

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for October 14th:

BIBLE & BREWS

- Today, Friday, October 14th, we will meet up on Zoom at 7 pm to continue to study lectionary as written in [A Women's Lectionary for the Whole Church: Year W](#) by Wilda C. Gafney.
- The lectionary is excerpts from 1 Samuel: 14, 17, and 18 but for the full story read the complete chapters 17 -22 from your personal Bible.

SUNDAY SCHOOL ON OCTOBER 16th

- Join Kirsten and Cathy B in exploring “The ‘in’ crowd”.
- The youth and teachers will be excused after the Lord’s Prayer.

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”.

BOOK DISCUSSION ~ THE THREE MOTHERS

- Our next book is [The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation](#) by Anna Malaika Tubbs.
- We are reading in October and then in November at 12:30 pm on Tuesdays the 1st, 8th, and maybe the 15th, Lynn and Cathy B. will co-facilitate the discussion.
- Discussion questions will be available to pick up in the church office on Sunday, October 30th.
- Let Lynn know if you’d like her to purchase you a book – new for \$13.43 or used-very good for \$8.57. Otherwise, there are 11 books, 4 eBooks, and 6 downloadable audio books at the King County library.

SHINE: LIVING IN GOD'S LIGHT

- Read 2 Kings 24:18–25:12: *Fall of Jerusalem*.
- I wonder how the people helped and comforted each other on the way to Babylon.
- Pray a “glad, sad, sorry” prayer before bed to reflect on what happened during the day. Draw a picture to represent each part of your prayer.
- Listen to “Rivers of Babylon” performed by Sweet Honey in the Rock (YouTube) <https://www.youtube.com/watch?v=CNOTU-Sp8DE>.

REV. DR. VELDA LOVE UPCOMING SERMON

On Sunday, October 30th, Rev. Dr. Velda Love will be preaching at the United Churches of Olympia at 9:30 am. Rev. Dr. Love's sermon title is “A Dangerous Sermon: The Cross and the Lynching Tree”. The scripture is Luke 4:14-31. The church service is open to all who are interested in hearing her. You're welcome to attend in person or on zoom.

Zoom: <https://us02web.zoom.us/j/89506082613>

Meeting ID: 895 0608 2613

Call in number: +1 253 215 8782

Rev. Dr. Velda Love is the Minister for Racial Justice on the national staff of the United Church of Christ. Why are we having this Sacred Conversation? In her words, “Racial justice and racial equality need to be part of our national dialogue. As Christians in the United Church of Christ, we are responsible for changing the narrative of how we engage the Gospel of Jesus Christ that is inclusive, liberating and radical.”

If you have questions, please call the church office at 360-943-1210 or contact Marcia McLaughlin at marcia_mclaughlin@comcast.net or 206-228-4354.

SAVE THE DATE ~ HOSPITALITY HOUSE VOLUNTEER APPRECIATION LUNCH

- All Hospitality House volunteers are invited to a drive-through Appreciation Lunch on Saturday, November 5th, 11:30 am to 1:00 pm.
- Pick up your favorite homemade soup in the Hospitality House parking lot.
- Celebrate our 2022 Volunteer of the Year!
- RSVP by Friday, October 28th: sheenahr.hospitalityhouse@gmail.com.

ACTS ON STAGE ~ TIA NACHE

- "That Talk You Do" debut one woman show by Tia Nache at Acts on Stage, 10806 – 12th Ave SW.
- If you'd like to join Pastor Amy on Saturday, November 12th at 3:00 pm, tickets are available at www.Our.Show/TiaNache.
- Tickets are \$30 in advance or \$35 at the door.
- For more than twenty years, Seattle has been home to award-winning spoken word artist, Tia Nache. Moving from the shadows into the spotlight, Tia bounces from reflection to revelation and from heartfelt to hilarious! Tia is transcendent, non-

rhetorical, and not to be missed in her debut homage to Seattle, Blackness, Womanhood and Faith.

EXTREME WEATHER IS HURTING BIRDS

- Crippling droughts can push birds to their physiological limits and make them vulnerable to lethal dehydration.
- Intense and long-lasting rainstorms lead to prolonged migrations and potentially higher bird mortality.
- Megafires are destroying vital habitats, forcing many to search for new places to nest and forage.