



## THE SAINT BARNABAS CENTER

newsletter #16

December, 2024

Welcome one and all to the Holiday Season. We, at the St. Barnabas Center consider this the most joyous time of the year. After suffering for months through a demeaning and soul-crushing election season we are more than ready to turn our attention to The Holy.

With that in mind, I'd like to tell you about our Advent program for December. We call these festivities "The Path to Christmas". First we have four ecumenical worship services. Four wonderful ministers from different faith traditions will celebrate the services. They will take place on the first four Sundays in December at 1:00pm.

Here is the schedule:

- Dec 1<sup>st</sup> 1:00pm – Rev. Kim Kline Adamson, United Church of Christ, Eucharistic Service
- Dec 8<sup>th</sup> 1:00pm – Jerry Scherer, Lay Minister-Ecumenical Catholic Communion, Worship Service
- Dec 15<sup>th</sup> 1:00pm – Rev. Canon Laura Howell-The Episcopal Church, Eucharistic Service
- Dec 22<sup>nd</sup> 1:00pm – Rev. Dr. Dennis Ritter-Evangelical Lutheran Church, Festival of Lessons & Carols.

The second part of our Advent celebration will happen after the services. It will be a fun, family-oriented activity in which we'll be assembling holiday gift boxes for local senior shut-ins. This project is being done in partnership with the youth of the Kutztown OASIS program.

**Here's where we need your help:** We need to fill between 50-100 shoeboxes. Please see the article by Doreen Tobin titled "St. Barnabas Partners with Oasis for Advent Program." In this article she lists all the things we need to put in the boxes. Please help with this service project by donating some of these items. If you need your donation picked up, leave a message for me and I'll call you back. Giving generously will make you feel good and help someone in need.

Have a joyous and merry Christmas.

### 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!



*Saint Barnabas Partners with Oasis for Advent Program* - By Doreen Tobin

The St. Barnabas Center is so excited to partner with OASIS, the after-school program for middle and high school students in Kutztown, to take on an Advent service project that will benefit people living in the Senior communities in Kutztown. Over the first three weeks of Advent (December 1 - 15), we will be baking, crafting, and collecting goodies to include in the assembly of gift boxes that will be delivered to area senior residents from December 17-19. We hope that through our collective efforts we can demonstrate our care and concern for these older members of our community and make their holidays brighter.

A program like this is a HUGE undertaking and we are writing to ask you to help us make this program a great success! We have the students helping us bake cookies and make crafts to include in our boxes. But we need many more items to complete our packages. Below you will find a list of requested donation items and we hope that during the next several weeks you will consider contributing what you can to help us.

However, we also recognize that it's an incredibly busy time of year and if you can't take the time to shop yourself, we hope you will consider giving us a gift card for specific vendors, e.g. Weis, Giant, Walmart, Dollar store etc. or a general gift card that may be used in any store. We will use your card donations to help us shop for items that are needed to complete the boxes. We will be very grateful for any donations you can offer and we are certain the communities' seniors will as well.

**The list of suggested items includes:**

- \* Small packs of seasonal napkins or single holiday placemats
- \* Small bottles of lotions or creams
- \* Special soaps
- \* Flavored chopsticks, lip creams
- \* Tube socks or fluffy sock slippers with safety strips
- \* Soft Scarves or light shawls
- \* Holiday mugs
- \* Large print activity books, sudoku or crosswords.
- \* Large piece holiday puzzles (100 or 250 pieces)
- \* Adult coloring books and pencils or markers
- \* Simple holiday décor
- \* Fidget spinner type objects
- \* Small stuffies
- \* Shelf stable boxes of individually packaged edibles and drinkables, e.g. Little Debbie cakes, cookies, crackers, biscotti, hot chocolate, ass't herbal and black teas, bags of clementines, fruit cups, nut butters, etc. (we advise staying with low salt and less sugary versions of these and any other items as many of these folks will have dietary restrictions)

We also need empty shoeboxes! We will be wrapping each with gift paper before filling them with goodies to be shared. And all donated items to be included in the gift boxes must be dropped

off at the Center by December 12th. The Center is staffed daily M-Th 10am-12pm (and Thursdays in December only from 1:30-5 pm). If you need arrange another time, please call the Center during business hours and we will work with you to find a convenient time to drop off your donations.

Thank you for any help you can offer.

Happy Thanksgiving and we hope to see you during our Advent programs December 1, 8, 15 & 22.

### **Holiday Senior Luncheon—Friday, December 6th, 11:00 am**

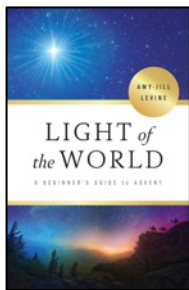


Our ladies at St. Barnabas Center are at it again. They specialize in cooking memorable meals on the first Friday of every month. December is no exception. Come out Friday December 6<sup>th</sup> for a great meal and meet some new friends.

Our menu for this month is: Italian Pot Roast, Cheesy Polenta, Roasted Root Vegetables and all manor of fabulous Christmas Cookies, Chocolate Treats and Oranges in celebration of St. Nicholas Day!

Did I mention that the meal is free? Please join us Friday, Dec 6th to enjoy a great meal and a heaping helping of warm fellowship! Please enter via the rear entrance.

### **Bible Study: *Light of the World* – Beginning Monday, Dec. 2, 7:00 pm**



Join us as we trace the Christmas narrative through the stories of Zechariah and Elizabeth, Mary, the journey to Bethlehem, and the visit from the Magi using the book by Professor Amy-Jill Levine: *Light of the World: A Beginner's Guide to Advent*. 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).

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

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



**Our December schedule will be modified.** Class will meet on Wednesday, Dec. 18<sup>th</sup> only. Kris will be taking a well-earned vacation for the first two weeks of December, and we will not be meeting on Christmas Day, December 25<sup>th</sup>.

We will resume our Wednesday schedule on January 8. 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.

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

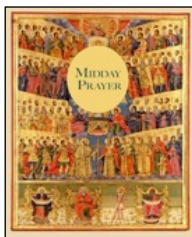


Community Crafters and Community Threads group meet weekly on Thursday afternoons at 2:00 pm. There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

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. Haven't knitted or crocheted before? No Problem! We have experienced stitchers in the group and they are willing to help you learn.

There will be no meeting Thursday Dec. 26<sup>th</sup>. We will resume with our regular gatherings on Jan. 9<sup>th</sup>. 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@hometownnu.com](mailto:stbarnabascenter@hometownnu.com) and we will be happy to provide a link.

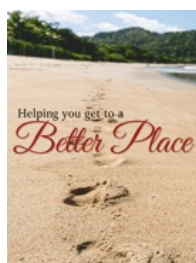
## KOFEE No December Meeting



We had a very productive KOFEE Meeting on November 25th. We finalized our mission and vision statements. Now we would like to work on our values. If you would like to contribute to our values statement, please submit your ideas to KOFEE. When adding values statement, they should be written in short phrases.

Since December is full, we will resume our monthly meetings in January.

## Better Place Therapy Workshops & Seminars:



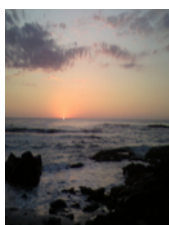
We are generously hosted by St. Barnabas and offer therapy for individuals, couples and families. We are eager to serve the community with workshops and seminars also. We would love to hear from you if you are interested in any of the following or have other ideas how we might serve.

We 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.

## Narcotics Anonymous:

Everyone at the St. Barnabas Center welcomes this new group to our meeting line-up. Narcotics Anonymous meets 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.

## Spiritual Direction for Seekers:



The Saint Barnabas Center is pleased to partner with Earlane Klingler, a Spiritual Director trained at Moravian Seminary. Earlane 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 Earlane Klingler at [klingle@moravian.edu](mailto:klingle@moravian.edu)

## Spiritual Practice-Body Prayer

*Stillness is what creates love. Movement is what creates life. To be still and still moving, that is everything. -Do Hyun Ch*

This spiritual practice allows you to use your whole body—not just your mind—as a way of experiencing God. Even those with limited mobility can benefit from moving various muscles of the body in communication with God. Body prayer is best done first thing in the morning to get your mind and body moving in sync to start your day.

As an Episcopalian, it is my practice to bow as the cross passes me in the procession. That bow is for me, a connection to God. Other gestures such as kneeling, crossing oneself, and raised arms are also simple ways we can use our bodies to communicate with God.

There are many videos of body prayers on the Internet. One of my favorites is Julian of Norwich's Four A's body prayer. Julian's four stages of prayer through movement are: Await, Allow, Accept, and Attend. **Await** is a posture of receiving. She held cupped hands extended at her waist to receive the presence of God. **Allow** is a stance of opening to what God has to say, allowing a sense of God's presence to come. She reached up with her hands open. In **Accept**, she cupped her hands at her heart, in acceptance of whatever gift comes or does not come. The final posture, **Attend**, with hands extended and palms open there is the willingness to act on the gift given. Her movements allow the mind to relax, and through them achieve the same meditative state induced by the movements of yoga.

Another body prayer is mindful walking. Walking without a goal but with an intention of connecting with God. Be aware of your breathing and open your senses to noticing the Spirit in the sights, sounds, and smells around you. Allow each step to connect you with the earth.

You can design your own body prayer with any scripture or prayer by adding motions in ways you feel the Spirit moves you. God loves to meet us in our creative center.

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 Earlane Klingler

## PASSHE honors St. Barnabas Center's Doreen Tobin with prestigious award

On October 28, Dr. Doreen Tobin, the chair of the Saint Barnabas Center Board, was honored by East Stroudsburg University as their Diversity, Equity and Inclusion (DEI) Keeper of the Flame.

Each Pennsylvania State System of Higher Education (PASSHE) campus selects their own Keeper



of the Flame and recognizes them at the annual PASSHE Summit held this year at Millersville University.

Awardees are celebrated for inspiring others, engaging in collaboration, and enacting positive change.

Doreen retired in 2019 after 13 years of serving ESU as Vice President of Student Affairs and Title IX Coordinator. "She was a great supporter of DEI programs

on and off campus. She was instrumental in launching the Warrior Food Pantry in 2017 in

partnership with ESU APSCUF and St. Matthew's Church. (She continues volunteering there each month!) She created the Gender & Sexuality Center and supported and expanded the Center for Multicultural Affairs and Inclusive Education. She worked directly with the student planning committee to establish and fund the annual ALANI celebration for students of color anticipating graduation in the Spring semester each year."

Doreen "was instrumental in establishing financial support programs for students who aged out of the foster care system in order that they could complete their degrees at ESU. She advocated for facilities and space enhancements to better meet the needs of students with disabilities. She also identified space to address the needs of special populations on campus by helping to create a meditation room and a lactation room."

Prior to her time at ESU, she served for 28 years within the Division of Student Affairs at Kutztown University where she was actively involved in similar initiatives.

Doreen's community volunteer resume and accomplishments are extensive and the Saint Barnabas Center board and staff are grateful that she continues her work right here with us in the Kutztown community.

The Potawatomi from Doreen's native New York use the word *shkitagen* to describe a Firekeeper. It is a fungus, which grows on yellow and paper birch trees that appears to be charred bark. Once an ember comes in contact with shkitagen it will not extinguish, rather it will slowly smolder and retain the heat, which can be used to keep the fire burning and ignite other fires. Doreen is our Keeper of the Flame, our Firekeeper.

Submitted by Kim Kline Adamson with thanks to an article published by East Stroudsburg University (QuantumESU.edu) and to Robin Wall Kimmerer author of Braiding Sweetgrass

## Kutztown Community Choir Christmas Choral Concert



The Kutztown Community Choir will present their annual Christmas concert on Sunday, Dec. 15 at 3:00 PM, at Trinity Lutheran Church, 357 W. Main St., Kutztown. The musical selections include festive, fun, and inspirational selections. Everyone is invited to join the choir for a simple reception of Christmas cookies and beverages following the performance. The annual Christmas Concert has become a treasured tradition in our town, one that affords the community a time to come together and enjoy the sounds and spirit of the holiday season. The performance is free and open to all--there will be a free will offering to help support the choir. Please plan on joining us for an afternoon that is sure to delight.

*We wish you all a joyous holiday season!*

Till next year,

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