



THE SAINT BARNABAS CENTER

newsletter #1
September 2023

Hello from your friends and neighbors at the St. Barnabas Center of Kutztown! We have been active and working hard to establish the Center as a place where our community can come together, offering programs and events that are designed to meet the interests and needs of residents within our area and to help foster health, wellness and spiritual growth. Located at the former home of St. Barnabas Episcopal Church, at 234 East Main St., Kutztown, the Episcopal Diocese of Bethlehem has been gracious and supportive in our efforts to fulfill our mission and develop our center as outreach to the community.

Our Board of Directors, headed by Chair Doreen Tobin and Vice-Chair Pat Brown, have already assembled an impressive list of activities and are looking to do much more. Our center is open to everyone in our area and we endeavor to make it a place where everyone feels welcome and at home.

My name is Chuck Brown. I am the facilities manager of the community center. You can speak to me about any activity or issue concerning the Center or to 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 to stbarnabascenter@hometownu.com.

We have a number of activities at the center continuing into the 2023-24 year, including; Chair Yoga, Community Threads, KOFEE KASD and Book Club meetings, free monthly Senior Luncheons co-sponsored with Friend, Inc. and Bible Study & Midday Prayer Services via Zoom in partnership with St. Margaret's Episcopal Church.

A new slate of programs kicking off this September include a monthly Chess Club, a Sunday Watch Party & Discussion of acclaimed TV series *The Chosen*, and on-going Marriage, Family & Individual Counseling Services provided by *Better Place Therapy*.

When attending any activity please enter by the rear door (there is a parking lot in the back). The front door is often closed for security reasons.



Senior Luncheon in collaboration with Friend, Inc. You won't want to miss this! I've been to a few of these, and my hat is off to the folks who cook them. They prepare a veritable feast! And the best thing of all is that it is absolutely free for all seniors. So come out and enjoy great food and good conversation while meeting some new friends. October's Senior Luncheon will be on **Friday, October 6, from 11:00am until 1:00pm**. Hope to see you there.

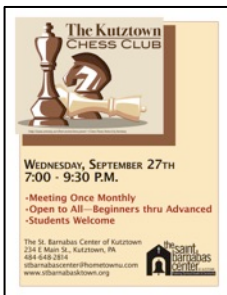


Community Threads. This slow stitch and charity knitting group meets together **every Thursday at the Center from 2-4 pm**. New this year, monthly tutorials will be provided so that participants can learn a new skill or engage in a fiber art new to them. September 21st the group is featuring Continental Knitting. Needles and yarn will be provided.



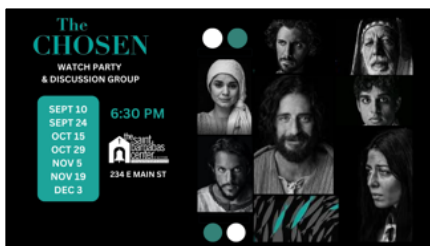
Chair Yoga. For people who need stretching and exercise but cannot remain on their feet for a whole hour of workout we have Chair Yoga. You will be amazed at what a great workout you can get while sitting down. (I went to a couple of these and found it really helped with some of my mobility issues.) The class is taught by Kris Amey. She is a real professional--you'll be impressed! 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. You come only when you want to. The classes are **9:30-10:30a.m. on Wednesdays**. September dates are the 6th, 13th, 20th. Kris

will be on vacation on the 27th.



Chess For Everyone. A new chess club is forming at the St. Barnabas Center. Our first meeting will be held on **Wednesday, September 27th at 7:00 pm**. The Club will be open to all. Two rooms will be available--one for people who want to learn the game, the other for more experienced players who want to play. The goal is to cultivate enough players so that we can begin to host tournaments. The club will be run by that internationally known Grandmaster: Me. Ok so that's a lie. I'm not a

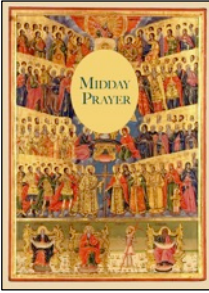
Grandmaster. I'm not a Master. I'm not even very good. But I do love the game. If you love the game, please come and join us.



The Chosen – Watch Party and Discussion. New viewers and fans alike—all are welcome to join in our Watch Party-Discussion of the remarkable TV series *The Chosen*, the acclaimed series about the life and ministry of Jesus of Nazareth. We will meet in the Center's chapel on **seven Sunday evenings this fall at 6:30 p.m., Sept. 10 & 24, Oct. 15 & 29, Nov. 5 & 19 and Dec. 3.**

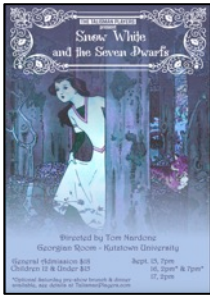


KOFFEE. is an organization that supports Education and Educators. The organization is chaired by Robyn Underwood. Come to the meeting and you will learn much about issues and challenges relating to the education of our children in this area. KOFFEE also has a book club with separate monthly meetings. The next KOFFEE general meeting will be on **September 25 at 7:00 pm**.



Midday Prayer Service 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 the the St. Barnabas Center email address and we will be happy to provide a link.

Bible Study is held via Zoom every Monday evening at 7:00 pm in conjunction with St. Margaret's Episcopal Church in Emmaus. Led by Mo. Laura Howell, the froup focuses on a study and discussion of the upcoming scripture for the Sunday that follows. It's a great way of enriching your understanding of the scriptures week to week. If you are interested in participating, contact us at the St. Barnabas Center email address and we will be happy to provide you with the link.



The Talisman Players, a wonderful community theater group located right here in Kutztown, stages many of its performances at Kutztown University. They have utilized our Center to hold auditions and rehearsals and we look forward to working with the group more in the future. Their next play , Snow White, will be opening Friday, September 15th. If you are a budding actress or actor or actress, stage hand, lighting guru or just want to buy tickets to the show you can contact the group at talismanplayers.com.

Marriage, Family and Individual Counseling Services will be provided by *Better Place Therapy*. Accessible services will be provided on a sliding fee scale. Please contact 404-500-6380 or better_place_therapy.com for more information or to secure an appointment for services.



Autumn Mums for Sale! Just in time for your fall decorating, these 9" potted mums can be ordered in red, yellow, orange, purple, or white at only \$8/per plant! You can order mums by emailing or phoning the Center or through one of our Center board members. We accept payment by Venmo, PayPal or personal check when order is placed. All proceeds will benefit The St. Barnabas Center.

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.