



# *Kenilworth at Work!*

## *May 2016*



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### ***From the Pastor's Study:***

#### **"Spirited Conversations"**

This month, many of the suggested readings of the Revised Common Lectionary point to the Holy Spirit. In the first two Sundays, we will hear about the promise of Spirit, leading to our celebration of the arrival of the Holy Spirit to the early church on Pentecost, (May 15th this year) and then our observance of Trinity Sunday, where we focus on the triune nature of God, traditionally spoke of as Father, Son, and Holy Spirit.

Church leaders have been working on the concept of one God in three persons, for as long as there has been a Christian church. The concept is woven through the fabric of scripture, but the word Trinity is never used in the Bible. The third person of the Trinity was a focus of debate in the early church, in particular the Council of Nicea in 325 c.e. and the Council of Constantinople in 381. A few years ago, a Presbyterian task force examined possible words to use more expansive language when we refer to the Trinity. My favorite out of their list of possible ways of speaking of the Trinity was Giver, Gift, and Giving. God (the Father) is the Giver, God (Jesus) is the Gift, and God (the Holy Spirit) is the Giving.

The Holy Spirit is often spoken of in verbs, action words. On Sunday's we pray that the Holy Spirit will "open" the texts to our understanding. We speak of the Spirit using terms like breath of God, the word "spirit" is related to the word "respiration" and Holy Wind, *Ruah* in Hebrew. We also speak of the Holy Spirit as The Advocate, or Comforter, who stands alongside us in times of trial, *Paraclete* in Greek.

While acknowledging that our words for the Trinity will always be imperfect, and our understanding of the infinite Triune God always incomplete, this month we are invited to consider the mystery: How does our belief in the triune nature of God shape our encounter with the Divine?

*Peace, Pastor David*

### **Prayer Request for GA**

Prayer for one another is one of the ways we experience being a connectional church. KPC has agreed to be prayer partners for 25 of the 594 commissioners coming to GA. We will receive information about each of these commissioners and will pray for them by name leading up to the General Assembly and continuing during the proceedings. Praying does not involve travel, taking time off work, or special equipment. If you would like someone to pray for during GA, please contact Rebecca Jewel, 503-575-8356.



**Presbyterian Women's Bible Study**  
**May 9 at 7pm - Lesson Nine**  
**River of Life - Hope**

In Revelation, we get a picture of the end time, with the fullest revelation of God and God's creation. This becomes a cause of great hope. We learn that we live in between the revelation of Jesus Christ and this final revelation and that we are to witness to this as we live out our faith. Laura Schaefer will be leading the Bible study.

We will be volunteering at Rahab's Sisters on Friday, May 13. You can sign up to work or provide desserts on the Parish Life bulletin board. Donations for Rahab's Sisters can be placed in the plastic container in the narthex. They are especially in need of women's underwear and toiletries in small sizes.

Nine KPC women attended the Spring PW Gathering at 1<sup>st</sup> Presbyterian Church in Dallas Oregon on April 23. The table decorations included quilted table runner, pot holders and coasters designed by Peggy Morgan and created by Edith Starling, Kathy Morris and Barbara Votrobeck. These items were given as door prizes at the end of the meeting.



## BACKPACK BUDDY BAGS

The last Backpack Buddy school holiday will be Memorial Day weekend. We will pack and deliver seven bags of groceries to Grout on the morning of Friday, May 27. Please bring food items (in groups of seven if possible) to the church by Thursday, May 26. Eve and Willa Ramsey will be packing the bags that evening after school.

Thank you for the wonderful support of this very vital program.

## Rummage Sale

**Saturday, May 21**  
**9am-4pm**

The KPC PW is holding a rummage sale on Saturday, May 21. They have already begun collecting items for the sale. You can bring your donations to the church at any time. If you need help getting items to the church, please contact any PW member. We will pick up items or help carry items to the second floor sorting room.



Many hands will be needed to work the sale that Saturday. Please see Carol Garner to volunteer.

**Kenilworth Prayer Circle  
Tuesdays at 5:45 pm**



*Hear my cry, O God; listen  
to my prayer. Psalm 61:1*

The KPC Kenilworth Prayer Circle is meets weekly on Tuesday evenings at 5:45 pm for intercessory prayer.

You can request special prayers by calling Jeanne Rivers at 503.236.8173 or the church office at 503.235.3977.

The Prayer Circle is open to anyone who would like to pray for others. Join the Circle on Tuesday evenings at 5:45 pm.



**Personal hygiene is difficult  
when you are homeless**



Please bring new personal hygiene products for SnowCap this month.

Place donations in box labeled SnowCap in narthex.

**Herbed Grilled Mozzarella**

Enjoyed during Coffee Hour at KPC

- 1 pound whole-milk mozzarella, chilled and sliced ¼ inch thick with a serrated knife
- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons vegetable oil
- 1 Tablespoon minced and drained bottled sun-dried tomatoes plus 1 ½ teaspoons of the oil
- ½ teaspoon red pepper flakes
- 1 Tablespoon minced fresh parsley
- 1 teaspoon minced fresh basil
- 1 teaspoon minced garlic
- Fresh herbs as garnish

Arrange overlapping mozzarella slices in a wide shallow serving dish. In a small bowl, whisk together olive oil, vegetable oil, tomatoes and oil, red pepper flakes, parsley, basil and garlic. Drizzle over the cheese. Cover and let stand at room temperature for two hours. Serve at room temperature, with fresh herbs, as desired.

**Exercise Options at KPC**

**TAI CHI @ KPC**

Tuesdays: 6:30 pm  
Now in the upstairs  
classroom

**Yoga Class at KPC**

Saturdays at 11 am  
All ability levels are welcome, yoga in chair option available  
Taught by Susan Lily, a certified yoga teacher since 1989  
Donations accepted  
For more information contact Susan: 503-236-3816

Contact Kenilworth at Work!  
503-575-8356 or [rojewel@gmail.com](mailto:rojewel@gmail.com)  
Deadline for the May 2016 K@W! is  
Thursday May 26  
Newsletter Editor: Rebecca Jewel  
Check out the new KPC website:  
<http://kenilworthpc.com/>  
Like us on Facebook

Worship  
in the Woods  
Camping Weekend  
August 12-14



## Barb's Note-able News



I write this following the first day of the Sacred Music Symposium at Tabernacle Presbyterian Church in Indianapolis. We opened with worship. It's always a thrill to sing amongst many choral directors.

I attended two sessions with David Cherwein, organist extraordinaire, sharing ways to make singing hymns refreshing.

Craig Courtney took us through nine of his choral compositions, sharing his reasons for writing each of them. I have already chosen three new pieces out of this reading session for the KPC choir.

We had a hymn fest tonight accompanied by David Cherwein. The hymns were prefaced with reflections by Susan Palo Cherwein.

The night ended at 9:45 with a rehearsal for Friday night's concert directed by Mark Hayes, composer of the Requiem we'll be performing and Dan Forrest's "Requiem for the Living". Dan won't be there, but we did get to meet him, tonight.

I'm certainly glad I made the decision to attend this symposium and am looking forward to the remainder.

The KPC Choir has just a few Sunday's remaining before summer break. Then we look forward to special music including solos, duets, etc.

SING PRAISE TO GOD WHO REIGNS ABOVE!

Musically yours,  
Barb Votrobeck

*Check out the new photos on the bulletin board  
in the Fireplace Room.*

## *Volunteer Opportunities for GA*



The website is ready to sign up to volunteer. Just go to [www.gaportland.com](http://www.gaportland.com) and click on the volunteer link on the right. Volunteers will be able to attend any of the general sessions and worship services at GA without paying the \$95 registration fee. There is a link to the GA volunteer website from the KPC website for your convenience.

One specific volunteer opportunity is meeting those who will worship with us on Sunday, June 19. GA attendees who register to worship at Kenilworth will be transported by tour bus to the church. COLA (the Committee on Local Arrangements) is asking our congregation to provide one or two welcome volunteers to be at the Convention Center Sunday morning, June 19, to help folks get to the right bus for the trip to our church for worship. These folks will get the volunteer consideration of a full pass to enter General Assembly as an observer (a \$95 value); however, there are no parking or transit allowances. Volunteers are encouraged to find their own best way to the Convention Center. If you would like to do this job, contact Rebecca Jewel. She will send your information to the Sunday Worship Coordinator.

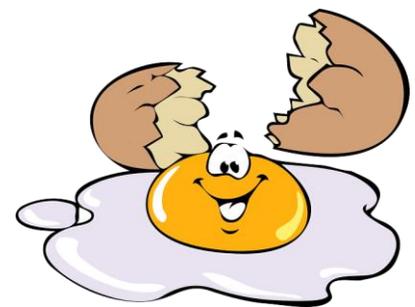


Kenilworth  
Community Preschool

On Sunday, April 24, those worshipping at KPC were treated to a very special coffee hour. The parents and children of the Kenilworth Community Preschool prepared a sumptuous barbecue lunch for us as a thank you for our support of the preschool. The food and fellowship were wonderful. Thank you Kenilworth Community Preschool.

### **Mission Brunch: Tuesday, May 31**

KPC is hosting a mission brunch featuring Mission Co-worker Jonna Reader. We have been pleased to host Jonna at a previous brunch and look forward to hearing about her work in sensitive geographic areas



The breakfast is sponsored by PUN. KPC will be looking for people to share breakfast casseroles. Other items for the meal will be provided by the PUN churches. There will be a sign-up for attending this event and for donating a breakfast casserole.

# May 2016 Calendar



Bears Preschool Class meets M, W & F  
from 9:30a to 12:30p

Cricket Preschool Class meets T & Th  
from 9:30a to 12:30 p

Sunday, May 1: Birthday Sunday  
Worship, 10:30a  
Communion

Tuesday, May 3: Burgerville, 5-8p  
Prayer Circle, 5:45p  
Tai Chi, 6:30p  
Choir, 7-8p

Thursday, May 5: Parish Nurse, 9-11a

Saturday May 7: Yoga, 11a  
Welsh Society, 11a-3p

Sunday, May 8: Mother's Day  
Worship, 10:30a

Monday, May 9: PW Bible Study, 7p

Tuesday, May 10: Prayer Circle, 5:45p  
Tai Chi, 6:30p  
Choir, 7-8p

Friday, May 13: PW volunteers at Rahab's  
Sisters, 6:30-10p

Saturday May 14: Yoga, 11a  
Finnish Society, 11a-3p

Sunday, May 15: Pentecost  
Worship at 10:30a  
Girl Scouts, 3-4:30

Tuesday, May 17: Prayer Circle, 5:45p  
Tai Chi, 6:30p  
Choir, 7-8p

Thursday, May 19: Parish Nurse, 9-11a  
Session, 7p

Friday, May 20:  
Girl Scouts, 3:30-5:30p

Saturday, May 21, Yoga, 11a  
Rummage Sale: 9-4

Sunday, May 22:  
Worship at 10:30a

Tuesday, May 24: Prayer Circle, 5:45p  
Tai Chi, 6:30p  
Choir, 7-8p

Thursday, May 26:  
Deadline for May newsletter

Saturday, May 28: Yoga, 11a

Sunday, May 29  
Worship, 10:30a  
Book Exchange, following worship

Tuesday, May 31: Mission Brunch, 9-11a

## May Birthdays

May 5: Phillip Back  
May 7: Peggy Morgan  
May 11: Barbara Votrobeck  
May 14: Diane Hodges  
May 29: Sean Youngs  
May 25: Katherine Kayrouz  
May 29: Edith Starling

## **Enjoy a night out at Burgerville Tuesday May 3**



5-8pm  
Burgerville at SE 26<sup>th</sup> and Powell.

A portion of the night's proceeds supports the  
programs at Kenilworth Community  
Preschool.

Join us. Thank you for your support.

## Looking ahead to Summer

June 10-13: Pastor Jewel on leave  
June 17-26: GA in Portland  
June 19: GA Worship at KPC, with meal  
following worship  
July 11-15: Music & Art Camp  
July 20: PUN night at a Pickles game  
August 13-14: Worship in the Woods weekend

## **Book Exchange Sunday, May 29** Following worship



Find just the right book for reading on vacation  
this summer.

# PARISH NURSE HEALTH BEAT

May 2016

## MEDICATION THERAPY MANAGEMENT (MTM) – WHAT IS IT?

Are you on multiple medications? If you are and struggle with one of the following, then MTM might be for you:

1. Do you feel overwhelmed by the list of medications that your doctor has prescribed for you?
2. Do you have trouble remembering what drugs to take and when?
3. Do you struggle with side effects or worry about your medications interacting with each other?

Did you know that many pharmacies have Medication Therapy Management programs where you can make an appointment with the pharmacist who can help you with your concerns and questions? It may involve communication with your physician to get you on the right path to understand and organize your medication regime for the best safety for your health. Some Medicare and insurance plans will cover the cost of MTM, so check with them first.

## WHY BOTHER?

Research has shown that MTM can improve many health parameters such as high blood pressure and cholesterol management, reduces the number of hospital admissions, Emergency Room visits and premature death.

Don't forget that a simple way to keep on track of taking your medications as ordered, is to use a medication box with the days and times written on top. Have a reliable family member or friend set it up each week and you will be able to have confidence that you can stay on track to be safe and at your best health-wise.

## Parish Nurse Contacts:

Judy Hubbard 503-310-9534 and Chris Hill 503-522-2685



## Suffering from Spring Fever? Treat it with plans for a garden plot.

If you are interested in reserving one of our ten garden plots, please contact Nancy Youngs or Pastor Jewel. The cost is \$32.50 for a half plot (10x 15 feet) and \$65 for a whole plot. There will be a one-time \$10 charge this spring to cover the cost of a soil test for cadmium, lead and arsenic.

The results of the soil test are in. The soil is below the minimum for cadmium and arsenic. The lead level was slightly elevated. The soil is being retested this month specifically for lead. If you would like to see the results of the soil test, please contact Pastor David.



# Pentecost

**Sunday, May 15**

We will celebrate the birth of the Christian church, the day the Holy Spirit descended on the apostles and set them on fire to spread the word of the gospel.

Please wear red, orange or yellow to church and be prepared to fan the flames of Pentecost.

- Did you know Portland has a baseball team?
- Did you know they will be playing this summer on their new field in Lents?
- Did you know their mascot is a pickle named Dillon?
- Do you have July 20<sup>th</sup> marked on your calendar to join PUN at the ball park for a night out with the Pickles?



The July PUN event will be a night out with the Pickles baseball team on Wed. July 20 at 7pm. Tickets range from \$8 to \$14. We will need to reserve our tickets soon for this event.

Kenilworth Presbyterian Church  
4028 SE 34<sup>th</sup> Avenue, at Gladstone St.  
Portland, OR 97202  
503-235-3977

