

**March 2025**



**Normandy Park  
United Church of Christ**

19247 1<sup>st</sup> Ave S  
Seattle, WA

(206) 824-1770

[www.npucc.org](http://www.npucc.org)

**Pastor:**

Rev. Amy Hitchens  
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**Music Accompanist and  
Choir Director:**

Cindy Dow  
[cindy@npucc.org](mailto:cindy@npucc.org)

**Church Office:**

Robbie Gilchrist  
[office@npucc.org](mailto:office@npucc.org)

**Office Hours:**

Tuesday & Thursday  
11:45 am-2:30 pm

Wednesday  
8:45 am-2:30 pm

# THE TOWLINE

NPUCC's Monthly Newsletter

Dear Siblings in Christ,

Lent arrives later this year—on March 5—with the imposition of ashes on Ash Wednesday. This year, our theme will be one of “Pause” as we reflect and move through selected psalms. Why take a pause, why now? Well, one of the aspects of Lent we can lean into the need to reflect and examine the state of our lives. For some people this has manifested itself through the spiritual discipline of fasting, or going vegetarian or vegan until Easter. Remember fish on Fridays for Catholics? That’s a Lenten practice too. Others might turn off social media, letting that go as their fast. With Lent we have the opportunity to set some intentions for our spiritual journey with God. We can choose to decrease or let go of something and we can also choose to increase or add something to our lives.

Each year, I become more intentional about my meditation practice. So that means I add something. This works for me. It doesn’t always work the rest of year, but it does for Lent, so I will take it. I think another spiritual practice that will “stick” during Lent for me this year is something I started in February—calling my elected representatives in Washington D.C. every day to share my position on policies and actions that I care about. One staffer from the 9<sup>th</sup> district even knows that I am “the Reverend” now!

So, when we take the time to pause, we can discern if we are going to subtract or add something this season. And the Psalms and Jesus’ path to the cross will guide us. And you know what, as a community of faith, we can help to hold each other to our intentions!

The psalms are a treasure for us as the writers of these ancient songs tapped into every human emotion in their relating to God. Over and over again we read prayers of lamentation, of hope, of thanksgiving, of tragedy, of exhaustion, of joy. Each week during our Lenten Soup Lunches we will spend time with a psalm and some of our Sundays will be infused with the psalms as well.

What will it be that you intentionally choose? Will you decrease in something, let go of something, or will you increase—your prayer time, your hospitality, your service or social justice work? What is it that your souls needs right now? Is it respite? Is it action? Do you feel called to care for others or do you need a time out? These are all questions we can ponder in Lent together.

In Hope and Perseverance,

*Rev. Amy*

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## March Calendar of Events

**ONLINE:** *invitations/directions for accessing these events will be shared via email:*

- Sunday Worship Services: 10 am
- Church Council meeting: Thursday, March 6, 7 pm
- Bibles & Brews: Friday, March 7 & 21 , 7 pm

**IN-PERSON:**

- Sunday Worship Services: 10 am, Sanctuary
- Lunch Bunch: Wednesday, March 5, 11:30 am, Elliott Bay Brewery
- Ash Wednesday Service: March 5, 5 pm, Sanctuary
- Lenten Soup Lunches: Wednesdays, March 12 – April 9, Noon, Fellowship Hall
- Mission Mile: Friday, March 21, 5 - 10 pm, Fellowship Hall
- Enneagram: Tuesday, March 25, 1 pm, Fireside Room



*We encourage you to wear a mask if you have a cold or cough. If you have symptoms or do not feel well, please stay home and join us on Zoom. Masks are available at church if needed. Thank You!*

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**Ash Wednesday Service**  
**March 5<sup>th</sup> ~ 5:00 pm**  
**Sanctuary**  
***All are welcome!***

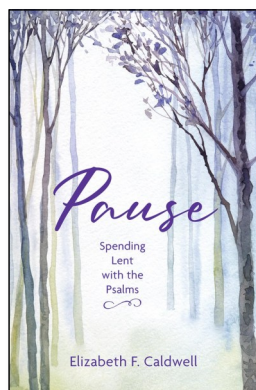


## LENTEN SOUP LUNCHES RUNNING WEDNESDAY, MARCH 12 – APRIL 9 @ NOON

For five Wednesdays, each church committee will provide soups and bread to share before we start our lesson.

Please sign up if you plan on attending so we can make sure that we have enough soup.

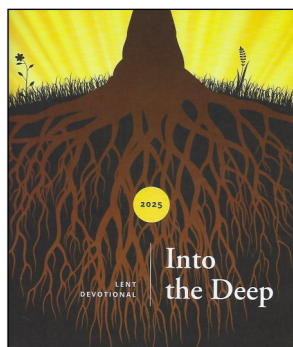
Our reference book is *Pause – Spending Lent with the Psalms* by Elizabeth F. Caldwell. You do not need the book to participate but if you'd like Lynn to purchase it for you, let her know -new is \$11.49 plus tax (used cost more than new).



## LENTEN DEVOTIONAL: INTO THE DEEP

As Mary Luti writes in the introduction, "God inhabits the depths of life, love, loss, ecstasy, and pain, God dwells in the profundities of prayer, in sighs too deep for words. God loves the deep."

Be sure to pick up this year's Lenten devotional. They are available on Sundays... or during church office hours. The devotions are for every day from Ash Wednesday thru Easter Sunday.



## HOSPITALITY HOUSE'S SPRING FLING!

*Saturday, March 15th @ 5 PM*



## INTERFAITH IMMIGRATION FORUM

Wondering what you can do for the refugees and asylum seekers in our local community? Do you feel like you just want to better understand what is going on right now?

You are invited to join an interfaith forum on immigration, **Saturday, March 15 at 1:00 p.m.** at Saltwater Unitarian Universalist Church in Des Moines.

There are options to attend in person or on zoom. Pastor Amy will be moderating the conversation with clergy and the International Rescue Committee, which has offices just east of our church in Sea-Tac. If you need a ride, let Pastor Amy know.

## CWS'S STAND FOR COMPASSION

### LENTEN PRAYER VIGILS—BEGINNING FEBRUARY 28TH @ 11 AM

This Lenten season, as we reflect on faith, justice and compassion, **we invite you to join us in prayer. Every other Friday, we will gather for special Prayer**

**Vigils**, offering a space to deepen our collective spirit and strengthen

our commitment to one another. Other dates include: 3/14, 3/28, & 4/11.

Click [HERE](#) to register.



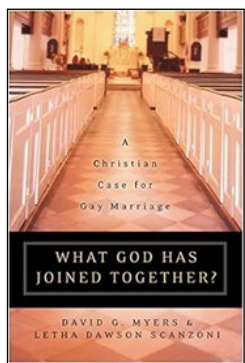


## LUNCH BUNCH RETURNS! WEDNESDAY, MARCH 5 @ 11:30 AM

Stacie will be hosting our next Lunch Bunch at Elliott Bay Brewery, 255 SW 152nd St, Burien, WA 98166... all are invited! Contact Stacie with any questions.

## BIBLE & BREWS — FRIDAYS, MARCH 7 & 21 @ 7 PM

We are now studying from What God Has



Joined Together: The Christian Case for Gay Marriage by David G. Myers (Author), Letha Dawson Scanzoni.

If you need the Zoom link, please let Lynn, Pastor Amy or the office know in advance.

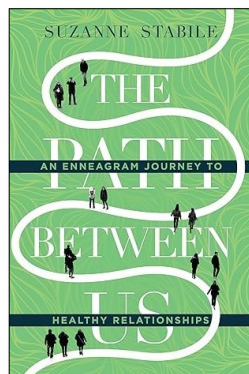
## MISSION MILE—FRIDAY, MARCH 21 @ 5-10PM

On Friday, March 21, from 5-10 pm, come and join Bob in racing slot cars in the Fellowship Hall. Fun is had by all!



## ENNEAGRAM — TUESDAY, MARCH 25 @ 1 PM

We are using The Path Between Us: An Enneagram Journey to Healthy Relationships by Suzanne Stabile and its study guide to continue our study of the enneagram. We'll be reviewing type 9s.



## SEVERE WEATHER SHELTER – MATTRESS PAD PROJECT UPDATE

Thank you to everyone who participated in sewing elastic straps onto mattress pads! A special shout out to Warren (and Nancy K) for completing fifty of them and delivering the first batch to the shelter!



On Thursday, January 30, we had six sewers and helpers – Tess, Sue J, Kirsten, Stacie, Alice, and Lynn - gather for three hours in the Fireside Room with the natural light streaming in to cut, pin, sew, trim, and fold.

Those pads not finished were taken home to be completed. Also, thanks to Cathy B for taking some home when she knew that she couldn't be at this sewing bee.



Then on Thursday, February 13, we had eight sewers and helpers - Tess, Jeni, Cathy B, Stacie & friend, Lee W, Kirsten, and Lynn – again gather to put elastic straps onto mattress pads. They were both great days of fellowship knowing that we are helping others in need. We completed a total of 130!

## HYGIENE AND PERIOD PACKS FOR LOCAL SCHOOLS

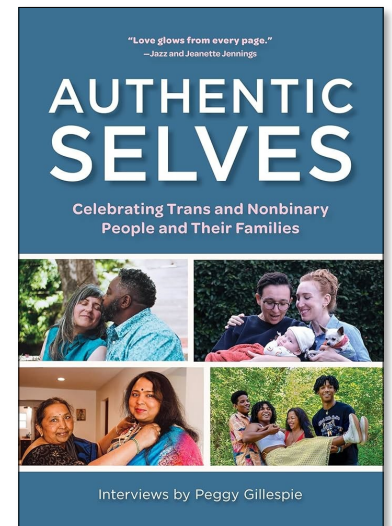
A BIG THANK YOU to the intergenerational group that gathered to stuff Hygiene and Period Packs after church on Sunday, February 2. Nineteen hygiene and 37 period packs were filled and delivered to Highline High School.

Thank you also to Alice for busily sewing so many bags for them to fill! Our ongoing project total is 89 period packs and 51 hygiene packs.

## AUTHENTIC SELVES UU COMMON READ

Saltwater UU is going to be hosting a book study [Authentic Selves: Celebrating Trans & Nonbinary People & Their Families](#) that NPUCC folks are invited to attend with them. Discussion groups will be via Zoom every other Tuesday from 6-7:30pm between March 11 & May 13. There will be both a mixed identity group and a trans & non-binary only group meeting at those times. If you are interested, please talk to Pastor Amy about getting signed up!

*If you would like Lynn to purchase you the book Authentic Selves: Celebrating Trans and Nonbinary People and Their Families by Peggy Gillespie, please let her know. She can get you a copy overnight for ~\$19.*



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## STAND UP FOR SCIENCE 2025—SEATTLE CENTER MURAL AMPHITHEATER—FRIDAY, MARCH 7TH @ 12-3 PM

We're mobilizing to keep science free from interference and censorship by government officials. We're also mobilizing because attacks on diversity, equity, inclusion, and access are attacks on science, and vice versa. Science is at its best when it includes everyone and when it stands to improve people's lives.

Join us at the Seattle Center for a rally to support science, scientists, environmental professionals and educators!



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## ~~~SAVE THE DATE!~~~

### NORTHWEST REGIONAL WOMEN'S RETREAT - NOVEMBER 7-9, 2025

The Pacific Northwest & Central Pacific Conferences of the United Church of Christ join together every three years to offer a spiritual and motivational women's retreat. This year's retreat, Embrace Joy, will take place at Skamania Lodge in Stevenson, WA. They are excited to welcome Rev. Danae Ashley as Worship Leader and Rev. Andrea Rose Cano as Keynote Speaker! They are equally excited to have Linda Srb and Susan Moore returning as Music Leaders! You can learn more about these leaders and more on the [retreat website](#). This open and affirming gathering warmly welcomes all who identify as women. Their aim is to create a supportive and empowering environment where everyone feels valued and included.





## March Birthdays



Lee Weber	3/7
Vicki Nichols	3/13
Ruth Bishop	3/15
Christine Storm	3/20
Frederick Hutchinson	3/22
Megan Cook	3/26
Jim Gregg	3/26
Erin Cook	3/28



## March Anniversaries



Jan & Michael Armstrong	3/11 (25 years)
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***If you don't see your March birthday or anniversary  
on this list and would like to be included,  
please contact the church office at  
[office@npucc.org](mailto:office@npucc.org) or 206-824-1770***