

THE SAINT BARNABAS CENTER

newsletter #14

October, 2024

I suppose you've heard the old joke: How do you get 20 old people to curse in unison? Just yell Bingo! Well Bingo it is.

We've taken our fabulous Senior Luncheon and for this month we've added some extra fun and it is open to everyone, not just our senior citizens. This month's lunch will be a casual catered affair, focused on nutritious choices and will include a game of Bingo. The luncheon is free, Bingo is free, fun and food--free. It doesn't get any better than that. See details under *Bingo & Bites*.

This month I attended the first meeting of our new book club—the Brave Space Book Club. Although I hadn't read the book, I found the meeting fascinating. The book is *Braiding Sweet Grass* by Robin Wall Kimmerer. The focus of our discussion centered on how Native American wisdom and culture relate to the earth and the world and how it differs from Western culture's take on the same. There will be 3 more meetings this month about this book. Come whether you've read the book or not. See details in this newsletter.



After many years of wear and tear on our building, we are slowly but surely making much needed repairs to restore St. Barnabas back to its former glory. The picture is of fellow Kutztownian Mike Shaw fortifying the frames and windowsills of our beautiful stained-glass windows.

Robyn Underwood is the director of KOFEE. This is an organization that supports public education. I asked Robyn to write a short description of what the organization is about and give everyone a heads-up on what the Oct. 28th meeting will be about. Take time to read this and please come out and support this organization. The future education of your children and grandchildren hangs in the balance.

We have our 2nd article by our new spiritual director Earlane Klinger titled *Spiritual Practice – Visio Divina*. Check it out.

The Community Crafters/ Threads craft exchange was a great success! We had donations from 30 generous people, 14 volunteers that made the event go so smoothly, and 40 attendees that came in empty handed and left with bags of craft materials and big smiles! Thank you to all who donated supplies. A big thank you to all the volunteers for helping setup, helping at the event, and cleanup! And thank you to our intern and her fellow Kutztown University students who planned and attended the children's craft table. We are thrilled at the success of our event.





Reminder: Community Crafters/ Threads meets Thursdays 2-4pm. Come join us to charity knit/crochet, or bring your own stitching project of any kind and share in our stitching fellowship. We can also provide help and instruction to all levels of stitchers.

Please take the time to read this newsletter in its entirety. There is something here for everyone. Find what's right for you and come join us. Become part of building a community.

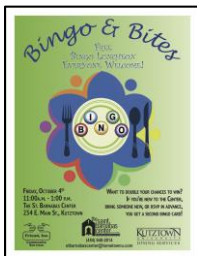
THIS MONTH:

Chair Yoga: Every Wednesday 9:30-10:30



For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. The class is taught by Kris Amey—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.

Bingo & Bites! Community Luncheon—Friday, October 4th, 11:00 am



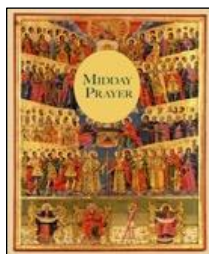
Don't miss our monthly FREE luncheon this month! Open to everyone in the community, we'll be playing BINGO—complete with prizes and a complimentary catered lunch! No fee, no registration necessary. But if you're new to the Center, bring someone new with you, or RSVP in advance, you score an extra bingo card! Should be lots of fun, food, and fellowship! Please enter via the rear entrance.

Community Crafters/Community Threads: Every Thursday, 2:00-4:00 pm



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. Come join us!

Virtual Midday Prayer: Every Wednesday 12:00-12:45



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.

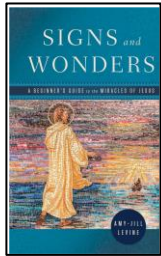
Watch our upcoming newsletters for information about other spiritual programs to be offered this fall!

Brave Space Book Club: *Braiding Sweetgrass* —Wednesday, October 2, 7:00 pm



The Saint Barnabas Center will be embarking on a **Brave Space Book Club**. Books will be selected to focus on social justice issues. The inaugural study will be *Braiding Sweet Grass* by Robin Wall Kimmerer. Facilitated by Rev. Dr. Deborah Appler, Hebrew Bible professor at Moravian Theological Seminary, the remaining sessions will be held on Wednesdays October 2, October 16, October 30 at 7:00 – 8:30 PM in person at the Center and on-line. Each session will be \$5.00. Register at [Sign Up Genius](#), or contact the Center via email or phone. Copies of the book may be purchased at [Firefly Bookstore](#) in Kutztown or from your preferred online bookseller.

Bible Study: *Signs & Wonders* – Beginning Monday, Oct. 7, 7:00 pm



Sponsored by St. Margaret's Episcopal Church and the St. Barnabas Center. We will be looking at some of Jesus's most astonishing miracles using the book by Professor Amy-Jill Levine: *Signs and Wonders: A Beginner's Guide to the Miracles of Jesus*. Please order from your favorite bookstore. 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. Amy-Jill Levine is professor of New Testament Studies and she is also Jewish, so she provides fascinating insights into Scriptures.

Better Place Therapy Workshops & Seminars:



We are generously hosted by St. Barnabas and offer therapy for individuals, couples and families. We are eager to serve the community with workshops and seminars also. We would love to hear from you if you are interested in any of the following or have other ideas how we might serve.

A workshop held earlier this year on Anxiety, Panic, Stress and Worry was well received and of great interest to KU students. We would be glad to repeat it.

This is a 90 minute workshop and the cost is a minimum donation of \$10 to the St. Barnabas Center.

The most-appreciated part of the above workshop was a relaxation exercise, which we would be glad to offer standalone. The cost is a minimum donation of \$5 to the St Barnabas Center.

We would love to do a seminar on mental health (not mental illness), the hallmarks of mental health, what you can do to take care of your mental health and how to find help if you need it. This would include plenty of time for Q&A on anything about mental health or mental illness in general. This will be a 90 min workshop and the cost is a minimum donation of \$10 to the St. Barnabas Center.

For more information or to be added to the list for any of the above 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 at info@bettrplace.com. All events are presented by Wendy Hill, a Licensed Marriage and Family Therapist in PA.

KOFEE Meeting Oct. 28, 7:00 pm



KOFEE: Kutztown Organized for Educational Excellence is a grassroots organization focused on supporting public Education in the Kutztown Area School District. During School Board Election Years (Odd Years), we act as a political action committee to endorse school board candidates and support board members that align with our support of equity of opportunity, quality curriculum and an inclusive environment. We are pro students, pro teachers and pro quality public education.

At our in person meeting on Oct. 28th at 7:00pm we will be discussing the role of KOFEE in our community. How can we best support our students and teachers when our current board has a 6-3 supermajority of right-leaning members? How can we keep the KASD community informed of the events and decisions that our board makes? How can we best predict when discussions will lead to controversial decisions? How can we encourage more people to join KOFEE? All ideas and discussions are welcome and encouraged. Please attend.

Spiritual Direction for Seekers:



The Saint Barnabas Center is pleased to announce our newest partnership. Earlaine Klingler, a Spiritual Director trained at Moravian Seminary 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 Earlaine Klingler at klingle@moravian.edu

Spiritual Practice-Visio Divins

The real voyage of discovery consists not in seeking new landscapes, but in new eyes.

-Marcel Proust

This article is to introduce you to the sacred practice called Visio Divina. In practicing Visio Divina we use our eyes to connect to God through an image, symbol, or maybe a color, rather than a word or a phrase.

To prepare for this practice set aside 20-30 minutes when you can sit in silence without distractions. Select a piece of artwork, it can be from the internet, a stained glass window in a church, a famous or not so famous painting, or any piece that you are intrigued by and feel drawn to pray with.

Close your eyes and bring your breathing and body into rhythm. Focus on Ephesians 1:18: May the eyes of your heart be enlightened. Ask for God to reveal himself to you through the image. Then open your eyes and gaze at the image, slowly. See what catches your attention, stirs your emotions, causes you to wonder about. Stay with it. How is God connecting with you through visual exercise? End with a moment of gratitude to God for this connection.

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.

NARCOTICS ANOMYNOUS:

Everyone at the St. Barnabas Center welcomes this new meeting to our line-up. Beginning in November, Narcotics Anonymous will meet on Wednesdays 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 handicap accessible. For more information, please contact Geoff M. at 484-772-5014.

Till Next month,

Chuck

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.

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.