

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for May 26:

EILEEN ALTENHOFER’S MEMORIAL SERVICE

- We’ll be celebrating Eileen’s life and also remembering Leo on Saturday, May 27 in the Sanctuary beginning at 3:00 pm. A reception will follow in Fellowship Hall.

PENTECOST SUNDAY ~ MAY 28

- Wear **RED!**
- Inquirers’ Class will be held in Fellowship Hall following Worship. All who are interested in learning more about the United Church of Christ more broadly and/or NPUCC more specifically are welcome to come and join Pastor Amy in discussion.
- Lee L. and Jill T. will be teaching Sunday School during Worship, exploring “God Creates”. Teachers and youth will be excused after Special Music.

SHINE: LIVING IN GOD’S LIGHT

- Revelation 1: 4-5a, 5: 11-13, 7: 9-17: *Yours Is the Kingdom, Power, and Glory*
- I wonder what hard things the people in the crowd had gone through.
- Pray the end of the Lord’s Prayer: “For yours is the kingdom and the power and the glory forever. Amen.” Read the entire prayer from Matthew 6:9–13.
- Draw large palm branches on green paper. Cut them out and wave them as you say, “Praise, glory, honor, and power to Jesus, the Lamb of God!”
- Coloring page from Illustrated Ministries – Peter 4: 12-14, 5: 6-11/Cast All Your Anxiety on God – can be found on our website. Go to www.npucc.org, click on the Connect button at the top, then Worship Resources in the drop-down menu.

ERIN MICHAEL GRIMM BOOK DISCUSSION ~ JUNE 4, 11:30 AM

- Erin Michael Grimm has a new book, *Emergent Grace*, out and will have a discussion and Q&A about her book and mental illness on June 4, 11:30 am in Fellowship Hall.
- After over a decade of struggling with serious mental illness,(SMI), Erin is finally stable and (often) symptom free, though she is committed to staying on a relatively high dose of medicine to stay well and to encourage her readers to do the same. The book was written to encourage persons with serious mental illness to commit to treatment and wellness so that they will be able to thrive and fight stigma with enduring confidence.

TRAINING OPPORTUNITY FOR BURIEN SEVERE WEATHER SHELTER VOLUNTEERS

There are a few openings left to join Burien City Staff for a Mental Health First Aid Training on **Friday, June 2nd**. This is an opportunity to learn about mental health and how to respond to a person in crisis, along with fellow Burien Severe Weather Shelter partners and volunteers. If you are interested, please send us an email at shelter.highlineumc@gmail.com and we will provide more information. It is a full day of training and there is no cost to you.

WHY BIRDS AND THEIR SONGS ARE GOOD FOR OUR MENTAL HEALTH

- Looking to improve your mental health? Pay attention to birds.
- Two studies published last year in Scientific Reports said that seeing or hearing birds could be good for our mental well-being.
- So give them a listen as you learn why they may help.
- Listen to birdsongs: <https://www.youtube.com/watch?v=CXcAx16yI6E>