

THE SAINT BARNABAS CENTER

newsletter # 32

May 2026

It is said that spring showers will bring May flowers. Well, I hope so. But one thing I'm sure of. May will bring flowers to St. Barnabas Center. Don't forget to pick up the flowers you ordered before Mother's Day! Check date and times for your pick-up in the article below.

As a result of the merger of the Episcopal Dioceses of Bethlehem and Central Pennsylvania to become the Episcopal Diocese of the Susquehanna, we now have two sister churches. Our newest addition is St. Andrews in Lewisburg, PA. Together, along with St. Margarets in Emmaus, we are forming a Sibling Church Community--building bridges with a church from the Susquehanna area of the new Diocese. With that in mind we are scheduling an upcoming road trip to St. Andrews in Lewisburg for their Jazz Vespers service on May 31st at 5:00pm. Check out details in this issue and then decide to come along with us.

Things are hopping at the Center this spring. Friday, May 1st is our Community Luncheon. Saturday, May 2nd is our 1st Comedy / Magic Open Mic event brought to you by the Bevan Brothers. It's a free event that welcomes poets and musicians as well as comedy and magic. Why not come out for a good time.

I'd like to make people aware of our Alcoholics Anonymous Meetings at the St. Barnabas Center every Tuesday and Thursday at 12:00noon until 1:00pm. Unlike most AA meetings, ours is in the daytime. So, if you work at night or don't like driving at night or simply want to reserve nights to be with your family, this offers you an alternative. So, if you're in need of a meeting come on out. Enter through the rear door of the Church.

We have an upcoming event that I am really excited about! On May 16 at 7:00 pm Leslie Bowen will host an *Acoustic Open Mic Event*. This will be a family-friendly event in which local musicians will take turns entertaining you. Leslie has great experience in doing these type events. Read about her plans for this event and then mark your calendar and be sure to be there. I know I'll be there. Did I mention that it's free?



Leslie Bowen

Our Writing Club is going great guns. Come on admit it. You write but you never show it to anyone. Some are afraid of rejection, and some are just shy. Sarah Haines, the person who organized this club, makes you feel right at home. Any and all criticism of your work is positive in nature. This group will help you become a better writer.

Due to unforeseen circumstances, *Lisa Joins a Cult* has been postponed until the fall. Look for more information in upcoming issues of the newsletter.

Let's keep our momentum going folks. Let's not be satisfied until our community center is the talk of the town.

Onward and Upward!!

Chuck

Events This Month:

St. Barnabas Flower-Flower Delivery



You love our mums! You love our wreaths and poinsettias! Now, it seems that you also love our SPRING FLOWERS! All profits from the Sale go to support St. Barnabas Center. The sale was over on April 5th. Pick-ups and deliveries will happen prior to Mother's Day. The Center will be open on May 5, 6, & 7, from 11:00am until 1:00 pm, for you to pick up your orders. If you need to make other arrangements, just give us a call and we'll get the flowers to you. Gorgeous, overflowing baskets to help you welcome spring!

Community Luncheon: Friday May 1st – 11:00am-12:30 pm



Our ladies at the St. Barnabas Center never tire of proving where the best luncheon in Kutztown can be had. These dedicated volunteers specialize in cooking memorable meals on the first Friday of every month. This May is no exception. Come out on Friday, May 1st between 11:00am-12:30 pm for a great meal and meet some new friends. Our theme will be Que Rico Almuerzo! Our menu this month will feature Chicken & Vegetarian Enchiladas, Spanish Rice, Fresh Melon Salad, Lime & Cilantro Coleslaw, Guacamole w/Chips, and Mexican Lime Ice Box Desert. Always fun and always free!

Open Mic Saturday May 2: 6:30pm – 9:30pm: Comedy, Magic, Music, Poetry!



A free open mic for Kutztown and the surrounding communities. An opportunity for anyone to test their talent in an open setting at the Saint Barnabas Center. Comedy, music, poetry, and magic will all be on display! *Though there is no age limit, be aware that some acts may contain mature language.* Hosted by Schuylkill county magician James Bevan and comedian Eric Bevan.

Acoustic Open Mic: Saturday May 16th 7:00pm -9:00pm

Develop your performance skills with friends

Up to 3-song, 15-minute set by: vocalists, instrumentalists, singer-songwriters, & small music ensembles

ACCOUSTIC OPEN MIC

Saturday May 16
7-9:00pm

Sign-up just before 7pm & bring your gear!

A free, low-volume get-together, small amps only.

Freewill Offerings Gratefully Accepted
Additional parking in the rear

For Kutztown Area Musicians of All Ages

the saint barnabas center
234 E Main St • Kutztown • 484-648-2814 • stbarnabascenter@hometownu.com

Howdy, folks!

On Saturday, May 16, 2026 from 7-9pm, I will be hosting an open mic event at the St. Barnabas Center in Kutztown. You are all invited to join in the fun of performing a 3-song, 15-minute set!

We plan to set-up in the Sanctuary and hope to have a decent turnout. So, let your friends and family know about it. Get your set list together and bring your gear for some family friendly instrumental music and singing! If you're still a bit shy about performing, this is a low-key event where you can dip in your toes with just one song if you want to, before taking a 15-minute plunge. Hope to see you there, *Leslie*

Leslie Bowen on Folk Jams

I asked Leslie to elaborate on her background and relationship to Folk Music. Here's what she said. - *Chuck*

Leslie: I first came to Kutztown as a college student in 1978, majoring in Theater Arts, and played back-up mandolin in a duo with a guitarist and singer on-campus, then rhythm and lead guitar in a band off-campus for a while. I performed in a few plays, and played back-up guitar in a couple of talent shows on campus also. As a substitute teacher for almost 20 years now, I know a lot of the art of teaching for me is performative, but my genuine love of learning makes it real every day.

I first came to the St. Barnabas Center to hear a representative of Red Wine, and Blue speak on Project 25. Convinced that our nation is under siege from a highly organized, well-oiled cabal of billionaires and right-wing Christian zealots who want to marry their religious structures with the US government, I decided to do something about it. Separation of church and state is very important to me. There is plenty of snarky, satirical music making fun of this dire situation on YouTube, but this is very serious business.

Raised on the folk music of the 1960's and 70's and beyond, I felt the need to act on my Constitutional right as an American to let my voice be heard (while we still have the right to assemble). I felt the need to share the songs of the revolutionary sixties era that I had heard as a child. I felt the need to share the songs in the *Rise Up Singing* song book I bought in Kutztown when I was rearing my son, happily playing an inexpensive, American-made banjo, Pete Seeger style.

And Doreen Tobin listened. We all need to learn how to listen to each other again. Not to the commercial propaganda of billionaires. Jamming and performing music helps us find common ground, not some algorithmic rage.

I organized the *Teen Open Mic* for Kutztown library's youth librarian back in May of 2011, held in the then-new community room. My son was 13 at the time and just getting into playing guitar. He needed a venue appropriate for him with his peers. I only recently got back into playing guitar in

public because of my concern with the current federal regime. Last spring I did a few Open Mic sets at Clay-On-Main's performance venue called Half-Moon Cafe as a participant. After the open mic there last June, a few of us sat around and jammed. Since I had my mandolin as well as my guitar with me, I had a great time not having the pressure to sing lead vocals. The three of us had a jam again there in the front room, unplugged, but the open mic and jam leader was a bit too busy to make it a regular jam. That's how I came up with the local jam idea for here in Kutztown.

Writing Club: Meeting Bi-Weekly on Tuesdays at 7:00pm on 5/5

Continuing the Bi-Weekly Writing Club



The Bi-Weekly Writing Club is approaching its final planned session! Come to the center Tuesday, May 5th, at 7:00PM to share and discuss your creative work with writers of all disciplines. There has been an expressed interest in continuing the program after its planned finale. So, if you are interested in participating, now is a better time than any to join in! Hope to see you there!

Nurturing Your Spirits with Micah- Mind/Body/Healing, May 14, 7:00 pm Continuing: 5/14, 6/11, 7/7, & 8/13 via Zoom



Photo by Greg Rakozy on [Upsplash](#)

Micah Sadigh, PhD, professor of Psychology at Cedar Crest College is leading monthly sessions on a variety of topics to nurture the spirit beginning in 2026. Micah's advice to each of us: "Discover yourself! Self-discovery is one of the most important aspects of higher education [our spirits are a higher education], which leads to a better understanding of one's innate gifts and potentialities. Without self-knowledge, external circumstances, which are always in flux, determine one's destiny in life. With self-knowledge, you create your future!"

The 4th session topic is "Coping in a World of Turmoil" and will be held Thursday, May 14th at 7:00pm.

Contact the Center at stbarnabascenter@hometownu.com to register and receive a zoom link for each session.

St. Barnabas Center Worship Service: Sunday, May 17, 12:00 pm



Everyone is welcome to the St. Barnabas Center for our Sunday worship service followed by fellowship time.

On Sunday, May 17th at 12:00 pm we will offer our continuing monthly service.

This month, we will be honoring the Anglican tradition of Rogation Sunday, which serves as a day of prayer and asking for God's blessing on agricultural and local community life.

Service is held on the 3rd Sunday of each month. On those Sundays when we cannot secure visiting clergy, we will have Noonday Prayer. Our goal is to develop an ongoing weekly service.

Acoustic Folk Music Jam! Monday, May 18th, 7:00 pm



If you play an acoustic instrument or just enjoy tapping your feet along to the music, this event is right up your alley. The Acoustic Folk Music Jam happens the 3rd Monday of every month. Join us again on April 20th for a load of fun. Bring an instrument if you have one or just bring yourself and a friend or two to enjoy the jam session and make a few new acquaintances! Please enter through the back door of the Center

Linnae's Lumens Tie Dye Class: Sunday, May 31, 1:00 pm

Let's Tie Dye Bandanas

Our tie dye classes come with the supplies you need (except ice), offer vivid colors, creative techniques, and limitless possibilities in an effort to spark the imagination of artists of all ages.

Class Details
05/31/2026
Deadline to Register
05/28/2026

Time
From 1:00 p.m.

Location
234 E Main St.
Kutztown, PA 19530

Age Groups
Must fit standard gloves
Sizes XS-XL

Cost
\$ 15 per person
Sign up with a friend
2 for \$25

REGISTER NOW

Contact Us
Linnaes.Lumens@gmail.com or register at Eventbrite



Create wearable summer art. Learn different folds and how to ice dye. Cost \$15 per person. Discount of 2 for \$25 if you register with a friend. Register for this fun event held at The St. Barnabas Center on Sunday afternoon for a great way to start the summer. Contact Linnae at linnaes.lumens@gmail.com

Weekly Bible Study: Every Monday – 7:00pm



This is an invitation to you to participate in a **weekly Bible Study** via **ZOOM** for an hour every **Monday at 7:00 PM** in the evening.

We will be looking at the readings for the upcoming Sunday to keep us on track with the Scriptures we would be hearing in church. You can follow the readings on the Lectionary page Please email laura@stmargaretsemmaus.org and we will email the link to you to join in the discussion.

We look forward to hearing from you!

Blessings!

Mother Laura+

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 Meets Every Thursday – 2 pm



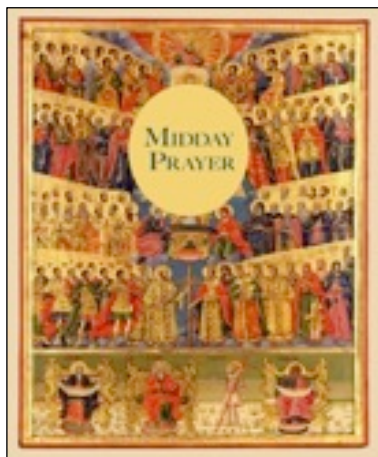
There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

Our crafting group had received a notice that there is an urgent need for 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 or at the Center with us.

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.

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@hometownu.com and we will be happy to provide a link.

KOFEE: New Leadership: Eric Johnson



KOFEE is an organization that supports educational excellence. With school boards having running amok across the country, it is essential for citizens to keep informed about what their school board is doing.

Rumors of KOFEE's demise have been greatly exaggerated. It is merely under new leadership. We want to thank Robyn Underwood for her years of running the organization and welcome Eric Johnson to the post.

Eric is not scheduling new meetings at the St. Barnabas Center yet. The latest from Eric:

Dear KASD Friends and Neighbors,

I am sharing a podcast from NPR's 1-A show about the recent past and current trends of school boards nationwide. There are some encouraging bits here about how extremist groups such as Moms For Liberty have been losing influence and how far-right candidates have been seeing a backlash over the last few election cycles.

<https://www.npr.org/2026/02/17/nx-s1-5717076/americas-school-boards-in-2026>

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. Contact the Center for more information.

Spiritual Practice-Rest

Adopted from Spiritual Disciplines Handbook by Adele Calhoun

“My soul finds rest in God alone.” Psalm 62:1

“People in a hurry never have time for recovery. Their minds have little time to meditate and pray so that problems can be put in perspective. In short, people in our age are showing signs of physiological disintegration because we are living at a pace that is too fast for our bodies.” Archibald Hart

The exercise of “rest” will allow you to recognize human limitations as a gift from God, a way to pause and connect with the divine. Paying attention to your body’s physical and spiritual needs will allow you to develop a restful rhythm.

Set aside time each day for rest. This is flexible, 5 minutes every hour, 15 minutes once a day, 10 minutes three times a day, or any time period that works best for you.

Develop a restful practice. Some ideas include:

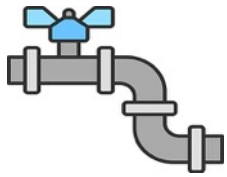
- Close your eyes and turn off your monkey brain.
- Listen to music.
- Look at photos.
- Walk without a goal.
- Stretch or exercise.
- Read a poem or scripture.
- Meditate, play with clay, or some other relaxing game.
- Do whatever brings you rest.

You don’t have to do the same thing all the time; change it up, try new practices once in a while.

Some benefits of adding a restful rhythm to your lifestyle may include:

- A closer relationship with the divine, family, and all of God’s gifts,
- An understanding of who you are outside of what you do.
- Noticing what brings you joy.

Keep a journal of your experience with rest. Notice the changes in you.



IN The Pipeline!

Food Insecurity Community Summit—June 20th



Saint Barnabas Center will be hosting a Community Summit on food insecurity *From Understanding to Action*.

The purpose of the event is to help area residents develop greater awareness about the extent of food insecurity within our area and equip participants with tangible ways in which each participant can become part of the effort in which neighbors can help neighbors.

The summit will feature two panels and be followed by an open fellowship luncheon sponsored by the Saint Barnabas Center and its partners. Watch for additional details in our Mid-Month News Blast!

Road Trip! Jazz Vespers at our Sibling Parish: Sunday May 31, 5:00pm

St. Andrew's Episcopal Church

255 S Derr Dr, Lewisburg PA

**ST. ANDREW'S
JAZZ VESPERS**
featuring Rick Hirsch (saxophones)
Clay Wulbrecht (piano)
Bob Hart (bass)
Rev. Kevin Lowe (drums)
and Eric Ian Farmer (vocals)

**SUNDAY MAY 31
SUNDAY JUNE 28
5:00PM**

**ST. ANDREW'S
EPISCOPAL CHURCH
255 S DERR DR
LEWISBURG PA**

The poster features a circular image of a jazz band performing on stage with a saxophone and drums.

We're planning a road trip to visit our sibling parish and attend this wonderful event on May 31! More details to come.

Jazz Vespers combines the traditional structure of Evening Prayer with the improvisatory and interactive sounds of American jazz and gospel music. We give thanks for the day that is past and prepare for the coming night, with prayers and readings from Scripture, interspersed with music both instrumental and vocal. The service will last about 50 minutes, and will feature Rick Hirsch (saxophones), Clay Wulbrecht (piano), Bob

Hart (bass), and Eric Ian Farmer (vocals), with St. Andrew's rector Fr. Kevin playing drums.

Kutztown's Outstanding Citizen Award

The **Outstanding Citizen Award** celebration is making a comeback! St. Barnabas Episcopal Church had run an annual citizen's recognition celebration annually prior to the pandemic. We are going to be renewing this great community event in the near future. If you have suggestions for a citizen who goes above and beyond to help make Kutztown a great place to live, let us know!

Other Community Events & Outreach:

Friend, Inc.

Furever Friends Walk in the Park: Saturday, May 17,



Spend the morning strolling with your furry friends while exploring the Kutztown Park and community. Every participant will be raising funds to help end pet hunger in our local area by supporting the Friend, Inc. Community Services Pet Pantry.

Walker check-in begins at 10:00 am at the Kutztown Park, Lower Brick Pavilion. Walks begin at 11:00 am, rain or shine.

Mt. Zion Lutheran Church

Spring Labor of Love Day: Saturday, May 2, 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

Please contact Project Coordinator Joe Arndt by phone or text at #610-698-0852 or his email joeymarndt@aol.com to get your tasks on our workday schedule.

If you can help and want to be a part of the team, let Joe know you will be coming!

We will begin with light refreshments and coffee at 8:30 AM.

Indoor Yard Sale / Flea Market: Fri, May 15, & Sat, May 16, 8am-2pm

Spring Cleaning & Decluttering of things you no longer need?

Turn them into cash, or, donate them to Mt. Zion!

Table space available \$15 per day or \$25 for both days. (You may set up Thurs. night, May 14, 6-8 pm)

If you'd like to donate your saleable, in good condition flea market items to Mt. Zion, place them on the table so-marked downstairs in the Fellowship Hall. Deadline to donate is May 11. Craft vendors are also welcome. Call Janice (610-683-7901) to reserve a table to sell your treasures. Proceeds to benefit upgrades to church signage & lighting on the parking lot across the street from the church.

Memorial Day Evening Observance

at the Cemetery Monument: Monday, May 25, 7 pm

Program by the Boy Scouts of Troop #104

Come show your support as we remember those who gave their all in service to our country. Bring your lawn chair!

Trinity Lutheran Church:

Kutztown Kitchen Community Meal: Sunday, May 24th– 4:30pm

All are welcome at this community meal. For takeout or questions call, text or email 484-239-5314, aepriester@gmail.com



HAWK MOUNTAIN SANCTUARY

Our Spring Native Plant Sale returns in about a month! Planning some spring landscaping? Come learn from the experts and purchase your choice species at a great price, all while supporting raptor conservation.



SPRING NATIVE PLANT SALE

Saturday, May 16 | **Sunday, May 17**
10 AM - 3 PM | 10 AM - 2 PM

Camp Edmar:

Spring Grab "N Go Breakfast: Sunday, May 3, 8:00-11:00am



Camp Edmar
Spring Grab 'N Go
~BREAKFAST~
SUNDAY, MAY 3 2025
8 a.m. until 11 a.m.
Grab 'N Go or Sit and Eat Under the Pines
Delicious Breakfast Egg Sandwiches - \$5
With Ham and/or Cheese
Camp's Famous Cocoa & Coffee - \$1
Camp Fundraiser
*"Providing the Girl Scouts and Scouting America units
in the Kutztown Area School District
with a place to learn outdoor skills and make lasting friendships since 1952."*
30 Boy Scout Road, Kutztown

This Camp Edmar fundraiser serves up delicious breakfast egg sandwiches for only \$5! Since 1952, the camp has been providing Girl Scouts and Scouting America units in the Kutztown Area School District with a place to learn outdoor skills and make lasting friendships.

30 Boy Scout Rd, Kutztown

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@hometownu.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@hometownu.com if you wish to be removed from our mailing list.