Live @10:30am  Eklesia @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	<b>25</b> Zoom Coffee with Pastor @10am  Thanksgiving Office Closed	<b>26</b> Office Closed	<b>27</b> Hanging of the Greens
<b>28</b> 1 <sup>st</sup> Advent FCC In Person Service and Facebook Live @10:30am  Eklesia @11am	<b>29</b> AA Group Meeting In Heritage Room @7pm	<b>30</b>				



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2150 S. Foothill Drive  
SLC, Utah 84109

October 2021

**ADDRESS SERVICE REQUESTED**