

CONGREGATIONAL CLARION

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

September 2019



GEARING UP FOR SUNDAY SCHOOL

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 9:30am

Nursery Provided

Worship Hour Returns to 10:30am on September 8th

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

MODERATORS MOMENT...

Wendy Haupt

It has been a busy summer for all of us, and a hot one too. You have probably noticed that the Trustees are working on cooling the sanctuary with of combination of portable air conditioners and opening vents early in the morning on Sundays. It is a work in progress, but I think that each Sunday it feels cooler in the sanctuary. Fortunately we only have a few more hot weeks in August, and Sept should cool off. The Trustees are also working on getting bids for a new boiler to heat the building in the cold months.

The Pulpit Committee is continuing our search for a long term interim who can facilitate our transition. We have interviewed one individual, who ultimately didn't work out for us, but who gave us a lot of valuable information on how to proceed with our transition in a healing manner. In August and early September we are looking forward to many of our own congregation filling the pulpit. Starting Sunday Sept 15th Al Hammond will be our part time interim pastor, while we search for a long term interim pastor. Al, as many of you will remember, has been our interim minister twice before. He is a wonderful man, who says he remembers everyone in our church fondly and looks forward to preaching in our church again.

Pot Luck Dinner Saturday Sept 7, 2019 6pm - at Wendy and Scott Haupt's home to discuss ideas for our church focus going forward. The Council feels we, as a congregation, need to start discussing what direction we would like our church to go in moving forward. Is there a primary focus (charity, community organization, or cause) we can all get excited about to help us stand out as a church? Please come with ideas to share. **RSVP to Wendy (801)755-9758, wshaupt@gmail.com, 1172 W. Kristeldell Ct (6340 South)**

CLARION DEADLINE



October Clarion Deadline will be September 18th you can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

Congregational Meeting Sept 15, 2019

On Sept 15, 2019 we will hold a Congregational meeting after church to vote on taking money out of the Trust to pay for a new boiler. The Trustees feel that the old boiler will not make it through this winter, and they are hoping to get a new boiler system to heat our building this winter. Please plan to attend this short meeting to vote on this critical issue.

CALENDAR

The Calendars in this issue give information about church activities as well as building use by external groups. While any building use should be co-coordinated through the office, this should help you make appropriate plans if you need to use the church.



RALLY DAY – SEPTEMBER 8TH

Renew, Recharge, Reconnect, Recommit - After a busy summer, please join us for a POTLUCK LUNCH immediately following the worship service on Sunday, September 8th in the east courtyard to celebrate Rally Sunday. We will have games and activities as well as fellowship to celebrate. Please bring potluck dishes as follows by last name: *A-H - salads/fruit, I-P - sides, Q-Z – desserts*

Vacancy on Friendship Manor Board

One of FCC's four seats on the Friendship Manor Board of Trustees is vacant. Friendship Manor is the apartment building for seniors and persons with disabilities at 1320 East 500 South, which First Congregational Church and three other congregations founded 52 years ago. The building has a roughly equal number of federally subsidized and market-rate apartments, bringing together residents across economic and religious differences. Each congregation normally has four members on its board of trustees. The board meets bi-monthly, usually on the fourth Tuesday at 5:30 p.m. (including dinner) in January, March, May, July, September, and November. The next meeting is on September 24. Please see either Susan Olson or Carrie Naughton if you are interested in serving or have questions about possibly doing so.

Nursery Volunteers Needed

Volunteers are needed to staff the nursery on Sunday mornings and care for our littlest participants at FCC. Nursery-age children (up to 4 years) attend infrequently, so many times you may be able to join the worship service after only 5 to 10 minutes to determine there will be no call for nursery care that week. Still, it is important to provide this service for visitors and occasional attendees. Historically, there have been enough volunteers that one is committed to the nursery only about once every two months. If you are interested in serving, please contact Susan Olson (801-532-3809 or kelloolsn@msn.com) for more information.

SEPTEMBER OUTREACH

Street Dawg Crew

The selected organization for September Outreach financial donations is Street Dawg Crew of Utah, www.streetdawgcrew.org. It was established and registered as a 501(c)3 nonprofit organization in 2017 with a mission to serve the pets of the homeless and other vulnerable populations such as low-income veterans, domestic violence survivors, and seniors in the Meals on Wheels program by providing pet food, supplies, and veterinary care, and promoting positive and responsible pet ownership (including spay and neuter). They are a "Network partner" of Best Friends Animal Society.

It is estimated that up to 10 percent of Utah's homeless population have pets. Caring for an animal is an added burden on these people whose lives are already difficult, but many would not ever consider giving up their pets because they are an important source of comfort and companionship. Street Dawg Crew helps by providing pet food and supplies at their weekly outreach at Pioneer Park; by providing free vaccinations and microchipping in partnership with local veterinarian clinics; and by helping clients defray the cost of emergency veterinary care, as well as the cost of spaying or neutering. Thus, Street Dawg Crew helps both people and animals, and by improving the lives of these pets, it also helps to ease the hardships that their owners experience.

FOR YOUR INFO

If you use the UTA Bus system there is a new schedule for Sundays. 400 South/Foothill Drive – To 3900 S. Wasatch Park and Ride. Routh Makes stop at 2100 South and Foothill arrive at 9:44am and 11:31am Questions call 801-RIDE-UTA

BOX TOPS – Cathy Rockwell is still collecting Box Tops for Education coupons for schools. If you have questions please contact Cathy.

FROM THE DEACONS

Written by Ken Rockwell

With Pastor Rossi's resignation, it has been a busy summer for the Board of Deacons. We were responsible for finding guest speakers to fill the pulpit while a search committee seeks a longer-term interim pastor. The Board would like to thank the various members and outside guests who stepped up to give the sermon, as well as others who also contributed to the worship by helping with Joys and Concerns, Children's Chat, liturgizing and worship preparation. It was particularly appreciated as the already-small Board had members who have been limited in their ability to contribute. We would particularly like to thank Marge Kimes and Carla McIntire, who, in addition to their other positions, have been acting as unofficial but fully committed to support deacon responsibilities. Meanwhile, we continue to invite others to help in any way, such as liturgizing or worship preparation. The signup sheets for worship activities is on the bulletin boards, and although slots have been filled, these are all tentatively assigned at a planning meeting and no feelings will be hurt if an existing name is crossed off and replaced. Quite the contrary, we would be delighted and very grateful.

In mid-September, Rev. Al Hammond will return as a part-time pastor, supporting us through the Christmas season, unless an Interim Pastor is called sooner. Prior to accepting the position, Al had already made commitments which will require his absence for two Sundays around Thanksgiving, which could provide opportunities for anyone else who may have an idea for a sermon rumbling around inside, with plenty of lead time to put it together. The fringe benefit: you get to choose your hymns for the worship. See any deacon for more details.

Join the Thursday Book Group – On Thursdays, the FCC book group will be discussing “The Screwtape Letters” by C.S. Lewis, a collection of ironic letters purporting to be from Screwtape (an assistant to Satan) to his nephew Wormwood, written in the early 1940’s. Come join us weekly in the Heritage Room from 2 to 3pm.



Health Tip FROM YOU PARISH NURSES

Important Things To Know About Gut Health

Your gut can affect more aspects of your health than you think. These facts will help you understand your gut a little better so you can take good care of it and stay healthy. If you are good to your gut (aka your digestive system), it will help your health.

- Trillions of bacteria and other microorganisms live throughout your digestive system, and this “microbiome” communicates with cells throughout the rest of your body.
- While scientists are still working to understand exactly how large of a role your gut plays in your overall health, experts know it can affect your immune, nervous, and metabolic systems.
- Signs of an unhealthy gut: frequent upset stomachs, gas, bloating, diarrhea, heartburn, high sugar diet which leads to sugar cravings and the decrease of good bacteria, food intolerances and allergies, skin irritations, sleep disturbances, constant fatigue, and weight changes (up or down).

1. It Acts Like a Second Brain

There’s a reason your stomach feels like it’s tingling when you’re nervous or anxious. The enteric nervous system—a complex and sophisticated network containing over 100 million nerve endings—lines your gastrointestinal tract. It connects your gut and brain. Many studies have linked changes in your microbiome to mood disorders like depression and anxiety. Some research has even found that eating probiotics could work similarly to antidepressants in easing the symptoms of depression and anxiety.

2. Your Gut Can Help Keep Your Skin Clear

A healthy microbiome can help to regulate the bacteria in other parts of your body, like your skin. An unbalanced gut microbiome can cause inflammation that affects the entire body, including your skin, which can lead to breakouts. One study found that 54 percent of patients with acne had impaired microbiomes compared to those of the average person. You can also find skin-care products that contain probiotic extracts and prebiotics that can help with skin conditions like eczema or acne.

FYI: Probiotics versus Prebiotics: Probiotics are live, active cultures (the good bacteria itself) that are thought to have health benefits and can help improve your body's good bacteria. Prebiotics are nondigestible substances (such as nonsoluble fiber) that promote healthful bacteria growth. They also serve as food for probiotics, so consuming the two together can make them extra effective.

See Below For Examples.

3. It Can Help Strengthen Your Immune System

A big portion of your immune system is actually based in your gut. Your immune system depends on the microbiome to function properly. Some microbes in the gut help control how immune cells function; if the microbiome isn't healthy, the immune system may become too active. That's one reason you should include fiber in your prebiotics; some of the by-products of fiber being broken down signal the immune system to stay calm.

4. Your Gut Can Help You Maintain a Healthy Weight

We all know that what you eat can have an impact on your weight, but there's more to it than that. A number of studies have shown there is a difference in the microbiome of people who are obese compared to those who are lean. One reason is that the bacteria in your gut help break down fat, extract calories from food, and impact the production of appetite-regulating hormones like leptin and ghrelin. If there isn't a balance between good and bad bacteria, your digestive system might not perform those functions as well as it could.

5. Your Digestive System Might Play a Role in Arthritis

This is related to how your microbiome plays a role in regulating your immune system. An overactive immune system can lead to autoimmune conditions like rheumatoid arthritis. So far, research has found that an overgrowth of certain types of bacteria can trigger an inflammatory response that targets the joints. Microbes in your gut can even impact treatments and make certain arthritis drugs more or less effective. Research is still exploring the connection between probiotics and joint health, including whether the bacteria in yogurt can help reduce joint inflammation. Some early results have shown that probiotics might be even more effective than taking nonsteroidal anti-inflammatory medicines like ibuprofen.

Foods to Eat for Better Gut Health

One of the best ways to keep your gut healthy and encourage the growth of good microbes is to follow a plant-based diet high in fiber and low in fat, sugar, and processed foods. It might also help to add more of these prebiotic and probiotic foods to your diet:

- **Prebiotics:** apples, artichokes, asparagus, bananas, barley, beans, broccoli, cabbage, cacao, flaxseed, garlic, leeks, lentils, oats, onions, raw honey, and whole wheat.
- **Probiotics:** kefir (milk- or water-based), kimchi, kombucha (learn how to make kombucha at home- I used to do this years ago. Kinda fun!), miso, pickles, raw/unfiltered apple cider vinegar, sauerkraut, tempeh, and yogurt (dairy or nondairy).



Should I Use Probiotic Supplements?

- Even though some new research shows that the available probiotic supplements don't impact the gut microbiome, some experts still admit to taking them. If you're interested in trying probiotic supplements, follow this advice from the Academy of Nutrition and Dietetics:
- Always read the labels. Supplements need to contain around 1 to 10 billion colony forming units in order to be effective.
- A mix of probiotic strains is best, but certain strains can also help with specific issues. You can talk to your health care provider to learn more about what might work best for you, or check out the American College of Gastroenterology's overview of using probiotics to treat adult gastrointestinal disorders.
- Some probiotic supplements need to be refrigerated, so check the label and keep that in mind before you buy one.
- For the best results, you'll need to commit to taking a supplement regularly (ideally daily). Once you stop taking them, the benefits will go away within one to four weeks.



What else can you do to improve a healthy gut?

- Eat slowly
- Stay Hydrated
- Keep a food diary. Because we all know we think we are eating better than we really are.
- Exercise!
- Watch those antibiotics. They kill of both good and bad gut bacteria. You don't need an antibiotic for every little infection. Often an earache will get better on its own. Strep throat does not need an antibiotic. The only thing the antibiotic WILL do for you is make you feel better two days earlier. We need to save those antibiotics for when we really, really need them.

Source: Better Homes and Garden, May 21, 2019, Megan Dix, RN, Healthline Newsletter, July, 2018, Greatest Newsletter, Sabrina Weiss and Nick English, June 2018.

September Calendar

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Camp Sunday Ashton McDonald, Preaching Worship Service 9:30am	2 AA Meeting @6:30pm	3	4	5 Book Group @2pm Choir Rehearsal 7pm	6	7 Pot Luck at Scott and Wendy Haupt's Home 6pm
8 – Worship Time Change to 10:30am Rally Day Service and Picnic here at FCC Worship time 10:30am Communion Joanna Hart, Preaching	9 AA Meeting @6:30pm	10 Rev. Alan Hammond begins his interim contract with FCC He will be in the Office Noon – 3pm on Tuesdays and 9 to 3pm on Thursdays Deacons Meeting 7pm Trustees Meeting @6:30pm	11 Clarion Deadline Council Meeting @6:30pm	12 Book Group @2pm Choir Rehearsal 7pm Rev. Alan Hammond Office Hours 9am - 3	13	14
15 CE Meeting 9:30am Worship Service 10:30am Congregational Meeting Following Worship Rev. Alan Hammond, Preaching	16 AA Meeting @6:30pm	17 Rev. Alan Hammond Office Hours Noon-3pm	18	19 Book Group @2pm Choir Rehearsal 7pm PEO Meeting – Alice Stephenson Kitchen/Fireside Room 6pm – 9pm Rev. Alan Hammond Office Hours 9am - 3	20	21
22 Worship Service 10:30am Rev. Alan Hammond, Preaching Flu Clinic Noon – 3:30pm Gym/Fireside Room	23 AA Meeting @6:30pm	24 Rev. Alan Hammond Office Hours Noon-3pm	25	26 Book Group @2pm Choir Rehearsal 7pm Rev. Alan Hammond Office Hours 9am - 3	27	28
29 Worship Service 10:30am Rev. Alan Hammond, Preaching	30 AA Meeting @6:30pm					

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 Book Group 2pm In Heritage Room Choir Rehearsal @7pm	4	5
6 Camp Sunday Communion Worship Service @10:30am	7 AA Meeting @6:30pm	8 Trustees Meeting @7pm Rev. Hammonds Office Hours Noon – 3pm	9 Council Meeting @6:30pm Clarion Deadline	10 Rev. Hammonds Office Hours 9am – 3pm Book Group 2pm In Heritage Room Choir Rehearsal @7pm	11	12
13 Youth Sabbath Worship Service @10:30am Outreach Meeting Following Worship	14 AA Meeting @6:30pm	15 Rev. Hammonds Office Hours Noon – 3pm	16	17 Rev. Hammonds Office Hours 9am – 3pm Book Group 2pm In Heritage Room Choir Rehearsal @7pm	18	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		

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

September 2019

ADDRESS SERVICE REQUESTED