

# Kenilworth @ Work! September 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*

## Peace & Global Witness Offering on World Communion Sunday, October 5



- The Peace & Global Witness offering is traditionally received on World Communion Sunday, the first Sunday of October.
- Causes supported by the offering are racial & gender justice, peacemaking, global witness and ecumenical & interfaith relations.
- As part of this offering, a grant program is being created that allows any council of the Presbyterian Church-USA (PC-USA) – session, presbytery or synod, regardless of participation in the World Communion Offering – to apply for funds to support their own efforts to do ministry around these causes.

In 2024, Kenilworth contributed \$348. Be on the lookout for designated offering envelopes.



## American Red Cross Blood Drive Coming Soon!

Kenilworth's next drive is Thursday, Sept 18 12:30 to 5:30 pm.

In celebration of the 75th anniversary of PEANUTS®, all those who come to give blood will get an exclusive American Red Cross PEANUTS mystery bag with one of four special T-shirt designs, while they last. Donors will have



to open the bag to find out which iconic design is inside!

Extra surprise: If a donor finds a golden ticket in their mystery bag, they could be lucky enough to get all four! Thousands of golden tickets are waiting to be found.

This will be KPC's 20<sup>th</sup> hosting of Red Cross. So far we have helped to collect 326 units of blood, averaging 17 per drive.

To schedule your appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-RED-CROSS. Sponsor Code: Kenilworth



## Kenilworth Presbyterian Women - Saturday, September 20

Meeting 9:30 am Bible Study 10:00 am

Kenilworth Presbyterian Women will once again meet for a short business meeting starting Sept 20 at 9:30 am followed by the Bible study at 10:00 am. Please join us for an opportunity to become grounded, renewing our faith and reconnecting to Jesus. Lesson one is about finding our resilience with Mary Magdalene the Tower and will be led by Carol. Peace be with you, Moderator Carol

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17*



**FROM THE GREEN TEAM**



Thank you for recycling more items in our Recycling Center. Here are a few “tips” for making this a better recycling program.

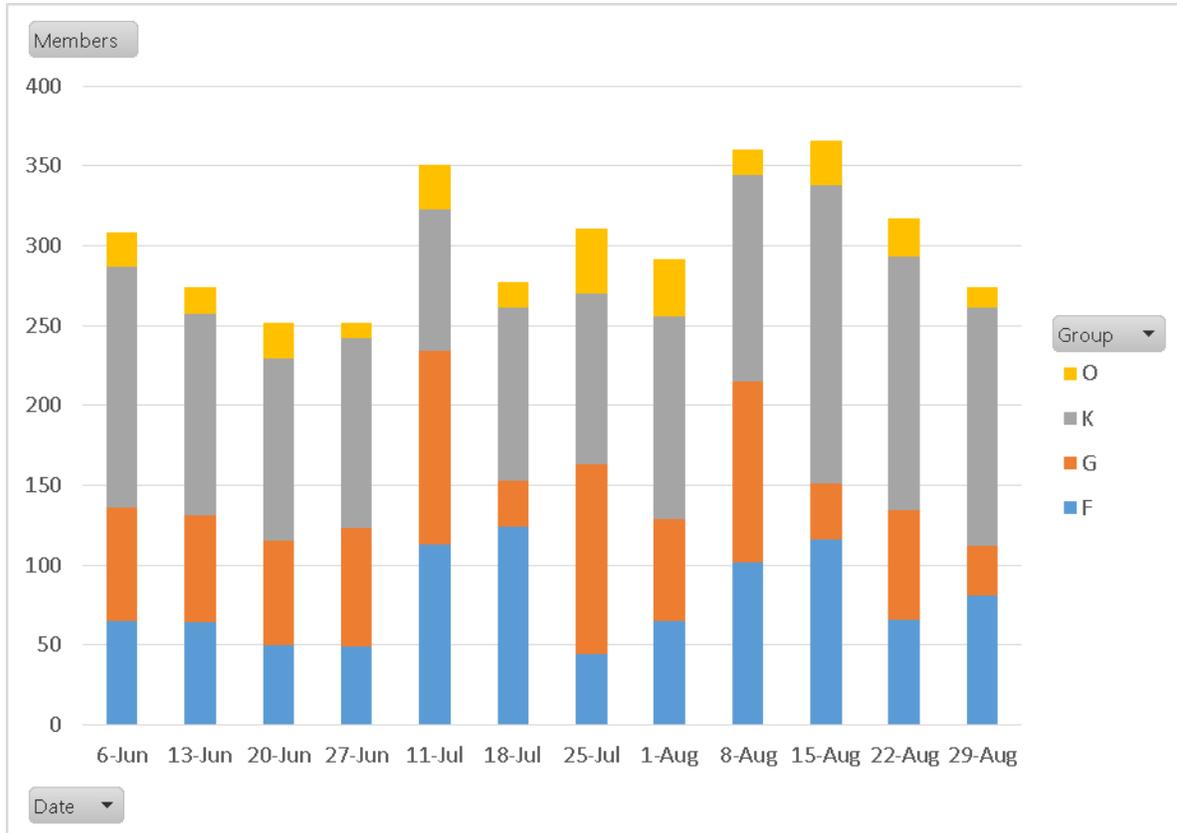
1. Please sort your items into the containers provided. Don’t just leave a bag of mixed items for someone else to sort.
  2. Please wash (not just rinse) all containers that contained food. There have been a few greasy, sticky items left in the containers.
  3. Look for a number. If you can not find a plastic number on the item, we won’t be able to find one either. Just dispose of it in your trash. Unfortunately, some plastics can’t be recycled.
- Thank you and keep recycling.

**Groceries 4 Grout’s Summer**

Summer 2025 hit some temperature records, but our pantry continued every Friday, taking off only July 4<sup>th</sup>. Volunteers donated 967 hours of their time. And in the 12 weeks, G4G received and distributed over 35,000 pounds of groceries. The chart describes the many we are helping to feed.



- F** are in families with children, but not enrolled at Grout Elementary
- G** are in families with children at Grout Elementary
- K** are considered seniors
- O** are younger people with no children





## Session Highlights July 20, 2025



- Due to declining enrollment the Preschool Board has decided to combine the Cricket and Bear class for the 2025-26 school term. Class will meet Tuesdays, Wednesdays, and Thursdays with teacher Kara Reavis. New 3-year-old students have the option of 2 day attendance with reduced tuition.
- Financial reports show year-to-date donations exceeding budget projections by \$2,000; however, unexpected expenses exceeded projections by nearly \$9,000 June 30, 2025.
- Mission Committee reported one family’s rent was subsidized for July.
- Properties Committee reported the water line to the garden plots was leaking and had to be replaced July 11 at a cost of \$1,500.
- The electrical upgrade was scheduled for final inspection by the city July 28.
- The church grounds team has been working hard cleaning planting beds and trimming trees and bushes most Wednesdays.
- Weekly pulpit supply:
 

July 27	Rev. Dr. Rob Hagan
August 3	Rev. Andrew Hall
August 10	Rev. Tim Winslea, RN
August 17	Elder Peggy Morgan
August 24	Rev. Michaela Drummond
August 31	Pastor Shela Sullivan
- The next regular Session meeting is scheduled for 1:30 p.m. August 24, 2025.

## Session Highlights August 24, 2025



- Financial reports showed a \$5,000 transfer from savings to maintain positive cash flow. July operating income was \$5,330 and operating expenses were \$5,581. Mission budget transferred \$6,000 from the Peterson Endowment originally budgeted for transfer in June. July mission expense was \$987.
- Properties committee reported 200 gallons of heating oil was transferred from the underground storage tank to the temporary tank serving the education wing. A new light switch and electric outlet were added in the basement kitchen, and the slop sink in the furnace room was unplugged and hose was added to redirect water from the faucets.
- One preschool teacher’s annual review was completed, and the second review is pending.. Enrollment is now up to 12 students, five 4-year-olds and seven 3-year-olds. Four of the seven plan to attend 3 days/week.
- Creston Kenilworth Neighborhood Association will host an open forum with City Councilman Steve Novick in the Sanctuary Monday, August 25 at 6 p.m.
- Session reviewed a Presbytery letter regarding security protocol.
- Weekly pulpit supply:
 

August 31	Pastor Shela Sullivan
Sept 7	Pastor Shela Sullivan
Sept 14	Rev. Tim Winslea, RN
Sept 21	Rev. Michaela Drummond
Sept 28	Rev. Steve Parker
Oct 5	Rev. Michaela Drummond



The front of Kenilworth Church was cleaned by Zulmay and Karl. A complete make-over will be seen in the future and a time in the fall will be designated for the final stage of painting. You are welcome to join us!

### September Birthdays



- Myles Broberg 13
- Laura Schaefer 14
- Eve Ramsey 19
- Allison Williams 29

*"We thank our God every time we remember you. In all our prayers for all of you, we always pray with joy. Philippians 1:3-4"*

### Creston Kenilworth Neighborhood Association Meets at Kenilworth Church

Creston Kenilworth Neighborhood Association (CKNA) met at Kenilworth Church on August 25. Steve Novick, City of Portland Councilperson, attended the meeting. There was a good turnout for the first meeting at Kenilworth.



The goal of CKNA is to build a thriving, welcoming community that encourages creativity and diversity while providing resources and connections for all residents, organizations, and businesses.

# BARB'S NOTE-ABLE NOTES



THANK YOU to those who shared their musical talents with us this summer. Our offertories were enhanced by soloists Rick Votrobeck - tenor, David Jewel - baritone, Jonathan Jewel - tenor, Barbara Votrobeck - Alto, and The Sons of the Father (men's quartet). There may be more in the regular season.

The choir reconvened Sunday, August 24 to begin rehearsing for September 7 and 14. Then they will have a break until October as yours truly will be in Iowa and South Dakota the second half of September. We're so pleased that Virginia (Ginia) Adi is joining us in the alto section!

Musically yours,  
Barb Votrobeck

## Warm Springs Joint Worship Recap

On July 13 sixteen members and friends of Kenilworth PC joined Rev. David Jewel and traveled to Warm Springs to participate in worship and fellowship with the indigenous members of the Warm Springs Presbyterian Church. Elders Heather Crow-Martinez and Jo Ann Smith gave welcoming messages and interesting background stories to highlight our visit. That same morning, Elder Carol Garner led worship and Camren Hudson served as worship assistant for nine who worshipped at KPC.

The wide-open spaces and vistas of Warm Springs were a dramatic change of scenery for most of us. On a personal level, we learned how our brothers and sisters in faith have persevered through generations of challenges. And worshipping and breaking bread together reminded us that our hopes and struggles are both common and unique. David



## Worship at Kenilworth

On July 13 many traveled over the mountain to worship with the Warm Springs congregation. Those who could not travel were greeted at Kenilworth Presbyterian Church by Elder Carol and Allison for worship. This gave a very special person to opportunity to be a worship assistant. Well done, Camren. Carol





**MORE  
FROM THE  
GREEN  
TEAM**



## Tossing the Plastic or Silicone Cutting Board

After the Kenilworth at Work June newsletter, some church members decided it was time to switch to non-plastic cutting boards. Both Eleanore and I put non-plastic cutting boards on our July birthday lists.

I got three Epicurean cutting boards: a small, medium and large. These replaced more than a dozen of the flimsy plastic cutting surfaces that I had been using.

Epicurean boards are made of composite paper, the same durable material skate park ramps are made of. The surface is great for cutting and is easy on knives. I like that the knife cuts into the surface of the board, which is how it is supposed to work. The boards are dishwasher safe and thin enough to store easily. The boards are available locally at Kitchen Kaboodle and Ace Hardware.



Eleanore got two Epicurean boards and two gluten free wheat fiber boards. Yes, her cutting boards are gluten free. She says that the two types of boards are very similar and she has not detected any defects in either product. The Axiom Creations cutting boards are available online.

There are other plastic free cutting boards available, such as titanium, bamboo and traditional wooden boards. If you look online, the titanium boards seem to get great reviews, but I do not want to use a metal board as I often place my cutting board on my cooktop. I am sure the metal would confuse my cooktop sensors.

If anyone has used a metal cutting board, please let me know how you like it. Rebecca Jewel

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## How To Reduce Your Exposure to Microplastics: A 2025 Update

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

This is the continuation of an article begun in the summer newsletter. This question is “How Can I Avoid Microplastics?”

It all begins by identifying how you might be ingesting plastic and then lowering this exposure. It will likely result in you using less plastic, which can also have a positive environmental impact. Based on current research, focus your efforts on these changes that offer the biggest impact.

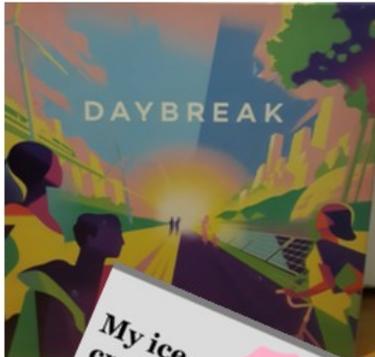
- **Avoid Bottled Water** - Drinking bottled water is a common way to ingest microplastics. According to researchers, drinking only bottled water can result in consuming 90,000 plastic particles annually compared to 4,000 from tap water. Recent studies confirm that bottled water contains an average of 94 microplastic particles per liter.
- **Carefully Select Tea Bags** - It may surprise you that many tea bags are made from plastic. Pouring boiling water over a plastic bag to brew tea can release billions of microplastics and nanoparticles into the tea, according to researchers. Another issue is that synthetic tea bags are not compostable.

There are two primary ways to avoid these issues. One solution is to brew loose tea in a reusable metal or glass strainer. The other is to carefully select tea brands that use natural fibers for their teabags, including Clipper Tea, Nuni, Republic of Tea, and Yogi Tea. Both loose tea and natural fiber tea bags are safe to add to your compost pile.

**Choose Natural Flooring Products:** An Australian study found that the dust in our homes can contain a variety of microplastics, which puts babies and toddlers at an exceptionally high risk of ingesting them through the air, as they spend more time on the floor than adults. However, the type of flooring and the frequency of vacuuming affected the prevalence and type of particles. Households with carpeting had nearly double the amount of petrochemical-based fibers, such as polyethylene and polyester, whereas homes with hard floors had more polyvinyl fibers. Also, vacuuming the floors at least once a week can reduce airborne particles.

To be continued next month.

# Upcoming Climate-Themed Events



## Climate-Themed Board Games

**Saturday August 30th, 10:00am - 12:00pm**

**Heretic Coffee Co. 5120 SE 28th Ave**

At this event, we will get to build a community around climate action in a low-pressure environment. Several environment and climate-themed board games will be provided. No materials or experience is required, but if you have a game which fits the theme, feel free to bring it! RSVP preferred.

## Climate-Themed Poster Making

**Saturday September 6th, 10:00am - 12:00pm**

**Kenilworth Park, southeast corner picnic tables**

This event will be an opportunity to join a community and take part in climate action! You will get to be creative... or choose from my large list of poster ideas and make them into a reality! Posters can be placed in a window, shared online, or donated to me to help us spread the cause for the climate. RSVP preferred.

## Hope-Themed Climate Walk

**Saturday September 13th, 10:00am - 11:00am**

**Kenilworth Park, southeast corner**

This event will be a chance to consider new ways to frame climate change while enjoying a neighborhood stroll. I will facilitate conversations about the challenges behind climate action and the opportunities we have to mutually benefit ourselves and the world. Dogs allowed, RSVP optional.

**RSVP**



<https://forms.gle/7oU7ihhJpTCKrCN48>

## About the Organizer

Hi! I'm Ethan, a recent graduate of Cleveland and student at OSU. I'm majoring in ecological engineering and sustainability, and am working on ways to give us a fresh mindset towards climate change.



## CABBAGE SLOPPY JOES

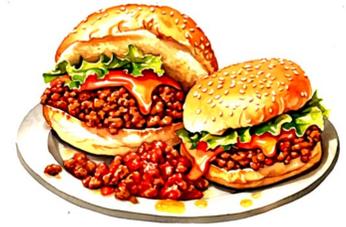


I made these for the trip to Warm Springs and was asked to share the recipe in the newsletter. Barb

- 1 pound ground beef
- 1-1/2 cups finely shredded cabbage (I shred it in my food processor.)
- 1 medium onion, chopped
- 1 celery rib, chopped
- ¼ cup chopped green pepper
- 1 cup ketchup
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire
- 1 teaspoon salt
- 3 tablespoons brown sugar
- 1 tablespoon white vinegar
- 1 tablespoon prepared mustard
- Dash pepper.

1. In large skillet, cook first 5 ingredients over medium heat until meat is no longer pink and veggies are crisp-tender; drain.
2. Stir rest of ingredients into the meat.
3. Cover & simmer 10 minutes.
4. Spoon onto 8 sandwich rolls or hamburger buns.

Can also be served on hot dogs and buns aka coney islands.



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