

## THE SAINT BARNABAS CENTER

newsletter #15

November, 2024

The season is changing. As I write this, the fall view fest of beautiful changes to our environment is under way. The leaves are turning bright orange. Coats are needed to walk the dog at 7:00am. There's a chill in the air. Halloween trick or treaters are coming to the house. Before you know it, the Thanksgiving and Christmas holidays will be upon us. Winter will not be far behind.

I thought that this would be a good time to take stock of ourselves at the Center and share our thoughts and goals with you. One of our primary goals is to become self-sufficient. The Episcopal Diocese of Bethlehem has been marvelously supportive—financially, tangibly and spiritually—since our inception, but we are working hard to build a self-supportive organization that will allow us to continue to grow a Community Center that offers life-affirming activities to



the residents of this area. One of the ways to achieve this is to use what we have to the best of our ability. Many of you are probably unaware of what a beautiful sanctuary this building has. It is ideal for small weddings, vow renewals, baptisms, and recitals. Our hall in the rear of the building seats 48 people for receptions. There is a separate room for brides to change in. We have developed a brochure to showcase what a wonderful place

this is for your special event—and what a wonderful price! Check it out here: [Event Venue Rental - The St. Barnabas Center of Kutztown](#) If anyone needs a copy of the brochure to show a friend or relative, drop an email to the Center to my attention. I will pop one in the mail to you. Scheduling weddings and other special events will go a long way to achieving solvency for the Center.



Many of you who drive by the Center may notice that building improvements are underway. Right now, we are saving our wonderful stained-glass windows. This entails a great deal of work which is cost and labor intensive. The frames and sills must be stripped. Water has entered these areas so they must be dried with hot air. Then wood filler is applied in areas that have rotted away—followed by sanding, staining and painting...then caulking. Check out these pics of windows that have already been done. This lovely and historic building will require our continued attention and restoration.



If any of you feel moved to help us out with this Herculean task, send a tax-deductible contribution to The Episcopal Diocese of Bethlehem at: PO Box 236,



Kutztown, PA. 19530. Write the St. Barnabas Center Building Fund on the memo portion of the check.

When the Center was being established and discussions were underway as to what kind of programs we would like. None fits the bill better that the October activity in the Center to help

support Opportunity House in Reading. Check out the article by Vanessa Cruz from the KU Community Outreach Center in this issue. The volunteers from the Outreach Center will be utilizing our kitchen facilities during October and November.

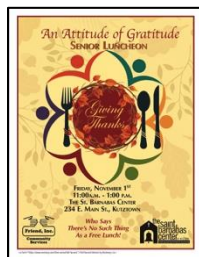
## **THIS MONTH:**

### **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.

### **“Giving Thanks” Senior Luncheon—Friday, November 1<sup>st</sup>, 11:00 am**



Studies show that finding a bit of thankfulness can actually increase happiness levels! An "Attitude of Gratitude" can help us feel more fulfilled and joyful each day. Our luncheon menu this month includes Pumpkin Soup, French Onion Chicken and Rice, Harvest Salad and Maple-glazed Apple Blondies--now that's something to give thanks for! Please join us Friday, 11/1 to enjoy a great meal and a heaping helping of warm fellowship!

No fee and no registration necessary. Please enter via the rear entrance.

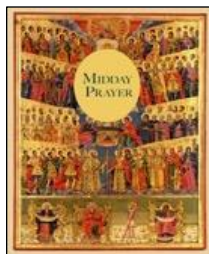
### **Community Crafters/Community Threads: Every Thursday, 2:00-4:00 pm**



Community Crafters and Community Threads group meet weekly on Thursday afternoons at 2:00 pm. 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. We are inviting anyone interested in joining us to stop in and check the group out.

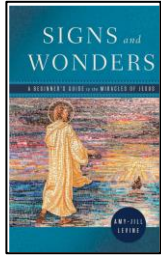
During the month of November, we are participating in the American Cancer Society's Knit and Fundraising Drive. Participants can knit or crochet and help raise funds to battle cancer. Haven't knitted or crocheted before? No Problem! We have experienced stitchers in the group and they are willing to help you learn while you contribute to a great cause. For more information contact us through the Center's email.

### **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 at [stbarnabascenter@hometownu.com](mailto:stbarnabascenter@hometownu.com) and we will be happy to provide a link.

## Bible Study: *Signs & Wonders* – Continuing Monday, Nov. 4, 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

[laura@stmargaretsemmaus.org](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.

## KOFEE Meeting: Monday, Nov. 11, 7:00 pm



*KOFEE: Kutztown Organized for Educational Excellence*

On Monday evening, we held an in-person meeting to discuss what KOFEE means to the community. Several community members came out to share their thoughts and others shared them outside of the meeting (Thank you all!). This is just the beginning of the conversation! **Our next meeting will be on November**

**11 at 7 pm.** I plan to be at the St. Barnabas Center by 6 pm to watch the *Policy and Curriculum* meeting on zoom, so come early if you'd like to join me. At the November 11 meeting, I will come with a draft of a mission statement. We will discuss it and make a final version.

**Here are the notes I took while listening to the community members.**

- KOFEE is important for watching school board meeting agendas and sending alerts. We should have a small committee that meets on a Saturday morning to discuss the agenda and whether any items need attention at the following Monday meeting. Then, the community must be alerted when it's time to rise up. KOFEE is important for strategizing and facilitating a coordinated community action.
- Be prepared for school board meetings. Share the load of attending and speaking. Do not be controversial, be informative. There should be a KOFEE spokesperson that talks to the press and gives a statement on behalf of KOFEE each time there is a story.
- KOFEE is a critical support for school board members and teachers. Just knowing there is a network of like-minded community members to call on is a great support.
- More than "what is KOFEE", we need to define what the Kutztown community is. Who are we? We need to engage the community. In particular, we need to find commonalities, reduce the temperature and remember that every human has value.
- KOFEE needs "standing" in the community. It would be great to hold events at St Barnabas, such as bringing in speakers, etc.
- Whenever something is taken from the students in the KASD, our job should be to immediately provide that thing to the students. The example of the event at Firefly Bookstore giving away copies of *Two Degrees* after the board took away the middle school program was awesome.
- We should create an advisory board of students from the middle and high schools. Call it our youth advisory committee. One member volunteered to lead this group! Let's hear what the kids want and need.



- Of course KOFEE is important as a political action committee and we need to continue supporting school board candidates. KOFEE is critical in identifying and encouraging people to run for office, navigate the system, support candidates through the entire season, and be proactive. Work for the 2025 election will need to begin soon.

Thanks again everyone for your thoughts! Please continue to share. Please consider coming to the November 11 meeting and/or sharing your thoughts through and email or phone call. Please also encourage your like-minded friends and neighbors to join us.

*Robyn*

## Opportunity House



*By Vanessa Cruz*

*KU Community Outreach Center*

The Community Outreach Center at Kutztown University offers a variety of volunteer opportunities that cater to the needs of the local and neighboring communities. Volunteering at the Opportunity House in Reading is one of those. This volunteering experience allows students to provide aid by preparing, cooking, and serving a meal to those in need. This semester the Opportunity House kitchen, where the events usually operate, is under renovation, but the students still wanted to make the event happen. The Saint Barnabas Center fortunately was able to help students overcome this

obstacle by allowing them to use the kitchen at the Center.

On October 21<sup>st</sup>, the students were able to prepare a hot meal for 80 people using the St. Barnabas kitchen and transfer the food to the Opportunity House to serve individuals and families in the Reading community.

## 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.

A workshop held earlier this year on Anxiety, Panic, Stress and Worry was well received and of great interest to KU students. We would be glad to repeat it.

This is a 90-minute workshop and the cost is a minimum donation of \$10 to the St. Barnabas Center.

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 the St. Barnabas Center.

For more information or to be added to the list for any of the above workshops & seminars please email us at [info@better-place-therapy.com](mailto:info@better-place-therapy.com). If you want to pass along any other requests

or ideas to serve Kutztown, we welcome your suggestions. All events are presented by Wendy Hill, a Licensed Marriage and Family Therapist in PA.

### 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 -Marcel Proust

### Spiritual Practice - Audio Divina

*He who sings prays twice-Augustine of Hippo*

This article is to introduce you to the sacred practice called Audio Divina. In practicing Audio Divina, we use music to connect to the Holy. Music can be very powerful in stirring emotions.

Hildegard of Bingen wrote: *“Music arouses the sluggish soul to watchfulness. It has the power to soften even hard hearts, and by rendering hearts moist it ushers in the Holy Spirit.”* When I listen to music the vibration of music can stir in my body and make me feel a sense of being one with God.

To prepare for this practice, set aside 20-30 minutes when you can sit in silence without distractions. Pick a piece of music, any style. At first you may want to use an instrumental piece since words can be distracting and add complexity to the experience.

Close your eyes and bring your breathing and body into rhythm. Focus on listening with the ears of your heart. Ask for God to reveal himself to you through the music. Then listen deeply and notice how it lands in your body.

What stirs in you? Stay with it.

How is God connecting with you through the vibration of music?

Play the music a few times, pausing between each and noticing what, if anything, you are being called to. End with a moment of gratitude to God for this connection.

Be gently 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*

### Narcotics Anonymous:

Everyone at the St. Barnabas Center welcomes this new group to our meeting line-up. Beginning November 13th, Narcotics Anonymous will meet each Wednesday from 7:00 to 8:15pm. These meetings will be the Basic Text Study meetings. You can park in the rear or on the street out front. In either case, enter through the rear door. We are handicapped accessible. For more information, please contact Geoff M. at 484-772-5014.

## KU Social Work Interns Host P.M.S Game Night!



Kutztown University Social Work interns from the St. Barnabas Center, the KU Women's Center, and SWAK (Kutztown's social work club) hosted a game night at the center to collect period products. The event turned out to be a great success! They were able to collect a ton of period products, and we will be putting a box at the center to collect more. Tons of games were played, lots of bracelets made, and even a mummy wrapping challenge. The women's center presented menstrual



equity to show the benefits of donating products. The products donated at the event will be given to the women's center and the Opportunity House. ***Thank you to all who attended and donated!***



## Coming in December!

**Advent Series: Sunday, Dec. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup>, 1:00 pm**



We are excited to launch a special series to celebrate the season of Advent in meaningful ways. Each Sunday leading up to Christmas will feature a church service led by one of our wonderful local pastors. The service will be followed by a fun, family-friendly activity each week, culminating on Dec. 22 in the celebration of *Lessons & Carols* followed by a shared community

brunch. The activities will vary each week and may include assembling gift boxes for a local senior facility, decorating Christmas cookies, or making a special holiday craft!

Watch for more details in our December newsletter.

We have much to be thankful for and we wish you all a happy, healthy, warm & wonderful Thanksgiving holiday!

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](mailto: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](mailto:stbarnabascenter@hometownu.com) if you wish to be removed from our mailing list.