

Kenilworth @ Work!

November 2023



Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10

Talk Story at KPC 8th installment

In Hawaii, 'talk story' is pidgin for talking with old friends, passing time by chit-chatting, or rekindling old times. Laura hopes this and future installments will rekindle old times.

Rick and I are participating in a Transitions Workshop led by Partners for Sacred Places and sponsored by Cascade Presbytery. It's a fast-paced program that hopes to help use asset-based community engagement to become effective stewards of their historic/older properties. A few weeks ago we were asked to draft an elevator pitch about Kenilworth.

An elevator pitch is a brief (think 30 seconds!) way of introducing yourself, getting across a key point or two, and making a connection with someone. It's called an elevator pitch because it takes roughly the amount of time you'd spend riding an elevator with someone. Our east-coast instructor allowed two minutes for ours (remember, they have taller buildings in the east).

What would your pitch say about Kenilworth? What would you change in this draft?



Our church may well be called the **Community Church**. It began in 1896 as a Sabbath School when the fields and forests of inner-southeast Portland were just being platted and only two bridges spanned the Willamette from downtown. Twelve years later it became a formal congregation of what is now the PC (USA). Over a century later it serves its community with weekly worship, prayer & music, a preschool, community gardens, a food pantry, group meeting space, earth care recycling, neighborhood events and more. Kenilworth PC continues today helping the community find strength for today and bright hope for tomorrow.

My stopwatch says just under one minute for this pitch. Again, what would you say? In **Scouting** for Boys, Baden-Powell wrote that to **Be Prepared** means "you are always in a state of readiness in mind and body to do your duty." Are you prepared to quickly tell the story of Kenilworth Presbyterian Church?
Laura Schaefer

Each year faithful givers demonstrate their thankfulness to God through giving to the Thank Offering of Presbyterian Women. This program began in 1888 when Eliza Closey of Springfield, Ohio, urged each woman to give one dollar over and above her usual contribution to the Women's General Missionary Society of the United Presbyterian Church of North America. More than a century later, we continue to show our thankfulness for God's blessings, by supporting the Thank Offering. This year 28 grants were reviewed and six selected to receive grants totaling more than \$221,000. Six of the programs serve people in the United States while one international project will fund a new health center in Zambia.



One of the projects that was a finalist in the grant selection was a grant written for Sisters of the Road in Portland, Oregon.

Please contribute to this worthy program. There are blue Thank Offering envelopes in the Narthex. You can add your donation to your weekly offering or use the Give Now button on the church website. Please indicate that the contribution is for the Thank Offering. The offering will be received during the month of November.
Rebecca Jewel



Kenilworth
Community Preschool

Kenilworth Community Preschool Wreath Sale

Orders due November 6. Pick up on November 20.

Be Merry Centerpiece \$25



7" diameter, 9" height, noble fir, western red cedar, Oregon juniper, natural and white lodge-pole cones, faux red holly berries, and a cheerful galvanized container

Yuletide Cheer Swag \$30



28" long, incense cedar, blue-berried juniper, a spray of red berries & lodgepole cones in swag.

Merry Berry Wreath \$45



26" diameter, noble fir, Oregon juniper & green boxwood wreath decorated with faux berry sprays.

To order line, please follow this link:

<https://docs.google.com/forms/d/e/1FAIpQLSeVvRnHUyv02rJcJ3G8eqDuVsnv1PCBBQkTCpogqgI6VMStLg/viewform>

KCP Dine Out Day at Atlas Pizza on Division, November 15 from 4 - 10 pm



A portion of sales will be donated to the preschool on November 15. Dine Out Days are a great way to support the preschool and our local businesses, while enjoying some delicious food.

CALLING ALL COATS!!

The Shepherd's Door is a subsidiary of Portland Rescue Mission where women and women with their children find healing through addiction recovery, vocational training, spiritual encouragement, and transitional support in a safe, retreat-like setting for one year. Kenilworth's Presbyterian Women's Tea this summer raised money to support Shepherd's Door after hearing from their director and one of the women who successfully made it through their program and now works there.



It was decided at the Presbyterian Women's October 21st meeting to sponsor a coat drive for the women and children of Shepherd's Door. Coats may be new or used and in good condition. We are asking that you contribute to this drive in any way you can. It's that time of year when we clean out our closets and share what we no longer need or wear. Maybe you have neighbors or relatives who have coats to share.

We will collect at the church throughout the month of November and deliver to Shepherd's Door the first week of December. Please open your coat closets and your hearts. Barbara Votrobeck



Groceries 4 Grout



Our new schedule went well (1:30-2:30 every Friday located at Kenilworth PC, except the 1st Friday of the month when it will be at Grout Elementary) in October. With the teachers beginning to strike on November 1, **the first Friday, November 3, we will stay at Kenilworth PC.** Remember that set-up doesn't begin until 12:30, and we want to wisely use your time. We will send an invitation to the Grout staff as a reminder that G4G is available to them as well.

People served

- 1,048 people from 325 households
- 36 Wednesday deliveries
- 11,733 # total groceries received**
- 9,147 # Oregon Food Bank
- 1,927 # Imperfect Foods
- 460 # New Seasons - Woodstock
- 0 # Target - Galleria
- 99 # Other Donations

Volunteers

- 283 Hours
- 29 People



We welcome our new volunteers Vickie, Rose & Eden. And a call out for those volunteers who work behind-the-scenes and may not have rubbed elbows with you: Sacha, Ardy, Edith, Bill, Becky, Alan and Ally. We miss the gleanings with the closure of the Galleria Target and hope to soon get a replacement.

15 Sustainable Tips for a Green Thanksgiving



Home-cooked meals and family traditions, rooting for your favorite football team, connecting with your loved ones and that cozy feeling of holiday cheer - There are many reasons why Thanksgiving is one of America's most beloved holidays. While we're busy getting in the holiday spirit, we may forget to think about the environmental and social impacts of our celebrations. Consider these sustainable tips for making a memorable green Thanksgiving.

1. Buy local in-season produce.
2. Include more plant-based dishes.
3. Communicate who's bringing what.
4. Don't eat with your eyes.
5. Skip the paper plates and napkins.
6. Enjoy the feast outside, weather permitting.
7. Store leftovers in reusable containers.
8. Compost food scraps.
9. Donate to your local food bank.
10. Recognize the true history of Thanksgiving.
11. Skip Black Friday shopping.
12. Use public transit or carpool to family events.
13. Turn down the thermostat.
14. Set a timer for holiday lighting.
15. Decorate with natural materials.

Thanks to Sarah Long for these sustainable tips for a green Thanksgiving.

<https://greenbusinessbureau.com/green-practices/15-sustainable-tips-for-a-green-thanksgiving/>



Advent begins Sunday, November 26. During the week before, we want to *Deck the Halls* and entry at KPC. Most will happen the morning of Saturday, November 25, between 9 & 12 noon. If Thanksgiving travel plans prevent you from joining that work party, you're welcome to make other arrangements with Laura.

O come, O come, Immanuel, and ransom captive Israel that mourns in lonely exile here until the Son of God appear. Rejoice! Rejoice! Immanuel shall come to you, O Israel.



Kenilworth Community Preschool

Preschool is in full swing and we have been loving the fall weather! Walks to the park to observe trees and gather natural loose parts has been a favorite on sunny days. Rainy days are just as much fun as kiddos build dams and create pools in the play yard. Years ago

when the church designed the play yard, a dry well was put in to catch rain water from the gutters. This creates little vanishing streams that make rainy day water play the best!

A big thank you to folks who supported our pie fundraiser and to those who dined out with us at Burgerville! Our next dine out is at Atlas Pizza on Division, November 15th, from 4-10pm.

There is still time for wreath orders too! To order on line, please follow this link:

<https://docs.google.com/forms/d/e/1FAIpQLSeVvRnHUyv02rJcJ3G8eqDuVsnv1PCBBQkTCPoggg16VMStLg/viewform>

Orders are due November 6th! Items will be available for pick up on November 20th.

There are so many things to look forward to in November! We will be having our Stone Soup celebration with children chopping and preparing veggies. In class we will read stories from around the world of this beautiful community tradition. We will also have our fall festival. This is a chance for both classes to come together and celebrate our larger community. I will also host conferences this month where parents and I can discuss their child's individual strengths and needs.

Happy Fall To All! Kindly, Allisen Hein



"If you wish to make an apple pie truly from scratch, you must first invent the universe."
—Carl Sagan

NOVEMBER
BIRTHDAYS

Floyd Gregg	5
David Jewel	10
Daniel Upchurch	13
Paul Youngs	18
Judy Gregg	20
Stefan Youngs	27

"Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not a coincidence."
—Erma Bombeck



Kenilworth Presbyterian Women - Saturday, November 18

Meeting 9:30 am Bible Study 10:30 am in person or via Zoom

Sacred Encounters: The Power and Presence of Jesus Christ in Luke-Acts



Wy'East Shelter Meals Members of the group continue to make meals for the veterans served at the Wy'East Shelter. The shelter provides “access to laundry, showers, secure storage for belongings, and a consistent bed each night. Daily homemade meals foster meaningful connections between participants and staff, who stand as guides throughout the housing process, building relationships and promoting a strong sense of community within the shelter.”

Coat Drive for Shepherd's Door The group will hold a new and used coat drive during the month of November. The preschool and the neighborhood association will be invited to participate. Coats will be collected through November and delivered to Shepherd's Door the first week of December.

Christmas Stockings for Veterans at Ft. Kennedy Volunteers are invited to help stuff over 500 stockings that will be given to veterans for Christmas. Ft. Kennedy is the intake center for all veteran support in the Portland area. It is located on Johnson Creek in the industrial area. Dates for stuffing will be after Thanksgiving. Please let Nancy know if you are interested in participating. (See below for more information about Ft. Kennedy.)

Bible Study The study continues with lesson three, “A Bleeding Woman Encounters Christ.” The main idea is how “Jesus calls us out of the shadows and claims us as his own.” Laura Schaefer will lead lesson three. Here's a link to bonus comments about lesson three from Rev. Dr. Olive Mahabir, author of the Bible study: <https://www.presbyterianwomen.org/2023/10/16/sacred-encounters-lesson-three/>

From the staff of Fort Kennedy: We are a non-profit opened nine years ago by Retired First Sergeant Tina Kennedy to help homeless and low-income veterans. Tina spent 22 years in the military traveling the world and after retiring and returning home, she recognized how many of our veterans are experiencing homelessness.

Fort Kennedy is open Monday through Friday, six hours a day, to serve veterans needing assistance in navigating the system to obtain housing, health care, counseling, and living independently. Veterans can also come to the Center for a hot shower, clothing, food, haircut, attorney, and conversation with other veterans.

Fort Kennedy is non-profit and relies on many fundraisers throughout the year to support the Center and is staffed with a limited few paid employees and many volunteers. Other organizations are scheduled to come in to see clients at Fort Kennedy to discuss qualifications for housing, job sources, peer support, and often pickup supplies for their clients.

Thanksgiving and Christmas are a busy time, assembling food boxes for low-income housed veterans and their families, and taking orders for Christmas gifts that each may have on their wish list, stuffing approximately 500 holiday stockings with hygiene items, socks, stocking cap with scarf, candy, and other items that we may have donated. Caseworkers from outside organizations forward a list of their clients indicating the client's needs along with their names, addresses, and phone numbers for delivery. Drivers for deliveries are always needed the days leading up to Thanksgiving.

Two Saturdays in early December are scheduled for Christmas stocking stuffing and gift wrapping. It can be chaotic, but is always a fun sharing event, working together to ensure our veterans and their families can enjoy Christmas. If you would like to receive more information or get involved, please email us at fortkennedy@gmail.com or call 503-765-2661. Thank you again for all your support.



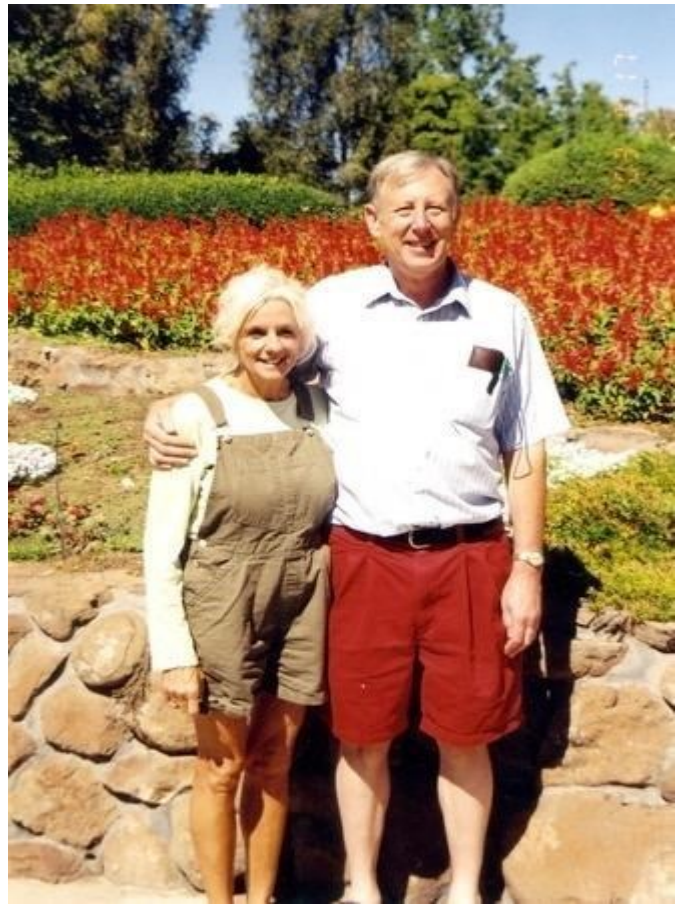


In Memoriam: Rev. James P. Freda, Jr.
Aug. 16, 1945 - Sept. 14, 2023

Jim, or Skippy, as most of us called him, was born in Long Beach, Calif., the oldest of the four children of James Freda Sr., and Gloria (Goldhammer) Freda. He graduated from Occidental College in Los Angeles in 1967 and San Francisco Theological Seminary, San Anselmo, Calif., in 1970. He served in churches in Grants Pass, Rancho Santa Fe, Calif., Lebanon and at Kenilworth Presbyterian Church in Portland.

Jim was a person who lived a life of integrity. What you saw was what you got. He cared deeply about every member of his family. He was heartbroken at the death of his wife Susan and mourned her until the day he died. Jim was quirky, loving, outgoing and kind. He took every opportunity to welcome people into his life. He was passionate about ancestry, religion, the Civil War, the environment, wild animals, and he played a mean guitar. He will be greatly missed.

Jim was preceded in death by his wife, Susan (Buchanan) Freda and cousin, Walter. He is survived by his son, John Hong Freda; John's mother, Bev (Day); sisters, Nancy and Joanne; brothers, Mike and Bill; grandchildren, Edmund and Ashley; and five cousins. A Celebration of Life was held at Kenilworth on October 15.



**BARB'S
NOTE-ABLE
NOTES**



If you attended Jim Freda's Celebration of Life, you might have thought, "What a lot of music; especially from the pianist." Well, Jim loved music. As his sister thought back on and listened to the music which she and Jim grew up with in church, she shared them with us and requested they be included in the service.

Then there is the style of the arrangements. Whenever I played a prelude or postlude in the style of jazz or Dixieland, Jim would always come up after worship and express his joy at hearing them. I only wish we'd had a list of his favorites.

A few years ago we had a Lenten study on death and we talked about planning our own funeral or celebration of life. Have you ever stopped to think about what music you would like sung or played at your celebration of life? If not, now is a good time to take note of such music.

Make a list of the hymns you want sung by the congregation, soloist or choir. If you heard a particular piano arrangement of a favorite hymn, write it down. Do you have a favorite poem you would like read? Part of celebrating your life is sharing what touches your heart. After you have made your list, share it with someone who will be in charge of making sure your wishes are acknowledged.

In the meantime, praise God for each day you are alive!

Musically yours,
Barbara Votrobeck



Do you crochet, knit or sew?

Our clients would love a new washcloth, potholder or dish scrubby made with love this holiday season -especially seniors! If you have items to share, please bring them by and we will give them to folks in need.



SnowCap Community Charities
17805 SE Stark St in Portland
503-674-8785 or info@snowcap.org
www.snowcap.org

Kenilworth Prayer Circle Mondays 4:00 PM via Zoom

If you have prayer requests, please email, text or call Barbara Votrobeck. I will share the request with all who want to be part of the Prayer Circle via email. Barb



And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep praying for all the Lord's people. Ephesians 6:18

Dumpster Day at KPC Was a Huge Success

On Saturday, October 14, four very large dumpsters graced KPC's parking lot and SE 34th Avenue and cars, trucks and wheelbarrows lined up to toss their rubbish into one of the bins. There were vacuum cleaners, baby changing tables, rugs, canopies, mattresses, chairs, Styrofoam and a myriad of other items tossed into the bins. By the end of the day, all four dumpsters were full.



Volunteers watched carefully for items that could be put into metal recycling, or a donation to Community Warehouse or other charitable organizations.

A special thank you to Karl, who was proficient in organizing the trash so we could fit more trash into each dumpster. At the same time, SOLVE volunteers canvassed the neighborhood with grabbers and bags, picking up more than 15 bags of litter.



"First thing in the morning you look after yourself, you brush your teeth and wash your face, don't you? Well, the second thing you must do is to look after the planet."

Antoine De Saint-Exupery

<https://www.goodhousekeeping.com/holidays/a39454203/earth-day-quotes/>

Living a Life of Gratitude

"I know that there is nothing better for them than to rejoice and to do good in one's lifetime." Ecclesiastes 3:12 (NASB)

Are we truly aware of just how much there is for us to be thankful and joyful about? God is everywhere. God created the Earth and God's handiwork can be seen everywhere: in the air we breathe, the grass we run through at play, the mountains we scale and marvel over and the million other awe-inspiring miracles across the globe.



It's so easy to get caught up in the daily grind that you can't see the forest for the trees. It's too easy to go through life only concerned about what you're doing five minutes, an hour or a day from now without taking a moment to revel in all that the Lord has placed before us. To give thanks for the graces that God has bestowed upon everyone that is willing to accept them.

The Lord commands us to rejoice and to spread that joy like a light over our family, friends and the people whose lives we touch in our lifetime. We aren't supposed to hoard our gifts and good fortune. We are supposed to give freely of our time, wealth, faith and happiness. In other words, we are to give of ourselves wholeheartedly.

Faith step: Read Psalm 118 and rejoice in the life the Lord has given you. Are you using that life to help yourself and others? If not, there's no time like the present! Lisa Watson

<https://guideposts.org/daily-devotions/devotions-for-inspiration/living-a-life-of-gratitude/>

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