

THE SAINT BARNABAS CENTER

newsletter #12

August, 2024

Once we have passed July 4th, someone seems to put their foot on the gas and the rest of the summer roars through right into the fall. We are shocked that summer is over already and ask questions like “Why didn’t I use my outdoor grill more?” Lucky for us at the Center, the fall is one of our most productive times for various events. But before we get there, I’d like to grab a little more summer and tell you about our August activities.

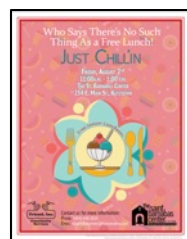
THIS MONTH:

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



For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. The class is taught by Kris Amey—a talented professional who adapts her instruction to the needs of all participants. 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. *There will be no class on 8/21 & 8/28 as Kris takes a well-earned vacation.*

Senior Luncheon—Friday, August 2nd, 11 am



Come "Chill" with us Friday, August 2nd for another fabulous, free senior luncheon! We'll be serving up a delicious menu of chill, summertime favorites including cucumber soup, quinoa tabouleh, cold chicken, fresh garden salad and an ice-cream sundae bar! No registration is required. Please enter via the rear entrance.

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



The Kutztown Community Partnership is hosting the annual *Dinner on Main* event 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. This year the Saint Barnabas Center will be hosting a stand to sell Pickles 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. This event celebrates 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.

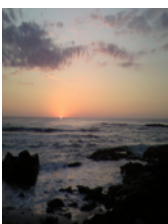
Visit us at the St. Barnabas Community Center Website at

<http://www.stbarnabasktown.org>

Phone: 484-648-2814 • Email: stbarnabascenter@hometownu.com

COMING THIS FALL:

Spiritual Direction for Seekers:



The Saint Barnabas Center is pleased to announce our newest partnership. Earlaine Klingler, a Spiritual Director trained at Moravian Seminary is offering monthly one-hour sessions via Zoom or telephone. *"Spiritual direction is an exploration of a person's spiritual path with someone trained in listening, deep reflection, and discernment."* Teresa Blythe It is confidential sharing of your experience of your God or higher source. Free introductory session to explore if

this is right for you. If interested or if you have any questions, please contact Earlaine Klingler at klinglere@moravian.edu

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!

Readout 2024 – September 25, 7:00pm



KOFFEE will be celebrating **Readout 2024** at the Saint Barnabas Center on Sept. 25th at 7:00pm. Sept. 22nd to 29th is Banned Books Week. Robin Underwood will be discussing the book: *The Education Wars-A Citizen's Guide and Defense Manual*. I'm excited about this event and hope you will be too. I thank Robyn for taking up this important issue of informing people about what is going on in this area.

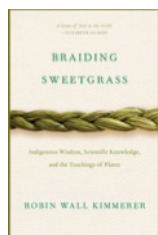
Art and Craft Material Exchange – Saturday, September 28, 10:00am - 3:00pm



The Center's Community Crafters/Community Threads will host this fun event. The Craft Exchange committee will be making a special effort to help local teachers and craft organizers at senior citizen homes who might be looking for craft material donations. The event is also open to the general public to come browse the items. This is a free event, no charge for the craft materials. The

committee will meet again on August 22nd. For more information on the event or the committee, please send an email to communitythreads.crafters@gmail.com.

Brave Space Book Club



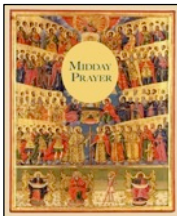
The Saint Barnabas Center will be embarking on a **Brave Space Book Club**. Books will be selected to focus on social justice issues. The inaugural study will be *Braiding Sweet Grass* by Robin Wall Kimmerer. Facilitated by Rev. Dr. Deborah Appler, Hebrew Bible professor at Moravian Theological Seminary, 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 our newsletter.

Annual Mum Sale



We received such great feedback on the beautiful mums sold last autumn that we're making this fundraiser an annual event! The plants are gorgeous—very full, healthy, and huge. Don't miss our sale which will be held once again in September. Look for more information in our September newsletter and pre-order your mums for best selection!

Virtual Midday Prayer: Every Wednesday 12:00-12:45



Midday Prayer Service is 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 St. Barnabas Center [email address](#) and we will be happy to provide a link.

Watch our upcoming newsletters for information about other spiritual programs to be offered this fall!

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
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We value your privacy. Contact us at stbarnabascenter@hometownnu.com if you wish to be removed from our mailing list.