

Kenilworth at Work!

July 2017



From the Pastor's Study

Marking Time

While preparing my sermon for June 25th, I checked as to what if any “national Days” were celebrated on that day of the year. There were three: National Leon Day, National Strawberry Parfait Day, and National Catfish Day. The internet provided some details. National Catfish Day was originally proclaimed in 1987 by President Reagan. His proclamation ends:

In Witness Whereof, I have hereunto set my hand this twenty-fifth day of June, in the year of our Lord nineteen hundred and eighty-seven, and of the Independence of the United States of America the two hundred and eleventh.

The fact that there is a National Catfish Day was not surprising, there are some 1,500 national days on our American calendar. What intrigued me was the way the signature was dated: In the year of our Lord and in the year of the independence of the USA.

Many of us grew up marking years as AD, which dates things from the birth of Jesus Christ. The Latin Anno Domini translates as “In the Year of Our Lord.” And BC meant “Before Christ.” Modern culture has moved to CE for Current Era, and BCE for Before Current Era, but it still hinges those eras around the birth of Christ. Interestingly enough, Jesus was born in 4 BCE.

This month, as we observe Independence Day, I invite us all to consider the circumstances of our nation’s birth, and of our “current era.” Are we moving forward? Or are we simply “Marking Time,” as in the military term for when marching soldiers move their legs without moving forward? And these same questions can be useful as we consider the current era of our city, and state, and yes, our church. What do you think?

In Witness Whereof, I have hereunto set my hand this twenty-fifth day of June, in the year of our Lord nineteen hundred and eighty-seven, and of the Independence of the United States of America the two hundred and forty first, and of the Christian ministry of Kenilworth Presbyterian Church the one hundred and ninth.

Peace,

Pastor David

Music and Art Camp: July 10-14 and July 16

Our sixth annual Music and Art Camp will be held beginning Monday, July 10 through Friday, July 14. Campers and families will be invited to share music and arts and crafts from the camp during worship on July 16, with a reception and open house to follow. The camp is open to children entering Kindergarten through completion of the third grade. The cost to students is \$75, which can be reduced based on need.



This year's camp is based on the theme of Peace, from the perspectives of Christianity, Judaism, Islam, Buddhism, and Native American religious and spiritual traditions. One hoped for product of the camp is a "Peace Pole." Peace poles often include the word for peace in many languages, and include objects which inspire the viewer toward thoughts of peace. When finished, it will be erected on church grounds in a place and manner that promotes prayer and meditation on peace.

Faculty includes returning members Myriam Gendron and Kari Kjome of the Community Music Center, and Carol Garner of our congregation. They will be joined by Andrea Lawhead, a parent from our Preschool, who brings skills in art and dance.

We will be seeking leadership and volunteers from our congregation for meal planning and preparation and planning and hosting the reception following worship on the 16th.

NEEDED FOR MUSIC & ART CAMP:

- **Old CD's for Music and Art Camp. Give to Carol Garner**
- **Helping hands: about 4 each day, sign up in Fireplace Room**
- **Bakers and cooks: homemade cookies, fruit crisp, brownies, watermelon**
- **Someone to host reception on Sunday July 16**

Sign Up Now

- **Fellowship Time Hosts, including Birthday Sundays**
- **Mowing the church grass**
- **Helping at Music and Art Camp**
- **Coming to the Pickles Game**
- **Camping at Tillamook**
- **Worshipping in the Woods**



This Bud's for You: A special Thank You to Bud Frimoth for sharing tiny rose buds from his garden on Sunday mornings.

Mark your calendars: August 11-13



The group camp site at Jones Creek Campground has been reserved for Kenilworth Church Friday, Saturday and Sunday, August 11, 12, and 13. There is room for anyone who wants to pitch their tent for any or all of those nights.

Cost: \$10/family/night. Check-in after 2 pm on Friday, August 11. There is an option to stay through Sunday night. You will need your own camping supplies, though sharing of cooking gear is encouraged. Please bring your own food for the weekend and don't forget a potluck dish to share after the Sunday worship.

The site is primitive: a pit toilet, no showers, no electricity, no cell service, and a long walk to the water spigot. Don't forget sunscreen and mosquito repellent.

Activities include swimming, hiking, horse shoes, games, cards, relaxing and the Tillamook Forest Visitor Center and Fire Tower nearby.

Worship in the park: August 13 Smith Homestead

We will be worshipping at the Smith Homestead, a day use area located in the Tillamook Forest along highway 6 at approximately milepost 22. It should take one hour to drive there from the church if there is no traffic and you follow all speed limits. Head west on Highway 26 until the turn off to Tillamook Highway 6. Follow that until you see the signs for Smith Homestead/Jones Creek Campground; turn right and immediately right again into the Homestead. There should be plenty of parking, including handicap parking.

The Homestead has long picnic tables with separate benches inside. The building has sliding walls and garage door type windows to open it up on three sides. There is a fireplace and a counter with electrical outlets, but no kitchen facilities or water in the building.

Worship at Smith Homestead
Begins around 10:30 am

Dress is camping casual.
Lunch will follow worship
We will start the BBQ grill so that it is ready by the end of worship.

You will need to bring:

- Folding chairs if you don't like sitting on benches
- Bathing suit and water shoes
- Towels
- Sunscreen, bug spray
- Hand sanitizer
- Beverages to drink
- A dish to share

We will provide:

- Burgers and Hot Dogs, including veggie
- Charcoal and lighter fluid
- Cooking utensils
- Paper plates and plastic ware
- Napkins
- A large container of ice water
- Drinking cups

Outside there is a large charcoal BBQ. Restrooms are near; they are pit toilets. Outside there are various reader boards telling the history of the homestead. There is a pleasant walking trail through the forest that leads to the meadow trail. All are short trails. The Wilson River is right there and is a favorite swimming hole. The access to the water is

rather steep. All swimmers should wear water shoes or tennis shoes as there are lots of rocks and a little sand. The best swimming hole for kids is at the end of the meadow trail. It has a sandier beach access and no drop off. Also lots of people don't know about it and therefore the use is minimal. The Tillamook Forestry Visitor's Center is 1/4 mile away and one could walk on the nice trail or drive there. It is a very informative and interactive center with exhibits about the history of the forest, its habitat, its uses and much more. The movie telling of the Tillamook burn is about 15 minutes and worth every minute.



Bus Service to Worship in the Woods

Please let us know if you would be interested in traveling to Worship in the Woods by van.

Presbyterian Women

First Annual Tea

The tea was a huge success. Everyone had a good time and we raised \$385 to help send women to the Churchwide Gathering in Louisville next summer. The speaker from Albertina Kerr shared information about their mission. Barb, Carol and Edith want to thank everyone who helped with the Tea:

- Kathy Morris for her Lemon Curd and Chicken Sandwiches
- Jon Jewel and Sharese Williams for setting up tables and tea sets
- Becky Jewel for her flamingos and Benedictine sandwiches
- Nancy Youngs for her Tea Pot and sweet treats
- Shirlee and Brian Ebert for cucumber sandwiches
- Dan Upchurch and Rick V. for set up and clean up
- Peggy Morgan for suggesting we use Jeanne Rivers' tea items for the raffle
- All who attended and brought a friend
- Anybody we may have forgotten

New officers

PW held election of officers at their Salad Supper on June 12. The following women will lead PW in 2017-18. Installation was held during worship on Sunday, June 25.

- Moderator: Rebecca Jewel
- Vice Moderator: Carol Garner
- Secretary: Allison Zimmerman
- Treasurer: Laura Schaefer
- Hospitality and Fund-Raising: Carol Garner
- Mission Interpretation: Sue Freda

RAHAB'S SISTERS: The next volunteer night for Rahab's Sisters is Friday, July 14. If you'd like to volunteer, please sign up in the Fireplace Room. We're also collecting new socks and underwear and small-sized hygiene products for the women at Rahab's Sisters. Please place your donations in the box in the narthex marked for Rahab's Sisters. Thank you.



BARB'S NOTE-ABLE NEWS



Are you a poet?
Have you ever thought about writing a poem set
to music?

I am a member of PAM: Presbyterian Association of Musicians. They are sponsoring a competition to write new lyrics to a hymn tune. Following is their description of the competition.

Hymn Text Competition 2017

Utech Hymnody Symposium & Festival Eastman School of Music The Organ, Sacred Music, and Historical Keyboards Department at the Eastman School of Music is pleased to announce a competition for a new hymn text. The winning text will be included in the program of our biennial Utech Hymnody Symposium and Festival, which will be held at the Eastman School of Music in Rochester, New York on November 17–18, 2017. This year's symposium and festival will feature guest lecturer, Paul Westermeyer, and guest organist, Bruce Neswick. We seek a text suitable for a hymnal category of "Gathering," "Beginning of Service," or "Morning Hymns." From the Genevan Psalter tradition we have chosen two tunes: Psalm 136 and Psalm 138 (the notated tunes may be found at: <https://www.esm.rochester.edu/organ/utech/>). We encourage poets to select one of the tunes and submit one text, though we will accept one text submission for each tune (no multiple text submissions for a single tune.) Texts must be submitted by July 15, 2017 and should be sent electronically to Jacob Taylor (jtayl28@u.rochester.edu) at the Eastman School of Music. Preliminary judging will take place at Eastman with selected texts, then submitted to the panel of judges: Emily Brink, Carl Daw, Sister Delores Dufner, and Martin Jean. The winning text will be announced by September 15, 2017. The winning text will be sung at an evening hymn festival played by Bruce Neswick on Friday, November 17, 2017 in Rochester.

The winning poet will receive an award in the amount of \$1,000 and travel support (up to \$500) to Rochester for the November symposium and festival. Eastman will arrange for subsequent performances of the winning hymn at several geographically and denominationally diverse churches in the U.S..

If you have a spiritual thought you'd like to express in music, write it down. I would be willing to help you fit it in the rhythm of the music and could travel with you to New York if you win.

Musically yours, Barb Votrobeck – KPC Director of Music

The Cake Goddess has retired: Mary Eastwood, AKA "The Cake Goddess" has baked the delicious cakes for our monthly Birthday Sunday for many years. The Eberts will be sharing a cake for the July Birthday Sunday in honor of their 60th wedding anniversary in June. If you would like to bring a cake or cupcakes on a future Birthday Sunday, please sign up on the Parish Life Bulletin Board. Thank you.

Important Dates in June 2017

Kenilworth Community Preschool

On summer break. Play dates are being held throughout the summer at KPC.

All-Church BBQ: July 30, noon to 5 pm
Birthday Sunday: July 2
Book Exchange: July 23
Burgerville: begins again in September
Choir Practice: begins again in August
Communion: July 2, 10:30a
Deadline for July Newsletter, July 28
Deliver Groceries for Grout: begins again in Sept
Finnish Society: July 8, 11a-3p
Music & Art Camp: July 10-14
Music & Art Camp Celebration: July 16
Parish Nurse: July 6 & 13, 9-11am
Prayer Circle: July 11, 18, & 25 @ 6:15p
Presbyterian Women: Will meet again in Sept
PUN Portland Pickles Game: July 19
Rahab's Sisters: July 14, 6:30-10p
Session: TBA
Tai Chi: July 11, 18, & 25 @ 5:45p
Welsh Society: July 1, 11a-3p
Worship: July 2, 9, 16, 23, & 30 @ 10:30a
Yoga: July 1, 8, 14, 22, & 28 @ 11a

Worship Leaders

Shirlee Ebert is now scheduling Sunday worship leaders.

Please consider saying "Yes" when asked to serve. Thank you.

Looking ahead to Summer:

- Obon Fest at Buddhist Temple, August 5
- Camping at Tillamook State Forest, August 11-13
- Worship in the Woods: August 13
- August 23: PUN Picnic at Colonial Hts, 6:15p

July Birthdays

July 11: John Seal
July 17: Alan Bonney
July 18: Eleanore Ramsey
July 26: Rebecca Jewel



Kenilworth Prayer Circle Tuesdays at 6:15 pm



The KPC Kenilworth Prayer Circle meets weekly on Tuesday evenings at 6:15 pm for intercessory prayer. The Prayer Circle is open to anyone who would like to pray for others.

You can request special prayers by calling the church office at 503.235.3977.



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.

Contact Kenilworth at Work!
503-575-8356 or rojewel@gmail.com
Deadline for the Aug 2017 K@W! is Friday July 28
Newsletter Editor: Rebecca Jewel
Check out the KPC website:
<http://kenilworthpc.com/>
Like us on Facebook

PARISH NURSE HEALTH BEAT

MEDICATION ALERTS

Dangers of Using Alcohol with Medications

- It has been common knowledge that long term and heavy use of Tylenol can cause liver damage and liver failure. New studies show that adding alcohol on a regular basis can hasten the damage to the liver. It is especially dangerous when taken within a couple of hours of alcohol consumption.
- Other medications that do not mix with alcohol are NSAIDS, such as Ibuprofen, blood thinners (Coumadin /Warfarin), anxiety meds and narcotics. Also the action of blood pressure medications can be intensified when used with alcohol.

(From Bottom Line Health 2017)

Alternative Treatments for Osteoarthritis: Consider using any of these modalities instead of or in conjunction with medications:

- Massage thru a licensed therapist
- Tai chi
- Aerobic and strength exercises
- Yoga
- Acupuncture

Parish Nurse Contact: Judy Hubbard 503-310-9534

Exercise Options at KPC

TAI CHI @ KPC

Tuesdays: 5:45 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

Grocery Bags for Grout Is on Summer Vacation However.....

Don't stop bringing food for hungry people to church. During the summer months, we will take all donated food items to SnowCap. The box for your donations is located in the narthex.

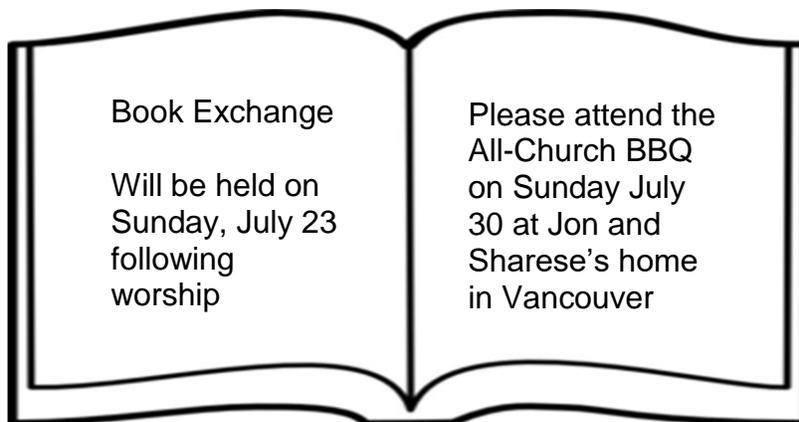


Portland Pickles



The July PUN event will be a night out with the Pickles baseball team on Wed. July 19 at 7pm. PUN is providing a reduced ticket to the game at \$5.00. The game will be at Walker Stadium in Lents Park. We have a reserved area along the third base line with a canopy. Seats here will be easier to access than the ones in the stadium.

Food is available for purchase at the concession stand at the game. Tickets are available from Pastor David.



You are Invited to an All-Church Backyard Barbecue

at Jon and Sharese's Clubhouse
5010 NE 51th Street
Vancouver WA

Following worship on Sunday, July 30
We will car-pool and caravan to Vancouver



Jon and Sharese will provide

- hot dogs and hamburgers
- flavored waters and a few sodas.
- Dinnerware, napkins and cups
- A hot grill
- Ice

Please bring

- a camp chair
- a dish to share
- an item for the grill if you do not want a hot dog or hamburger
- and other beverages desired

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PUN PICNIC AT KPC



We will be hosting the PUN churches at Kenilworth.
Food and beverages are provided by the host church.
Please come early to help move tables and chairs to the parking lot.

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

