

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 19:

WORSHIP ON MAY 21, ASCENSION SUNDAY

- We welcome Rev. Carol Shellenberger as our Guest Preacher and soprano Stephanie Pfundt as our Guest Soloist.
- Sunday School teachers Lynn and Cathy L. will share a lesson from the “Simply Sunday” curriculum. Youth and teachers will be excused after the Special Music.

SHINE: LIVING IN GOD’S LIGHT

- Colossians 3:12–17: Forgive Us as We Forgive.
- Talk about a time you forgave someone or were forgiven.
- Pray a section of the Lord’s Prayer: “Give us our daily bread. And forgive us our debts as we have also forgiven our debtors.” —Matthew 6:11–12 (NRSV)
- Read The Forgiveness Garden by Lauren Thompson or watch it on YouTube: https://www.youtube.com/watch?v=UXZ1_Bjj7es
- Coloring page from Illustrated Ministries – John 14: 15-21/Spirit of Truth – can be found on our website: www.npucc.org. Go to Connect, then Worship Resources in the drop-down menu.

ENNEAGRAM WEDNESDAY, MAY 24 AT 1 PM

- We will meet up in the Fireside Room to continue our study/discussion from Suzanne Stabile’s newest book The Journey Toward Wholeness.
- Continue our learning with **Part 2 - Stances** in the book by reading **Chapter 6 – The Dependent Stance** (#s 1, 2, 6) which starts on page 197.
- From the study guide, read **-5- Bringing Up The Repressed Center** which starts on page 42. We will talk about the Dependent stance (#s 1, 2, 6).
- Come early for a walk around the labyrinth to settle your mind before we meet.

NEXT SUNDAY, MAY 28 IS PENTECOST AND STRENGTHEN OUR CHURCH OFFERING

- On Pentecost Sunday, you are invited to wear **RED!**
- We’ll take one of our five national offerings, Strengthen the Church, which supports leadership development, new churches, youth ministry, and innovation in existing congregations.

SNOQUALMIE TRIBE ANCESTRAL LANDS MOVEMENT

- The month of May is time to dig camas! Interested in seeing what camas looks like in person? There is some blooming right now out in front of the reopened sduk^walbix^w Snoqualmie Falls Gift Shop & Visitor Center (but please do not actually dig it!).
- Want to hear a recording in Lushootseed? Check out this video! <https://bit.ly/3umhGum>