



The Weekly Chalice

June 25th 2026

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

Sometimes the Scripture from a Sunday sermon sticks with me for a time. I am following the lectionary texts over the summer as we move through Ordinary time. The Gospel readings for the entire summer are from Matthew, including this past Sunday's reading (Matthew 10: 24-39) and this coming Sunday's reading (Matthew 10: 40-42).

What is sticking with me this week from last week's reading as I look into this week's reading is the repetitive phrasing about fear:

"have no fear of them" (Matthew 10:26a)

"Do not fear those who kill the body but cannot kill the soul" (Matthew 10:28a)

"Do not be afraid" (Matthew 10:31a)

Our bodies and brains are naturally wired for fear. Fear has served us well in keeping us safe and helping us survive and thrive as a species. Fear, and the fight, flight, freeze response, can be triggered by real and imagined threat. Real threat is the bear chasing us through the woods...imagined threat is thinking about people, things or situations that you assume will harm you but are posing no immediate threat to your well being.

Real and imagined threat triggers the same biological responses in our brains and bodies...and Jesus is telling us to somehow override these to override these natural inclinations. Is that possible?

One of the keys to that answer lies in looking at the context in which Jesus speaks these words. It is a moment of teaching. There is no real active threat happening in the moment, but rather a pause and some words of instruction and encouragement.

When our brains and bodies are spinning, one of the best things we can do is take a pause...make space to return to ourselves (whatever that looks like). For people of faith, that pause can also include spiritual practices of prayer, study and acts of service (those things we focus on intentionally during the season of Lent that serve us in all seasons of life). These practices can ground and bring a return of balance to life...they can also provide the opportunity to test the thoughts in our heads and question if the people, things and situations we are worried about are real threats.

I heard this great quote from the once-popular book *Who Moved my Cheese*: "What would you do, if you were not afraid?"

Fear serves us, but it also can prevent us from action and from living to our full potential. I invite you to consider your fears--the founded and unfounded ones--and how they affect your life. Then consider what you would do if you weren't afraid. Then hear Jesus say those words to you, "Do not be afraid."
-Rochelle+



We will have a brief Congregational Meeting on Sunday, June 28th following worship to vote on our proposed slate of nominees for church leadership and our proposed 2026-2027 budget.

2026-2027 Church Officer Nominations

Board Chair/Elder Representative: Kris K.

Vice Chair: Bob I.

Treasurer: Melanie R.

Secretary: Kathy H.

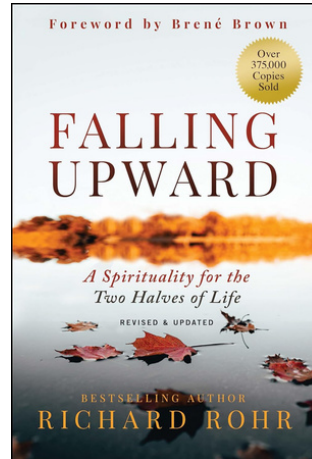
Deacon Representative: Colleen C.

Elders: Kris K., Robin C., Kathy H., John R. & Debbie I.

Deacons: Melanie R., Colleen C., Lauralee I., Rhiannon S., Camille S.



Join us for a freedom and democracy service and picnic potluck on Sunday, June 28th. Plan on staying with us and enjoying some good food and connections!



Join us for our monthly book group as we begin Richard Rohr's book *Falling Upward: A Spirituality for the Two Halves of Life*. Our meetings are moving to the last Wednesday of the month at 6:00 p.m. on Zoom. If you are interested in joining, please message Pastor Rochelle for a Zoom invitation: Pastor@sumnerfcc.org. We hope to see you on Wednesday, July 29th @ 6:00

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00 pm AA	2 12:00 pm AA 6:30 pm AA	3 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	4 12:00 pm AA 5:00 pm Elders Meeting 7:00 pm GA	5 12:00 pm Cup of Life Bible Study 12:00 pm AA	6 12:00 pm AA
7 10:30 am Worship Service Senior Sunday during worship honoring <u>Viola, Keeva, Sammy</u> Board Meeting after Service	8 12:00 pm AA 6:30 pm SCP Board Meeting	9 12:00 pm AA 6:30 pm AA	10 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	11 12:00 pm AA 7:00 pm GA	12 12:00 pm AA	13 12:00 pm AA
14 10:30 am Worship Service	15 12:00 pm AA	16 12:00 pm AA 6:30 pm AA	17 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	18 12:00 pm AA 7:00 pm GA	19 Juneteenth 12:00 pm AA	20 12:00 pm AA
21 Father's Day 10:30 am Worship Service	22 12:00 pm AA	23 12:00 pm AA 6:30 pm AA	24 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 7:00 pm SLAA	25 12:00 pm AA 7:00 pm GA	26 12:00 pm AA	27 12:00 pm AA
28 10:30 am Worship Service Congregation Meeting Freedom & Democracy Sunday & Potluck	29 12:00 pm AA	30 12:00 pm AA 6:30 pm AA				