

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for October 7th:

RUMMAGE SALE

- Our last Rummage Sale is happening TODAY, October 7th and TOMORROW, October 8th, 10:00 am – 3:00 pm.
- If you can help clean up and haul away unsold items on Saturday as soon as the sale is over, your help is most appreciated!

SHINE: LIVING IN GOD’S LIGHT

- Read 2 Kings 22:1–13, 18–20; 23:1–3, 21–25: King Josiah.
- How would you describe King Josiah?
- Pray a “glad, sad, sorry” prayer before bed to reflect on what happened during the day.
- Play a game of “lost and found” scroll. Hide a rolled-up paper scroll somewhere in the house for your family to find.
- Coloring page from Illustrated Ministries – Luke 17: 11-19 – Get up and go on your way; your faith has made you well can be found on our website: www.npucc.org. Go to Connect, then Sermons and Worship Resources in the drop-down menu.

SUNDAY SCHOOL ON OCTOBER 9TH

- Join Wenden and Lee L. in exploring “On being holy”.
- The youth and teachers will be excused after the Lord’s Prayer or choir anthem or intergenerational time, whichever comes last.

WOMEN’S (FOR ALL PEOPLE WHO IDENTIFY AS WOMEN) ONE-DAY RETREAT AT NPUCC

- Saturday, October 22nd, 9:00 am to 3:30 pm.
- Cost is \$25 (scholarships are available).
- Register at www.npucc.org/women-s-retreat.
- Breakfast and lunch provided (gluten and dairy free options available).
- Presenters include Erin Grimm (currently writing a book of Christian meditations), Lita Artis (licensed massage therapist and practitioner of peace and healing), and Rachel Teigen Brackett (music).

ALL SAINTS SUNDAY ~ October 30TH

- Bring photographs of loved ones who have passed on for Sunday, October 30th that will be placed on a special ofrenda altar table in the style of Dia de los Muertos.
- In Mexican cultural tradition this time of year families celebrate their dead with photographs, flowers, and special foods. People gather at cemeteries and at their homes to remember their loved ones.
- If you need inspiration, a fun Disney movie to watch is “Coco”.

STORY CORPS – AN ISLAND UNDERWATER

- “I didn’t want to admit that the island was disappearing.”
- Once a lush and abundant land dotted with oak trees, palmettos, and orange and grapefruit trees, Isle de Charles in Louisiana is a far cry from what Chief Albert Naquin of the Jean Charles Choctaw Nation remembers.
- Over the years, a series of man-made interventions and natural disasters have been chipping away at the delicate landscape.
- At StoryCorps, Chief Naquin spoke with his nephew Démé Naquin Jr. about their memories of the island and their shared hope for their entire community to be together again.
- To hear their story, click [here](#).

HOW TO SEE BIRDS ON THE MOVE

- The Bird Migration Explorer reveals never-before-seen insights about the journeys of individual migratory species and details how and where birds encounter 19 different conservation challenges.
- Our explainer walks through how you can use the Explorer to learn about the birds in your community, the journeys they make, and the challenges they experience along the way.
- Learn more by clicking [here](#).