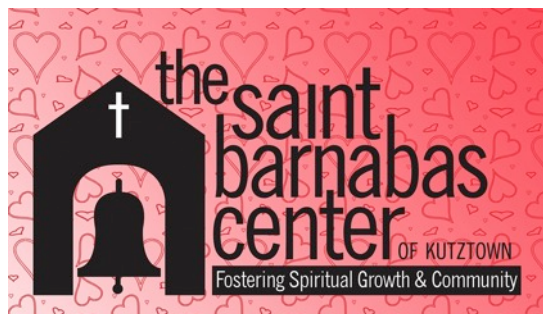




THE SAINT BARNABAS CENTER

newsletter #18

February 2025

I am writing this at the end of January as we are coming out of a cold front that brought temperatures down to zero. Makes me yearn for the springtime, which is still two months away. So, everybody please keep warm and come out to our events.

First order of business is to announce that our Board of Directors has added three new members. We are happy to welcome Karlene Brintzenhoff, Janet Chladni, and Jim Harding. All three bring a wealth of talents to the St. Barnabas Center. In upcoming issues of the newsletter, I will interview each one to highlight what they bring to the table and what their vision for the St. Barnabas Center is.

In our last issue I asked for people to come forward with ideas for activities, which could bring people together in the community. I received an offer from a local couple who have offered to teach people the game of Cribbage. I for one am signing up to learn. I used to play Bridge and Canasta and always wondered about Cribbage. If you already play this game or wish to learn it, please email me at the Center and I will set up an evening. Who knows, maybe we'll form a Cribbage Club.



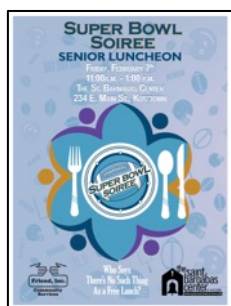
Left to right: Karlene Brintzenhoff, Jim Harding, Janet Chladni

On January 13th the St. Barnabas Center participated in the Church Tour organized by the Kutztown Historical Society. The traffic was brisk and many commented on the beauty of our stained-glass windows and the wonderful acoustics in our sanctuary. Others complemented us on our newsletter and everyone took the handout detailing some of the history of our building. Many were interested in the building's front and roof, which looks like a church in the southwest part of the U.S. You can view the flyer at the end of this newsletter and make suggestions for future informational handouts.

Just a reminder: I'm still looking for volunteers for Game Night, Trivia, Chess Club and other ideas you may have. Don't be bashful: Get in touch. Okay, enough of me, here's the news.

Events This Month:

"Super Bowl Soiree" Senior Luncheon: Friday, February 7th, 11:00am -1:00pm



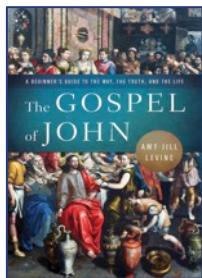
Our ladies at St. Barnabas Center are at it again. They specialize in cooking memorable meals on the first Friday of every month. February is no exception. Come out Friday February 7th between 11:00am-1:00pm for a great meal and meet some new friends.

Our menu for this month features BBQ Ribs, BBQ Mushrooms, Baked Beans, Potato Salad, Cole Slaw and a football themed dessert!

Did I mention that the meal is free? Please join us Friday, February 7th to enjoy a great meal and a heaping helping of warm fellowship!

Please enter via the rear entrance.

Bible Study: Gospel of John: Concluding Monday, Feb. 3rd, 10th & 17th 7:00pm



Join us as we conclude a six-week course: “Beginner’s Guide to the Gospel of John” by Professor Amy-Jill Levine. Please order from your favorite bookstore. The course meets on Monday evenings.

All classes are 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 Morning, 9:30-10:30am



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.

The Benefits of Chair Yoga by Kris Amey

Sitting in a chair for exercise may sound counterintuitive. But chair yoga is one beneficial form of exercise that embraces the chair as a prop, making exercise accessible to anyone. A quick internet search on “benefits of chair yoga” finds numerous results such as:

1. **Gain strength** – With regular practice, chair yoga is a great way to strengthen your body. In each yoga pose, you work your muscles to hold and complete the pose. An increase in strength can lead to improved balance.
2. **Increase flexibility** – Chair yoga can help improve your current flexibility and help to maintain it, making everyday activities much easier on the body and improve your mobility.
3. **Reduce stress** – Chair yoga provides more than just physical health benefits; it’s great for your mental health, too! By focusing on your movements, breath, and your body, you create a form of meditation. This can also lead to improving your mood.
4. **Sense of community** – Participating in a class with others can provide a sense of community. A group setting can help you meet and bond with new friends or neighbors. You may find inspiration and motivation in those around you.
5. **Better sleep** – Having a regular exercise routine is often associated with improved sleep.

Community Crafters/ Threads: Every Thursday, 2:00-4:00pm



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. For more information contact us through the Center’s email.

Attention all knitters and crocheters!

Our crafting group has received a notice that there is an urgent need for women’s chemo caps in the Lehigh Valley. We at St. Barnabas, have yarns and patterns we’d be happy to share with you if you are willing to help us do what we can to help meet this need.

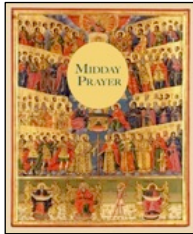
Our crafting group meets on Thursdays from 2-4pm. You are welcome to come and join us at the Center to work on some caps or you may pick up yarn and patterns and work on your contributions from home. If you are interested in helping, but don't know how to knit or crochet, we would be happy to provide you with one on one instruction.

All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, please email me at doreenmtobin@gmail.com.

Thanks for considering this request!

Doreen

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: Moving Forward in 2025



Hello friends!

We have created a mission, vision, and values for the group. Please see the pdf attached. Let me know if you have any questions, concerns, or suggested changes. These will be posted on our website sometime this weekend (kofee.info). This is the beginning of our rebranding process. If

anyone has other ideas for the website, or a desire to become our webmaster, please let me know! My knowledge and skills are limited in this area.

Robyn

KOFEE Meeting: Monday, Feb. 24th, 7:00pm

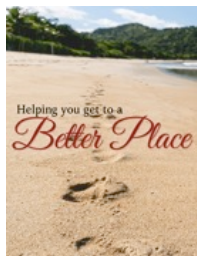
If you don't want your School Board to become a run-away freight train as it has in so many areas in the country, it is essential that you attend the monthly meeting of KOFEE. Headed locally by Robyn Underwood, this group meets at St. Barnabas Center. Its purpose is to support educational excellence, teachers, and common sense solutions to educational problems. This month's meeting is Feb.24th at 7:00pm.

Please enter through the back door of the Center.

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 are working with the St. Barnabas Center to develop some new programming and workshops that would be offered this spring. You'll be hearing more about these offerings in the coming month.

For more information about our services, 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 Saint 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

klinglere@moravian.edu

Spiritual Practice-Journaling

"Journaling is about pilgrimage because it is a journey to your inner self."

-Jo-Ellen A Darling, Journaling as a Spiritual Path

Journaling is a tool for reflecting on God's presence in the routine of our daily life. It is a way of processing emotions or situations. Journaling is a way for you to be with God, it is a prayer.

Benefits of journaling include reducing stress, enhancing our ability to understand ourselves on a deeper level, and allowing us to live a fuller life in knowing more of ourselves. Our overall wellbeing can be enhanced when we are engaged in the practice of journaling.

There is no one right way to journal. The most common type is pen and paper, but it doesn't have to be written; you can use pictures, draw your thoughts, or write music, poems etc. God speaks through it all. You may want to try several methods to see what works best for you. The goal is to freely and uninhibitedly express your thoughts.

Some tips on journaling:

- Find a quiet space.
- Place your feet on the floor and sit upright in a chair, take a few deep breathes.
- Spend a minute or two asking God for his presence in you as you journal.
- Journal as you choose. Go deeper, deeper, and deeper.

Keep your journals and review periodically to see patterns on how God is working in your life. How have you grown? You can journal about anything you feel called to. However, some ideas to get you started include:

A record of your story; where God showed up for you in the journey and your responses to God.

Write the fruits of the spirit on a piece of paper, fold and put in a bowl, pick one and see how that word shows up in your life over the next month or so. You can do this with any word, piece of scripture, or a phrase that you are drawn to. Journal your insights.

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.

Group Spiritual Practice: Saturday, 2/22, 3/22, & 4/26 at 10:00 a.m.

Group Spiritual Practice Opportunity

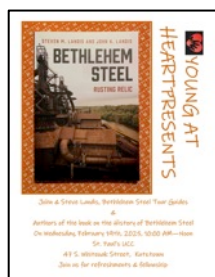
A small group gathering using spiritual practices to cultivate inner peace, wisdom and a deeper relationship with the holy one.

Join us Saturday Feb. 22nd, March 22nd and/or April 26th
10:00-11:00am on zoom

Registration is required (48 hours before session) Space is limited
There is no fee
Facilitated by Earlane Klingler
For questions or to register contact me at klinglere@moravian.edu

YOU ARE NOT A DROP IN THE OCEAN. YOU ARE THE ENTIRE OCEAN, IN A DROP
-RUMI

Young at Heart: Wednesday, Feb. 19th, 10:00 a.m. -12:00 p.m.



Our friends at St. Paul's UCC Church, Kutztown will host an informative program about the history of Bethlehem Steel.

There will be refreshments served & fellowship to enjoy following the presentation. Please enter at the rear of the building.

A Brief History of St. Barnabas Episcopal Church

ST. BARNABAS EPISCOPAL CHURCH

Before becoming The St. Barnabas Center, this building was the home of St. Barnabas Episcopal Church from 1994 until the summer of 2022. Before that it was the home of St. Mary's Catholic Church.



Built in 1928, this unusual building housed a church right up to the pandemic. In 1994, St. Mary's built a new, larger facility just outside of town and this building was sold to The Episcopal Diocese of Bethlehem to house St. Barnabas Episcopal Church. The St. Barnabas congregation had been meeting in the basement of St. Paul's U.C.C. Church on White Oak Street.

At that time it was a small congregation of some 35-40 people. Some of those people renovated the rear of the church, creating a kitchen, bathrooms and a fellowship room out of what had been a wing of the worship space previously.

One of the frequently asked questions about the church concerns the unusual architecture. With the ceramic tile roof and stone steeple with cross, it appears to many that this building belongs in the southwest of the U.S. Although it is true that many of the Catholic churches in this era were built to reflect the population they served, there is no evidence that this is the case with our church.

During our years at St. Barnabas, the number of people attending our services dwindled. Soon we could not afford a full-time pastor. Later we could not afford a part time pastor. At the end we were holding services led by lay people. Many older members of the church had passed on or moved to retire elsewhere and were not being replaced by younger members. Clearly, the traditional service that we loved was not appealing to young people. But that does not mean these people do not have spiritual or religious needs.

We suggested a new approach. Several members of the vestry developed a proposal for the closure of the parish and its "resurrection" or re-purposing as a spiritual and community development center that would serve the greater Kutztown Community, a place with more community outreach and tolerance for those who disagreed. To our astonishment and gratitude the Diocese gave us the green light. They have backed us every step of the way.

Read our mission statement on the back page. Take home a sample newsletter to check out the kind of activities we have. I hope there is something there for you to participate in.

Chuck



the saint barnabas center
OF KUTZTOWN
Fostering Spiritual Growth & Community



OUR VISION:

Our vision is to create an all-inclusive, non-judgmental, and welcoming environment in which spiritual exploration, personal growth, and community development flourish through intergenerational social and interfaith interaction.

OUR MISSION:

Our mission is to provide accessible and creative programs, services, and advocacy initiatives for community and spiritual development that empowers individuals of all ages and promotes social justice and well-being.

We strive to empower area residents of all ages to engage in activities that strengthen their relationship with "The Holy", promote social justice and improve the health and well-being of the individual and our community.

What We Do:

Partnering with other area service organizations and churches, we offer a variety of fun, educational, and support programs that can be accessed by anyone in our community.

• Free Monthly Senior Luncheon	• Topical Programs
• Weekly Chair Yoga	• Community Threads/Community Crafters
• Bible Study & Online Prayer Groups	• Arts and Theatre Programs
• Wellness Workshops	• KOFFEE
• Book Club	• NA Support Group
• Family Game Nights	• Small Event Venue Rental

234 E Main St. • Kutztown, PA 19530
484-648-2814
stbarnabascenter@hometownu.com • www.stbarnabaskutztown.org

That's it for this month. Stay warm & healthy, and don't forget to set aside some time to enjoy with someone you love this Valentines Day!
See you soon—

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.