



The Weekly Chalice

May 1st 2025

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

'Your boasting is not a good thing. Do you not know that a little yeast leavens the whole batch of dough?'

1 Corinthians 5: 6-8

In my counseling program, we are taught to engage with clients using a "strengths-based lens." What that means is that we are not just looking for what's wrong, but also looking for what's right. What experiences, supports, personal attributes does a person bring to bear on their current situation that will be valuable to them and help them work toward healing and wellness?

The words from the Apostle Paul in the first letter to the church at Corinth, are negatively framed. The subject that Paul speaks of is neutral-neither "good" nor "bad." Yeast is a common ingredient in baking and leavening breads and cakes. Paul is using a neutral, common item in a negative way here--just as the tiny grain of yeast can grow and affect the whole, so can one's boasting.

Tiny things can have big impacts.

I was reminded of this when we had an arborist come and trim our trees in our backyard this week. We have a huge, old, beautiful river birch tree. The arborist discovered damage in the top of the tree caused by a tiny bug called a Bronze Birch Borer. He explained that these types of beetles were not found in Northern climates until more recent years (due to climate change) and they were thought only to infect the bark of softer trees. He also explained how drought stress is causing the old, tougher forms of birch trees, like our river birch, to become more susceptible to infestation by these tiny, destructive creatures.

Fortunately, the damage is minimal, we caught it early on and we can treat the tree (most likely it will survive).

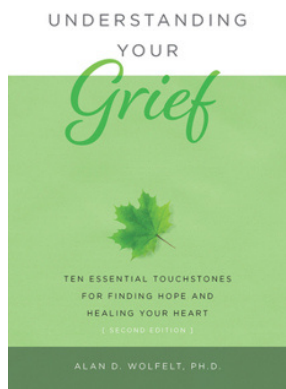
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This goes for positive impacts as well. In Matthew 13:31-32, we hear the parable of the Mustard seed in which a tiny seed grows to the largest of shrubs and provides a place of rest and sanctuary for the birds.

A tiny act of advocacy, of kindness, of sharing and generosity toward one person has ripple effects that reaches many persons.

We live in a world of positives, negatives and everything in between. We are more prone toward the negative. It's how we've survived as a species. But how can we have a more positive, strengths-based approach. How can we listen differently, observe differently, frame things differently, to see the yeast as leavening a batch of something that is positive, rather than something that is negative.

Maybe these questions are a good beginning point: "What do you want? What are you hoping for in life? What are you expecting? What surprises you? What disappoints you? What small thing can you notice and pay attention to today? May you be blessed by the tiny things that have positive impacts in your life. -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 19th 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.



Join us for Children Worship & Wonder the first Sunday of each month. All children are welcome to hear a Bible story (told in the style of the Montessori learning method), sing songs, share in art responses and the great feast (snack time)! We hope to see you there!

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).

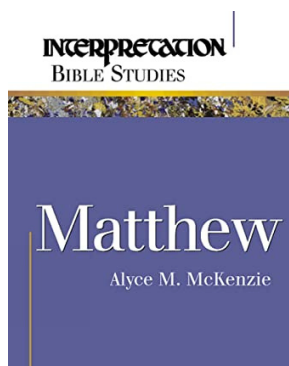
Gwinwood Retreat Center – Lacey, WA

- July 7-10 – Kids Camp (entering Grades 2-3): Register by June 23 (\$200)
- July 7-12 – Junior Camp (entering Grades 4-5): Register by June 23 (\$275)
- July 7-12 – Chi Rho/CYF (entering Grades 6-HS Grad '25): Register by June 23 (\$275)



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 8th. 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!



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

Currently, the crisis line number 988 is in danger of federal defunding in October 2025. Please read the following article from the Trevor Project and let your elected representatives know that we need more resources, not less, to address suicide risk and prevention.

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 mental health of children:

Week 2: May 4-10

Building Strong Foundations for Children's Mental Health this week highlights the importance of early

mental health support, resilience, and self-care for children and teens.

Key messages: Supportive families, communities, and resources help children lay the groundwork for lifelong well-being.

- Supportive families, schools, and communities help children and teens build strong mental health.
- Teaching coping skills early empowers young people to manage emotions and challenges.
- Recognizing early signs of mental health concerns can lead to timely support and positive outcomes.
- Open conversations about emotions help children develop resilience and feel safe seeking help.
- Regular physical activity can help improve children's mental health and enhance their well-being.

Many children face mental health challenges—**early intervention and support** can make a difference.

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