

Kenilworth @ Work! October 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 Message from Pastor Susan McDougall

Summer disappeared in an instant. Left behind are longer days, clear nights when the stars and the sun put on night shows, and moments, maybe even only glimpses of moments, when all might have seemed right with the world.

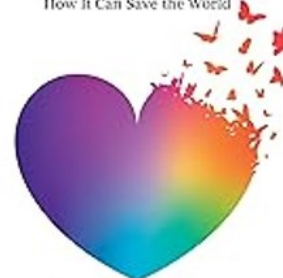


We are now in fall. Hurricane season, football, the baseball playoffs and elections and the public diatribe in which people seem to compete for the last, ugliest word. Good people seem few, silenced, and Wendell Berry is pained to make the case Against Killing Children (in The Christian Century) when the very thought should be axiomatic.

In Defense of Kindness by Bruce Reyes-Chow, Presbyterian Pastor, is a slim antidote to viciousness. It is a thoughtful book, advocating choosing a life of kindness as an act of courage that is life-giving, that is not transactional, that is hope-filled, that promotes integrity and human dignity. Kindness is part of the everyday, and also part of the extraordinary. And for Christians, kindness is Christ in encounters with those who are kind and unkind alike. Reverend Bruce Reyes-Chow offers us moments to celebrate kindness, and a guide to strengthen our resolve to be kind in an unkind world. It is worth reading. Pastor Susan

IN DEFENSE OF KINDNESS

Why It Matters, How It Changes Our Lives, and How It Can Save the World



Bruce Reyes-Chow

<https://apcenet.org/2022/02/27/in-defense-of-kindness-an-interview-with-bruce-reyes-chow/>

Each year Presbyterian Women (and friends) heed the call of Paul to “supply the needs of the saints” through giving to the PW Thank Offering. In 1888, Eliza Clokey of Springfield, Ohio, called up women to give a “thank offering to her Lord” and support mission initiatives at home and abroad. Today we continue to answer that call through support of the PW Thank Offering.

2024 THANK OFFERING OF PRESBYTERIAN WOMEN



You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God. —2 Corinthians 9:11-12

With the help of the funds donated last year, PW has chosen eight projects to receive grants that will enable them to support mission initiatives *at home and abroad*. Over the next few weeks, you will hear about these eight projects.

Kenilworth has generously supported this project and our pre-school, Kenilworth Community Preschool, was a recent recipient of a Thank Offering Grant. Please help support these wonderful projects by giving generously.

This special offering will be collected during October and dedicated during worship in November.



Kenilworth Presbyterian Women - Saturday, October 19 Meeting 10:00 am Bible Study 11:00 am



This year's year's Bible study "Let Justice Roll Down: God's Call to Care for Neighbors and All Creation" begins in October with Lesson 1 dealing with Environmental Justice. The main idea of Lesson 1 is "We protect the created world we share and need from environmental degradation and destruction." Carol Garner will lead the first lesson. Contact Carol if you would like a Bible study guide.

Hot Topic Discussion Group

Wednesday, October 23 7:00 pm

On Rewarding People for Talent & Hard Work



Due to a resurgence of Covid, the September Hot Topic discussion was canceled. However, we have it on good authority that Laura will be hosting Hot Topic at her home on Wednesday, October 23 at 7 pm. Paul will lead the discussion regarding paying people for the value of the work they do. It should be an interesting discussion. Please let Laura know that you plan to attend. You can send your RSVP to kenilworthpc@gmail.com. A copy of the article can be found in the Fireplace room at church.



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BARB'S NOTE-ABLE NOTES



"Come, Thou Fount of Every Blessing" From *Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions* by Kenneth W. Osbeck

It would be enlightening if the people in the pew could stand on the platform and observe the congregational singing during an average worship service. One would soon concur that there are many who appear to have attended church without the express purpose of having a personal encounter with God. Comparatively few people reveal evidence of losing themselves in worship and praise or of appropriating the great truths about which they sing.

How different would be our times of corporate praise if each of us would heed the apostle Paul's teaching of "singing with the spirit, and ...with the understanding also" (1 Cor. 14:15). Not all of us are able to sing tunefully, but everyone in whom the Spirit of God dwells can and should respond with joyful praise when the opportunity is presented.

During his early teen years, Robert Robinson lived in London, where he mixed with a notorious gang of hoodlums and led a life of debauchery. At the age of seventeen, he attended a meeting where the noted evangelist George Whitefield was preaching. Robinson went for the purpose of "scoffing at those poor, deluded Methodists" and ended up professing faith in Christ as his Savior. Soon he felt called to preach the gospel and subsequently became the pastor of a rather large Baptist church in Cambridge, England. Despite his young age, Robinson became known as an able minister and scholar, writing various theological books as well as several hymns, including these words written when he was just twenty-three years of age.

*Come, Thou fount of ev'ry blessing, tune my heart to sing Thy grace;
Streams of mercy, never ceasing, call for songs of loudest praise.
Teach me some melodious sonnet sung by flaming tongues above;
Praise the mount - I'm fixed upon it - mount of Thy redeeming love.*



We will be singing this as an opening hymn October 13. Sing with spirit & understanding!!

Musically yours, Barbara Votrobeck



Watermelon Weather September

Oregon Food Bank delivered totes of watermelon every Friday this past month: a whopping total of 3,638 pounds! Each week they seemed to grow in size, with some being heavier than a small child. They were welcomed by those we serve but unfortunately we always ran out of them before everyone got theirs.

We now have seven Igloo 110-quart Glide Coolers and they really make a difference for both receiving and distribution. Kudos to our volunteer Ardy who got the scavenged Styrofoam coolers recycled through James Recycling.

People served is up 39% over the similar period in September 2024. It seems the time change is letting more school families participate.

Our Wednesday deliveries are temporarily lower as Kate Hoffman, Grout’s new social worker, becomes acquainted with changing enrollment. I’m looking forward to good weather in October.

Thanks all !

Laura Schaefer, director

People served

- 1,335 people from 387 households
- 31 Wednesday deliveries
- 14,360 # total groceries received
- 10,195 # Oregon Food Bank
- 2,696 # Imperfect Foods
- 922 # New Seasons - Woodstock
- 394 # QFC – Westmoreland
- 156 # Other Donations

Volunteers

- 289 Hours
- 30 People

Session Highlights September 22, 2024



- KPC was awarded a \$6,240 Barnabas Grant by the Trustees of the Presbytery of the Cascades. The Grant application was written specifically to assist with the cost of a new heat pump, air conditioning and electrical upgrade to replace the oil fired furnace currently serving the Sanctuary wing of the church.
- PGE has inspected and approved the electrical upgrade inside the building, however they will require new meters to be relocated which will increase the estimated cost by roughly \$12,000.
- Church Mutual Insurance assessed our current roof condition with a drone and identified five roof and dormer projects that need attention. The most pressing project is trimming all trees back at least 3 feet from the building. PGE also requires tree trimming before their work can start.
- Church Mutual also reported a 22% premium increase plus increases in the deductibles.
- The Finance committee has been assigned the task of seeking competitive bids for church property and liability insurance.
- The CATT Grant, received to upgrade sound and broadcast technology had a \$519 balance. Those funds have been used to purchase a new sound mixer and cables that will allow our sound technician to control microphone volumes from the sound desk. Volunteers will complete that installation in addition to installing the new organ’s external speakers.
- New Member study guides have been delivered to several people in the congregation. Zoom classes have been set up to offer opportunities to attend the classes if they are interested in participation.
- The Session voted to apply for certification identifying Kenilworth PC as a Matthew 25 Church.
- Session agreed to continue sponsoring and hosting the Red Cross Blood Drives in 2025. 2025 Dates are all Thursdays from 11 a.m. to 5 p.m. in the Fireplace room: February 27, May 29, September 18, and December 4. This year, 2024, we will host one more blood drive Thursday, December 5.
- Session voted to seek bids from arborists to trim the trees. Properties Committee was authorized to proceed if a bid did not exceed \$1,200.
- Session voted to approve a Bisbee Grant application for \$3,000 for van rental to collect G4G food donations and deliver them to the church in 2025.
- Paul Belz Templeman, Stated Clerk of Cascades Presbytery, will serve as Pulpit Supply to lead Worship, October 27, 2024.
- The next Session meeting is scheduled for 1:30 p.m., October 20, 2024 in the fireplace room.

Rick Votrobeck



GREEN TEAM REPORT 10 Nontoxic DIY Cleaning Cocktail Recipes

Fact: A study carried out in the U.S. estimated that Americans spend approximately 90% of their time indoors where levels of pollutants can be up to 5 times worse than outside.

Fact: According to a study published in the Journal of Environmental Technology, the average home contains 400 chemicals.

Fact: The Environmental Protection Agency revealed that chemicals in household cleaners are three times more likely to cause cancer than air pollution, according to a 2012 study in the Journal Sentinel.

Most conventional household cleaning brands contain a host of toxic chemicals all of which have detrimental effects on your health and the planet. And, yes, these products are waiting on store shelves for you to purchase them - at your own risk.

Here is just a short list of concerning ingredients in conventional cleaning products often marketed as “safe”: dishwashing liquids, bathroom and tub cleaners, toilet cleaners, laundry detergents, glass cleaners, and drain openers.

Here are 10 Nontoxic DIY Earth-Friendly Cleaning Recipes

1. **Soft Scrub:** Add enough dishwashing liquid (dye-free, fragrance-free if possible) to ½ cup baking soda. Stir until it forms a paste. Perfect for tubs, tiles, and toilets.
2. **Fabric Softener:** Pour ¼ cup white vinegar into the final rinse cycle. Note: Do not use vinegar if you use bleach (which you shouldn't anyway).
3. **Glass Cleaner:** Add ¼ teaspoon of natural dishwashing liquid and 3 tablespoons of white distilled vinegar or inexpensive vodka to 2 cups of water in a spray bottle. Due to its 50% ethanol alcohol concentration, vodka is a natural disinfectant that can cut through grease and stains (it also makes a great window cleaner). Add a twist of lemon for a fresh scent with antibacterial and antiseptic properties. Just shake, spray, and dry. Recycle old newspapers to dry for a streak-free shine. Caution: Wear gloves when using newspaper so you do not stain your hands.
4. **All-Purpose Cleaner:** Combine ½ teaspoon washing soda, a dab of natural liquid soap, and 2 cups hot water in a spray bottle, and then shake.
5. **Furniture Polish:** Mix ½ teaspoon oil, such as olive or jojoba, with ¼ cup white vinegar or lemon juice in a glass jar. Dab solution with a cloth and wipe wood surfaces.
6. **Disinfectant:** Add 1 teaspoon of essential oil, such as clove or tea tree, to 2 cups of water in a spray bottle; or add 20 drops of grapefruit seed extract to 1 quart of water.
7. **Oven Cleaner:** Sprinkle baking soda over the bottom of the oven. Spray with water. Let sit for 8 hours and then scrub and rinse clean.
8. **Drain Cleaner:** To open clogs, pour ½ cup baking soda down the drain, then pour ½ cup white vinegar and cover the drain. Caution: Do not use this method after trying a commercial drain opener.
9. **Silver Polish:** Use a natural toothpaste; preferably one without baking soda so it will not scratch your silver. Just rub, rinse, and dry!
10. **Wood Floors:** ¼ c. olive oil or jojoba oil (wood preserving), 1/3 c. white vinegar (antibacterial), 12 drops lemon essential oil, 5 c. hot water. Combine all ingredients in a deep bowl. Grab a mop or a cloth rag, and start polishing. You'll want to make sure you spread the mixture nice and thin and leave time for the wood to dry thoroughly. If the floor is too slick after polishing, wipe with a dry cloth to soak up any remaining oil.

Avoid the toxic health effects and planetary pollution caused by some commercial cleaners. Instead, enjoy making your own healthy DIY cleaning products to keep your home clean and your family safe.

Thanks to <https://earth911.com/>

Extracted from original article published by Lisa Beres on March 7, 2016 and updated in June 2024

Talk Story at KPC

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.



Inner Reflection, Observations & Information from Ann Marie Hoff **Open Door - a tribute to Bud Frimoth**

In the seventies, radio stations had to donate time to public radio shows. Of course the time dedicated to these shows weren't on busy Friday nights or commuting time. These shows would be on in the early mornings, and other off time people weren't listening. However, I milked cows from five am to 8 am, and always played the radio when I did so. That is how I found a radio show called Open Door, over almost fifty years ago.

Open Door was a radio show that came from the Presbyterian Church in Portland Oregon. It was the Seventies, when shows such as "Godspell" and "Jesus Christ Superstar" were on the airwaves. Open Door saw music as a way to reach American youth with Christianity. There was no "preaching" on the show; it would cover a topic that youth would be interested in, with writings that were sent in by listeners, then read by kids at the Open Door Studio, placed between songs that echoed the same sentiments.



I had loved writing for most of my life, and kept a journal in those days. It seemed easier to write back then because I had a lot of down time. I could mull over words to a poem I was writing while I brought the cows in from the pasture, or was cleaning the dairy parlor. Of course I wrote about transitional themes, figuring out who I was, what it was like to be in love, the difficulties of growing up. At the end of the Open Door program, I listened for the address and sent my writings into the show.

Much to my surprise, I soon received an envelope with a script in it for an Open Door show. My writings had been included in an upcoming show! That was the first of many shows my writings were included in. Each script that came to me would have a warm and supportive note from the head of the program, Bud Frimoth. Bud always signed "warmly" before his name, and his support and confidence in my writing oozed through the sentences. I became one of Open Door's core writers.

Open Door started in 1970 and ended at the end of December 1991. It won over 40 broadcasting awards, including the prestigious George Foster Peabody Award, the highest award given in broadcasting. There were hundreds of volunteers throughout its history- as far as those who read narration it was about 200, with many volunteers behind the scenes. At its peak the show was heard on 100 radio stations in the US (Mainly top forty) in every major market, on shortwave radio, out of Quito, Ecuador, the Philippines, Australia, and over heard over 400-500 armed forces radio in Europe.

Open Door was a weekly thirty-minute show, featuring the writings of listeners mixed in with current music of the day and hosted/produced by Bud Frimoth, an ordained Presbyterian pastor out of Portland Oregon. In total there were nearly 900 shows over its 21 years of broadcasting.

I got to know Bud better, I found out that he had grown up in Clinton, Iowa- the town across the river from our farm where my mother had grown up and my grandmother lived. Bud's sister had gone to high school with my Mom. We were Presbyterian too- a one room rural church that we went to consistently. That made me resonate with Bud too- we had the same brand of Christianity.

I wrote for Open Door all through High School and College. I have Open Door to thank for giving me confidence and experience with writing. It got my words out over the airwaves, and it made me feel like what I wrote had value.

I moved out to Arizona to go to Graduate school at the University of Arizona, and I kept in touch with Bud. After I got a pharmaceutical job and started making some money, I flew up to Portland to meet Bud and the Open Door gang. They had a barbeque for me, and I got to tour the studio. Many of the kids told me they wished Bud and his wife Lenore had been their parents instead of their real ones. I felt jealous that they got to be in the group with Open Door all the time, instead of isolated on a lone dairy farm like I had been.

All these years, Bud and I have exchanged letters. When I found out I could channel Angels, I talked to Bud honestly about what was going on, and he supported me. I cannot tell you how much that support meant, because other "Christians" were breaking off their friendships with me, telling me that "angels" were actually the voice of the devil. The messages I was getting were so loving and pure, I knew that wasn't true, and it helped me stand strong knowing a Presbyterian Pastor had my back.

I am writing all this because a few months ago, Bud left this physical world. I probably should have written these words while he was still alive, but being a medium, I KNOW Bud is seeing this from heaven. I am so THANKFUL that the Universe put Bud and Open Door in my path. If you have anyone in your life who is like Bud, someone who has been there for you through something difficult, make sure you thank them. The Universe always gives you the people you need to support you. If that isn't a miracle, I don't know what is.



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