

CONGREGATIONAL CLARION

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

SEPTEMBER 2021



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:

In Person Worship at 10:00am

Follow Us on Facebook for Live Online Sunday Worship at
10:00am

****Worship Hour will Return to 10:30am on September 12th ****

Interim Minister:	Rev. Janie Gebhardt
Moderator:	Mike McIntire
1st Assoc. Moderator:	
2nd 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:	
Youth Director:	
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 –

After a particularly contentious School Board meeting this week, I had to pause and reflect on my own impatience with people who have every excuse under the sun about why neither they nor their children will abide by a “mask Mandate”. Listening to them declare that masks don’t work and more I wondered what would ever convince them to not only care for themselves but others around them. Then it hit me – I believe we are living through a pandemic, but I think many of them are thinking it should be gone by now. This is something new for all of us! When I’m facing something new, I want to try to find relevant information to help me navigate the new. But what I think I’m seeing is people who resort to what they’ve always known or to sources of information I find questionable. I grew up believing that sources like Public Health were reliable, but this group of people claim other “experts”. I am so thankful we have good Parish Nurses who are staying abreast of recommendations for us! As we learn new things we may need to make some adjustments, but for now we will continue the practices we believe keep us safe: social distancing, wearing masks when transmission in our area is high, hand washing or sanitizing, social distancing, sanitizing surfaces regularly, and perhaps best is getting vaccinated. (Many of us may be looking for a booster in the near future.) Some other practices have been implemented in other places like checking temperatures at the door or meeting outdoors (that one is challenging here – noise and heat), or not singing. That last one is hard because that is one of the joys of being together – singing our faith. As the choir prepares to resume they are looking into “singing masks”.

I am so grateful for your caring for one another in this challenging time and pray for patience as we find our way forward.

Blessings!

CLARION DEADLINE – October Clarion Deadline will be Sept. 15th. You can email your articles to firstcongo@qwestoffice.net

SUNDAY WORSHIP SCHEDULE – Worship will return to 10:30am beginning on September 12th.

ZOOM Coffee with the Pastor – Wednesdays at 10:00am. Please email the church if you are interested in joining in and we will get you the information you need to get online and chat with other members/friends and pastor of FCC.



ZOOM BOOK GROUP - September 8th and 22nd at 7pm on Zoom. If you are interested in joining please email the church for the zoom link.

SEPTEMBER 2021 OUTREACH

Collections will go to - The INN Between

What happens when you would like to experience your end of life with dignity, if you would like to get life-saving medical treatment or if you need to recuperate from an illness **and** you are homeless? Hospice care is delivered in the home and cannot be delivered in shelters or on the street. To initiate life-saving treatments (chemotherapy, radiation, surgery) doctors require patients to be stably housed. Sometimes people are too ill to be on the streets or in shelters, but not ill enough to be in the hospital.

The INN Between provides the stable home that allows adults experiencing homelessness to gain access to professional hospice care from State-licensed hospice agencies; undergo life-saving medical treatment; stabilize in preparation for surgery; or recuperate from serious illness, injury, or surgery. It is the only medical respite provider for people experiencing homelessness in the greater Salt Lake area. September's Outreach collections will go **The INN Between** to end the tragic history of vulnerable people dying on the streets of our community. They provide a supportive safe haven for people who have nowhere to go during a medical crisis. Please consider giving generously to help **The INN Between** fulfill their mission to provide for the sick, especially the terminally ill, and to treat the whole person by providing support for emotional, social, and spiritual needs, as well as medical symptoms. Please indicate clearly that your donation should go to Outreach to support this very important mission.

FROM THE DEACONS – Phil LeHoux

Fall is in the air (sort of), as we look forward to a return to the more traditional and familiar. Plans are in place to reconvene the choir, albeit with special singing masks, which appears, like many things, to be the “norm” these days. Speaking of “norm”, we will return to our traditional worship time of 10:30 a.m. on Sunday September 12th, following Labor Day weekend. This year, as extremely hot weather was continuing with no letup in sight, extending summer hours was being considered. Alas, as of this Clarion release, the area long-range forecast calls for a normal pattern of low 80s in the day and low 60s at night, which should allow for overnight sanctuary cooling and still-pleasant worship-time conditions. The portable a/c units may well be near the end of their use this year. We will also be continuing our worship streaming as much as possible. The small techie team has appealed for more support but has not received any to-date. The actual skills required are pretty basic, and easily acquired with the simple software and equipment in use. More volunteers would allow a more-expansive schedule to be prepared, giving our core an occasional break.

We have been thankful for much, despite the threat of Covid still lurking, with a sense of resignation that we may have to learn to live with it, as eradication proves unlikely under current easy mobility and disparate public health conditions both here and around the world. We are fortunate that our Parish Nurses are both deacons, and the discussion of matching risks to protocols is a big part of our regular meetings. As has been observed, we have returned to masked gatherings, which is the Salt Lake City recommendation, especially since our congregation consists of the most at-risk demographic.

Our recent rain events have also been welcomed in our desert, though those with flooded basements may see this as less than a blessing. Evidently, according to a recent study, this may also be linked to a changing climate, with intense, destructive precipitation events, (yet another “new norm”?) still resulting in less-than-normal overall rain.

FLU CLINIC – September 26th

Flu Clinic will be held from 11:30am to 1:30pm in the Sunday School Classroom upstairs. Please contact Diane Forster-Burke with questions.

REPORT FROM THE PULPIT SEARCH COMMITTEE – Glenda LeHoux

The Pulpit Search Committee has been hard at work for the past four months. We have had many meetings, thought-provoking discussions, and have accomplished much.

In terms of advertising our position, we have placed a Church Information Form and Church Profile on the NACCC website. We have also created two ads. One is a visual ad that includes a view of the Salt Lake City skyline against the mountains as well as our printed wording. This ad will be in *The Congregationalist* in the September and the December issue. Two former FCC ministers who are associated with the NACCC, Art Ritter and Michael Chittum, have also placed this ad on their Facebook pages. Because of their role in the NACCC, their Facebook pages get lots of visits from ministers and hopefully our ad will catch someone's eye. Janie has also placed this on a group Facebook page of UCC ministers. Our second ad is a print only ad and it will appear in the on-line edition of *The Christian Century* for two weeks in September, October and November. We are still investigating how to place this ad in university divinity schools and seminaries.

In preparation for interviews, we have created a series of interview questions for both a first and a second interview. We sought advice from Art, Michael and Janie on what type of questions we should expect from candidates. We have given a lot of consideration to the questions which we received, and we have worked as a group to create answers which we feel represent this church. We have also arranged to conduct mock interviews with Janie and Art so that we can get feedback on both our questions and our answers. We feel very well-prepared to meet with any ministerial candidates.

Although the focus of the committee was to create a pastoral search, we found that our discussions proved to address much more than the need to find a minister. We were able to define who we are currently as a church, identify our strengths and based our search on what pastoral qualities would best help us as a church to move forward building on our strengths. In some ways, we were continuing the "destiny" portion of the appreciative inquiry that Janie had started. Our conversations left us feeling good about the church and hopeful for our future. It is our hope to extend this dialogue to the congregation soon.



Parish Nurse Health Tip

Cancer 'Remedies' & 'Cures' That Don't Work

While some alternative therapies can help, many don't work. Research shows that well over 30% (and probably higher) of people with cancer have tried a so-called "cure" that doesn't have any benefits. They can be a waste of time and money. Even worse, some of these "remedies" are dangerous to your health and may affect how well other cancer treatments work.



Alkaline Diets

This is based on lab studies that show cancer cells can't survive in a low-acid, or alkaline, environment. The theory is that eating certain foods and staying away from others will lower your body's acid level and keep cancer cells from growing. But what you eat doesn't affect how acidic your blood is. Your body controls that balance.

Cannabis Oil

Made from marijuana plants, this is also called hemp or marijuana oil. Some think it can kill or shrink cancerous tumors, but no science backs that up. And while cannabis may ease the side effects of some cancer treatments, like nausea and loss of appetite, talk to your doctor before you try it. Some compounds in cannabis may affect how certain cancer drugs work. They also cause side effects like memory and attention loss.

Cesium Chloride

This is a type of salt sold as an alternative cancer treatment. The theory is that it keeps cancer cells from spreading. Researchers have found no proof of that -- a small study showed that cesium chloride didn't help people with cancer. And side effects can include diarrhea, nausea, and an irregular heartbeat. In some cases, it can lead to serious, possibly life-threatening, heart problems.

Herbal Remedies

No herbal products have been shown to treat or prevent cancer -- but they may keep chemotherapy and radiation therapy from working as well as they should. Many can harm or counteract cancer treatments. Research does suggest that some herbs can help ease side effects, though. For example, ginger may ease vomiting and nausea. Avoid the following: Grapefruit and Grapefruit Juice, Acai Berry, B-17, Graviola or Soursop, and Green Tea Extract.

Black Salve

This is a paste, cream, or ointment made with zinc chloride and herbs, such as a plant called bloodroot. Some say the salve targets cancerous tissue in your skin, but that's not true. Black salve damages any skin that it touches. It can destroy the top layer but leave the cancer underneath. And it can cause side effects like infection and scarring.

Megadoses of Vitamin C

The idea that very high doses of Vitamin C can treat cancer started in the 1970s. It was based on research that suggested the nutrient is toxic to cancer cells. But studies show that taking megadoses of vitamin C by mouth doesn't do anything for people with cancer. And it can affect how certain chemotherapy drugs work. Researchers are now looking at whether shots of vitamin C can help.

Amygdalin (Laetrile)

This is an extract made from apricot pits and other plants. It's also known as Laetrile and vitamin B-17. Your body breaks down amygdalin into a toxic chemical called cyanide. Some people say this poison

targets and kills cancer cells, but studies show it doesn't fight cancer and can lead to cyanide poisoning. Side effects include headaches, dizziness, and possibly life-threatening low blood pressure.

Essential Oils

These are extracts made from plants, such as lavender and tea tree. You typically put them on your skin or breathe their scent. Fans of these oils say they have properties that can fight cancer, but science says that's not the case. They may help ease some side effects of cancer treatments, though, including anxiety, nausea, and depression.

Positive Thinking

Research shows there's no link between personality traits and your chances of getting or surviving cancer. What a positive attitude can do is improve your quality of life during diagnosis and treatment. It can also help you better live with and manage the disease.

Applied Kinesiology

This is based on the idea that your muscles are linked to certain organs, and muscle weakness is a sign of a health issue in those areas. Also called muscle strength testing, some use it to diagnose illnesses, including cancer, and make treatment decisions. But no science supports it, and research shows it doesn't work.

Enemas

With this, a liquid, such as water or coffee, is flushed through your colon. It's thought to detox your colon and intestines. Supporters think that if you rid those organs of toxins, your body is better able to fight cancer cells. But there's no proof that enemas can treat cancer or boost your health. And doing this often may lead to infection, dehydration, or a tear in your rectum. It may also affect the balance of electrolytes in your blood.

Gerson Therapy

A doctor created this program in the 1940s as a treatment for migraines. Now some people use it for cancer. It involves a strict regimen of drinking 13 glasses of organic juice each day and eating vegetarian meals prepared without salt, spices, or oils. You also take a number of supplements and get regular enemas. Not only is this program not helpful for cancer, but experts warn that it can be harmful because you could miss out on important nutrients.

Ozone Therapy

Ozone is a toxic form of oxygen. The basis for ozone therapy is the idea that extra oxygen makes it hard for tumors to grow. But ozone doesn't have any medical use, including treating cancer. And it can lead to serious side effects, like vein inflammation, chest pain, and heart issues.

Talk To Your Health Care Provider

If you're interested in trying an untraditional remedy, talk with your health care provider first. They can help you understand if it might help and make sure it won't lead to dangerous side effects. And it's important to keep the lines of communication open with your doctor. One study found that people with cancer who used alternative remedies were more likely to refuse the treatment their doctor recommended.

Remember my mantra from years gone past. Natural DOES NOT always mean okey doke. Snake Venom is natural, but I don't want it in my body.

Sources: Carol DerSarkissian, MD, Web MD, Cancer Center, March 11, 2021, Cancer Treatment of America, December 11, 2019, Colleen Moriarty, Yale Medicine, Yale Cancer Center, July 1, 2019, Suneel Kamath, MD, STAT, Northwestern Memorial Hospital Chicago, August 29, 2017



September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Men's Breakfast @7am Place TBD Zoom Coffee with Pastor @10am	2	3	4
5 FCC In Person Service and Facebook Live @10am Ekklesia @11am	6 Labor Day AA Group Meeting In Heritage Room @7pm	7	8 Zoom Coffee with Pastor @10am Zoom Book Study @7pm	9 PEO – Alice Stephenson Fireside Room/ Kitchen 6pm to 9pm Choir Rehearsal @7:30pm	10	11
12 Rally Day Coffee Hour FCC In Person Service and Facebook Live @10:30am Ekklesia @11am	13 AA Group Meeting In Heritage Room @7pm Deacons Meeting @7pm	14	15 Zoom Coffee with Pastor @10am Council Meeting @7pm Clarion Deadline	16 Choir Rehearsal @7:30pm	17	18
19 FCC In Person Service and Facebook Live @10:30am Ekklesia @11am	20 AA Group Meeting In Heritage Room @7pm	21	22 Zoom Coffee with Pastor @10am Zoom Book Study @7pm	23 Choir Rehearsal @7:30pm	24	25
26 FCC In Person Service and Facebook Live @10L30am Flu Clinic 11:30am – 1:30pm in the Sunday School Room upstairs Ekklesia @11am	27 AA Group Meeting In Heritage Room @7pm	28	29 Zoom Coffee with Pastor @10am	30 Choir Rehearsal @7:30pm		

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 FCC In Person Service and Facebook Live @10:30am Ekklesia @11am	4 AA Group Meeting In Heritage Room @7pm	5	6 Men's Breakfast @7am Place TBD Zoom Coffee with Pastor @10am	7 Choir Rehearsal @7:30pm	8	9
10 FCC In Person Service and Facebook Live @10:30am Ekklesia @11am	11 AA Group Meeting In Heritage Room @7pm Deacons Meeting Zoom at 7pm	12 CE Zoom Meeting @7pm	13 Zoom Coffee with Pastor @10am Zoom Book Study @7pm	14 Choir Rehearsal @7:30pm	15	16
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31 FCC In Person Service and Facebook Live @10:30am Ekklesia @11am						

FROM THE TREASURER – Paul Kelley

Treasurer's Explanation of the Church Financial Report – July 2021 FCC ran a \$6,543 deficit in July, slightly more than June's \$6,257 deficit. The general fund balance fell from \$183,495 on June 30 to \$176,952 on July 31, 2021. Unrestricted Giving was \$5,750 in June, \$717 below budget. This amount of Unrestricted Giving budgeted for the full fiscal year beginning July 1, 2021 is \$93,000. Actual Unrestricted Giving for the last fiscal year ending on June 30 was \$82,198, \$33,802 less than the \$116,000 budgeted. Total church revenue was \$13,663 in June. Reimbursements from the FCC Trust accounted for \$1,415 of the month's revenue. Expenses in June were \$6,721 below budgeted amounts. Approximately \$6,200 of monthly budgeted expenses are pro-rated consulting and roof repair expenses that will occur at times during the year, but are budgeted as if they are spread equally each month throughout the year. Excluding those items, expenses were about \$500 under budget in June. Utilities were \$215 below budget and there were no Inside Maintenance costs in June. Revenue from the Trust, building rentals, and cellular antenna leases ("building revenue") exceeded building and ground costs in June. Revenue from those sources totaled \$7,882 - \$4,376 more than Building and Grounds expenses. Congregational giving, interest income and miscellaneous revenue fell short of covering the cost of employees, administration, and church activities by \$10,919.

TREASURER'S REPORT

For Period Ending July 31, 2021

CHURCH GENERAL FUND	Fiscal Year-to-	
	July	Date
Unrestricted Contributions	\$5,750.00	\$5,750.00
+ Other Unrestricted Revenue	\$7,883.34	\$7,883.34
+ Transferred to General Fund from Designated Accounts	\$30.00	\$30.00
= Total Income	\$13,663.34	\$13,663.34
Total Expenses	-\$20,206.36	-\$20,206.36
= <i>Net General Fund Surplus (-Deficit)</i>	-\$6,543.02	-\$6,543.02

Data for comparison

YTD Budgeted Unrestricted Contributions	\$6,467.00
YTD Budgeted Total Income	\$18,060.00
YTD Budgeted Total Expenses	-\$26,927.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$2,323.98

DESIGNATED ACCOUNTS

Designated Contributions	Fiscal Year-to-	
	July	Date
All Outreach Contributions	\$1,535.00	\$1,535.00
Other Designated Contributions	\$30.00	\$30.00
= <i>Total Designated Contributions</i>	\$1,565.00	\$1,565.00

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

September 2021

ADDRESS SERVICE REQUESTED