

Kenilworth at Work!

October 2016

From the Pastor's Study:

October, We've Got Your #.

The name the western world assigned to this month derives from the Latin word for eight, yet is the tenth month. What happened? Blame Julius and Augustus Caesar. As emperors of the Roman Empire, each wanted a month named after them, and added July and August. September (7), October (8) November (9) and December (10) got pushed back.

What does October have going for it? October is a month to observe National Domestic Violence Awareness, National Bullying Prevention, National Cyber Security Awareness, National Disability Employment Awareness, LGBT History, Polish American Heritage, National Work and Family, Breast Cancer Awareness, National Pit Bull Awareness, and Pregnancy and Infant Loss awareness. We can end this list on a tasty note: October is National pizza month! If there was room, we might make October Stop Sign Awareness Month. Or National Take an Octopus to Lunch Month.



Is eight a Biblical number? While it doesn't have the recognition factors of 3: trinity, 7: creation/ completion, 12: tribes and disciples, and 40: a good long time, the number 8 is associated with God's covenant, new beginnings, and resurrection. In Jewish tradition, circumcisions, a sign of the covenant, happen on the 8th day. Eight souls were saved on Noah's ark, a new beginning for humanity. Jesus rose from the dead on the first day of the new week, which early church writings called "the eight day," the beginning of a new age.

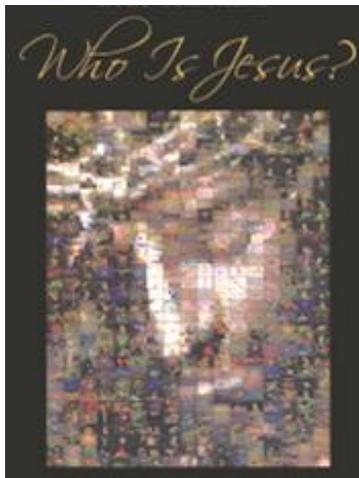
Musically, the eighth note begins a new octave. Symbolically, # is an octothorpe: the lines have eight ends. Historically, the Spanish 8 reales coin could be cut into fragments to make change: "pieces of eight." So here are eight pieces of advice for October.

1. Don't feel bad if two people crowd in front of you, they probably think they are emperors.
2. Honor the octagon.
3. Eat less octopus and more pizza.
4. Make some changes.
5. Start something.
6. # your blessings.
7. Remember God's promises. And most importantly,
8. Sing of our resurrection in Christ!

Peace, Pastor David

PS: Stop in the kitchen and try out the new kitchen faucet. It is a delight to use and makes filling deep pots and water jugs so much easier.
Thank you, Laura!





Presbyterian Women

Monday, October 10, 7 pm
"Who Is Jesus?"

What a Difference a Lens Makes Lesson 2: Who is Jesus according to Matthew

In September's Bible study, we looked at Jesus through the eyes of Mark. This month, we will view Jesus from Matthew's perspective as he focused on Jesus as the long-awaited Jewish messiah. Allison Zimmerman will lead the Bible study

At the first Bible Study and meeting in September, officers were elected for the 2016-17. We were also delighted to welcome Heather Wood to the group.

- Moderator - Barb Votrobek
- Vice-Moderator - Laura Schaefer
- Secretary - Becky Jewel
- Treasurer - Nancy Youngs
- Hospitality/Fundraiser Chair - Carol Garner
- Mission - Sue Freda
- Communications - Allison Zimmerman



PW will volunteer at **Rahab's Sisters** on Friday, October 14. There are four women signed up to help, but there is room for you to sign up to provide desserts on the Parish Life bulletin board.

We are collecting gently used and new socks for the women at Rahab's Sisters. Please place your donations in the box in the Narthex marked for Rahab's Sisters. Thank you.

Carol Garner's Report from the Synod PW Gathering: I traveled to the Mercy Center in Burlingame California September 23-25 to attend the gathering. It was a busy, intense two days. We learned about Immigration, Domestic Violence and Human Trafficking. We learned to look at the book of Mark from a trauma point of view from Rev. Yung Me Morris. We also had some fun with wine and coloring. I am so glad I went. The experience was one I will always remember.

Exercise Options at KPC

TAI CHI @ KPC

Tuesdays: 5:45 pm

Note the change in time!

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

Mark your calendars for the next **PW in the Cascades Gathering** Saturday, October 22 at McKenzie Valley Presbyterian Church, 10am to 3 pm. McKenzie Valley is near Eugene. We will be car-pooling.. There is a sign-up sheet in the Fireplace Room. Give the \$10 registration fee to Barbara Votrobeck. We will be arranging car-pooling to Walterville.



Presbytery of the Cascades PW Fall Gathering

**McKenzie Valley
Presbyterian Church**
88393 Walterville Loop
Walterville, OR
541-747-2604
Co-Hosts
Westminster of Eugene

9:30 Registration & Refreshments
10:00 - 3:00 Program, lunch & worship

Report from Synod Gathering
PW Manuals for sale @ \$6
View PW posters & part of the history exhibit

Frank Thompson - former superintendent of
the Oregon State Penitentiary
Ron Steiner - Chair of the Oregonians Against
the Death Penalty Board of Directors

SATURDAY
October 22, 2016

OUT OF THE DARKNESS
DEATH PENALTY ALTERNATIVES/CRIMINAL JUSTICE
FRANK THOMPSON & RON STEINER

Name: _____

Church: _____

Cost - \$10, including lunch, until October 17, 2016; \$15 after 10/17 or at the door

Send this registration form to :

**Mary Lou Williams, 14601 NW 26th Avenue, Vancouver, WA 98685
(360)576-5364**

Kenilworth Pray Circle

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



Every Tuesday, the Kenilworth Prayer Circle meets at 6:15 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 6:15 pm.



Please bring towels and washcloths for SnowCap this month



Place donations in box labeled SnowCap in narthex.



Kenilworth
Community Preschool

The Kenilworth Community Preschool is at full enrollment for the fall. Classes will begin Tuesday September 6.

Our Preschool engages in fundraisers to help keep tuition low, to fund “extra” purchases, and to build community. This year’s goal of \$10,000 in fundraising will help toward further improvements in the play yard and installation of a utility sink, with a future possibility of an onsite washer and dryer.

Preschool Fundraisers for the Coming School Year include a Holiday Wreath sale in October. Watch for information on the Parish Life Bulletin Board.

Grocery Bags for Grout



The first delivery of our big red grocery bags stuffed with groceries for seven families will be on Thursday, October 13. It is time to start replenishing the rack of food for this mission project. Please help ensure all families receive the same food by donating items in groups of seven if at all possible.

We will be providing a large bag of food for seven Grout Elementary families for nine school holidays or long weekends during the school year. Your donations do make a difference for these Grout families.

Please sign up on the Parish Life bulletin board to pack and/or deliver the bags to Grout.

News from Session: September 15, 2016

- A family style Thanksgiving feast will be served in the church November 24, 2016.
- Family Advent Night will be Sunday, November 27, 2016
- Christmas Eve Worship service will begin at 7:30 p.m.
Christmas day is on Sunday. Watch for more details regarding this special Worship service.
- Weekly choir rehearsals have been rescheduled from Tuesday nights to Sunday afternoons following fellowship time.
- The Presbyterian Church of Laurelhurst will conclude its ministry Christmas Eve, 2016. Session approved a letter of prayerful appreciation and support for our friends at Laurelhurst.
- A special meeting of the Presbytery of the Cascades has been called for 1:00 p.m., September 29, 2016 at Westminster Presbyterian Church, Eugene, OR. The stated purpose of the meeting is to delay the full implementation of the current staffing plan for Cascades Presbytery.
- Session approved a tuition reduction request due to financial hardship. Reduced tuition will be \$89 per month for one student from September through December.
- Sample kits have been purchased to test for lead in the water at the church.
- Session approved installation of a new kitchen faucet donated by Laura Schaefer.
- Session has started planning Worship in the Woods for 2017. If you have opinions or suggestions, now is the time to make them known to members of Session.



Barb's Note-able News

At their first rehearsal following the summer hiatus, the choir voted to move rehearsals to Sundays following Fellowship. We've had two so far, and the time seems to be working for all. If you've thought about singing in the choir, but Tuesday nights didn't work for you, we'd love to have you join us on Sundays!

"Oh, how good God is!"

Frederic Chopin composed almost exclusively for one instrument, the piano. He himself was a prolific pianist, the beneficiary of instruction from very adequate teachers in Warsaw, especially Joseph Elsner, the director of the Warsaw Conservatory.

Chopin was raised in the Catholic faith by very religious parents. When he left home to travel throughout Europe to share his talent and find employment, he was led away from his faith by the notoriously low moral faction in Paris. Chopin scholar Matteo Glinski wrote, "An avalanche of new experiences eclipsed Chopin's memories of the atmosphere of his paternal home but, with maturity, his religious feeling once again became intense. We find God and Divine Providence mentioned more and more often in Chopin's letters."

Chopin died at the age of 39. His joyous comments on his deathbed about God's chastisement confirms a penitent soul: "But God errs not. He punishes me, and I bless Him therefore. Oh, how good is God to punish me here below! Oh, how good God is!"

Frederic Chopin: 1810-1849

Musically yours, Barb Votrobeck

October 2016 Calendar

Kenilworth Community Preschool
 Cricket Class: Tues and Thurs, 9:30-12:30
 Bear Class: Mon, Wed and Fri, 9:30-12:30

Saturday, Oct 1: Yoga, 11a
 Welsh Society, 11a-3p
 Sunday, Oct 2: Birthday Sunday
 Worship, 10:30a
 World Communion
 Peace and Global Witness Offering
 Choir Practice, 12:30p
 Tuesday, Oct 4: Tai Chi, 5:45p
 Prayer Circle, 6:15p
 Thursday, Oct 6: Parish Nurse, 9-11a
 Saturday, Oct 8: Yoga, 11a
 Creston-Kenilworth Neighborhood
 Clean Up, TBA
 Finnish Society, 11a-3p
 Sunday, Oct 9: Worship, 10:30a
 Choir Practice, 12:30p
 Monday, Oct 10: PW, 7p
 Tuesday, Oct 13: Tai Chi, 5:45p
 Prayer Circle, 6:15p
 Friday, Oct 14: PW volunteers at Rahab's
 Sisters, 6:30-10p
 Saturday, Oct 15: Yoga, 11a
 Sunday, Oct 16: Worship, 10:30a
 Choir Practice, 12:30p
 Girl Scouts, 3p
 Tuesday, Oct 18: Tai Chi, 5:45p
 Prayer Circle, 6:15p
 Wednesday, Oct 19: Daisy Scouts, 4p
 Thursday, Oct 20: Parish Nurse, 9-11a
 Session, 7p
 Friday, Oct 21, Girl Scouts, 3:30p
 Saturday, Oct 22: Yoga, 11a
 PWP Fall Gathering at McKenzie
 Valley
 Sunday, Oct 23: Worship, 10:30a
 Choir Practice, 12:30p
 Tuesday, Oct 25: Tai Chi, 5:45p
 Prayer Circle, 6:15p
 Thursday, Oct 27: Deadline for
 Nov newsletter
 Saturday, Oct 29: Yoga 11a
 KCP Harvest Dinner, 11a-2p
 Sunday, Oct 30: Worship, 10:30a
 Book Exchange
 Choir Practice, 12:30p



October Birthdays

October 19: Connor Starling
 October 22: Rick Votrobeck
 October 30: Sam Youngs

Looking ahead to November

Nov 8 and 22: Grocery Bags for Grout
 Nov 18-19: Presbytery Meeting, Calvin PC,
 Tigard
 Nov 24: Annual Thanksgiving Dinner
 Nov 27: Advent Family Night



Please save Box Tops for Education labels.
 These labels are found on many products we
 all use every day.

Give your labels to Jeanne Rivers. The labels
 will be used to help Grout Elementary buy
 playground equipment.

Enjoy a night out at Burgerville Tuesday October 4

5-8pm – Burgerville at SE 26th and Polk
 A portion of the night's proceeds supports
 our preschool program at KCP.



Join us.

Thank you for your support.

Contact Kenilworth at Work!
 503-575-8356 or rojewel@gmail.com

Deadline for the
 Nov 2016 K@W! is Thursday Oct 27
 Newsletter Editor: Rebecca Jewel
 Check out the new KPC website:

<http://kenilworthpc.com/>

Like us on Facebook

Parish Nurse Health Beat

October 2016

KEYS TO EMOTIONAL HEALTH

1. Handling stress and difficult times: share your feelings with trusted friends who are good listeners and nonjudgmental.
2. To calm yourself, use external means such as prayer, soft music, a walk in the park, exercise, read poetry or inspirational readings.
3. Look for constructive ways to alleviate your problem. If it is something that will not change or go away, find tools to deal with it.
4. Know when you need to seek the advice of a professional. Ask your primary care doctor for a referral if you know no other resource.

CHANGES COMING TO THE FOOT CARE CLINIC AT NORTHMINSTER

Starting in October we will be offering foot care every Wednesday with appointments starting at 8:30a.m. and concluding at 12:30p.m. Providing the services are licensed RNs certified to do professional foot care. The charge is \$33.00 with scholarships available for those not able to pay the full fee. Appointments are required so call Judy at 503-310-9534 to sign up. We also provide free blood pressure monitoring and discussion of health concerns. No appointment needed.

NEED EXCERCISE?

Tai Chi – every Tuesday at 5:45 pm at Kenilworth and every Wednesday at 2 p.m. for new comers and 8-form at 2:30 pm at Colonial Heights
Yoga – every Saturday at 11:00a.m. at Kenilworth

Motto for the Month: Two things to remember in life – “Take care of your thoughts when alone and take care of your words when you are with others.”

Parish Nurse Contacts: Judy Hubbard 503-310-9534 and Chris Hill 503-522-2685

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PEACE & GLOBAL WITNESS OFFERING: BLESSED ARE THE PEACEMAKERS

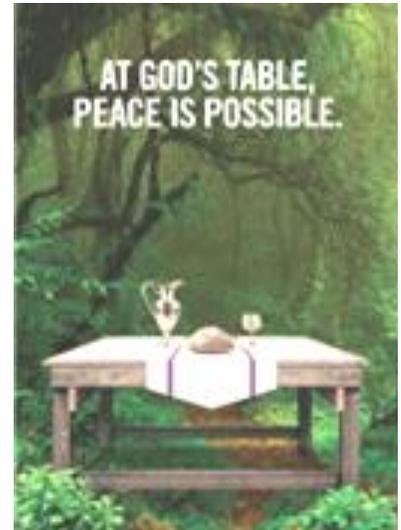
What you've known as the Peacemaking Offering has been transformed into the Peace & Global Witness Offering. This new Offering will have a greater global reach, more significant impact, and bring peace to people through Christ.

The Peace & Global Witness Offering is received during the Season of Peace, which ends on World Communion Sunday.

HOW IS MY GIFT USED?

A gift to the Peace & Global Witness Offering enables the church to promote the Peace of Christ by addressing systems of injustice across the world. 25% of the offering remains with the local congregation for use in understanding and engaging in peacemaking. 25% is shared with the Synod of the Pacific for ministries of peace and reconciliation. The remaining 50% is used by the Presbyterian Mission Agency to advocate for peace and justice in cultures of violence, including our own, through collaborative projects of education and Christian witness.

In all cultures of violence, God spreads a table of peace before us. Your support of the Peace & Global Witness Offering helps bring more people to that table. On World Communion Sunday, we are reminded that God's love can heal even our deepest divisions.



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

