



THE SAINT BARNABAS CENTER

newsletter #11

July 2024

I am writing this at the end of June and summer has officially begun. It doesn't feel like the beginning of summer, it feels like the dog days of summer in mid-August. Just look at my lawn. On second thought – please don't. Instead of a lush-green spring to summer beauty, it looks like a burnt brown carpet trying to stave off death. When you combine this with the heat and humidity, I think nature is telling me to stay inside and enjoy the air conditioning. In this case that might not be a bad instruction. There comes a time in every person's and every organization's life to stop and ponder oneself. What am I? Where have I been? Where am I going and how do I get there?

The summertime at St. Barnabas Center is a great time to answer these questions and make our plans for the future. It's time to take stock of ourselves and compare what we are to what our goals were coming in. It is time to assess both our successes and our failures. No review of St. Barnabas's progress would be complete without your participation. I will be asking for just that in my short essay at the end of this newsletter. Please take the time to read: *St. Barnabas Center—Where do we go from here?* You'll find it at the end of this newsletter.

**Please Note: We like to publish our newsletter by the first of each month. Obviously, we are late this month. The fault is entirely mine and should not be reflective of this organization. I had a new hip installed. I was on heavy opiates and if I had written the newsletter last week, it would have been filled with senseless meanderings, incomplete thoughts, half-truths and indecipherable idiocies. It would not have been very good—on second thought it might have qualified me to be in a Presidential debate.

THIS MONTH:

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



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. The class is taught by Kris Amey. Kris is a talented professional who adapts her instruction to the needs of all who are participating. 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 and pay only when you come. The classes are 9:30-

10:30a.m. every Wednesday

Senior Luncheon is on vacation in July!



But we'll be back on Friday, August 2 at 11:00 AM for the always free, fun, and fabulous event. No registration is required. Please enter via the rear entrance.

KUTZTOWN OPEN TABLE

×Where Community Comes Together×

WEDNESDAY, JULY 17, 10:00AM – YOUNG AT HEART SENIORS

St. Paul's UCC, 47 S. Whiteoak Street, Kutztown

Young at Heart Seniors is hosting local author Bob Scheidt, author of *"Wandering Through Mysterious Pyramids"*. Join us at 10:00 AM till Noon. Please enter through the Lambert Alley entrance. Fellowship and Refreshments. Free will offering.

FRIDAY, JULY 19, 10AM – BETTER WITH AGE & CHAIR YOGA-JULY 5, 10:00AM

Kutztown Community Library, 70 Bieber Alley, Kutztown

Friday, July 5 @ 10 am: *Gentle Chair Yoga with Empower Yoga*. There is no cost for the July class.

Better with Age Friday, July 19 at 10 am. *Beginning watercolor landscapes*. There is no cost for this program.

SUNDAY, JULY 28, 4:30-6 PM – Kutztown Kitchen

Trinity Lutheran Church, 357 W. Main Street, Kutztown

Kutztown Kitchen, a free community meal

All are welcome! Menu TBA. Takeout available with prior reservation by Wednesday, July 24

Call Ann 484-239-5314 for takeout or questions.

CHAIR YOGA—EVERY WEDNESDAY, 9:30AM

St. Barnabas Center, 234 E Main St, Kutztown

Chair yoga with Kris Amey meets every Wednesday at 9:30AM. \$10 per class. Please enter via the rear entrance.

COMING SOON:

Dinner on Main – Friday, August 2, 6:00pm - 10:00pm



The Kutztown Community Partnership is hosting the annual Dinner on Main event, which will be held on Friday, August 2nd from 6:00 p.m. - 10:00 p.m. (Rain-date: Saturday, August 3rd, 2024)

Dinner on Main showcases the many local eateries and community organizations of Kutztown during a community-inclusive one-night experience. The event will be hosted along the 200 block of West Main Street. Originally started as Kutztown's Bicentennial event, Dinner on Main now occurs annually to offer community

attendees select menus of popular restaurants around town.

This year The Saint Barnabas Center will be hosting a stand to sell Pickels on a Stick and fresh, locally sourced, organic gourmet mushrooms. Looking forward to seeing you there!

Unity Day at Kutztown University – Thursday, August 29, 11:00am

Unity Day will be held on the Schaeffer Auditorium Lawn on Thursday, August 29 at 11:00 AM.

Dr. Kenneth S. Hawkinson, university president, along with university leaders, representatives from the student body, the community, and other campus officials will give remarks celebrating KU's diversity and sense of belonging to the Golden Bear community.

The event will take place during the university's annual Community Link Fair, 10:00 a.m. to 2:00 p.m., which brings together local businesses, non-profit organizations and places of worship with the campus community.

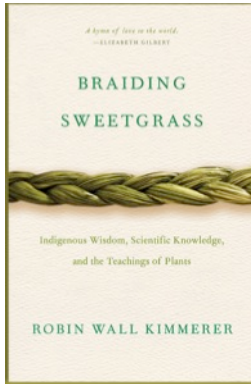
The Saint Barnabas Center will have a table at this event again this year.



Nutrition BINGO – Thursday, September 12, 5:00pm

On Thursday, September 12 at 5:00 PM The Saint Barnabas Center will host Nutrition BINGO. The program is designed to introduce community members to food and dining sources in the area in a fun way. There will be lots of great prizes!

Brave Space Book Club



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 studies will be held on Wednesdays September 18, 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. More information will follow in the next issue of the newsletter.

Art and Craft Material Exchange – Saturday, September 28, 10:00am - 3:00pm

The event will be hosted by the Center's Community Crafters/Community Threads. The committee met on June 13 and will have another meeting on Thursday, July 25 at 2:00 PM at the Center if anyone would like to join in on further planning. For more information on the event or the committee, please contact Sandy Britland at slbritland@gmail.com

St. Barnabas Center: Where Do We Go From Here?



St. Barnabas Episcopal Church officially closed in the fall of 2021. Attendance had steadily dwindled over the years. Older people either died, moved out of the area or became unable to attend regular services. They were not replaced by new, younger members. At the end we were only attracting 6 to 10 people per week.

My wife Pat and I had been regular members from the fall of 1987 when we were meeting in the basement of St. Paul's UCC Church.

We, along with others were sad to see our beloved parish close its doors.

In the Spring of 2021 several people who had been members of the Vestry proposed to the Diocese of Bethlehem a plan for the "resurrection" of St. Barnabas—not as a traditional church, but as a spiritual and community development center. They wanted to have a center, which would serve the Kutztown area with focused activities in a warm and welcoming environment. They wanted to appeal to the churched as well as the unchurched. They wanted a place that focused on both spiritual needs and the desire that people have for community. To the everlasting credit and wisdom of the Diocese of Bethlehem, permission was granted to pursue the project.

Our mission statement states that *the St. Barnabas Center will offer a transformative approach to spiritual and community development. We strive to empower residents of all ages to engage*

in activities that strengthen their relationship with “The Holy”, promote social justice and improve the health and well being of the individual and community.

What Have We Accomplished:



In an effort to implement our “reason for being” or mission statement, we have had a variety of programs and events that we are proud of. Here is a partial list in no particular order:

- ◆ Chair Yoga for Seniors-taught by that great yoga teacher Chris Amey.
- ◆ Community Threads & Community Crafters – A sewing and knitting group that meets weekly to learn from one another, share new techniques and enjoy camaraderie.
- ◆ Celebration of Juneteenth -We cohosted this important celebration with the Diocese of Bethlehem just last month.
- ◆ Game Nights – Playing various board games in a fun, multi-generational evening!
- ◆ Hosting the Talisman Players performance of “*The Importance of Being Earnest*” by Oscar Wilde.
- ◆ KOFEE – Hosting this group dedicated to Educational Excellence.
- ◆ Spiritual Formation through workshops, Bible and book study groups and weekly noontime prayer cohosted with St. Margaret’s Episcopal Church in Emmaus and implemented by the Rev. Laura Howell and Pastor Kim Adamson, both in person and via Zoom.
- ◆ Non-Violent Communication Workshop – exploring the building blocks of



compassionate communication and conflict resolution.

- ◆ Retreats and workshops to support the 12-Step community.
- ◆ Plant Bingo – Because you can never have too many plants.
- ◆ Professional marriage and family counseling provided by *Better Place Therapeutic Services* with nominal charges based upon your ability to pay.
- ◆ Monthly free senior lunches offered the first Friday of each month

What We Desire to Accomplish:

Here is where you come in. We know that the talents of those who receive this newsletter are immense. I have been remiss in not asking for your help more forcefully in the past. I’m asking now. Not only for your help in implementing programs that we envision, but also for the events and programs that we haven’t even thought of. We want to hear your ideas! Don’t be bashful. We want to entertain your suggestions. We are all ears. You will see at the end of this newsletter our email contact and phone number. Please avail yourself of them.

Let us keep in mind the power of **community**. We live in the internet era. There are games, events and discussions on the net available to you at any time. I say that's all for the good. I'm glad they are there and use them myself frequently. *But that does not blind me to the fact that doing these same activities in person where you cultivate friendships with people of similar interests and building a community of these people in your local area is so much more soul enhancing.*

Here is a short list of things we'd like to do and would do with your help.

- ◆ Summer Crafts For Kids. Wouldn't it be great to have weekly sessions where kids would learn a different craft each week? Parents would be happy to know that their child was involved in this wholesome activity for a couple of hours every week during summer recess. Kids love it. If we could assemble enough experienced crafters, you would only teach one or two classes each summer. We know you craft teachers are out there. Give me a call.
- ◆ Bigger & Better Trivia Nights – We would love to ask town merchants to contribute prizes for a monthly Trivia night. We would love to find a person or two who have had experience in running Trivia programs.
- ◆ Chess Club- I have everything you need to run a successful Chess Club except a partner. I have boards and pieces and teaching illustrators as well as scorebooks. Because of health problems I need a partner who can go ahead with the meetings on days when my A-Fib acts up. Don't need to be an expert. Just someone who likes the game.
- ◆ Quilting – We have had inquiries from people who would love to learn how to quilt. If you would like to teach this skill we would love to have you.

That's my short list. If you want the longer one let me know.

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.