

Dear members and friends of Normandy Park United Church of Christ – here is your Friday Food for Thought for April 22nd:

SUNDAY, APRIL 24TH WORSHIP

- Both in-person and Zoom Worship will be offered (a separate Zoom invitation will be sent today).
- We welcome Rev. Dr. Ron Patterson as our guest preacher.

SHINE: LIVING IN GOD’S LIGHT – Read Luke 4:1-12: Jesus Is Risen!

- The women brought spices to the tomb. Smell various spices in your cabinet.
- Pray. Continue prayers of joy and sorrow. Take turns sharing something good that happened this week and something that made you sad. Bring your joys and sorrows to God in prayer.
- Bake together! Fill large plastic easter eggs with spices and dry ingredients (in small containers or plastic bags). Once all the eggs are found, gather in the kitchen to bake a favorite easter treat.
- Coloring page from Illustrated Ministries – Psalm 118: 20-29 *This is the day that the Lord has made; let us rejoice and be glad in it* – can be found on our website: www.npucc.org. Go to Connect, then Sermons and Worship Resources in the drop-down menu.

SUNDAY SCHOOL USING CURRICULUM FROM THE HOLY TROUBLEMAKERS

- This Sunday April 24th our youth will be excused from our regular worship service after the Lord's Prayer to attend Sunday School.
- Our teachers, Nancy A. and Alice, will lead them in a lesson about Herb Montgomery.

BYSTANDER INTERVENTION WORKSHOP

- Sunday, April 24th, 1-4 pm at Admiral UCC, 4320 SW Hill St. West Seattle.
- To RSVP, contact (206) 932 -2928 or officemgr@admiralchurch.org.
- This workshop is rooted in Theatre of the Oppressed (TO), which utilizes theatre games to explore, disrupt, and reformulate power relationships. It is especially useful for Bystander Intervention preparation because it "tries out" various intervention strategies and allows for group processing, reflection, and analysis of both practical outcomes and emotional consequences. TO is inherently uncomfortable, because it plays with oppressive dynamics, and is profoundly liberatory, because it invites the gathered body to find solutions from within.
- In our workshops, we work together so that each will learn to be a wise, compassionate and strong ally for a targeted person. In our learning, we keep these two objectives in view: First, our aim is to intervene with an eye to supporting the agency and dignity of the person being targeted. For example, you will never hear us use the word “victim”. Second, we learn to act using our own integrity, and strength through vulnerability, as a way to shift the energy from hostile to calm in difficult high energy situations.

- Some participant reflections on our BIW:
 - "One of the most valuable courses I have taken, because the format helps one move from lecture and/or book learning to active participation, debriefing, replaying the scene, inserting new dynamic, again debriefing."
 - "This class was excellent. Andrew did an excellent job with his presentation style and making the class relevant to our work in the [King County Public] library. It was a challenging class -- he warned us it would be -- but it was valuable to practice interacting with challenging, high-conflict patrons in a practice setting."

SAVE THESE DATES IN MAY

- **Church World Service CROP Hunger Walk**
 - Sunday, May 1st, 1:20 pm start time in the Des Moines Methodist Church courtyard
 - The NPUCC team has raised \$2,135 so far towards our goal of \$5,000.
 - We'll have a drive around on May 1st at NPUCC at 11:30 am if you want to drop off a donation.
 - Checks should be made to CWS/CROP Walk.
 - Our NPUCC team is Connie, Alice, Lynn, Cathy Brewer, Stacie, Dorine, and Pastor Amy. We'd love to have you join us!
- **Plant Sale** (with some additional treats) benefitting Blue Theology Mission Trip
 - Saturday, May 7th, 10:00 am – 2:00 pm on the labyrinth.
 - If you have plants/gardening items you'd like to donate, please drop them off at church by Friday, May 6th.

TOP ENERGY ACTIONS YOU CAN TAKE TO HELP WITH CLIMATE CHANGE

- You've probably heard a lot about climate change, but it can be difficult to know what you can do to help. As one person, you do have the power to make a positive impact on the health of the planet and a great place to start is by looking at the energy choices you make at home.
- Communities around the country have begun the transition to a clean energy future. More and more of the electricity used is being generated from clean, renewable sources instead of fossil fuels, which pollute the air and contribute to climate change.
- Protecting the planet is important, not just on Earth Day, but every day. You and your family can be part of the solution by using energy wisely. Make a plan to make your energy choices count, and you can feel good about supporting a healthier climate and saving money on your energy bills.
- Here are three big-impact energy steps to consider:
 - Save energy with ENERGY STAR®
 - Switch to green power
 - Be part of the clean energy future:
 - Clean and efficient heating and cooling with a certified air source heat pump
 - Super-efficient hot water with a certified heat pump water heater

- Smart climate controls with a certified smart thermostat
- High-performing ENERGY STAR certified windows and storm windows
- A well-insulated and sealed attic
- Making your home electric vehicle charger ready