



## The Weekly Chalice

May 15<sup>th</sup> 2025

Sumner First Christian Church | 432 Wood Ave, Sumner, WA | [sumnerfcc.org](http://sumnerfcc.org)

"Whatever your hand finds to do, do with your might; for there is no work or thought or knowledge or wisdom in Sheol, to which you are going." Ecclesiastes 9:10

In the Hebrew Scriptures, there is not real talk of heaven or a place prepared; instead, there is Sheol which was conceptualized to be a temporary, spiritual rest stop of sorts for souls after death. Both righteous and unrighteous alike would end up here in a place of dark and quiet until the time of final judgment.

Whatever you think of Sheol, it is a way for people to talk and think about what happens after death--a way of recognizing the finite nature of life on earth.

The passage above comes from Ecclesiastes which is a part of the Wisdom literature in the Hebrew Scriptures. *Wisdom* is a personified concept, primarily associated with God's divine attribute. You may not have had much Bible study or learning about *Wisdom* as it is more of a feminine attribute and thus less embraced (sometimes derided) by more conservative, western forms of Christianity. *Wisdom* represents God's understanding, intelligence, and guidance in understanding the world and living a meaningful life. The books of Proverbs, Job, and Ecclesiastes are considered Wisdom Literature.

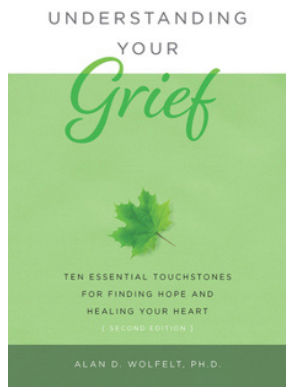
The wisdom of the short passage above is something that many of us grow into, or at least struggle with, as we age. Think about this question: *do we act, or are we acted upon?* and consider the first answer that comes to your mind. As Americans, our culture teaches us that self-

determination is core to who we are--we have an awful lot of individual power and can act to determine most things in our lives. Our world view pretty much teaches us that we act and have the power and ability to do so in everything.

We run into problems when we experience the finite nature of who we are in moments when we are acted upon and have little or no power to do anything about it: our family and work lives don't turn out like we imagined, we age, our health changes, we lose a job or our job changes, we retire, a relationship ends, we experience trauma, people with more power make decisions that harm us and others, we face the end of life.

In these moments when we are acted upon, we have to figure out what life means in the face of limitations.

Life is not an all or nothing proposition--you either act or do not act, you are either acted upon or you are not acted upon. Life is a mix of all things and the wisdom of God in Ecclesiastes urges us to consider what we can do, in the face of that which is outside our control. Maybe you can't do what you could do 10 years ago, but what can you do today? Maybe you can't do what you could do before a huge life-altering event, but what can you do now? Maybe you can't fix a situation, but are there things you can do to find peace, meaning and purpose?  
-Rochelle+



## Understanding Your Grief: 10 Essential Touchstones for Finding Hope and Healing in Your Heart

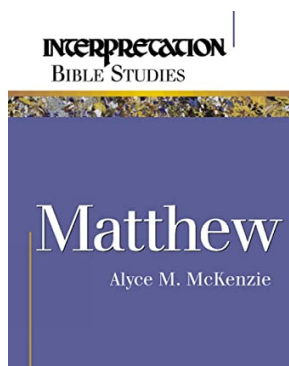
Another session of  
Understanding your Grief is  
being planned for Thursday  
evenings, April 24th-June  
19<sup>th</sup> from 5:30-7:00 p.m.

in the fellowship hall. Everyone is welcome and we hope you will share this event with those in your life who might benefit. Books and accompanying journals are available for those participating in the class and a donation to help defray the materials cost (\$10 each) is appreciated.



Sumner First Christian  
has been a supporter of  
the Sumner Community  
Food Bank for

many years. Federal cuts to USDA are affecting local food banks across the country. To help, we will have a spring Food drive that will begin after Easter and culminate on Pentecost Sunday, June 8<sup>th</sup>. For this food drive, consider donating some of the usual staples: canned vegetables & meats, soups, peanut butter, jelly, rice. Also consider baking ingredients--flour, powdered milk, baking soda/powder, sugar, vanilla, oil, vinegar. Also consider snack items for school weekend backpack assistance that the food bank provides: cup of soups, protein bars, granola bars, fruit pouches, etc. And thank you for your support of our neighbors in need! Your giving makes a difference.



Our youth and young adult  
Bible study will meet again on  
**Friday, May 23rd @ 2:30  
p.m.** @ Electric Coffee  
Company. We will be  
discussing chapter one of the  
study on Matthew's Gospel.  
Please contact Pastor Rochelle  
for more information on  
location. We hope you can join  
us!



If anyone is looking to upgrade their vacuum cleaner, please consider donating your old (workable) one to the church. Or perhaps consider buying a new one for the church as an in-kind donation. We would like to have a second vacuum for our 12-step community room for groups to clean. Thank you for any help you can provide.

## Gospel's Greatest Hits SUMMER 2025

It is time to think about summer church camp! Summer camp is one of those foundational opportunities to be in a beautiful, safe outdoor setting, learn more about faith and spirituality and form community. This year's theme *Gospel's Greatest Hits*, based on Jesus' words in John 15:12-"This is my commandment: love each other just as I have loved you"- enables campers and staff to learn more about who Jesus was and how following his example makes the world a more loving place.

Camp is held at the Gwinwood retreat center and the dates and registration information are listed below. Scholarship funds are available and there is a new scholarship and payment policy, so pay close attention to that. Registration, scholarship and payment information is available at the Northern Lights Website Printed registration forms are also available at the church. If you have any questions, please feel free to contact Pastor Rochelle (Pastor@sumnerfcc.org).

### Gwinwood Retreat Center – Lacey, WA

- July 7-10 – Kids Camp (entering Grades 2-3): Register by June 23 (\$200)
- July 7-11 – Junior Camp (entering Grades 4-5): Register by June 23 (\$275)
- July 7-11 – Chi Rho/CYF (entering Grades 6-HS Grad '25): Register by June 23 (\$275)





May is Mental Health Awareness Month and the Substance Abuse and Mental Health Services Administration (SAMSHA) has weekly themes to share awareness.

988 is the current crisis and suicide hotline. Please use this number if you, or a loved are having a mental health emergency.

Each week in May, SAMSHA will highlight a particular area of mental health focus that will be shared here. This week, we focus on the connection between mental and physical health:

This week explores how deeply connected mental and physical health are.

Key messages:

Mental and physical health are deeply connected—

and integrated care for co-occurring conditions supports lifelong wellness.

- Mental and physical health are equally important—taking care of one supports the other.
- Depression and anxiety increase the risk of chronic illnesses like heart disease and diabetes.
- Regular activity, good nutrition, and quality sleep support both mental and physical well-being.
- Integrated treatment for co-occurring mental health and substance use conditions improves outcomes.
- Preventive care, strong support networks, and early intervention promote lifelong wellness.

The National Helpline—1-800-662-HELP (4357)—provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

988 Suicide & Crisis Lifeline is a SAMHSA-funded, toll-free hotline available 24 hours a day, 7 days a week. The Lifeline is available in more than 150 languages. Call or text 988, or chat the lifeline

May					2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	2 12:00 pm AA	3 9:00 am – 12:00 pm SCP Clean Day 12:00 pm AA
4 9:00 am Children's Worship & Wonder 10:30 Worship Service	5 12:00 pm AA	6 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	7 10:30 am AI Anon 12:30 pm Sober Sisters	8 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	9 12:00 pm AA	10 12:00 pm AA
11 10:30 Worship Service	12 12:00 pm AA 6:30 pm SCP Board Meeting	13 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	14 10:30 am AI Anon 12:30 pm Sober Sisters	15 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	16 12:00 pm AA	17 12:00 pm AA
18 10:30 Worship Service Board Meeting after Service	19 12:00 pm AA	20 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	21 10:30 am AI Anon 12:30 pm Sober Sisters	22 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	23 12:00 pm AA 2:30 Youth Bible Study SCP Last School Day	24 12:00 pm AA
25 10:30 Worship Service	26 12:00 pm AA	27 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	28 9:00 am – 12:00 pm SCP Clean Day 10:30 am AI Anon 12:30 pm Sober Sisters	29 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	30 12:00 pm AA	31 12:00 pm AA