



Kenilworth at Work!

February 2018



From the Pastor's Study

It seems to me like we have an early Easter this year. April 1- No fooling!

I know that Ash Wednesday, the first day of Lent, happens forty days before Easter, not counting Sundays. So when is Easter? The answer lies deep in the ecclesiastical weeds. I would only recommend further study on that topic to folks with an unusual craving for mental gymnastics. Delve into this, at Wikipedia, for example, and you will read of paschal moons, ecclesiastical new moons, the 19 year metonic lunar cycle, Nisan 14, and my personal favorites: synodic months and the moment of astronomical opposition.

The bottom line? On the Western calendar, Easter falls as early as March 22 and as late as April 25. Which brings us, looking forward, back to Lent.

We will mark our foreheads on Ash Wednesday as we mark the beginning of a season of humility and reflection. In the following weeks we will gather on Thursday evenings for a meal and a time of study. Our Session has endorsed a series of conversations on the topic of faith and science. Against the backdrop of the book "Finding God in the Waves: How I Lost My Faith and Found It Again Through Science" by Mike McHargue, we will consider our own questions and answers about the interplay of faith and science.

The schedule of dates and topics is:

- Feb. 22: Creation
- March 1: Bible
- March 8: Jesus Christ
- March 15: Miracles
- March 22: Church

Copies of McHargue's book are available for loan at the church. Hard copies, e-copies and audio book copies are available from the Library. I request any who feel a particular interest in these topics to lead one or more of the conversations. The book has some great conversation starters on all of them.

Peace, Pastor David

Packing Hygiene Kits for Presbyterian Disaster Assistance

Sunday, February 11 following worship



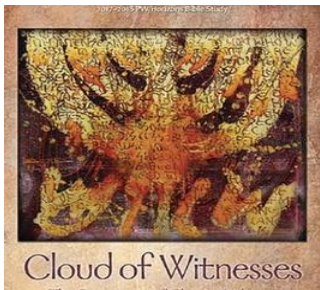
When disaster strikes, PDA is there to lend a helping hand. One of the things that they do is pass out hygiene kits to people who have lost their homes to floods, hurricanes, tornadoes, fires or other catastrophes.

Presbyterian Women packed 30 kits for PDA at their January meeting. They have funds left to make another 65 kits.

Join PW in packing the hygiene kits on Sunday, February 11 during Fellowship Time. All the supplies and instructions will be provided.

Hygiene kits contain a wash cloth and hand towel, a toothbrush, hair comb, nail clippers, a bar of soap and 10 band aids packed in a zippered bag.

Presbyterian Women Meets Monday, February 12, 7 pm



We will be studying Lesson Six: In Community with the Reality of the Present. In this lesson we will consider the present – both the beautiful and the tragic. Suffering and joy were aspects of Jesus' life and ministry, because he participated fully in the human condition. Suffering and joy were constants in the experience of the Hebrew community to which our letter was addressed, too, and suffering and joy continue to be present in our lives. Bible Study leader: Eleanore Ramsey

We will be finalizing plans for the Gifts of Women Sunday Worship on March 11.

Ash Wednesday Service: February 14, 7:30 pm



Lent begins with Ash Wednesday as a day of mourning for our sin and the sin of all humanity before God, a recognition of our mortality save for the grace of God and a request that the Lord remember our creation and breathe new life into our burned-out, dusty lives once more. Though we are dust, we

are baptized dust, and that makes all the difference. Come, get your dust revitalized.

Lenten Dinners and Programs: The events are open to all, and include a meal. We will gather at 6:15pm and begin eating at 6:30pm. The programs will commence around 7:00pm and conclude at 8pm or soon thereafter. There is no charge, however donations are welcomed. Please invite friends and family. Please see "From the Pastors Study" on page one for more information.

The dinners will be hosted by church families. Please volunteer to help at one of the Lenten Dinners.

Coffee Fellowship Hosts

Please sign up to host our coffee fellowship following worship. The sign-up sheet is located on the Parish Life Bulletin Board. The first Sunday of each month is Birthday Sunday, so a birthday cake would be appropriate for that day.

Church elves will make the beverages and help set up the Fireplace Room. All the host is responsible for is the food. Although healthy food is recommended, occasional sinfully rich pastries and other goodies are secretly desired and appreciated by everyone.



KPC Group Camping and Worship in the Woods Champoeg State Park: Aug 10-12, 2018

News from Session January 18, 2018

- Session approved the proposed budget for 2018 pending the congregation's decision for the Pastor's compensation.
- Preschool Teacher's evaluation and salary negotiations for the 2018-2019 school term will begin in February.
- 2018 Budget includes a 2% salary increase for the balance of the KPC staff.
- Gifts of Women Sunday will be celebrated March 11, 2018.
- Lenten dinner series will focus on Finding God in the Waves: How I Lost My Faith and Found it Again Through Science by Mike McHargue.
- Session reviewed and approved the 2018 application to renew our designation as an Earth Care Congregation.
- During fellowship time Sunday February 11, the congregation will be invited to assist packing more disaster relief packets for Presbyterian Disaster Assistance.
- Groceries-4-Grout will be delivered Friday, February 16.
- Session approved Preschool Parent Board recommendation raising 2018-2019 tuition to \$115/ Month for Crickets and \$170/month for Bears.
- A new motion sensing light switch has been installed for the ladies restroom that will automatically turn the lights off after 15 minutes.
- Session reviewed, amended, and approved a new KPC Policy for Child, Youth and Vulnerable Adult Abuse Prevention.
- New orders for KPC T-shirts, sweatshirts and golf shirts in a variety of colors will be collected for the next four weeks. Maximum prices are posted with the sign-up sheet, but would be reduced if the total order exceeds 35 shirts.

From Eve and Willa: Thank you to those who bought some of our Grandma's hand-made dish cloths to support the Heifer Project. We raised \$66.00 and were able to donate a flock of chicks and a share of a "knitters basket" (alpaca, llama, sheep and Angora rabbit). Thank you so much.



Groceries for Grout: We will be providing seven bags of groceries for food insecure families at Grout Elementary on Friday, February 16 for the Presidents' Day school holiday.

We provide a large bag of food for seven Grout Elementary families for ten school holidays or long weekends during the school year. Your donations do make a difference for these Grout families. Please help ensure all families receive the same food by donating items in groups of seven if at all possible. Some non-perishable foods can be included in the bags such as fresh vegetables, fresh fruit, cheeses or processed meats. Please leave these items in the church refrigerator. Thank you.



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

Earth Care News

Our congregation is an Earth Care Congregation (ECC) because of our efforts to conserve energy, recycle and educate ourselves about the preservation of God's creation and His people. The requirements of the certification fall into four categories: worship, education, facilities and outreach. Again this year we have applied to renew this certification. We remind everyone to be cognizant of their environment both here at the church and in the community.

Environmental tip of the month:

Dial it down - lowering your thermostat two degrees in winter and raising it two degrees in summer could save 2000 pounds of carbon dioxide per year.

Let's all wear a sweater this winter! Or better still, a KPC sweatshirt. Sign up to order a sweatshirt with our church logo. This will keep you warm.



KPC shirts are on sale for a limited time Order your KPC logo shirts now!

- Choose your color: many colors are available such as red, teal, purple, pink, chartreuse, to name a few
- Choose your size:
- Choose your style: T-shirt (\$7-10), Hoody sweatshirt (\$16-19, Crew collar sweatshirt (\$13-16), Zippered Sweatshirt (\$19-22) or Golf shirt (\$14). Prices depend upon total sales.

Sign up sheets are in the Fireplace Room or call the church at 503-235-3977



News from the Preschool:

- Check out the new signs for Kenilworth Community Preschool that were installed at the January work party.
- In class we are talking about winter and the weather. Both classes are planning un-birthday parties, creating games and activities. The parties will be held the beginning of February.
- If you are purchasing items on Amazon, please use Amazon Smile and designate Kenilworth Presbyterian Church as the benefactor. We receive a small portion of sales made through Amazon Smile. To link up your account, log into Amazon, search for Amazon Smile and then search for Kenilworth Presbyterian Church.
- The auction is coming! If you have items that you would like to donate to the Preschool fund raiser, please see Laura Schaefer
- The Kenilworth Community Preschool Open House is coming up on February 10th. Tell your friends with preschool aged children to visit our wonderful preschool.

Contact Kenilworth at Work!
503-575-8356 or rojewel@gmail.com
Deadline for the Mar. 2018 K@W! is Friday Feb. 23
Newsletter Editor: Rebecca Jewel
Check out the KPC website:
<http://kenilworthpc.com/>
Like us on Facebook



Exercise Options at KPC

TAI CHI @ KPC

Tuesdays: 5:45 pm
8 forms
For balance

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

Important Dates in Feb 2018

Kenilworth Community Preschool

Cricket Class: Tues & Thurs, 9:30am-12:30pm
 Bear Class: Mon, Wed & Fri, 9:30am-12:30pm
 No class: Feb 19

Ash Wed Service: Feb 14 @ 7:30p
 Birthday Sunday: Feb 4
 Brownies: Feb 13 & 27 @ 6p
 Choir Practice: Feb 4, 11, 18 & 25 @ 12:30p
 & 30 minutes before each service
 Communion: Feb 4, 10:30a
 Congregational Meeting: Feb 4, following worship
 Deadline for March Newsletter, Feb 23
 Deliver Groceries for Grout: Feb 16
 GS Cadettes: Feb 18 @ 3:30-5p
 Girl Scouts: Feb 11, 2-4p
 KCP Open House: Feb 10 @ 10a
 Lenten Dinner and Program: Feb 22 @ 6:15p
 Packing Hygiene Kits: Feb 11 @ 11:30a
 Parish Nurse: Feb 1, 9-11a
 Prayer Circle: Feb 6, 13, 20 & 27 @ 6:15p
 Presbyterian Women: Feb 12 @ 7p
 Preschool Open House: Feb 10, 10a-2p
 Session: **None in Feb**
 Tai Chi: Feb 6, 13, 20 & 27 @ 5:45p
 Welsh Society: Feb 3, 11a-3p
 Worship: Feb 4, 11, 18 & 25 @ 10:30a
 Yoga: Feb 3, 10, 17 & 23 @ 11a

Worship Leaders

Shirlee Ebert is scheduling Sunday
 worship leaders.

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

Looking ahead to March:

- Session: March 4 @ 1:30 pm
- Gifts of Women Sunday: March 11
- Groceries for Grout: March 23
- Lenten Dinners: March 1, 8, 15, 22
- Palm Sunday: March 25
- Maundy Thurs Service: March 29

February Birthdays

February 6: Dick Ebert
 February 8: Jim Crowel
 February 18: Alyssa Rivers



**Please keep the
 people of Bayji,
 Iraq in your
 prayers**

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.



**New Towels
 and
 Washcloths
 are needed
 at SnowCap**



Please donate new towels
 and washcloths to SnowCap
 this month.

Leave these donations in the box marked
 for SnowCap in the Narthex.

PARISH NURSE HEALTH BEAT

February 2018

Heart-healthy diet: 8 steps to prevent heart disease

From the Mayo Clinic: www.mayoclinic.org

Ready to start your heart-healthy diet? Here are eight tips to get you started.

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

1. **Control your portion size.** Use a small plate or bowl to help control your portions.
2. **Eat more vegetables and fruits,** good sources of vitamins and minerals, low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease.
3. **Select whole grains,** good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain farro, quinoa or barley.
4. **Limit unhealthy fats;** like saturated and trans fats, to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.
5. **Choose low-fat protein sources,** such as lean meat, poultry and fish, low-fat dairy products, and eggs. Legumes — beans, peas and lentils — also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat.
6. **Reduce the sodium in your food.** Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease.
7. **Plan ahead:** Create daily menus. You know what foods to feature in your heart-healthy diet and which ones to limit. Now it's time to put your plans into action.
8. **Allow yourself an occasional treat every now and then.** A candy bar or handful of potato chips won't derail your heart-healthy diet. What's important is that you eat healthy foods most of the time.

Faith Community Nurse Contact: Judy Hubbard 503-310-9534

Annual congregational meeting following worship:

February 4 in the Fireplace Room



Three tasty soups will be served: Ham and Bean, Vegan Vegetarian and Turkey Rice. Please bring a salad, dessert, bread or other food item to share.

Agenda for meeting will include a review of the annual report for 2017, the 2018 budget approved by session, the pastor's compensation, the necrology report and any other business.

All are invited to attend.

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

