

**Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 20<sup>th</sup>:**

**SUNDAY, MAY 22 WORSHIP SERVICE**

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

**SHINE: LIVING IN GOD’S LIGHT**

- Read Ephesians 2:12–22: Breaking Down Walls.
- Whisper “Jesus gives us peace” so your family members can hear it. Now shout “Jesus gives us peace” so people far away can hear it.
- Pray a prayer of thanks, making a stack out of your hands. As each person adds her or his hand to the stack, say “Thank you, God, for \_\_\_\_ (name).” Have everyone joyfully raise their hands and say amen together.
- Read The Peace Book by Todd Parr or listen to a read-aloud on YouTube: <https://www.youtube.com/watch?v=t3fcJ1P4OcY> . Give everyone a blank piece of paper and crayons or markers and have them draw what peace is to them. Staple or clip the pages together to make a family peace book.
- Coloring page from Illustrated Ministries – John 14 26-27 – *Peace I leave with you; my peace I give to you* – 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.

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

- This Sunday May 22, our youth will be excused from our regular worship service after the Lord's Prayer to attend Sunday School.
- Our teachers, Jill T. and Susan S., will lead them in a lesson about “Maryam Molkara”.

**BYSTANDER INTERVENTION WORKSHOP**

- Saturday, May 21, 1-4pm, University Congregational UCC, 4515 16th Ave NE, Seattle.
- This workshop is a ministry of Admiral Church UCC and is rooted in Theatre of the Oppressed (TO), which utilizes theatre games to explore, disrupt, and reformulate power relationships.
- It is especially useful for Bystander Intervention preparation because it "tries out" various intervention strategies and allows for group processing, reflection, and analysis of both practical outcomes and emotional consequences.
- TO is inherently uncomfortable, because it plays with oppressive dynamics, and is profoundly liberatory, because it invites the gathered body to find solutions from within.
- Note: Kirsten attended this workshop last month and it was great – feel free to ask her any questions.

**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!

### **IDEAS TO HELP YOU GO GREEN IN THE KITCHEN (PART 3)**

- Know what’s in your fridge, freezer and pantry.  
Keeping a list of what you have in your fridge and freezer can prevent you from holding the door open while you try to figure out what to cook or what you need to pick up on a shopping trip. And for those items with shorter life spans, keep them in one area as a “use first” station to cut down on food waste.
- Be smarter when preheating the oven.  
For items where a stark temperature change isn’t important — i.e. bacon and baked potatoes — you don’t need to preheat the oven at all; just put the food in and let it start to cook as the oven climbs to the desired temperature. And when preheating is needed, use an oven thermometer to determine how long your oven takes and try not to do so longer than necessary.
- Embrace leftovers.  
While we all can appreciate a freshly cooked meal, dishes eaten a few days later can be just as good, and in some cases even better. (We’re talking about you, chili.) Eating leftovers not only helps reduce food waste, but it can help save time and money, too. Another benefit: Reheating last night’s dinner will probably consume less energy than cooking a new meal from scratch.
- Choose reusable coffee equipment.  
Small changes to our daily routines can have a lasting impact. Start with your morning cup of Joe: If you pick up your coffee on the go, bring a reusable coffee cup along for the ride. If you make it at home, the French press doesn’t require any extra tools, and certain electric coffee makers come with their own mesh filters. There are also options for reusable pods and cloth filters to replace single-use versions.
- Opt for eco-friendly cleaning products.  
Look for sponges made from recycled materials and dish soaps and detergents that are biodegradable and free of phosphates and other harmful materials that can threaten marine life. Buy bulk products with less packaging, and consider purchasing biodegradable trash bags the next time you run out.

### **SPRING BRINGS OUTDOOR FUN AND BEAR ACTIVITY | THE WASHINGTON DEPARTMENT OF FISH AND WILDLIFE**

- Spring is a busy time for wildlife; especially black bears as they emerge from their winter dens hungry and in search of calories after five months of not eating.

- During this time of increased activity, it is important for homeowners and hikers to secure un-natural food sources to reduce bear encounters.
- Click [HERE](#) to read the full article.