

# THE SAINT BARNABAS CENTER

newsletter # 33  
June 2026

Sometime in 1964 an aide to the President named Bill Moyers gave President Johnson a book to take home with him for the weekend. The name of the book was called *The Other America* by Michael Harrington. Mr. Harrington, a Catholic social worker who manned soup lines in New York City, wanted Americans to see “*the other America*” where poverty and scarcity of food existed. On Monday morning Johnson came in and asked Bill if it was really true that kids were going to bed hungry at night in America. Bill told him it was. Thus began the birth of the War on Poverty.



The War on Poverty was making terrific progress until politicians in opposition worked continually to slim it down, remove some benefits, and complain that it was a budget buster. These same politicians over time continued to give more and more tax cuts to the wealthy making their percentage of contributions to the running of the country at an all-time low. Today they use the gigantic deficits that they themselves created with the tax cuts as an excuse to continue cutting from programs that benefit people.

Food insecurity is rampant in this country. There are many great groups and individuals in this country trying to work on this problem, but they are overwhelmed by the sheer size and ever-growing need of people who can't put enough food on the table. Inflation is hitting food very hard. Layoffs of thousands of government workers exacerbate the problem.

Inflation has played a huge part for many people's ability to access enough food for their family. We are facing an era that will see robots running warehouses and self-drive taxicabs and other modes of transportation. These changes will put great stress on displaced workers' ability to feed their families. To get us through this period of technological and political change we must band together as Americans and ask ourselves “*What can we do to help? How can we become part of the answer?*”

St Barnabas is having a major full-day event on June 20<sup>th</sup> from 8:30 am to 4:00 pm. to address this issue. You will hear from people who are in the field “fighting the good fight.” You'll hear panel discussions about what you can do to help. We'll have a nice lunch and then go back to work. More details in this issue.

Mark your calendar and be there. Become a soldier in the “War Against Hunger”.

Chuck



# Events This Month:

## 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

Get ready to add some color to your day! Join us at the St. Barnabas Center for a fun, hands-on afternoon of creativity as we make our very own tie-dye bandanas.

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](mailto:linnaes.lumens@gmail.com)

## Community Luncheon: Friday June 5th – 11:00am-12:30 pm

Who Says There's No Such Thing As a Free Lunch!

**A MEDITERRANEAN FEAST**

Friday, June 5th  
11:00am - 12:30 pm  
The St. Barnabas Center  
234 E. Main St., Kutztown.

Free Community Luncheon

Contact us for more information:  
Phone: (610) 648-2854  
Email: [stbarnabascen@stbarnabascen.com](mailto:stbarnabascen@stbarnabascen.com)

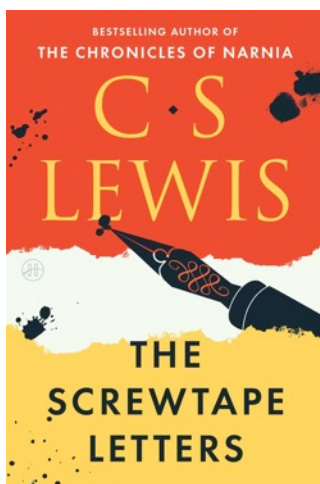
the saint barnabas center

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 June is no exception. Come out on Friday, June 5th between 11:00am-12:30 pm for a great meal and meet some new friends. Our theme will be a Mediterranean Feast. Our menu includes: Greek Spiced Baked Chicken, Lemon Pasta with Peas, Mediterranean Bean Salad, Pita Bread and Cookies with Sorbet.

Yummy! Always fun and always free!

## Summer Book Group Study: Every Monday – 7:00pm, beginning June 1st

### SCREWTAPE LETTERS



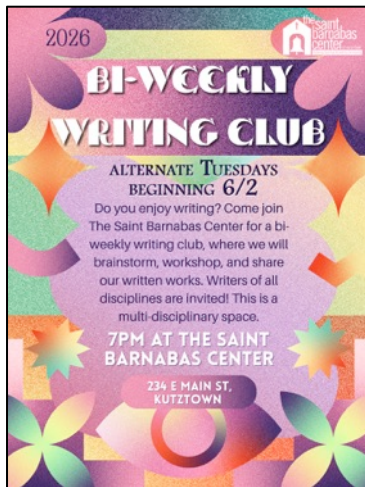
*If you were a senior demon with the job of training your demonic nephew, what would your agenda be? C.S. Lewis reveals all! And advises us how to defeat Screwtape's tricks!*

All classes will be held via zoom. There is no charge, but to receive the zoom link, for security reasons you must preregister. Send a note to [laura@stmargaretsemmaus.org](mailto:laura@stmargaretsemmaus.org) to register.

C.S. Lewis was an Oxford professor and a close friend and colleague of J.R.R. Tolkien. He was the author of the *Chronicles of Narnia*, and a number of other books on theology and his personal life. Sponsored by St. Margaret's Episcopal Church and the St. Barnabas Center.

We look forward to hearing from you!  
Blessings! Mother Laura+

## Writing Club: Meeting June 2nd at 7:00pm



### Continuing the Writing Club

The Writing Club held its final planned session on May 5 and voted to continue on with our bi-weekly meetings! Come to the center Tuesday, June 2nd at 7:00PM to share and discuss your creative work with writers of all disciplines. If you are interested in participating, now is a better time than any to join in! Hope to see you there!

### Report on 5/5 Club Meeting

- Introductions
  - Sharing our work. 10 mins to share, 10 mins to discuss.
  - Common themes of the evening: Love and providing the reader with clues to slowly reveal a veiled subject
- Decided that we will keep up with our bi-weekly club meetings
  - Homework Suggestion: Don't worry about it! Break time!

### Preview of June 2<sup>nd</sup> Meeting

Our next meeting will be Tuesday, June 2nd, at 7pm. I plan on bringing scrabble so we can have some fun, play with words, and switch it up a little!

I'm really happy to see our group grow a solid core, decorated with some cool new people joining in here and there! I'm excited to keep on meeting consistently. And I'll do my best to keep everyone in the loop of anything new or changing along the way.

If you have any other suggestions of any kind, feel free to share!

See you in June! - Sarah H.

## Nurturing Your Spirits with Micah- Mind/Body/Healing meeting Thursday 6/11 Continuing: 7/7, & 8/13 via Zoom



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!"

Contact the Center at [stbarnabascenter@hometownu.com](mailto:stbarnabascenter@hometownu.com) to register and receive a zoom link for each session.

Photo by [Greg Rakozy](#) on [Upsplash](#)

## Acoustic Folk Music Jam! Monday, June 15th, 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 3<sup>rd</sup>. Monday of every month. Join us again on 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

## Food Insecurity Community Summit—June 20<sup>th</sup>: 8:00am – 4:00pm

A quick online search returned some very sobering statistics concerning food insecurity in our own backyard. The struggle that many of our neighbors are experiencing is hiding in plain sight. We're all feeling the pinch, with the cost of gas and heating fuel rising precipitously, medical and insurance expenses out of control, and the spiraling cost of higher education—small wonder that ordinary folks are finding it difficult to afford even the basic necessities of life. The statistics below come from the Helping Harvest website:

- 12% of the population of Berks County and Schuylkill County live in poverty and thus face hunger issues.
- Of those living in poverty, nearly 24,500 are children under the age of 18.
- More than 38,000 school-aged children in Berks and Schuylkill Counties are eligible for the National School Lunch Program's free and reduced lunches. This represents more than 52% of the population of school-aged children in Berks County and Schuylkill County.
- More than 110,000 people in Berks and Schuylkill Counties qualify for food assistance.



Saint Barnabas Center will be hosting a community summit on food insecurity, ***Fighting Food Insecurity Together: 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 a keynote speaker, two panels of local experts, a resource fair and an open fellowship luncheon sponsored by the Saint Barnabas Center and its partners.

Please plan on joining us for this important event. The event is free but pre-registration is requested. Registration details will be available in the coming days on our Facebook page or by contacting the Center at 484-648-2814 or email [stbarnabascenter@hometownu.com](mailto:stbarnabascenter@hometownu.com).

## St. Barnabas Center Worship Service: Sunday, June 21st 12:00 pm



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

On Sunday, June 21st at 12:00 pm we will offer our continuing monthly service. 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.

## 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

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

St. Andrew's Episcopal Church, 255 S Derr Dr, Lewisburg PA

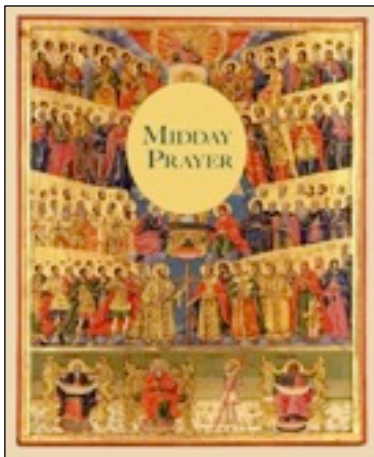


We're planning a road trip to visit our sibling parish and attend this wonderful event on May 31! Contact the Center if you would like to join in the fun of a road trip.

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.

## 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](mailto:stbarnabascenter@hometownu.com) and we will be happy to provide a link.

## A.A. Meeting, Every Tuesday & Thursday, 12:00 pm



We host Alcoholics Anonymous Meetings at the St. Barnabas Center every Tuesday and Thursday at 12:00noon until 1:00pm.

Unlike most AA meetings, this one 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. If you're in need of a meeting, come on out. Enter through the rear door of the Center.

## 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.

## KOFEE: New Leadership: Eric Johnson: Eric explains May 11<sup>th</sup> School Board Issues



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'

### Eric Johnson writes to School Board

Hi Again,

I am copying below a letter I just sent to the school board about the policy for filling board vacancies. As I mentioned earlier, this is an important issue because it could leave the process open to abuse. Any public input, even just an email to the board (addresses in the signature line below) is important. I don't know how things are nowadays, but it was not common during my own time on the board to receive emails from the public. It gets noticed.

Dear KASD Board Members,

I see that Policy 004 is up for first reading at this Monday's meeting, and that two options are being proposed for filling a vacant seat. If I am understanding correctly, the first option is to continue the process the board has used over the past several decades of soliciting applications and holding public interviews of interested applicants. The second option is for the board president to choose a candidate for the board to ratify.

I am writing in favor of the first option. It is the most open to community influence and participation. Candidates get to make their case for why they are best suited to fill the vacancy, and the board is more accountable for selecting the best candidate. In lieu of an actual election, this is the most competitive process. During my time on the board, we filled several vacancies this way and I cannot think of any good reason to change it. There were never any problems, and as the saying goes, "if it ain't broke...".

Having the board president select their own candidate just has too many Good Ole Boy Club vibes. It also shuts out the actual taxpayers and parents of a particular region when they are not given the opportunity to apply or witness any sort of due process.

Ideally, every member of the school board should be someone that was formally elected by the people they represent. But because this is voluntary service that much be balanced with careers and often family responsibilities, personal circumstances change, and vacancies arise. Our community deserves the maximum amount of participation and transparency that the law will allow. I hope you will agree.

Thank you,

### 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-Keeping the Sabbath

Adopted 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.

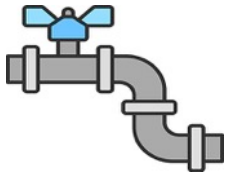
Sabbath means rest. An opportunity to take a 24-hour break from your everyday work, stressors, schedule, and to-do lists. Resting in God one day a week can bring about a deeper more intimate relationship with God. It can also bring about a new perspective on an old problem or situation.

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

- Schedule the other six days a 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?



## IN The Pipeline!

**Artventures Art Camp at the St. Barnabas Center of Kutztown!**  
**Monday, Aug. 10th thru Friday, Aug. 14<sup>th</sup>, 9:00-11:30am**



Young artists ages 6 through 12 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. The cost is \$125 and sessions run Monday August 10th through Friday August 14th, 9-11:30am. Register online or stop in at Local Folk to pay in person.

### Open Mic Monthly: Coming this Fall

Beginning this September, we will be holding an Open Mic event every month. Whether you play a song or a 15-minute set you are welcome. Bring your instrument. Don't be shy. Take the plunge and perform. Leslie Bowen will host the event. And for people like me who don't play an instrument or sing, come on in and watch the fun. You think if I practice all summer, they'll make room for a plate spinner?

Watch this space in our newsletter for more details as the summer goes on.



### Outstanding Citizen Award -This Fall

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!

## The Neighborhood Bulletin Board:

### Mt. Zion Evangelical Lutheran Church

#### Kempton Fair Pizza & Soft Pretzel Stand

Mt. Zion will again be manning the stand during the Kempton Fair, Thursday, June 18, through Saturday, June 20. Come to the fair and stop in to see us for delicious pizza and soft pretzels.

### Vacation Bible School at Mt. Zion:

#### *Epic Australian Adventure - An Unforgettable Journey with Jesus!*

**July 13 - 17, 2026, from 6 - 8:30 PM - Arrive Monday night at 5:30 for registration check-in!**

Jointly offered by: Mt. Zion & Friedens Lutheran Churches

Location: Mt. Zion Lutheran Church, 1343 Long Lane Road, Kutztown, PA (Krumsville)

This summer, we're going on an epic adventure through Australia, and you're invited!!! We'll encounter amazing animals, lush landscapes, stunning sea life, and wondrous wilderness!



For children ages 5 through 12, everyone is invited!

Note: VBS is open to children under age 5 if accompanied by an adult. Registration will open early June. Call Registrar Sharon Billger at 610-682-7038 to have the invitation letter and registration formed mailed to you.

**Please register by June 21 so that we know how many supplies to buy!**

### **Mt. Zion's Summer Fest**

Our annual outreach event returns on Saturday, August 15, 2026!

We hold this fest each summer to raise funds for an individual in need, an organization, or an agency. Details to come!

### **Hawk Mountain Arts Tour 2026**



**FREE:** Pick your own route, set your own pace, and enjoy a wide variety of art by talented artists displaying their work in their home studios or host locations. The self-guided driving tour winds about a 25-mile radius all within scenic Albany Township. Download the map and embark on your self-guided tour of the 2026 Arts Tour at the link below:

<https://www.hawkmountain.org/events/hawk-mountain-arts-tour>

### **St. Paul's United Church of Christ, Kutztown:**

**Young at Heart: Wednesday, June 17th— 10:00am – 12:00pm**

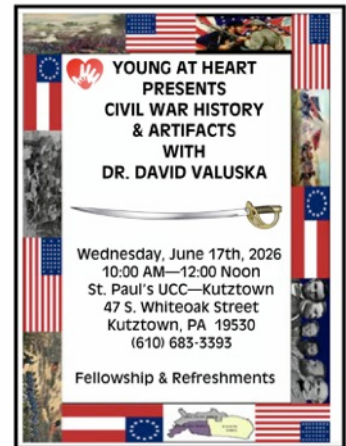
Join Dr. David Valuska and learn some of the fascinating history of our Civil War. Fellowship and refreshments will follow the presentation. Please enter by the rear entrance.

### **Trinity Lutheran Church, Kutztown:**



**Kutztown Kitchen Community Meal:  
Sunday, June 28th— 4:30pm**

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



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](mailto: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](mailto:stbarnabascenter@hometownnu.com) if you wish to be removed from our mailing list.