



The Weekly Chalice

July 30th 2026

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

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?^k And why do you worry about clothing?

Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?"

-Matthew 6: 25-30

I have returned to this passage often in my life when my anxiety has been high and my worry unrelenting. I take issue with Jesus' words because it's easier said than done...when you're worried about an aging parent thousands of miles away and there doesn't seem to be enough money or resources to find a workable solution...when your job seems to be disappearing because of budget constraints, changes in market forces or AI...when real decisions are made by real people with real power that have real negative consequences in people's lives. All this stuff is happening, so how can I simply "not worry?"

What Jesus points us to is what many traditions

teach: that when we are mindful of and taking careful notice of what's around us, our anxieties and worries ease. It doesn't change all the things we worry about, but it calms our system down enough to better cope.

Maybe you want to take up birdwatching or take a hike or walk and notice the flowers. I came across this list of ways to be mindful and intentional that you can add to your list:

- 1.) Notice positive events on purpose: Once a day, deliberately note one small moment that felt even slightly good. Write it down before bed.
- 2.) Savor positive moments: When something enjoyable happens, pause for 20-30 seconds. Let your breathing slow and stay with the sensation.
- 3.) Practice specific gratitude: Write one sentence about what you appreciated specifically and why it mattered. General gratitude is helpful, but specific gratitude is stronger.
- 5.) Set small, reachable goals: Choose one task you can fully complete today. Then complete it on purpose and celebrate.
- 6.) Perform small acts of kindness: Do one deliberate supportive action for another person each day this week (*see "acts of kindness" on the next page).

Give these small things a try and see if you feel better. We may not always be able to change what's happening around us, but we have great power to change what is within us.

-Rochelle+

ACTS OF KINDNESS

- Hold the door open for someone.
- Let someone go ahead of you in line.
- Offer a genuine compliment.
- Smile at people you pass during the day.
- Send a quick text to check in on a friend.
- Pick up litter during your walk.
- Leave a kind note for someone to find.
- Give a warm thank-you to a service worker.
- Return someone's shopping cart for them.
- Share homemade treats with neighbors or coworkers.
- Offer to help carry something heavy.
- Leave a positive review for a local business.
- Donate gently used items to a community organization.
- Give someone your full attention in conversation.
- Offer patience and grace when someone is having a hard moment.
- Pray for someone who comes to mind.
- Let a driver merge in front of you.
- Celebrate someone's small win with them.
- Speak kindly to yourself.



Since Covid, we have been livestreaming our Sunday morning worship service. The livestream and recording is a wonderful ministry of outreach and means of expanded participation. We are currently in need of additional video operators and slide "clickers" for Sunday morning worship. Training and shadowing opportunities are available. If you are interested, please contact Pastor Rochelle (Pastor@sumnerfcc.org) and thank you in advance!



Next Sunday, August 9th, is the last Sunday to bring donations for the Sumner Bonney Lake School District Back to School resource fairs. Thank you to everyone who has and will donate. Your generosity positively impacts the lives of young people in our community.

- *Backpacks
- *folders
- *notebooks
- *pens/pencils
- *erasers
- *makers
- *rulers
- *colored pencils
- *notebook paper
- *pencil cases
- *calculators
- *Lunch boxes
- *AND/OR...anything else that would be useful for students starting a new school year.



Join us and spread the word:
Sumner-Bonney Lake School
District Back to School Resource
Fairs:

Thursday, Aug. 13

Noon-2 pm

Daffodil Valley Elementary

1509 Valley Ave., Sumner

Monday, Aug. 17

Noon-2 pm

Liberty Ridge Elementary

12202 209th Ave Ct E., Bonney Lake

Thursday, Aug. 20

4 to 6 pm

Sumner Middle School Commons

1508 Willow St., Sumner



The Colorado River

The season of Creation is an ecumenical observance of care for the earth beginning on September 1st (known as the feast of Creation) and ending on October 4th (the Feast of St. Francis). The season is dedicated to the stewardship of creation. This year's theme is Immersion in Living Water based on Ezekiel 47: 9, 12. We will be observing the Season of Creation and will be contemplating Ezekiel's prophetic words in terms of the living waters that sustain us and our responsibility to preserve them. Stay tuned for more information coming soon.



join us on Saturday, August 22nd from 9:00 a.m. to 1:00 p.m. for a church work day.

We will be doing some indoor cleaning, painting, and working in our front garden to weed, trim back hedges and prepare the labyrinth for the fall. Plan on bringing tools and supplies. We will share lunch together. Please let Pastor Rochelle know of any dietary restrictions (Pastor@sumnerfcc.org).

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12:00 pm AA
2 10:30 Worship Service	3 12:00 pm AA	4 12:00 pm AA 6:30 pm AA	5 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 6:00 pm Elders Meeting	6 12:00 pm AA 7:00 pm GA	7 12:00 pm AA	8 12:00 pm AA
9 10:30 Worship Service Board Meeting after Service	10 12:00 pm AA	11 12:00 pm AA 6:30 pm AA	12 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters	13 12:00 pm AA 7:00 pm GA	14 12:00 pm AA	15 12:00 pm AA
16 10:30 Worship Service	17 12:00 pm AA	18 12:00 pm AA 6:30 pm AA	19 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters	20 12:00 pm AA 7:00 pm GA	21 12:00 pm AA	22 9:00 am Church Clean Day 12:00 pm AA
23 10:30 Worship Service	24 12:00 pm AA	25 12:00 pm AA 6:30 pm AA	26 10:30 am Prayer Group 10:30 am AI Anon 12:30 pm Sober Sisters 6:00 pm Book Club via Zoom	27 12:00 pm AA 7:00 pm GA	28 12:00 pm AA	29 12:00 pm AA
30 10:30 Worship Service Potluck	31 12:00 pm AA					