

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 6th:

PLANT SALE FUNDRAISER FOR BLUE THEOLOGY MISSION TRIP

- Stop by NPUCC on Saturday, May 7th, 10:00 am – 2:00 pm, to check out plants and other goodies for sale, including a raffle for a \$50 Zenith Holland Nursery gift certificate.
- If you have plants you'd like to donate, bring them to NPUCC on Friday, May 6th at 5:00 pm, when we'll be pricing and setting up for Saturday.
- Invite your friends and neighbors!
- All proceeds will benefit our Blue Theology Mission trip this June.
- Four youth and five adults are traveling to Monterey Bay, CA to learn more about caring for God's creation through service and learning projects.
- For more information about Blue Theology, visit their website:
<http://bluetheology.com/>.

BIBLE AND BREWS

- Today, May 6th, we will meet up on Zoom at 7:00 pm to study the Fourth Sunday of Easter lectionary as written in [A Women's Lectionary for the Whole Church: Year W](#) by Wilda C. Gafney.
- A separate invitation will be sent.

SHINE: LIVING IN GOD'S LIGHT

- Read Romans 12:1–8: One Body.
- Talk about letters, cards, or emails you've received from relatives or friends who are far away.
- 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)!
- Talk about jobs that need to get done in your home. Do any of you have special tasks to help the family? Take a minute to say thanks for the ways each person helps.
- Coloring page from Illustrated Ministries – Psalm 23 *God restores my soul* – 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 8th, our youth will be excused from our regular worship service after the Lord's Prayer.
- Our teachers, Kirsten and Jill T., will lead them in a lesson about Kaitlin Curtice.

IDEAS TO HELP YOU GO GREEN IN THE KITCHEN (PART 1)

- When boiling water, put a lid on it. Doing so traps the heat inside, meaning that it will require less energy to bring the water to a boil and also does so more quickly.
- Put down the paper towels. Though it might be an instinct to tear off a sheet for cleaning messes or absorbing moisture, more sustainable options work just as well. Dish towels and sponges are great for wiping up spills, and a wire rack is in many ways better for draining fried foods.
- Reuse parchment paper and aluminum foil. Parchment paper is great for simplifying cleanup and keeping foods from sticking, but it, along with aluminum foil, can also be reused. As long as it's not ripped or extremely soiled, simply wipe it down (or even throw it in the dishwasher in the case of aluminum foil), fold it up and save it for another use. Looking for a more durable option? Silicone baking mats make cleanup a breeze.
- Ditch the plastic bag. Eight states have banned single-use plastic shopping bags, and a number of states charge fees for plastic bag use, forcing stores and consumers to make reusable bags a habit. Take another step by leaving the plastic produce bags behind, too. Most produce, including potatoes, onions, and citrus, can go straight into your shopping cart, as they'll be washed or peeled before being consumed anyway.
- Give zip-tops a second life. Tired of tossing plastic zip-top bags in the trash? Just hand wash and dry thoroughly and they can live to see another day. However, you shouldn't reuse plastic bags that contained raw meat, seafood or eggs. For a modest investment, silicone food storage bags are extremely durable.

SIMPLE STEPS TO PREVENT BIRD COLLISIONS

- Birds face innumerable threats in our human-built environment.
- Scientists estimate that up to 1 billion birds die each year in the United States from building collisions in both commercial and residential settings.
- The biggest hazards contributing to these collisions? Artificial light at night and glass.
- Here are some simple ways we can make our communities and skies safer for birds.
- [Read on](#)