

# Kenilworth @ Work!

## September 2024

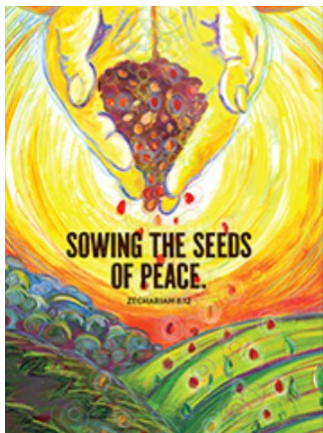


*Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10*

### A Season of Peace

### SOWING THE SEEDS OF PEACE

#### Peace & Global Witness Offering: September 8 - October 6



Through our gifts to the Peace & Global Witness Offering, Kenilworth is joining with others to make a greater impact in our world. A gift to this Offering enables the church to promote the Peace of Christ by addressing systems of conflict and injustice across the world, as well as right here at home.

- 25% stays with KPC to support peacemaking and reconciliation in our community.
- 25% goes to the Presbytery to join with other congregations to support peacemaking work in our region.
- 50% of this Offering supports the work being done by Presbyterians across the globe.

Peace begins with each of us.

WHEN WE ALL DO A LITTLE, IT ADDS UP TO A LOT!

### Notes from Tim Winslea

#### What exactly does the Presbyterian Urban Network (PUN) parish nurse do?



That is a question that I sometimes get asked by others and one that I frequently ask myself! The truth is that this work is so varied and variable that definitions are somewhat illusive. Some things I might do even if I did not have this position but even those things take on a different weight and responsibility since I am working for this consortium of congregations that supports and directs my work. What I can say, to those who ask, is what I have done *this* week but different weeks, different months, different seasons bring different tasks.

This week started out with a complicated case of an 82-year-old man with Covid. Unfortunately, he is from the East Coast and although he can still travel by himself he becomes muddled when things don't go according to plan - like contracting Covid the day before he was supposed to fly home. When I was brought into the situation I started a text stream between him, his two daughters, and myself.

The daughters changed his plane ticket and secured him housing. I moved him to the hotel, brought him food and attended his doctor's appointment with him. This, however, turned out to be the easy work. Besides filling the Paxlovid order all his other standard medications needed new prescriptions as well since he had only brought enough for his intended stay. Multiple phone calls, emails, faxes and trips to the pharmacy ensued before he had what he needed. In the midst of this I was asked to help with someone who was having unexpected tachycardia - which entailed more phone calls, visits, and another trip to the doctor.

Between running around addressing these needs there were two meetings concerning a men's retreat I am leading at one of the PUN churches, some consultations made for parishioners at another church, a sermon to complete for yet another congregation and, of course, my own weekly PUN prayer service to produce. Was this an especially busy week? Yes...but every week has its twists and turns.



Yesterday evening I looked at my calendar for today and realized that I had nothing on until noon. Great, I could finally get some work done for my university job... but... then I remembered my ordination vows. Back in 1994, when I became an officer of this denomination, the very first promise I made was “To pray with and for my congregation...”

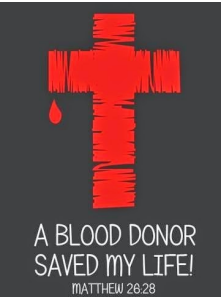

Being a parish nurse is more than just being a case manager, a health educator, and one who preaches about how the physical realities of our bodies and the spiritual health of our souls are intertwined. It is also about trusting that God is intimately concerned and connected with the journeys we are each on.

Early this morning I slipped into a lengthy prayer service at Holy Trinity Greek Orthodox Church. Unlike ours, Orthodox liturgy is cyclical. This means that they do not have just one opportunity to lift up the prayers of the people - but many. Over and over and over again I lifted prayer for the safe return trip of the man from Baltimore, answers for the women with unexpected cardiac distress, engagement from the group of men I would soon lead on retreat, attentiveness from the congregation I would preach to on Sunday and patience from the faithful group who attend my weekly prayer service. I also prayed for a dozen other individuals from the PUN churches who health journeys I am privileged to be aware of.

The health ministry of PUN is unique and diverse. It is physical and educational and always fundamentally spiritual. At times, it can even be overwhelming. Thankfully, though, whether busy or quiet the ministry of PUN is held tenderly and passionately by the prayers of many. And I am honored to work, serve and pray along with them. Tim Winslea, Parish Nurse for the Presbyterian Urban Network (PUN)

**American Red Cross**  
**Blood Drive**  
**Thursday, September 5**  
 12:30 to 5:30 pm  
 Kenilworth Presbyterian Church

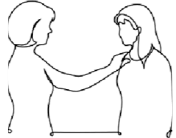
To schedule your appointment or for more information, visit [redcrossblood.org](http://redcrossblood.org)  
 Sponsor Code: Kenilworth

**OVEREATERS ANONYMOUS®**

**Women’s Meeting**  
 Body Image, Relationships & Sexuality  
**Wednesdays at 7:00 PM**  
**Kenilworth Presbyterian Church**

One-hour literature study meeting using Overeaters Anonymous Body Image book. This meeting is for those who identify as women and is LGBTQ+ inclusive.

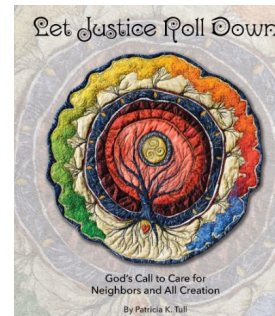


**Kenilworth Presbyterian Women - Saturday, September 21 Meeting 9:30 am Bible Study 10:30 am in person or via Zoom**

Ladies, it’s that time again to join the Presbyterian Women’s Bible study. Our first meeting in person will be September 21 at 9:30 am. This year’s year’s Bible study is “Let Justice Roll Down: God’s Call to Care for Neighbors and All Creation.” As the earth warms and ocean levels climb, our world warns us to take heed.

Hope to see you all soon. Carol Garner, moderator

Note: You may find an introduction to the Bible study from the author on youtube at <https://www.youtube.com/watch?v=qieBTa9hzEw> and bonus material for lesson one at <https://www.presbyterianwomen.org/2024/06/05/let-justice-roll-down-lesson-one/>





## Hot Topic Discussion Group

Wednesday, September 25 7:00 pm



September's Hot Topic discussion will focus on the relationship between work and reward. A quote from author Annie Dillard and a Z magazine article titled "On Rewarding People for Talent and Hard Work" will be used as discussion starters. Please RSVP to Nancy and Paul Youngs if you plan to attend and would like to receive the discussion materials before the meeting. All are welcome!

### Summer 2024



G4G successfully implemented many changes in our 13 weeks this season. Pantry hours were 12:30-1:30 to finish before high temperatures. We were at KPC every Friday as Grout Elementary was closed for repairs. Conflict about who was next in line was resolved with issuing numbered tickets.

As the school year begins the pantry hours are later & longer: **1:30-3:00 on Friday**. We also plan to **stay at Kenilworth** instead of switching location once a month.

I can't say enough to thank the 51 volunteers for making this happen. Some only had a few hours to work and others faithfully appear week in and week out. Over 1,000 hours altogether, averaging 78 hours a week. Here's the huge numbers for the past 13 weeks:

#### People served

- 3,690 people from 1,096 households
- 123 Wednesday deliveries

#### 41,894 # total groceries received

- 26,777 # Oregon Food Bank
- 9,580 # Imperfect Foods
- 3,784 # New Seasons - Woodstock
- 922 # QFC – Westmoreland



Laura Schaefer, director

## BREAKING NEWS! Friday, Aug 30 at 1:33 PM

Oregon Food Bank granted G4G's Rapid Response request for a Network Support Fund Grant. We're rewarded with \$830 to purchase additional Igloo 110-quart Glide Coolers! These large wheeled coolers will replace the scavenged Styrofoam coolers that have been so cumbersome to use. Hurray!

I have run out of words so I thought I would share a beautiful poem by Mary Oliver. Pastor Susan



"Maybe" by Mary Oliver

Sweet Jesus, talking  
his melancholy madness,  
stood up in the boat  
and the sea lay down,

silky and sorry.  
So everybody was saved  
that night.  
But you know how it is

when something  
different crosses  
the threshold – the uncles  
mutter together,

the women walk away,  
the young brother begins  
to sharpen his knife.  
Nobody knows what the soul is.

It comes and goes  
like the wind over the water –  
sometimes, for days,  
you don't think of it.

Maybe, after the sermon,  
after the multitude was fed,  
one or two of them felt  
the soul slip forth

like a tremor of pure sunlight  
before exhaustion,  
that wants to swallow everything,  
gripped their bones and left them

miserable and sleepy,  
as they are now, forgetting  
how the wind tore at the sails  
before he rose and talked to it –

tender and luminous and demanding  
as he always was –  
a thousand times more frightening  
than the killer sea.



## Session Highlights July 21, 2024

- Pastor Susan administered the adult baptism of Zulmay Yousefi July 21, 2024.
- The Mission Committee requested, and Session approved a \$10,000 budget for 2024.
- The Properties Committee presented and Session approved a Barnabas Grant application for up to \$8,000 to assist with purchase and installation of a heat pump to serve the heating and cooling needs of the Sanctuary and basement fellowship hall.
- The play yard fence has been removed and replacement will begin soon.
- A few brave souls tended to the first scheduled day for weeding and nurture of the church grounds in 100° F temperatures. More days will be scheduled when rain returns with cooler temps.
- A sign-out sheet is now present at the church for those seeking to use tables, chairs, and/or canopies.
- Holy Trinity Lutheran Church has offered to donate their electronic church organ to KPC.
- Barb Votrobeck and Allison Zimmerman are researching the possibilities. Barb reported a scheduled meeting with Mr. Joe Pettit for analysis and suggestions regarding the condition of our pipe organ.
- Session called a special meeting of Session at 12:30 p.m. July 28 to discuss acceptance of the organ from Holy Trinity Lutheran Church.



## Session Highlights July 28, 2024



- Barb Votrobeck reported that Joe Pettit strongly recommends getting a second opinion on cost of repairs and the necessity of removing our pipe organ for repairs. Removal could cause much more damage and need for extensive repairs. He also noted that ours is a rare pneumatic organ, not the typical mechanical style normally produced in that era.
- Mr. Pettit recommended a Seattle firm for additional repair analysis.
- The Session voted to accept the gift of an electronic church organ from Holy Trinity Lutheran Church and authorized a cost to move it to KPC of not more than \$500.
- No intention to replace the church's pipe organ is implied.

## Session Highlights August 18, 2024

- Session voted to approve a non-profit PayPal account for Kenilworth Community Preschool with Laura Schaefer as the administrator.
- Session voted to accept Ms Rachel Broach's offer to voluntarily complete the annual review of KPC's financial records.
- The Mission Committee reported the assistance bills Session had previously approved totaled \$1,900.78.
- The Properties Committee reported current quotes for the heat pump for the Sanctuary and lower fellowship hall ranged from \$33,500 to \$36,600 including removal of the old furnace. Electrical upgrade estimates vary widely in both scope and expense. Actual quotes are pending.
- The Properties Committee also reported that urgent repairs are needed on the North side gutter and fascia of the church. A DIY assessment has been proposed.
- Session requested a plan of approach to weed and update the landscaping. Edith and Karl will ask Tammy Weatherly to assist them in preparing the plan.
- Holy Trinity Lutheran Church's Electronic Organ will soon be available for moving.
- Session has chosen a New Member Curriculum, created by Kathleen Henrion for Glendale Presbyterian Church, Glendale, MO and distributed by Sacred Calls.







## Cat Owner Conundrum: Can Cat Litter Be Sustainable?

Pet owners can take steps to reduce their pet's carbon footprint. Some of these choices are easier than others, like buying pet toys and accessories made from natural or recyclable materials and choosing pet food without wasteful packaging. Other questions are more vexing, particularly those related to pet waste.

Cats pose a special problem because most owners use a clay-based litter, which is not biodegradable. Add to that the fact that owners typically scoop it into plastic bags, and you have a dangerously mined material – the sodium bentonite clay used in the litter – just piling up along with plastic in landfills. Clearly, it's time to make a switch.

In place of clay or crystal litters, cat owners should swap to one of the following eco-friendly options. You may have to make some additional adjustments when you do, but it's worth it for your pet and the planet.

### 1. Paper Litter

Paper litter is a popular litter alternative and most pet owners use it at least occasionally, for example if their cat is recovering from surgery. Pet owners commonly use it when litter training kittens, since it's less dangerous if they consume it. As for its environmental impact, paper litter is made from recycled materials and will, of course, break down easily after it's used. The main issue pet owners have with it is that it's not as absorbent as clay litter, nor does it block odors well.



If you're considering switching to paper litter (or another low absorbency litter), you may also want to make some changes to your cat's diet. Feeding a holistic diet like Earthborn Holistic Pet Food that includes limited ingredients can improve your cat's gut health and reduce litter box odors. Just be careful not to make too many changes at once, as cats often require some time to adjust to new food or litter.

### 2. Corn Litter

Corn and wheat litters have been around for years, but litter made from renewable crops has become much more popular in the last few years, with corn continuing to dominate the market. Because it's more absorbent than similar paper products, corn litter is cleaner and retains less odor than similar products. Also, most corn litter products clump like clay litter, which many pet owners consider a key feature.

**A Note of Caution:** Never flush or compost cat litter – even if it's biodegradable. That's because of the dangers posed by *Toxoplasma gondii*, a parasite that some cats host. In coastal areas, *T. gondii* has been identified as the cause of death in the sea otter population, while elsewhere, composted cat feces can release *T. gondii* into the water table. Thankfully, most people infected with *T. gondii* don't develop symptoms; however, people with compromised immune systems and fetuses born to infected mothers can suffer severe consequences.

The expert consensus: It's best to dispose of cat litter in the trash, even if you're using a biodegradable litter. Use a paper bag or other compostable container so that you're not contributing to plastic waste in the landfill. Once in the landfill, toxoplasmosis is sufficiently sequestered so you no longer need to worry about it.

The bottom line is: Make the litter switch, but keep sending it to the landfill. It's the most environmentally responsible combination.

Thanks to Jenna Cyprus and <https://earth911.com/>

Note: we are still recycling corks. So keep bringing them in for another month.

Rebecca Jewel





Laura Warner and Sean Youngs were united in marriage at 4:30pm on July 27, 2024. The joyous occasion took place under a big leaf maple in Logsdan, Oregon. The celebration was also a camping event and river rafting adventure. Laura will work her second year as a science teacher at Rock Creek middle school and Sean is a Court Clerk at Multnomah County courthouse.



Katelyn Ellany Geissler originally of Albany and Alexander James Kayrouz of Portland were united in marriage at 4pm August 3, 2024 at the home of Alexander's parents in Vancouver, Washington.

The bride is the daughter of Steven and Laurie Geissler of Albany. She is the granddaughter of Helen Kropp of Albany. The groom is the son of Sharese and Jonathan Jewel of Vancouver and Jay Kayrouz of San Antonio, Texas. He is the grandson of Allison Williams, James and Linda Williams, and David and Rebecca Jewel all of Portland, Oregon.

## TABLES and TENTS and CHAIRS....Oh my!

Folding tables, pop-up tents, and chairs are available for use by members of KPC for private events provided they are returned in good condition by Friday morning at 8am. Tables, tents, and chairs are reserved for Grocery for Grout every Friday 8am to 3pm.



A sign out sheet will be made available near where the tents are stored.

*\*Important - The pop-up tents are subject to damage if they are not extended properly. If you are unsure how to set up these tents, please seek a quick tutorial from a member of the Properties Committee.\** Jonathan Jewel

## September Birthdays

Myles Broberg	13
Laura Schaefer	14
Eve Ramsey	19
Allison Williams	29







**BARB'S  
NOTE-ABLE  
NOTES**

**THANK YOU** to those who shared their musical talents with us this summer. Our offertories were enhanced by soloists Rick Votrobeck - tenor, David Jewel - baritone, Jonathan Jewel - tenor, Barbara Votrobeck - Alto, and Paul Youngs - flute. My hope is to have more solo offerings sprinkled throughout the regular worship services.

**THANK YOU** to Holy Trinity Lutheran Church for the gift of the Allen organ. The saying goes, "When one door closes, another door opens." Unfortunately, the doors are closing on the congregation of Holy Trinity, but our doors welcomed their organ on Friday, August 23.

Gentle John Moving arrived at Holy Trinity at 8:15 a.m. and skillfully moved the organ out. They then arrived at KPC minutes after the Oregon Food Bank truck drove off after leaving three stacked pallets of food for Groceries4Grout and helpful hand moved the food into the Fireplace Room. The organ was gently placed in the Nave of the sanctuary, hooked up to power, and made glorious sounds. God was in control.

**THANK YOU** to Allison Zimmerman for scheduling the movers and Alan & Allison for removing the speakers to make the move. **THANK YOU** to Rick and Laura for aiding in making space to move the organ in and clearing a space to place it in its new home.

**THANK YOU** to Allison for sharing her organ playing ability the following Sunday with her Postlude.

**BLESSINGS** on the members of Holy Trinity Lutheran as they find new church homes in which to worship.

Musically yours, Barb Votrobeck



## Churchwide Gathering Report

Three members of Kenilworth Presbyterian Women joined three Presbyterian Women from the Presbytery of the Cascades at the 2024 Churchwide Gathering held in St. Louis.

The Gathering featured worship, singing, inspiring and challenging speakers, feasting, and meeting new and old friends. The theme this year was “Do Everything in Love,” based on 1 Corinthians 16:14:

Becky arrived two days early in order to attend the PW business meeting as a voting representative. She was joined later in the week by Barb, Carol, Shela, Aleida, and Lea.

There were a variety of workshops focusing on gun violence, reproductive rights, the environment, global mission, social justice, Bible study, and much, much more. There was something for everyone’s taste.

The Churchwide Gathering is held every three years.



Kenilworth Presbyterian Church  
4028 SE 34th Ave  
Portland, Oregon 97202  
503-235-3977

[kenilworthpc@gmail.com](mailto:kenilworthpc@gmail.com)

