



# NORMANDY PARK UNITED CHURCH OF CHRIST

## THE TOWLINE

NPUCC's Monthly Newsletter

**February 2026**

19247—1<sup>st</sup> Ave S  
Seattle, WA

(206) 824-1770

[www.npucc.org](http://www.npucc.org)

**Pastor:**

Rev. Amy Hitchens  
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**Music Accompanist and**

**Choir Director:**

Cindy Dow  
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**Church Office:**

Robbie Gilchrist  
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**Office Hours:**

Tuesday & Thursday  
11:45 am-2:30 pm

Wednesday

8:45 am-2:30 pm

Dear Siblings in Christ,

Believe it or not, I have been spending January preparing for Lent. When I am not lamenting the state of the world, that is! Our theme for Lent is ***Tell Me Something Good: grounding ourselves in the good news.***

For all the heaviness and weightiness of the world right now, my hope is that this theme, prepared by the lovely people at *A Sanctified Art*, will help to see us through this holy season to Easter. And also **GO SEAHAWKS!**

By the time we reach Ash Wednesday on February 18, we will know who the Superbowl champs are. One of the things I have been doing lately, in seeking good news, is staying connected to the local community. I am checking in with clergy friends, if I am told about a post card writing party, I show up for the party! If a volunteer opportunity arises and I have the time, I show up. I am meeting new people in our area and it is a very good thing. There is an invitation this season to be intentional about inviting the good news of Jesus Christ into our lives.

So yes, we will have Lenten devotionals and devotional cards for all of you, there will be skits and sermons focusing on our theme—as we seek the good news of Jesus.

For our Lenten Lunches on Wednesdays at Noon, we will be reading Kat Armas' new book ***Liturgies for Resisting Empire: Seeking Community, Belonging, and Peace in a Dehumanizing World.*** Each week we will study a different theme that counters the narrative of empire and colonialism—joy and reality; wisdom and kinship; paradox



Grounding ourselves in the good news this Lent

and slowness; wholeness and connection; and finally embracing peace. Kat Armas writes,

“Let us live lives that bear witness to a kingdom that is not of domination but of deep communion. Teach us to honor your image in ourselves and one another.”

By now I hope you see a theme building here for Lent—the values of community and belonging. We are called to community, we are called into belonging, remembering that we are an inclusive church that isn’t afraid to take our message of inclusion and love of neighbor out into the actual neighborhood.

In Hope,

Rw. Amy

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## February Calendar of Events

**ONLINE:** *invitations/directions for accessing these events will be shared via email:*

- Sunday Worship Services: 10 am
- Church Council meeting: Tuesday, February 10, 7 pm
- Bibles & Brews: Friday, February 20, 7 pm

### IN-PERSON:

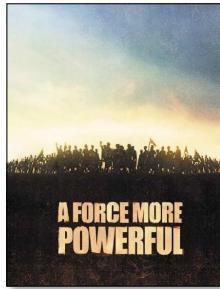
- **A Force More Powerful:** Sunday, February 1, 2<sup>nd</sup> Hour, Fellowship Hall
- Souper Bowl of Caring Special Offering: Sunday, February 1
- Lunch Bunch: Wednesday, February 4, 11:30 am, Red Robin (Des Moines)
- Sound Bath Experience: Saturday, February 14, 10 am, Sanctuary
- Hygiene & Period Pack Assembly: Sunday, February 15, 2<sup>nd</sup> Hour, Fellowship Hall
- Ash Wednesday Service: Wednesday, February 18, 5 pm (*in person only!*)
- Lenten Soup Lunch: Wednesday, February 25, Fellowship Hall, Noon – 1:15 pm
- Mission Mile: Friday, February 27, 5 - 10 pm, Fellowship Hall

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*We encourage you to wear a mask if you have a cold or cough. If you have symptoms or do not feel well, please stay home and join us on Zoom. Masks are available at church if needed. Thank You!*

## **“A FORCE MORE POWERFUL” – SUNDAY, FEBRUARY 1**

Join us after church in the Fellowship Hall to watch another segment of “A Force More

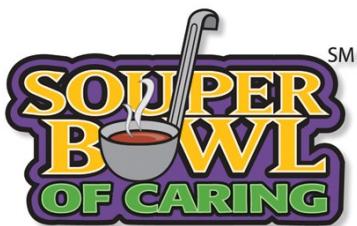


Powerful” a documentary series on one of the 20th century’s most important and least-known stories: how nonviolent power overcame oppression and authoritarian rule. We will view

the 3<sup>rd</sup> and 4<sup>th</sup> episodes: South Africa, Denmark. We have not yet scheduled viewing of the last 2 episodes: Poland, Chile. A light lunch and beverages will be served.

## **SOUPER BOWL OF CARING SPECIAL OFFERING – SUNDAY, FEBRUARY 1**

All proceeds for this special offering taken the Sunday before the Super Bowl will benefit the Des Moines Area Food Bank. There will be a "soup pot" for your checks and cash and non-perishable food items will also be collected. Be generous!



## **LUNCH BUNCH- WEDNESDAY, FEBRUARY 4**

Jill will be hosting us at Red Robin in Des Moines, 22705 Marine View Dr S, Des Moines, WA 98198.

We will meet at 11:30 am... hope to see you there! We will not be having Lunch Bunch in March... we hope that those who usually attend to instead attend the Lenten soup lunches on Wednesdays through Lent.



## **HYGIENE & PERIOD PACKS—SUNDAY, FEBRUARY 15**

Gather after church in the Fellowship Hall to assemble hygiene and period packs for school nurses to distribute to our local junior and high school students.

Do you use that toothbrush or toothpaste that you got at the dentist office? Or how about that shampoo and soap from traveling? See a great sale or closeout at the drug store? See donation list below.

- Toothbrush – individually packaged
- Toothpaste – travel size
- Hand sanitizer – 2 oz or single-use
- Deodorant – travel size
- Shampoo / conditioner – travel size
- Soap- travel size
- Sanitary napkins – Always brand, size 2, ultra-thin, long super with wings, individually wrapped (or similar)
- Panty liners, individually wrapped
- Flushable wipes – travel size

## **BIBLE & BREWS — FRIDAY, FEBRUARY 20 @ 7 PM**

We will be studying some of the Psalms for the next couple of months while we discern how we will approach a study on resistance... starting with Psalm 51. Please join us as we listen to King David’s prayer of repentance.



## **ASH WEDNESDAY—WEDNESDAY, FEBRUARY 18 @ 5 PM**

Join us for our Ash Wednesday service on Wednesday, February 18 at 5:00 pm. ALL are welcome! This service will be in-person only, so no Zoom option will be available.

*Normandy Park UCC invites you to a Valentine Sound Bath.*

**February 14 - 10- 11:30 AM**



*Former congregant and friend of the church, Gwendolyn Benedict will offer a history and description of the bowls, then lead us in a relaxing sound meditation.*

*Suggested donations of \$10 - \$15 which will support the The Burien Severe Weather Shelter and NPUCC and their community outreach programs*

*Tea and cookies will follow.*

For the Sound Bath itself, you may either sit and or lie down. If you decide to lie down, you can bring a yoga mat, pillow, blanket, eye mask - whatever makes you comfortable. The resonances of the tones promote deep relaxation, calm the nervous system, and release stress.

All you have to do is come and let the sound wash over you.

It is like a concert for the soul.



## LENTEN SOUP LUNCH – WEDNESDAY, FEBRUARY 25

Please join us for this year's Lenten soup lunch series on Wednesdays during Lent in the Fellowship Hall from Noon – 1:15 pm. Each church committee will be hosting the lunch with a variety of soups and bread. Pastor Amy will facilitate a discussion

using Liturgies For Resisting Empire by Kat Armas: "A Cuban American writer breaks down the images and idols of empire, showing how the early Christians, and readers today, can resist the lies of empire by building communities of belonging and liberation." You do not need to purchase the book but if you'd like Lynn to purchase one for you just let her know. There are several copies available at the King County Library.

## MISSION MILE – FRIDAY, FEBRUARY 27, 5 -10 PM

Come and join Bob in racing slot cars in the Fellowship Hall. Fun is had by all!

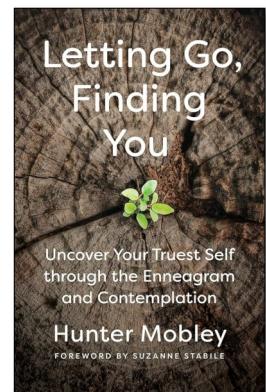


## PREPARE TO...



## ENNEAGRAM

We will not be meeting again for Enneagram until April and at that time we'll be starting Letting Go, Finding You: Uncover Your Truest Self through the Enneagram and Contemplation by Hunter Mobley by reading the Introduction and Chapter 1. It is not available at the King County library. On Amazon, a new book is \$16.24 plus tax and there are also a couple of used books for \$15.43 plus tax. Let Lynn know if you want her to purchase a book for you – designate new or used.



## FEBRUARY IS NPUCC'S DONATION MONTH FOR HOSPITALITY HOUSE

Place items in or near the heart-shaped baskets near the lighted bulletin board.

Current needs include: chapstick, personal hand sanitizer, liquid dish soap refills, Kleenex, bleach, multipurpose cleaner refills, vinyl gloves L- XL, toilet paper, cereal, honey, sugar, oatmeal, gallon zip lock bags, \$10 Trader Joe's gift cards.

Alice will have lists available on Sunday. She will bring your items to Hospitality House after church on Sundays

February Needs List is posted on the Narthex kiosk.

**Items of greatest need right now (*beyond cash*) are:** canned corn, ramen, 100% juice boxes, cup-o-noodles, and EZ macaroni.

# February Birthdays

Kendra Elwell	2/6
Rodney Gingerich	2/16
Alice McGregor	2/18
Konesane Polu	2/18
Steve Allen	2/20

# February Anniversaries

Joan & John Held	2/11
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*If you don't see your February birthday or anniversary  
on this list and would like to be included,  
please contact the church office at  
[office@npucc.org](mailto:office@npucc.org) or 206-824-1770*