



THE SAINT BARNABAS CENTER

newsletter #17

January 2025

This Holiday season was a busy one at Saint Barnabas Center.

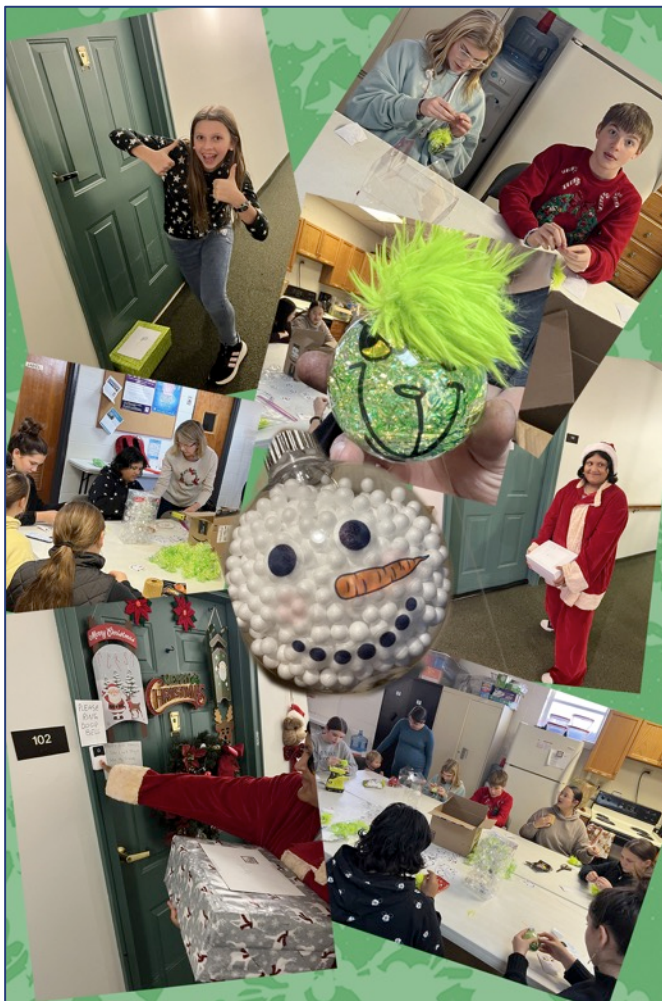
First, we had a Sunday afternoon Advent service each week of December leading up to Christmas. In preparation for those services David Dare came in and fixed our organ, which had been silent for over 30 years. It is now in fine shape. David not only repaired it, but he played it at three of the Advent services. Kudos to you David for all your help!

Advent is an incredibly busy time for the religious leaders of the community, but four of our gifted local clergy agreed to lead a Sunday afternoon worship service. This was followed each week by fellowship, good food, participation in our service project, and lots of laughs.



We could not have tackled our Advent service project without a very special new partnership. St. Barnabas partnered with the youth from the after-school program Oasis to help collect and

make items to put in shoe-boxes which the kids then distributed to local senior citizens. Items were collected, cookies were baked, and contributions were solicited to make sure that the boxes were chock full. More than 50 gift boxes were delivered! Craft-making instructor extraordinaire, Kathy Wilson, supervised students in a Christmas ornament making session producing enough to place an ornament in every box. Thanks to Kathy, the youth from Oasis & Oasis program director Timm Melcher, as well as the Community Crafters group and all of our St. Barnabas Center leaders and dedicated volunteers, the event was a huge success! We at the Center hope to enter into more partnerships such as these in the future.



As a new year begins, we at the St. Barnabas Center look forward to expanding our reach into the community with new programs, events, games, crafts and clubs—all designed to bring people together and to attack the scourge of loneliness in our society. Call us old fashioned but we believe that doing things in person beats doing them online. We'd like more family activities. We'd like to have

events in areas where we have no expertise. That's where you come in.

With these thoughts in mind here are my Saint Barnabas Center New Years Resolutions:

Focus on programming designed to increase the health, well-being, and engagement in our community.

- Find a volunteer to run a game night each month.
- Get our newest book club focused on issues of social justice. We're off to a good start, look for an announcement about its first meeting.
- Find someone with experience running a trivia night.
- Host a Murder Mystery Dinner, or two.
- Conduct a mental health first aid program focused on adults.
- Find a volunteer to help me get a chess club up and running.
- Find someone who likes and can teach classic card games like Bridge and Canasta.
- Triple the number of people who read this newsletter as a means of reaching more folks in our community
- Make our monthly calendar on the website more accessible.



Well, there you have it. Any takers? How about a marketing genius helping us to achieve these things?

Events This Month:

“Just Chilin” Senior Luncheon: Friday, January 3rd, 11:00am -1:00pm



Our ladies at St. Barnabas Center are at it again. They specialize in cooking memorable meals on the first Friday of every month. January is no exception. Come out Friday January 3rd between 11:00am-1:00pm for a great meal and meet some new friends. Our menu for this month features chili to warm you up on a chill winter afternoon—offering vegetarian chili, white bean chili, and classic beef chili, in addition to cornbread, yummy sides and of course dessert!

Did I mention that the meal is free? Please join us Friday, January 3rd to enjoy a great meal and a heaping helping of warm fellowship! Please enter via the rear entrance.

The Churches Of Kutztown Open House Event: Sunday, January 5th 1:00-5:00pm



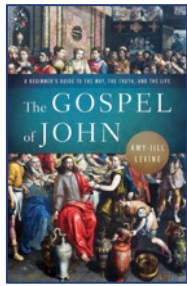
The Kutztown Historical Society is having a Church Open House at the various churches in Kutztown. We at the St. Barnabas Center are pleased to participate in the program. The purpose of the program is to show off the beauty and history of the churches when decorated for the holidays. A spokesperson will be on hand to show visitors around and discuss the history and architecture of the building. Refreshments will be on hand.

The tour is free. You can visit as many or as few as you prefer. There are 9 churches on the list. We hope you choose to stop at St. Barnabas and see how beautiful our church is on the inside. One of us will be there to greet you.

You can't miss us. We are at 234 East Main St., up near the park on the same side of the road. From the outside it looks as if someone has plopped down a Spanish mission church in the middle of a PA Dutch town.

We hope to see you there Sunday.

Bible Study: Gospel of John: Beginning Monday, January 13th, 7:00pm



Join us as we start a six-week course on Jan. 13th: “Beginner’s Guide to the Gospel of John” by Professor Amy-Jill Levine. Please order from your favorite bookstore. The course will be every Monday night.

All classes will be held via zoom. There is no charge, but to receive the zoom link, for security reasons you must preregister. Send a note to laura@stmargaretsemmaus.org.

Sponsored by St. Margaret’s Episcopal Church and the St. Barnabas Center.

Chair Yoga: Every Wednesday Beginning January 8th, 9:30-10:30am



No Meeting On Jan. 1st-New Year’s Day. Class will meet every Wednesday beginning Jan 8th. Kris has taken a well-earned vacation and is raring to go. We will resume our Wednesday schedule on January 8. For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. Kris is a talented professional who adapts her instruction to the needs of all participants. The first lesson is always free to see if it is right for you. If you decide you want to come again it will be \$10.00 per lesson.

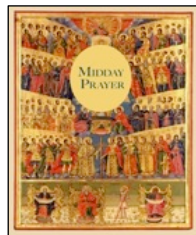
Community Crafters/ Threads: Every Thursday, 2:00-4:00pm Beginning Jan. 9th



Community Crafters and Community Threads group meet weekly on Thursday afternoons at 2:00 pm. There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome! There are also opportunities to be involved in Charity Knitting or Crocheting projects. We have plenty of supplies, patterns and know-how. We are inviting anyone interested in joining us to stop in and check the group out. Haven’t

knitted or crocheted before? No Problem! We have experienced stitchers in the group, and they are willing to help you learn. We will resume with our regular gatherings on Jan. 9th. For more information contact us through the Center’s email.

Virtual Midday Prayer: Every Wednesday, 12:00-12:45pm



Midday Prayer Service is held via zoom every Wednesday from 12:00-12:45 pm in conjunction with St. Margaret’s Episcopal Church in Emmaus. Officiated by Mo. Laura Howell, services are open to all and focus on a saint whose feast day falls within that week. If you are interested in participating, contact us at stbarnabascenter@hometownnu.com and we will be happy to provide a link.

KOFEE Meeting: Monday, January 27th, 7:00pm



If you don’t want your School Board to become a run-away freight train as it has in so many areas in the country, it is essential that you attend the monthly meeting of KOFEE. Headed locally by Robyn Underwood, this group meets at St. Barnabas Center. Its purpose is to support educational excellence, teachers, and common sense solutions to educational problems. This month’s meeting is Jan. 27th at 7:00pm.

Please enter through the back door of the Center.

Youth Mental Health First Aid Course: Saturday January 25th, 8:30am-12:30pm



Robyn would also like to make you aware of a special training program being offered by *Kutztown Strong* that will occur this month on Jan. 25th at Trinity Lutheran Church in Kutztown. Registration deadline is Jan. 11. Register at <https://forms.office.com/r/GPkYR4ML0q>. YMHA is an 8-hour training course that teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges in youth ages 12-18. The training covers the following:

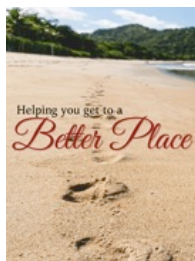
- Common mental health challenges for youth, including anxiety, depression, substance use, disruptive behavior disorders, and eating disorders
- Signs and symptoms of mental health and substance use challenges
- Strategies for how to help young people in both crisis and non-crisis situations
- Where to turn for help - national, state, and local resources
- By the end of the training, participants will be able to:
- Recognize and respond to warning signs of mental health and substance use problems in youth
- Provide initial help and support to a young person
- Connect the young person with appropriate care and support

YMHA training equips adults with the skills and confidence to support young people who may be developing a mental health or substance use challenge or experiencing a crisis. This training is an invaluable resource for schools, youth organizations, communities, and families.

Narcotics Anonymous: Every Wednesday, 7:00-8:15pm

Everyone at the St. Barnabas Center welcomes this new group to our meeting line-up. Narcotics Anonymous meets each Wednesday from 7:00 to 8:15pm. These meetings will be the Basic Text Study meetings. You can park in the rear or on the street out front. In either case, enter through the rear door. We are handicapped accessible. For more information, please contact Geoff M. at 484-772-5014.

Better Place Therapy Workshops & Seminars:

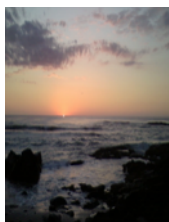


We are generously hosted by St. Barnabas and offer therapy for individuals, couples and families. We are eager to serve the community with workshops and seminars also. We would love to hear from you if you are interested in any of the following or have other ideas how we might serve.

We would love to do a seminar on mental health (not mental illness), the hallmarks of mental health, what you can do to take care of your mental health and how to find help if you need it. This would include plenty of time for Q&A on anything about mental health or mental illness in general. This will be a 90 min workshop and the cost is a minimum donation of \$10 to the St. Barnabas Center. For more information or to be added to the list for any of the above workshops & seminars please email us at info@better-place-therapy.com. If you want to pass along any other requests or ideas to serve Kutztown, we welcome your suggestions.

All events are presented by Wendy Hill, a Licensed Marriage and Family Therapist in PA.

Spiritual Direction for Seekers:



The St. Barnabas Center is pleased to partner with Earlane Klingler, a Spiritual Director trained at Moravian Seminary. Earlane is offering monthly one-hour sessions via Zoom or telephone. *"Spiritual direction is an exploration of a person's spiritual path with someone trained in listening, deep reflection, and discernment."*

Teresa Blythe It is confidential sharing of your experience of your God or higher source.

Free introductory session to explore if this is right for you. If interested or if you have any questions, please contact Earlane Klingler at klingle@moravian.edu

Spiritual Practice—Chanting

"Chanting is a total immersion program in learning to think with the heart."

-Cynthia Bourgeault, Chanting the Psalms

Chanting is a practice that has been around for centuries. Chanting as a spiritual discipline has many benefits. It can reduce stress and anxiety, allows for better concentration and clarity because your mind is focused on one point, and can nurture a deeper connection with your inner self. One of the best parts of chanting is you don't need to have a professional voice to do it. Some basic instructions are:

- Find a quiet space.
- Place your feet on the floor and sit upright in a chair take a few deep breathes.
- Place one hand on your chest in the area of the heart.
- Breathe in a normal breath.
- As you exhale, in a rhythmic, meditative tone (hum) chant the vowels; a, e, i, o, u, one at a time with each breathe, for the length of the exhale.
- You should be able to feel the vibration in your chest as you chant.
- Do this for five or ten minutes.

Notice what physically happens in your body as you do this exercise.

Once you are comfortable with it, you can chant the psalms, a text or a quote that has meaning to you. You can also search the Internet for chants set to music. One of my favorites is "Open My Heart" by Ruth Cunningham and Anna Hernandez.

Be gently with yourself. If it does not work for you at first, keep at it. Like anything else it takes time and practice to feel the benefits of this practice in your life.

Happy New Year to all of you! Till next month,

Chuck

My name is Chuck Brown. I am the facilities manager of the Center. You can speak to me about any activity or issue concerning the Center or offer suggestions for programs you think would work for the Center. I am in the office Monday through Thursday from 10:00am -12:00 noon. If you call at other times, leave a message and I will answer you during our office hours. The Center phone number is 484-648-2814 or email stbarnabascenter@hometownnu.com.

Visit us at the St. Barnabas Community Center Website at
<http://www.stbarnabasktown.org>.

We value your privacy. Contact us at stbarnabascenter@hometownnu.com if you wish to be removed from our mailing list.