



The Weekly Chalice

January 30th 2025

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

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.’ -Matthew 6: 25-34

Jesus words seem deceptively simple, “Do not worry.” I always follow these words with my rebuttal...“but Jesus...don’t you know about this, or that...or the ramifications of this thing happening or that thing unfolding?” And always in my protest, I hear Jesus lovingly repeat these words, “do not worry.”

I have struggled with anxiety most of my adult life. Not having much of my life radiate from a place of worry does not come naturally to me. I have to work at it.

These are anxious times and days filled with worry. One of the things Jesus does to draw down and focus our attention, is to tell us to observe the small things that we might ordinarily overlook. Notice the lilies, the birds of the air. Stop for a moment and notice things.

In therapy these are called grounding practices and I think they could be really helpful for anyone struggling with anxiety and worry in these days.

If you are feeling overwhelmed, try a breathing exercise: Breathe in as deeply as you can through your nose, hold the breath at the top and then let all the air out. If it helps, inhale for 4 counts, hold for 4 counts and exhale for 8 counts. Doing this three times activates your parasympathetic nervous system and reduces your stress hormones.

Go for a color walk. Take a short walk and focus on one color. For example, pick the color green and take note of all the green things you are seeing. Maybe take pictures with your phone and create a collage. This brings our attention to the present and again can activate our parasympathetic nervous system, reducing stress.

Continued...

Do the take five exercise: For a few moments, engage your senses. Take a moment to listen:

- What do you hear? Right now I hear my neighbor hammering on their roof, a plane overhead, cars, birds flying by, a dog barking.
- What do you see? I see the sun shining through the window, my half empty coffee cup, my favorite pen next to my computer, pictures of my family.
- What do you taste? Right now I just brushed my teeth and I still taste the mint of toothpaste in my mouth.
- What do you feel? I feel my fingers on the keyboard, I feel the fuzziness of my favorite socks, I feel my glasses resting on my nose.
- What do you smell? Right now I still smell the scent of my coffee in that cup and the minty scent of that toothpaste!

This act of pausing and noticing activates a different part of your brain, allowing you to be in the present moment and break the cycle of rumination and worry.

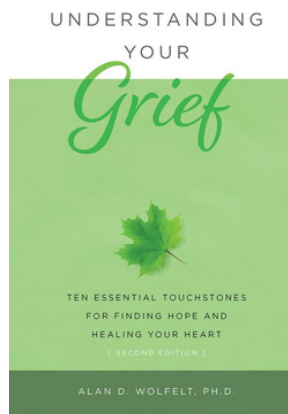
The arts are another wonderful way to find peace in chaotic times. Engage in the forms of art and expression that speak to you.

I love this choral piece about Matthew's Scripture:
[Consider the Lilies of the Field](#)

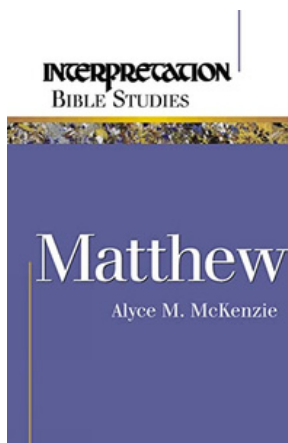
Jesus knew that we needed to take care of our mental and spiritual well being in order to live fully and to engage in ongoing ministry. Please be kind and gentle with yourselves in these day and take care of your heart.
-Rochelle+



Artwork by Jen Norton, www.JenNortonArtStudio.com



Join us for a 10-week study of the book *Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Alan D. Wolfelt. The gatherings will be held on **Fridays from noon-2:00 p.m. in the Fellowship Hall.**



Our youth and young adult Bible study will meet again on **Friday, February 7th @ 2:30 p.m.** We will beginning a study on Matthew's Gospel. Please contact Pastor Rochelle for more information on location. We hope you can join us!



How do I join the church? When you participate and engage, you belong. If you would like to formally place membership at Sumner First Christian Church, **we will be adding back in the call to discipleship at the close of Sunday morning worship the first Sunday of each month beginning in March.** During that time, we ask you to reaffirm your faith (if you have been baptized) or respond affirmatively to the confession of faith in our tradition:

Do you believe that Jesus is the Christ, the son of the Living God and do you accept him as Lord and Savior of all.

If you have not been baptized, we can begin a conversation about that. After the service, you will be invited to the back of the church to be welcomed and greeted as a new member. If you have questions, please feel free to contact Pastor Rochelle (Pastor@sumnerfcc.org).



In 1990, a simple prayer: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat"

was delivered to a small youth group at Spring Valley Presbyterian Church in Columbia, SC led by Brad Smith, who was serving as a seminary intern at the time. This gave birth to an idea.

Why not harness the energy and enthusiasm of Super Bowl weekend, a time when people come together for football, food and fun, to unite the nation for a higher good?

Individuals and groups could collect dollars in soup pots and canned food for those in need and send every dollar and food donation directly to a local

charity of their choice. The first year, they invited 22 area churches to join the team and collected \$5,700 with 100% of donations distributed to local-area charities. That was 1990. Since then, Tackle Hunger, with its signature Souper Bowl of Caring event has become a national, grass-roots, youth-inspired movement where ordinary people are doing extraordinary good. Over \$193 million in dollars and food has been generated while benefiting thousands of soup kitchens, food banks, meal programs and other hunger-relief charities in local communities.

We will be collecting food items for the Sumner Food Bank throughout January, culminating in our Souper Bowl celebration on Sunday, February 9th.

All changed collected in our change jar will also be donated to the Sumner Food Bank.

Thank you for your participation!

February							2025
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 9:00 am – 12:00 pm SCP Clean Day 12:00 pm AA	
2 9:00 am Children's Worship & Wonder 10:30 Worship Service Elder Meeting after Service	3 12:00 pm AA	4 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	5 10:30 am Al Anon 12:30 pm Sober Sisters	6 12:00 pm AA 7:00 pm GA	7 12:00 pm – 2:00 pm Understanding Grief Study 12:00 pm AA 2:30 pm Youth Bible	8 12:00 pm AA	
9 9:00 am Baptismal Preparation Class 10:30 Worship Service Souper Bowl Celebration Board Meeting after Service	10 12:00 pm AA 6:30 pm SCP Board Meeting	11 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	12 10:30 am Al Anon 12:30 pm Sober Sisters	13 12:00 pm AA 7:00 pm GA	14 12:00 pm – 2:00 pm Understanding Grief Study 12:00 pm AA	15 12:00 pm AA	
16 10:30 Worship Service	17 Presidents' Day 12:00 pm AA	18 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	19 10:30 am Al Anon 12:30 pm Sober Sisters 6:00 pm Book Club via Zoom	20 12:00 pm AA 7:00 pm GA	21 12:00 pm – 2:00 pm Understanding Grief Study 12:00 pm AA	22 9:00 am – 12:00 pm SCP Clean Day 12:00 pm AA	
23 10:30 Worship Service	24 12:00 pm AA	25 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	26 10:30 am Al Anon 12:30 pm Sober Sisters	27 12:00 pm AA 7:00 pm GA	28 12:00 pm – 2:00 pm Understanding Grief Study 12:00 pm AA		