



Kenilworth @ Work!

February 2025



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

I thank my God for every remembrance of you, always in every one of my prayers for all of you, praying with joy for your partnership in the gospel from the first day until now. I am confident of this, that the one who began a good work in you will continue to complete it until the day of Jesus Christ. Philippians 3: 3-6

A Message from Pastor Susan



I have been blessed beyond measure with a deeply loving spouse, four incredible children (one of whom has gone to be with the Lord before us,) three beautiful and talented granddaughters, and friends whose intelligence is only exceeded by their caring. I also was fortunate enough to be adopted into a family who all were talented and whose degrees ranged across the board from law to engineering and to medicine.

I was privileged to have one of the finest educations Canada could offer. Yet, I chose to stay at home to raise my children after moving to the USA exactly a half lifetime ago. For me the sun rises and sets on them all.

But it was writing and music and the combination of the two that fascinated me. A very astute high school history teacher gave me a book called *A Distant Mirror* by Barbara W. Tuchman which saw resemblances in medieval Europe and the Nixon years. Another lightbulb-meet-head moment occurred when I recognized Bible verses and principles incorporated into the plays of William Shakespeare. As I studied hermeneutics in undergrad I realized that my grandmother and father dropped pearls of wisdom that were biblical in subtext. But maybe one of my bigger influences came in the middle - school years. I had always thought that the phrase "With great power comes great responsibility" came from Shakespeare. Imagine my surprise when I found it came from Spiderman.

I don't consciously use AI, but the pesky little symbol seems to be everywhere. I wish to be blissfully unaware of its subtle and not-so-subtle influence. So I shall try to be concise. Tacking my article onto last Sunday's sermon, I will say that sometimes, for me, preaching feels like peeling off layers of skin. But I love my family and friends, I love my church and my denomination, the PCUSA, and to not return the gift of time and effort that has been spent on me seems churlish. I made my pledge to the Lord and the church after reading Psalm 116 when I was 23. It has taken me a long time to summon up the courage to share my ideas outside the university written paper.

You, as the congregation and frequent attenders at Kenilworth, wrap me in comfort like a warm blanket. And Cameren gives the best hugs. I thank you for your gentle ways. I am looking forward to the Session retreat on Saturday Feb 22nd and the Lenten Dinner series starting Thursday March 6th at 6pm.

I leave you with a Youtube link to a song by Lauren Daigle. If it is not *Lord, Make Me an Instrument of Thy Peace*, as arranged by Mary MacDonald or its ilk, it is likely to be music by Ms. Daigle that I am blasting away at driveway karaoke. Blessings, Pastor Susan [Lauren Daigle - Thank God I Do \(Official Music Video\)](#)

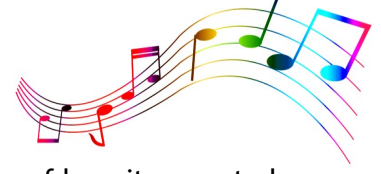


**Annual Meeting of the
Kenilworth congregation
Sunday, February 16 following worship**





BARB'S NOTE-ABLE NOTES "PRECIOUS LORD, TAKE MY HAND"



My Postlude for February 2 is "Precious Lord, Take My Hand." Here is the story of how it came to be.

Out of a broken heart after his wife and newly born son had both died, **Thomas A. Dorsey** cried to his Lord to lead him "through the storm, through the night." In doing so, he created lines that have since ministered to others in an unusual way. This tender song, written by a black gospel musician in 1932, has since been a favorite with Christians everywhere.

Thomas A. Dorsey grew up in Georgia as a "preacher's kid." As he began to be successful as a composer of jazz and blues songs, however, he drifted away from God. After it seemed to him that he was miraculously spared in brushes with death, Dorsey came back to the Lord. As his life dramatically changed, he began to write gospel songs and to sing in church services. It was during a revival meeting in St. Louis, Missouri, that he received a telegram telling the tragic news of his wife and infant son. Stunned and grief-stricken, Dorsey cried, "God, you aren't worth a dime to me right now!"

A few weeks later, however, as Dorsey fingered the keyboard of a piano, he created the lines of "Precious Lord" to fit a tune that was familiar to him. The following Sunday the choir of the Ebenezer Baptist Church in South Chicago, Illinois, sang the new song with Dorsey playing the accompaniment. "It tore up the church!"

God continued to lead Thomas Dorsey by the hand until he had written more than two hundred fifty gospel songs. He once stated, "My business is to try to bring people to Christ instead of leaving them where they are. I write for all of God's people. All people are my people. What I share with people is love. I try to lift their spirits and let them know that God still loves them. He's still saving, and He can still give that power."

*Precious Lord, take my hand, lead me on, help me stand. I am tired, I am weak, I am worn'
thru the storm, thru the night, lead me on to the light. Take my hand, precious Lord, lead me home.*

*When my way grows drear precious Lord, linger near - when my life is almost gone.
Hear my cry, hear my call, hold my hand lest I fall. Take my hand, precious Lord, lead me home.*

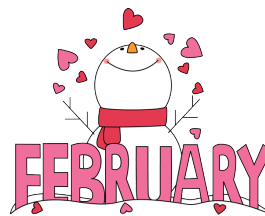
For I am the LORD, your God, who takes hold of your right hand and says to you,
Do not fear; I will help you. Isaiah 41:13

If we let God hold our hands through these troubling times, we need not be afraid.

Musically yours,
Barbara Votrobeck

Wy'east Shelter requests donations of butter, margarine and salt

The Wy'east homeless shelter that Kenilworth Presbyterian Women support with a meal once a month has a request for butter or margarine and salt that can be used for cooking. They feed 60+ people daily using crock pots and electric turkey roasters. If you would like to donate, please bring butter, margarine or salt or all to Nancy or Barb for delivery. 😊



Birthdays

- | | |
|-----------------|----|
| David McDougall | 20 |
| Pearl Broberg | 22 |

The legendary cellist Pablo Casals was asked why he continued to practice at age 90. "Because I think I'm making progress," he replied.

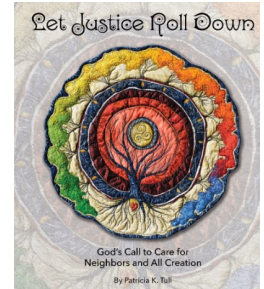




Kenilworth Presbyterian Women - Saturday, February 15

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" continues on February 15 with two lessons, 5 & 6. Lesson 5—Air Quality. "The wind itself often signals a holy moment, and is related to both our breath and God's both our spirit and God's." Lesson 6—Climate Change. "Scripture teaches us to listen to prophets who warn of threats, avoid complacency and self-concern, and participate with joy in the work God has given us to do." Louise and Carol will lead the lessons.



Praise the Lord, my soul. Lord my God, you are very great. The Lord set the earth on its foundations. The Lord makes springs pour water into the ravines; it flows between the mountains. They give water to the beasts of the field; The birds of the sky nest by the waters and sing among the branches. The Lord makes grass grow for the cattle, and plants for people to cultivate, bringing forth food from the earth: The trees of the Lord are well watered, the cedars of Lebanon that he planted. There the birds make their nests; the stork has its home in the junipers. May the glory of the Lord endure forever. I will sing to the Lord all my life; I will sing praise to my God as long as I live! Psalm 104, selected verses

Links to bonus comments about lessons five & six from Rev. Dr. Patricia K. Tull, author of the Bible study:

<https://www.presbyterianwomen.org/2024/11/11/let-justice-roll-down-lesson-five/>

<https://www.presbyterianwomen.org/2024/12/04/let-justice-roll-down-lesson-six/>

Kenilworth Worship on February 23

Shout for joy to the LORD, all the earth, burst into jubilant song with music. Psalm 98:4

The Sunday, February 23rd, service will be a little different. Carol will be the pulpit supply that day leading us in worship and offering a short sermon.

Worship will be followed by a Handel mini-concert of organ-piano duets presented by Allison and Marle as a dedication of the Allen organ donated by Holy Trinity Lutheran Church.

Come join us as we worship the Lord together. -Carol



American Red Cross

Blood Drive

Thursday, February 27

12:30 to 5:30 pm

Kenilworth Presbyterian Church

To schedule your appointment or for more information, visit redcrossblood.org
Sponsor Code: Kenilworth



Hot Topic Discussion Group, Wednesday, February 26 7:00 pm

February's Hot Topic is "AI (Artificial Intelligence) – the answer to all our problems or the decimation of our support systems?" Edith will lead the discussion. If you're interested in participating, contact Edith for discussion materials and location.



Kenilworth Community Garden

This coming season there are several garden plots available at the Kenilworth Community Garden. Each gardener will receive 6 plants per plot: 2 tomatoes, 2 peppers, 1 cucumber, and 1 squash. There will be a list with a variety of plants from which to choose. The seedlings will be ready by late April/early May. Contact Nancy if you'd like to sign up for a plot.



Presbyterian Disaster Assistance (PDA): Southern California Wildfires

In early 2025, Southern California faced multiple fires, exacerbated by strong winds and dry conditions. More than 35,000 acres burned and destroyed more than 16,000 structures. Pacific Palisades Presbyterian Church was also destroyed.

PDA has been actively engaged in responding to the devastating wildfires affecting communities within the Pacific, San Gabriel, and San Fernando Presbyteries. Initial response and church damage grants has been disbursed to provide immediate support for addressing urgent needs in their communities. These grants are essential for stabilizing local congregations and communities during the early stages of recovery.

National Response Team members have been deployed to provide a ministry of presence, assist with ongoing assessments and help match identified needs with appropriate resources to expedite recovery resources.

PDA remains dedicated to supporting the Pacific, San Gabriel, and San Fernando Presbyteries as they navigate the challenges of wildfire recovery. By providing immediate grants, facilitating communication, deploying trained volunteers, and mobilizing denominational resources, PDA seeks to embody Christ's call to care for those in need.

To learn more about what PDA is doing and to donate funds to Presbyterian Disaster Assistance, see this link: <https://pcusa.org/disaster-assistance/active-responses/national-disaster/southern-california-wildfires>

Picture is the remains of Palisades Presbyterian Church, which was destroyed by the recent wildfires in LA.



Session Highlights January 15, 2025



- The Mission Committee reported one rent and one utility bill were subsidized in January. Bus passes were purchased for a couple seeking transportation from a temporary shelter to job interviews.
- The Mission Committee proposed and Session approved the purchase of ten Chrome-book computers for use by the ESOL (English for Speakers of Other Languages) classes plus \$500 for childcare expenses.
- December 20 the electrical upgrade was completed preparing the way for replacement of the older oil furnace with a heat pump HVAC system for the Sanctuary and basement fellowship hall in January.
- Oregon Environmental Protection Agency federal grant application was completed, filed and confirmed received by the December 31 deadline. Approved grants are intended to improve security efforts for non-profit organizations' buildings.
- Session prepared a preliminary 2025 Budget and forwarded it to the Finance Committee for final review. Session voted to increase the Mission budget to \$24,000, 4% of the endowment
- The Properties Committee is responding to requests to upgrade security for the church building and grounds. Security cameras, lock systems, and lighting improvements designed to most effectively support and protect all of the building users are being considered. An initial estimate from ADT for a total package installed was over \$12,000 plus \$181/month for monitoring. Research continues on ways to keep the building more secure.
- The Nominating Committee is seeking a candidate/s for the position of Corporate President of KPC. Volunteers may contact Jonathan Jewel or Karl Berger.
- Allisen Hein requested, and Session approved use of the Sanctuary and fireplace room for a memorial service for Allisen's father, Mr. David Klang, Monday, February 17, 2025.
- Pastor Susan McDougall authorized The Rev. David Jewel to officiate for Mr. Klang's memorial service.
- Presbyterian Women (PW) requested, and Session approved scheduling the PW Charity Tea in the fireplace room Saturday, May 17, 2025 from 11 a.m. to 2 p.m.
- Session accepted Laura Schaefer's resignation as preschool liaison with the church. Pastor Susan agreed to assume the responsibilities of preschool liaison. Laura expressed the love and joy she has felt in her service since 2019, and she will remain as a resource for Pastor Susan and the preschool in the future.
- Allison Zimmerman and Marie Wachlin have performed three mini-concerts featuring seven works composed by George Frideric Handel. Allison has proposed performing the mini-concert again at KPC on the anniversary of Handel's birth, February 23, as a dedication of the Allen organ donated by Holy Trinity Lutheran Church last year.
- Carol Garner is scheduled to lead Worship February 23, 2025. Session has accepted Allison Zimmerman's proposal, and Carol and Allison will coordinate the addition of the mini-concert dedication to the Worship service February 23.
- Session reviewed and amended the Clerk's December 31, 2024 demographic statistics report, and authorized the Finance Committee to finalize and approve the financial statistics report to Presbytery.
- The Annual meeting of the congregation of Kenilworth Presbyterian Church will be conducted following Worship February 16, 2025.
- The February Session meeting will be included in the Leadership Training Retreat Saturday, February 22 at Heathman Lodge, Vancouver, WA, 9 a.m. to 4 p.m.
- Annual written reports of church activities in 2024 are due in the office **ASAP. Please!**

Rick Votrobeck



At February's Presbyterian Women's Bible study, we studied Water Justice. One of the activities we had was, "What body of water do you enjoy?" Following are the quotes from the group:

Barbara, "I enjoy the Bull Run reservoir water. When I take a shower in the morning, the water wakes me up and clears my head."

Edith, "After working in the yard, the tap water satisfies and normalizes me."

Carol, "I hiked the Olympic National Forest and it took my breath away."



Ally, "I enjoy the waterfalls in the Columbia Gorge while hiking or biking - refreshing to the body and soul."

Jody, "I enjoy drinking well water. It is good for me."

Louise, "Give me a toddler and a mud puddle any day, and I am a happy camper." Compiled by Louise



I am the Alpha and Omega. To the thirsty I will give water as a gift from the spring of the water of life." Revelation 21:6



As the chilly winter air settled in, our KCP little ones were been busy crafting winter wonders!



**GREEN
TEAM
REPORT**

Is It Safe To Keep Using Old Plastic Food Containers? Here's How To Tell.

Some telltale signs can indicate whether they're ready for their trash can funeral.

By Taylor Tobin

When it comes to low-cost kitchen items that can stand the test of time, plastic food storage containers count among our personal favorites. If you're also wondering how vintage is too vintage for food storage containers, read on to get some answers from food scientists.

The longevity and safety of food storage containers depend on the type of plastic.

When trying to evaluate a plastic food storage container for durability and safety, you should first turn the container over and check out the recycling code.

Inside a triangular symbol, you'll find a number from 1 to 7.

According to Michael Tunick, a research chemist in Drexel University's Food and Hospitality Management Department, the numbers you want to see are 2, 4 or 5. A 2 represents "HDPE, or high-density polyethylene, found in [items like] cooking oil bottles and milk jugs. It's hard to break down and considered [food] safe," Tunick said. He noted that a 4 stands for "LDPE, or low-density polyethylene, found in items like squeeze bottles and bread bags, considered safe and reusable." A 5 is for "PP, or polypropylene, found in potato chip bags and yogurt containers, and safe to reuse," he said. In addition to being food-safe, containers with the numbers 2, 4 or 5 are durable enough to be washed and reused multiple times.



The food-safe part is particularly important because, as food science consultant Bryan Quoc Le explained, "plastic components can leach from [less food-safe] plastic and migrate into the food, and many are endocrine disruptors that can impact hormone balance. Microplastics can also flake off of the plastic as the surfaces break down from repeated use." Microplastics have been linked to effects on everything from lung and liver health to metabolism, according to Harvard Medical School.

Brand-name containers may be sturdier and higher-quality overall. There's often a price difference between brand-name food storage containers, like those from Rubbermaid and Tupperware, and containers made by generic brands (like supermarket house brands and big-box store brands). But is it worth ponying up some extra cash for a set of containers from a more established maker?

Trevor Craig, a scientist and food safety expert at Microbac Laboratories, said that "the name-brand companies specialize in making containers to best serve their use and business model, so they can be thicker, sturdier and better designed." These companies built their reputations on reliable containers, and your extra dollars are paying in part for this assurance.

As for how long you can keep a plastic food storage container, Craig said that "there is no strict time frame," but you should base your evaluations on its condition. "As a container ages and goes through the perils of being a container, it will start to crack, chip, warp and, to a lesser concern, smell and discolor," he said. "Once it reaches a point where that is the case, that's when the container should be recycled and replaced."

Don't use plastic containers that are more than 10 years old. Generally speaking, your containers will tell you when they're ready for their trash can funeral as they develop staining, scratches or odors that won't go away no matter how thoroughly you wash. But if you come across a set of plastic containers in your auntie's pantry or your mom's attic, and they appear to be in mint condition but were clearly purchased over 10 years ago, it's safest to avoid them. That's because, in decades past, many container-makers worked with plastics that included bisphenol A, or BPA, a chemical that can leach into food and potentially influence the development of conditions like high blood pressure, Type 2 diabetes and cardiovascular disease.

(continued)



Tupperware previously announced that as of March 2010, it had stopped using materials containing BPA in its products in the U.S., helping “BPA-free” become a major trend and, eventually, the norm for plastic storage containers. But because vintage containers may still contain BPA, it’s best to steer clear of anything made before the 2010s.

To extend the life of your plastic storage containers, avoid the dishwasher.

“High-quality food-grade plastic containers have an estimated number of dishwasher or hot water washes of 100 times,” he said. “Hot water conditions can have a strong deteriorating effect on the plastic.”

Because dishwashers involve a longer period of exposure to hot water compared with hand-washing, they’re detrimental to containers’ longevity. If you must put your plastic storage ware in the dishwasher, be sure to use the preferred rack: The top rack doesn’t get as hot as the bottom one, so heat-related damage could be minimized by placing items there.

But Craig suggested that you “hand-clean the containers with hot, soapy water. That will be your best method to prevent them from being damaged. I also suggest cleaning them quickly to avoid stuck-on food, as that’s going to involve more scrubbing and is likely to scratch and damage them quickly. I also try to avoid using harsh scrubbing tools on all my containers because they often can leave scratches.”

Extracted from HuffPost article, January 6, 2025

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

kenilworthpc@gmail.com

