



The Weekly Chalice

May 22nd 2025

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

"Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

In my Clinical Mental Health Counseling, I am learning about theory and practice--relevant things that help me become a better listener and partner in helping others.

One of the pillars of my ongoing practice is to create a safe space for people. When people are in distress, feeling a sense of safety is important. I consider my personhood and try to create a sense of safety through compassion and empathy. I also think about comfort--is there a comfortable place to sit? Is water or tissues needed? Have I ensured privacy and assurance of confidentiality? These are all important considerations in creating a safe spaces.

There is something else that is required of people working through distress--courage. I am learning that in addition to creating safe spaces, people need brave spaces where they are okay enough to work through their distress.

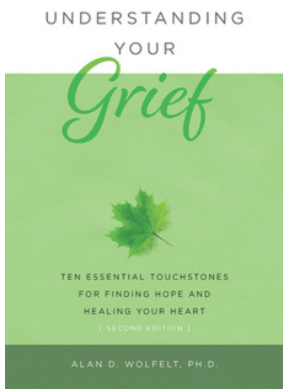
In establishing safety, I think about the need for comfort. In encouraging bravery, I tend to think about the opposite. Bravery and courage show up when we are uncomfortable...when something has changed (or is changing) and we feel challenged. Creating brave spaces doesn't involve saving or shielding people from discomfort....it does mean accompanying them and being with them no matter what. Maybe the greatest encourager of all is knowing that we are not alone.

This has made me think about faith: why we engage with it...what we want from it...how it affects our lives. So many of us come to faith and seek it out for comfort and stability. We long for faith to answer the unanswerable questions of life, to bring us comfort and safety in a world that often feels chaotic and unsafe. Sometimes we find these things in our lives of faith. The comfort and solace of faith feeds us and helps us through distress.

But faith also provides a safe enough space for bravery and courage to take us beyond what makes us comfortable. And in our spaces of discomfort, God is with us (no matter what) helping us to grow, heal and transform.

Dr. James Oglesby baptized me in 1982. He was a native of Longview, WA and I remember him talking about his father who worked at a lumber mill. His father would take solid logs, splinter them into pieces and then reconstitute them into something stronger and sturdier--plywood. Though I'm a lot more sensitive about depletion and over harvesting of natural resources, the story still resonates.

Sometimes to grow, the change, to transform, we have to get uncomfortable...we have allow for deconstruction and dismantling of what was in order to step into what is becoming. And the good news of our faith is, that we are never alone in that process. God is with us no matter what, helping us to be courageous and brave. -Rochelle+



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

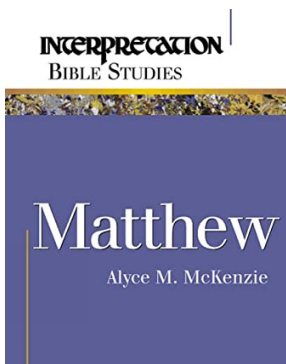
Another session of
Understanding your Grief is
being planned for Thursday
evenings, April 24th-June
19th from 5:30-7:00 p.m.

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.



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 two 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.

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 power of community and connection in mental health.

Key messages:

- Supportive relationships and connected communities foster a sense of belonging and promote mental well-being for all.
- Strong mental health is for everyone—and support should be available to all.
- Each person's mental health journey is unique—a strong support system makes a difference.
- Prioritizing self-care and seeking support strengthen resilience and well-being.

- Social connection and community support play a vital role in mental health and recovery.
- Open conversations about mental health help break stigma and encourage people to seek support.

Some of these things may seem obvious, but sometimes we need reminders to step outside our comfort zones and engage with other people. Church is certainly a place to do that. And remember these resources if you or those you love should need them:

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