

THE SAINT BARNABAS CENTER

newsletter # 22

June 2025

It's June already. As I get older it seems that God has put his foot on the accelerator. The months are just flying by. After looking forward to the summer, I think it will be over before we know it. Here at St. Barnabas Center, there never seems to be enough time to accomplish all we want to get done.

There will be a load of activity at the Center this summer. Also, it is a time when we plan our fall events. I am writing this on Memorial Day; a time we take to honor our fallen soldiers and salute those who have served our country. These are the people who fought to save our way of life. They fought for Freedom. They fought for Democracy. They fought for the preservation of our Republic. We must honor them with our vigilance. We must protect these precious ideas from enemies, both foreign and domestic. Otherwise, they will have paid the ultimate sacrifice in vain.



June is also the month when we observe Juneteenth, a holiday created to mark the moment in time when our country threw off the horrible yoke of slavery. We encourage people everywhere to observe this holiday. It

needs to enter our public consciousness at a far greater level than we have seen thus far. There are multiple events planned on and around June 19th right here in the Lehigh Valley. The link here will provide plenty of options for observing the holiday: <https://juneteenthlv.org/events/>

June is also Pride month, a time to show our support of the LGBTQ community. We will be displaying the rainbow flag in front of the Center in solidarity. "When all Americans are treated as equal, no matter who they are or whom they love, we are all more free." - *Barack Obama*

Some of you may have noticed that we are working on our building non-stop this year. The goal is to make our building sound, as well as a place that people will be happy to come to and comfortable when they spend time here. We have fortified our stain-glass windows with extensive work strengthening the frames that hold them in place. We are currently power washing the building, filling holes with caulking and then sealing the exterior. A new roof is on the way. We are going to be working on our doors this



summer and many other items are too numerous to mention. The Diocese has been generous in funding things, but we must raise some funds to complete all of our building's needs. If you can donate, please do. No amount is too small. We are now officially a non-profit, having attained 501(c)(3) status, so your contribution would be tax deductible. Please send a check to St. Barnabas Center, PO Box 236 Kutztown, PA, 19530.

Many of our friends and neighbors look forward each month to our Senior

Luncheon! A lively crowd enjoyed a delicious Cinco de Mayo themed meal in early May! Don't miss our summertime feast this Friday, June 6! We'll be taking a break for July and August, but will be serving up lunch once again beginning in September.

We are continuing our series of *Meet Your Board Members*



this month. In this issue we are interviewing Board Member Pat Brown. I think I've heard of her before. We have a section near the end called *Other Community Events & Outreach*. We are fortunate to have so many wonderful organizations offering services and programs to our community. I'm sure you'll find things of interest to attend.

Let's get on with it.

Events This Month:



WASHINGTON DC

Museums, Monuments & More!

Join us for a bus trip to the National Mall in Washington D.C. on **Saturday July 12th**. The bus will depart Kutztown at 7:00am, returning around 9:00pm. Enjoy your day in D.C. visiting the many museums and monuments accessible in the Mall area!

The cost of the trip is \$75/adults, \$65/children (under 18) and seniors (65 or older)

This is for bus seat only. Food and other expenses are the responsibility of those attending.

Admission to the monuments and Smithsonian is free.

Sign up and payment due by June 6th. Purchase your tickets online at Eventbrite.com.

<https://www.eventbrite.com/e/museum-monuments-and-more-tickets-1383886043409>

Senior Luncheon: Friday, JUNE 6TH, 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. This June is no exception. Come out Friday, June 6th between 11:00am-1:00pm for a great meal and meet some new friends.

Celebrate Summer vacation time a few days early this year! Our menu for this month features: Beef BBQ, Mushroom BBQ, Coleslaw, Potato Salad, Pasta Salad & Summer Fruit Pie. Always fun, fabulous and free.

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.

The Benefits of Chair Yoga by Kris Amey

Sitting in a chair for exercise may sound counterintuitive. But chair yoga is one beneficial form of exercise that embraces the chair as a prop, making exercise accessible to anyone. A quick Internet search on "benefits of chair yoga" finds

numerous results such as:

1. **Gain strength** – With regular practice, chair yoga is a great way to strengthen your body. In each yoga pose, you work your muscles to hold and complete the pose. An increase in strength can lead to improved balance.
2. **Increase flexibility** – Chair yoga can help improve your current flexibility and help to maintain it, making everyday activities much easier on the body and improve your mobility.
3. **Reduce stress** – Chair yoga provides more than just physical health benefits; it's great for your mental health, too! By focusing on your movements, breath, and your body, you create a form of meditation. This can also lead to improving your mood.
4. **Sense of community** – Participating in a class with others can provide a sense of community. A group setting can help you meet and bond with new friends or neighbors. You may find inspiration and motivation in those around you.
5. **Better sleep** – Having a regular exercise routine is often associated with improved sleep.

Community Crafters/ Threads



Our Community Threads group will be on hiatus until September. At that time we will resume our weekly meetings 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!

Our crafting group had received a notice that there is an urgent need for women's chemo caps in the Lehigh Valley. Our talented knitters and crocheters came through and provided a huge bag full of

beautifully crafted caps, scarves and prayer squares!

We at St. Barnabas have yarns and patterns we'd be happy to share with you if you are willing to help us continue to meet this need. You may pick up yarn and patterns and work on your contributions from home over the summer months.

All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, email us at the Center.



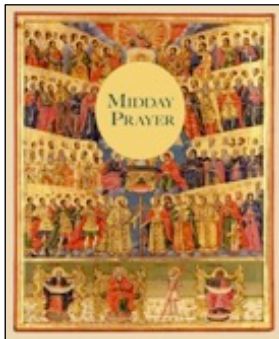
KOFEE Meeting: Monday, June 30th 7:00pm



Headed locally by Robyn Underwood, this group meets at the St. Barnabas Center. Its purpose is to support educational excellence, teachers, and common-sense solutions to educational problems. This month's meeting is at 7:00pm. Please enter through the back door of the Center. Citizens should take note of the importance of this year's school board elections. With very tight budgets hard decisions must be made. Either we elect a school board with reasonable people or you

may wind up with hardline radicals controlling your schools. This has happened to the shock of many small towns across the nation. Don't let it happen here. Come to the June 30th meeting. to familiarize yourself with the candidates and their issues. Vote for quality education.

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@hometownnu.com and we will be happy to provide a link.

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: Coming in September



Brave Space Book Club will be rescheduled for this September on Zoom: *Where Am I Wearing – A Global Tour to the Countries, Factories, and People that Make Our Clothes – Revised and Updated* by Kelsey Timmerman

We will journey with Kelsey Timmerman as he visits the factories where his favorite clothing is made. We will explore the conditions under which textile workers live and work, and how to make mindful decisions about our clothing choices as informed, active citizens. If you prefer to buy local,

Firefly Bookstore is a great resource. Check back in our August newsletter for more details.

“Artventures” with Local Folk Creative Studio!

Monday, Aug. 11 through Friday Aug. 15, 9:00-11:30 am

Young artists ages 6 through 11 are welcome to join this art camp where we'll paint, sculpt, collage, work with fiber/yarn crafts and more as we explore materials and cultivate friendships. Bring a snack, drink, and your imagination! Limited to 15 students so register ASAP. Sessions run Monday August 11th through Friday August 15th, 9-11:30am. Register [online](#) or stop in at Local Folk to pay in person.



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@hometownnu.com listing your area of interest & your contact info. We would love to have you become part of our team!

Meet Your Director: Pat Brown

Chuck: Hi Pat, what is your title on the St. Barnabas Center board?

Pat: I'm vice-chairperson of our board.

Chuck: What was your roll in the genesis of the St. Barnabas Center?

Pat: I was very active in our church when St. Barnabas was an Episcopal parish. When the tough decision was made to close our doors, a few of us felt strongly that there was still an important role for St. Barnabas to play within our community. Doreen and I brainstormed and with the vision and assistance of the talented people we tapped to explore possibilities, we took a giant leap of faith and moved forward with the germ of an idea.

Chuck: What goals were you hoping to achieve by helping to establish the St. Barnabas Center?

Pat: My faith has always been important to me, but like many people I know, my faith journey has not always been a clear or direct path. When I look around at the world we currently live in, it seems that many people are struggling to make sense of life, to make meaningful connections with other people, and to feel accepted and loved wherever they are in their personal journeys.

My goal for the Center was (is) to provide a safe and welcoming space for people in our community to explore ideas, make those connections, and feel that they are valued and important wherever they are in life. It seems church in the traditional sense is not working for some people anymore, but the need for spiritual growth and the sense of belonging that comes with being part of a community can be something very powerful in people's lives.

Chuck: After a couple of years, what do you consider to be the successes of the St. Barnabas Center?

Pat: We've managed to assemble a remarkable group of active and talented people who are willing to roll up their sleeves and help the Center grow and fulfill its mission. Some of our successes are probably not that visible to the casual observer. Much of the building of a successful non-profit happens behind the scenes so to speak.



We have had success with programming in a few areas, including our free monthly senior lunches, a growing chair yoga group & our knitting/crocheting group. We provide space for meetings and retreats for recovery groups.

We've partnered successfully with other organizations in Kutztown and the larger community, including Friend Inc., Kutztown University Women's Center, St. Margaret's Episcopal Church, Emmaus, Better Place Therapy and Talisman Players Community Theatre. These connections have been invaluable and through them, we've been able to cosponsor events and

programs we would not have been able to manage on our own. With the help of our KU Social Work interns, we've grown our relationship with KU and established connections with Oasis, an after-school program here in Kutztown, which we hope to expand on in the coming year.

Chuck: When I was a salesman, we used a term "FUD" which stood for fear, uncertainty and doubt. Is it more difficult than you initially thought to get people to come to events to meet strangers? Have you been successful enough in your mind to overcome their "FUD?"



Pat: That has most certainly been a difficulty to date and an area we need to improve on. Some of this might be attributed to lack of name recognition and visibility. We are learning as we go what works and what does not work so well.

People lead incredibly hectic lives—juggling multiple demands on their time and energy. It can be tough to get people’s attention and then get them to actually leave their usual routine to try something new and unknown.

It takes time and patience to build a continuing program. And “one off events” can be really tricky,

as you can’t be certain of people’s reaction in advance and offering things that they will consider of value.

Chuck: *In today’s world, you can work at home, order your food and other needs online and have them delivered to your door, control what news you see and what programs you watch and play the games that interest you online. Although technology has brought us many amazing things, it has also brought us a nation of many lonely people. Do you see the Center as a relic of the past or an effort to return to sanity?*

Pat: Yes, modern life has created a reality that can be incredibly lonesome. I think the pandemic really exasperated a situation that was already in the making. We’ve become so dependent on our digital tools that we’ve forgotten how important face-to-face contact with others is. I think it’s contributed to making us lonelier, more judgmental, less able to compromise and empathize with other people.

In some ways, the idea of the Center may seem like a relic of the past, but the connections that are made by being present with other people in a welcoming and safe space, of learning what their struggles, joys, dreams and aspirations are—that is something we desperately need in our lives.

Chuck: *If you were Queen of the World and could wave a magic wand, what would the St. Barnabas Center look like in five years?*

Pat: The Center would be a hive of activity all the time, with multiple groups gathering, exchanging ideas, growing, learning and having fun together. We would also have attained financial stability and continue to attract wonderful, hard-working board members to steer future growth. We have been extraordinarily blessed with the unflagging support of the Episcopal Diocese of Bethlehem and the tireless efforts of our board of directors. I want them all to be proud and happy that they have been an integral part in building the St. Barnabas Center!

Better Place Therapy Workshops & Seminars:



We are working with the St. Barnabas Center to develop some new programming and workshops. You’ll be hearing more about these offerings in the coming months.

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.

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 klinglere@moravian.edu

Spiritual Practice-Journaling

“Journaling is about pilgrimage because it is a journey to your inner self”

Jo Ellen A. Darling, Journaling as a Spiritual Path

Journaling is a tool for reflecting on God’s presence in the routine of our daily life. It is a way of processing emotions or situations. Journaling is a way for you to be with God; it is a prayer.

Benefits of journaling include reducing stress, enhancing our ability to understand ourselves on a deeper level, and allowing us to live a fuller life in knowing more of ourselves. Our overall wellbeing can be enhanced when we are engaged in the practice of journaling.

There is no one right way to journal. The most common type is pen and paper. But it doesn’t have to be written; you can use pictures, draw your thoughts, or write music, poems etc. God speaks through it all. You may want to try several methods to see what works best for you. The goal is to freely and uninhibitedly express your thoughts.

Some tips on journaling:

- *Find a quiet space.
- *Place your feet on the floor and sit upright in a chair, take a few deep breaths.
- *Spend a minute or two asking God for his presence in you as you journal.
- *Journal as you choose. Go deeper, deeper and deeper.
- *Keep your journals and review them periodically to see patterns of how God is working in your life. How have you grown?

You can journal about anything you feel called to. However, some ideas to get you started including:

- *A record of your story; where God showed up for you in the journey and your responses to God.
 - *Write the fruits of the spirit on a piece of paper, fold and put in a bowl, pick one and see how that word shows up in your life over the next month or so. You can do this with any word, piece of scripture, or a phrase that you are drawn to. Journal your insights.
- 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

Other Community Events & Outreach:

Mt. Zion Lutheran Church

Vacation Bible School

TRUE NORTH - Trusting Jesus in a Wild World!

Mark Your Calendar for July 14 - 18, 2025, 5:30-8:30 PM
Jointly offered by: Mt. Zion & Friedens Lutheran Churches
Location: Mt. Zion Lutheran Church, Krumsville
Open to all children ages 5-12 in our local and surrounding communities.
For registration information call Sharon at 610-682-7038.
Please register ahead of time so that we know how many items to buy!



Take Me Out To The Ball Game!

Reading Fightin' Phils vs. Binghamton Rumble Ponies

Celebrate Your Faith Night with Fireworks! Please join Mt. Zion Lutheran Church and other congregations from the area at the Reading Phillies Faith Night Program.

When: Friday - July 25 - 7 PM game start

Where: Reading Phillies First Energy Stadium

Reserved Seats are in Green Box 6 behind home plate and under the roof!

Cost: \$13.00 per person

Player faith discussion to occur Pre-Game at 5:45 PM.

After the game there will be fireworks!!!

Tickets can be reserved from now up until June 15, 2025.

NOTE: There is a limited number of seats available, reserve early!

If you would like to reserve your ticket, call Sharon Billger at 610-682-7038

D of D Film Festival: "Banned Together" June 22nd, 2:00pm

The Publishing House at 243 West Main Street, Kutztown, PA



Showcasing documentary films that speak to attacks on public education, book bans, censorship, marginalization of the LGBTQIA+ community, and the fight for intellectual freedom.

Defense of Democracy will be showing "Banned Together" June 22nd at 2:00pm. Three brave teens and their adult allies fight to restore 97 banned books in their school district. The film exposes the national forces behind modern

censorship and follows a grassroots journey into full-blown activism.

It will be followed by a discussion. To get tickets visit the web site at givebutter.com.

Trinity Lutheran Church

Kutztown Kitchen: Sunday, June 22, 4:40 pm

A full, free, fun-filled family supper offered monthly to the whole of Kutztown and surrounding communities, the fourth Sunday of each month from 4:30pm to 6pm. You and your family can help any month - setting up, serving food, or assisting with clean up, or simply join us and enjoy the fun and fellowship!

St. Paul's Young at Heart Presents: *Nutrition with Jennifer Youndt*



Wednesday, June 18th, 10am – 12:00pm

How To Make A Healthy Charcuterie Board

St. Paul's United Church of Christ

47 South Whiteoak Street, Kutztown, PA

RSVP by Wednesday, June 11th: 610-683-3393 Fee: \$10:00

Flag Day Concert: Tuesday, June 17, 7:30 pm

Kutztown Park Bandshell



Kutztown Community Choir and the Pennsylvania German Symphonette will once again be partnering to celebrate Flag Day in this annual event that has become a Kutztown tradition! Boy Scout Troop 101 will be conducting a flag retirement ceremony in the park's Ceres Pavilion at 6:00 pm, prior to the concert.

Join us on Tuesday, June 17th at 7:30 pm for an evening of uplifting and patriotic music in this "slice of Americana" community event!

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.

Till next month-

Chuck

Visit us at the St. Barnabas Community Center Website at
<http://www.stbarnabasktown.org>.

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