

The Chimes

THE FIRST PRESBYTERIAN CHURCH OF SALT LAKE CITY, UTAH



PASTOR'S COLUMN

This is a time of disruption. Of anxiety. Of uncertainty. But also a time of quiet, and reflection, and noticing. I have been surprised by the positive things I have noticed coming out of this time of COVID 19. Our church feels more connected. Your leaders are stepping up in new and important ways. We have moved online in a serious way. But also, the air feels cleaner. The people walking seem to smile and say hi more. Neighbors are checking in on each other. There is community in the midst of isolation. It feels to me like God is moving in this crisis. The church has an opportunity to be Jesus' hands and feet in new ways—for those around us as well as for each other. Frankly, I am excited!

I saw a blog post called "Don't waste your quarantine." Don't waste your time at home! It is easy for days to slide into each other, for mornings to slip into afternoons without much notice. But it doesn't have to be like that! Set a schedule, and put God in your schedule! This is the perfect time to start some new habits of connecting with God! Visit the Connect with God page on our website, <http://fpcslc.org/connectwithgod/> for some ideas and free resources. Or try a "Nites In" discussion group with some friends (see pg 7).

Here is a suggestion to help you connect with God throughout your day:

Start the day with gratitude. As you wake up, the very first thing, say "Thank you God! Thanks for this new day. Thanks for the springtime, thanks for food and friends and another day of life. Help me to walk with you today. Amen."

Find time to read scripture and pray—maybe early, maybe before bed, maybe at midday—whatever works for you.

If you want help, here are two ideas:

♦www.pray-as-you-go.org a 10-15 minutes reflection on scripture.

Really lovely and restful.

♦<https://bibleproject.com/> Scroll down to the bottom of the page where it says "read the Bible in One Year" I really recommend their Read

Scripture App!

Remember to worship! Join us online to worship each Sunday, and feel free to have family worship anytime!

Finally, end the day with gratitude. Kneel (if you are able) by your bed or hold hands with a loved one and talk to God about your day, your worries, your hopes, your friends and say thank you for the gift of another day.

I am so grateful to be with you all during this time—you inspire me! Blessings to you as you use this time to grow closer to God. Pastor Chris and I are always here to talk, offer encouragement, answer questions and to cheer you on!

Enjoy the flowers blooming!

Pastor Steve

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FROM THE PASTORAL ASSOCIATE

Have you been feeling more anxiety recently? Do you have someone in your life really struggling with anxiety? It is a pretty common feeling these days. If this is the case, then reading Philippians 4:6 (“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”) probably won’t be a magic remedy. There are no magic remedies, actually. So what can the Bible tell us about anxiety that is helpful when you are actually going through it?

The first thing to remember is that God created us with a wide range of emotions and anxiety or stress are part of that. So, feelings of anxiety are part of being human. God does not expect us to not have these feelings. You are not a bad Christian if you are feeling anxious. In fact, God EXPECTS us to have these feelings. And God wants to hear about them. And that brings us to the first place where the Bible can tell us about dealing with anxiety...the Psalms.

The Psalms are full of anxious requests and emotions from people, many of these from David. And if we look at the Psalms they can tell us a little about managing stress or anxiety. First, let it out. It helps to verbalize what we are feeling. It can also really help to write it down as the psalmists did. But don’t hang on to your anxiety or try to bury it. It will eat you alive. God wants you to let it out. And that is why we see this in the Bible.

If we look at those Psalms, the Bible also tells us how to put anxiety into perspective. In all of the Psalms the psalmist cries out with their fears, but then they also praise the Lord. Take a look at Psalm 13:

How long, Lord? Will you forget me forever?
How long will you hide your face from me?
2 How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?
3 Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,
4 and my enemy will say, “I have overcome

him,”

and my foes will rejoice when I fall.
5 But I trust in your unfailing love;
my heart rejoices in your salvation.
6 I will sing the Lord’s praise,
for he has been good to me.

This Psalm starts out as a desperate cry. But the psalmist still says “But I trust in Your unfailing love.” So even when we are anxious or stressed, it is helpful to recognize that God is more powerful than any of it, even if we don’t feel that at the moment.

It also helps to recognize that even Jesus felt stress. In the Garden of Gethsemane he wept to the point that tears were like droplets of blood. That is pretty stressed! And it helps to note what he did when that stressed, he prayed to God. Prayer is so critical to our emotional health. So while you are stuck at home, search for new ways to pray. One of my favorite books about ways to pray is called *Paths to Prayer* by Patricia Brown. You can easily order it. It has almost endless ways to find connections with God in your daily life.

Lastly, if you are tending to your own anxiety in healthy ways and God’s Spirit is helping you with that, help someone else who is struggling. In his first letter to the Thessalonians Paul writes “Therefore encourage one another and build each other up.” In Romans 14 he writes “Let us therefore make every effort to do what leads to peace and to mutual edification.” And the writer of Hebrews writes in chapter 10 “And let us consider how to stir up one another to love and good works.” It is clear that the body of Christ is to care for each other and help each other along. If we all do this, we will get through this anxious time.



Pastor Chris
pastorchris@fpcslc.org

TREASURER'S REPORT

Income & Expenses

	<u>Budgeted</u>	<u>Actual</u>
Total Income and Expenses for the FPC Ministry as of February 29, 2020		
Pledge Income	\$ 60, 028	\$ 78, 723
Total Income	103, 862	120, 499
Total Expense	103, 862	94, 521
Monthly Income & Expense		
Pledge Income	30, 014	38, 598
Total Income	51, 931	50, 598
Total Expenses	51, 931	44, 690



**PLEASE REMEMBER
FPC IN YOUR WILL,
TRUST, OR IRA**

PER CAPITA.....WHAT IS IT?????

Per Capita is the amount that every Presbyterian (U.S.A.) church pays for each member listed on its active membership roll. Per Capita helps fund administrative costs for the denomination, but a large portion comes back to Utah for ministry and mission support. How much do we pay at First Presbyterian Church? For 2020 the per capita for each member on our active roll is \$39.45. Please mark your gift as Per Capita or place it in the blue envelope at the front of your box of offering envelopes.

GIFTS TO FIRST PRESBYTERIAN CHURCH

You may donate through the web site (www.fpcslc.org). We accept PayPal, MasterCharge, Visa, Discover Card, and American Express. The Church pays the fees, so you may want to donate extra to cover the Church's expenses. After going to the web site, click on "Giving Online" at the top.

You may also write one check to cover several gifts. If you would like to send to several funds with one check, you may do the following: In the bottom left-hand memo area designate how much for each fund. For example: A check for \$200.00 may be divided in the following way: Church Operations or Estimate of Giving - \$150.00; Deacons - \$25.00; One Great Hour of Sharing- \$25.00.

In 2019, we received \$277.48 in rewards from Kroger (Smith's) and \$114.94 from Amazon.Smile. This total of \$392.42 is "free money" to the church and is a percentage of your purchases which these two companies donate to a charity of your choice.



Nancy Savage

Treasurer

nancy@fpcslc.org

CHILDREN'S MINISTRY—FAITH EXPLORERS

A word about COVID-19

Not long ago, the Faith Explorers were studying the prophets, who spoke in a time when Israel was in exile. At that time, Israel was faced with figuring out how to worship when they had been displaced from their daily lives, displaced from their homes and land, and were without access to the temple, their place of worship. What we learned was that God was with his people, promising the exile was not forever, and promising to use it for His glory. Much can be said about our situation today. Although we have been displaced from our meeting place of worship, let us be like Israel and find a way to continue to worship God during this time. Check out the following resources and join in the online community of believers:

Sunday school lessons with activities you can do at home will be posted each week at fpcslc.org/faith-explorers/Sunday-school-curriculum

Digital Scavenger Hunt will be posted daily on the First Pres Kids Facebook page. Use your Bible to find the answer, and post a picture with #fpcslckidmin once you have completed the challenge. We can't wait to see what you find!

Email Christin@fpcslc.org with updated contact information for yourself and your child. We would love to check in with you and help anyway we can.

While the situation is rapidly changing, we are currently planning on the following upcoming events. Check www.fpcslc.org website www.facebook.com/fpcslc regularly for changes and updates.

Sunday School

We are always working to provide the best experience for our children and youth as they grow closer to Jesus. When we are able to meet again in person, please look for your child in the following classrooms:

Nursery (birth-age 2): Toddler Classroom (upstairs)

Ages 2-5: 2 year old classroom (upstairs)

1st-4th grade: Room #1 (main floor)

5th-7th grade: JH room (downstairs)

Save the Date—Vacation Bible School

July 6-10, 2020 9:00AM-Noon

Save the date for this year's Vacation Bible School. You won't want to miss a fun-packed week of games, crafts, snacks, and Bible stories. Many volunteers are needed as well. Let Christin know if you would be willing to join the VBS team. Helpers are needed in demonstrating crafts, making snacks, leading games, and directing groups of kids to the right rotation. We'd love for you to join in the fun!

Spring Curriculum

This Spring, we continue through the miracles and teachings of Jesus. Take a look at the following stories from the [Jesus Storybook Bible](#), by Sally Lloyd-Jones in preparation for our Spring Curriculum: *How to pray* (Matthew 6); [The Singer](#) (Matthew 6, 9, and Luke 12); *Running Away* (Luke 15); *The Captain of the storm* (Mark 4 and Matthew 8); *The sun stops shining* (Matthew 27, Mark 15, Luke 23, John 19) and *God's wonderful surprise* (Matthew 28, Mark 16, Luke 24, John 20).



Christin Abbott
Children's Ministry Director
christin@fpcslc.org

YOUTH MINISTRY

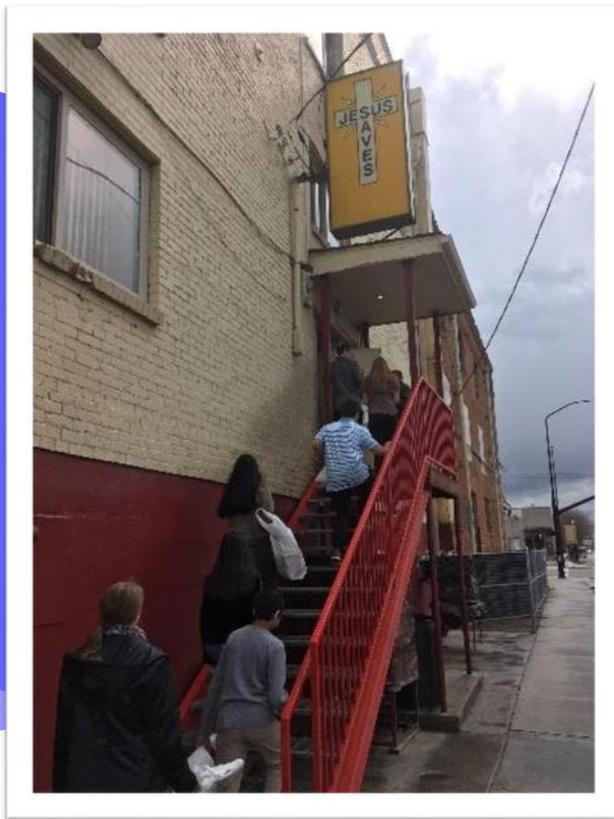
The students of FPCSLC have still been able to meet virtually despite the quarantine. Follow us on Instagram @ [fpcyouthgroup](#) to keep up with what is going on!

The Jr. and Sr. High School students have been meeting every Wednesday at 10:30am for Coffee Hour and on Fridays at 6pm for Fellowship Hour on ZOOM. Zoom is an application that allows groups of people to meet at the same time on the computer. We are able to see and hear one another in real time. We play a game, have a devotion, and have check-ins with everyone!

We continue to have Sunday School at I Iam through Zoom. Despite not being able to meet in person, we have found some solace in being able to hang out with one another over the computer.

I understand this may be a difficult time for those reading this. This difficulty may manifest in our physical, emotional, mental, and spiritual wellbeing. May we rely on one another in love. Know that I am available, as are the pastors, deacons, elders, student leaders and members of the congregation to come alongside and assist.

When this time of isolation has passed and you would like to volunteer for any student events, service projects, or open your house to a bible study please don't hesitate to email or give me a call. Our calendar of projects/events can be found on the church website and Instagram pages.



Nathan Parrish

Youth Director

nparrish@fpcslc.org

HAPPY BIRTHDAY!

Zack Loose-May 18
Wisdom Agbabli-May 13



FPC KIDS

Charlie Knighton 4/1
Vincent Zaharias 4/9
Sophie Cheng 5/5
Oakley Atwood 5/10
Sydney Phillips 5/13
Jaidyn Gualtieri 5/20
Mia Swenson-Pruss 5/25





UPDATE FROM THE MISSION STUDY TEAM

SERVICE OPPORTUNITIES

Wed, Apr 8
Dinner @ Vinny's Sandwich Making
3:30 pm

Thurs, Apr 9
Dinner @ Vinny's Sandwich Making
9:30 am

Wed, May 13
Dinner @ Vinny's Sandwich Making
3:30 pm

Thurs, May 14
Dinner @ Vinny's Sandwich Making
9:30 am

Your Mission Study Team is at work! We are gathering data to help inform our future Pastor Nominating Committee. We will prepare a mission study report that will help us appreciate our past, understand our current situation, and offer a view of what kind of future he is calling us into. These questions will guide us in our work::

- Who are we?
- Who is God calling us to be?
- Where is God calling us to go?

Thank you for your help with the first step in this process by completing the church survey (Congregational Assessment Tool). We got the results of this survey from Holy Cow! Consulting in February. A large group of elders, deacons, members and the Mission Study Team got to hear our assessment live. The most important finding is that our congregation and church are in a very good place, with good satisfaction, positive energy, and attainable hopes for the future. We will be providing a more complete summary of the findings with you soon. Watch for announcements!

Our report will help clarify the kind of person we should call as our new senior pastor and where we as a congregation is going. Feel free to reach out to any of with questions or input!

Pastor Steve, Heather Knighton, Stephanie Silas, JoAnn McKee, Imanuel Aswandi, Bert Dart, Maggie Gibbs, Saiman Sadiq, Elizabeth Duszak, Sarah Sherer

COMMUNITY OUTREACH

As we face challenges of our own, we also realize that the other ministries we support face challenges too. We are continuing to help those other ministries. Here is how:

1. Since we cannot make dinner at **Ronald McDonald House**, we are sending donations to help with their dinners



2. This week Jen and Pastor Chris got supplies much needed at **Crossroads Urban** Center food pantry and delivered them

3. We are still making sandwiches the second Wednesday and Thursday of each month for the homeless being served bag lunches and dinners and St. Vincent dePaul's. We will make them on Wed and Thurs and need to make double the normal. So if anyone is healthy and wanting to help, we will make them Wed at 3:30PM and Thurs 9:30AM

We continue to find ways to minister despite all the changes we have experienced

Visit us on our website www.fpslc.org for a complete list of upcoming events!



fpslc



@fpslc

NITES OUT

The plan was that Nites Out signups would be held during the month of March, and new groups would be formed for the 6 month period starting in April. Now, with our church services having to be held online for some unspecified period of time, the existing groups will continue together until further notice.

If you would like to join an existing group, please send your name(s), full address, phone and email to nitesoutfpc@gmail.com (there is nothing you need to do if you are already in a group).

You may be questioning the wisdom of holding a Nites Out activity with your group during this time of uncertainty. As Pastor Steve has encouraged us, it is important to reach out personally to friends and offer The Lord's comfort as needed. Meeting as a small group of 6 or 7 can still be done without fear, if we take reasonable precautions. A potluck in the home would be safer than a restaurant (avoid buffets!), or outdoor activities such as a hike or picnic. Just keep away from large groups of people!

Doug Gould

NITES IN!

While we are staying home/staying safe, all of us are hungry for connection. Connection with others and connection with God. Nites In is a way to do both! Each week we will share some scripture and some questions to ponder to help us all interact with God's Word, and some prompts for prayer. You can use this on your own, with the people in your household, or with others using the phone/Skype/Facetime/Facebook Messenger Group Video Chat/Google Hangouts or Zoom. All except for Zoom are free and very easy to use on a phone or tablet or computer. Zoom is also easy and is free for groups meeting for less than 40 minutes. If you want to meet longer than 40 minutes using Zoom, ask the office and we'll try to set it up using one of our paid zoom accounts. If you feel lost, just call the office or one of the pastors and we will try to help—it really isn't that hard!

You can find the current week's content in our weekly email blast or on our website. This is an easy way to get to talk and pray with your friends. If you are in a Nites Out group, perhaps you want to connect with them. Maybe you have some neighbors or long time friends you want to visit with—here is your excuse! Whoever you want to connect with—just reach out and SCHEDULE some time to talk. If you don't schedule a time, it won't happen.

For more information visit: www.fpcslc.org/nites-in



OVERWHELMED BY TECHNOLOGY?

Are you feeling especially isolated because all this talk of websites and apps and video chats just gives you the willies? We can help! Phone calls still work great. If you see a + sign you can even add another person (a conference call!) easily—give it a try! If you would like to talk through trying some other options, we are here for you! Your pastors, elders and deacons are not experts, but are willing to try to help you get connected. Don't let fear keep you isolated!



TAKE THE NEXT STEP IN YOUR FAITH JOURNEY

Are you interested in joining First Presbyterian? Are you curious about what it means to join a church? Are you wondering how to move deeper in your relationship with God?

Come explore these questions at an “Exploring Faith” breakfast on Saturday, May 30. We will (God willing and public health permitting) meet for a light breakfast at 8:30 and then discussion from 9 to about 11 am. You’ll learn why membership is important, what Presbyterians are, and how our congregation works, as well as meet some of our leaders. We hope you can join us! And we hope we will get to meet together by then!

Please let the Office know if you are interested (and if you are interested but that is a bad time for you). Thanks!

SCOUTS

Both the Scout Troop 34 and Cub Scout Pack 3034 is still very active and working on advancements.

But because of the Coronavirus they are doing this work from home using Scoutbook, emails and virtual program Zoom for meetings.

Both scouting groups has suspended all meetings and activities at the church until further notice and can hopefully start back up in May.

Scouting Chair—Pack 3034/Troop 34

Dan Zaharias

Phone 801-808-6683 Email Danzaharias@gmail.com

CUB SCOUT PACK 3034 UPDATE

Cub Scout Pack 3034 thanks the Church for its continued support.

In February, Scouts had a skating day at the SLC Sports Complex. This was a great way to cap off President’s Weekend.

February also is the anniversary of Scouting in the U.S. William D. Boyce founded Scouts in 1910 in the U.S. after a visit to London and a chance-meeting with Lord Robert Baden-Powell, the founder of the Scouting movement. Many Scouts were at Church for “Scout Sunday”.

The Cub Scout had its annual “Blue and Gold” Banquet to celebrate a successful year at the end of February. With a Knights and Princesses theme, Scouts were “knighted” by the Cubmaster and enjoyed special activities in addition to receiving their awards. Thanks to those that helped run this great event!

Following that event, the Cub Scouts had a swim day at the Northwest Recreation Center in March. At this event, Scouts earned their water activity ranks and learned important safety skills while having plenty of time for fun. .

This winter, the Cub Scouts have been busily preparing for the annual Pinewood Derby that was scheduled for the end of March but has since been postponed due to COVID-19. Boys and girls have turned blocks of wood into fast cars that they hope will win the big race.

In June, Cub Scouts will be attending a two-day Summer Day Camp at Camp Tracy in Millcreek Canyon. One day of the camp will be “Skywalker Training” and the second day will be “Wild West”. The Scouts cannot wait for June!

Cub Scouts meets at First

Presbyterian on Tuesday Nights from 6:30-7:30pm. ALL children in grades Kindergarten through Fifth Grade are WELCOME! We also invite parents to help us with our activities and events. For more information, please contact Susan Bland, Cubmaster, at sdmbland@yahoo.com or Mike Stahler, Assistant Cubmaster at michael_stahler@yahoo.com.



SCOUT TROOP 34 UPDATE

Scout Troop 34 and Cub Scouts Pack 3034 continue to be thankful for the First Presbyterian Church for their support. We're all going through challenging times and we continue to "Be Prepared" and "Do Your Best". We've had a few notable events since our last report.

* Seven Scouts built and slept in snow caves up in the Uinta's. Yes, it was cold, but quite the experience!

* Two more Scouts, Marcus Sawchuk and Will Higgins earned their Eagle rank. Marcus worked with the Veteran's Administration (VA) Hospital to obtain certain supplies for our Veteran's and Will worked with the Habitat for Humanity organization.

* Starting in April, the three Utah scouting councils will be combined into one "Crossroads of the West Council".

As a Troop, we are following the FPC and our elected officials' suggestions and guidelines regarding social distancing. We will not be meeting in person through April and will adjust as needed later on. We will, however, be having our first virtual Troop meeting this Wednesday at 7pm. There are Merit Badges classes and opportunities being offered online and some of us participated in an Orienteering course at Murray Park on Saturday the 28th. This was a do on your own opportunity, so were able to practice safe distancing, better our skills at map and compass reading and to be outside for some fresh air and exercise.

The best part of being associated with the First Presbyterian Church is that we are open to all youth. We would love you have you, your kids, grandkids to join our Troop or Pack for some excellent learning of life skills.

Stay safe and healthy.

Brian Bevan, Scoutmaster, Troop 34

C# 801-661-9912, Brian.r.bevan@gmail.com



GROUP STUDIES

Our classes, small groups, prayer groups and children and youth ministries are moving online during this time

Check out

fpcslc.org/ministryupdates

Adult Sunday School—

Our adult Sunday School class will be launching on Zoom every Sunday at 10:00 am

Tuesday Men's Breakfast—

Meet with the Tuesday Morning Men's group on Zoom for the next few weeks on Tuesday morning at 7:30 am.

Women's Bible Study—

Meet with the Women's Bible Study on Zoom for the next few weeks on Thursday evening at 6:00 pm.

Thursday Evening Men's Group—

Meet with the evening Men's Bible Study on Zoom for the next few weeks on Thursday evenings at 6:30 pm.



UPCOMING EVENTS

Walk For Water 6k with World Vision!

Our Mission Team is excited to host a team for the World Vision Walk for Water 6k. This event raises money to provide wells with clean, safe water for communities in the developing world. We walk 6 kilometers (about 3.7 miles) because that is the average distance that people walk EVERY DAY for water—water which is often contaminated with diseases. The long walks disrupt efforts to go to school or to work and pose serious dangers to the women and children who typically have to make the walk. World Vision works with communities and puts wells in when there are local leaders in place to maintain and repair the well. That means that World Vision wells are used for years and years! The \$50 registration fee pays for one person to get water for a lifetime!



We walk one day so they don't have to everyday. What a wonderful way to show Jesus' love to people who need help. Can you imagine trying to keep your hands clean without a reliable source of healthy water?

The Walk is scheduled for Saturday May 16. You can register to walk (wherever you want to walk!) or to donate in support of our team. Because of the pandemic there will not be a central place we are walking together, but we encourage people to walk on their own as they are able. For more information and to sign up, visit <https://www.teamworldvision.org/team/FPCSLC>

Women's Retreat Postponed Until Fall

September 26-27 in Park City Utah. Women from all our Presbyterian churches, ages 18 and up, are welcome.

Register online at www.fpcslc.org/womens-retreat

HAPPY BIRTHDAY!

Dawn Armstrong	4/4	Arif Samuel	4/12	Susan Roberts	5/2
Rehana Samuel	4/4	Parvez Samuel	4/13	D'Anne Chapman	5/5
Taffy Kosierowski	4/5	Terri King	4/14	Devin Zaharias	5/11
Lynn Li	4/7	Kathleen Kalvesmaki	4/17	Woody Spruance	5/13
LeRoy Cook	4/8	JoAnn McKee	4/21	Carolyn Chase	5/15
Hyun Ah Miya	4/10	June Ragan	4/21	Donald Saxon	5/17
Barbara Gingery	4/11	Mike Miller-Imperiale	4/24	Will Arnott	5/20
Suzanne Pratty-Lahy	4/11	Leilani Andrews	4/25	Betsey Butler	5/21
Oren "Tripp" Hopkins	4/12	Jack Chase	4/25	Stephanie Silas	5/22
		Doris Strozier	4/25	Michael Sherer	5/23
		Nancy Buterbaugh	4/26	Gail Wilson	5/27
		Jean White	4/27	Pastor Chris	5/31

FIRST PRESBYTERIAN CHURCH

Holy Week

Worship with us online during Holy Week!

www.fpcslc.org

Palm Sunday Services

Sunday, April 5 at 9:00 am, 11:00 am

Maundy Thursday Service

Thursday, April 9 at 7:30 pm

The Passover/Last Supper Observance

Good Friday Community Service

Friday, April 10 at noon

“Last Words of Jesus”

Virtual Easter Egg Hunt

Saturday, April 11

10:00 am

Go to www.fpcslc.org/easter-egg-hunt for more info!

Easter Sunday Services

Sunday, April 12

Worship at 11:00 am

with organ, choir, brass

Thanks to everyone who contributed their articles to the April/May Chimes.

Please note the deadline for the **June/July Chimes** articles is Monday, June 15.

PROFESSIONAL CHURCH STAFF

Steve Aeschbacher,
Interim Pastor

pastorsteve@fpcslc.org

Christine Myers-Tegeder,
Pastoral Associate

pastorchris@fpcslc.org

Nathan Parrish,
Youth Director

nathan@fpcslc.org

Christin Abbott,
Children's Ministry

christin@fpcslc.org

Larry Blackburn,
Organist

larryb84097@gmail.com

Alla Keoppel,
Choir Director

alla@fpcslc.org

Jen Caldwell,
Office Administrator

jen@fpcslc.org

Nancy Savage, Treasurer

nancy@fpcslc.org

Annie Haile,

C Street Director

ahaile@fpcslc.org

FIRST PRESBYTERIAN CHURCH OF SALT LAKE CITY

12 C Street

Salt Lake City, Utah 84103

Phone: (801) 363-3889

Email: office@fpcslc.org

Website: www.fpcslc.org

[Facebook.com/fpcslc](https://www.facebook.com/fpcslc)

Instagram: [fpcslc](https://www.instagram.com/fpcslc)

SUNDAY WORSHIP

9 am: Praise Band & Songs

11 am: Organ, & Hymns

April 5

Palm/Passion

Sunday

We Believe:

Jesus Rescues Us

I John 1:5-10 Matt 21:1-11

April 12

Easter

We Believe:

Life to the Full!

I Cor 15:51-58, Matt 28:1-8

April 19

Following The Risen Jesus:

A Sure Hope

I Peter 1:1-9

April 26

Following the Risen Jesus:

Ransomed by Grace

I Peter 1:17-23

May 3

Following the Risen Jesus:

Chosen to Live with Jesus

I Peter 2:1-10

May 10

Following the Risen Jesus:

Living with Suffering

I Peter 2:18-25

May 17

Following the Risen Jesus:

The New Life

I Peter 3:8-17

May 24

Following the Risen Jesus:

Made to Last

I Peter 4:1-11

May 31

Pentecost

Following the Risen Jesus:

By the Power of the Spirit

I Peter 5:8-14, Acts 2:1-21