

Congregational Clarion

September 2023

Rally Sunday

September 10, 2023

What could be better than worship on Sunday? Worship on Sunday plus everything else! What ministries starts that day?

- Our new worship and sermon series, “Transformation U: Navigating Off the Map” begins @ 10:30am
- Godly Play for children begins @ 10:30am
- Choir kicks off in Sunday worship
Weekly rehearsals start Thursday, September 7 @ 7pm.
- Adult Education starts @ 9:15am with Father Trace telling about his experiences on Sabbatical (this first session is upstairs in Parish Hall at All Saints)
- Men’s Breakfast starts Sept. 6, @8am at Sharon’s Café in Holladay.

Lay Leadership Retreat – Saturday, September 9 from 8:30am to 12:30pm. Board and Council members are expected to attend, but anyone is welcome who would like to contribute their time. Mark your calendars.



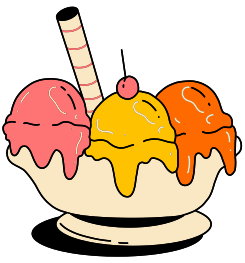
Transformation U: Navigating Off the Map

Rev. Doug Gray

Meriwether Lewis was on a mission to do what no one had been able to do: find a water route to the Pacific Ocean. He and his team had traveled up the mighty Missouri River to its source, and now they would climb the mountain behind it, and look down the great slope to the Pacific Ocean...they thought. Lewis writes in his journal, “after refreshing ourselves we proceeded on to the top of the dividing ridge from which I discovered immense[sic] ranges of high mountains still to the West of us with their tops partially covered with snow.” Now what? In his book, *Canoeing the Mountains: Christian Leadership in Uncharted Territory*, Tod Bolsinger writes, “Lewis and Clark and the Corps of Discovery were about to go off the map... They would have to change plans, give up expectations, even reframe their entire mission. ... There were no experts, no maps, no ‘best practices’ and no sure guides who could lead them safely and successfully.”

As a fellowship, we have headed off the map in at least three ways. First, you all sold your building last fall, an extraordinary act of courage that you knew was going to make everything different. Second, the world and our lives have changed since COVID. Third, the world we grew up in—where church was something everyone did, people respected the role of the church, and people had some idea of what being Christian meant—is nearly gone. Indeed, many people now have a negative view of Christians and the church—fairly or unfairly—in a way that’s distinctly new.

Lewis and Clark discovered that when they went off the map, not only did their thinking and expectations have to change, but they had to change as well. All this fall, we are going to prepare ourselves for the incredible journey God has laid out before us. Our fall series, “Transformation U,” will help us get clearer on our mission, help us think differently about our world, and explore the new possibilities that have opened up since the pandemic. So let us pray for God to come into our lives in life-changing ways, and let us grow our hearts for the people in our community who need the love of Jesus. Let’s go to school with the Lord on transformation, as we learn to trust God more!



We All Scream for Ice Cream

After the service on September 10, 2023 plan to stay to make your own ice cream sundae and enjoy a time of conversation and fellowship. Ice cream will be provided. If you would like to bring some toppings to share, please contact Cissy Wolff at cissywolff@gmail.com or call/text at 801-243-5457.



Choir Kicks Off

Do you like to sing? Would you like to learn how to sing better? Our congregation's fabulous choir kicks off on Sunday, September 10 with Sunday rehearsal at 9:15am, and Thursday rehearsal at 7:15pm. Directed by the very talented Devon Bettolo, Chancel Choir is a great chance to have some fun, enjoy some music and help lead our fellowship in worship. No prior experience is necessary. If you have questions or would like more information, please get in touch with Devon at devon.bettolo@gmail.com.

September Worship Schedule

September 3

Labor Day Sunday

Communion Sunday
"Naming Our Hope and Power"
Exodus 3:1-15
Matthew 16:21-28

September 10

Rally Day

Transformation U: Navigating
Uncharted Waters
Jeremiah 31:31-35
Matthew 9:9-17

September 17

Outdoor Worship

Transformation U: Gathering
Differently and Better
Hebrews 10:19-25
Acts 2:32-47

September 24

Transformation U: Getting
Clearer on Our Challenges
Romans 12:1-3
Mark 9:14-32

October 1

World-wide Communion

Transformation U:
Building Our Resiliency
Proverbs 3:3-6
Ephesians 4:1-16

Devotional: Feeling Spiritually Dry?

Philip Yancey tells the story of a time when he was spiritually dry, and feeling disconnected from God. Have you ever had one of those times? Some people experience that as a kind of emptiness, of not being sure whether God is really there or not. For some people, this experience is accompanied by a deep thirst or longing for God. As Philip Yancey tells the story, he was talking about how dry and empty he was feeling with a Roman Catholic nun, who was the spiritual guide for Yancey's retreat. She listened closely, then sat for a minute. She said, "What do you do when the well of your life has run dry?" "Yes! That's what I'm asking!" Yancey interrupted. She smiled, "You dig a deeper well." What the nun understood is that the reason we are feeling dry is not because God has run out of spiritual refreshment, or that God's stock of love is running a little low. On the contrary, God's love, power and refreshment are vast beyond all measure, but we may need to go deeper and get closer to God to find them. In my experience, the ways we go deeper in our faith are all about connecting more with God—reading the Bible more frequently, spending time listening in prayer, helping other people, and adding worship. We may not see results immediately—we are after all digging—but God always comes to those who seek Him. "Ask and it will be given to you. Seek and you will find. Knock and the door will be opened to you."(Matthew 7:7) God wants us to know Him better, and sometimes that means we need to go deeper.

—Rev. Doug Gray



Christian Leadership with Henri Nouwen Adult Education

Have you ever wished you could be closer to Jesus? Does it ever seem like leading means a choice between getting things done and leading like Jesus did? In his sweet little book, *In the Name of Jesus: Reflections on Christian Leadership*, Henri Nouwen draws on the temptations of Jesus to talk about new ways to approach leadership for the 21st century. In case you haven't found Henri yet, he is one of the greatest and deepest Christian thinkers and mystics of the 20th century. For many years, he taught at Harvard Divinity school, and he has written many books, the most famous of which is called, *The Wounded Healer*. He is also well known for his devotional material and prayers, which open up a window on what it would be like to have a walk closely with Jesus, sometimes when life is really hard. Pastor Doug and Father Trace are going to team-teach the class, starting on September 17 at 9:15am. All classes on Christian Leadership will be held in the conference room across from the FCC church office in the basement of All Saints.

Taizé Worship with All Saints September 10 @ 7pm

Worship is meant to be experienced with all our senses, to involve our whole body in praising and honoring God. The Taizé worship experience is designed to do just that. On the first and third Sunday of the month, All Saints Episcopal hosts Taizé worship—meditative music, prayerful chanting, thoughtful message, and Biblical worship all rolled into one! Why not give it a try!

Adult Education Schedule

Sept. 10	Rally Sunday Father Trace Reporting on his Sabbatical
Sept. 17	Christian Leadership with Henri Nouwen "Introduction to the Temptations" In Conference Room across from the FCC church office
Sept. 24	Christian Leadership with Henri Nouwen "From Relevance to Prayers" In conference Room
Oct. 1	Christian Leadership with Henri Nouwen "Popularity to Ministry" In Conference Room

Outreach Donations during the Month of August

Spreading Love, One Sandwich at a Time

The Power of a \$2400 Outreach Donation – In a world that often seems divided and disconnected, simple acts of kindness can create ripples of positivity that touch countless lives. A heartwarming example of this is the recent outreach donation of \$2400 that was dedicated to making sandwiches for those in need. In a society where hunger remains a pressing issue, this initiative not only addresses a basic necessity but also embodies the spirit of compassion and community support. This was an effort shared with All Saints Episcopal Church and First Congregational Church.

Camp Fellowship Outreach Support– The donation of \$2000 from the First Congregational Church to Camp Fellowship shows their continued support and commitment to the camp's mission and activities. Long-term support like this can have a significant positive impact on the camp's operations, allowing them to provide enriching experiences for the campers

September Outreach

The Outreach Board will support The Granite Education Foundation with all monetary donations received during August and September. Please make note that your donation is for Outreach on your check, etc. The Granite School District has 60,000 students. Food insecurity across the state is 1 in 6 for children. In the Granite District that number is 3 in 5.

The foundation does many things to support these students with snack packs, weekend food kits, clothing and more. If you would like to see more information you may visit the website at granitekids.org.

New Pavement is a Blessing to Many

Parking Lot repaving effort at All Saints Episcopal Church

First Congregational Church donated \$5500 to help All Saints Episcopal Church repave their parking lot. Such acts of community support and collaboration among different religious organizations can have a positive impact on the local community and foster a sense of unity and goodwill. Repaving a parking lot can enhance the safety and accessibility of the area for all visitors and members of the church.



From Our Parish Nurse Vaccine Recommendations for Adults

So what is the CDC saying now about vaccines for those of us who are adults and/or of a seasoned age? These are recommendations for the next several months.

If you are going to be traveling overseas AND it has been years since you had your Measles, Mumps, Rubella (MMR) vaccine, then you should probably get it repeated. Most of the measles outbreaks in the US are coming from people who have traveled out of the country. Apparently Medicare (CMS) decided that they would cover MMR vaccines for adults if given at local pharmacies, not Community Nursing Service (CNS). County health department immunization clinics have the vaccine, but are not authorized for payment by Medicare. The cost would be \$100. To schedule a vaccine at your pharmacy, please call ahead to make an appointment.

Our Flu Clinic will be Sunday, Oct 8th following church service. We will be joining with members of All Saints for this clinic and will be set up upstairs in their Fellowship Hall. The clinic will run 12-2pm and we will set up appointments. Vaccines will be provided by Community Nursing Service nurses. Medicare covers flu shots. If you need high dose (because you are over 65), we will note how many doses that CNS should bring.

Respiratory Syncytial Virus (RSV) has just been recommended for adults age 60 and older. Normally this vaccine has been for young children, but older adults now need the protection of the vaccine. It is still in the development/manufacturing stage and should be available in August. CNS will carry this vaccine in their Immunization Clinic. <https://www.cdc.gov/media/releases/2023/s0629-rsv.html>

Older people need pneumonia and shingles vaccines. You can speak to your primary care provider or talk with CNS at (801) 967-9207. Their immunization clinic is at 2830 S Redwood Rd, Suite A, West Valley City, Utah 84119. Your local pharmacy will also have pneumonia and shingles vaccines. We also need to stay up to date on our Tetanus/Diphtheria/acellular-Pertussis (TDaP) vaccine. We have a lot of tetanus in our area and you can easily be exposed if you get stuck on a rose thorn or play in the garden. Once you receive a recent TDaP, then you should receive a Tetanus/Diphtheria vaccine every 10 years. Pertussis aka Whooping Cough is still around. We do not want to have the worst cough ever, nor share the cough with a baby too young to be vaccinated against it.

Covid XBB is the most prevalent variant now. This new Covid vaccine should be available in the fall. It is unlikely to be combined with your flu vaccine. (Darn it all!) Details to follow.

2023–2024 Flu Vaccine

Get ready for our annual flu vaccine clinic on Oct 8 from 12-2pm. This clinic is available to members of First Congregational and All Saints Churches. We will hold the clinic upstairs in the Fellowship Hall of All Saints.

Community Nursing Service (CNS) will provide the vaccine and the nurses to administer the vaccine. Anyone from our congregations can sign up for a flu shot. CNS can bill most insurances and Medicare Part B for the vaccine. For those who are 65 years of age or older, Fluzone (a higher dose vaccine) is available. Children over 6 months of age should receive a flu shot and if it is the first flu shot, the child will receive 2 doses that are 4 weeks apart. Pregnant women can receive a flu shot, especially in the 3rd trimester.

This year's vaccine will target the influenzas: A/Wisconsin, A/Darwin, and B/Austria strains. Each year's vaccine is different depending on where the influenza strain is identified by CDC. Getting your flu shot provides you with more protection from being hospitalized for flu; it doesn't entirely protect you from flu. The vaccine is grown in a chicken egg, so if someone has a significant allergy to eggs, there are other vaccine preparations. You may need to see your health care provider or pharmacy for these non-egg vaccines.

In addition to getting your flu vaccine, you should practice protection by frequent handwashing, staying home when ill, and trying to avoid crowds of people. (<https://www.cdc.gov/flu/spotlights/2022-2023/flu-vaccination-recommendations-adopted.htm>, accessed Aug 14, 2023)

We had hoped that the flu shot would include a Covid booster, but it will not happen for this fall. The Covid boosters for fall look like they will be available at health departments and pharmacies in late Sept. These boosters will target the XBB variant.

Please call Diane Forster-Burke RN at 801-699-4841 to make an appointment. I need to let CNS know by 9/21 how many doses and how much Fluzone we will need. Thank you for your cooperation.



Out and About – Art in the Park

Jeanne Hansen would like to invite you and your friends to this great art event. Over 24 artists in booths at the Garden Place near the first part of:

This is the Place Park

2601 E. Sunnyside Ave.
SLC, UT 84108

Friday, Sept. 8 from 12pm – 9pm
Saturday, Sept. 9 from 10am – 6pm

This is an event sponsored by Intermountain Society of Artists.

Open to the public, no admission fee
food trucks will be there.

Her booth will be just outside the East side of the bld. near the fountain.

Hope to see you there! For questions, please contact Jeanne Hansen.



September Calendar

September 3 – Worship Service 10:30am
September 4 – Labor Day
September 6 – Men’s Breakfast 8am
September 7 – Choir Rehearsal 7:15pm
September 9 – Lay Leadership Retreat 8:30am – 12:30pm
September 9 – Camp Fellowship Activity 2pm – 3:30pm
September 9 – Bees Game
September 10 – Rally Day 10:30am
September 10 – Taizé Worship 7pm
September 12 – Trustees Meeting 2pm
September 14 – Choir Rehearsal 7:15pm
September 17 – Adult Education 9:15am
September 17 – Outdoor Service 10:30am
September 19 – Council Meeting 2pm
September 20 – Newsletter Article Deadline
September 21 – Choir Rehearsal 7:15pm
September 24 – Adult Education 9:15am
September 24 – Worship Service 10:30am
September 28 – Choir Rehearsal 7:15pm



Men’s Breakfast Feeds the Soul

September 6, 8am @Sharon’s Café
in Holladay.

Are you hungry yet? Like to meet some cool people who will make you laugh? Come have breakfast with a bunch of guys finding their way in the world. Conversations are always good and the food is always tasty. Not all are members of the church, but all of us are trying to live lives marked by grace. If you would like more information, talk with Pastor Doug or other guys from this motley crew.

Outdoor Service

We will be holding Sunday
Worship on September 17
outside at Fairmont Park. 1040 E
Sugarmont Dr., Salt Lake City,
UT 84106
Service at 10:30am

Building Requests and Calendar Updates

Please direct all building use requests through the church office by email at firstcongregationalslc@gmail.com or by leaving a written note. This will help eliminate any building conflicts. If you have any items that need to be added to the church calendar, please also let the office know by email.

Camp Fellowship 2023

Love - Trust - Know

Camp was once described to me as a “cleanser for your soul.” This sentiment continues to hold true year after year, and it always seems to happen in the most commonplace of ways. Campers, Counselors and Staff spend their time at Camp Fellowship laughing with friends (old & new), playing games, making crafts, and simply being themselves. From hiking to the cross to braving rainstorms to pre-skit jitters, the love that everyone shares for each other and for this place was evident.

Camp this year was small, but mighty. Our Kitchen Staff kept us all happy and fed throughout the entire week, and they did it with a smile on their face. Our Craft Crew brought new and engaging crafts for campers of all ages. The Activities Staff made sure we played all our summer favorites (Noodle Polo anyone?) all while keeping us entertained with their inspectors skits. The Nurses kept us safe and healthy, and made sure all our pillows smelled like lavender. The Counselors had the hardest job of all, but made taking care of the campers look easy. The Campers, as always, were the heart and soul of camp. They continue to be the reason we do this.

Every year we come back from Camp with a renewed sense of self, belonging and compassion, and this year was no different. The theme of Camp was Love, Trust, Know (YOU). We were encouraged to really delve into ourselves and explore the ways in which we love ourselves, trust ourselves, and know ourselves - and explore the ways in which we haven't been able to love, trust or know ourselves yet. This is a task that wouldn't have been possible without the guidance Doug offered each and every one of us during his first week of Camp.

THANK YOU. To every Camper, Counselor, and Staff that showed up this week, thank you for sharing the gift of your authentic self. There is no bigger joy in my life than watching everyone at Camp fully embrace who they are. Thank you all for giving me the opportunity to get to know you fully. Thank you for always believing in the magic & the power of Camp Fellowship.

All the love, always
-Molly



Beyond Camp Fellowship -

“Parent Trap” a parent parody, responsibility, music, and song –
September 9 from 2pm – 3:30pm. They will be meeting in St. John Hall. Please reach out to Scott Haupt for further information
wshaupt@gmail.com.

A Stewardship Alternative – Luke 20:25

He said to them, “Then give back to Caesar what is Caesar’s, and to God what is God’s Caesars” have been taking their cut since taxes were invented. Our only hope is to minimize the pain. Luckily, there is one perfectly legal instrument that is ideally suited to charitable giving for many members of First Congregational Church. It is called the Qualified Charitable Distribution (QCD). To use this method of contributing, you must be over 70 ½ and have an IRA. If you are older and are already forced to take out yearly distributions from your IRA, the Required Minimum Distribution (RMD), it applies as well. The QCD allows you to transfer withdrawals from your IRA directly to FCC.

What are the advantages over, say, taking the money out of the IRA and then contributing to FCC? Tax savings! The money contributed directly to FCC via a QCD counts towards any RMD withdrawal, but is not added to your income, therefore no taxes are due on it. This is especially beneficial since the most recent major tax overhaul a few years ago, raised the “Standard Deduction” to the point where most charitable giving no longer can be deducted from income. Realize also that that there is no lower income level where no taxes are due. The IRS “tithe” is 10 percent on the first dollar of taxable income, and it then goes up in increasing increments. Why doesn’t everyone eligible do this? Good question, since only about 30 percent of the contributions to FCC come in via the QCD route. If you are eligible, please look into this with your IRA plan carrier, especially if you have a required distribution which must be taken before the end of the year. –From Your Trustees

Church Office Hours

Closed for Labor Day

Office Hours for Kristi

Monday – Off

Tuesday – In office 8:30am – 3pm

Wednesday – Remote Hours 8:30am – 3pm

Thursday – In office 8:30am – 3pm

Friday – Remote hours 8:30am -3pm

Office Hours for Rev. Doug Gray

Monday – In office 9am – 4pm

Tuesday – In office 9am – 4pm

Wednesday – Off

Thursday – In office 9am – 4pm

Friday – In office 9am – 4pm

Church Contact Information

Email:

Firstcongregationalslc@gmail.com

Phone:

801-487-1357

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