

CONGREGATIONAL CLARION

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

SEPTEMBER 2022



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 10:00am

Follow Us on Facebook

Bridge Pastor:	Rev. Martha Moler
Moderator:	Carla McIntire
2nd Assoc. Moderator:	Bill Brown
Treasurer:	Scott Hansen/Scott Brown
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

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



OFFICE HOURS

FALL/WINTER SUNDAY WORSHIP SCHEDULE -

Worship will return to 10:30am beginning on September 11TH

CLARION DEADLINE – October Clarion Deadline will be Sept. 21st. You can email your articles to firstcongo@qwestoffice.net

REFLECTIONS FROM THE REV...



By: Rev. Martha Moler

Say what you might about the dangers of social media but today the Holy Spirit used Facebook so my friend Pastor Deb Roof could share Heather Burke-Cody's online post with me. Now I share it with our Clarion readers because we never know what is happening behind a mask.

"I was thrift shopping for dorm stuff. The cashier appeared to be one of the most unhappy, maddest people ever. I was six people deep in the line and it seemed like she got more and more exasperated with each passing customer.

She was especially incensed when one of my unmarked items needed a price check. It sent this poor woman toppling right over the edge and I bore the brunt of her fall.

But as she rang up my items, I felt a little tingle in my spirit. A soul nudge.

I tried to bargain with God and I just knew that the extra little bit of cash I had stashed in my wallet was not meant for this woman. It surely should go to someone sweeter and kinder, more deserving, or at least appreciative maybe. Not someone downright mean and angry.

But God did not budge. Nor did the tingle.

The human heart is our very best compass. It rarely leads us astray.

So I paid my bill and reluctantly found my extra cash. I slipped her some cash as she handed me my receipt.

She was caught off-guard by the gesture.

She gripped the folded bills with one hand and paused. Then she slid her mask down with the other hand. Her loud, stern voice got quiet when she whispered a single word: "Why?" To which I answered two words back: "Soul nudge."

There was another pause. A brief reckoning of sorts. When she grabbed my hand and held on, I was caught off-guard. “Today’s my 75th birthday and ain’t nobody called me. Not my sister. Not none of my kids. None of these people who work here. Nobody. Nothing. I don’t think I can remember ever being so sad. Ain’t nobody even remember it’s my birthday.”

I felt the tingle again. And looked up into the buzzing, broken ballast of the light fixture above us in this old warehouse. The light flickered.

“Somebody remembered,” I said. That small soul nudge told me God had remembered her.

She bit her bottom lip when her eyes threatened to leak. And I noticed a deep hurt and sweet humility under the figurative and physical mask she wore underneath her chin.

We all have our masks, don’t we?

The birthday news had made its way to two more customers connected. There was a small chorus of chirping happy birthdays. She just stood there, patting her heart and taking it all in. The words penetrated. Anger dissipated. Hope manifested. The tingle became tangible.

We just never know what someone else may be navigating or battling behind their mask.

We are living in an upside down world right now. We may be tempted to return hatefulness with hate. To retaliate. To alienate. But there’s a better way.

Let’s be slow to judge. And quick to obey. Trust the Holy Spirit to lead the way.

The human heart, guided by the Love of God, will not lead you astray.”

Please remember if you’re coming to worship to wear your name tags until I can recognize you by your eyes.

Take care and God bless, *Pastor Martha*

DEACONS REPORT

By: Diane Forster-Burke

We are really excited to have Pastor Martha Moler with us now. Her first sermon at FCC was Aug 14th. **Please come to hear her speak.**

The choir will resume after Labor Day (Sept. 11). We welcome anyone who is interested in joining us in singing. Rehearsals are Thursdays at 7pm.

Deacons will have a field trip to All Saint's Episcopal to clearly see the space that we will use for worship and to figure out which of our worship/holiday items will fit into that space.

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. They can also bring pneumonia vaccines if scheduled ahead of time. Everyone will need to schedule an appointment time by Sept 20. Please contact Diane Forster-Burke at 801-699-4841 for scheduling an appointment. I will be invited members from All Saints Episcopal to join us.

Men's Breakfast – September 7th

The men of our church community are invited to a group breakfast Wednesday, September 7th 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.

PARISH NURSE TIP

By: Lynne Calame

Tips for Recovering From a Sleepless



Good Morning



First, it's important to recognize that sleepless nights (even if they don't happen often) do affect our health and well-being.

- Research suggests that after just one night of not sleeping, blood tests can detect changes in the proteins in the blood, including ones that have an effect on blood sugar, immune function, and metabolism. Over time, these types of biochemical changes are ones that can elevate your risk for health issues such as diabetes, weight gain, cognitive function and even cancer. Drivers are at a higher risk of accidents.
- And you probably know from experience that not getting a good night's sleep can wear on mood, alertness, your ability to focus, and even judgment, balance and agility.
- People try to make up for sleep debt (that amount of sleep they lost the night before or nights in a row) by snoozing more the next night or on the weekend, but there's really no way to make up for it in the short term.

1. Prioritize Getting Back to Your Sleep Schedule the Next Night

The best way to recover after a sleepless night is to not let it become two (or more) nights of disrupted sleep. Aim to go to sleep at the same time you usually do the night after not sleeping well, and get back to a regular, consistent sleep schedule as soon as possible. Catching up on the weekend is not going to cut it. In fact that throws you off for the upcoming week. Maintain your

regular sleeping schedule on weekends and holidays. Keeping to a consistent sleep schedule means going to bed and waking up at the same time each day, every day, according to the American Academy of Sleep Medicine (AASM). It's best not to vary that by more than 30 minutes on either side of your regular time.

2. Avoid Napping the Next Day

After a night of not enough sleep, you're probably going to feel tired and want to nap the next day. But it's better to skip the mid-day slumber if you can. Even if you feel sleepy or a little out of sorts, you're better off waiting until bed time and get a good sleep to get yourself back to your regular sleep schedule. If you nap, you're going to have the same problem the next night of sleeping restlessly.

3. If You Have to Rest, Make It a Power Nap

If you do find yourself struggling to concentrate and keep your eyes open, and you have the opportunity to do so, try a mini-nap or a power nap. It might be a good strategy to at least recharge your battery a little bit. But you're not really sleeping deeply or long enough to interfere with nighttime sleep - as long as you don't do it later in the afternoon or evening, too close to bedtime. 20 minutes is long enough. Set an alarm if need be. Or make it a coffee nap. A well-cited 1997 study published in *Psychophysiology* found that people who took a 15-minute nap after drinking 200 milligrams of caffeine proved an effective recipe for a power nap. That's about two cups of coffee, according to the U.S. Department of Agriculture. You'd probably have to wake up and pee anyway.

4. Know When to Cut Off Caffeine Though

Remember, the goal is to get to bed on time the next day. If you want to use caffeine during the day to get you through the day,

that's reasonable. But be careful about how much and when you're consuming it. Caffeine's alerting effects continue for up to 10 hours after you consume it, according to the Cleveland Clinic. Early afternoon is a good cutoff. I know we have written many times about caffeine and the opinions are VARIED. One site recommended only 2 cups of coffee per day, but didn't mention what kind? Strong, weak, espresso? This is where we have to use our common sense. How about caffeine in moderation if you are having sleep problems?

5. Avoid Drowsy Driving

Sleep deprivation increases the odds of crashing in a motor vehicle, as well as other accidents. If you're sleep deprived, let someone else do the driving for you — whether that means depending on a friend, catching a rideshare, taking public transportation, or even just pulling over off of the road for a break — if you are experiencing the following symptoms:

- Yawning
- Being unable to keep your eyes open
- Catching yourself nodding off
- Struggling to keep your head up
- Not being able to remember driving the previous few miles
- Driving past your exit
- Missing road signs
- Drifting out of your lane or onto the road shoulder

6. Do See Your Health Care Provider if Sleepless Nights Become a Habit

Sleep medicine specialists have expertise in helping people get restful sleep on a regular basis. You can ask your primary care provider for a referral or find a director of sleep clinics. And seek help sooner rather than later. Oftentimes chronic insomnia starts because someone's sleep routine gets disrupted (maybe because of a stressful life event they're coping with or a disruption to their schedule), and even once they have the opportunity to get back to their previous, healthy sleep schedule, their bodies and brains struggle to do so. It's important to know that one night of poor sleep isn't going to wreck your health. But if disrupted sleep becomes a habit, you could put yourself at higher risk of certain chronic illnesses down the line.

7. Don't Rely on Sugar

When you're sleep deprived, you may be tempted to reach for a candy bar. Don't. Sugar will give you quick energy. It doesn't last, though, and you'll just end up crashing later. Instead, stick to a balanced diet and put extra emphasis on protein-rich foods like nuts and lean meats. Also, avoid large meals and simple carbohydrates, like having pasta for lunch, to avoid energy dips. Eat a salad with grilled chicken, or another lean protein, like fish with veggies for lunch and dinner.

8. Take Breaks

After a bad night's sleep, your attention span may drag a little more than usual. To keep focused, take breaks throughout the day. Go for a walk outdoors. You'll get sunlight along with activity. Movement stimulates alertness in the brain, and sunlight provides your body with natural cues to promote wakefulness. When you exercise, take it easy. Keep it light or moderate, not

vigorous, when you're exhausted. You're much more likely to get injured if you do hard exercise when you're fatigued.

9. Simplify Your Day

Let's face it; you're not at your best when you don't sleep well. So lighten your workload as much as possible. By doing fewer things, you can still do a quality job without stressing out. Let's say you have five tasks for the day. Shave them down to two or three, and focus on doing those really well. You may also want to hold off on making any big decisions until after you've rested.

10. Finally Don't Get Down in the Dumps After a Sleepless Night

- 🕒 Upon waking up get out in the light immediately can help regulate your sleep/wake cycle – plus it will make you feel better overall physically and mentally.
- 🕒 Drink ample water because when you don't sleep, your cells end up working overtime, increasing thirst and your risk of dehydration. Drinking more water than you normally would might help you feel better.
- 🕒 Eat smaller meals more frequently to keep your blood sugar steady throughout the day. When you're already feeling fatigued, a huge dip in blood sugar can make the problem much worse



Sources: Sheryl Huggins and Chester Wu, MD, May 19, 2022, Everyday Health, Dr. Soomi Lee, Annals of Behavioral Medicine, 2021, Sara Novak and Jeffrey Drummer, January 19, 2022 Discover Newsletter, Robyb Abree and Neha Pathak, MD, WebMD, Jun 07, 2021.

FROM THE OUTREACH BOARD

By: Cissy Wolff



Our church continues to support the work of Crossroads Urban Center. In July we participated in the friendly Golden Celery Competition with 15 other congregations to see which congregation could collect the most food per attendee. (Number of attendees was based on the average Sunday attendance during July). We collected a total of 464 pounds of food which equals about 20 pounds per person. Though we did not win the "competition", we did an outstanding job of food collection.

Planning Ahead: Watch for information about the diaper drive that will be held in October.

Top Donation Needs this month for the Crossroads Food Pantry: Canned fruit, healthy snacks, hygiene items like shaving razors and travel size shampoo and conditioner.

Top Donation Needs for the Crossroads Thrift Store: Men's Underwear/socks, reusable water bottles, dishes

Some thoughts from CORC (Coalition of Religious Communities - Uniting to end hunger and homelessness in Utah):

Do you have ideas for combating gentrification and the displacement of low income families?

Salt Lake City is conducting a study of how low income families are being impacted by development and rising prices. The [findings](#) from the first half of the study show that displacement of low income families is getting worse in Salt Lake City and that there no longer are "more affordable" neighborhoods where displaced people can move. Crossroads Urban Center has created a short list of ideas for ways Salt Lake City can combat this problem and shared them with the people working on the study.

We want to encourage people to be engaged in this process and so we are sharing our list of ideas and encouraging other people to share our ideas and their own ideas. Here is our list of ideas. Let me know what you think!

Ideas for promoting the production of low income housing in Salt Lake City

1) Promote the inclusion of low income housing in all new apartment building by passing a no net loss ordinance that:

- Sets a clear goal for the production of low income housing and a process to measure progress toward that goal every year,
- Presumes all new multifamily development will include units to meet the city's goal for production of low income housing, and,
- Requires developers who wish to be exempted from this requirement to either make a payment into the city housing trust fund to pay for the construction of affordable units elsewhere or apply for a zoning variance and conduct an analysis on how the city's ability to meet the need for low income housing will be impacted by the failure to include affordable units in their project.

2) Eliminate city policies that reward developers for building luxury apartments by:

- No longer approving zoning waivers for increased density and height for multifamily housing projects that fail to include low income units,
- Increasing impact fees for luxury apartments and eliminating impact fees for low income units,
- Making multifamily housing developments that do not include low income units ineligible for parking space reductions, and,
- Changing the rules for granting an expedited process to projects in transit station areas so that developments that do not include low income units can no longer qualify.

3) Discourage the elimination of low income housing units and to help low income renters who are displaced by development by:

- Requiring developers who eliminate low income housing units to either replace those units in the project or pay a fee for it to be developed elsewhere.
- Creating a fund to help displaced renters and require developers to pay into that fund when they displace affordable units or raise prices in a way that will displace existing tenants.

4) Increase funding for the production of low income housing and help spearhead efforts to produce the housing necessary to end homelessness within three years by:

- Establishing linkage fees so that new commercial development helps pay for the housing needs created by that development,
- Encouraging developers who do not include low income units in residential projects to help pay for it to be developed elsewhere, and,
- Prioritizing the use of funding to help produce the units identified as necessary to reduce homelessness by the Salt Lake Valley Coalition to End Homelessness,
- Using city owned property to partner with not-for-profit developers to produce specific housing units identified as necessary to reduce homelessness, and,
- Investigating the use of 3-D concrete printing, manufactured housing, and other disruptive technologies to produce new housing units at a lower cost.

FROM THE TREASURER

By: Mike McIntire

**Treasurer's Explanation of the Church
Financial Report - July 2022**



FCC ran a \$16,701 deficit in July. This is the first month of the fiscal year. The General Fund balance fell from \$149,786 on June 30 to \$144,495 on July 31, 2022.

Unrestricted Giving was \$2,915 in July, \$5,145 less than budgeted.

Total church revenue was \$11,410 in July. Other than Giving, revenue is about on budget. Reimbursements from the FCC Trust accounted for \$3,126 of this fiscal year's revenue.

Expenses for July were \$4,022 under budget. Building and Grounds and Worship were over, while Ministerial and Admin. Expenses were under.

Revenue from the trust, and cellular antenna leases (building revenue) exceeded building and grounds costs. Revenue from those sources totaled \$1,714 more than Buildings and Grounds expenses.

Congregational giving, interest income and miscellaneous revenue fell short of covering the cost of employees, administration, and church activities by \$4,834.

For Period Ending July 31, 2022

CHURCH GENERAL FUND	<u>July</u>
Unrestricted Contributions	\$2,915.04
+ Other Unrestricted Revenue	\$4,688.72
+ Transferred to General Fund from Designated Accounts	\$680.00
+ Transferred to General Fund from Trust	<u>\$3,126.00</u>
= Total Income	\$11,409.76
Total Expenses	<u>(\$16,701.04)</u>
= <i>Net General Fund Surplus (-Deficit)</i>	<i>(\$5,291.28)</i>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$8,060
YTD Budgeted Total Income	\$16,200
YTD Budgeted Total Expenses	\$17,469
Amt YTD Surplus is ahead of (+) or behind (-) Budget	\$4,022

DESIGNATED ACCOUNTS

Designated Contributions	<u>July</u>
All Outreach Contributions	\$235.00
Other Designated Contributions	<u>\$0.00</u>
= <i>Total Designated Contributions</i>	\$235.00

FCC TRUST

Fcc Trust Balance	<u>June</u>
	<u>\$507,718.62</u>

September 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 Rev. Martha Moler, Preaching Worship at 10am
5 AA Meeting @7pm Labor Day	6	7 Men's Breakfast @7am Deacons Meeting FCC @2pm	8 Choir Rehearsal in the Sanctuary @7pm	9	10	11 Communion Rev. Martha Moler, Preaching Fall/Winter Schedule Begins Worship Service @10:30am
12 AA Meeting @7pm	13	14 PEO Meeting in Heritage Room from 1pm – 3pm	15 Choir Rehearsal in the Sanctuary @7pm	16	17	18 Rev. Martha Moler, Preaching Worship Service @10:30am
19 AA Meeting @7pm	20	21 Clarion Deadline	22 Choir Rehearsal in the Sanctuary @7pm	23	24	25 Rev. Martha Moler, Preaching Worship Service @10:30am
26 AA Meeting @7pm Council Meeting FCC @1pm	27	28	29 Choir Rehearsal in the Sanctuary @7pm	30		

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2 Rev. Martha 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 FCC @2pm	6 Choir Rehearsal in the Sanctuary @7pm	7	8	9 Rev. Martha Moler, Preaching Worship Service @10:30am
10 AA Meeting Fireside Room @7pm	11	12 PEO Meeting Fireside Room 1pm – 3pm	13 Choir Rehearsal in the Sanctuary @7pm	14	15	16 Rev. Martha Moler, Preaching Worship Service @10:30am
17 AA Meeting Fireside Room @7pm	18 Council Meeting FCC @1pm	19 Clarion Deadline	20 Choir Rehearsal in the Sanctuary @7pm	21	22	23 Rev. Martha Moler, Preaching Worship Service @10:30am
24 AA Meeting Fireside Room @7pm	25	26	27 Choir Rehearsal in the Sanctuary @7pm	28	29	30 Rev. Martha Moler, Preaching Worship Service @10:30am
31 AA Meeting Fireside Room @7pm						