

Kenilworth @ Work!

June 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 NOTE-ABLE NOTES



The 2024-2025 season for the KPC Choir has come to an end. I am so grateful for our faithful singers: Karl Berger, Jerry Fairbanks, Carol Garner, David Jewel, Jonathan Jewel, Rebecca Jewel, Sharese Jewel, Rick Votrobeck, and Paul Youngs. The choir will be taking a break during the summer and we look forward to special music from soloists. We will also welcome new singers to the choir in the fall.

Speaking of special music, we will again be blessed with music from The Sons of the Fathers on Fathers' Day. Members of the quartet are fathers and sons David and Jonathan Jewel and Rick and Collin Votrobeck. One of the pieces they will sing is "Be Thou My Vision, so let's learn more about it.

Truly our visionary attitude throughout life is often the difference between success and mediocrity. One is reminded of the classic story of the two shoe salesmen who were sent to a primitive island to determine business potential. The first salesman wired back, "Coming home immediately. Not one here wears shoes." The second man responded, "Send a boatload of shoes immediately. The possibilities for selling shoes here are unlimited."

For the Christian, vision is a true awareness of Christ in all of His fullness and enabling power. This ancient eighth-century hymn text from Ireland is still meaningful for us today with its expression of a yearning for the presence and leading of God in our lives. The earnest prayer is enhanced by such quaint but tender phrases as "Lord of my heart," "Thy presence my light," "bright heav'n's Sun," and "heart of my own heart," The text states that when we allow God to have first place in our lives, He becomes our treasure; we care no more for the pursuit of riches or "man's empty praise."

The entire Irish poem (c. 700s) was first translated into English in 1905 by Mary E. Byrne, a research worker and writer for the Board of Intermediate Education in Dublin, Ireland. Several years later, Eleanor H. Hull, a writer of English history and literature, put the prose into verse form and included it in her book of poems, The Poem Book of the Gael. The melody for this hymn is a traditional Irish folk melody.

The quartet will also be singing "This Is My Prayer" and "How Firm a Foundation." We hope you will all be able to be there, June 15th at 10:30 a.m.!

Remember to include worship at KPC in your summer activities.

Musically yours, Barbara Votrobeck
KPC Music Director

Kenilworth Presbyterian Women - Saturday, June 21

Meeting 10:00 am Bible Study 11:00 am

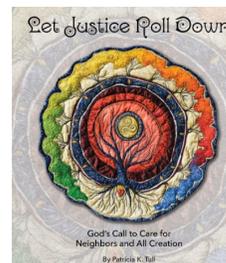


This year's year's Bible study "Let Justice Roll Down: God's Call to Care for Neighbors and All Creation" concludes with Lesson 9 on June 21.

The final lesson looks at how "scripture and modern science help us see nature's wisdom more clearly and lead us to seek just ways to care for the earth and one another." Nancy and Allison will lead the lesson.

For bonus comments about lesson nine from Rev. Dr. Patricia K. Tull, author of the Bible study, go to:

<https://www.presbyterianwomen.org/2025/02/27/let-justice-roll-down-lesson-nine/>





Session Highlights May 18, 2025

On April 23, 2025 the Session received an unexpected letter of resignation from Pastor Susan McDougall. The Rev. Sue Van Stelle, pastor at Mt. Scott Presbyterian Church, was appointed Moderator of Session by the Commission on Ministry NE, and Session met April 29, 2025 to officially accept Pastor Susan's resignation effective May 23, 2025. Pastor Susan was authorized to use her vacation time to fulfill the 30-day notice requirement in our covenant agreement. At the April 29 meeting Session also began the process of seeking candidates to take on Office Administration duties.



- The Mission Committee reported one rent bill and one utility bill was subsidized in May, and a renter's exit bill is being disputed.
- Properties Committee reported four new wireless microphones were added to the system to improve sound quality.
- Properties Committee will begin meeting one day per month to perform DIY maintenance projects.
- The peace pole signs at the corner of 34th and Gladstone will be removed and restored.
- The Session approved a quarterly Preschool tuition assistance program, and reaffirmed their approval of amendments to the Preschool Bylaws.
- To assist with Office Administration duties, Carol and Edith will record and prepare weekly offering deposits. Nancy Youngs will be invited to join them in these tasks. Carol will also take on the responsibility of printing and distributing the Kenilworth @ Work monthly newsletter.
- Barb Votrobeck and Karl Berger have volunteered to attend Kenilworth/Creston Neighborhood Association meetings in the Fireplace Room of KPC. The next meeting is scheduled at 6 p.m. June 2, 2025.
- Session received and approved a proposal from Rev. David Jewel to Worship off-campus with the Warm Springs Presbyterian Congregation July 13, 2025. Rev. Jewel will be serving as Pulpit Supply for Warm Springs PC. Session agreed to arrange for transportation for our congregation to travel to the Warm Springs Reservation to depart at 7:30 a.m. Carol Garner volunteered to lead a Worship service for those unable to travel two hours for worship. KPC cooks will be providing food for fellowship following Worship at Warm Springs.
- A neighborhood artist is seeking space to hold painting classes. Session authorized Laura Schaefer to visit with Maile Boeke Sand to determine if adequate space and time options are available.
- Two requests for a venue to perform for-profit concerts were declined.
- The Session instructed Rick Votrobeck to notify Rev. Clark Scalera and Rev. David Dornack of Session's desire to seek an Interim Pastor or a Bridge Pastor for continuity in Worship while discernment of the future KPC leadership progresses.

The next regular Session meeting is scheduled for 12:30 p.m. June 22, 2025.

May Brunch a Success



Many more people arrived for the brunch than we expected, but thanks to the flexibility of our members, we were able to seat and feed over 50 guests. The food was tasty and the atmosphere was electric. Eastside Village representative Peg spoke about the many benefits of being a part of this non-profit that seeks to help people age in place. There were many guests who are members of Eastside Village present. They uniformly asserted the value of this organization.

All proceeds from the brunch will be donated to East Side Village to support scholarships for low income people. For photos of the event, check the gallery on Kenilworth's website at <https://kenilworthpc.com/gallery/>



KPC to Worship at Warm Springs on July 13

The Session has approved our joining with the folks at Warm Springs Presbyterian Church for worship on July 13, 2025. The Church is located on the Warm Springs Reservation and has been serving God and the indigenous community for over 150 years. The long-standing support of this congregation by the Presbytery of the Cascades has recently been re-affirmed and strengthened. This support includes funds to renovate the manse and the church building, and providing worship leadership while the congregation is without a pastor.



Plans are being made to identify how many will be traveling to Warm Springs, which is about a 100 mile, two-hour trip from Portland. It is important to note that we will need to leave Portland around 7:30-7:45 am, to arrive in time for their 10:00 am worship service.

As the number of people going is determined, we will be seeking drivers and vehicles that can accommodate them. We plan to bring food for lunch after worship. Pastor Jewel will be preaching there that day, and Barb Votrobeck will lead our musical support.

Carol Garner has graciously agreed to lead worship at KPC on this day, for those unable to make the trip.

More Items to Recycle at Kenilworth



We will begin recycling more plastic items in June. These plastics will be gathered and sorted at the church and then recycled at James Recycling in Beaverton.

You can check out the James Recycling web page for more information on what items they accept. <https://jshrecycling.com/wp-content/uploads/2024/10/Depot-list.pdf>

All items MUST be clean. Please wash all items before dropping them into the recycling bins.

- Un-numbered plastics: straws, bread clips, utensils, screw on caps, contact lens blister packs, CD containers, tape dispensers and cassette containers.
- #1 PET plastics, must be clean and clear (no color): clamshells, egg cartons, to-go containers, fruit cases
- #2, #4, #5 and #6 plastics: must be marked with a recycling number. Cold or hot drink cups, lids, Tupperware containers, condiment containers, prescription pill bottles, take-out containers, plastic pots under 4 inches and seeding trays, tubs and containers less than 6 oz, miscellaneous plastic containers and PakTech can handles

Place these items in the tubs in the recycling area (end of the coat rack hallway). Thank you.

KPC celebrated Earth Care Sunday on May 18. The sermon topic was “Weathering the Storm,” presented by Becky. We were encouraged to become a Faithfully Climate Resilient congregation.



Faithful Resilience is described as “bouncing forward to eradicate the inequities and unsustainable resource use that is at the heart of the climate crisis.

Three things were suggested. 1. Prepare for whatever might come. 2. Rebuild after whatever happens. 3. Be hospitable, especially to climate migrants.

For photos of the event, check the gallery on Kenilworth’s website at <https://https://kenilworthpc.com/gallery/>



GREEN TEAM REPORT



Time To Reconsider Your Plastic and Silicone Cutting Boards

Plastic cutting boards are a staple in many kitchens, praised for their durability, affordability, and ease of cleaning. But beneath the convenience lies a less visible and concerning problem: microplastics. Plastic cutting boards shed tiny particles as you cut and chop, contributing to environmental pollution and perhaps even creating health risks for you and your family. Before you choose a cutting board, check out the implications for the planet and people.

Microplastics are tiny plastic particles less than 5 millimeters in size, often generated through the wear and tear of larger plastic items. Studies have revealed that plastic cutting boards are a significant source of these particles. A 2022 study published in Environmental Science & Technology found that plastic cutting boards can shed up to 71 million polyethylene and 79 million polypropylene microplastic particles per year into household wastewater.

Every time you slice, chop, or dice, the friction of your knife on the board creates microscopic fragments of plastic that can end up in your food, wastewater, and eventually, the environment. These particles often pass through water treatment plants, eventually reaching rivers, oceans, and soil ecosystems.



Microplastics are increasingly being detected in human tissues and bloodstreams. Research from the Medical University of Vienna in 2018 found microplastics in the blood of 80% of study participants. While the long-term effects remain unclear, concerns about inflammation, hormone disruption, and bioaccumulation are growing.

Switching to non-plastic cutting boards can help reduce microplastic pollution.

- Wood cutting boards shed more microparticles than plastic, but they do not pose the same risk if the board is treated with a natural sealant. Your choice can contribute to a healthier meal and a cleaner environment. Choose this natural, renewable, and biodegradable option, focusing on hardwood options with a natural finish. Wood also has natural antibacterial properties, making it a hygienic choice. Look for sustainably sourced wood certified by organizations like the Forest Stewardship Council (FSC). Avoid boards coated with synthetic finishes, which can leach chemicals, and consider going finish-free.
- Bamboo grows quickly, making it a highly sustainable material. It's durable, lightweight, and biodegradable. Be sure to avoid boards laminated with synthetic glues, as these can release toxins over time. Greener Chef makes durable organic bamboo cutting boards with a lifetime replacement guarantee.
- Because they are completely non-porous, glass boards are easy to clean and don't release particles during use. However, they can dull knives quickly and may break if dropped.
- Whether stainless steel or titanium, metal boards are durable, hygienic, and recyclable. Titanium is the new choice for chefs; it is ideal for heavy-duty tasks without the risk of shedding particles. It can be noisy during use and unsuitable for delicate chopping tasks.
- Stone boards are hard, non-porous, and free of microplastic concerns, making them easy to clean and care for during use. However, the material can be fragile and prone to chipping.

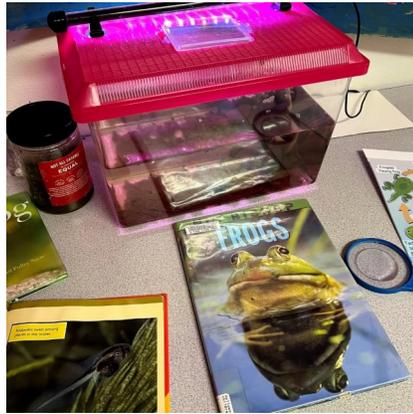
If you currently use plastic or silicone cutting boards, here are some steps to minimize microplastic pollution:

- Replace Worn Boards: Old and heavily scored boards shed more microplastics. Replace them when deep grooves appear.
- Cut Gently: Use sharp knives and avoid excessive force to reduce friction on the board.
- Choose BPA-Free Plastics: If you stick with plastic, opt for BPA-free boards to prevent the leaching of harmful substances into your food and the environment.
- Rinse Wisely: Rinse chopped foods after you cut them. The way you wash your cutting board can also help reduce the volume of plastics that reach the environment.

Thanks to the Website: Earth911.com Extracted from an article published January 16, 2025 [Link to article:](#)



The kids have been loving spring! They've been tending to the garden and learning all about the life cycle of frogs, watching tadpoles grow each day! Plus, they've been having fun with all the different types of bugs and insects that are out, including making little houses for them!



MARK YOUR JUNE CALENDAR

Bible Study: Wednesdays, 2:30 pm
Cascade Presbytery Zoom Meeting: June 25 6–8 pm
English as a Second Language Computer practice: Tuesdays 9 am
Class: Tuesdays & Thursdays 10 am
English Literacy Class: Wednesdays 10 am
Groceries for Grout: deliveries, Wednesdays 12:30 pm
food pantry, Fridays 1:30 pm
Prayer Circle via Zoom: Tuesdays 4 pm
Presbyterian Women: Saturday, June 21 10 am
PUN Prayer Group: Wednesdays 12 pm
Scrabble Games: Thursdays 2 pm
Session Meeting: Sunday, June 22 12:30 pm
Worship: Sundays, June 1, 8, 15, 22, 29
Wy'East Veterans Center Dinner: Friday, June 20



Birthdays

Jerry Fairbanks	8
Willa Ramsey	10
Karl Berger	16
Rayesa Yaqoub	23

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