

Kenilworth @ Work!

May 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

BARB'S

EASTERTIDE

NOTE-ABLE You may think after April 20th that Easter is over. Think again.

NOTES



We celebrated the Second Sunday of Easter with Holy Humor, aka Bright Sunday. Christians just love to remind Satan that it lost the battle with Jesus.



Easter tide, also known as Easter season or Paschaltide, is a 50-day liturgical season in Christianity that celebrates the Resurrection of Jesus Christ. It begins on Easter Sunday and concludes on Pentecost Sunday (June 8), the Sunday we try to wear red, orange, and yellow in recognition of flames. This period is considered a time of joyful exultation and a celebration of the new life and victory over death offered through Christ's resurrection.

There are several Eastertide customs across the Christian world, including **flowering the cross**, sunrise services, exclaiming the Paschal greeting, and decorating Easter eggs, a symbol of the empty tomb. The **Easter lily**, a symbol of the resurrection in Christianity, traditionally decorates the chancel area of churches on this day and for the rest of Eastertide.

I missed Bright Sunday this year, but for a special event. I graduated from Morningside College, now Morningside University, in 1972. Morningside celebrated 100 years of the Morningside Concert Chorale on Saturday, April 26th. I was there singing in the Alumni Choir with 160 others. We also had opportunities to catch up with college friends. I wish you a very Happy Eastertide!!

Musically yours, Barbara Votrobeck, KPC Director of Music

 **NAMI Multnomah**
National Alliance on Mental Illness

Veteran Peer-To-Peer Course Begins at Kenilworth on May 5

Kenilworth will host a NAMI (National Alliance on Mental Illness) Veteran Peer-To-Peer course beginning on May 5 and continuing through June 30. This course is geared to serving our military veterans. For many of our veterans, this may be the first time they have participated in a group that addresses their mental health. Peer-To-Peer is a peer-run support group where participants learn about how to do better self-care while they share their life experiences in a safe non-judgmental environment. The class will be facilitated by military veteran Karen Mansfield and myself. Blessings, Louise



Kenilworth Prayer Circle Tuesdays 4:00 PM via Zoom

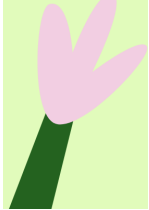
And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep praying for all the Lord's people. Ephesians 6:18

To receive the Zoom link to be a part of the Prayer Circle, contact the church at KenilworthPC@gmail.com.



NEWS FROM KENILWORTH PRESBYTERIAN WOMEN

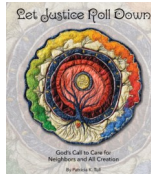
A Brunch for All Saturday, May 17



Kenilworth's Presbyterian Women are hosting a brunch fundraiser for East Side Village. Come and learn about the way this non-profit is making it possible for people to age in place, in their homes. The menu will include the casseroles we taste-tested at coffee hour, plus other flavorful delights. This event is open to all. Tickets are available at church, or use the QR code on the flyer to the right or on the church website to pay online. Get your tickets now.

Bible Study & Meeting Saturday, June 21

This year's year's Bible study "Let Justice Roll Down: God's Call to Care for Neighbors and All Creation" concludes on June 21.



Kenilworth's Presbyterian Women present

SATURDAY BRUNCH

Everyone is welcome at our brunch fundraiser! Enjoy a hearty buffet of delicious foods and learn about Eastside Village. This growing national movement enables older adults to age at home and in their community safely, affordably, happily, and healthily for as long as they choose.

11:00 AM - 2:00 PM

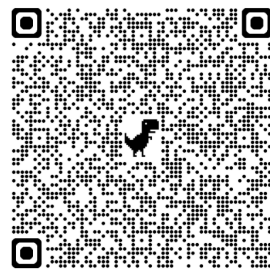
Saturday, May 17

Tickets - \$20

Kenilworth Presbyterian Church
4028 SE 34th Ave, at Gladstone
Portland OR 97202

For more details visit www.kenilworthpc.com

Scan and select PW to purchase tickets

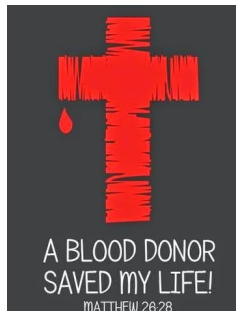


A GREAT
GIFT FOR
MOTHER'S
DAY!

American Red Cross Blood Drive

**Kenilworth
Presbyterian Church
Thursday, May 29
12:30 to 5:30 pm**

To schedule your appointment or for more information, please call 1-800-RED-CROSS or visit www.redcrossblood.org
Sponsor Code: Kenilworth



May Birthdays



Timothy Kayrouz	2
Phillip Back	5
Alexander Kayrouz	6
Peggy Morgan	7
Barbara Votrobeck	11
Katie Kayrouz	25
Peter Broberg	28
Edith Starling	29



APRIL FLOWERS – NO SHOWERS

The Oregon Food Bank reports that “federal food assistance programs have stopped, safety net benefits have been cut and OFB will lose 90 truckloads of food.” Meanwhile “1 in 8 Oregonians are unsure of where their next meal will come from.” The high price for groceries doesn’t seem to come down. I still have hope.

Attendance has dropped slightly at our Friday pantry. It’s difficult to gauge whether this is related to the reduction of food available to us or the ‘lottery’ intake system we implemented in February. I pray that those missing people are finding enough elsewhere.

We did a survey of languages on April 11. The variety won’t surprise our Friday afternoon volunteers. We try to present some culturally appropriate foods every week. It’s interesting to see what is popular week to week. Protein and Produce, the two P’s, seem to be a common theme.

You, our volunteers, improved over 1,300 people’s day-to-day last month. Give yourselves a pat on the back. As I’ve heard, “it takes a community and YOU are it.” Forever grateful.

Laura Schaefer, director

[GIVE NOW](#)



People served in April

1,316 people from 368 households
 41 Wednesday deliveries
 10,171 # total groceries received
 8,137 # Oregon Food Bank
 888 # City Team Ministries
 753 # New Seasons - Woodstock
 263 # QFC – Westmoreland
 131 # Other Donations
 Volunteers
 333 Hours
 30 People

Language	Clients
English	24
Chinese	19
Farsi/Dari	15
Vietnamese	8
Spanish	5
Burmese	4
Cambodian/Khmer	4
Nepalese	3
Arabic	1
Filipino	1
Hungarian/Romanian	1
Japanese	1
12 languages	86

Session Highlights April 12, 2025

The Moderator, Session, Clerk, and Treasurer met at Heathman Lodge in Vancouver, WA at 9:00 a.m. for their annual leadership retreat. The daylong retreat allows the Session to address issues that do not normally receive adequate time for more in-depth consideration, and to educate new Elders to policies and procedures of the church organization.



- The Mission Committee reported one rent bill and one utility bill was subsidized in April.
- ESOL classes have expanded with addition of a Wednesday English literacy class..
- There is revived interest in hosting a neighborhood night out. We are seeking a volunteer to meet with Creston/Kenilworth Neighborhood Association the fourth Monday evening of each month at KPC.
- The initial stages of a SimpliSafe Security system has been installed to assist in monitoring church doors that have often been found open during morning rounds.
- Properties Committee has proposed purchase of a dog kennel to enclose the new air conditioning condenser.
- Plans are in place for a Properties Committee work day at the church one day per month to identify and address maintenance projects.
- The Finance Committee is addressing banking frustrations and Insurance rate hikes.
- Pastor Susan donated her recently retired Samsung cell phone to the church, and plans are underway to retire the Church Comcast landline to be replaced by a new cell service for the office phone.



- Session voted to establish a new Commission to address communications and emergency response procedures for the persons and organizations using our church building. The new Commission will report to the Properties Committee.
- Neighborhood resident Kevin Sweet has been invited to practice his organ lessons in our Sanctuary during off-hours.
- Financial activities showed total offerings and building use income exceeding budget projections for the year to date by just over \$2,500. Final payments on electrical upgrades and the new heating system were covered by transfers from savings as budgeted, however unexpected heating costs nullified the gains.
- Follow-up investigations with the furnace installer revealed an unidentified error code that resulted in too much supplemental electric heat being required.
- In the afternoon the Session completed the annual review of the four mandatory written policies of the church:
 - Policies and Procedures on Sexual Misconduct
 - Child, Youth, and Vulnerable Adult Abuse Prevention
 - Harassment and Complaint Procedures
 - Kenilworth Presbyterian Church Antiracism Statement
- The next regular Session meeting is scheduled for 1:30 p.m. May 25, 2025

Rick Votrobeck, Clerk of Session

GREEN TEAM NEWS



Save money and help the planet with sustainable garden practices.

In a world of increasing climate change and the invasion of more exotic insects and pests, sustainable gardening is more important than ever. We can all do our part to help by changing our practices — often just by a bit, depending on the methods you’ve already put in place. And if it all seems too overwhelming, take it one step at a time. You’ll help the environment and at the same time save money and join a community of like-minded gardeners who love to share their experiences.

Plant a cover crop. Soil is the basis of any garden, especially sustainable ones when you don’t want to use a lot of chemical fertilizer. Cover crops provide many benefits to the soil by reducing erosion and runoff, increasing water infiltration and increasing organic matter. Legume cover crops act as a fertilizer and fix nitrogen into the soil.



Share tools. See if there is a community tool sharing program in your area or reach out to your neighbors to share.

Reduce water use through plant selection. Look for plants that are drought-tolerant and do not require any applied irrigation. The Willamette Valley climate is semi-Mediterranean with a summer dry period, therefore establishing plants that can tolerate these conditions is a good way to have a low-maintenance and sustainable garden.

Ditch the plastic. Join forces with close neighbors to order soil, compost, mulch or other amendments in bulk instead of purchasing plastic bagged product.

Reduce single-use plastic pots in the garden by starting seeds at home in cardboard egg cartons, toilet paper tubes or even homemade newspaper pots or repurpose plastic tubs or containers from home (repurposed yogurt containers work well);

Reduce pesticide use. Replace pest-prone plants with ones that don’t require frequent pesticide use and learn more about the particular pests in your garden, and seek alternative methods of control.

Extracted from an online article by Steve Renquist, retired OSU Extension horticulturist, published May 28, 2021 on the OSU website: <https://news.oregonstate.edu/news/save-money-and-help-planet-sustainable-garden-practices>



Most Needed Items

- ◆ Hearty soups, chili and stew
- ◆ Canned fruit & vegetables
- ◆ Packaged snacks
- ◆ Shampoo & soap
- ◆ Baby wipes
- ◆ Quart size zip top bags
- ◆ Pet food
- ◆ Men's clothing (all types & sizes)
- ◆ New underwear and socks (especially boxer briefs for boys/men)

May 10 - National Association of Letter Carriers Stamp Out Hunger - Place a bag of nonperishable food next to your mailbox, contact your local post office for more information.

June 7 - Summerplace Shred Day, 9 am-12 pm, 2020 NE 150th Ave. Bring your sensitive material and a suggested donation (\$5-10 or 5-10 cans of food) for SnowCap. We will send your papers through the shred truck for safe disposal of your sensitive materials.

June 14 - Fill-The-Truck Food Drive - Join iHeartMedia, Gresham Toyota and Team SnowCap at Gresham Fred Meyer, 2497 SE Burnside Rd, Gresham, from 12-2 pm drop off donations and get a \$10 off coupon, get more information at www.snowcap.org/news--events

SnowCap 17805 SE Stark St Portland OR

Bright Sunday April 2025



On April 27, KPC celebrated its 14th Bright Sunday, with a focus on Holy Humor. Music included many references to joy and happiness, accompanied by Allison on piano, with kazoos played by all. (Beethoven's "Ode to Joy" never sounded better!)

Cameron and others told jokes fit to tell in church, and many wore red noses in honor of the late Rev. Bud, who years ago sowed seeds of humor at KPC. We continued our tradition of original plays about Biblical characters coming to Portland.

This year it was "Naomi and Ruth Come to Portland." Cast and crew included Edith, Sharese, Willa, Laura, Peggy, Jon, Dan, Karl, Louise, Carol, David, Becky, Rick, and Jerry. Eleanore was the understudy for all parts. Willa received "The Golden Kazoo" award, in recognition of her leadership in Bright Sundays past and her leading role as Ruth this year.





Gluten Free & Dairy Free Orange Cake

A favorite from Menucha Kitchen



- 4 large eggs
- 2 cups sugar
- 1 cup coconut milk or milk of choice
- 1 cup mild vegetable oil
- ¼ cup fresh orange juice (about 1 orange)
- 1 tablespoon orange zest (about 1 orange)
- 1 teaspoon orange extract (optional)
- 1 teaspoon vanilla extract
- 2 ½ cups gluten free flour (I used King Arthur)
- 1 teaspoon xanthan gum (if the flour doesn't already contain xanthan gum)
- ½ teaspoon sea salt
- 1 tablespoon baking powder
- Preheat the oven to 350 degrees.
- Lightly grease cake pans 2 - 8" rounds.
- Beat eggs & sugar for 3-5 minutes on low speed.
- Combine milk, oil, orange juice, zest & extract.
- Whisk together flour, xanthan gum (if needed), sea salt, & baking powder.
- On low speed, add dry & wet mixtures to egg & sugar mixture until well combined.
- Divide batter evenly between prepared pans.
- Place in a preheated oven & bake 30-35 minutes or until the cake center springs back to touch.

Enjoy! *Nancy*

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