



THE SAINT BARNABAS CENTER

newsletter # 35

September 2026

Welcome to the fall, as we are required to come back from the insanity of summer fun to the reality of the serious business of running our lives. Whenever the summer ends, I always look back and have would've, should've, could've issues. I should have eaten more corn on the cob while it was in season and at its sweetest. I could have grilled outside way more often than I did. I would have made plans to go to the beach if I knew the summer was going to pass in the blink of an eye. As they used to sing: "Ain't no cure for the summertime blues!"

Please check out our new office hours. They were designed to give you, the public, great access to us at the Center. When visiting come through the rear door where parking is available.

NEW! Fall Office Hours

Mon–Wed: 10:00AM-12:30 (Break) 2:00PM-5:00PM

Thurs: 10:00AM-12:30 (Break) 2:00PM-6:00PM

Fri: 10:00AM - 2:00PM

The Food Insecurity Summit: From Understanding to Action

For the Saint Barnabas Center it's time to get serious again. For the Center we turn to our mission which includes helping people, fighting loneliness and doing our best to help provide basic human needs for those who are struggling. I am happy to report that we have a major event happening on September 12th. It is called The Food Insecurity Summit.

The Food Insecurity Summit will be a day-long event that highlights a serious problem right here in Berks County as well as throughout the nation. This will be the biggest event St. Barnabas has ever offered. I can't do it justice in this short introduction. Please read details in this issue. If living in a land where many children go to bed hungry at night is unacceptable to you, please come out and see what is being done and what can be done. Hear from our panel of distinguished citizens who are in the fight. I'm sure you'll want to get involved.

In this Issue:

1. Tai -Chi Comes to the Center
2. Free Community Luncheon Returns
3. Monthly Open Mic Comes to the Center in October
4. Monthly Movie Night-Hail Mary! Sept. 11
5. ...And much more that I can't fit on this page

– Chuck

Borough Road Closure

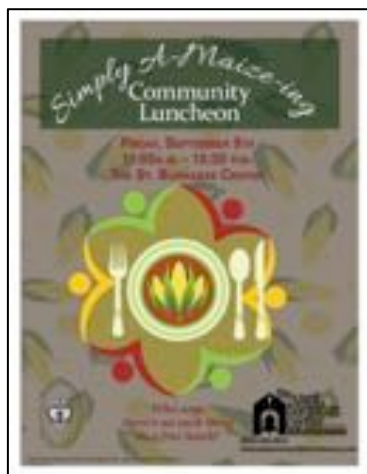
**S. Maple St. at E.
Main St.**

**Starting 8/24/26
till apx. 9/21/26**

Please Note: Access to the back of our building may be restricted.

Events This Month

Community Luncheon Returns!!! - Friday, September 4th, 11:00am-12:30pm



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 September is no exception. The ladies are here to welcome you back from our summer hiatus. They will be serving Fresh Corn and Chicken Chowder, Cheddar Biscuits, Fresh Salad, and Peach Cobbler. Come out on Friday, September 4th between 11:00am-12:30 pm for a great meal and meet some new friends. Always fun and always free! Directly after lunch we have a guest speaker who can help answer any questions about Medicare. Cindy Meitzler knows what she is talking about when it comes to Medicare. Stay and hear what she has to say.

Medicare 101

Cindy Meitzler is an independent broker affiliated with the national insurance market who is offering a free course called Medicare 101. During this educational course, she talks about the basics of how to navigate Medicare, where participants can ask questions after the seminar related to their personal circumstances.

She will be offering this class after the next community luncheon at the Saint Barnabas Center on Friday, September 4th.



Community Crafters/ Threads: Thursday, Sept 3rd, 2:00pm



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.

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.

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

Nurturing Your Spirits with Micah- Mind/Body/Healing:

Forgiveness Of Self and Others: Thursday, Sept.10th-7:00pm via Zoom



Cedar Crest College Professor Micah Sadigh, PhD, 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!”

All classes are offered online via Zoom. If you would like to join the next session, email the Center at stbarnabascenter@hometownnu.com and you will receive the zoom link.

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

From Understanding to Action!

Food Insecurity Community Summit- September 12th, 8:30am – 4:00pm



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.

Our M.C. for the event is Dr. Barbe Fogerty. The summit will feature a keynote speaker Mignon Verdell, Community Engagement Manager at The Food Trust of Philadelphia. Mignon has a wealth of experience working directly with Philadelphia communities and manages The Food Trust's community engagement efforts. Mignon's address will be

followed by two discussion panels with Q & A sessions.

Panel 1: Defining the Issue

Our first panel will discuss the reality of food insecurity in our community as it impacts families, the elderly, and college student populations. Our panel experts include Jim Reece, Exec. Director of Friend, Inc., LuAnn Oatman, President & CEO of Berks Encore, and Kelly Hojnacki, Asst. Dean of Students-Student Assistance at Kutztown University.

Panel 2 What can individuals and groups do to Help?

Our second panel discussion will explore ways in which we can join the fight to end food insecurity. It will feature Jay Worrall, President of Helping Harvest Fresh Food Bank, David Lapp, CEO of Blessings of Hope, and Rev. Canon Laura Howell of St. Margaret's Episcopal Church, Emmaus.

The Agenda

8:30am - Doors Open.

9:00am - Opening Prayer

9:45am – Welcome to St. Barnabas

10:00am – Keynote Speaker

10:30am - Panel #1: Scope of the Problem, followed by 15 minute Q & A

11:30am – Break – Light Refreshments – Fellowship Hall

12:00pm – Panel #2: Ways in Which Individuals & Groups Can Help, followed by 15 minute Q & A

12:45pm – Panel #2 Q & A Discussion

1:00pm - Closing Remarks

1:15pm – Community Picnic – Fellowship Hall and Grounds

1:45pm – Resource Fair

4:00pm – Program Close

To register, visit our website at Stbarnabasktown.org and click on the "register now" button.

Registration is not required for attendance, but is encouraged so that we can adequately plan for summit materials and refreshments. **Come for some or come for all – Just come!**

The Advocacy Workshop: Wednesday, September 16th, 6:30-8:00pm



This workshop will be a follow-up to the *Food Insecurity Summit* and provide participants with the tools they need to be effective advocates around important issues, including food/hunger issues.

Topics to be covered include:

- What is advocacy?
- How do I advocate for issues I care about?
- Does advocacy have an impact?

Join us to take the next steps for change in our communities with presenter Dr. Barbe Fogarty.

Dr. Fogarty received her doctorate in social work from Kutztown University in 2020. She has taught courses on Poverty, Social Problems, and social change at several universities. She has worked as a community organizer, youth program director, and adult ESL/GED instructor. You may remember her from our Social Justice presentation earlier this year!

Tai Chi Every Thursday 8:30 – 9:30am Beginning Sept 10th

Introducing...

Tai Chi & Qigong Classes

with Dr. CJ Rhoads

Beginning Thursday, September 10th at 8:30.

\$10 per session

Have you ever had problems with:

- Stress or overwork?
- Dealing with difficult people?
- Feeling tired and depressed?
- Back, neck, joint or tendon pain?
- Fibromyalgia, arthritis, or shingles?
- Weakness or instability?
- Stiffness or inflammation?



Or have you ever just wondered how smaller and weaker people can defend themselves successfully against larger people?

Tai Chi (Taijiquan or T'ai Chi Ch'uan) is an ancient Chinese martial art. Qigong is an ancient Energy Exercise. In addition to being beautiful and graceful, they improve health, flexibility, balance, and strength. Furthermore, they relieve stress and improve well-being.

Tai Chi is also a highly effective defensive martial art.

Despite its softer-side benefits, it is a powerful martial art designed for self-defense, but it is even more powerful as a health-inducing daily exercise. The benefits of TCQ come from the repeated practice of slow sustained movements while keeping the body in alignment, combined with a focused intention, and long deep breaths. Practicing TCQ daily for 15-20 minutes will (in a relatively short time) change the ratio of alpha/beta waves of the brain. This, in turn, increases the production of neurotransmitters such as dopamine, serotonin, noradrenaline, acetylcholine, GABA, and endorphins, and blocks stress hormones such as cortisol and adrenaline. Blood pressure decreases, digestion improves, heart rate slows, and lung capacity increases and balance improves.



For decades anecdotal evidence from TCQ practitioners seemed to indicate that there was something special about doing TCQ. It wasn't until recently, however, that the medical community and scientists have been willing and able to investigate the claims objectively. Medical researchers have now documented in over 5000 studies the health benefits of TCQ.

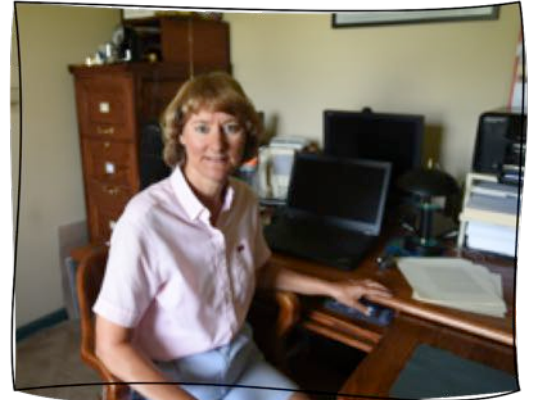
Check out <https://asklepiosresearch.org>, or type Tai Chi or Qigong into www.Pubmed.org to see an extensive list of research that demonstrates, beyond any doubts, that properly practiced Tai Chi can improve your health and your life.

About the Instructor: CJ has been studying Tai Chi & Qigong for 35 years, and has first-hand experience regarding the transforming powers of this gentle art.

Dr. CJ Rhoads is the CEO and President of HPL Consortium, Inc., developing technology tools for non-profit organizations. Additionally, she founded HPL 501c3 Institute, a non-profit helping groups and people to connect towards health, prosperity and leadership. She's also a Professor in the College of Business at Kutztown University, and a widely published book author. She has been featured in the Reading Eagle, the Philadelphia Inquirer, and several other media outlets.

Dr. Rhoads holds multiple certifications and is a professional member of the American Tai Chi Association,. CJ is one of the founders of Taijiquan Enthusiasts Organization, a world-wide virtual organization dedicated to spreading the benefits of Taijiquan and Qigong. More information can be found on www.TaijiquanEnthusiasts.org

She has also traveled extensively to attend Tai Chi workshops and camps with some of the world's foremost experts. Finally, CJ Rhoads has competed both nationally and internationally in Chinese Martial Arts tournaments, has won 3 Bronze, 3 Silver, and 1 Gold medal.



Everybody is getting back into the *groove* after the summer, as the college population filters back in and the main street once again buzzes with the stirring of students as they fly out of their nests. I hope you've been doing well! Got some fresh air? The center has kept busy these past two months in preparation for a lot of exciting program opportunities in the fall!

St. Barnabas Inklings: Tuesday, September 8th & 22nd, 7:00pm

Lastly, I have an update from the writing club that meets every other Tuesday. We have been making the time to find inspiration through playing word games and by creating contests comparing our favorite authors' works (I'm pestering Charlie to dust off his Literary Trivial Pursuit this month!). Proceeding onto our regularly promised writings, this month we have an untitled work from one of our poets, Rebekah Ehrhart. If you're interested, our next meetings will be Sept. 8th, 22nd, & Oct. 6th.

"Untitled"

Rebekah Ehrhart

Hey... Do you want to do something crazy?
Here, take my hand. You don't mind if we get wet, right?
Remember when we first met? Isn't it funny that we always felt the same way?
I don't want to quell my feelings anymore. It isn't like you to ignore them either
Will you be brave enough to say what I want to hear?

Well, it was nice catching up with you. There's plenty of activities to jump into this month, and I hope to see you around. Until Next time!

Coordinator for Program Development and Community Outreach - Sarah "Mau" Haines
shain827@live.kutztown.edu

Friday Night Movies: 2nd Friday Every Month beginning September 11th, 6:00pm!



Every second Friday of the school year, join us for Monthly Movie Night! Bring your own snacks and pillows and we will bring chairs and entertainment. Refreshments will also be available for purchase.

On monthly Movie Nights, we plan on presenting movies that viewers can utilize to reflect upon their own broad sense of spirituality with the help of guided discussion questions provided before the movie starts. So, come out for a night of entertainment and collaborative contemplation. All are welcome to pitch in to the conversation! Keep your eyes out to see what movies we'll be watching at the end of the year.

September's movie: *Project Hail Mary*

October's movie: *Spirited Away*

(Be mindful that some movies we will be watching, such as Project Hail Mary, are PG-13.)



Mindful Makers: 2nd Sunday Every Month beginning September 13th 2:00-4:00pm



I am an artist at heart, and I have been scheming up a new monthly program for all my fellow crafty folk out there... It's titled Mindful Makers, and it will be held every second Sunday of the month from 2pm-4pm! The goal is to host a club that works on crafts that are aimed at supporting mental wellness through mindfulness. I am excited to hopefully share photos from the program in a future monthly package! This month, we will be starting off this September 13th with mandalas.

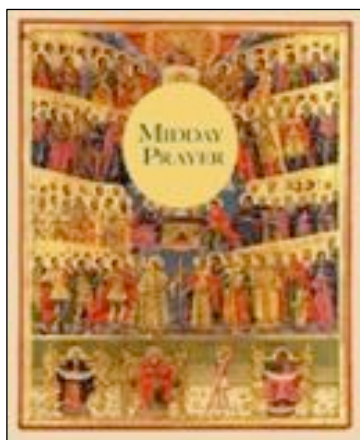
Fall Fest on Main: Saturday, September 19th, 3:00pm-9:00pm



Celebrate with your community at Fall Fest on Main! Enjoy live music and exciting kids' activities while supporting local businesses. Shop for crafts and locally made goods, and savor delicious food and drinks from local vendors and food trucks.

St. Barnabas will have a table at the annual festival in. Come by and say hello and try our pickles on a stick & fruit kabobs!

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.

St. Barnabas Center Worship Service: Sunday, Sept 20th 12:00 pm

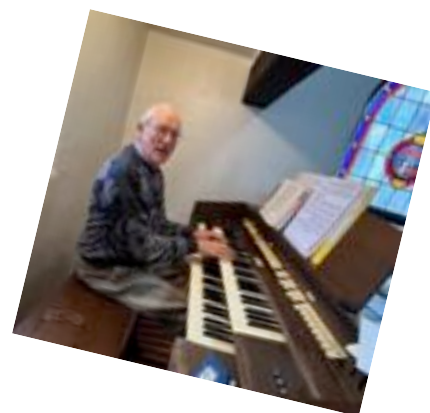


Everyone is welcome to the St. Barnabas Center for our Sunday worship service followed by fellowship time.

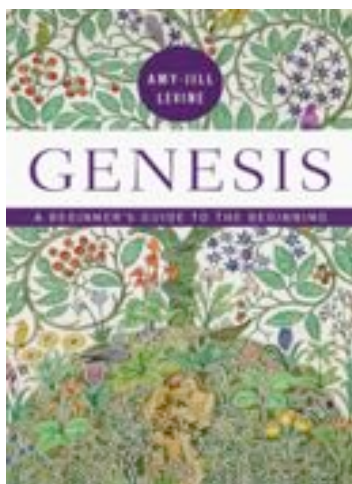
On Sunday, Sept at 12:00 pm we will offer our continuing monthly service.

Our wonderful pianist/organist, David Dare provides musical accompaniment during our services.

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.



Book Group Study: Every Monday beginning September 21st, 7:00pm, via Zoom



Genesis: A Beginner's Guide to the Beginning

Class meets September 21-November 9, 2026, 7:00 p.m.
(no classes October 19 or 26)

Explore Genesis as a living text. Ponder how these stories continue to shape faith, identity, and our understanding of what it means to be human: The Garden of Eden, Cain and Abel, Noah's Ark, The Near Sacrifice of Isaac, Jacob's Stairway to Heaven, Joseph's Saga.

Please order *Genesis: A Beginner's Guide to the Beginning* from your favorite bookstore.

Acoustic Folk Music Jam! Monday, September 21st 7:00 pm



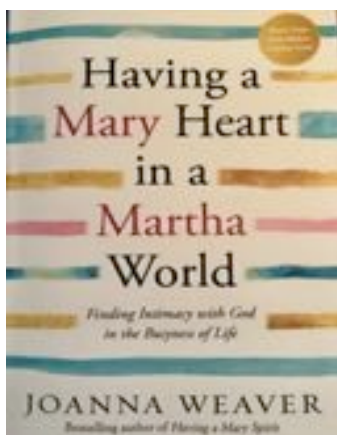
If you play an acoustic instrument or just enjoy tapping your feet along to the music, this event is right up your alley. The Acoustic Folk Music Jam happens the 3rd. Monday of every month. Join us again on for a load of fun. Bring an instrument if you have one or just bring yourself and a friend or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



Having a Mary Heart in a Martha World: 1st session

Thursday, Sept. 24th, 7:00pm

***Finding Intimacy with God in the Busyness of Life* – By Joanna Weaver**



An introspective reflection on the biblical story of Mary and Martha, as told in Luke, facilitated by Earlane Klingler of the Church of the Mediator. To sign up and receive the Zoom link, please contact Earlane at (laine22@ptd.net).

Please purchase the book (about \$10) before the first class.

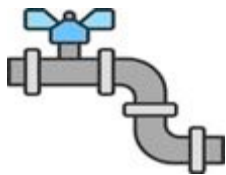
Dates:

Thursday, September 24th at 7 pm (Introduction)

Thursday, October 22nd at 7 pm (Discuss chapters 1- 4)

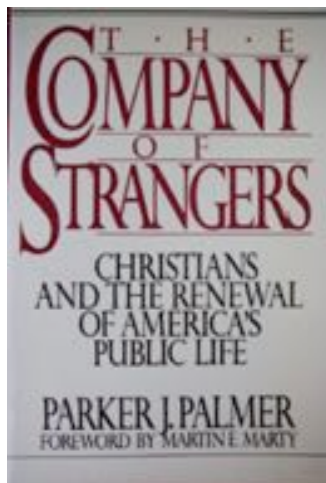
Thursday, November 19th at 7 pm (Discuss chapters 5-8)

Thursday, December 17 at 7 pm (Discuss chapters 9-12)



IN The Pipeline!

The St. Barnabas Community Book Club: Each Wednesday October 7th thru December 16th



Join us to discuss Parker Palmer's acclaimed book, "The Company of Strangers: Christians and the Renewal of America's Public Life." In this award-winning book, Palmer offers a vision of how to strengthen our communities – by better understanding the connection between our private and public lives.

Together, we will explore questions posed by Palmer's book, such as:

- What does it mean to live in a community?
- How do we relate to the strangers we encounter there?
- Are there ways to make our communities more welcoming, more vibrant?
- How should we understand the importance of public life - beyond the narrow lens of politics?

The Book Club will meet weekly, starting Wednesday, October 7th and ending December 16th. More details to follow - check our website for future announcements: www.stbarnabasktown.org

Open Mic Monthly: Coming Saturday, October 10th, 7:00pm



We kick off our monthly **Open Mike Event** hosted by Sarah Haines and Jared Coffin. If you are a musician, bring your instrument. Whether you want to play one song or a set you are welcome. If you are a magician, bring your props. If you are a comedian, bring your act. Don't be shy. Take the plunge and perform. We intend to make this a monthly event so let's join up now. 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 month, they'll make room for a plate spinner?

Lisa Joins a Cult: Sunday, October 18th, 7:00pm



The Saint Barnabas Center presents cult enthusiast Lisa VanArsdale for an immersive evening of exploring religious cults. Why they happen and what keeps them going. From creation to revelation and from celibacy to polygamy, Lisa recounts her intimate experiences with culty groups. She uses storytelling, videos and her personal collection of literature and artifacts to illustrate her points.

Doors open early at 6:30pm so that you can explore all of Lisa's culty artifacts on display.

People are saying that her presentation is heartfelt and humorous. "A great job of mixing serious with silly and empathy with spectacle."



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!

Vun Kreider Un Brauche: *Of Herbs & Tradition*

**A Yearlong Course Offered the 1st Sunday of Each Month from 10:00-3:00
Beginning November 1st!**



Vun Kreider un Brauche is a culmination of many years of contemplation and revisioning of how to continue sharing Braucherei, and how to most effectively share information about medicinal herbs. The fundamentals of traditional herbal therapeutics and spiritual healing are the inheritance of every person. Vun Kreider un Brauche is a commitment to returning that inheritance to the minds, hands, and hearts of today.

What will you learn?

Over 100 medicinal herbs, preparations, application, and lore history and evolution of the Braucherei tradition
Braucherei spiritual wisdom and healing practices

How Much does it cost?

- \$1000 if registering and paying all at once via website
- \$85 per class if paying monthly at class
- No student will be turned away due to cost, if you are unable to afford the cost of this course, please contact Jesse separately to make arrangements

Want more information?

Details and registration available on our website: www.primordiafarm.com/kreiderunbrauche
or email: primoriamushroomfarm@gmail.com

The Neighborhood Bulletin Board:



MT. ZION EVANGELICAL LUTHERAN CHURCH:

1343 Long Lane Road, Kutztown, PA 19530

Spaghetti Dinner: Saturday, September 19th, 4:00-6:30pm

Adults \$14 – Kids 5-12 \$7 – Under 4 FREE

Menu: Spaghetti & Meatballs, Garlic Bread, Salad Bar, Drinks, and Dessert

Take out available! Tickets can be purchased in advance, call April 484-358-3858. Also available at the door the night of the dinner.

Looking Ahead: Pork & Sauerkraut Dinner: Saturday, October 17th, 4:00-6:30pm Adults \$15

– Kids 5-12 \$7 – Under 4 FREE Watch for further details and ticket information!

New Jerusalem Zion UCC, Krumsville:

1456 Krumsville Road, Lenhartsville, PA 19534

Fall Shared Abundance Community Meal: Thursday, October 22nd, 5:00-6:30pm

By the Local Shared Outreach Group consisting of Mt. Zion and Frieden's Lutheran churches and New Jerusalem Zion UCC. FREE! Come for a delicious meal and fellowship with others in our community.

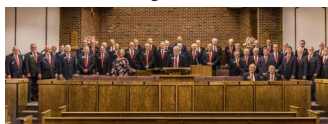
Entrance & parking behind the church, off Lambert Alley.

TRINITY LUTHERAN CHURCH, KUTZTOWN:

357 W Main St., Kutztown, PA 19530

The Barnstormers in Concert: Saturday, September 19th, 7:30pm

THE BARNSTORMERS *In Concert*



**Saturday, September 19,
2026
7:30 PM**

One of the most sought-after male choral groups in the Northeast, the barnstormers have been thrilling audiences for more than 75 years with their repertoire of oldies, pop, show and patriotic tunes. Come and enjoy a wonderful evening of music! Free Admission

Kutztown Kitchen Community Meal: Sunday, September 20– 4:30pm

All are welcome at this community meal.

For takeout or questions call, text or email

484-239-5314, aepriester@gmail.com



ST. PAUL'S UNITED CHURCH OF CHRIST, KUTZTOWN:

47 S Whiteoak St., Kutztown, PA 19530

Young at Heart: Wednesday, September 16th, 10:00am – 12:00pm

Young at Heart presents Debra Zvanut, Baskets in the Woods:

Weaving a Witches Hat

Call for limited reservations at 610-683-3393. Fellowship & Refreshment.



St. Mary's Catholic Church: Free ESL Class – Learn English!

14833 Kutztown Rd, Kutztown, PA 19530

New ESL Class: Tuesdays & Thursdays beginning September 15th, 6:00pm



Registration: September 8, 6:00pm

12 Week — Sept. 15 – Dec. 17

Tuesdays & Thursdays, 6:00-8:30pm

Location: St. Mary's Catholic Church

14833 Kutztown Rd, Kutztown, PA 19530

Room 122, Religious Ed Center



James Carroll Studio Art Exhibition

173 W Main St., Kutztown, PA 19530

On Friday, September 4th from 6:00PM-9:00PM, stop by the James Carroll Studio on Main Street in Kutztown for an open house showing off James Carroll's most recent art exhibition.

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

Free introductory session to explore if this is right for you. Contact the Center for more information.

Spiritual Practice-Lectio Divina in Nature

Adopted from *50 Ways to Pray* by Teresa A. Blythe

Through the creation of common meeting grounds and shared clearings for renewal in nature, individuals can be together alone. -Mark Nepo

This exercise allows you to experience God **in** nature and ourselves **as** nature.

- Place yourself in nature. Perhaps a garden, a park, or whatever place in nature that is special to you. Find a comfortable position. Take a few deep breaths, relax, and sit in silence in the presence of your surroundings for a few minutes. Ask God to be present with you.
- Look around you. What are you attracted to? Notice what gives you energy and why. Is it calming, uncomfortable, or something else? Gaze at it and imagine God gazing with you.
- Gazing with God, reflect on what you know about this part of nature and how it connects with your life at this time. Notice how this feels in your body.
- Communicate with God what you are experiencing in this practice. This can be done by writing a prayer, song, through craft, meditation or any other form of expression. Rest in thanksgiving to God. Feel the inner joy from experiencing how your human nature has communed with the rest of nature and God.

I note that this practice can be done indoors through a window or surrounded by plants.

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.



the saint barnabas center
OF KUTZTOWN
Fostering Spiritual Growth & Community

Affordability Meets
Historic Charm

Special Event Rentals
Host Your Next Event With Us!