

## THE SAINT BARNABAS CENTER

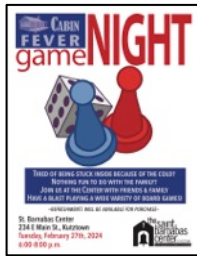
newsletter #7

March, 2024

Greetings one and all from all of us at The Saint Barnabas Center. It may be cold outside but spring is right around the corner. Things are really heating up at the Center. We go into March with a flurry of new activity. Finally, we have the first 4 meetings of our new Chess Club: *Once A-Pawn a Time*. We have the “*luck of the Irish*” with our St. Patrick’s Senior Luncheon. We have *Cabin Fever Game Night*. Our first promotion from Chair Yoga continues. We have four dates in March for our first theatre presentation from the very talented Talisman Players: *The Importance of Being Earnest*. Our Postcards from *Winter -Impressions of the Season* program continues brought to us by Community Threads. It’s all very exciting. Enough of me, let’s get on with the newsletter.

### EVENTS THIS MONTH:

**Tuesday, FEB. 27 – 6:00-8:00pm**



#### Cabin Fever Game Night

Have a blast playing a wide variety of board games. Join us at the Center with friends and family. Find the game that tickles your fancy and test your skills against new arrivals. Refreshments will be available for purchase. Parking lot in the rear. Please enter through the back door.

**Friday, March 1<sup>st</sup> – 11:00am-1:00pm**



#### Luck ‘O the Irish Senior Luncheon

Begin your celebration of St. Paddy’s Day early with our *Luck ‘O the Irish Senior Luncheon*. The word is getting around the community about the excellence of the Senior Luncheons at St. Barnabas Center. Each month, I think it can’t get any better than this and then the following month it does. On the first Friday of every month, St. Barnabas Center and Friend, Inc. team up to bring you a superb meal at no cost to you. Prepared for you by our award-winning chefs with their volunteers, these meals are simply scrumptious. This one will be no exception. Okay, so they’re not award winning, but they should be. Who says there’s no such thing as a free lunch?

**Thursday, March 7th – 2:00-4:00pm**



#### Community Threads

##### *The Winter Sew: Postcards From Winter – Impressions of the Season*

The Winter Sew continues right on through April. It is an activity of the Community Threads group. **This group meets every Thursday from 2:00 until 4:00pm.** *Winter Sew* is open to everyone, everywhere. You do not have to attend any Community Threads meeting to participate. No experience necessary. Here’s How it Works: You create one or more stitched postcards from your vision of

your winter world. We are requesting submissions sized 4"x 6" attached to the postcards. Your postcards will be displayed at the Center in a highlighted space.

Our vision is to bring together and honor those who create art with stitching. You can work independently or as a group. If you are local you can work at the weekly Community Threads meeting every Thursday from 2:00pm to 4:00pm, here at the Center. Others can mail their submissions to: The St. Barnabas Center, PO Box 236, Kutztown, PA 19530. Your stitching timeframe is Jan 1st - April 1st. All stitching, including quilting, knitting, and crochet will be accepted. Please share this with your lists. Sandra Britland Reports: We have received almost two dozen postcards so far. With little over a month to go, we hope everyone interested will participate and have their postcards to us by March 31st. Our final Zoom meeting will be on March 7th. This is a chance to ask questions, show your work, or just join the group to see the progress of the project. The meeting link will be posted on the Community Threads: A Winter Sew Facebook page. We will be installing them mid-April and exhibiting them into May. The opening will be April 20th from 3:00-5:00pm at the St. Barnabas Center. We hope you can join us.

**Thursday, March 7<sup>th</sup> – 3:30pm to 5:30pm**



### **Once A-Pawn A Time Kutztown Area Chess Club**

Our first meeting of Once A-Pawn a Time will take place at the Kutztown Community Library Located at 70 Bieber Alley in Kutztown. Come out and make it a roaring success.

**Saturday, March 9<sup>th</sup> – 3:00pm to 6:00pm**



### **Communications Workshop**

**Tuesday, March 12<sup>th</sup> – 6:00pm to 7:30pm**  
**Anxiety, Panic and Worry**

Better Place Therapeutic Services is directed by Wendy Hill who is a licensed Marriage and Family Therapist. Wendy is partnering with St. Barabas Center in offering a series of workshops to help the well being of people in our community. The workshops will focus on things we can learn and do every day to improve our mental health, well-being and relationships. If she can help you avoid becoming a client in therapy, she will be delighted to be part of that. Wendy hopes you will pass on what you learn at these workshops to your loved ones. Light refreshments will be provided.

There are two workshops scheduled for March. You must pre-register for either one. Email <mailto:info@better-place-therapy.com>. There will be a nominal \$10.00 fee for each workshop. The workshops are:

- Communications Workshop – Saturday, March 9th at 3:00pm to 6:00pm.
- Anxiety, Panic and Worry – Tuesday, March 12th at 6:00pm to 7:30pm

**March 22, 4:00-6:00** at McFarland Student Union, KU Campus

## **Bridging the Gap Between Religion & Sexuality**

This event will feature a panel discussion with individuals who either identify as part of the LGBTQ+ community, have an affiliation with religion, and/or both. The objective is to address both the positive and negative influences that religious institutions have placed upon members of the LGBTQ+ community. Come out to MSU (McFarland Student Union) and see what this event is about! See you there!

## **Entire Month Of March**



## **Period Product Drive**

Please help us by joining in the effort to fight against period product insecurity, as it is a dire need within the campus community. Donations are being solicited for the Period Product drive. Donations can be dropped off at: St. Barnabas Center during office hours, 10:00am -12:00pm or at Boxwood House Student Union Building 274A.

## **Kutztown Area Finally Gets a Chess Club:**

### **Once A-Pawn A Time Kutztown Area Chess Club**

The Kutztown Community Library and St. Barnabas Center are joining forces to give Kutztown a chess club that will meet 4 times month. For students and people who are free in the daytime we have two afternoon meetings. For people who are busy all day we have an evening meeting. For everyone we have a Saturday morning meeting. Two meetings will be held at the library and two meetings will be held at St. Barnabas Center. I will be available to give lessons to beginners. I will have an assistant available to set up games for those who already know how to play. We hope to grow this club to a size that can hold tournaments.

Our starting schedule is:

**Thursday March 7 from 3:30-5:30pm - Library**

**Wednesday March 13 from 7:00-9:00pm - St. Barnabas**

**Thursday March 21 from 3:30-5:30pm - Library**

**Saturday March 30 from 11:00am-1:00pm - St. Barnabas**

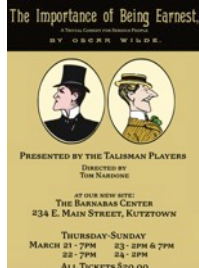
## **Chair Yoga Is Having a Special Promotion!**



We want to spread the good news about the benefits of Chair Yoga to everyone. Our promotion continues through the month of March. People already know that the first lesson of chair yoga at St. Barnabas is always free. For those who have already used their free lesson, here is a sale for you. Every time you bring a new friend that person is free, but so are you for bringing them. So if you have 100 friends and you bring one a week just think of all the free lessons you'd have. If you have that many friends, how do you have time to read this newsletter?

This class is taught by the talented Kris Amey. She will be running her class on Wednesdays from 9:30am -10:30am in March 6th, 13th, 20th, 27<sup>th</sup>. If you have any kind of pain or issue that prevents you from participating in regular yoga or aerobics then chair yoga is for you. From personal experience I can tell you that this woman is a miracle worker. She teaches you to work around your issue. The first class is always free. Additional classes are at a nominal charge of \$10.00 whenever you choose to attend.

## The Importance of Being Earnest by Oscar Wilde



**Talisman Players.** This acting group led by Tom Nardone will be staging *The Importance of Being Earnest* by Oscar Wilde in the sanctuary at the Center this March. We are all excited about this. If you have never seen a Talisman Players production before you will be in for a real treat. They are very good. We hope that this will be the first of many staged at the Center. Please join us for this first offering and make it a rousing success so that this will be the first of many to come. Go to the [Talisman Players website](#) for tickets and more information.

Performance Dates at St. Barnabas:

**Preview Opening: Thursday, March 21st 7:00pm**

**Friday, March 22, 7:00pm**

**Saturday, March 23, 2.00pm**

**Saturday, March 23, 7:00pm**

**Sunday, March 24, 2.00pm**

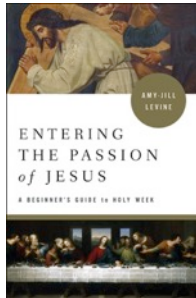
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In order to allow our sanctuary to function as a comfortable theater space, we are undertaking a series of improvements the first of which is to provide pew cushions for the added comfort of our patrons. The Talisman Players have generously fund-raised to aid us in this endeavor. Please consider making a donation to offset the expense of the cushions.

Checks can be made payable to *The Episcopal Diocese of Bethlehem*.

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## Lenten Bible Study



During Lent, St. Margaret's Episcopal Church and the St. Barnabas Center will offer an online Bible study **Monday evenings from 7:00 to 8:00pm**. Using the book and video by Professor Amy-Jill Levine, "*Entering the Passion of Jesus: A Beginner's Guide to Holy Week*". We will examine the accounts in all 4 gospels. Classes are on Mondays in March. To sign up, please send an email to [lauramh@gmail.com](mailto:lauramh@gmail.com). Both paperback and e-book versions are available from your favorite bookseller. There is no cost for the class.

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