



The Weekly Chalice

October 24th 2024

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

I have always believed that nature teaches us about our humanity, the divine and life in general.

Fall, especially as it is experienced in more northern latitudes, is full of life lessons. I have heard the expression that autumn leaves teach us the lesson of letting go of that which does not serve us (or some variation of the saying). But more than letting go, the leaves of Autumn have something to say about our spiritual lives.

Why do leaves change color and fall off of trees? Most of the year, these leaves are green because of the chlorophyll they use to absorb energy from sunlight during photosynthesis. The leaves convert the energy into sugars to feed the tree.

As the season changes, temperatures drop and days get shorter. Trees get less direct sunlight, and the chlorophyll in the leaves breaks down.

The lack of chlorophyll reveals yellow and orange pigments that were already in the leaves but masked during the warmer months. Darker red leaves are the result of a chemical change: Sugars that can get trapped in the leaves produce new pigments (called anthocyanins) that weren't part of the leaf in the growing season. Some trees, like oaks and dogwoods, are likely to produce red leaves. "**

Essentially the leaves change color, die without nutrients and fall to the ground because they have less and less of their energy source: sunlight and warmth.

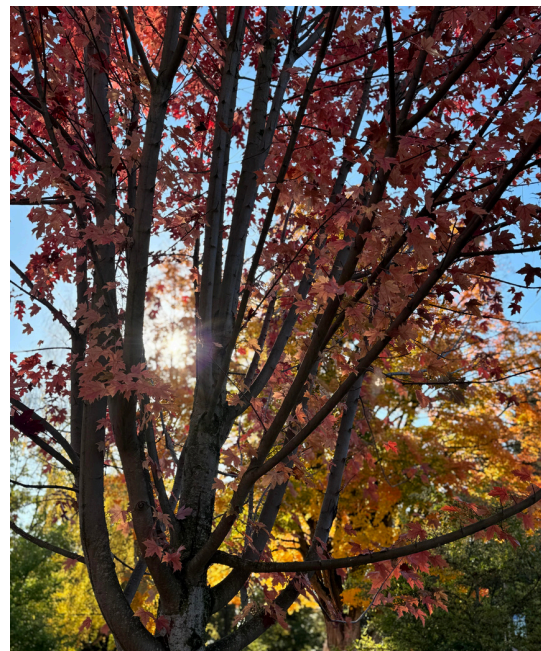
*<https://www.si.edu/stories/why-do-leaves-change-color-fall>

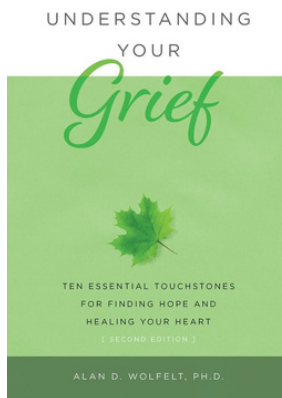
More than just a lesson about letting go of that which does not serve us, the autumn leaves show us what happens when we do not get enough of our energy source...the thing that feeds and nourishes us and keeps us healthy in mind, body and spirit.

When we are disconnected from God's powerful love and light, we are not healthy, vibrant and resilient. We know, that like the annual autumn leaves, physical decline and death are inevitable, but the energy of God's light and love is eternal.

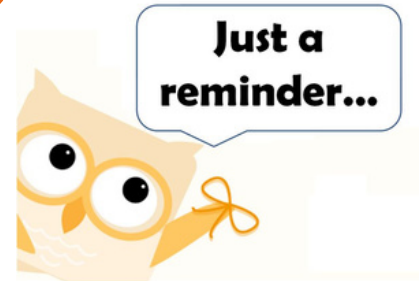
If you feel farther away from God in these days, take some time to reconnect to your energy source-- through worship, prayer, quiet moments of reflection, conversation with others, reading Scripture, art.

-Rochelle+





Daylight Savings Time Ends
@ 2:00 a.m. Sunday, November 3rd
Don't forget to move your clocks back
one hour!



**Our next grant gatherings –
Pausing for Grief During the Holidays**

The next in our NBA-funded series of gatherings will take place in December and will center around grief and the holidays. Many losses and life transitions can induce grief. Our gatherings will focus on bereavement caused by the death of a loved one.

"Grief waits on welcome, not on time," writes Dr. Alan D. Wolfelt in his book *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*. This book will be our guide as we seek to create a safe and comfortable environment in which to explore and share.

All materials and catered meals will be provided. Groups will be limited to around 20 people. Register now to save your spot.

**Thursdays, December 12th & 19th
5:30-7:30 pm**

**Fridays, December 13th & 20th
12:00-2:00 pm**



All Saint's Sunday is November 3rd. Is there someone who has been important in your life or to the church you'd like to remember? We want to hear your stories. **We are asking for testimonials (2 minutes or less in length). Please submit these to Pastor Rochelle by Friday, November 1st and let Pastor Rochelle know if you'd like to read your testimonial or have it read: (Pastor@sumnerfcc.org).**

The month of November is a time to focus on Stewardship and giving. Our fiscal year runs from July to July and our proposed budgets are presented and voted on in our June Congregational meeting. Our Board meets monthly and these meetings are open. We also post minutes from our meetings as well as monthly financials in the fellowship hall. If you ever have questions about these, please feel free to contact Pastor Rochelle (Pastor@sumnerfcc.org) or any member of our Board. We thank everyone for the ways you contribute to this community of faith!

- Board Chairperson: Kris K.
- Board Vice Chairperson: John R.
- Treasurer: Melanie R.
- Secretary: Kathy H.
- Elder Representative: Debbie I.
- Deacon Representative: Colleen C.

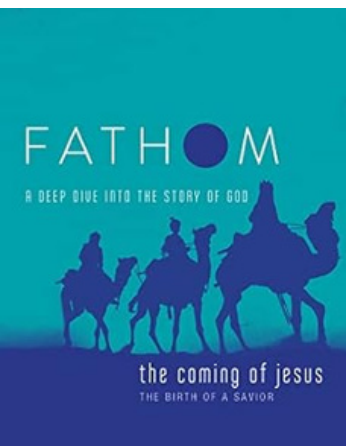


Thank you to everyone for cards, messages, gifts for Minister Appreciation month and for my birthday. I am appreciative of you all and feel blessed to share ministry with you.

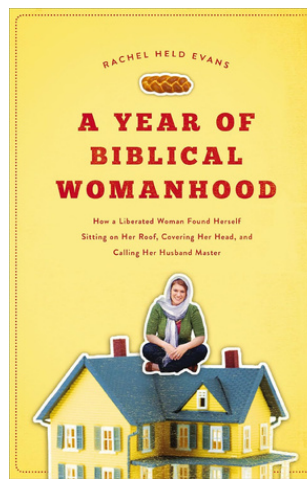


Change for a Change
Don't forget to bring your loose change for our donation jar. All change collected through October will be donated to our Camp: the Gwinood Retreat Center in Lacey, WA.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	2 10:30 am AI Anon 12:30 pm AA	3 12:00 pm AA 7:00 pm GA	4 12:00 pm AA	5 12:00 pm AA
6 World Communion Day 9:00 am Children's Worship & Wonder 10:30 Worship Service Elder Meeting after Service	7 12:00 pm AA	8 10:30 am Prayer Group 11:15 am-12:30 pm SCP Trike-A-Thon 12:00 pm AA 6:30 pm AA	9 10:30 am AI Anon 12:30 pm AA	10 12:00 pm AA 7:00 pm GA	11 12:00 pm AA	12 12:00 pm AA
13 10:30 Worship Service Board Meeting after Service	14 12:00 pm AA 6:30 pm SCP Board Meeting	15 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	16 10:30 am AI Anon 12:30 pm AA	17 12:00 pm AA 7:00 pm GA	18 12:00 pm AA	19 9:00 am-3:00 pm Clergy Boundaries Training 9:00 am – 12:00 pm SCP Clean Day 12:00 pm AA
20 10:30 Worship Service	21 12:00 pm AA	22 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	23 10:30 am AI Anon 12:30 pm AA	24 12:00 pm AA 7:00 pm GA	25 12:00 pm AA	26 12:00 pm AA
27 10:30 Worship Service	28 12:00 pm AA	29 10:30 am Prayer Group 12:00 pm AA 5:00 pm-9:00 pm SCP Trunk or Treat 6:30 pm AA	30 10:30 am AI Anon 12:30 pm AA 6:30 pm Book Club via Zoom	31 Halloween 12:00 pm AA 7:00 pm GA		



Our next youth/young adult Bible Study will be **Saturday, November 2nd @ noon--place tbd.** We are moving into the prophetic words about the coming of Christ. This will prepare us for the season of Advent & Christmas. If you have questions, please contact Pastor Rochelle (Pastor@sumnerfcc.org).



Join us for our next Year of Biblical Womanhood gathering **Wednesday, October 30th @ 6:00 p.m. on Zoom.** We will be reading the chapter for October: Gentleness. Message Pastor Rochelle for a zoom invite: Pastor@sumnerfcc.org



Mark your calendars for the Gwinwood Annual Meeting on **Saturday, November 9th from 10:00 a.m. -noon** at the Gwinwood Retreat Center. *If you would like be a voting representative at the meeting, please contact Pastor Rochelle (Pastor@sumnerfcc.org).*