

**Dear members and friends of Normandy Park United Church of Christ – since Kirsten won't be in the office tomorrow, you are receiving your Friday Food for Thought today!**

### **MAUNDY THURSDAY SERVICE**

- Join us tonight in the Sanctuary at 5:30 pm.
- Communion will be offered.
- Offerings of canned goods and monetary donations for the Des Moines Area Food Bank and Church World Service's CROP Walk will be accepted.

### **GOOD FRIDAY BIBLE AND BREWS**

- We will meet on Zoom at 7:00 pm for a special Good Friday study of the lectionary: Psalm 22, Luke 22:14-23:56 as written in [A Women's Lectionary for the Whole Church: Year W](#) by Wilda C. Gafney.
- Psalm 22, translated by Wilda Gafney, will be attached to the Zoom invite, that will be sent separately.

### **HOLY SATURDAY ADORNMENT OF THE CROSS**

- Meet between 2:00 pm and 4:00 pm in the church entryway.
- Bring fresh flowers to decorate the cross.

### **EASTER**

- Easter Sunday Worship ~ April 17 at 10:00 am both in-person and on Zoom (a separate Zoom invitation will be sent today).
- Wear your Easter bonnet if you like!
- Youth will stay in Worship ~ no Sunday School.
- Easter Egg Hunt on lawn following Worship.
- Hot Cross Buns and Coffee/Tea in Fellowship Hall following Worship.

### **LAKE BURIEN PRESBYTERIAN HOLY WEEK ART EXPERIENCE**

- All are welcome to this contemplative art experience.
- The art is on display in the Narthex and Chapel.
- Please see the dates/times below.



OPEN TO THE PUBLIC  
**April 11 - April 17**

Monday 2pm - 6pm  
Tuesday Noon - 4pm  
Wednesday Noon - 4pm  
Thursday 2pm - 6pm  
Good Friday Noon - 9pm  
Saturday 11am - 3pm

Lake Burien Presbyterian Church  
15003 34th Ave SW  
Burien, WA 98166

## **SUNDAY SCHOOL USING CURRICULUM FROM THE HOLY TROUBLEMAKERS**

- Because it will be Easter Sunday, our youth/children will stay in church for the entire worship service.
- Nancy Allen will be leading a special Intergenerational Moment.

## **SHINE: LIVING IN GOD'S LIGHT – Read or Luke 22: 39–23:56: Jesus' Arrest and Death.**

- If you read directly from the Bible, read a bit of the story each day. Name all the feelings the various people may have experienced.
- Pray. Continue prayers of joy and sorrow. Take turns sharing something good that happened this week and something that made you sad. Bring your joys and sorrows to God in prayer.
- If you didn't get the opportunity to fold a palm into a cross on Palm Sunday, here's an online instruction on how to fold a paper cross.  
<https://www.youtube.com/watch?v=hzGwi62r58o>
- Coloring page from Illustrated Ministries – Psalm 118: 1-2, 14-24 *Give thanks to the Lord for God is good; God's steadfast love endures.* – can be found on our website: [www.npucc.org](http://www.npucc.org). Go to Connect, then Sermons and Worship Resources in the drop-down menu.

## **INCREDIBLE WAYS BIRDS CHANGE THEIR BODIES FOR MIGRATION**

- Migrating is a major physical challenge. The energy required to fly hundreds or thousands of miles in a short span leaves birds with little room for error and vulnerable to many natural and human-caused threats. In preparation for such perilous journeys, birds undergo physical transformation unmatched by human gains from years of training.
- To fly vast distances between breeding and wintering grounds, birds can shrink their internal organs, rapidly gain and burn through fat stores, reduce sleep requirements, and more. Here are some of the incredible ways birds morph their bodies for migration.
- [READ ON](#)