

THE SAINT BARNABAS CENTER

newsletter #8

April, 2024

Happy springtime and Happy Easter from all of us at the Saint Barnabas Center. As we enter spring and head towards summer things are really heating up at the Center. Since this is our 8th newsletter, it seems like a good time to take stock of where we are at and where we are going. First, our acclaimed Senior Luncheon has established itself as the place to be for seniors (see April 5). Our Community Threads group has astounded us with their first promotion: Winter Sew! The response has been great (see April 4th). *Cabin Fever Game Night* had a good turnout last month and everyone had a great time (see April 30). Chair Yoga continues to help people who need to get a workout while sitting down. (See April 3). Our Chess Club is trying to form. We need members at all levels of play as well as beginners to come out Saturday March 30. In addition, we've had counseling sessions, weddings, KOFFEE meetings and scripture discussions.

I would be remiss if I did not mention the milestone we achieved this week. Our first theatre presentation occurred this past weekend. The Center hosted the presentation of **The Talisman Players** five showings of *The Importance of Being Earnest* by Oscar Wilde. The talent on display was awesome. The crowds loved it, laughing in the middle of scenes and giving the nine actors a standing ovation at each show. Kudos to Tom Nardone for directing and bringing Wilde's work back to life. We hope this will be the first of many presentations at the Center.

EVENTS THIS MONTH:

Community Threads – Thursday, April 4th – 2:00-4:00pm



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

Winter Sew continues right on through April. To date it has been wildly successful. It is an activity of the Community Threads group. **This group meets every Thursday from 2:00 until 4:00pm** at the Center. No experience necessary.

Our vision is to bring together and honor those who create art with stitching. People have been creating Winter Scenes on 4"x 6" via stitching. Many are so creative. All stitching, including quilting, knitting, and crochet was accepted.

There were over 50 entries received for Winter Sew. All entries will be installed at the St. Barnabas Center on April 18th. The Winter Sew opening will be on **Saturday April 20th** from 3:00pm until 5:00pm. There will be a reception and all are invited. The display will remain throughout April for the public to view. For more information about Community Threads see my short interview with spokesperson Sandra Britland at the end of this newsletter.

Springtime Senior Luncheon Friday, April 5th – 11:00am-1:00pm



The word is getting around the community about the excellence of the senior luncheons at St. Barnabas Center. On the first Friday of every month, the St. Barnabas Center and Friend, Inc. team up to provide a superb meal at no cost to you. This month's entrée includes lemon chicken, roasted asparagus, spring garden salad, fresh bread and fruit tarts. Prepared for you by our ladies who have only one goal in mind: to make a quality meal that you really enjoy. They haven't missed that goal yet and they aren't about to start now. Who says

there's no such thing as a free lunch? Come out for a great meal and great conversation while meeting new friends.

KUTZTOWN OPEN TABLE

× *Where Community Comes Together* ×

FRIDAY, APRIL 5, 11AM-1PM – SENIOR LUNCHEON & CHAIR YOGA – EVERY WEDNESDAY, 9:30AM
St. Barnabas Center, 234 E Main St, Kutztown
A special meal to celebrate Spring! Always fabulous food, great fellowship, and free! No advance registration required. Please enter via the rear entrance.
Chair yoga with Kris Amey meets every Wednesday at 9:30AM. \$10 per class. Please enter via the rear entrance.


WEDNESDAY, APRIL 17, 10-NOON – Young at Heart
St. Paul's UCC, 47 S Whiteoak St, Kutztown
Jewelry making for both men and women with Sharon Kozlowski. Please bring two needle nose pliers and a wash-cloth with you. Please enter via the Lambert Alley entrance. Please RSVP to the church office 610-683-3393.

FRIDAY, APRIL 19, 10-11AM – BETTER WITH AGE & CHAIR YOGA – APRIL 5, 10:00AM
Kutztown Community Library, 70 Bieber Alley, Kutztown
Better with Age – Early Signs of Dementia, a talk with Dr. Ward Becker. Fri., April 19, 10 am. No registration necessary.
Chair Yoga with Empower Yoga Friday April 5, 10 a.m. \$10 due at time of class. Please register on our events website at kutztownlibrary.org

SUNDAY, APRIL 28, 4:30-6 PM – Kutztown Kitchen
Trinity Lutheran Church, 357 W. Main Street, Kutztown
All welcome – not just seniors! (For takeout or delivery, please call Ann 484-239-5314. Leave a message with name, phone number, and number of meals requested.)

Easter Holy Week

Easter falls on the last Sunday in March this year. Our good friends at St. Margaret's Episcopal Church in Emmaus are offering a full schedule of Holy Week services that are available and accessible to all via Zoom or live-stream on FaceBook.



HOLY WEEK SCHEDULE

Wednesday of Holy Week Noonday Prayer, 12:00 noon, via zoom
<https://uso2web.zoom.us/j/83593719330?pwd=d3JQUUhHaUF6Nks3UWJrTDlyRk5ldz09>
Meeting ID: 835 9371 9330
Passcode: 270489

Maundy Thursday, 7:00 p.m., in person and live-streamed on Facebook

Stations of the Cross, Good Friday, 12:00 noon, via zoom
<https://uso2web.zoom.us/j/81919563067?pwd=d3Z6TFRvMkRlRHNNWGVlTlppOTI0UT09>
Meeting ID: 819 1956 3067
Passcode: 740573

Liturgy of Good Friday, 7:00 p.m., in person and live-streamed on Facebook

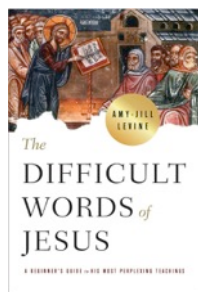
Liturgy of Holy Saturday, 10:00 a.m., via zoom
<https://uso2web.zoom.us/j/82072832052?pwd=ejUzZkJsNVAYSHdzcXZQem43LlRtOT09>
Meeting ID: 820 7283 2052
Passcode: 099124

Easter Sunday, 9:00 a.m., in person and live-streamed on Facebook

Potluck Pasta Night at St. Margaret's Episcopal Church – April 5th at 6:00PM



The Difficult Words of Jesus – Bible Study Class with Rev. Laura Howell Monday, April 8th -May 13th



Beginning on Monday, April 8th through Monday, May 13th, the Rev. Laura Howell will lead a discussion group based on the important book by Amy-Jill Levine titled *The Difficult Words of Jesus: A Beginner's Guide to His Most Perplexing Teachings*. We will be looking at some of Jesus's most challenging comments. I can tell you that Amy-Jill has strong and well thought out opinions and they should make for a very interesting class. The book is available from your favorite bookseller. St. Margaret's Episcopal Church and the St. Barnabas Center sponsor the class.

There is no cost for the class. All classes will be held via zoom. To receive the zoom link, you must preregister. Send an email note to laura@stmargaretsemmaus.org to register.

Kutztown Chess Club Forming This Saturday March 30th - 11:00am-1:00pm ***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 each 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:

Saturday March 30 -11:00am – 1:00pm St. Barnabas Center

Thursday April 4 -3:30 -5:30pm Kutztown Library

Wednesday April 10 – 7:pm – 9:00pm St. Barnabas Center

Thursday April 18 – 3:30 – 5:30pm Kutztown Library

Saturday April 27 -11:00am – 1:00pm St. Barnabas Center

Thus far, we have been having trouble reaching chess lovers. Please help us with word of mouth. We want to build a club that is open to all levels of play: from beginners to experts. Come on out this Saturday and help me build a club that we can all be proud of.

Chair Yoga Is Having a Special Promotion!

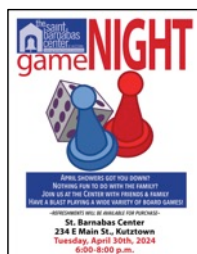


We want to spread the good news about the benefits of Chair Yoga to everyone. Our promotion continues through the month of April. People already know that the first lesson of chair yoga at St. Barnabas is always free. For those who have already used their free lesson, here is a sale for you. Every time 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. April dates are: 3rd, 10th, 17th and 24th**. If you have any kind of pain or have an 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.

Game Night – Tuesday, April 30 – 6:00-8:00pm



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. There is a parking lot in the rear. Please enter through the back door.

Sandra Britland & Camille Romig Talk About Community Threads

Since there has been so much interest in this group, I contacted Sandra & Camille to answer a few questions.

CHUCK: How did you get the idea for the Winter Sew project?

SANDRA/CAMILLE: Going back to the original project, the *2022 A Winter's Sew* was created to connect with our local community during Covid. Participants could work independently while participating in a group project remotely. The project was displayed at the Kutztown Library, and because of its success, we had some requests to do another project. We decided to test the waters to see if we could interest the local community in creating a group to not only participate in the project, but to form a space where ideas and skills could be shared. As the vision of the project came into focus, we realized it could be shared with a larger community of fiber artists. We extended the invitation as broad as we were able by contacting stitchers who belonged to various groups such as the Studio Art Quilt Association and Facebook groups. We were very pleased to have an enthusiastic response.

CHUCK: Are you planning more sews such as a fall sew?

SANDRA/CAMILLE: At this point there are no firm plans. It would all depend on the amount of interest shown, such as the number of people who come to the Thursday meetings. Since the group doesn't have a budget or additional volunteers, we can only speculate at this time. Attendance at the St. Barnabas Center meetings has been light.

CHUCK: If a newcomer who never knitted or sewed before came to a Community Thread meeting, what could they expect?

SANDRA/CAMILLE: First of all, they can expect a warm welcome. The members of the group are enthusiastic about sharing their knowledge, and we have many who are willing teachers to help a beginner learn the basic skills to get started. We have offered how to mini-workshops such as knitting, embroidery, Moravian stars, and others.

CHUCK: If a person who already sews comes to a meeting because they want to learn new skills, what could they expect?

SANDRA/CAMILLE: As we said, the members of the group are long time stitchers and have an abundance of knowledge to share. If we are unable to answer any question, we know how to direct someone to find what they need through other resources.

CHUCK: Any plans for the future that those reading should be aware of?

SANDRA/CAMILLE: Yes! A Winter's Sew: Postcards from Winter show will open April 20, 2024 at St. Barnabas Center 3:00-5:00pm. There will be some hours during the week also, check the website and Facebook page for more information.

We will be going into summer mode June to September, so will not be meeting during those months. We are planning a craft exchange day in October where materials no longer needed can be exchanged for others. That way you can pick up new craft at little expense. More information will be available closer to the date.

M. Camille Romig
Sandy Britland

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@hometownu.com.

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.