

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for November 4th:

FALL BACK ON SUNDAY!

- Just a reminder that it's time to fall back at 2 am on Sunday, November 6th. Set your clock before you go to bed on Saturday night.

NOVEMBER IS STEWARDSHIP MONTH

- The 2023 Budget is developed and approved this month.
- Take some time with your family to discuss the ways you hope and plan to support NPUCC in the coming year –possibly with a combination of your time, talents and treasure. All gifts, in whatever form, are welcome and appreciated!
- Pledge Sunday is November 6th. You may turn your pledge card in during Worship on the 6th, mail it, or drop it off at church. The Finance Committee and Church Council will formulate a realistic budget based on the gifts we, as a church community, plan to give.
- The Budget Meeting is on November 13th. The 2023 budget will be presented on for approval by church membership. If you are a member and unsure if you'll be present to vote on the 13th, please complete a proxy form which are available in the church office.
- Also on the 13th, we'll have a celebratory potluck following Worship. The church will provide soup and drinks. If you are able, please bring bread, a side dish or a dessert.

CHRISTMAS GIFT TAG SALE BENEFITTING MARY'S PLACE

- The youth have been making, and will be selling, Christmas gift tags throughout November.
- All proceeds will be used to buy holiday gifts for the kids and families staying at Mary's Place in Burien.
- There is also a Christmas tree set up in the Narthex with tags for \$25 gift cards. Take one to remind yourself to purchase a gift card of your choice or you can make a \$25 donation to NPUCC, indicating you want the youth to purchase a gift card on your behalf.
- Cash, checks and donations via our website: www.npucc.org are all accepted. Thank you for your support!

SHINE: LIVING IN GOD'S LIGHT

- Read Jeremiah 29:11–14; 31:1–14, 31–34: *A New Covenant*.
- If you were going through a hard time, which part of this prophecy would be most comforting to you?
- Pray a “glad, sad, sorry” prayer before bed to reflect on what happened during the day. Share one part of your prayer with others in the family.
- Dance together as the people did in the Bible story! Give each family member an opportunity to choose a song.

- Coloring page from Illustrated Ministries – Psalm 145; 1-5, 17-21 – *They will recount the glorious splendor of your majesty, and on your wondrous works* – can be found on our website: www.npucc.org. Go to Connect, then Worship Resources in the drop-down menu.

BIBLE & BREWS

- Today Friday, November 4th, 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.
- We will continue the story of David by studying 1 Samuel 30: 1-8, 17-19, but for the full story read the complete chapters 27 -31 from your personal Bible.

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!

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.

BOOK DISCUSSION ~ THE THREE MOTHERS

- Our 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.
- Our next meeting is Tuesday, November 8th at 12:30 pm. Lynn and Cathy B. will co-facilitate the discussion.
- Discussion questions are available to pick up in the church office

DUWAMISH LONG HOUSE VISIT AND LUNCH

- All are welcome to visit the Duwamish Long House on Thursday, November 10th.
- If you'd like to carpool, meet at NPUCC at 10:00 am or meet the group at 4705 W Marginal Way. It is along the Duwamish River on the west side of the street.

- If you'd like to have lunch afterwards, we'll go to Chelan Cafe at 3527 Chelan Ave SW (north on West Marginal at Spokane Street).
- Please RSVP to Barbara Gregg by November 6th.
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THE REAL MCCOY

- Elijah McCoy, a revolutionary Black inventor, was born 178 years ago today.
- His parents escaped slavery from Kentucky on the Underground Railroad. His mother gave birth to Elijah in Canada.
- At age 15, Elijah traveled to Edinburgh, Scotland to study mechanical engineering.
- In 1871, he invented a lubricating device for steam engine locomotives.
- The success of his invention spawned imitations, which led railroad purchasing agents to ask for "the real McCoy."



SNOQUALMIE TRIBE ANCESTRAL LANDS MOVEMENT HISTORICAL TRAILS

- Have you heard about historical Snoqualmie Tribe trails in the region?
- Since time immemorial, the Snoqualmie People used an extensive trail system to reach fishing, hunting, and gathering places and to visit relatives in other tribes across the region.
- The Snoqualmie villages along Lake Sammamish and Lake Washington connected to a series of trails that made it easy to travel throughout Snoqualmie ancestral lands.
- Travel regularly occurred from Snoqualmie villages between the southern Salish sea, the Tolt, Cedar, and Snoqualmie Rivers and then across the Cascades to Yakama.
- Taking advantage of these ancient trails and using Indigenous guides, early settlers were able to travel across Snoqualmie Pass connecting eastern Washington to Seattle.
- Many of these trails eventually became rail lines and roads because they were already established travel paths.
- Using the original trails over the Cascades, the Snoqualmie Wagon Road would eventually become known as the Sunset Highway and later Interstate 90.
- The next time you are traveling along one of these ancient trails, take a mindful moment to remember the history of this land and its ancient, unbroken connection with the Snoqualmie People.