



THE SAINT BARNABAS CENTER

newsletter # 23

July/August 2025

Hi Everyone:

You may have noticed that this is the July/August issue of the newsletter. No, we are not going bimonthly. Our target date for the next issue is August 23rd. That will be the September issue and we will remain monthly until next summer. The reason for this is threefold:

- 1) Many people take vacations in the summer so our staff for projects at the Center is considerably reduced.
- 2) On our current schedule we are putting out the newsletter on the first of each month. That means the events during the first week of each month get too short of a lead time for people to plan. We'd like to put it out on the 23rd of every month.
- 3) During this era of climate change some afternoon projects at the Center must be moved towards morning or evening. Some may even be cancelled due to the heat. Our Fundraising Committee is planning to air condition the all-purpose rooms & kitchen in the future. We would always like to your contributions for that plan.



I'd like to draw your attention to the interview in this issue with Center Board Member Jerry Schearer. In addition to being an all-around nice guy, Jerry has a position at the university, which gives him insights into the problems of motivating students to come out for events. I think his ideas are well worth your time.

Our Senior Luncheon returns in September. But that doesn't mean that we seniors won't be having our monthly meeting. Our senior monthly meet-up will be the second Friday of the month-July 11, because the first Friday is July 4th. Check it out below for hours and what will be available.

Artventures with Local Folk Creative Studio is holding a summer art camp at the Center in August. This weeklong camp runs from August 11th through August 15th. It is limited to 15 kids. There are still some openings. See details in this issue.

We have a section near the end called *Other Community Events & Outreach*. We are fortunate to have so many wonderful organizations offering services and programs to our community. I'm sure you'll find things of interest to attend.

Let me leave you with a thought that has been bothering me for several months now. I know there is a separation of Church and State and it is there for good reasons. But I have to wonder, at what point does the so-called "big, beautiful bill" become so onerous that it leaves the political arena and enters the morality realm. When is your sense of morality so affronted that it is Okay to speak up. Just a little food for thought.

In these dark times, it is imperative that people of good will and organizations that wish to serve step up to the plate and do more than they have ever done before. We will be the fabric that holds our society together. In the absence of real leadership, the burden falls on us. Let us roll up our sleeves and show them that "Can Do" American attitude. Let's live our faith out through our actions.

Let's get on with it.

Events This Month:



Senior Meet & Munch: Friday, July 11, 10:00–11:30 am

This is not our usual Senior Luncheon. Refreshments will be available, think mid-morning snacks; iced-tea, lemonade, coffee-cake, fresh fruit. You can see that the time is earlier than the luncheon to avoid the heat. Rest assured we will return to our normal Senior Luncheon schedule in September. We just thought that this was such a fine group we've assembled and we didn't want to lose touch with you over the summer. So we cooked up the Senior Meet & Munch. We look forward to seeing you all there.

Chair Yoga: Every Wednesday Morning, 9:30-10:30am

Teacher Kris Amey will be on vacation on July 9th. There will be no meeting. Classes will resume weekly on July 16th.

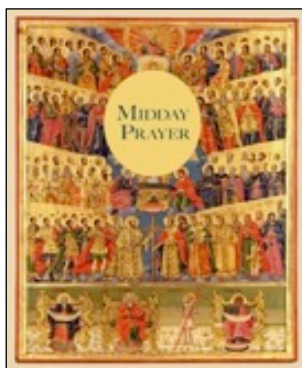


For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. Kris is a talented professional who adapts her instruction to the needs of all participants. The first lesson is always free to see if it is right for you. If you decide you want to come again 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.



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.



KOFFEE Meeting: Monday, July 28, 7:00pm

Headed locally by Robyn Underwood, this group meets at the St. Barnabas Center. Its purpose is to support educational excellence, teachers, and common-sense solutions to educational problems. This month's meeting is at 7:00pm. Please enter through the back door of the Center. Citizens should take note of the importance of this year's school board elections. With very tight budgets hard decisions must be made. Either we elect a school board with reasonable people or you may wind up with hardline radicals controlling your schools. This has happened to the shock of many small towns across the nation. Don't let it happen here. Come to the July and August meetings. to familiarize yourself with the candidates and their issues. Vote for quality education

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.



"Artventures Camp" with Local Folk Creative Studio! Monday, Aug. 11 through Friday Aug. 15, 9:00-11:30 am

Young artists ages 6 through 11 are welcome to join this art camp where we'll paint, sculpt, collage, work with fiber/yarn crafts and more as we explore materials and cultivate friendships. Bring a snack, drink, and your imagination! Limited to 15 students so register ASAP. Sessions run Monday, August 11th through Friday, August 15th, 9-11:30am. Register [online](#) or stop in at Local Folk to pay in person.

Community Crafters/ Threads

Our Community Threads group will be on hiatus until September. At that time we will resume our

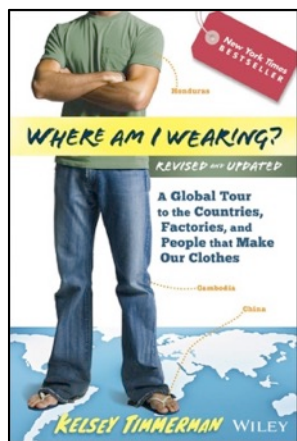


weekly meetings on Thursday afternoons at 2:00 pm. There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

Our crafting group had received a notice that there is an urgent need for women's chemo caps in the Lehigh Valley. Our talented knitters and crocheters came through and provided a huge bag full of beautifully crafted caps, scarves and prayer squares!

We at St. Barnabas have yarns and patterns we'd be happy to share with you if you are willing to help us continue to meet this need. You may pick up yarn and patterns and work on your contributions from home over the summer months.

All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, email us at the Center.



Brave Space Book Club: Coming in September

Brave Space Book Club will be rescheduled for this September on Zoom:

Where Am I Wearing – A Global Tour to the Countries, Factories, and People that Make Our Clothes – Revised and Updated by Kelsey Timmerman

We will journey with Kelsey Timmerman as he visits the factories where his favorite clothing is made. We will explore the conditions under which textile workers live and work, and how to make mindful decisions about our clothing choices as informed, active citizens. If you prefer to buy local, Firefly Bookstore is a great resource. Check back in our August newsletter for more details.

Better Place Therapy Workshops & Seminars:



We are working with the St. Barnabas Center to develop some new programming and workshops. You'll be hearing more about these offerings in the coming months.

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.

You Can Lend A Hand to Help Grow the Center!

Our board is working hard to improve our organization and outreach to the community and we could use the help of our talented community members. There are multiple opportunities to share your interests and talents by volunteering an hour or two each month as a part of one of our sub-committees: Program Development, Marketing & Outreach, Sponsorship & Grants, Fundraising. If you're interested in joining our terrific group of volunteers or would like more information, please send us an email at stbarnabas@hometownnu.com listing your area of interest & your contact info. We would love to have you become part of our team!

Meet Your Director: Jerry Schearer

Chuck: Hello Jerry, it's nice of you to come out and I appreciate you giving us your time.

Can you give us a little background on yourself, what you do, who you are?



Jerry: Sure. I grew up in Reading, PA and went to college in West Virginia. I moved back to work at Kutztown University in 2008. I did live in Reading at first but moved to Kutztown in 2017. My dad and grandmother grew up here, so Kutztown is home to me. I am currently the Senior Associate Dean of Students and Chief Diversity Officer at the university.

Chuck: Diversity. I don't want to have too much of a sidebar here, but you must be feeling some pressure right now.

Jerry (chuckles): I think we're lucky that Pennsylvania is a state that so far has a slight majority support as far as legislation goes. A lot of my colleagues in other states are definitely feeling the pressure and are even

out of their jobs that are involved with diversity and inclusion. So far in Pennsylvania and Kutztown, we are kind of keeping the course for now.

Chuck: *That's good news. How did you find out about the St. Barnabas Center?*



Jerry: Doreen somehow got in contact with me. I knew Doreen a little bit from here (work). She had left Kutztown University just before I got there. I knew of her because she's a legend. Our paths had crossed once or twice, and I guess at the time they were exploring what to do at St. Barnabas. There was an exploratory committee, and they wanted some representatives from Kutztown University. A colleague and I decided that we would represent KU on this exploratory committee.

Chuck: *Now, representing the university, one thing I know for sure because I've been trying for years to get students to come to events. Even before when we were a church, before the Center, it's a difficult undertaking. What do you think we could do to increase our visibility at the college?*

Jerry: Well, that goal of getting students to do anything beyond their rooms is a challenge for everyone, whether we're on campus or in town. I also spent many years involved in Kutztown Community Partnership and was president of KCP for a while and we had the same

struggles getting students to come to an event or activities that are away from campus or downtown. There will always be a few who are into community stuff, but for most students, if they have to leave their room or residence hall or the campus, it's a problem.

Chuck (interjects): *Or leave their phone-*

Jerry (chuckles): Yeah, leave their phone or their gaming, or whatever they're doing, because they have endless opportunities for entertainment on their phone or on their TV. So, it is tough to get students to explore. Even on campus events, we're always looking for new ways to get students to come out to events—which has changed a lot. We used to have events and they would come out because it was the only thing to do. And now it's a struggle to come out even for comedians or game shows or stuff like that. I don't think St. Barnabas should feel bad in that. Neither should you, or anybody else. It's tough even for us on campus. Even though St. Barnabas is walkable, some students don't like to walk that far, so transportation could be an issue. Word of mouth is always a big help. I think that where we've been successful is where we've had our interns or students helping with an event and they at least bring their friends down. I don't think there is a secret silver bullet for getting students here; we just keep trying through word of mouth, getting one or two students to invite their friends down and working together. Anything Leah and I can do to get students here; we'll do as well.

Chuck: *With their lives wrapped around social media, gameplaying or talking online, I'm sure they're going to become different kinds of adults when they enter the world. I'm wondering, is it going to affect their ability to socialize? It seems like there's a whole lot less socialization going on. It seems like it starts when they're really young. When I grew up, there weren't planned play dates, you didn't have to have your parents get together with other parents to say "ok, you can play with her on Wednesday at 4:00."*

Jerry: Yeah, we just went outside and played.

Chuck: *How will that affect them as individuals and society at large when they get older?*

Jerry: I think the pendulum might be swinging the other way. Am I totally worried about that happening, people becoming so isolated? No, I think some students are getting to a parental age and seeing the negative effects of that and are pushing their children to not be that way. I think the pendulum swing will even out, and it will be ok. I heard something on NPR the other day that parents are reinstalling landlines so that their kids—you know their excuse that I won't be able to talk to my friends and that's why I need a cell phone. They're actually going back to landlines, saying, "Here, use this phone to talk to your friends." That way, they're not being pressured to get a cell phone, at least too early. I think that's a way that the pendulum might be swinging back to help with some of that.

Chuck: *I used to be a teacher for a few years, and I can't imagine walking into a class where all the kids had cellphones. I'm wondering, is there going to be a trend where you must keep it off until after school?*

Jerry: There are some school districts that are doing that, or they have a safe envelope for each child so when you come into the classroom you put it there. The way that society is, shootings and what not, parents want their students to have access. So, it's in the classroom if they need it, but it's not distracting at your desk. I teach at Reading Area Community College, so I see that at least one or two in every class seem to be on their phones the entire class. I've learned to better ignore it than I used to. Once in awhile I'll call someone out, but not everyone. It's usually one or two people who seem addicted to their phones.

Chuck: *I'm very interested in the students. I didn't know you oversaw diversity there. Can you tell me, what is the general student's attitude towards diversity? I know you can't generalize for everybody, but is there a majority that are pro-diversity?*



Jerry: I think so. I think the generation that is growing up is almost expecting it now. Of course, it kind of depends on what family they came from and what their school was like growing up. The majority is ok with diversity and inclusion and are actually advocates for their fellow students in that realm. There are some students who maybe do agree with the anti "DIE" stuff that is happening. That's fine, they're allowed their opinion. Your question was the majority; I think the majority of students are (in favor of diversity).

Chuck: *As far as the St. Barnabas Center goes, you've been sitting on the board about two years now.*

Jerry: Yeah, a year and a half.

Chuck: *And you see our growth has been of a trial-and-error sort. We try things that either work or don't work. I'm wondering do you have ideas of doing things we are not doing, or conversely do you have ideas of things we should knock off what we are doing?*

Jerry (laughs): A lot of it is trial and error, developing something like this in the community. I mean every non-profit is a little bit different. We are a little bit different in that we're not service oriented like the Lions. We're not strictly religious like some of the churches. We're not strictly about large community events. We have our niche being a small venue, but also people can propose things and we'll try it. I'm thinking that actually gives us an advantage. We're not sure what our identity totally is yet. We know we're a venue people can rent, a venue for small events. What are we going to be known for. What do people think about when they think about St. Barnabas. We have some following—like with the senior lunches. We've established that. The other stuff we are doing, if people continue to come out for, we should continue to have them. We try something once if it doesn't work, we adjust, twice and it doesn't work, we don't do it anymore. People aren't quite sure of what we are, so we have to figure out how to get the word out of what we could be. The disadvantage is when we say St. Barnabas Center we have to explain things. The other side is we are wide open to wherever we want to go.

Chuck: *We once had a student intern here at a time when I was trying to get a chess club off the ground, because at that time the college didn't have one and I thought some students should be interested. She tried to help us by putting it in the school newspaper and hanging flyers. I asked her what the problem was and she responded that the students thought it was a thinly veiled trap to try to get them to come to church. A lot of them are not religious people and they don't want to be. What do you think about that?*

Jerry: There are students who might be wary of that. Allies (LGBTQ+ student group) on campus has an annual Lavender Graduation party at the park, but because of bad weather we had to move the event to the Center at the last minute for the past two years. That was a positive, because the students were like "hey, this is a good thing, it's a church and we're welcome here." They saw they were welcome, there was no hesitation, such as "I don't know if we want you here."



Chuck: *So, you think we should just keep plugging away and the more people get exposed, the more they will know that it's not a trap.*

Jerry: Right. We don't (try to trap people). When they left here, they weren't given a pamphlet or anything other than a newsletter. "If you see anything you're interested in inside the newsletter, you're welcome to come back"

People are leery of that. Even I, a person of faith is wary of that approach where they say, "Do you believe in God?" I do, but if I keep talking to you, you're going to trap me into something.

Chuck: *Like the foot in the door?*

Jerry: Right, right. So that intern had a good insight, I think. Just keep plugging away and try to have more events. I don't know what the silver bullet is.

Chuck: *Put your soothsayer hat on now and tell me what would you like to see five years from now going on in this building?*

Jerry: Think of a mall. You have all these little stores, but you usually have 3 or 4 anchor stores. Those things that are going to be there all the time. We need to find our anchor stuff, things that happen and are well received by everyone. We already have some, senior luncheon is one. What else can we make our 3 or 4 anchor things that happen every month? And then be able have flexibility to add or subtract things in between. Part of what I would like to see is finding those other anchors, whatever they may be.

Part of that also, I'm on the fund-raising committee. You can have a bunch of small fundraisers, but that's not what we need. We need to find some fundraisers that are ours and people know what they're for and they would make a good chunk of money. Two or three big fundraisers a year, not 10 small ones, so that we're not running ourselves ragged. So, I think we need to find our anchors not only for events, but also for fundraising.

Chuck: *I know nothing about marketing, but I have the sense that we're not doing front line marketing at this point yet. I don't know what we could do or what we could afford to do, other than get on the calendars and free newspaper listings, pay more attention to the website.*

Jerry: On the website, it should be easier to navigate. Things should be up to date. I think also, like student word of mouth, we need community word of mouth. Finding key people at different churches—do they know about St. Barnabas Center so they can help spread the word. “Oh, you're looking for a place to have an event. Why don't you try the St. Barnabas Center” The more champions we have out there, the better.

Chuck: *Ok, last question. I was talking to Pat the other day and I said, “You know, we're always looking for volunteers and we get a few. Wouldn't it be better to ask for specific volunteers for specific jobs? I know I wouldn't volunteer to rake leaves. I wonder if we could make a list of our needs and say “We need a volunteer for this. We need a volunteer who likes talking to people; we need a volunteer to walk down Main Street and hang flyers in windows”*

Jerry: Yeah, that is Non-profit 101. As far as volunteer recruiting is having something specific for folks to do or a list of things. Here's ten things' volunteers can do for us. Like someone says, “ I don't want to do that, but I'll do this” If there is someone who really enjoys fundraising and that's what they like to do, let's get them on the fundraising committee. Someone might say “I don't like committee work, but I'll work in the yard once a month” You're exactly on point there, we did the same thing at KCP (Kutztown Community Partnership) when we recruited volunteers. We looked at what we needed. Some people might say “I like the block party or the Dinner on Main” for example. If that's the only thing they want to do, that's great.

Chuck: *And they all have friends. The more people we can get involved with the better. Well ok, I really appreciate your time, Jerry.*

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 journey 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-Keeping the Sabbath

Adapted from Spiritual Disciplines Handbook by Adele Calhoun

Remember the Sabbath by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God.

Exodus 20:8-10

This exercise intends to show you how keeping the Sabbath can help you live a balanced life. Sabbath means rest. An opportunity to take a 24 hour break from your everyday work, stressors, schedule, and to-do lists. Resting in God one day a week can bring about a deeper more intimate relationship with God. It can also bring about a new perspective on an old problem or situation.

There is no right or wrong way to do this but some helpful tips include:

- Schedule the other six days of the week to include all the things you need to do that are necessary for living.
- Discuss your plans with your family and significant others so they know what to expect.
- Turn off your phone, electronic devices, alarm, and anything else likely to distract you.
- Let go of the things that cause you stress, such as a stressful decision, or a conversation. Save it for another day.
- Spend your day doing what you find peaceful and joyful.
- Be spontaneous.

During the week, you may want to reflect on:

- What was hard for you to stop?
- In what ways were you nourished or refreshed?
- Did it bring new light to your relationship with the divine?
- Did you find a new perspective in an old situation?

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.

Submitted by: Earlaine Klingler, Spiritual Director

Other Community Events & Outreach:

Mt. Zion Lutheran Church

Vacation Bible School

TRUE NORTH - Trusting Jesus in a Wild World!

Mark Your Calendar for July 14 - 18, 2025, 5:30-8:30 PM

Jointly offered by: Mt. Zion & Friedens Lutheran Churches

Location: Mt. Zion Lutheran Church, Krumsville

Open to all children ages 5-12 in our local and surrounding communities.

For registration information call Sharon at 610-682-7038.

Please register ahead of time so that we know how many items to buy!

If you would like to reserve your ticket, call Sharon Billger at 610-682-7038

Mt. Zion Lutheran Church Summer Fest

Saturday, August 16, 2025 - 12 Noon to 7 PM

Krumsville - 1343 Long Lane Road, Kutztown, PA

Bake Sale - Basket Raffle - Flea Market - Games - Musical Entertainment - Good Food - Fun!!!



Our recipient for this year's outreach event is Jennifer Biglin, KAHS Science teacher. Jennifer had been on Mt. Zion's Prayer List for some time. Recently she has been diagnosed again with stage 4 breast cancer and an MRI found liver lesions as well. She had to have her 3rd child delivered at 37 weeks in order to begin treatments. She is 35 years old with three young children and having to deal with this burden on her and her family.

Come out and help us raise funds to assist this local woman and her family with their financial issues. Call the church office, 610-756-6210, for any questions.

Trinity Lutheran Church

Kutztown Kitchen: Sunday, July 20, 4:30 pm

A full, free, fun-filled family supper offered monthly to the whole of Kutztown and surrounding communities, the fourth Sunday of each month from 4:30pm to 6pm. You and your family can help any month - setting up, serving food, or assisting with clean up, or simply join us and enjoy the fun and fellowship!

St. Paul's UCC Church

Young at Heart: Wednesday, July 16, 10:00am - Noon

Meet Gracie the Golden Retriever therapy dog who's stealing hearts and spreading joy everywhere she goes! Join us for fun, fellowship and refreshments.

Rejoicing Spirits: Sunday, July 6, 3:00 pm

Meeting the first Sunday of every month at 3:00 p.m., Rejoicing Spirits offers a no-shush ecumenical worship service that enriches the lives of all people, the differently-abled, their caregivers, joyous singing, opportunities to participate, brief, meaningful messages and the chance to connect with others.



You are invited to join us
for Rejoicing Spirits services and fellowship times
the first Sunday of every month at 3:00 pm.

Next Service: July 6, 2025
Theme: Share The Word Presiding Pastor: Jim Schlegel
We will offer a craft with our snack in Fellowship Hall.

All are welcome
to each 30-40 minute, no-shush ecumenical worship service
that enriches the lives of all people,
especially
the differently-abled, their caregivers, families and friends.

Rejoicing Spirits includes
music, playing musical instruments, joyous singing,
opportunities to participate,
brief, meaningful messages
and the chance to connect with others.

Join us for snacks and fellowship immediately following each service.

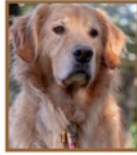
St. Paul's United Church of Christ
47 S. Whiteoak Street,
Kutztown, PA 19530
610.683.3393
office@stpaulskutztown.org

Parking is behind the church with accessible entrance from the parking lot.

For information contact:
Charlene Fisher (610.223.9622, charfish@stpaulskutztown.org)
or
Elin Webb (610.894.9949, ewebb@stpaulskutztown.org)
Visit us on Facebook (Rejoicing Spirits Eastern Berks)



YOUNG AT HEART
PRESENTS
Therapy Dogs



Meet Gracie, the golden retriever therapy dog who's stealing hearts and spreading joy everywhere she goes!

Wednesday, July 16th
10:00 AM to Noon
at
St. Paul's UCC - Kutztown
47 S. Whiteoak Street
Kutztown, PA 19530
(610) 683-3393
Fellowship & Refreshments



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.

Till next month-

Chuck

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.