

THE SAINT BARNABAS CENTER

newsletter #19

March 2025

I'm writing this on Feb.22 and it's very cold. It seems that mother nature can't decide whether March is going to

come in like a lion or a lamb. Whenever March begins, you can be sure that springtime isn't too far behind (I hope!). Springtime represents things coming alive in my mind. New life! The St. Barnabas Center has a springtime flowering as well. With new programs, new board members, and an ever-increasing spirit of optimism, we will take a giant step towards fulfilling our mission statement.

On Friday night March 28 at 7:00pm we will have our first Game Night Extravaganza. This will be the biggest game night we've ever hosted. We will be using the two back rooms, plus the sanctuary to have a wide assortment of games for you to participate in. Check your emails between March 22nd and March 28th for particulars on this extravaganza. You won't want to miss it.

Last issue we told you that there were three new members to our Board of Directors. Each was carefully chosen for their different abilities and vision. In this issue you will hear from the first: Karlene Brintzenhoff will talk about her ideas and vision for St. Barnabas Center.

St. Barnabas Center has partnered with Mt. Zion Lutheran Church in an effort to bring more programs and events to our newsletter readers. You know Mt. Zion Lutheran—it's that beautiful stone church up on Old 22, not far from Folino's (only on the other side). Beginning with this issue we will share their events with our readers and they will share our events with theirs. Look for the box titled "Mt. Zion Lutheran Church—Monthly Highlights" in this issue.

For a number of issues, we have been publishing articles by spiritual advisor Earline Klinger. That continues with this issue. In addition, we have the reaction of a Board member who participated in the first of the Spiritual Practices series currently being offered. Check it out!

For those of you who have lost a dog you really loved, say a prayer for my sweet Lola. She died Feb. 14th. I loved her so. I'm still unconsolable. Life is not the same without her.

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:

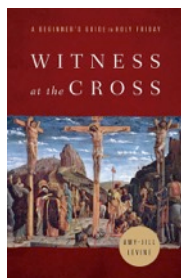


"Luck 'O the Irish" Senior Luncheon: Friday, Mar.7th - 11:00am -1:00pm

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

Our menu for this month features: Guinness Beef Stew, Chicken Sausage Coddle, Fresh Kale Salad, Irish Soda Bread, & Blarney Stones for dessert— good luck topping that for a St. Patty's Celebration Lunch! Join us for fun & games, a delicious meal, and great fellowship! Did I mention that the meal is free? Please join us Friday, March 7th to enjoy a great meal and a heaping helping of warm fellowship!

Please enter via the rear entrance.



“Witness at the Cross” Bible Study Lenten Series Begins March, 10th 7:pm

We will be looking at Good Friday from the perspective of six people that were there. It is an opportunity to enter into the experience of that profound and saving Day, not just to think about it. We will be using the book by Amy-Jill Levine: *Witness at the Cross-A Beginner’s Guide to Holy Friday*. Please order from your favorite bookstore. All classes will be held via zoom. There is no

charge, but to receive the zoom link, for security reasons you must register. Send a note to laura@stmargaretsemmaus.org to register.

Amy-Jill Levine is Professor of New Testament Studies and she is also Jewish, so she provides fascinating insights into Scriptures.

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 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.

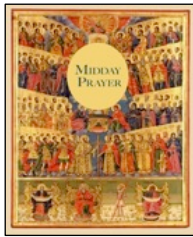
All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, please email me at doreenmtobin@gmail.com.

Thanks for considering this request! –Doreen

A Second Group Meeting-place and time!

To help fill the urgent need for chemo caps, a second group of knitters and crocheters will be meeting at the **Women's Center at Kutztown University beginning March 10 at 1:15 p.m.** The Women's Center is located in Boxwood House. Everyone is welcome.

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, March 31st, 7:00pm



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 March 31st at 7:00pm. Please enter through the back door of the Center.

**** Important:** There is an urgent need right now, with a deadline of March

11th for two people to run for the KASD school board in the Albany/Greenwich/Lenhartsville/Kempton region. If you are interested, contact Robyn for more information. If these positions are not filled, the public will only hear one side of the education debate. Stand up for our children, consider a candidacy!

Game Night Extravaganza Friday, March 28th 7:00pm-9: 30pm



This will be our first large-scale game night extravaganza! We will be using the entire building to put out a multitude of games to play. There will be games geared for young children and an assortment of card games for everyone to enjoy. There will be Chess and board games for young and old—Monopoly, Clue and much more. We are even working on having some digital games available for the tech savvy players! A St. Barnabas Center member will man each table. You can stop at any table and play whatever you like. Come out, have a great time and make some friends. We look

forward to seeing everyone there.

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.

The Winter Jam concert is coming to Reading, PA!!

We have been contacted by Laurie Balmer, a volunteer coordinator for the Winter Jam Concert coming to Reading, PA on **Thursday, March 6th at 5pm**. They are in need of volunteers for this event. Volunteers get FREE admission, EARLY access to the event and get to ENJOY the show! This can also count towards community service hours if needed. As a bonus, 14-17 year olds can serve with adults! Sign-up is first come first served. The age requirement is 18+ (14-17 with an adult). If multiple youth have an interest, we need 1 adult per 5 youth. Volunteers need to arrive at 5 PM to start training and get their assigned area during intermission.

If you or your dependent youth/young adults ministry would be interested or need more information, you can contact Laurie at 205-719-7452 or laurie@loopevents.org!

Mt. Zion Lutheran Church-Monthly Highlights



March Clothing Drive:

Need to clean out your closets and drawers? Don't know what to do with all the good clothing items you no longer want? Donate them to the Local Shared Outreach group's clothing drive to benefit the Hope Rescue Mission! Accepting men's, women's, and children's clothing, shoes, coats, winter accessories, belts, purses, towels, and NEW men's size S-XXXL

underwear and long johns. Contact project coordinator Anna Wanamaker via text at 610-944-2124 for any questions or to make donation drop off arrangements to Mt. Zion Lutheran Church, Krumsville.

April Miller-Keystone Blood Drive:

Saturday, April 5, in Mt. Zion's downstairs Fellowship Hall, 1343 Long Lane Road, Kutztown, PA (Krumsville). To schedule an appointment, call MKBC at 1-800-223-6667 and use Sponsor code E161

Meet Your Directors: Karlene



Chuck: *How did you first hear about the St. Barnabas Center?*

Karlene: I believe it was Doreen Tobin who first contacted me about the once a month luncheon that they (the Center) had. She knows that I like to cook and bake and asked if I would be interested in helping. And I was! I started helping at these events and it was a lot of fun. I realized that the possibility existed to rent the space for parties or events, so I rented it for my retirement party and then for my daughter's baby shower, which worked out really well. I was impressed by all of the things going on here, the community events, so I volunteered to be on the board, and happily they accepted me.

Chuck: *In considering whether to accept the position on the board, what were the pros and cons in your mind?*

Karlene: The only con was the time involved, because I knew this is a working board. I was a little concerned about that. The pros were all great things, they do a lot of things in the community, and it's a nice space for a venue. I think I have the skill set that can assist with organizing and helping out at events that occur here.

Chuck: *Tell us about that skill set that you bring to the table and a little history of yourself.*

Karlene: I organized the community Thanksgiving Dinner at St. John's UCC for about twenty years. Even though that was a lot of work, it was also a lot of fun. I enjoyed seeing how people in the community came and really enjoyed themselves on Thanksgiving. That was my first big participation in a community event. Even though it was held at the church, people from throughout the community helped with it and came to attend.

The other skills are cooking & baking and organizing. I also looked at the environment outside the building and saw how over the years people have tried to create gardens and make the outside look welcoming. I've completed the Master Gardener program and have been a gardener for many, many years; I thought I could contribute in that way too.

Chuck: *We're trying to devise programs that would reach people in the community. Do you have any ideas about things we're not currently doing that would be good to do?*

Karlene: I think as people see the venue, they'll be interested in renting the space for small parties and smaller events, because there is not really a venue in Kutztown that is reasonably priced and has the facilities that this place has.

There is probably room for expansion in offering the public workshops on a number of subjects; senior programs, middle-school student outreach, summer camps—art & crafts, cooking gardening. People are always looking for activities for their kids in the summertime.

Chuck: *Put your soothsayers hat on for a minute now. What would you like to see the St. Barnabas Center be five years from now?*

Karlene: Wow, in my wildest dream? I would like to see it booked every weekend for some event by someone in the community. It would be great if we could offer luncheons twice a month rather than once a month, so people can see the venue. I do think word of mouth is probably the best advertising we could have. I would like to see summer camps for kids and or senior citizens and retired people throughout the summer. I think there is a big need for that!

Chuck: *Well, I thank you for coming off the sidelines and becoming a member of this board. We needed you!*

Karlene: I'm very proud to be a member of the board. I think this place has the potential to many great things.

Spiritual Practice—Prayer Beads

by Earlaine Klinger

The use of prayer beads began before Christianity, but nobody really knows exactly when. It is an ancient meditative prayer practice, that uses all three centers; mind, heart, and body movement. Some form of prayer beads is practiced in most major religions throughout the world. Most prayer beads are designed based on symbolic meaning unique to their respective religious beliefs and rituals. You can pray with prayer beads alone or in community.

You will need a set of beads that you either string yourself or purchase. I use the Anglican (Protestant) prayer beads that are made of 33 beads representing the number of years Christ was with us on earth. The Anglican prayer beads are laid out as a cross at the bottom, invitational, cruciform beads are above the cross, then four sets of seven beads separated by the cruciform bead, known as the weeks. The beads serve as a way to track where you are in the session, to focus your thoughts and as a tangible icon to hold in prayer.

How to pray with prayer beads:

- Select a short repetitive pre-written prayer, your own prayer, or a scripture to pray with.
- Roll one bead at a time between your fingers with each repeated phrase. Note: With Anglican beads, you enter at the cross, work upward to the right and leave at the bottom the way you came in. The custom is to pray the circle three times, which is symbolic of the Trinity. If you need more information, please do an online search for a website on Anglican prayer beads for more details.
- Breathe slowly and imagine the Spirit flowing through you as you do this exercise.

There are many potential benefits to using prayer beads as a spiritual exercise. To name a few; they can serve as a meditative prayer aid, they keep one focused and grounded, regulate breathing, and effortlessly tracks repetitions. Repetitive words and finger movements may relieve stress, anxiety, depression, and anger.

Be gentle 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.

Perspectives on Spiritual Practice Group

by Doreen Tobin

I was so fortunate to attend the first of the Spiritual Practices Group series being offered by Earlaine Klinger, the Spiritual Director for the St. Barnabas Center of Kutztown. I wasn't sure what to expect going in, but I have to say that was an amazing experience that helped me probe some other aspects of my spiritual life. Earlaine did an amazing job of weaving together selected music, readings and art which elicited some of the most profound discussion around the group members spiritual paths, personal challenges and openness to new ways of growing our relationship with the God of our understanding. At the end of our hour together, my cup was full!

If you are wanting to try out something new, in a safe space, consider joining us on March 22nd at 10 am. The program is free but you must register in advance to receive the Zoom link. If interested or if you have any questions, please contact Earlaine at klingle@moravian.edu. Hope you will consider joining us.

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 klingle@moravian.edu

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

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.