



The Weekly Chalice

Sumner First Christian Church | 432 Wood Ave, Sumner, WA | sumnerfcc.org

May 2nd 2024

"You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

-Luke 10:27

The greatest commandment, outlined by Jesus, involves every part of us as human beings. Loving God and neighbor as we love ourselves takes all of our heart, soul, strength and mind.

May is mental health awareness month, and it is a good time to remember that this part of us--our mind and spirit--is just as important as the other parts of us in loving God and living the life God wants for us.

Each week in May, we'll be focusing on mental health at different stages of life. This week we are thinking about older adults. Staying engaged is great for mental well-being, especially when we are older. Nurturing your connections with loved ones, joining a social group, or volunteering for something you care about is helpful to feel active and connected.

Embracing movement through walks, yoga, or dancing also benefits both body and mind. Challenging yourself with brain teasers, exploring a new hobby, or learning something new helps to keep the mind sharp.

Remember, if you need mental health support, a doctor or therapist is also an option. samhsa.gov/resources-serving-older-adults. #MHAM2024

#MentalHealthMatters

We are happy to announce that we have received a grant from the National Benevolent Association to address connections with Older Adults in our Community. Our grant will provide funds for three time specific type gatherings for older adults: The first this summer to share in a study on aging faithfully, the second in the later summer/early fall focusing on exploring faith and art and the last around the holidays exploring grief. The grant provides funds for materials and for lunch or dinner at the gatherings.

We will be conducting a survey to see what times will work best. We are very excited for this opportunity and hope that you will consider joining us as we seek to strengthen connections and improve our mental health.





The Regional Assembly of the Northern Lights Region is this weekend, May 3-5 in Wenatchee, WA. Church leaders and members from Washington, Northern Idaho, Montana and Alaska will be gathering together in person (and online) to fellowship, worship and do the work of the church. Just a reminder that we will be joining the assembly live on Sunday morning at 10:30 a.m. to join in the assembly worship. Come to church at the regular worship time, 10:30 a.m. If you are joining from home, follow this [link](#).

There is also a worship service Saturday evening at 6:30 p.m. which will include the installation of new Regional Minister Paul Allen. If you would like to join the Saturday service, follow this [link](#).

For more information about the assembly and materials that you can view or download, please follow this [link](#).

Please keep the assembly, all those involved in planning and implementation as well as our new Regional Minister in your prayers.



Children Worship & Wonder is cancelled for Sunday, May 5th.

We'll meet again on Sunday, June 2nd @ 9:00 a.m.

All children are welcome!



Thank you to everyone who purchased flowers and plants at our sale. We still have plants left and folks have been purchasing through the week. A huge thank you to Becky Scholz and Becky's Baskets for their generous donation of beautiful flowers and plants!



Gwinwood Retreat Center – Lacey, WA

- **July 22-25 : Kids Camp** – Entering grades 2-3 (Mon-Thurs) – \$160 through June 3rd, then \$175
- **July 22-27 : Junior Camp** – Entering grades 4-5 (Mon-Sat) – \$235 through June 3rd, then \$250
- **July 22-27: ChiRho & CYF** – Entering grades 6-'24 HS Grad (Mon-Sat)–\$235 through June 3rd, then \$250

Camp scholarships may be available:

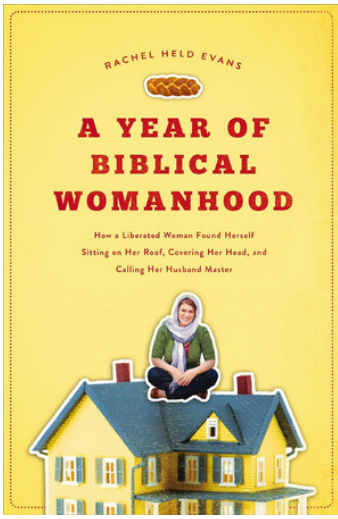
The Northern Lights Region is happy to offer a limited number of scholarships up to 1/2 off the registration cost. **Please contact Pastor Rochelle (Pastor@sumnerfcc.org) to have your camper's name included in the scholarship requests.** These scholarships are made possible by legacy gifts from former congregations who continue to support our camping program year after year.

Registration Deadline is 14 days prior to camp start – Don't miss out!

Check our Early Bird Discount!

\$15 Early Bird discount through June 3rd!





Our next gathering for our book group will be Thursday, May 23rd @ 6:00 p.m. on Zoom.

If you are interested in joining us for this fun journey through Rachel Held Evans book *A Year of Biblical Womanhood*, please message Pastor Rochelle Richards (Pastor@summerfcc.org), for more information and an invitation.



Stewardship Update

Many of you know that in the fall we applied for an Employee Retention Credit that was a part of Covid Relief Funds. We do qualify and all necessarily paperwork was filed; however, the program has been placed on a temporary moratorium while the IRS processes a backlog and tries to address fraudulent cases. This is delaying the receipt of those funds to an undetermined time. The good news is, people have generously been giving and we have also increased non profit use of our facilities increasing our building use receipts. We are meeting our financial obligations and are extremely grateful for our continued ministry together! Thank you!

Stewardship CORNER

April 2024 Income from Tithes & Offerings: \$12507.29
 Income from Building Use: \$1175.00
 April 2024 Expenses: \$12099.48
 April Net: **\$1582.81**

Thank you for your continued gifts. As you can see, every gift is important in helping us continue our mission & ministries. Thank you for your gifts!

May

2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---------------------------------|---|-------------|-------------|
| | | | 1 | 2 | 3 | 4 |
| | | 10:30 am Prayer Group 12:00 pm AA 6:00 pm Elder Meeting via Zoom 6:30 pm AA | 10:30 am AI Anon 12:30 pm AA | 12:00 pm AA 7:00 pm GA | 12:00 pm AA | 12:00 pm AA |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10:30 Worship Service | 12:00 pm AA 7:00 pm GA | 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA | 10:30 am AI Anon 12:30 pm AA | 12:00 pm AA 7:00 pm GA | 12:00 pm AA | 12:00 pm AA |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Mother's Day 10:30 Worship Service | 12:00 pm AA 7:00 pm GA | 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA | 10:30 am AI Anon 12:30 pm AA | 12:00 pm AA 7:00 pm GA | 12:00 pm AA | 12:00 pm AA |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 10:30 Worship Service Board Meeting | 12:00 pm AA 7:00 pm GA | 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA | 10:30 am AI Anon 12:30 pm AA | 12:00 pm AA 6:00 pm Book Club via Zoom 7:00 pm GA | 12:00 pm AA | 12:00 pm AA |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 10:30 Worship Service | Memorial Day 12:00 pm AA 7:00 pm GA | 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA | 10:30 am AI Anon 12:30 pm AA | 12:00 pm AA 7:00 pm GA | 12:00 pm AA | 12:00 pm AA |