



The Weekly Chalice

April 9th 2026

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

The lectionary text for the Sunday following Easter is always the story of "doubting Thomas." I always feel for Thomas as he isn't with the disciples when Jesus appears to them and has a hard time believing them when they tell him about this amazing thing that has happened. And when Jesus appears again to the disciples and Thomas is present with them, it feels like Thomas is reprimanded a little for doubting (and the modern day reader lauded for believing without seeing).

In reality, doubt and skepticism is a natural, very understandable reaction from Thomas. I always wonder why Thomas wasn't with the disciples at Jesus' first appearance? Was he working the night shift somewhere? Was he with his family tending to their needs or doing things that needed to be done around their home or in their fields? I imagine that Thomas was busy doing the things required in everyday life and doing it while carrying the trauma and grief of having seen Jesus arrested, tried and crucified. Thomas' body and brain were likely barely able to engage in the daily requirements of life, much less comprehend some reality that seemed beyond impossible. Sometimes we're just doing the best we can to get by and the overwhelm of life complicates faith and belief.

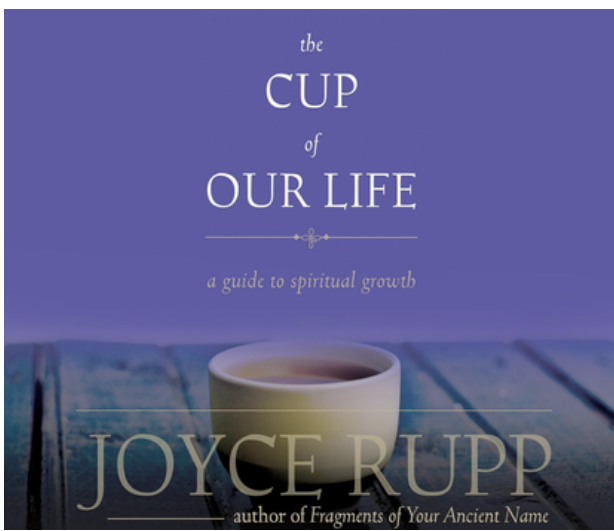
One of the practices that I find helpful is awareness. Awareness is defined at "the state of being

conscious, cognizant, or having knowledge of internal thoughts, feelings or external events." Humans and other animals have demonstrated the ability to be aware, but it takes some practice when we are busy or overwhelmed with life.

I have written of this practice before, but will share it again--the 5 senses exercise. Take a moment to pause and make note of 5 things you see. Next notice 4 things you hear. Next notice 3 things you can feel and touch. Next notice 2 things you smell. And lastly notice what you taste or pick up something and put it in your mouth and really savor the flavor of it. Engaging all of your senses helps you to be aware of the moment you are in.

I feel like Thomas' desire to see and touch Christ's wounds was a cry for a moment of grounding and awareness. And when Thomas does see the risen Christ with his own eyes, he is invited to be aware of Christ's wounds still visible and to touch them to further ground himself in a reality that seemed impossible. As we proclaim the Easter message that Christ is risen, we are reminded that he appears to us, wounds still visible, empathetic to our skepticism and doubt. May we pause, become aware and find renewal and hope for all that seems overwhelming and impossible.

-Rochelle+



Join us for our next Friday study series: *The Cup of Our Life* by Joyce Rupp, Fridays from noon-1:30 p.m. in the Fellowship Hall beginning May 1st.



APRIL 2026

Spring Flower & Plant Sale

Sunday, May 10th following worship

We are grateful to Becky's Baskets who is again donating beautiful hanging baskets, flower starts and vegetable starts for our Spring sale on Sunday, May 10th following worship. Spread the word and be sure to come by for your gardening needs!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	2 Maundy Thursday 12:00 pm AA 6:00 pm Agape Meal & Table Worship 7:00 pm GA	3 Good Friday 12:00 pm AA 7:00 pm Tenebrae Service	4 12:00 pm AA
5 Easter Sunday 9:30 Worship & Wonder 10:30 Worship Service	6 12:00 pm AA	7 12:00 pm AA 6:30 pm AA	8 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	9 12:00 pm AA 5:00 pm Elders Meeting 7:00 pm GA	10 12:00 pm AA	11 12:00 pm AA
12 10:30 Worship Service Board Meeting after Service	13 12:00 pm AA 6:30 pm SCP Board Meeting	14 12:00 pm AA 6:30 pm AA	15 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	16 12:00 pm AA 7:00 pm GA	17 12:00 pm AA 12:30 pm Youth Group, Craft 19	18 9:00 am-12:00 pm SCP Clean Day 12:00 pm AA 2:00 pm Janelle Shore Memorial Service
19 10:30 Worship Service	20 12:00 pm AA	21 12:00 pm AA 6:30 pm AA	22 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	23 12:00 pm AA 6:00 pm Book Club via Zoom 7:00 pm GA	24 12:00 pm AA	25 12:00 pm AA
26 10:30 Worship Service	27 12:00 pm AA	28 12:00 pm AA 6:30 pm AA	29 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	30 12:00 pm AA 7:00 pm GA		