



The Weekly Chalice

October 31st 2024

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

"When the cares of my heart are many,
your consolations cheer my soul." Psalm 94:19, NRSV
I think it's safe to say that the level of anxiety people in
America are experiencing right now is high and you may
wonder what you can do about it.

The words of the Psalmist remind us of our center. I
would say to you that grounding yourself in your
spiritual practices is important this week: Read
Scripture, pray, gather with others in your faith
community, walk the prayer labyrinth, engage in an act
of service. Any of the practices of the faith are good to
ground us and remind us of God's love and power that is
foundational to all things in life.

Dr. Arash Javanbakht, director of the Stress, Trauma
and Anxiety Research Clinic at Wayne State University
offers some suggestions as well:

Resist the tribalism trap.: Remember that when
terrified of the other side, your primitive instincts take
over, leaving your critical thinking skills behind. It is
impossible for the political leaders and media you
identify with to always be right and the other side to
always be wrong. Exercise some skepticism, especially
when a message encourages fear.

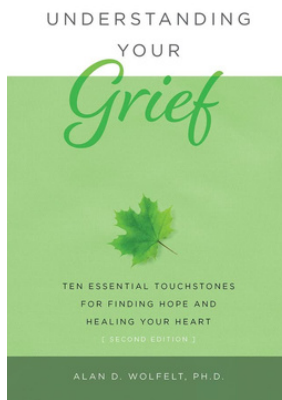
Reduce exposure and choose what you consume.
Cable news in the U.S. focuses on a few subjects and
floods you with unending dramatic political analysis and
punditry. Five more hours of news consumption will not
add to what you learned in the first hour, but it will add

to your emotional exhaustion. If you can read rather
than watch, do so. Be informed, not overwhelmed.
Stay open to the positive. When you're scared,
your attention follows, focusing on stimuli relevant
to what scares you. This is an evolutionary function
that tries to keep you safe by zeroing in on danger.
Short-circuit that instinct by intentionally redirecting
your attention to positive news. Check out stories
about science, health, arts, sports and community
service.

Experience the real world. What you see shapes
what you believe, and that guides your emotions.
Break out of any negative news bubble you're
trapped in and engage with the real world. Visit
your neighbors and nature.

Defy the trap of division. Reject demonization of
others. Political beliefs are but one part of any
American's identity. Make an effort to identify
common ground outside politics. You can go to the
gym, share a meal, talk about art and science, or do
yard work with people who hold different views.
Keep up your routines. It is important to maintain
normal life routines, hobbies and social interactions
that keep you happy and balanced. Remember that
exercise is a great anxiety treatment.

Remember that in Christ we are one. So plan on
joining us at the table this Sunday where we can
rest and refresh our spirits. -Rochelle+



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**

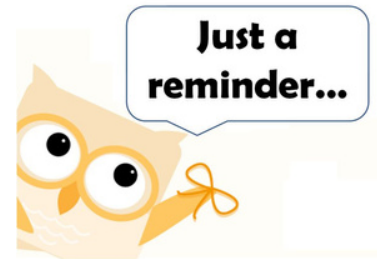
**Fridays, December 13th & 20th
12:00-2:00 pm**



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).**



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



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.

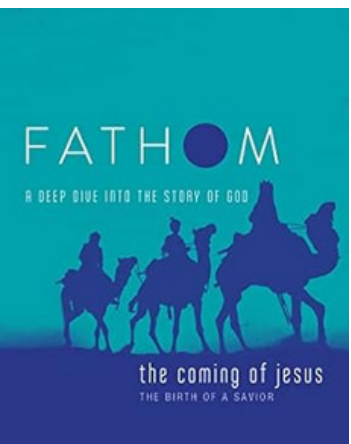
Elder Representative: Bob I., Debbie I.

Deacon Representative: Colleen C.-F.

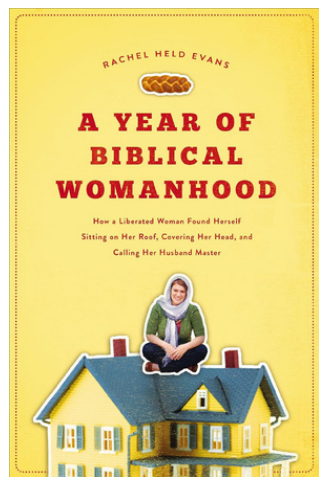


Open Art Studio Sessions -
+Thursday, November 7th at 2-3:30 pm & 5:30-7 pm
+Thursday, November 21st at 1-2:30 pm & 5:30-7 pm
Bring a project or use the supplies and prompts provided – bring a friend!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					12:00 pm AA	12:00 pm AA
3	4	5	6	7	8	9
All Saints Sunday 9:00 am Children's Worship & Wonder 10:30 Worship Service Elder Meeting after Service	12:00 pm AA	10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	10:30 am Al Anon 12:30 pm AA	Open Art: 2:00-3:30 pm 5:30-7:00 pm 12:00 pm AA 7:00 pm GA	12:00 pm AA	9:00 am – 12:00 pm SCP Clean Day 12:00 pm AA 10:00 am – 12:00 pm Gwinwood Annual Meeting @ Retreat Center (Lacey)
10	11	12	13	14	15	16
9:00 am Fathom Youth 10:30 Worship Service Board Meeting after Service	Veterans Day 12:00 pm AA 6:30 pm SCP Board Meeting	10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	10:30 am Al Anon 12:30 pm AA	12:00 pm AA 7:00 pm GA	12:00 pm AA	12:00 pm AA
17	18	19	20	21	22	23
10:30 Worship Service	12:00 pm AA	10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	10:30 am Al Anon 12:30 pm AA 6:30 pm Book Club via Zoom	Open Art: 2:00-3:30 pm 5:30-7:00 pm 12:00 pm AA 7:00 pm GA	12:00 pm AA	12:00 pm AA
24	25	26	27	28	29	30
10:30 Worship Service	12:00 pm AA	10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	10:30 am Al Anon 12:30 pm AA	Thanksgiving 12:00 pm AA 7:00 pm GA	12:00 pm AA	12:00 pm AA



Our next **youth/young adult Bible Study** will be **Sunday, November 10th @ 9:00 a.m.** 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, November 20th @ 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).*