



The Weekly Chalice

June 5th 2025

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

"Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil."

-Ephesians 4: 26-27

Why is everyone so angry? I don't know if it's been quantified, but it sure feels like we are angrier as a society in general. And I want to invite you to think about anger--how you would define it, what is your relationship to it, what do you think about anger in our world today?

I always thought the instruction from the Bible was positive--to not let the sun go down on your anger. But I have also thought that this advice was too simplistic. We have to understand a little bit about our anger to know what to do with it.

Therapist and author Faith G. Harper takes a deep dive into the subject of anger. Her book's title is somewhat unconventional, so I'll let you look that up for yourself and I'll take some effort to edit her language so as not to be offensive.

Harper writes that "anger is an instinctive response to protect us from harm by pushing us into concerted action." In studies involving brain scans, there is actually a bit of activity that occurs in our prefrontal cortex (the rational, thinking part of the brain) in anger. Unlike a response where the amygdala is in control (the part of the brain responsible for fight, flight, freeze response where no thinking is taking place), anger shows thought processes which mean that some of what we think of and how we experience anger is taught to us through culture.

Harper explains that in American culture, anger is seen as a more positive emotion/state that is a force for change in overcoming obstacles, coping with fear and becoming more independent. But also intertwined in this cultural view, is the belief that anger controls us. That when we experience it, we have no control over it which can lead to some problematic and even dangerous situations (driving aggressively, for example).

Harper explains that anger is actually a secondary emotion meaning that there is something underlying anger that fuels and feeds it. She uses the following acronym: AHEN: **A-Anger= H-Hurt, E-Expectations not met, N-Needs not met.**

Essentially our anger comes when we are hurt, when our expectations or our needs are not met. If we can evaluate areas of hurt, unmet expectations and needs, we'll get to the root of our anger.

In order to be healthier individuals and a healthier society, we need to do some work to be less reactive and more reflective. Some questions from Harper are helpful in being reflective about our experience of anger and what to do with it: "When was the last time you were angry? When you aren't in actual imminent danger or under actual threat, and after you've used the AHEN model, ask the following. 1.) What are the underlying roots of my anger? Once you figure them out, were they legitimate or were they more about you and your history than about the present situation? (continued)

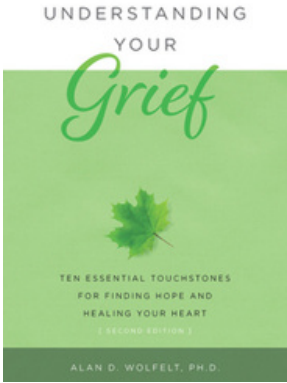
2.) If the roots are legitimate, are they something that need to be addressed or is it one of those daily life things that just happens? 3.) If it needs to be addressed, what is the best way to do so? 4.) After you act (instead of react), then evaluate the results. Did it work? Is this a strategy you can use again? Are you still angry or are you feeling better and safer now?

These are some tools to help you have a better relationship with anger and to help you be better equipped to not let the sunset on your anger. - Rochelle+



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

Our Spring Food Drive concludes this Sunday, June 8th. Thank you to everyone who has shared so generously of your resources for our spring food drive!



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

Thursday evenings, April 24th-June 19th from 5:30-7:00 p.m. All are welcome.

June				2025		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 am Children's Worship & Wonder 10:30 Worship Service	2 12:00 pm AA	3 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	4 10:30 am Al Anon 12:30 pm Sober Sisters	5 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	6 12:00 pm AA	7 12:00 pm AA
8 10:30 Worship Service Board Meeting after Service	9 12:00 pm AA 6:30 pm SCP Board Meeting	10 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	11 10:30 am Al Anon 12:30 pm Sober Sisters	12 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	13 12:00 pm AA	14 12:00 pm AA
15 Father's Day 10:30 Worship Service	16 12:00 pm AA	17 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	18 10:30 am Al Anon 12:30 pm Sober Sisters	19 12:00 pm AA 5:30-7:00 pm Understanding Grief Study 7:00 pm GA	20 12:00 pm AA 2:30 Youth Bible Study	21 12:00 pm AA
22 10:30 Worship Service with Regional Minister & President Paul Allen	23 12:00 pm AA	24 10:30 am Prayer Group 12:00 pm AA 6:30 pm AA	25 10:30 am Al Anon 12:30 pm Sober Sisters 7:00 pm SLAA	26 12:00 pm AA 7:00 pm GA	27 12:00 pm AA	28 12:00 pm AA
29 10:30 Worship Service Congregation Budget Meeting	30 12:00 pm AA					