

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 27th:

SUNDAY, MAY 29 WORSHIP SERVICE

- We offer hybrid worship – both in-person and on Zoom (a separate Zoom invitation will be sent) at 10 am.
- We welcome our moderator, Vicki Nichols, as our guest preacher.

GUN VIOLENCE – RESOURCES

As we are all reeling from the mass shootings in Buffalo, NY and Uvalde, TX (in addition to lesser known mass shootings that have also taken place these past few weeks), you may be wondering what you can do. Here are some ideas and resources:

- [Ways to Participate | Wear Orange](#) National Gun Violence Awareness Day and Wear Orange Weekend, join us as we honor survivors of gun violence, June 3-5.
- [Home – Moms Demand Action | Moms Demand Action](#)
- [Debunking Gun Myths at the Dinner Table | Everytown | Everytown](#)
- [About Everytown for Gun Safety | Everytown](#)

KIDS AREA AT BURIEN PRIDE ~ VOLUNTEERS NEEDED

- Burien's Pride Day festival will be held on Saturday, June 4.
- The Kids Area is open from 10 am to 5 pm and volunteers are needed to help monitor the area.
- If you are interested in volunteering for a block of time, please contact Pastor Amy or Lynn.
- The rest of the festival is open until 11 pm. Go and enjoy!

SHINE: LIVING IN GOD'S LIGHT

- Read Philippians 4:1–14: God Is Near.
- Talk about friends that you have and one thing that makes them fun to be with.
- Pray with your body! Sit or stand in place, feet slightly apart, and take a few deep breaths. Put your hands on your stomach and feel it rise and fall with a deep breath. Then praise God with your whole body (stomp feet, clap hands, reach arms up, jump)!
- Write "Rejoice in the Lord always" at the top of a blank piece of paper. Throughout the week, add things that you are rejoicing about to the list. Share your list with your pastor or a teacher next week.
- Coloring page from Illustrated Ministries – Acts 16: 16-34 – *Paul and Silas spoke the words of the Lord to the jailer and to all who were in his house* – can be found on our website: www.npucc.org. Go to Connect, then Sermons and Worship Resources in the drop-down menu.

SUNDAY SCHOOL USING CURRICULUM FROM THE HOLY TROUBLEMAKERS

- This Sunday May 29th, our youth will be excused from our regular worship service after the Lord's Prayer.
- Our teachers, Jill T and Susan S, will lead them in a lesson about “Maryam Molkara”.

IDEAS TO HELP YOU GO GREEN IN THE KITCHEN (PART 4)

- Check your refrigerator’s temperature.
Your refrigerator should be running around 37 degrees (check with your manufacturer for the exact temperature). Too high and food safety risks arise, too low and you’re expending more energy than you actually need. Your best bet is to buy a fridge thermometer (if you have one installed in the appliance, it isn’t always accurate) and adjust the temperature accordingly.
- Clean your fridge coils.
Even a small amount of dust on the coils — beneath or behind your refrigerator — can significantly reduce the appliance’s energy efficiency. So every year or so, unplug the fridge and use a vacuum or duster around the coils to help keep it running as it should.
- Buy local when you can.
There are perks to living in such a connected world, but the energy it takes to get products from all over the globe onto your plate is not one of them. The fuel required to get an item from where it is made to where it is purchased or consumed has a cost, and the greater that distance, the greater the carbon emissions. Look into local farmers markets and community-supported agriculture (CSA) — vendors may be more likely to grow and raise food organically and humanely, and the proximity of their farms reduces the cost of transporting it.
- Try composting.
Once you’ve consumed and repurposed all that you can, a certain amount of food and related products still need to be disposed of. That’s where composting comes in. According to the Environmental Protection Agency, “Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas.” If you’re not ready to start your own pile at home, store compostable material in the fridge or freezer to avoid odors and insects before taking it to your local farmers market, community garden or other composting site.
- Reevaluate your meat and dairy consumption.
According to the analysis of a 2018 study published in the journal Science: “Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet.” Beef is often cited as the worst environmental offender. “Giving up beef once a week in favor of beans, over the course of a year, is the equivalent of not burning 38 gallons of gas,” Tamar Haspel wrote in The Washington Post. Even if you’re not prepared to go vegetarian or vegan, eating fewer animal products — particularly red meat — is a win.

PESTICIDES 101: HOW YOU CAN PROTECT BIRDS AND THE ENVIRONMENT

- Tuesday, June 7th, 1:00 pm- 2:00 pm Pacific Time
- An estimated 72 million birds are killed by pesticides and other toxic chemicals every year. Birds are not the only victims – overuse of harmful pesticides has led to insect population declines and adverse human health effects.
- Yet these dangerous chemicals are widely available and used for everything from food production to home gardens.
- Join American Bird Conservancy's (ABC) upcoming webinar for a discussion on the impacts of pesticides, how existing regulations are working – or failing – to protect the environment, and how individuals can reduce pesticide use at home.
- To register, click [HERE](#).