



THE SAINT BARNABAS CENTER

newsletter # 21

May 2025

After our April showers we are waiting for our May flowers. Springtime always brings a sense of optimism, new growth, and the possibilities that await our doings. Even against the background of a society and government in chaos, we choose to have hope. Sitting on the sidelines and watching the carnage is not for us. We are ready to roll up our sleeves and ask “What can we do?” As an Episcopalian, I need to look no further than the teachings of my church for moral leadership. Didn’t Jesus want us to help the poor? Didn’t he want us to feed the hungry? House the homeless? Love our neighbor? We at the St. Barnabas Center must amplify our efforts in these areas.



I am writing this just after the death of Pope Francis. He was a man who appealed to the better angels of our nature. His voice was strong for the dispossessed. If you’re not religious and wondering what your attitude should be at this time, consider the words of JFK: “Ask not what your country can do for you, ask what you can do for your country.”

Throughout this issue you will find people and organizations trying to do some good. Virtually all groups need volunteers. Pick one. Engage! You’ll make new friends. You’ll feel better about yourself, and you will be helping someone in need. A good place to start is volunteering at the St. Barnabas Center.

At the Center we are busy upgrading our building this spring. We are taking bids on gutters to protect our beautiful stain glass windows, which were fortified over the last year. We are also in the market for a new roof. Having just been granted 501(C)(3) status, the board of the St. Barnabas Center of Kutztown will soon be inviting you to contribute financially to support these



facilities projects as well as future programs. Tax-deductible gifts may be sent to The Saint Barnabas Center of Kutztown, P.O. Box 236, Kutztown, PA 19530.

Our intern Riley Brandon reports that the plant bingo event at St. Barnabas was a huge success: “Thank you to everyone who came out and donated for the plant bingo period product fundraiser! We had a wonderful time and collected lots of great donations for the Kutztown



University Women’s Center as well as for the Opportunity House in Reading. Thank you to the social work intern, Elizabeth Harding, from the Women’s Center for the educational awareness on period poverty. Participants had a great time playing bingo, lots of prizes were won, and most importantly, we were able to collect four trash bags full of period products to be donated!”

Our series on *Meet Your Board Members* will continue in the next issue.



Ok, I’m getting off my soapbox. Have a wonderful May. See you next month.

Events This Month:

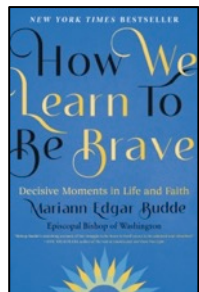
Senior Luncheon: Friday, May 2nd, 11:00am -1:00pm



Our ladies at St. Barnabas Center are at it again. They specialize in cooking memorable meals on the first Friday of every month. This May is no exception. Come out Friday, May 2nd between 11:00am-1:00pm for a great meal and meet some new friends.

Celebrate Cinco de Mayo a few days early this year! Our menu for this month features: Chicken enchiladas, cheese and hatch (mild)pepper enchiladas, Mexican rice, salad and margarita poke cake. My mouth waters just typing the menu. Did I mention that the meal is free? Please join us Friday, May 2nd to enjoy a great meal and a heaping helping of warm fellowship! Please enter via the rear entrance.

Book Study: Beginning Monday, May 5th, 7:00pm



In her book *How We Learn to Be Brave: Decisive Moments in Life and Faith* the author teaches us that “being brave is not a singular occurrence; it’s a journey that we can choose to undertake every day” Our discussion group will begin May 5th, 7:00 p.m. via zoom. Bishop Marion Edgar Budde is the Episcopal Bishop of Washington, D.C. She gave the sermon at the Service of Prayer for the Nation at Washington National Cathedral, during President Trump’s inauguration weekend. There is no charge, but you must register to receive the zoom link. Send a note to laura@stmargaretsemmaus.org. Co-sponsored by The St. Barnabas Center and

St. Margaret's Episcopal Church.

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. Our Community Threads group will meet every Thursday in May and then go on hiatus until September.

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 will continue to meet on Thursdays from 2-4pm during the month of May. 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 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, please stop by whenever crafting group meets.

A Second Group Meeting-place and time!

To help fill the urgent need for chemo caps, a second group of knitters and crocheters began meeting at the **Women's Center at Kutztown University**. Our Chemo Cap group will meet on **Wednesday afternoons at 1:00 pm, April 30th and May 7th**. Hope to see you there.

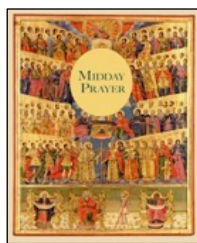
KOFEE Meeting: Monday, May 19, 7:00pm



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.

1. On **Monday April 28** there is a **Budget and Finance Meeting** starting at 7 pm in middle school commons. You can see the agenda [HERE](#).
2. **Monday May 5**, school board meeting starting at 7:30 pm in the high school library.
3. **Monday May 12**, committee meetings at 6 pm (policy & curriculum) and 7 pm (facilities & extra curriculars)
4. **Monday May 19**, in-person KOFEE meeting at **St Barnabas Center** at 7 pm.
5. **Tuesday May 20, PRIMARY ELECTION**. Plan to vote! Also, please sign up to help at the polls [HERE](#).
6. **Wednesday May 21**, school board meeting at 7:30 pm in the high school library. Results of the referendum about the >10% tax increase will be in.
7. **Tuesday May 27**, budget and finance meeting, 7 pm in middle school commons

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.

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.

Brave Space Book Club: Beginning Thursday, May 22nd, 7:00pm



Brave Space Book Club starting Thursday, May 22 7 PM 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

The next sessions are on: May 29th, June 12th and June 26th. 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. If you plan to attend, please RSVP to stbarnabascenter@hometownnu.com and read the first section of book prior to May 22.

“Artventures” 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.



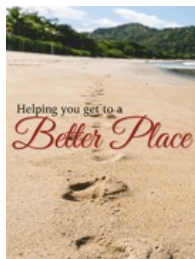
You Can Lend A Hand to Help Grow the Center!

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!



www.vecteezy.com/free-vector/helping-hand

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.

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 klingle@moravian.edu

Spiritual Practice-Walking in Nature

"Stillness is what creates love. Movement is what creates life. To be still and still moving, that is everything." -Do Hyun Choe

The spiritual practice of walking in nature is to simply enjoy walking. It is **not** about how many steps you can get in, how long you walk, how fast or how slow. It is not walking to arrive. Walking in nature is about being in the present movement, aware of your body, your breathing, your feet planting peace into the earth with each step. It is about taking a vacation from past or future thoughts and just being in the joy of the present.

Every step makes a flower under our feet. -Thich Nhat Hanh, Peace is Every Step

The benefits can include a peace and serenity as one with the earth. The refreshed feeling will likely bring about new insights and perspectives.

Some guidance for this exercise:

- Decide where and when you are going to walk.
- Spend a moment with God, tell him of your intention and ask God for his presence and grace as you walk.
- Walk at a pace that correlates with your natural breathing. To keep in the present moment focus on your breathing; inhale for two steps, exhale for two steps (or whatever works for you).
- See where God shows up in the meditative walk; you may want to journal about it later.

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.

Other Community Events & Outreach:

Mt. Zion Lutheran Church

•Labor of Love Day - Saturday, May 3, 9 AM to Noon

Could you use a helping hand with some small tasks indoors and/or outdoors at your home?

Some examples are:

Putting out patio furniture; Changing light bulbs; Installing window A/C units; Yard & Gutter Cleanup; Putting away seasonal items; Installing screens and awnings; Moving furniture or appliances; Changing smoke detector batteries'

•Local Shared Outreach Group

Our LSO group will meet next on Thursday, May 15, at 7 PM, at Friedens Lutheran, Stony Run.

This group is open to all area churches.

Please join us and bring your ideas of how we can reach out to God's people and share His love!

•Memorial Day Evening Observance at the Monument New Bethel Zion Cemetery, Krumsville Monday, May 26, 7 PM. Program by the Boy Scouts of Troop #104. Come show your support as we remember those who gave all in service to our country. Bring your lawn chair!

Relay for Life of Kutztown & Eastern Berks "Band Together To Beat Cancer"



Saturday, May 17, 11 AM to 9 PM, at Wm. Delong Memorial Park, Bowers

Everyone is invited to attend this event in support of the fight against cancer. There will be musical entertainment, foods for sale.

Cancer survivors are invited to attend the Survivor Ceremony at 4 PM and the FREE Survivor Dinner at 4:30. Please register for the dinner by calling 1-800-227-2345 so we know how many to prepare for. Bring your lawn chair

and come out for a day of fun and fellowship to raise funds.

Trinity Lutheran Church

Kutztown Kitchen: Sunday, May 25, 4:40 pm

A full, free, fun-filled family supper offered monthly to the whole of Kutztown and surrounding communities, usually on 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

Kutztown Community Choir Spring Concert: Sunday, May 18, 7:00 pm

Spring is in the air and the Kutztown Community Choir is busy preparing for another wonderful choral presentation! Please join us on Sunday, May 18th for an evening of uplifting music in this enjoyable annual community event!



Friend, Inc. 35th Annual Auction: Saturday, May 3, 2025, 5:00 pm

In-person and Virtual in 2025 – Great food, friends and fun coming together for a great cause! Come join us on Saturday, May 3, 2025 for our 35th annual BENEFIT AUCTION in the Kutztown Fairgrounds! Bid on awesome art, jewelry, household and autographed items, and local gift certificates (like hair salons and restaurants), not to mention our *famous* desserts.

Enjoy a dinner buffet catered by Foodleigh.com and live music by Maddy Kas! For more info go to <https://www.friendinc.org/benefit-auction/>

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.