

CONGREGATIONAL CLARION

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

September 2020



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 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

Janie's Jottings~

Greetings to all of you! I hope this issue of the Clarion finds you well and not overcome by all the challenges of the virus. I truly miss seeing you in person. Some of us have gathered virtually to Zoom for Coffee, but I know that doesn't work for some. More recently, a few of us have gathered socially distanced to share thoughts about FCC and hopes for the future. One thing has come to our attention - and perhaps that is because we are not meeting face-to-face - and that is contributions to the church have fallen. Even in this strange time, expenses continue so if you can, I do hope you'll support the church financially as best you are able.

I also hope you are keeping in touch with church friends. Check in on one another! That is one of the things I hear from many of you - you really value the relationships you have here at FCC. Larry and I recently had a visit from our younger son and his family, and it made me realize how much I hunger to be closer to them and to see them and have wonderful long conversations. We were able to reminisce and have time to read to our granddaughter. (At age 6 she thinks grandma should read to her more!) I hope you have opportunity to catch up with family and friends too!

I know there are some folks who are not so comfortable with the "technology". I do understand! I would love to hear from you about your hopes and dreams for the church. Please don't be surprised if I call to get your ideas.

Please stay safe!

May God bless you in this journey!

Janie



FROM THE MODERATOR-Cissy Wolff

We had excellent participation with our Mail-in voting for the Annual Meeting. We had 47 responses. The following motions were approved: the list of nominated officers and board members as submitted and the annual budget as submitted. The congregation approved withdrawal of up to \$93,260 from the First Congregational Church Trust during the 2020-2021 fiscal year to cover certain building and grounds expenses.

There have been responses to the letters that were sent to investigate the possibility of sharing space in our church. Carla McIntire, Marge Kimes, and Bob Baird will continue work to explore this option for our congregation.

Work continues on the bylaws with consideration given to different methods of participation in congregational meetings. The committee hopes to include different ways to vote so that all members can engage in decision making.

Conversations with Michael Chittum at the NACCC helped us determine what services may be useful as we determine our future. He suggested that we may want to engage with the Center for Parish Development after our church determines that it is viable and committed to staying together, whether in the present building or in another place. He gave encouragement that churches of our size are typical of modern day Protestant churches and gave some suggestions as we look at possibly sharing our church with another congregation.

Our Council members continue to be dedicated to working through difficult discussions. They willingly attend numerous extra meetings to help us determine our future. Information from many investigations will be coming in during the next few weeks. Please read through any updates from church and let me know if you have any questions or concerns about First Congregational Church.

CLARION DEADLINE



October Clarion Deadline will be September 16th you can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

CALENDAR



The Calendars in this issue give information about church Zoom meetings 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. A reminder to all to please confirm with the church office of any meetings via zoom or building needs or appointments at the church so we can be sure to have everything on the calendar and to try and avoid any possible conflicts. Thanks Everyone.

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 d instance.

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

Scott Hansen

Jon & Ryan Hansen

801.209.2823.

801.556.7448

FROM OUTREACH

We will be donating to Beyond Addiction Mosaic. Beyond Addiction Mosaic (B.A.M) is a local "grass roots" organization whose primary mission is to create a recovery-ready community by bringing resources to life beyond addiction. B.A.M. is reaching out to the homeless almost on a weekly basis to fill a need that has been worsened due to the pandemic. They will set up an event where anyone who wants to join can come help pass out needed items to the unsheltered people (that date is pending).



Parish Nurse Health Tip

Another Reason to Get the Flu Shot, Study Finds It May Decrease Risk of Alzheimer's

New studies have found that the flu shot and pneumonia vaccine may protect people from Alzheimer's disease. Experts aren't sure why vaccines may help prevent Alzheimer's disease.

- The evidence, which was presented at the virtually-held Alzheimer's Association International Conference in July, suggests that people who got at least one flu shot cut their risk of Alzheimer's by about 17 percent, and those who regularly get vaccinated against the flu had an even lower risk of developing the disease.
- The new findings disprove the long-standing myth that the flu shot could give some people Alzheimer's.
- People with dementia have a greater risk of dying from an infection, by about three-fold, compared to those without dementia. Their increased risk of mortality from an infection further highlights the importance of vaccinating this group.
- Two studies presented at the Alzheimer's Association International Conference again found a reduced risk of Alzheimer's disease associated with influenza and pneumonia vaccinations," said Dr. Scott Kaiser, a geriatrician and the director of Geriatric Cognitive Health for Pacific Neuroscience Institute at Providence Saint John's Health Center.

Vaccines Protect Against Cognitive Decline

The first study, which came out of the University of Texas, set out to understand if vaccinations provide some degree of protection against Alzheimer's. The researchers looked at the health records of over 9,000 people aged 60 and older and found that people who received one flu vaccination had a 17 percent lower risk of developing Alzheimer's. Those who got two or more flu shots had an additional 13 percent lower risk.

Researchers from Duke University and the University of North Carolina conducted the second study. They looked at the health records of over 5,000 people ages 65 and up and found that people who got a pneumonia vaccine before age 75 were about 25–30 percent less likely to develop Alzheimer's.

According to the researchers, the findings suggest the pneumococcal vaccine may be a promising Alzheimer's prevention tool.

A third study presented at the conference spoke to the value of vaccines in people with dementia. Looking at the health data of over 1.4 million people, researchers from Denmark found that people with dementia who were hospitalized with an infection were 6.5 times more likely to die compared to people who didn't have an infection or dementia. That heightened risk of mortality among people with dementia existed in both the short term, within 30 days of contracting an infection, and the long term, or about 10 years after the first infection.

Why Do Vaccines Have This Effect?

It's still unclear as to why these vaccines are associated with a reduced risk of Alzheimer's disease. The long-term effects of influenza and pneumonia haven't been thoroughly studied. However, some past research suggests the widespread inflammation caused by these infections could impact brain health.

Dr. Guy Mintz, the director of cardiovascular health and lipidology at Northwell Health's Sandra Atlas Bass Heart Hospital in Manhasset, New York, said that inflammation from recurrent infections leads to plaque instability, which could affect the blood vessels and blood supply to the brain and lead to impairment.

One study from 2018 found that mice infected with two different types of flu strains experienced changes in the structure and functioning of their brains.

A different 2018 study also identified long-term neuroinflammation following an influenza infection.

A report from 2017 found that while influenza doesn't directly cause neurodegenerative disorders, it could prime the brain to be more susceptible to other factors that do cause neurodegeneration.

"Getting sick with the flu or pneumonia, particularly with bad cases, can be taxing on the brain and increase your long-term risk of dementia. So protecting yourself from flu and pneumonia, through vaccination, may very well be protecting your brain too," said Kaiser.

Kaiser said other research has linked a weakened immune system — which can occur after battling an illness like the flu or pneumonia — with a higher risk of Alzheimer’s disease. This is likely because a weakened immune system may allow more viruses and bacteria to get into the central nervous system, according to Kaiser.

People who regularly get vaccinated may also see their doctors more frequently and receive more medical care. “Another possibility is that patients go for regular preventive visits and get the flu shot or interaction with their primary care physicians, which is a greater opportunity for cardiovascular risk assessment and modification of associated risk factors,” said Mintz.

We Need More Research

Health experts hope to see more studies examining how vaccines can be used to prevent Alzheimer’s disease. Scientists are just beginning to identify the link between vaccinations and cognitive health, and there are still many more questions that remain unanswered.

The Bottom Line

RUN. DON’T WALK. GET YOUR YEARLY FLU SHOT AND THAT PNEUMONIA SHOT!! We need to keep every brain cell we have intact!

Mark Your Calendars: Flu Shots at First Congregational Church,
September 27, 2020, Be There Or Be Square!

Source: Healthline, Written by Julia Ries on August 4, 2020— Fact checked by Dana K. Cassell



Our Flu Clinic this year will be Sept 27. We are working with Community Nursing Service to offer both flu vaccine and pneumonia vaccine. We need to know how many and which type of pneumonia vaccines are needed in order to be able to let CNS know. We will be offering the clinic on an appointment basis to keep within social distancing requirements. The clinic is set to be open from 11:30 to 1:00 with appointments every 3-5 minutes.

Diane F-B needs to know who all needs a pneumonia vaccine so she can order them from CNS. CNS sent this about the pneumonia vaccine: There are two pneumonia vaccines, both are for those 65 and older. The PCV13 Prevnar vaccine is given first, then the PPSV 23 Pneumovax given one year later. They are good for life, unless a doctor recommends another dose for a health condition, usually at least 5 years after the first.

If someone has NEVER received a pneumonia vaccine, we would start with PCV13 Prevnar. If they have received ONE before, we would give the PPSV 23.

Please check out if you’ve received one or both of the pneumonia vaccines if you are 65 years or older and let Diane know if you wish to receive one of the pneumonia vaccines. Please let her know by Sept 10. Thank you.

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Deacons Meeting – Zoom @7pm	2 Men's Breakfast 7am Pastor Coffee – Zoom 10am	3 Zoom Bible Study 7:30pm	4	5
6 Facebook Live Worship Service 10:30am every Sunday until Further Notice	7 AA group meeting virtually until further notice Labor Day	8 Zoom CE Meeting @7pm	9 Pastor Coffee – Zoom 10am	10 Zoom Bible Study 7:30pm	11	12
13 Rally Sunday and Virtual Coffee Hour Zoom	14	15	16 Pastor Coffee – Zoom 10am Zoom Council Meeting @7:00pm Clarion Deadline	17 Zoom Bible Study 7:30pm	18	19
20	21	22	23 Pastor Coffee – Zoom 10am	24 Zoom Bible Study 7:30pm	25	26
27 Flu Clinic @11:30am – 1pm	28	29	30 Pastor Coffee – Zoom 10am			

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Zoom Bible Study 7:30pm	2	3
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 7:30pm	9	10
11	12	13 Zoom CE Meeting @7pm	14 Pastor Coffee – Zoom 10am	15 Zoom Bible Study 7:30pm	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 7:30pm	23	24
25	26	27	28 Pastor Coffee – Zoom 10am	29 Zoom Bible Study 7:30pm	30	31 Halloween

TREASURER'S REPORT

For Period Ending July 31, 2020

	July	Fiscal Year-to- Date
CHURCH GENERAL FUND		
Unrestricted Contributions	\$3,931.00	\$3,931.00
+ Other Unrestricted Revenue	\$3,687.17	\$3,687.17
+ Transferred to General Fund from Designated Accounts, Memorial Fund & FCC Trust	\$0.00	\$0.00
= Total Income	\$7,618.17	\$7,618.17
Total Expenses	-\$17,884.72	-\$17,884.72
= <i>Net General Fund Surplus (-Deficit)</i>	-\$10,266.55	-\$10,266.55

Data for comparison

YTD Budgeted Unrestricted Contributions	\$8,148.00
YTD Budgeted Total Income	\$66,664.00
YTD Budgeted Total Expenses	-\$65,785.70
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$11,144.85

DESIGNATED ACCOUNTS

	July	Fiscal Year-to- Date
Designated Contributions		
All Outreach Contributions	\$325.00	\$325.00
Other Designated Contributions	\$0.00	\$0.00
= <i>Total Designated Contributions</i>	\$325.00	\$325.00

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

September 2020

ADDRESS SERVICE REQUESTED