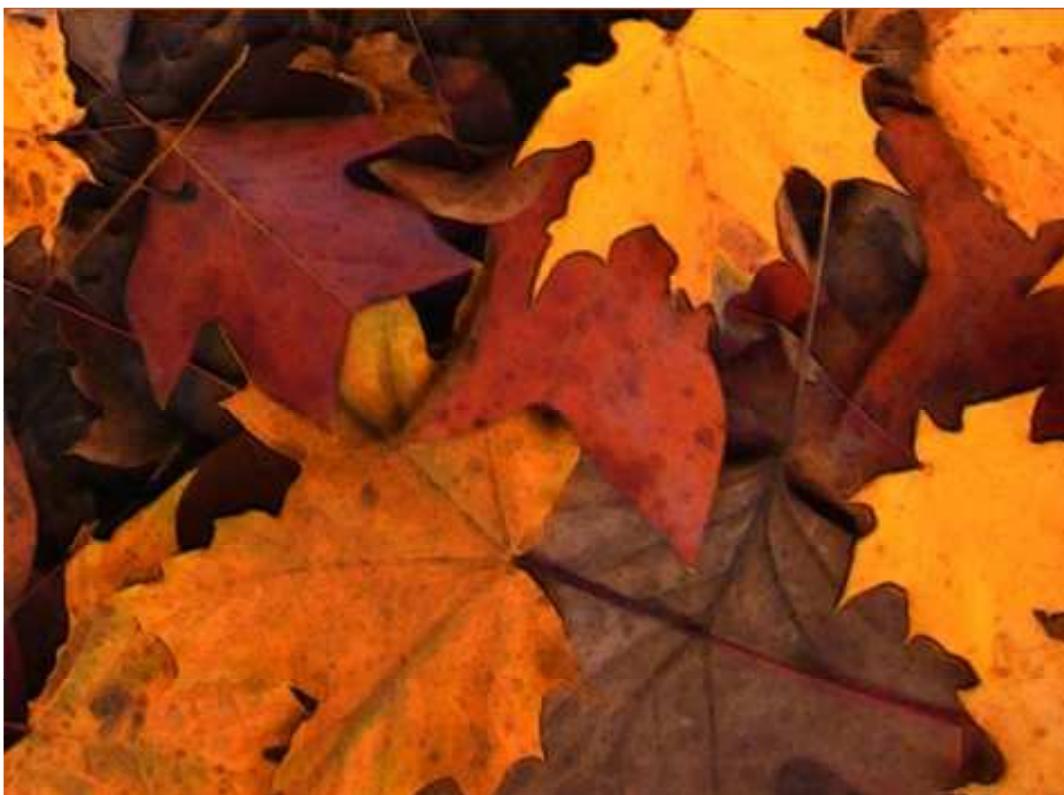


CONGREGATIONAL CLARION

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

October 2022



"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 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

Bridge Pastor:	Rev. Martha Moler
Moderator:	Carla McIntire
2nd Assoc. Moderator:	Bill Brown
Treasurer:	Mike McIntire
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Scott Hansen
Board of Deacons:	Diane Forster-Burke
Outreach Board:	Cissy Wolff
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

OFFICE HOURS

NEW 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 October 19th. You can email your articles to firstcongo@qwestoffice.net

Pastors Letter ...



Friends- Much to my surprise your Council has BIG plans for celebrating our time in this location. It will likely still be on Sunday October 23, 2022, but details will come to you by email ...

Meanwhile I thought I would share with you my favorite Fall poetry

Waken in Me a Sense of Joy By: Rev. Ted Loder

O extravagant God,

in this ripening, red-tinged autumn,
waken in me a sense of joy

 in just being alive,
 joy for nothing in general
 except everything in particular;
 joy in sun and rain

 mating with earth to birth a harvest;

 joy in soft light

 through shyly disrobing trees;

 joy in the acolyte moon

 setting halos around processing clouds;

 joy in the beating of a thousand wings

 mysteriously knowing which way is warm;

 joy in wagging tails and kids' smiles

 and in this spunky old city;

 joy in the taste of bread and wine,

 the smell of dawn,

 a touch,

 a song,

 a presence;

 joy in having what I cannot live without -

 other people to hold and cry and laugh with;

 joy in love,

 in you;

and that all at first and last is grace.



“

The trees are about to
show us how lovely it is
to let things go.

Pastor Martha Moler

PS - REMEMBER WATCH YOUR EMAILS

FLU CLINIC



Our annual flu clinic will be Oct 2nd from 11:30am-1:30pm at our church in the Fireside Room. Community Nursing Service will provide Quadrivalent as well as High Dose (for seniors) flu vaccines.

MEN'S BREAKFAST – October 5, 2022

The men of our church community are invited to a group breakfast Wednesday, October 5th at 7am. This month, we will be meeting again at Sharon's Café, 2263 Murray Holladay Rd in Holladay. Please join us for some banter, discussion, and good fellowship.

DEACONS REPORT

By: Diane Forster-Burke

We made a field trip to All Saints to get a better idea of the space where we will worship and the space for storage. Things will be different, of course, than what we've been accustomed to but I ask that everyone be flexible and adaptable. We have the opportunity to create new and meaningful worship for FCC.

The choir is back and Devon is making plans for music. Teresa Clawson will bid us farewell when we move as she is an organist primarily. Her son in law, Alan Chavez will become our piano accompanist. He played for us in August as Special Music. Teresa has been a wonderful part of our worship and we will miss her. We welcome Alan as our new musician. He is working on his graduate degree at the UU in choral music.

Please stay with us as we transition.

FROM OUTREACH

By: Cissy Wolff

First Congregational Church will be participating in the Diaper Drive sponsored by Crossroads Urban Center. We will collect diapers during the month of October. Please place your donations in the baskets below the coat rack near the office. Please see the attached flyer for more information.

Diaper Drive for Children Experiencing Homelessness



Conggregations, community groups and individuals are collecting diapers (size 4, 5 & 6) during the month of October to donate to organizations that serve homeless families.

Learn how you can get involved:
www.crossroadsurbancenter.org/corc



GARDEN OF GRACE IS ON THE MOVE

Sat. October, 15th 9am - 1pm

Come for any amount of time you can.



PATHWAY STONES

If you have a personalized stone you are welcome to come and pick it up and sign off for it Sat. October 15, 2022.

We would like to keep the Old Testament and New Testament pathway stones together but we need to pack them up.

PLANTS

If there are some plants you would like for your garden:

Bring tools, gloves and buckets or boxes to transport them in.

We will have coffee, water and bagels for refreshments.

Thank you for your help on this very important task!

Any questions call or text.

Hope to see you in the Garden!

Jeanne Hansen
801-209-2823

Scott Hansen
801-556-7448

Jon Hansen



Parish Nurse Health Tip

Bad to the Bones: What to Avoid for Bone Health



- Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health.
- Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.
- You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men.

What To Do? What to Avoid?

1. Too Much Salt

The more salt you eat, the more calcium your body gets rid of, which means it's not there to help your bones. Foods like breads, cheeses, chips, and cold cuts have some of the highest counts. You don't have to cut salt out entirely, but aim for less than 2,300 milligrams of sodium a day.

2. Binge Watching

It's fine to enjoy your favorite show. But it's way too easy to spend endless hours in front a screen or iPad, nestled on your couch. When it becomes a habit to lounge, you don't move enough and your bones miss out. Exercise makes them stronger. It's best for your skeleton when your feet and legs carry the weight of your body, which forces your bones and muscles to work against gravity.

3. Miles of Bike Rides

When you pedal to work or ride for hours on the weekend, your heart and lungs get stronger. Your bones? Not so much. Because it's not a weight-bearing activity, bike riding does not increase your bone density, unlike walks, runs, and hikes. If you're an avid cyclist, you'll want to add some time in the weight room to your routine and mix it up with activities like tennis, hiking, dancing, and swimming (the water's resistance helps your bones).

4. Too Much Time in Your “Cave”

Maybe you need to get out more. The body makes vitamin D in sunlight. Just 10-15 minutes several times a week could do it. But don't overdo it. Too much time in the sun can raise your risk of skin cancer. And there are some other catches, too.

Your age, skin color, the time of year, and where you live can make it harder to make vitamin D. So can sunscreen, which is extremely important! Add fortified cereals, juices, and milks (including almond, soy, rice, or other plant-based milks, as well as low-fat dairy) to your diet. And ask your health care provider if you need a vitamin D supplement. Just because you live in Utah where the sun always shines, don't think you are exempt from low Vitamin D levels. Be sure to have this level included in your next blood work.

5. Another Pitcher of Margaritas

Yup, you are right. It's always five o'clock somewhere. But, when you're out with friends, one more round might sound like fun. But to keep bone loss in check, you should limit the amount of alcohol you drink. No more than one drink a day for women and two for men is recommended. Alcohol can interfere with how your body absorbs calcium. Well, dang.

6. Overdoing Some Drinks

Too many cola-flavored sodas could harm your bones. While more research is needed, some studies have linked bone loss with both the caffeine and the phosphorous in these beverages. Other experts have suggested that the damage comes when you choose to have a soda instead of milk or other drinks that contain calcium. Too many cups of coffee or tea can also rob your bones of calcium.

7. Bowls of Wheat Bran With Milk

What sounds healthier than 100% wheat bran? But when you eat it with milk, your body absorbs less calcium. Don't worry about other foods, like bread, that might contain wheat bran. But if you're a fan of the concentrated stuff and you take a calcium supplement, allow at least 2 hours between the bran and your pill. **Include plenty of calcium in your diet.** For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and for men age 71 and older. Good sources of calcium include dairy products, almonds, broccoli, kale, and canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your health care provider about supplements.

8. Smoke Breaks

When you regularly inhale cigarette smoke, your body can't form new healthy bone tissue as easily. The longer you smoke, the worse it gets. Smokers have a greater chance of breaks and take longer to heal. But if you quit, you can lower these risks and improve your bone health, though it might take several years.

9. Your Prescriptions

Some medications, especially if you have to take them for a long time, can have a negative impact on your bones. Some anti-seizure drugs and glucocorticoids, like prednisone and cortisone, can cause bone loss. You might take anti-inflammatory drugs like glucocorticoids if you have conditions such as rheumatoid arthritis, lupus, asthma, and Crohn's disease.

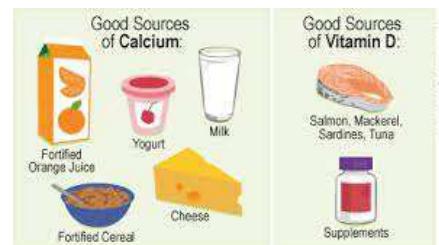
10. Being Underweight

A low body weight, a BMI of 18.5 or less, means a greater chance of fracture and bone loss. If you're small-boned, do weight-bearing exercises and ask your doctor if you need more calcium in your diet. If you're not sure why you're underweight, ask your doctor about that, too. They can check to see if an eating disorder or another medical condition

is the reason. And as a side note: I assumed and we know what we've learned about assuming . . . That because I was overweight I was exempt from osteoporosis. Au contraire mon frère.

11. If You Take a Tumble

When you tripped as a child, you probably got right back up again. As you get older, though, falls get more dangerous, especially if you have weak bones. A fracture or broken bone can take a long time to heal. In older adults, it can often be the start of a decline that's hard to come back from. Walk easier at home with safety features like grab bars and non-slip mats. Clear the clutter from your path, indoors and out, to avoid a misstep. If you need a cane or walking stick, get one and use it faithfully. Let's see, a hospital stay, a broken hip or arm, rehab in a nursing home, all because you are too vain and stubborn. I will not cry for you Argentina.



Sources: Poonam Sachdev, WebMD, February 22, 2022, Adult Healthy Lifestyles, Mayo Clinic

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.

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.

Treasurer Report

By: Mike McIntire

TREASURER'S REPORT

For Period Ending August 31, 2022

CHURCH GENERAL FUND	Fiscal Year-to-	
	August	Date
Unrestricted Contributions	\$2,791.10	\$5,706.14
+ Other Unrestricted Revenue	\$4,565.61	\$8,874.33
+ Transferred to General Fund from Designated Accounts	<u>\$555.00</u>	<u>\$680.00</u>
+ Transferred to General Fund from Trust	<u>\$1,060.00</u>	<u>\$4,186.00</u>
= Total Income	<u>\$8,971.71</u>	<u>\$18,766.47</u>
Total Expenses	<u>-\$13,758.19</u>	<u>-\$30,459.23</u>
= <i>Net General Fund Surplus (-Deficit)</i>	<i>-\$4,786.48</i>	<i>-\$11,692.76</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$14,570.00
YTD Budgeted Total Income	\$30,850.00
YTD Budgeted Total Expenses	\$33,132.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$9,410.76

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	August	Date
All Outreach Contributions	\$685.00	\$920.00
Other Designated Contributions	\$0.00	\$0.00
= <i>Total Designated Contributions</i>	<u>\$685.00</u>	<u>\$920.00</u>

October 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 Rev. Marth Moler, Preaching Worship Service @10:30am Flu Clinic FCC @11:30am
3 AA Meeting Fireside Room @7pm	4	5 Men's Breakfast @7am Deacons Meeting @2pm	6	7	8	9 Rev. Marth Moler, Preaching Worship Service @10:30am
10 AA Meeting Fireside Room @7pm	11	12 PEO Meeting Fireside Room 1pm – 3pm	13	14	15 Garden of Grace is on the Move 9am – 1pm	16 Rev. Marth Moler, Preaching Worship Service @10:30am
17 AA Meeting Fireside Room @7pm	18 Council Meeting FCC @1pm	19 Clarion Deadline	20	21	22	23 Rev. Marth Moler, Preaching Worship Service @10:30am
24 AA Meeting Fireside Room @7pm	25	26	27	28	29	30 Rev. Marth Moler, Preaching Worship Service @10:30am
31 AA Meeting Fireside Room @7pm						

FIRST CONGREGATIONAL CHURCH
2150 S. Foothill Drive
SLC, Utah 84109

October 2022

ADDRESS SERVICE REQUESTED