

THE TOWLINE

Dear Siblings in Christ,

As I type this, we are in the middle of Holy Week. By the time you read this, we will be well on our way to Resurrection Sunday. So Happy Easter! And may you be blessed this Easter Season. We are also now in the season where all of the plans we have been putting into place for my sabbatical are well under way. I am so grateful to the congregation that I can take this time apart, starting May 23 and returning August 21. Below is some information about how a sabbatical is good for congregations:

**April
2024**



**Normandy Park
United Church
of Christ**
19247 1st Ave S
Seattle, WA

(206) 824-1770

www.npucc.org

Pastor:

Rev. Amy Hitchens
amy@npucc.org

Music Accompanist and

Choir Director:

Cindy Dow
cindy@npucc.org

Office Manager:

Weronika Holmes
weronika@npucc.org

Office Hours:

9:00 am – 2:00 pm
Tuesday – Friday
(subject to change)

Sabbatical Benefits for Congregations

A sabbatical...

Encourages longer pastorates. Congregations have difficulty realizing long-term goals without having long-term pastorates. Providing a sabbatical leave is one proven strategy for encouraging longer service to congregations and other ministry settings.

Refocuses ministry. A pastor needs an astounding array of skills to be effective in the congregation, especially as local church ministry changes rapidly. A sabbatical offers an opportunity for ministers to learn from others, to sharpen their skills, and to return to the congregation with new ideas and a new vitality for leadership.

Contributes to a pastor's spiritual growth. Being intentional about personal spiritual growth is difficult when a minister is constantly involved in the spiritual lives of others. If a pastor is to provide dynamic leadership, ongoing spiritual nurture, and rich preaching and worship leadership, they will need extended time for spiritual development.

Prevents burnout. People in “helping professions” can burn out, in part because of that constant, intimate involvement with the emotional burdens of others. Burned-out pastors, over time, will demonstrate its key characteristics: exhaustion, cynicism, disillusionment, depression, and self-depreciation. . A regular schedule of sabbaticals can help to prevent burnout to the good of both the minister and the congregation.

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Establishes new patterns for work and self-care. Pastors are constantly encouraged to overextend in a vocation that is never “done,” yet when pastors overextend, they undermine one of their most important gifts in ministry: vitality. A sabbatical provides time for clergy to take a break from the pressure to overextend and to establish new work habits and self-care routines.

Promotes congregational self-sufficiency. Congregations that become overly dependent on their pastors lose the opportunity to exercise their own gifts and leadership. Effective congregations practice a good balance between the pastor and the congregation in leadership. When a minister returns from sabbatical leave, the congregation will also have a much better understanding of how the whole church can participate in meeting the needs of the congregation.

From Pastor Roy M. Oswald, formerly of the Alban Institute, who has written and lectured extensively on many aspects of congregational life and pastoral ministry.

In Hope- Rev.

A handwritten signature in black ink, appearing to read "Roy M. Oswald". The signature is fluid and cursive, with a large loop at the end.



April Calendar of Events

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

- Sunday Worship Services: 10:00 am
- Church Council meeting: Tuesday, April 9th, 7:00 pm
- Bibles & Brews: Fridays, April 12 and 26th, 7:00 pm

IN-PERSON: we encourage wearing a mask and practicing reasonable physical distancing to keep vulnerable people safe:

- Sunday Worship Services: 10:00 am, Sanctuary
- Guest Speaker Kaila Russell, Sunday, April 7, 10:00 am.
- Parish Care Committee meeting: Wednesday, April 10th at 1:00 pm in the Fireside Room, 1:00 pm, Fireside Room
- Communion: Sunday April 14th, Breakfast Church in Fellowship Hall 10:00 am (financial update meeting following worship)
- Earth Day Sunday with a second hour Earth Day video in Fellowship Hall, Sunday, April 21st
- Enneagram Group, Wednesday, April 24th 1:pm in the fireside Room
- Annual Meeting of the Pacific NW Conference of the UCC at Plymouth Church in Seattle, April 26th & 27th
- Guest speaker Sheenah Randolph from Hospitality House, Sunday, April 28th, 10:00 am
- Worship Committee, Sunday, April 28th after worship, Library
- Sunday School: youth are dismissed to attend class during Worship, except on Communion Sundays and special occasions

PERIOD AND HYGIENE PACKS – THANK YOU



Thank you to everyone who joined in stuffing and sewing period and hygiene packs on Sunday, March 17, 2nd hour. A lot of you sewed bags at home ahead of

time so that allowed the stuffing to be quite successful as you can see from the pile of filled bags. Look... even Ian joined in on the sewing! Lynn delivered these packs to the nurse for Tyee/Maritime on Thursday, April 21. Doesn't it feel good to be helping the youth in our own neighborhoods? We will also deliver supplies to the nurse at Highline soon.

We hope that this will be a continuing activity so if you have fabric, bias tape, or ribbon you'd like to donate, Lynn will cut it up into the required sizes and have it available for folks to take home and continue to sew. If you need the link to the video and the specific instructions, let Lynn know and she will email to you. We will also continue to collect any donations to stuff these additional packs and also supplies to the nurses for them to have to distribute to their students.



ITEMS FOR PERIOD/HYGIENE PACKS:

- ♥ Toothpaste - travel size
- ♥ Hand sanitizer - 2 oz or single-use
- ♥ Deodorant - travel size
- ♥ Panty liners, individually wrapped
- ♥ Sanitary napkins – Always brand, size 2, ultra-thin, long super with wings, individually wrapped (or similar)
- ♥ Flushable wipes – travel size
- ♥ OTHER REQUESTED ITEMS:
- ♥ Starlight mints
- ♥ Saltine crackers
- ♥ Hair bands
- ♥ Lip balms

LUNCH BUNCH; WEDNESDAY, APRIL 10 @ 11:30 am

We will be meeting up for lunch this month at Tuscany at Des Moines Creek, 21830 Marine View Dr S, Des Moines, WA 98198. Maybe a piece of pie for dessert?

SUNDAY SCHOOL



Sunday School continues with the WHO IS GOD? – Engaging The Mystery” from the “Generation Why” curriculum. On the Sundays that Pastor Amy is off, we'll use the “Simple Sundays” curriculum because they can be used with little or no preparation. Please let Lynn know which Sundays you are available to teach or help.

BIBLE & BREWS



We'll be meeting up via **Zoom only** at 7 pm on Fridays April 12 and 26 to continue our study/discuss from Exodus and Leviticus for Everyone by John Goldingay.

CROP HUNGER WALK MAY 5, 2024 @ 1:15 PM

The Normandy Park UCC team is participating in the 2024 Des Moines/Highline CROP Hunger Walk to support CWS and help families who are struggling with hunger.



You are welcome to join us in person or spirit so that we can provide more meals for the growing number of people in our community who need them, and greater food security in communities around the world.

You can donate to our team online by clicking [HERE](#) or by sending a check written to CWS/CROP to our church. If you need help in joining our team to walk, contact Lynn. Blessings and thank you in advance, The Normandy Park UCC Team

EARTH DAY APRIL 22, 2024



Start your Earth Day celebration on Saturday, April 20 at 10 am (PT) with the UCC's second annual Earth Summit which will feature celebrated

author and activist Bill McKibben delivering the Jim Antal Keynote Lecture with the title,

"Energy from Heaven or Energy from Hell?" Register by clicking [HERE](#).

Then on Earth Day Sunday, April 21, during worship you will be introduced to pledging to vote your faith with climate and creation in mind on "Faith Climate Action Week Postcards". There are a limited number of stickers available upon turning in your signed postcard. These postcards will be collected by Interfaith Power and Light and they'll hand deliver them to Congress this summer.



After church on Sunday, April 21, there will be two more opportunities for you... one is to watch an

Earth Day video in the Fireside Room while drinking your coffee, the other is to join others in our back acreage removing invasive plants – please bring clippers and gloves for this.

BURIEN SEVERE WEATHER SHELTER UPDATE



We wanted to update you on the progress of the Burien Day Center. The new Burien City Council majority voted at their March 18th meeting (discussion begins at 2:41:45) to rescind and redistribute the \$200,000 ARPA funding that was awarded for the Day Center in 2023. While we are disappointed with the city's reversal, we know that this is a much

needed service for our community. To make this a more successful and community centered endeavor, we are looking for volunteers to help in similar ways to the Severe Weather Shelter.

The Day Center is currently open Tuesdays and Thursdays from 10:30-2:30

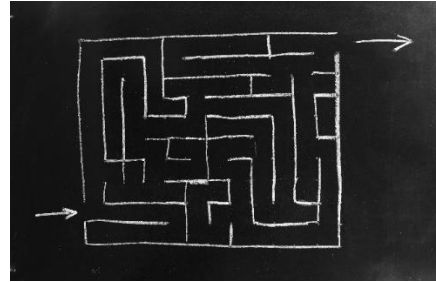
In order to bring the day center resources to our community, it is time for us to move forward, with or without the grant. We invite you to work with us. Are you interested in volunteering?? We need folks who want to: help in the kitchen, cook, assist with lunch prep, and serve, help guests settle in, find their way around, and retrieve needed supplies from the closet. You can [sign up to volunteer here](#).

Would you like to donate to help bring in more programs and supplies for our guests?. You may [make monetary donations at this link](#) or you may mail (or deliver) your donation to Highline United Methodist Church at [13015 1st Ave. S, Burien WA 98168](#). Please specify "Day Center" in the memo. Supply and food donations will be added to the [Sign Up](#) regularly. Please check back from time to time for updated needs. As a reminder, here is more information on the Burien Day Center:

Our purpose is to provide a safe and welcoming place for community members experiencing underemployment, food insecurity, and/or houselessness to come during the days to have lunch, get supplies, meet with service providers, use a computer, and learn job readiness skills for those who need it. Guests may participate at

*whatever level they feel comfortable from just resting inside to assisting with meals and custodial work. **Everyone is welcome.***

ENNEAGRAM WEDNESDAY APRIL 24 @ 1 PM



We are back to meeting on Wednesdays. Come early and take a walk around the labyrinth to calm your mind and settle in for our talk.

From [The Enneagram Guide to Waking Up: Find Your Path, Face Your Shadow, Discover Your True Self](#), your homework is to read **Type 5 - The Path From Avarice to Nonattachment** (pages 121-147). We don't have any 5s in our group, but it may be your wing or where you go when you're under stress or need strength so be ready to listen.

Here's our schedule for the remainder of the book/year:

Wednesday, May 22 @ 1 pm - Type 6

Pastor Amy will be on sabbatical May 23 - Aug 21

Sep - Type 7

Oct - Type 8

Nov - Type 9

ADVOCACY—URGE CONGRESS TO PASS THE REDUCE ACT!



Forty percent of the plastic produced each year is single-use plastic. Join Creation Justice Ministries in supporting the REDUCE Act which would put a fee on the sale of new, virgin plastic resin used to make single-use products. Beginning a wave of positive change, the passage of the REDUCE Act would bring less pollution to God's creation. Add your name by clicking [HERE](#).

CREATION JUSTICE CHURCH

NPUCC has a Green Team – Pastor Amy, Alice, Barbara, Cathy B., Connie, Jill T, and Lynn – and we are working toward having NPUCC become a Creation Justice Church. What this entails is to 1) Create a Green Team-done, 2) Reflect on where we've been and discern where we can go-ongoing, 3) Draft a Creation Justice Covenant, 4) Vote to adopt the Creation Justice covenant and become a Creation Justice Church, and 5) Submit an application. Go to our Green Team Action Plan Google doc to see what we've come up with so far https://docs.google.com/document/d/15q_XF19XCC-Vic12KA4yOsECbAuxRsnk/edit?usp=sharing&oid=113290431827256326684&rtpof=true&sd=true.

COMPUTER MONITOR

We have a computer monitor that we'd like to give away to someone who could use it. It measures 19" diagonally. Contact the church office if you'd like to lay claim to it: veronika@npucc.org.



Snoqualmie Tribe Ancestral Lands Movement - *Thinking about installing new sod this year? Maybe... don't*



Many homeowners resist complying with water conservation guidance because they want their lawns to stay green. Want an aesthetically pleasing yard that doesn't make the river run low? Replace your sod with native plants. Not only do native plant landscaped yards help lower temperatures (compared to grassy lawns), they are also drought tolerant and once established, do not require watering. "Lawns are not well-suited to our environment. They play a role in the loss of biodiversity, they consume an enormous amount of resources, and they provide little benefits... lawns use ten

BILLION gallons of fresh water DAILY in the US and 90 million pounds of pesticides a year.”

Rather than forcing the land to become something it is not, the future needs us to live with the land and conserve water. Let your grass go brown and dormant; it'll come back green later with rain.

Seed mixes from Northwest Meadowsapes are used in our restoration projects in Snoqualmie Tribe Ancestral Lands, and they have mixes available for purchase to convert lawns into native pollinator patches. Remember the bees and other pollinators are our neighbors too!

Click [HERE](#) to read an article from Sunset Magazine - “Why You Should Replace Your Lawn with Native Plants”.

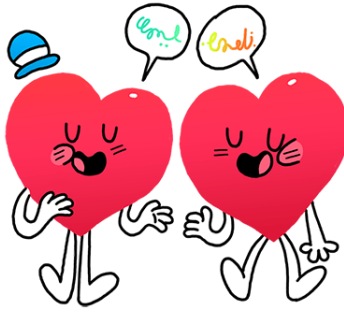
FORWARD TOGETHER – PNCUCC ANNUAL MEETING 2024



Registration is now open for Annual Meeting 2024 at Plymouth United Church of Christ in Seattle on April 26-28,

2024! There are two links — register for the Annual Meeting in the first and make a hotel reservation in the second link ON THE WEBSITE. We are excited to host ministry partners from Colombia, welcome new congregations into our Conference, and engage with the General Minister & President of the UCC, the Rev. Dr. Karen Georgia A. Thompson!

We look forward to seeing you there!



April Birthdays

| | |
|-------------------|-------|
| Azure Allender | 04/28 |
| Jane Armstrong | 04/26 |
| Michael Armstrong | 04/26 |
| Jon Comen | 04/25 |
| Cindy Dow | 04/02 |
| Barbara Gregg | 04/15 |
| Mark Hall | 04/10 |
| Amy Hitchens | 04/11 |
| Tomio Sakai | 04/23 |
| Shannon Thomas | 04/02 |
| Samuel Watson | 04/21 |



April Anniversaries

Nancy Knudsen & Warren Nedved 04/02

**If you don't see your April birthday or anniversary
on this list and would like to be included,
please let Weronika know at
weronika@npucc.org or 206-824-1770.**