THE SAINT BARNABAS CENTER

newsletter #20

April 2025

I'm writing this on March 31st. Instead of removing waste in a rationally sane way, the government took a chainsaw approach to all its departments, removing many thousands of civil servants willy-nilly. The performance of those who were cut was not studied or taken into consideration. The ramifications to communities and people dependent on government services were not taken into account. In these circumstances, what should people of faith do? Remain silent? I think not.

Here are a couple of recommendations:

1) Make donations to your local food bank. They may be overrun by families who don't have a bread winner anymore. Here in Kutztown, we have Friend, Inc.
2) Spread the word about community meals. We offer a Senior Luncheon on the first Friday of every month. Mt. Zion Church offers a free Spring Abundance Community meal on April 24th. If you know of other programs, please share the information with us and we will publish.
3) There is also a Seeds of Hope program from the Windy Hill Community Gardens team. All produce from this program is donated to local food pantries.
4) Contact your congressman and other elected representatives and tell them you are watching and will be voting for those who want to reign in chaos and against those who are cheering it on.
5) Pray that the people who are running this country come to their senses, and pray for the families who have been negatively impacted by our leader's decisions.

Okay, I'm getting off my soapbox and on to our April newsletter issue:

On Friday night March 28 we had our first Game Night Extravaganza. We had a good turnout and everyone had fun. This might be a blueprint for our future game nights. Spread the word—Game Night Extravaganza's at St. Barnabas are Fun!! See pictures in this issue.

Remember, this Friday April 4th, is another fabulous Senior Luncheon prepared by the ladies of the St, Barnabas Center. Check details in this issue,

In our continuing series of Meet the Directors we interview new member Janet Chladni. See what ideas she brings to the table.

We have a new book for our Bible study book group, which begins on April 28th.

Just a reminder: We are always looking for volunteers for Game Night, Trivia, Chess Club and other ideas you may have. Don't be bashful: Get in touch. Okay, enough of me, here's the news.

Events This Month:

Senior Luncheon: Friday, April 4th, 11:00am -1:00pm

Our ladies at St. Barnabas Center are at it again. They specialize in cooking memorable meals on the first Friday of every month. April 4th is no exception. Come out Friday, April 4th between 11:00am-1:00pm for a great meal and meet some new friends.

Our menu for this month features: Pasta Primavera, Baked Ham, Hot Cross Buns,Fresh Spring Salad and for dessert Strawberry Shortcake. My mouth

waters just typing the menu. Can you think of a better meal to welcome in springtime? Did I mention that the meal is free? Please join us Friday, April 4th to enjoy a great meal and a heaping helping of warm fellowship! Please enter via the rear entrance.

Chair Yoga: Every Wednesday Morning, 9:30-10:30am

For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. Kris is 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. Some of the many benefits of a regular yoga practice include; gaining strength, increasing flexibility, reducing stress, gaining a sense of community, and improving sleep.

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

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. For more information contact us through the Center's email.

Attention all knitters and crocheters! Our crafting group has received a notice that there is an urgent need for women's chemo caps in the Lehigh Valley. We at St. Barnabas, have yarns and patterns we'd be happy to share with you if you are willing to help us do what we can to help meet this need.

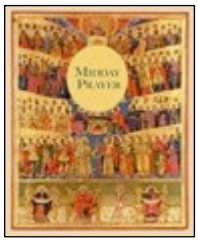
Our group meets on Thursdays from 2-4pm. You are welcome to come and join us at the Center to work on some caps or you may pick up yarn and patterns and work on your contributions from home. If you are interested in helping, but don't know how to knit or crochet, we would be happy to provide you with one on one instruction.

All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, please email me at doreenmtobin@gmail.com. Thanks for considering this request! –*Doreen*

A Second Group Meeting-place and time!

To help fill the urgent need for chemo caps, a second group of knitters and crocheters began meeting at the **Women's Center at Kutztown University.** Our first gathering was a big success and we look forward to meeting regularly on **Wednesday afternoons at 1:00 p.m.** The Women's Center is located in Boxwood House. Everyone is welcome.

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

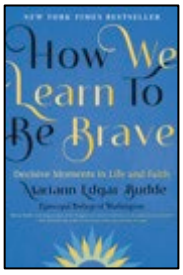


Midday Prayer Service is held via zoom every Wednesday from 12:00-12:45 pm in conjunction with St. Margaret's Episcopal Church in Emmaus. Officiated by Mo. Laura Howell, services are open to all and focus on a saint whose feast day falls within that week. If you are interested in participating, contact us at stbarnabascenter@hometownu.com and we will be happy to provide a link.

Plant Bingo! Tuesday, April 22nd, 3:00-5:00pm

Love gardening? Love Bingo? This event was so much fun last time we held it, we've decided to bring it back again this year! Entry is free with a period product donation; additional cards are $1 each. Light refreshments will be available for sale at a modest price.

Bible Study: Begins April 28th, 7:00pm



Spring Class: Bishop Marion Edgar Budde's book *How We Learn to Be Brave: Decisive Moments in Life and Faith.* Begins April 28, 7:00 p.m. via zoom. This book has been called "an inspirational guide to the key junctures in life that, if navigated with faith and discernment, pave the way for us to become our most courageous selves." The class is free, but please register in order to receive the zoom link. Send a note to laura@stmargaretsemmaus.org. Co-sponsored by The St. Barnabas Center and St. Margaret's Episcopal Church.

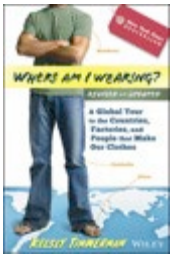
KOFEE Meeting: Monday, April 28th, 7:00pm

Headed locally by Robyn Underwood, this group meets at St. Barnabas Center. Its purpose is to support educational excellence, teachers, and common-sense solutions to educational problems. This month's meeting is April 28th at 7:00pm. Please enter through the back door of the Center.

Narcotics Anonymous: Every Wednesday, 7:00-8:15pm

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.

Brave Space Book Club: Beginning Thursday, May 1st, 7:00pm



Our group will be reading *Where Am I Wearing*, a book that chronicles the author's journey to trace the origins of his clothes, exploring the global apparel industry and the lives of the garment workers who make them. Meetings will span five evenings in May and June and can be attended in person or via zoom link. Look for more information in our next newsletter!

You Can Lend A Hand to Help Grow the Center!

Our board is working hard to improve our organization and outreach to the community and we could use the help of our talented community members. There are multiple opportunities to share your interests and talents by volunteering an hour or two each month as a part of one of our sub-committees: Program Development, Marketing & Outreach, Sponsorship & Grants, Fundraising. If you're interested in joining our terrific group of volunteers or would like more information, please send us an email at stbarnabas@hometownu.com listing your area of interest & your contact info. We would love to have you become part of our team!

Better Place Therapy Workshops & Seminars:

We are generously hosted by the St. Barnabas Center 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 working with the St. Barnabas Center to develop some new programming and workshops that would be offered this spring. You'll be hearing more about these offerings in the coming month.

For more information about our services, workshops, & seminars please email us at 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.

Mt. Zion Lutheran Church-Monthly Highlights

Blood Drive for Miller-Keystone Blood Center: **Saturday, April 5, 9 AM - 2 PM, Mt. Zion**

You can call the blood bank to schedule an appointment at 1-800-223-6667, ext. 2.

Give our Group Sponsor Code E161. All donors need a valid ID with photo and/or signature.

Sponsored by LSO.

Spring Shared Abundance Community Meal **Thursday, April 24**, from **5:30 - 7 PM**, **Mt. Zion**

While we hope those in need of a free meal will attend, this meal is for everyone and is held to promote fellowship in our community.

Come out and enjoy the meal and get to know our neighbors.

We look forward to seeing you! Sponsored by LSO.

Spring Labor of Love Day: **Saturday, May 3, 9 AM to Noon**

Could you use a helping hand with some small tasks indoors and/or outdoors at your home? Please contact Project Coordinator Joe Arndt by phone or text at #610-698-0852 or his email joeymarndt@aol.com to get your tasks on our workday schedule. If you can help and want to be a part of the team, let Joe know you will be coming. Sponsored by LSO.

Local Shared Outreach Group

Our LSO group will meet next on **Thursday, April 3, at 7 PM**, at New Jerusalem Zion UCC. This group is open to all area churches. Please join us and bring your ideas of how we can reach out to God's people and share His love!

Windy Hill Community Garden Team - Planting Seeds of Hope

All harvested produce is donated to area food pantries. Our Windy Hill Garden planning meeting will be held on **Monday, April 7, at 7 PM**. You are welcome to attend. We are looking for helpers to work in the garden.

We usually work in the garden 2 days a week, as needed, after the initial planting is complete. You don't have to come every workday, come as your schedule permits.

If you would like to participate or have any questions, please contact Janice Clemmer at 610-683-7901. A Social Ministry Committee project.

Game Night Extravaganza

Our first Game Night Extravaganza took place on Friday, March 28th. People had a good time and told me so. Over 35 attended. There were board games and card games being played by kids from 6 to 96 in our fellowship room; Uno, Azul, Mousetrap, Othello, Jenga to name a few! In the church sanctuary there were games of Musical Chairs and Charades. In the far rear room people were playing Chess and Cribbage. Everyone had a great time. We plan to have more of these in the future. Check out these fun pics!

Meet Your Director: Janet Chladni

Chuck: *Hello Janet, how are you?*

JANET: I'm doing fine.

Chuck: *I'm just wondering; how did you hear about the St. Barnabas Center?*

Janet: Actually, I live across the street. I moved here in 2008, so you're my neighbor. Jerry, who is on the board, introduced the Center.

Chuck: *What is it that you do in real life when not at the Center?*

Janet: I work at Penske Logistics. My title is Senior Manager of Financial Planning and Analysis. This is my 30th year. So I've been in finance forever.

Chuck: *Now that you've been here (as a board member) a little over a month, do you envision any changes that would help us out? What vision do you have of what we should be doing and are not doing and could be doing?*

Janet: Well, especially in this day and age, what we are already doing–we need to sell it more. Publicize it more. Get more people interested. I think it is starting to happen because before I was even on the board I was following you on social media. That's how I found out about the Senior Lunch. We also have a huge population that will not do anything on social media. Reaching them is a problem…newspaper, radio, soliciting volunteers. I have a 3-year vision. You start off slow and I think it will pick up steam quickly.

Chuck: *We are all amateurs at this. Are there ways we could reach out that haven't occurred to us?*

Janet: A passion of mine is clubs. There are a lot of charitable clubs in Kutztown. You have the Lions, Rotary, Optimists and more, the list goes on. Getting them together on things you want to accomplish. All struggle with membership as individual clubs. You have people in any group that don't show up to volunteer. All struggle with fundraising. If we do projects together, it's better. If each group contributes only 4 people you have 28 people for your project. You can share any costs. You build a rapport. My attitude is I'm a Lion. You can be more than one thing. They will bring ideas and creativity to you, as you will to them. Working with clubs will help you achieve your goals faster. You can spread out your financial risk this way on any project.

Chuck: *Okay those are good points. Anything else you'd like to add?*

Janet: I am passionate about issues. Spreading the word to migrant workers. It would be nice to help them and support their children. I love doing the chemo caps. It touches my heart. And addressing the issues of diversity and inclusion. I know this has been under attack, but that is because people don't understand what it really is.

Chuck: *Yeah, many people think it's a bad thing.*

Janet: Because someone has a different viewpoint or a different way to achieve something is not a bad thing. No matter what religion or ethnic group, we need to love our neighbors and include them in our circle. We're all in the image of God so we need to respect each other. There are differences and that's okay.

Chuck: *Well, I thank you for coming off the sidelines and becoming a member of this board. We needed you.*

Next Spiritual Practice Group Meeting: April 26th, 10:00 am

Perspectives on Spiritual Practice Group

by Rev. Kim Kline Adamson

I attended the first Group Spiritual Direction with Earlaine Klingler on Saturday, February 22. It was just what I needed spiritually! We could feel the presence of the Holy Spirit in our midst as we reflected upon the music, readings, scripture, and visual images Earlaine selected to inspire our reflections and conversations. There is still some space available. Perhaps you are being called to join this intimate time in community with the Divine.

Spiritual Practice–Prayer With ICONS

by Earlaine Klinger

So God created man in His ***own*** image; in the image of God He created him; male and female He created them. (Genesis 1:27)

We are all images (icons) of God. Praying with icons is an ancient practice that allows one to grow closer to God by praying while gazing at a pictorial representation of a holy or spiritually meaningful figure or object.

Praying with icons can enhance a person's prayer, giving a visual object to meditate on while conversing with God. Here are some tips on praying with icons:

- Find a quiet space.
- Place your feet on the floor, sit upright in a chair, and take a few deep breathes.
- Consider the icon in front of you as a window into God, sit with that thought for a minute or two.
- Allow your mind to go deeper within to feel the presence of God.
- Gaze at the icon for 15-20 minutes with an open mind to allow God to speak to you through this image.
- When you are finished you may reflect about the experience. You may want to journal about what you felt (or not) in this experience. Go back to it after some time has passed and reflect on what you notice now.

The icon pictured on the left is a copy of Adrei's Rublev's Trinity. To learn more about the symbolism and story behind this picture, please search the internet for Rublev Trinity.

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.

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.