

The Weekly Chalice

November 12th, 2026

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

"Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

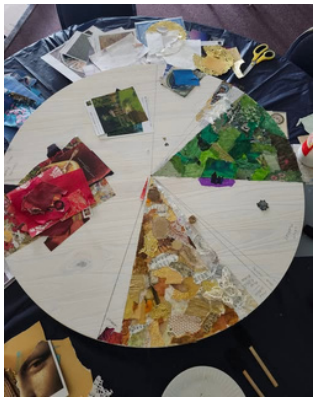
-Philippians 4: 6-7

Worry can be hard to tame at times. To be grateful instead of worrying can seem trite and insensitive advice when our worries are sometimes about real, troubling circumstances in life. Pausing for moments of gratitude can help to break the cycle of worrying that we sometimes get into and I believe that is, in part, what this well-known passage from the church at Philippi is about. When we pause for moments of gratitude, it is like respite and a moment of peace.

I find it helpful to focus my gratitude a little bit: I look around and I see something for which I am truly grateful (the site of a freshly snow-capped Mt. Rainier, for example). I listen for something for which I am grateful (a favorite song, the sound of a loved-one's voice). I feel something for which I'm grateful (the soft thread of the crocheted blanket my daughter made for me). I smell something for which I'm grateful (the pot of soup on the stove my husband made when I had to work into the evening). I taste something for which I'm grateful (the pickles I prepared in the early fall that are ready now to be consumed). Sometimes I'll expand this practice a little bit: What is something in my life that's important that I had no hand in creating? What's an experience that was meaningful? What grace have I experienced? What work have I engaged in that I'm proud of?

When we pause to express gratitude, it doesn't make troubling circumstances necessarily easier, but it allows us to feel peace...God's peace and to remember that we are held and loved by God.

-Rochelle+



Join us in a collaborative congregational art project--no experience necessary and all are welcome!

All are welcome to be a part of this project, no experience is necessary.

Our next session will be Friday, November 13th from 12-1:30 in the art studio (in the fellowship hall). Other upcoming times will be listed on the back of the bulletin each week until it is hanging for Advent!

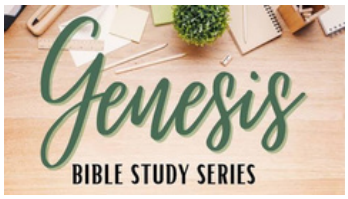
In the month of November, we focus on stewardship and consider how God might be calling us to support the ministry and operations of the church. This week we remember Al Anon, one of our 12 step groups that meets weekly in our building:

Sumner First Christian Church:
Our Al-Anon Group is very grateful to have had the use of one of your rooms for many years.
The room is a good size for us, and we also appreciate you letting us use two shelves in your closet for storage. Communication between us has been good over the years.

We are especially thankful for Bev in the office. Our treasurers had some challenges over a missing check order last year, and Bev was understanding and helpful as we worked through finding alternative ways to make our monthly donation to the church in the meantime.
Al-Anon is a confidential support group for people affected by a friend or family member's alcohol or drug use. Anyone in a similar situation is welcome to join us. We share our experience, strength, and hope with one another.

Please come from 10:30-12:00 any Wednesday morning if you would like to join us, or just find out more about our group. We see ourselves as an important resource for the community, and we thank Sumner First Christian Church for your part in making this possible.

In gratitude,
Kristina and the Wednesday Al-Anon Group



join us for our **Friday noon-1:30 p.m. Bible study in the fellowship hall.**

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Saints Day 10:30 Worship Service	2 12:00 pm AA 4:00 pm-5:30 pm Art Project	3 Election Day 12:00 pm AA 6:30 pm AA	4 10:30 am Prayer Group 10:30 am Al Anon 12:00 pm-1:30 pm Art Project 12:30 pm Sober Sisters 6:00 pm Elders Meeting	5 12:00 pm AA 7:00 pm GA	6 12:00 pm-1:30 pm Genesis Bible Study 12:00 pm AA 12:00 pm-1:30 pm Art Project	7 12:00 pm AA
8 10:30 Worship Service Board Meeting after Service	9 12:00 pm AA 4:00 pm-5:30 pm Art Project 6:30 pm SCP Board Meeting	10 12:00 pm AA 6:30 pm AA	11 Veterans Day 10:30 am Prayer Group 10:30 am Al Anon 12:30 pm Sober Sisters	12 12:00 pm-1:30 pm Art Project 12:00 pm AA 7:00 pm GA	13 12:00 pm-1:30 pm Genesis Bible Study 12:00 pm AA 12:00 pm-1:30 pm Art Project	14 12:00 pm AA 4:00 pm-8:00 pm Scott Maresh Private Bday Party
15 10:30 Worship Service	16 12:00 pm AA 4:00 pm-5:30 pm Art Project	17 12:00 pm AA 6:30 pm AA	18 10:30 am Prayer Group 10:30 am Al Anon 12:00 pm-1:30 pm Art Project 12:30 pm Sober Sisters 6:00 pm Book Club via Zoom	19 12:00 pm AA 7:00 pm GA	20 12:00 pm-1:30 pm Genesis Bible Study 12:00 pm AA 12:00 pm-1:30 pm Art Project	21 9:00 am–12:00 pm SCP Clean Day 12:00 pm AA
22 10:30 Worship Service	23 12:00 pm AA 4:00 pm-5:30 pm Art Project	24 12:00 pm AA 6:30 pm AA	25 10:30 am Prayer Group 10:30 am Al Anon 12:00 pm-1:30 pm Art Project 12:30 pm Sober Sisters	26 Thanksgiving 12:00 pm AA 7:00 pm GA	27 12:00 pm AA 12:00 pm-1:30 pm Art Project	28 Advent Decorating 9:00-Noon 12:00 pm AA
29 1st Sunday of Advent 10:30 Worship Service	30 12:00 pm AA 4:00 pm-5:30 pm Art Project	31 12:00 pm AA 6:30 pm AA				