

**Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 13<sup>th</sup>:**

**SUNDAY WORSHIP**

- We'll be offering hybrid Worship – both in-person and on Zoom (a separate invitation will be sent).
- Covid case counts are going up in King County. While we are not requiring masks, they are strongly encouraged and you'll be offered one when you enter church.
- Because it is Mental Health Awareness Sunday, please take a moment to watch this YouTube video presented by the UCC's WISE (welcoming, inclusive, supportive and engaged) Mental Health Network: <https://www.youtube.com/watch?v=CQVICwZ9BS8>.

**NEKO CAT CAFÉ OUTING**

- We have a few spots left for our NEKO Cat Café outing on Sunday, May 15<sup>th</sup>.
- If you haven't already, please let Kirsten or Amy know if you are interested in attending.
- We are limited to 10 participants.
- If you want to carpool, meet at church at 1:15 pm.
- Our scheduled time with the cats is 2:00 – 2:45 pm.
- Bring money if you'd like to buy a drink, snack or souvenir.

**SHINE: LIVING IN GOD'S LIGHT**

- Read 1 Corinthians 1:10–11; 13: What Is Love?
- How many times is the word love used in 1 Corinthians 13? Name ways you can show love at home. Set a timer for three minutes. How many ideas did you list in three minutes?
- Pray with your body to receive God's love. Take a few slow breaths, putting your hands on your stomach to feel the air move in and out. Breathe God's love in and then out to share it with others.
- Paint hearts with watercolors and make a heart mobile to hang over your dining table. On each heart write one characteristic of love from 1 Corinthians 13.
- Coloring page from Illustrated Ministries – Psalm 148 – *Let them praise the name of the Lord* – 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.

**BIBLE AND BREWS**

- Today, May 13<sup>th</sup>, we will meet up on Zoom at 7 pm to study the Fifth Sunday of Easter lectionary as written in *A Women's Lectionary for the Whole Church: Year W* by Wilda C. Gafney.
- The lectionary is Acts 5:12-16; Deuteronomy 28:1; Psalm 147:12-20; 2 Corinthians 4:13-15, John 5:25-29.
- A separate Zoom invitation will be sent.

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

- This Sunday May 15<sup>th</sup>, our youth will be excused from our regular worship service after the Lord's Prayer.
- Our teachers, Nancy A. and Alice, will lead them in a lesson about “Thich Nhat Hanh”.

## **"FROM BARCELONA TO BUENOS AIRES" MUSIC CONCERT**

- Jump Into Music (a non-profit founded by our own Kevin Peterson) is holding a free benefit concert on Sunday, May 22nd at Spanaway Lutheran Church to help fund music lessons for children who would otherwise not be able to afford them.
- There are no tickets and admission is free but donations are encouraged!
- For more information, check out this [flyer](#) or [Jump Into Music's Facebook page](#).

## **IDEAS TO HELP YOU GO GREEN IN THE KITCHEN (PART 2)**

- Do away with disposable plates and cutlery.  
We've all probably reached peak dish washing fatigue and appreciate the convenience of disposable plates and cutlery, but think about the environment the next time you're deciding how to serve up a meal. Even for upcoming picnics when paper plates are the norm, pulling dishes from the cabinet can add an extra dose of sophistication to the affair.
- Save the water you use to rinse rice and produce.  
Use it to water your plants. Rice water in particular is more beneficial to plants thanks to the added starch, which encourages the growth of healthy bacteria.
- Run the dishwasher only when it's full.  
For those with the luxury of a dishwasher, it tends to be more eco-friendly than handwashing. However, you should wait until it's full to run it, and use the “economy” option if you have it. Also consider turning off heat drying and letting the dishes air dry.
- Don't let the faucet run when washing dishes by hand.  
For those of us washing our dishes by hand, if you have a two-compartment sink, it's best practice to fill one side with soapy water to wash dishes and the other side with clean water to rinse them — and don't let the faucet run — to reduce water loss. Willing to make an investment? Install a low-flow aerator to save even more water.
- Use small appliances more often than the big ones.  
When cooking a small amount, countertop appliances (microwaves, toaster ovens, air fryers, etc.) use less energy than heating up a full-size oven. These small appliances also heat up the environment less, so they're great to use in the summer to cut down on the need for running the air conditioner.