



Kenilworth @ Work!

July & August 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

Worship at Warm Springs on July 13

As of the end of June, 13 people from KPC are planning to worship at Warm Springs Presbyterian Church on July 13. The Church is located on the Warm Springs Reservation and has been serving God and the indigenous community for over 150 years. Pastor Jewel will be preaching there that day, and Barb Votrobeck will lead our musical support. See page 2 for an abbreviated history of the Confederated Tribes of the Warm Springs Reservation.



Worship at Kenilworth on July 13

For those who are not traveling to Warm Springs, come join Carol and Cameron for worship in the fireplace room at 10:30 am followed by refreshments. The sermon will be on "Welcoming the Strangers Among Us."

"All of us, in the course of our lives, can find ourselves living in our native land or in a foreign country, yet our dignity always remains unchanged: it is the dignity of a creature willed and loved by God." Pope Leo XIV



Kenilworth Prayer Circle - Tuesdays 4:00 PM via Zoom

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

Every Tuesday afternoon at 4 pm, the Prayer Circle gathers on Zoom to offer continuing prayers. We begin by praying again those prayers that were voiced during the previous Sunday's worship. We move to the 5-fingered prayer outline to pray for our family and our enemies, our teachers and leaders, our government and industry leaders, the homeless, weak and lost and finally for ourselves. We add prayers for the mission and fellowship of KPC, for members and commissions of the Presbytery and for PC(USA) staff, including Mission Co-workers around the globe. And we pray for many people by name who are on our continuing prayer list. Finally we learn and pray about what is happening around our connectional church family.

This dedicated group of prayer warriors believe that "prayer is chatting with God, in freedom and with simplicity. In the midst of both calm and chaos, prayer moves us to internally sit still at God's feet. Prayer can change our thinking and bring peace..." Shekea Moreno

If you would like to join the prayer group, please contact Rebecca to be included in the invitation to pray each week. If you would like to add someone or something to the prayer list, please contact Rebecca or the church office.



Confederated Tribes of the Warm Springs Reservation



Warm Springs Presbyterian Church is in its 151st year. It is located on the Warm Springs Reservation, which is governed by the Confederated Tribes of Warm Springs. The Confederated Tribes consist of the Wasco, the Warm Springs, and the Paiute.

The Wasco bands on the Columbia River were principally fishermen. They traded root bread, salmon meal, and bear grass for roots and beads from other Chinookan bands. Game, clothing and horses came from Warm Springs and more distant Nez Perce bands.

The Warm Springs bands moved between winter and summer villages, and depended more on game, roots and berries. Salmon was also an important staple for the Warm Springs bands and, like the Wascoes, built scaffolding over waterfalls to harvest fish. While speaking different languages and observing different customs, Warm Springs and Wascoes conversed and traded heavily.

The Paiutes lived in southeastern Oregon. Their language and lifestyle differed from the Wasco and Warm Springs bands, and they migrated further and more frequently for game. In the early times, commerce with the Wasco and Warm Springs bands was infrequent, and skirmishes sometimes happened.

In 1855, the Warm Springs and Wasco tribes relinquished ten million acres of land, but reserved the Warm Springs Reservation for their exclusive use. The tribes kept their rights to harvest fish, game and other foods off the reservation in their usual and accustomed places. Salmon wasn't as plentiful and the climate and soil conditions made farming difficult. Federal policies of assimilation forced them to abandon many of their customary ways. In 1879, a small number of Paiutes came to the reservation from the Yakama Reservation and Fort Vancouver. As more came, they became a permanent part of the Warm Springs Reservation.

In 1937, the three tribes organized as the Confederated Tribes of the Warm Springs Reservation of Oregon by adopting a constitution and by-laws for tribal self-government.

For a more complete history, check out <http://warmsprings-nsn.gov/history/>

SUMMER PARK PLAYDATES!
10AM-12PM

- June 25: Kenilworth Park
- July 2: Creston Park
- July 9: Mt. Scott Park
- July 16: Kenilworth Park
- July 23: Creston Park
- July 30: Mt. Scott Park

Kenilworth Community Preschool

Birthdays

July		August	
Eleanore Ramsey	18	Zulmay Yousefi	6
Rebecca Jewel	26	Frances Broberg	23
Amir Yousefi	29	Jody Lane	28

Kenilworth Presbyterian Women

As we take a breather for the summer, we need to look ahead for fall. I would like to have a get together for a picnic style potluck lunch in August to start the new season. Please contact me and let me know what days will work for you. Have a safe and blessed summer. Carol, Moderator



MAY – the new SUMMER

The first day of the astronomical season of summer didn't take place until, Saturday, June 21. Nonetheless, our volunteers and clients had to deal with late-summerlike weather on the Fridays in May. Canopies helped some, but at times, by 3:00 it was brutal when the pantry ended.

Our Friday hours have changed for the summer. Setup starts at 11:00 and pantry opens to the public from 12:00-1:00. If needed, we can extend the quittin' time.

We also will reduce our Wednesday deliveries to every other week during July and August.

July 9 and 23 August 6, 13 and 27

Oregon Food Bank's compliance visit was Friday, June 27th. I'm certain they will be checking records of the required training for volunteers. If you haven't already, please use these links to view the training.

Food Safety https://ofbportals.oregonfoodbank.org/home/trainings/fundamentals/food_safety

Civil Rights & Confidentiality https://ofbportals.oregonfoodbank.org/home/trainings/fundamentals/civil_rights

Enjoy every day!! Laura Schaefer,

[GIVE NOW](#)

Session Highlights June 22, 2025

- Session approved the preschool teachers' contracts for the 2025-2026 school term.
- Session also approved the preschool's proposed budget for the 2025-2026 school term.
- Financial reports show year-to-date income in line with budget projections however expenses exceeded income by \$2,352 May 31, 2025.
- Mission Committee reported one family's rent was subsidized for June.
- Properties Committee met June 16 to begin addressing the long list of maintenance projects in and around the church. Grinding down raised sidewalks, spackling chipped plaster and adding corner guards, and installing an automatic door closer on the basement fire door were among the most noticeable projects.
- The peace pole faces at the corner of 34th and Gladstone were removed and will be replaced with more rot resistant cedar boards. Painting will be a Summer project.
- The church grounds team has been working hard cleaning planting beds and trimming trees and bushes.
- To assist with Office Administration duties, Carol, Edith, and Nancy have teamed up to accomplish banking and recording tasks. Carol is also taking on the responsibility of printing and distributing the Kenilworth @ Work monthly newsletter.
- A contingent of our congregation will travel to Worship off-campus with the Warm Springs Presbyterian Congregation July 13, 2025. Rev. David Jewel will be serving as Pulpit Supply for Warm Springs PC, and Barbara Votrobeck will serve as accompanist. Transportation for those wishing to travel to the Warm Springs Reservation will depart at 7:30 a.m. Carol Garner will lead a Worship service accompanied by Allison Zimmerman for those unable to travel two hours for Worship. KPC cooks will be providing food for fellowship following Worship at Warm Springs.





- The Session is seeking assistance from COM-NE for procedure to seek an Interim Pastor or a Bridge Pastor for continuity in Worship while discernment of the future KPC leadership progresses. Weekly pulpit supply is being arranged while those efforts proceed.

June 29	Pastor Shela Sullivan
July 6	Rev. Andrew Wall
July 13	Elder Carol Garner
July 20	Rev. Dr. Tom Nolen
July 27	Rev. Dr. Rob Hagan
August 3	to be announced
August 10	Rev. Tim Winslea, RN

The next regular Session meeting is scheduled for 12:30 p.m. July 20, 2025.

Rick Votrobeck, Clerk of Session

BARB'S NOTE-ABLE NOTES



So we say with confidence, *“The Lord is my helper; I will not be afraid. What can man do to me?”* Hebrews 13:6

“How Firm a Foundation”

On Father’s Day the *Sons of the Father* quartet sang “How firm a Foundation” for the Offertory. Let’s learn about it.

A believer’s stability in this life, as well as his confidence for eternity, rests solely on the written promises of God’s Word. The direction of the living God for our lives is very definite. It is found in a firm foundation - the written revelation: “Thus saith the Lord.”

In the first stanza the sure foundation of the Christian faith is established as being the Word of God. This challenging question is posed: What more can God do than provide His very Word as a completed revelation of Himself to man? The succeeding stanzas personalize precious promises from His Word:

Stanza 2 - Isaiah 4a:10 - “Fear thou not, for I am with thee, be not dismayed; for I am thy God...” (KJV).

Stanza 3 - Isaiah 43:2 - “When thou passest through the waters, I will be with thee” (KJV).

Stanza 4 - 2 Corinthians 12:9 - “My grace is sufficient for thee; for my strength is made perfect in weakness” (KJV).

Stanza 5 - Hebrews 13:5 - “I will never leave thee, nor forsake thee” (KJV).

The authorship of the text has always been a mystery to hymnologists. Its first appearance was in 1787 in *Selection of Hymns*, published by John Rippon, pastor of the Carter’s Lane Baptist Church in London. He was one of the most popular and influential dissenting ministers of his time.

*How firm a foundation, ye saints of the Lord, is laid for your faith in His excellent Word!
What more can He say than to you He hath said - To you, who for refuge to Jesus have fled?*

*“Fear not, I am with thee - O be not dismayed, for I am thy God, I will still give thee aid;
I’ll strengthen thee, help thee, and cause thee to stand, upheld by my gracious, omnipotent hand.*

*When thru the deep waters I call thee to go, the rivers of woe shall not thee overflow;
For I will be with thee thy troubles to bless, and sanctify to thee thy deepest distress.*

*When thru fiery trials thy pathway shall lie, my grace, all-sufficient, shall be thy supply;
The flame shall not hurt thee - I only design thy dross to consume and thy gold to refine.*

*The soul that on Jesus hath leaned for repose, I will not, I will not desert to his foes;
That soul, tho all hell should endeavor to shake, I’ll never - no, never - no, never forsake!”*

Praise be to God for these comforting words!

From *Amazing Grace: “366 Inspiring Hymn Stories for Daily Devotions* By Kenneth W. Osbeck

Musically yours, Barbara Votrobeck
KPC Music Director



**GREEN
TEAM
REPORT**



How To Reduce Your Exposure to Microplastics: A 2025 Update

Extracted from an article by Sarah Lozanova, Earth911.com website, June 10, 2025

Plastics are everywhere in food packaging, clothing, carpeting, personal care products, appliances, cars, and electronics. Yet, humans have only been using plastics since the 1950s, and there is still much that we're learning about this substance. We've only recently learned about microplastics, yet they are already widespread throughout the environment – can we avoid them?

While we cannot eliminate microplastic exposure entirely, prioritizing actions such as avoiding bottled water, refraining from heating food in plastic, and opting for natural fibers can significantly reduce your intake of microplastics.

Researchers are finding microplastics, which are pieces of plastic smaller than 5 millimeters, in food, soil, water, and even the air we breathe. Microplastics vary in size and composition and can contain a range of polymers and additives, including flame retardants, plastic stabilizers, and colorants. Initially, scientists began to find microplastic pollution in marine habitats worldwide. Then, they began discovering them everywhere, including our bodies.

Because microplastics are so small, they can easily be ingested through food, water, and air. Recent research estimates that we consume between 74,000 and 121,000 particles annually, considering both food and air exposure – significantly higher than earlier estimates. A 2024 study found microplastics in every human placenta tested, and alarming research published in the journal *Nature Medicine* reported that microplastic concentrations in human brains, kidneys, and livers have increased dramatically from 2016 to 2024.

The exact health implications of our exposure to microplastics are becoming clearer through emerging research. A landmark 2024 *New England Journal of Medicine* study found that people with microplastics in their arterial plaque face a 450% higher risk of heart attack, stroke, or death. The presence of hazardous chemical substances in microplastics poses additional health concerns. Depending on their chemical composition, plastic particles can carry toxic chemicals such as BPA, phthalates, and heavy metals that disrupt hormone function and may contribute to cancer, reproductive problems, and other health issues.

Further research will eventually provide a comprehensive understanding of the health and environmental risks associated with plastic.

Despite the many ways to ingest microplastics, common sense dictates it's best to minimize our exposure to them. Fortunately, there are relatively easy ways to reduce your exposure to microplastics.

There are two main sources: primary and secondary. Primary sources are often made to be small, such as glitter, microfibers used in the production of fleece, and microbeads in cosmetics. By contrast, secondary sources are bigger plastic items that break down into small pieces, such as plastic bags, straws, and fishing nets in the ocean.

A significant emerging source that researchers now recognize is tire wear particles. Studies show that tire wear contributes 6 million tons of microplastic particles globally each year, representing one-third to half of all microplastics unintentionally released into the environment. Tire particles become airborne and can be inhaled or washed into waterways during rainfall.

How Can I Avoid Microplastics?

Wait until the September KPC newsletter for the continuation of this topic

Want to know now: Go to the Earth911.com website for more information: <https://earth911.com/living-well-being/reduce-microplastic-exposure/>

Rebecca Jewel, The Green Team

French Potato Salad An easy recipe for a mayo-free potato salad that's light and tangy thanks to Dijon mustard and fresh herbs. This will make enough for 4 to 6 and can be easily doubled.

Enjoy! Carol

Ingredients

- 2 pounds small red or Yukon gold potatoes (no larger than 2-inches in diameter)
- 1 tablespoon plus 1 teaspoon kosher salt, divided
- 1/2 cup loosely packed fresh tender herbs, such as parsley, basil, dill, tarragon, or a combination
- 4 medium scallions
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon whole-grain Dijon mustard (or additional 1 tablespoon regular Dijon)
- 1/4 teaspoon freshly ground black pepper



Instructions

1. Place 2 pounds small red or Yukon gold potatoes and 1 tablespoon of the kosher salt in a large saucepan.
2. Cover by 1 inch with cool water, then bring to a boil over high heat. Reduce the heat to medium and simmer until the potatoes are easily pierced with a knife, 15 to 20 minutes.
3. Meanwhile, chop the herbs and scallions, and make the dressing.
4. Coarsely chop 1/2 cup loosely packed fresh tender herbs. Thinly slice 4 medium scallions.
5. Place 1/3 cup olive oil, 1/4 cup red wine vinegar, 1 tablespoon Dijon mustard, 1 tablespoon whole-grain Dijon mustard, 1/4 teaspoon black pepper, and the remaining 1 teaspoon kosher salt in a large bowl. Whisk well to combine and emulsify.
6. Drain the cooked potatoes in a colander and rinse under cold water just until they are cool enough to handle but still warm.
7. Halve the potatoes (or quarter if large) and transfer to the bowl of vinaigrette.
8. Gently toss to coat the potatoes. Add the herbs and scallions and toss lightly to combine.
9. Set aside for 10 minutes to allow for the flavors to meld. Serve warm or at room temperature.

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