

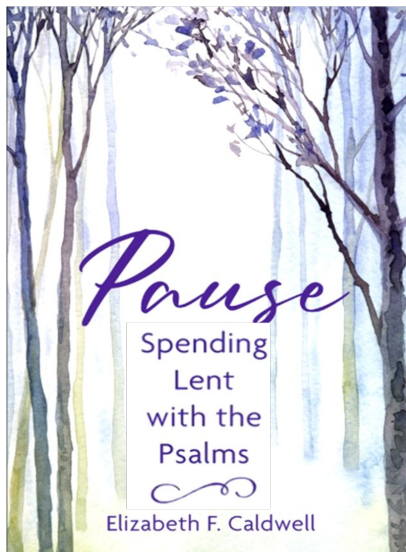


Kenilworth @ Work!

March 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



Lent begins on **Ash Wednesday, March 5** with a service led by Rick & Barb at 7:30 pm.

Lent is a time of study and reflection. Here at KPC, we do that by gathering weekly for a program along with dinner. This year's program is inspired by the book *Pause, Spending Lent with the Psalms*. Families are encouraged to share a copy of the book, available in the fireplace room.

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|------------------------------|-----------|---------------|
| Reflection for Ash Wednesday | Psalm 51 | A Clean Heart |
| First Week of Lent | Psalm 25 | Paths |
| Second Week of Lent | Psalm 27 | Faces |
| Third Week of Lent | Psalm 63 | Blessing |
| Fourth Week of Lent | Psalm 23 | Tables |
| Fifth Week of Lent | Psalm 130 | Waiting |

We have five wonderful meals planned for our nourishment at our Lenten Programs this year.

- * The meal on March 13 features corned beef and all the trimmings. The dinner captain is Rebecca.
- * Nancy, captain for the March 20 meal, is planning a burrito bar and all the trimmings.
- * On March 27, Barb plans a lasagna dinner, again with all the trimmings.
- * The meal on April 3 will be a spaghetti bar with various topping options for your pasta. The co-captains are Eleanore and Sharese.
- * And finally, Carol, Edith and Louise are planning a beef stew meal on April 10.

Each captain is responsible for recruiting help with their meal. Sign up to bring a part of the meal or to help set up or clean up. Thank you.



Psalm 51 For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

¹ Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions ² Wash away all my iniquity and cleanse me from my sin. ³ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ⁴ Let me hear joy and gladness; let the bones you have crushed rejoice. ⁵ Hide your face from my sins and blot out all my iniquity. ⁶ Create in me a pure heart, O God, and renew a steadfast spirit within me. ⁷ Do not cast me from your presence or take your Holy Spirit from me. ⁸ Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. ⁹ Open my lips, Lord, and my mouth will declare your praise. ¹⁰ You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. ¹¹ My sacrifice, O God, is ^[b] a broken spirit; a broken and contrite heart you, God, will not despise. ¹² May it please you to prosper Zion, to build up the walls of Jerusalem. ¹³ Then you will delight in the sacrifices of the righteous, in burnt offerings offered whole; bulls will be offered on your altar.

Select verses



ONE GREAT HOUR OF SHARING

SPECIAL OFFERINGS

HUNGER • DISASTER • DEVELOPMENT

MARCH 5—APRIL 20, 2025

Join with Presbyterians worldwide in sharing God’s love with our neighbors-in-need around the world by providing relief from natural disasters, food for the hungry, and support for the poor and oppressed. This Lenten season, please give generously to One Great Hour of Sharing.



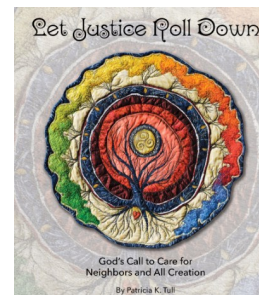
God, our Creator, You have given us work to do and call us to use our talents for the good of all. Guide us as we work, and teach us to live in the Spirit who made us your children, in the love that made us one body, through Jesus Christ our Lord. Amen.



Kenilworth Presbyterian Women meet Saturday, March 15

Meeting 10:00 am Bible Study 11:00 am

This year’s Bible study “Let Justice Roll Down: God’s Call to Care for Neighbors and All Creation” continues on March 15 with lesson 7: Economic Climate Justice. The main idea of lesson 7 is: “The Bible’s economic wisdom never promises to eradicate poverty: ‘You always have the poor with you,’ it says instead. But we can reduce suffering and strengthen the entire social network.” Edith will lead the lesson.



Link to bonus comments about lesson seven from Rev. Dr. Patricia K. Tull, author of the Bible study:
<https://www.presbyterianwomen.org/2025/01/02/let-justice-roll-down-lesson-seven/>



Creation Care Seminar, Thursday, March 27

For those passionate about Creation Care, First Presbyterian Church of Portland is hosting a live-stream event Thursday, March 27 from 9:00 am to 2:30 pm. For more information, see the Cascades Presbytery website at <https://cascadespresbytery.org/>

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| | Dave Ramsey | 6 | <i>I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy. Philippians 1:3-4</i> |
| | Heather Wood | 7 | |
| | Shirlee Ebert | 9 | |
| | Kate Kayrouz | 21 | |



Session Highlights - February 23, 2025



- Rick Votrobeck was reelected as Clerk of Session.
- Laura Schaefer was reelected as Church Treasurer.
- The Mission Committee reported one utility bill was subsidized in February. One rent bill is expected for March.
- Nine Chromebook computers and a charging station have been purchased for use by the English for Speakers of Other Languages (ESOL) class.
- ESOL classes have had up to 10 participants representing two native language groups.
- Rayesa has been trained to confirm the church is secure prior to and during the arrival of preschool staff and students. Session voted to create a new part-time staff position for her after several incidents where doors and gates were found unlocked.
- The Elder training retreat has been rescheduled at the Heathman Lodge, Vancouver, WA for Saturday April 12, 2025.
- Lenten Dinner Captains have been assigned for five Thursdays in Lent, beginning March 13. The program themes will be inspired by the book *Pause, Spending Lent with the Psalms*. Families are encouraged to share a copy of the book, available in the fireplace room.
- Pulpit Supply:

| | |
|----------|---|
| March 2 | Rev. Spencer Parks with Communion |
| March 5 | Rick & Barb, Ash Wednesday at 7:30 p.m. |
| March 9 | Rev. Tim Winslea |
| March 16 | PW Gifts of Women Sunday |
| March 23 | Rev. Spencer Parks |
- A new curb ramp requested by Elder Katie Essick in 2021 recently arose to the top of the Portland Bureau of Transportation's (PBOT) to-do list. Session voted to affirm, yes, we still want them to improve accessibility at the intersection of SE 34th and Gladstone.
- Mr. Joel Matchu has taken on the leadership task of reviving the Creston-Kenilworth Neighborhood Association (CKNA). Session authorized Laura to schedule monthly CKNA meetings in the fireplace room. The initial proposal would be the fourth Monday of each month.
- For those passionate about Creation Care, First Presbyterian Church of Portland is hosting a live-stream event Thursday, March 27 from 9:00 a.m. to 2:30 p.m. Parking, snacks, and beverages will be provided. Pastors or Elders can preregister for you using the Cascades Connections news release.
- If space and time allows, Session approved continued efforts by Louise Langley and NAMI (National Alliance on Mental Illness) to organize an 8-week Peer-to-Peer event for Veterans. Classes would most likely begin the last week of April.
- The next Session meeting will be at 1:30 p.m. March 16, 2025.



A Prayer for Lent: Holy God, by the grace of Jesus Christ you know the tests and trials we face. Walk with us through this wilderness. Come to us with ministers of healing and visit us with messengers of hope, so that we may return to you in faith, believing the good news of the gospel; through Jesus Christ our Savior. Amen



BARB'S NOTE-ABLE NOTES HANDEL THIS!



I would like to again thank Allison Zimmerman and Marie Wachlin for sharing their talents with us in the form of piano and organ duets. Including them in our Sunday morning worship was Allison's wonderful idea, as was celebrating Handel's birthday through the playing and singing of his music. Brava, ladies!!

The first hymn we sang was "Joy to the World!" It is very familiar to all of us, but we probably don't consider the origin of the music. Here's more about it from *Amazing Grace: 366 Inspiring Hymn Stories* by Kenneth W. Osbeck.

As one of the most joyous of all Christmas hymns, this carol omits references to shepherds, angelic choruses, and wise men. It emphasizes instead the reverent but ecstatic joy that Christ's birth brought to humanity. For centuries hearts had yearned for God to reveal Himself personally. At last it happened as "The Word became flesh and dwelt among us." The entire Advent season should be filled with solemn rejoicing as we contemplate anew God's great gift, providing the means whereby sinful people might live eternally.

As we learned in the program, "Joy to the World" is a paraphrase of the last part of Psalm 98:

Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise....Let the floods clap their hands: let the hills be joyful together before the LORD; for he cometh to judge the earth: with righteousness shall he judge the world, and the people with equity. (vv. 4-9)

Although it was originally a song of rejoicing for Jehovah's protection of His chosen people and the anticipation of the time when He would be the God of the whole earth, this psalm was intended by Watts to be a New Testament of praise. It exalts the salvation that began when God became incarnate as the Babe of Bethlehem who was destined to remove the curse of Adam's fall. The text was originally entitled "The Messiah's Coming and Kingdom" when it first appeared in a hymnal of 1719 by Isaac Watts. The music for this popular carol is thought to have been adapted by Lowell Mason, an American church musician, from some of the phrases used in parts of George Frederick Handel's beloved oratorio, *Messiah*, first performed in 1742.

Through the combined talents of an English literary genius of the eighteenth century, a German-born musical giant from the same period, and a nineteenth century American choir director and educator, another great hymn was born.

Musically yours, Barb Votrobeck





All Natural Beauty: 5 Simple DIY Natural Skin Care Recipes from Mother Earth

GREEN TEAM REPORT

Transforming your body care products from harmful to homemade doesn't need to cost a fortune or take hours of your time. These simple natural skin care recipes are made of ingredients easily found in most pantries, and they will readily replace your favorite store-bought products. You'll never miss their questionable ingredients, harmful chemical compounds, or plastic containers – we promise!

Coconut Oil Eye Makeup Remover: A pea-sized dollop of coconut oil is all you need to remove eye makeup at the end of a long day. Simply warm it in the palm of your hands and then gently apply it to the eye area with your fingertips. Massage it in and wipe it off with a soft cloth.

Simple Face Scrub: Unassuming superstars baking soda and water join forces to create a softly exfoliating scrub for smooth, dewy skin. Mix 1 tablespoon baking soda with a little warm water to create a paste. Gently massage mixture into the skin of your face, avoiding the delicate skin around the eyes. Rinse with warm water and pat dry with a soft towel.

Shampoo: Mix 1 tablespoon baking soda with 1 cup warm water. Pour through wet hair and massage into the scalp. Rinse well.

Conditioner: Mix 1-2 tablespoons apple cider vinegar or lemon juice with 1 cup warm water. Pour through hair and leave to set for a few minutes. Rinse well.

Luxe Lotion: This homemade body lotion recipe comes from Annalea Magana, and at a whopping three ingredients, is the most complicated of the bunch. Grate 3 tablespoons of beeswax and combine it with 3/4 cup olive oil in a small saucepan. Heat over medium-low heat until the beeswax dissolves. Add 1 cup of water to a blender, turn it on to a medium setting and then slowly add the olive oil/beeswax mix. Adding oil to water excruciatingly slowly allows it to emulsify and thicken into a rich lotion you will love. Transfer the lotion into a sterile glass jar and stir in any essential oils you would like to add for fragrance. This lotion is fantastic for dry winter skin. It keeps for about three months.

Sometimes, we overcomplicate life. Instead of spending our time and money seeking out the latest store-bought potions loaded with mystery ingredients, we can get soft skin, shiny hair, and radiant complexions with simple, natural ingredients – for a fraction of the cost.

Extracted from an article by Madeleine Somerville on this website: Website: <https://earth911.com/>



Dear KPC Team -

Thank you so much for
the holiday donations of
games, crafts & art supplies.
We had so much joy &
gratitude thinking of you
all & sharing that you were
sending holiday wishes to
our Great Community.



THANK
YOU

Thank you from all of
us @ Grout Elementary!
"

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