

THE SAINT BARNABAS CENTER

newsletter #13

September, 2024

September marks the change of seasons. People are through with their vacations, have had their fill of beach-reading. Kids are ready to go back to school and college. Life is once again about to get serious as we endure another migraine-inducing presidential campaign. For football fans like myself, it is a time when hope springs eternal. With no losses on our record, (because no games have been played yet) visions of Super Bowls dance in my head: Go Eagles!!!

For the Saint Barnabas Center, September is when a sleeping giant awakens to go about its business of joyfully building community. Programs and offerings, which were on hiatus all summer, are back—bigger & better than ever. New offerings and programs are being introduced. The ladies of St. Barnabas, the undisputed Queens of the Senior Luncheons, continue with meals that will only enhance their unmatched reputations. Our annual Mum sale will be bigger than ever.

Please take the time to read this newsletter in its entirety. There is something here for everyone. Find what's right for you and come join us. Become part of building a community.

THIS MONTH:

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



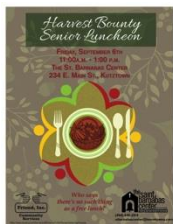
For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. The class is taught by Kris Amey—a talented professional who adapts her instruction to the needs of all participants. The first lesson is always free to see if it is right for you. If you decide you want to come again it will be \$10.00 per lesson.

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, hardy and *huge* and only \$8! Pre-order your mums for best selection by **September 3rd** through one of our board members or by contacting the Center via phone or email. Flowers will be available for pickup by Wednesday, **Sept.11th!**

Senior Luncheon—Friday, September 6th, 11:00 am



Apple Cider Braised Pork, Mashed Potatoes, Kale Caesar Salad, Dinner Rolls & Apple Crisp? Sign me up! Join us on Friday, Sept. 6th as we kick off our fall season with a delicious, free, fun luncheon. No registration necessary. Please enter via the rear entrance.

KUTZTOWN OPEN TABLE

Where Community Comes Together

FRIDAY, SEPT. 6, 11:00AM – “HARVEST BOUNTY” SENIOR LUNCHEON

CHAIR YOGA—EVERY WEDNESDAY, 9:30AM

St. Barnabas Center, 234 E Main St, Kutztown

Apple Cider Braised Pork, Mashed Potatoes, Kale Caesar Salad, Dinner Rolls & Apple Crisp? Sign me up! Join us on Friday, Sept. 6th as we kick off our fall season with a delicious, free, fun luncheon! No registration necessary. And don't miss chair yoga with Kris Amey meets every Wednesday at 9:30AM. \$10 per class. Please enter via the rear entrance.

WEDNESDAY, SEPTEMBER 18, 10:00AM – YOUNG AT HEART SENIORS

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

Join us as Joseph and Delores McDevitt reenact the life of Benjamin Franklin's growing up years, his accomplishments, scientific inventions, his effect on the U.S. early government and international relations will be featured. Join us at 10:00 AM till Noon. Please enter through the Lambert Alley entrance.

Fellowship and Refreshments. Free will offering.

SUNDAY, SEPT. 22, 4:30-6 PM – Kutztown Kitchen

Trinity Lutheran Church, 357 W. Main Street, Kutztown

Kutztown Kitchen, a free community meal

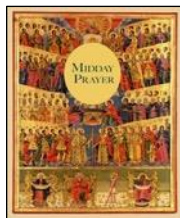
All are welcome! Menu TBA. Takeout available with prior reservation by Wednesday, July 24
Call Ann 484-239-5314 for takeout or questions.

Community Crafters/Community Threads: Every Thursday, 2:00-4:00 pm



Community Crafters and Community Threads group are happy to announce the resumption of their weekly Thursday meetings on September 5, 2024. There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome! There are also opportunities to be involved in Charity Knitting or Crocheting projects. We have plenty of supplies, patterns and know how. Come join us!

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!

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



Join us for a fun Bingo Night and win prizes from the community such as themed baskets, restaurant gift cards, food products, and more! Snacks and beverages provided. Please RSVP so we know to expect you!



4:00pm to 5:30pm



6:00pm to 7:30pm

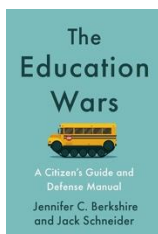
Brave Space Book Club: *Braiding Sweetgrass* —September 18, 7:00 pm



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 Appller, 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. Register at [Sign Up Genius](#), or contact the Center via email or phone. Copies of the book may be purchased at [Firefly Bookstore](#) in Kutztown or from your preferred online bookseller.

Readout 2024 – September 25, 7:00pm

The Education Wars: A Citizen's Guide and Defense Manual



Please join Robyn Underwood on September 25th at 7:00pm at St. Barnabas Center for a book discussion on *The Education Wars: A Citizen's Guide and Defense Manual* by Jennifer Berkshire and Jack Schneider.

Librarians in our public schools are under siege. Extremist groups are fielding cultural warrior candidates who, once elected, want to substitute their worldview for what can be taught by educators. They want to ban books that they don't want your child to read. They believe that they know what is appropriate for your child to read better than you do. If you believe that parents should make these decisions as opposed to these extremists, then you need to attend this meeting. I know I'll be there-Lord willing. To register visit [Readout 2024: The Education Wars](#).

Craft Supply Swap— Saturday, September 28, 10:00am - 3:00pm

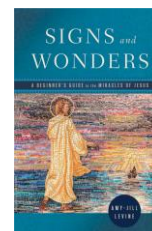


The Center's Community Crafters/Community Threads will host this fun event. The Craft Exchange committee will be making a special effort to help local teachers and craft organizers at senior citizen homes who might be looking for craft material donations. The event is also open to the general public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

The committee's final planning meeting is September 22th, 2 PM. If you'd like to help out, please join us. For more information on the event or if you would like to register to donate items, please send an email to communitythreads.crafters@gmail.com.

COMING THIS FALL:

Bible Study: *Signs & Wonders* – Beginning Monday, Oct. 7, 7:00 pm



Sponsored by St. Margaret's Episcopal Church and the St. Barnabas Center.

We will be looking at some of Jesus's most astonishing miracles using the book by Professor Amy-Jill Levine: *Signs and Wonders: A Beginner's Guide to the Miracles of Jesus*. Please order from your favorite bookstore.

All classes will be held via zoom. There is no charge, but to receive the zoom link, for security reasons you must preregister. Send a note to

<mailto:laura@stmargaretsemmaus.org> Amy-Jill Levine is professor of New Testament Studies and she is also Jewish, so she provides fascinating insights into Scriptures.

Better Place Therapy Workshops & Seminars:



We are generously hosted by St Barnabas and offer therapy for individuals, couples and families. We are eager to serve the community with workshops and seminars also. We would love to hear from you if you are interested in any of the following or have other ideas how we might serve.

We are planning a workshop for couples, which will take place on 8 consecutive Saturday afternoons from 3-5 starting on 5 October and ending the weekend before Thanksgiving. The cost will be \$30 per session per couple. The sessions build on each other so you need to plan to come to all of them, you can't just attend once or twice here or there. The workshop earlier this year on Anxiety, Panic, Stress and Worry was well received and we would be glad to repeat it. This is a 90 min workshop and the cost is a minimum donation of \$10 to St Barnabas.

The most-appreciated part of the above workshop was a relaxation exercise, which we would be glad to offer standalone. The cost is a minimum donation of \$5 to the St Barnabas Center. We would love to do a seminar on mental health (not mental illness), the hallmarks of mental health, what you can do to take care of your mental health and how to find help if you need it. This would include plenty of time for Q&A on anything about mental health or mental illness in general. This will be a 90 min workshop and the cost is a minimum donation of \$10 to St Barnabas.

For more information or to be added to the list for any of the above workshops & seminars please email us at info@betterplace.com. If you want to pass along any other requests or ideas to serve Kutztown, we welcome your suggestions at info@betttrplace.com. All events are presented by Wendy Hill, a Licensed Marriage and Family Therapist in PA.

Meet our Intern!



We are excited to welcome Riley Brandon as the '24-25 St. Barnabas Center Intern!

Riley is a Senior Social Work Major at Kutztown University. She is still determining her area of focus within Social Work and hopes that her experience at St. Barnabas will help her do so.

Riley is originally from Schwenksville, PA. She is a triplet and the only girl in that set of siblings. She loves being active, has many interests and particularly enjoys outdoor activities. Riley works in KU's Recreation Center, and provides guidance for individuals or groups who use the climbing wall.

Riley is engaged to be married next spring upon completion of her academic program. Her fiancé, Christian, is pursuing a career in Chemical Engineering. He is completing his undergraduate degree this year at Franklin and Marshall and will enter a doctoral program in Chemical Engineering in the Fall 2025.

Riley is very excited about the opportunities to work at St. Barnabas and to implement some programs of her own design. Please welcome her and let her know about any programming interests you may have. She is very willing to try out some new things in our space. Say hi when you see her and welcome her to our Center!

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

Spiritual Practice- Lectio Divina

*Give me a small line of verse from time to time, oh God,
and if I cannot write it down for lack of paper or light,
then let me address it softly in the evening to your Great Heaven.
But please give me a small line of verse.*

-Etty Hillesum, An Interrupted Life

This article is to introduce you to the sacred practice called Lectio Divina, or “Divine Reading.” This spiritual practice is designed to bring you closer to God through praying with scripture and allowing you to listen for what God is saying to you in prayer. This ancient practice has roots in the Jewish faith, as they repeated scripture the words landed in their hearts and transformed their lives. For Christians it came out of the desert monastic tradition. To prepare for this practice set aside 20-30 minutes when you can sit in silence without distractions. Choose a short piece of scripture or poem to reflect on. Plant your feet, take a few deep breaths, releasing slowly through your mouth and imagine God is going to speak to you through scripture. Be open to where the Spirit leads you. Here are suggested steps to guide you.

- Slowly read through the passage. Notice what word or phrase intrigues you, stirs a reaction, image, memory, or anything else in your body (comfortable or uncomfortable), Stay with it, welcome it into your heart. Pause, reflect.
- Repeat the reading another two times. Noticing again what happens in your heart. Are you being invited to experience a new action or awareness in your life?
- End in silence and gratitude for the intimate interaction with the Holy during this time.

Be gentle with yourself. If it does not work for you at first, keep at it. Like anything else it takes time and practice to feel the benefits of this practice in your life.

Submitted by: Earlaine Klingler, Spiritual Director

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.