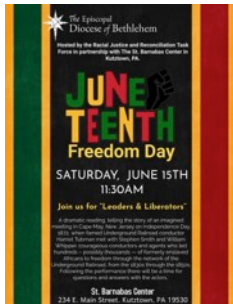


THE SAINT BARNABAS CENTER

newsletter #9

May, 2024

At Last springtime is here! People are out and about on Main Street. It gives the town a whole new vibe that is absent in the dead of winter. Even strangers stop to talk with you and wish you a good day. For me, it breeds a sense of optimism. It makes me want to do something good, something positive, something moral.



With that in mind I would like to bring to your attention Juneteenth. As many of you know, Juneteenth is the oldest celebration that takes place every year marking the end of slavery in our nation. I am proud to announce that St. Barnabas Center has joined with the Episcopal Diocese of Bethlehem to have a celebration right here at the Center on Saturday, June 15th at 11:30AM.

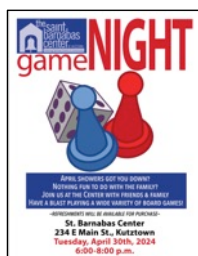
In an era where so much of our public discussion is centered on negative and hate-filled attacks, think how uplifting it will be to celebrate something that is good and right.

At this event you will hear an imagined meeting between Harriet Tubman with Stephen Smith & William Whipper (two courageous conductors in the Underground Railroad).

Unlike some politicians who want to discuss the “positive aspects” of slavery, we tend to agree with Harriet Tubman who said: “Now I’ve been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave.”

EVENTS THIS MONTH:

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.

Community Threads –May2 – 2:00-4:00



Community Threads Meets every Thursday from 2 to 4pm. There is no experience necessary to join our group. All levels of experience are welcome to share and learn needlecraft of all kinds.

The Winter Sew: Postcards From Winter has Triumphant Opening.

On April 20th Community Threads concluded its months long program called Winter Sew. People were asked to make Winter Scenes on 4 x 6 postcards. They mailed them or took them to Community Threads. On April 18th they were



installed at St. Barnabas Center. On April 20th they were open to the public. Everyone agreed that the artwork was amazing. Over 50 pieces were displayed.



I liked them all but my two favorites were The Snowman and a guy in a derby who looked an awful lot like Groucho Marx. A spokesperson for the group said they were considering other places to display the art.

Que Rico Almuerzo! Senior Luncheon Friday, May 3, 11:00am-1:00pm



The Senior Luncheon at St. Barnabas Center is no longer Kutztown's best-kept secret. The word has gotten out! These ladies at the Center can really cook up and serve a meal with the best of them. On the first Friday of each month the Center teams up with Friend, Inc. to provide a nutritious meal for our senior citizens. Every senior is welcome and the cost is zero. This month includes Chicken or Vegetarian Fajitas, Mexican Rice, Cowboy Caviar (a tasty bean salad) and for dessert, Carlota de Limon—Mexican Lime Icebox Cake. Come out for great conversation, great food and make new friends. As an added bonus Kris Amey will demonstrate what chair yoga is all about! See you all Friday.

Gather 24: May 4th, 2024

Each year the Diocese of Bethlehem hosts a formation event called *Gather*. All are invited to this interactive day of fun, formation and fellowship. This year's event will take place at PNC Field (just south of Scranton). There are 21 sessions for participants to choose from.

Two of the speakers are from our St. Barnabas family.

The Rev Laura Howell, who serves on our board of directors, will help facilitate the session ***Celtic Spirituality***. This session allows you to experience a variety of Celtic prayer forms, and provides you the opportunity to share your experiences with Celtic worship and prayer and ask questions.

Our own Doreen Tobin will be part of the panel discussion ***The Gift of Community Engagement***. At the heart of our faith lies a call to be actively involved in the world around us. In this session, you'll have the opportunity to hear from leaders who are making a difference in their communities and explore how you and your faith community can embrace and amplify the transformative power of community engagement.

There is a \$25.00 registration fee, which helps offset the event site cost, meals and snacks, prizes and other event costs. Registration is available at <https://diobeth.org/gather24>.

Chair Yoga: Our Special Promotion Continues! Every Wednesday 9:30-10:30



We want to spread the good news about the benefits of Chair Yoga to everyone. Our promotion continues through the month of May. 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. After all, what are friends for?

Kris Amey, the instructor, is giving a free demonstration of chair yoga at the Senior Luncheon on Friday, May 3 at 11:00am.

Compassionate Communication –May 7, May 14, & May 21, 7:00-8:00 PM



Learn the building blocks of compassionate communication for deeper empathy and healthy conflict resolution. The sessions will be facilitated by Deni Tobin who has years of experience in teaching and advocating for violence prevention in Chester County.

Session One will explore the difference between judgment and observation.

Session Two explores the difference between feelings and faux feelings; practice sharing feelings, and how to use feeling to achieve better connections with people.

Session Three will summarize what we've learned in the previous sessions and explore how to make requests without coercion.

There is a charge of \$25 per session, \$15 if paid prior to May 7th. Contact the Center for more information or to register at stbarnabascenter@hometownnu.com or by calling 484-648-2814.

Once A-Pawn A Time Chess Club

I am sorry to report that the Chess Club has been put on hiatus. Due to a severe A-fib problem I am experiencing, we will not be having meetings until further notice. When my cardiologist figures out how to stabilize me we will resume. But I won't resume without a partner. I don't want meetings cancelled just because I can't be there. Any volunteers out there? You know where to find me.

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.