

# THE SAINT BARNABAS CENTER

## newsletter # 24

### September 2025

Hi Everyone:

This is the first newsletter to be published on the new date of August 23rd instead of September 1st. We found that publishing things on the first hurt events during the first week of each month. It didn't give enough notice to people who may have already made plans for that week. So, expect to see the Saint Barnabas Center Newsletter in your mailbox on the 23<sup>rd</sup> or 24<sup>th</sup> of each month.

Well, Summer speeds by when it seems like it has just started. I guess God has put his foot on the gas pedal. Or I'm getting older and time flies.

Our activity level at the Center ramps up with the arrival of fall. Vacations are over and people are looking to forge ahead.

Our Mum Sale is back! Anyone who has purchased in years past will certify that these mums are head and shoulders over what you find in grocery stores or chain stores. Don't Miss Out! Details below.

We urge you to take a look at our newest addition to the newsletter. Located near the end is *IN THE PIPELINE*. This will be a place where all new events we are working on will be listed. These programs & events are still in the planning stage, perhaps lacking date, time and other details. If one item piques your interest you can follow up on it in succeeding newsletters.



We had a two-month summer hiatus from our great Senior Luncheons, getting together in July and August for *Mid-Morning Meet & Munch*--good company, beautiful summer weather and delicious treats in the shade of the maple trees in our backyard!

Now that summer is ending, the ladies are back again on September 5th to prove that nobody does lunch better. Check it out in this issue. I hear that the theme will be apples for fall and the meal will include pork loin with a side of everything apple. So, let's get together and resume our monthly tradition!

Some have asked us if St. Barnabas will ever have Episcopal Church services again. The answer is yes! Starting in September we are planning to have a Sunday service on the 3<sup>rd</sup> Sunday of each month. Whenever possible we will use Episcopal Clergy to lead. Some months we will be led by licensed Lay Leaders in noonday prayer. We also hope to provide Advent Services. See further details in this issue.

I am writing this newsletter just as our first ever Summer Art Camp concludes its five days at the Center. It was a rousing success. Twelve students completed the 5-day camp. I can tell you because I was in my office during the camp hours; the kids were completely tuned into this activity. We salute Kathleen Walck and her staff from *Local Folk Creative Studio* and hope they will be back next summer.

There is an organization that meets here every month called KOFEE. It is chaired by Robyn Underwood. This organization seeks to help produce a quality education for every child. You would think that this would not be a matter that is controversial to any candidate. If you think that you'd be wrong. Oh sure, at election time they all swear that they'll put your child first. In practice they often put their political ideology first. As an organization underwritten by the Episcopal Church, we cannot and do not endorse any political candidates. But we *can* share how they have voted during the past year. We can also discuss what issues are before the board now. You, as the voter, armed with the facts, can decide what is best for your child. Robyn can give you those facts. As George Bernard Shaw once said sarcastically: "Democracy is the best form of government because people get the government they deserve." Of, course that statement goes both ways. Let's send an army of voters with facts to the polls and get the government we deserve. Mark your calendars for Robyn's election year presentation on August 28<sup>th</sup>. Details in this issue.

I could go on and on about St. Barnabas Center to the point where you're throwing rotten tomatoes at me to get me off the stage. Some of you may be doing that already. For those who would like to hear more about us, check out *Where Do We Go From Here?* by yours truly in this issue. I have so much to say I've broken it into parts for future issues. By then you'll be throwing stones at me.

Okay, I'm ducking those tomatoes now. Let's get on with it.

## Events This Month:

### The Mum Sale Returns:



Beautiful. 9" potted mums available in yellow, red, orange, purple, white; \$8 per plant

**Orders due by Monday, 9/1**

**Pick-up/Delivery Tuesday, 9/16**

You can place your order by calling or e-mailing the Center at

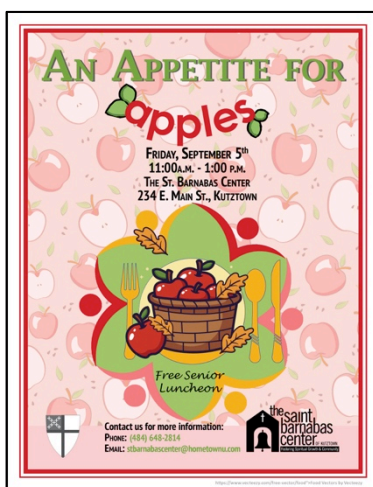
[Stbarnabascenter@hometownu.com](mailto:Stbarnabascenter@hometownu.com): 484-648-2814

or order through one of our board members.

Payment by Venmo, PayPal, or Personal Check made out to The Saint Barnabas Center

All profits go to help support the St Barnabas Center

### Senior Luncheon: Friday, September 5, 11:00–1:00 pm



After a short summer respite, we're back to our regularly scheduled fabulous senior luncheon. Our dedicated volunteers specialize in cooking memorable meals on the first Friday of every month. This September is no exception. Come out on Friday, September 5th between 11:00am-1:00pm for a great meal and meet some new friends. Our theme will be Apples for autumn. Our menu this month will feature pork loin, salad with apples, applesauce and an apple dessert. As always this luncheon is free. So is the friendship and comradarie that occurs at these events. We'll see you there.

## 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.

## KOFE Meeting: Thursday, August 28<sup>th</sup> 6:00pm; Robyn’s Election Issues



**HOW WE GOT HERE & WHAT WE CAN DO NOW?**



### Presentation

Tuesday, November 4<sup>th</sup>, 2025 is Election Day. This year, there are four school board seats on the ballot for the Kutztown Area School District. In the Kutztown Borough, Mike Salisbery is running against Steve Morris. In

Maxatawny / Lyons, Matthew Biniek is running against Eric Engel. In the northern tier, Katie Monahan is running against Jason Koch and Jeremiah Light. Come out and hear the positions of these candidates. You will be able to separate the reasonable candidates from those who embrace Project 2025 and act accordingly.

You’ve probably heard (and have been sounding the alarm) about Project 2025. Join Red Wine & Blue for an eye-opening conversation that breaks it all down: What exactly is Project 2025? Who’s behind it? How is it being implemented right now at the federal, state, and even local levels? What can we do to safeguard our local communities? You will hear about how this ultra-conservative playbook is far from a new idea. It is the endgame of a Christian Nationalist movement that threatens everything from reproductive freedom to public education, to our democracy itself. But take heart! We’re not here to scare you. We’re here to get you organized. It’s not just about fighting back; it’s about taking back control this November. And we have a playbook of our own to share with you.

Headed locally by Robyn Underwood, KOFE 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.

### Community Crafters/ Threads Resumes: September, 4<sup>th</sup> 2 pm



We will resume our weekly meetings on Thursday afternoons at 2:00 pm, September 4th. 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 or with us at the Center with us.

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.

### FALL FEST ON MAIN: Friday September 13<sup>th</sup> 4:00pm-10:pm



Celebrate with your community at Fall Fest on Main! Enjoy live music and exciting kids' activities while supporting local businesses.

Shop for crafts and locally made goods, and savor delicious food and drinks from local vendors and food trucks.

**Look for us at the Saint Barnabas Center Booth!** We'll be serving up sweet & savory hand pies and our popular "Pickles on a Stick"

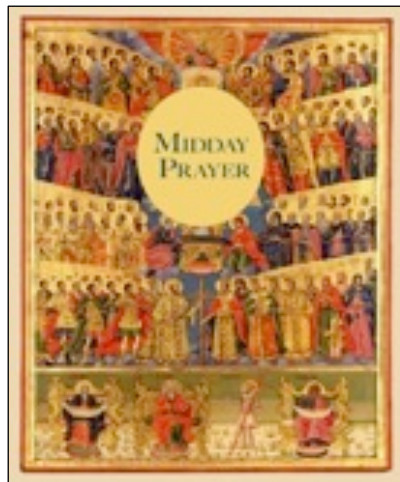
### St. Barnabas Church Service is Back: Sunday, September 21<sup>st</sup> 1:30 pm



I can't tell you how many calls I get each week at the Center asking if we have an Episcopal Church service. Now, I can answer, "Yes we do". On Sunday, September 21<sup>st</sup> at 1:30 pm we will offer our 1<sup>st</sup> service this year. The Rev. Laura Howell will officiate the Holy Eucharist. In the following months, we will have a service on the 3<sup>rd</sup> Sunday of each month. We hope to offer additional services for the Advent season. On those Sundays when we cannot obtain clergy, we have lay leaders who can lead us in Noonday Prayer. Our goal is to develop an

ongoing weekly service.

## 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](mailto:stbarnabascenter@hometownnu.com) and we will be happy to provide a link.

## Brave Space Book Club: Coming in September



***Brave Space Book Club*** will be scheduled 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.

Call or email the Center to register for the group and receive your zoom link at [Stbarnabascenter@hometownnu.com](mailto:Stbarnabascenter@hometownnu.com): 484-648-2814.

## 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](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 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 journey 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-Writing Your Own Psalm

Adopted from *50 Ways to Pray*

*“The Psalms wrap nouns and verbs around our pain better than any other book.”*

-Joni Eareckson Tada

Psalms, also known as religious poems, are largely human expressions through prayer as written in the Bible. Psalms express a full range of human emotions including joy, love, peace and fear, anger, and distress.

This spiritual practice is designed to help you to express your human feelings to God through a Psalm.

- ❖ Find a quiet place and gather a Bible or any other materials that may be of help to you.
- ❖ Pray for the Spirit’s guidance.
- ❖ Ask yourself, what you would like to say to God. Scribble some notes, nothing formal.
- ❖ You may want to read Psalms written about similar topics related to what you are feeling, such as joy, anger, etc. before moving forward.
- ❖ Then write a Psalm based on what you are feeling. You are not looking for a literary masterpiece just an expression of your feelings. You can also rewrite a Psalm from the Bible that fits what you are longing to express, but change the wording to customize your particular thoughts.
- ❖ Read it to yourself. Notice how you connect with God through this Psalm.
- ❖ Keep your Psalm, you may want to refer to it or build on it in the future.

For those of you who are creative, you may set your Psalm to music or express it in another form of art.



## Non-Violent Communication Workshops



Back by popular demand, learn the building blocks of compassionate communication for deeper empathy and healthy conflict resolution. We are planning two sessions this fall, one for adults and one geared towards kids. The sessions will be facilitated by Deni Tobin who has years of experience in teaching and advocating for violence prevention in Chester County.

## Bus Trip To Longwood Gardens



TENTATIVE DATE: Saturday, November 22. Bus trip to Longwood Gardens - A *LONGWOOD CHRISTMAS*. More details will be advertised on the Saint Barnabas Facebook Page and in the October Newsletter. The cost will include bus transportation and Longwood Gardens admissions. Save the date now and stay tuned - tickets will be on a first come, first served basis.

## Other Community Events & Outreach:

### Mt. Zion Lutheran Church

**Rally Day - Kick-off!** Join us **Sunday, September 21st** from 9 AM - 10 AM to kick off another great year of Sunday school and Confirmation classes. This year the theme for Rally Day may be familiar to some as we revisit the VBS theme, True North, learning to trust Jesus! See you soon!

### Fall Shared Abundance Community Meal

Thursday, October 9. It will be held at New Jerusalem Zion UCC, Krumsville, 5-6:30 PM. Mark your calendar and plan to come out for a delicious meal and good fellowship with others in our community. Why stay home and cook? Sponsored by the Local Shared Outreach Group of Mt. Zion & Friedens Lutheran Churches and New Jerusalem Zion UCC.

**Youth Group News!!!** It's time to launch our new youth groups at Mt. Zion Lutheran Church and we'd love for you to be a part of it! This is a chance for students in 6th - 8th and 9th - 12th grade to connect with their age group, grow in their faith, and reach out and serve our community. Our first meeting will be held Sunday, October 12th from 5:30 PM - 7 PM in the downstairs Fellowship Hall. Parents are encouraged to attend the first 1/2-hour to hear more about launching two new youth groups. See you then!

### St. Paul's UCC Church:

#### Rejoicing Spirits -Sunday, September 7<sup>th</sup> 3:00pm

*Theme: Fearfully & Wonderfully Made by God*

All are welcome to each 30-40 minute, no-shush ecumenical worship service that enriches the lives of all people, especially the differently-abled, their caregivers, families and friends. Rejoicing Spirits includes music, playing musical instruments, joyous singing, opportunities to participate, brief, meaningful messages and the chance to connect with others.

Join us for snacks and fellowship immediately following each service. St. Paul's United Church of Christ 47 S. Whiteoak Street, Kutztown, PA 195 610.683.3393 office@stpaulskutztown.org  
Parking is behind the church with accessible entrance from the parking lot.



### St. Anne's Episcopal Church: Elvis!

#### Sunday, September 21<sup>st</sup> 2:00-3:30 pm

Come check out this incredible Elvis show with all your favorite songs from the oldies! \$20 a person on 9/21/25 from 2 pm – 3:30 pm! Location: St. Annes' Episcopal Church, Trexlertown  
Light refreshments provided. Contact church, Robin or Caroline for tickets. 610-730-2438 - Robin

# St. Barnabas Mission – How are we doing?

When we first conceived the notion of the St. Barnabas Center, we began by defining our vision and our mission statement. These core elements are included below, followed by some comments on how we're doing.

## Our Vision

Our vision is to develop and maintain an inclusive, non-judgmental and welcoming environment in which spiritual exploration, personal growth, and community development flourish through intergenerational social and interfaith interaction and inquiry.

## Our Mission

To offer a transformative approach to spiritual, personal and community development in a centrally located and accessible facility through creative programming, robust community



partnerships, diversified services and advocacy initiatives. We strive to empower area residents of all ages to engage in activities that strengthen their relationship with “The Holy”, promote social justice and improve the health and well-being of individuals and our community.

We focus on programming and services in three broad areas: spiritual development, personal development and health & wellness. The Center's programs, services and

community involvement initiatives have and will continue to come to fruition by means of in-house development, collaboration with a growing number of partners and making space available to area organizations to produce programs consistent with our values.

We offer avenues of spiritual exploration and personal growth through such things as:

- Virtual Noonday Prayers
- Monday Night Bible Study
- Centering Prayer
- Advent & Lenten Programming

We promote health & well being through:

- Chair Yoga
- Professional Counseling Services
- Workshops on nutrition and communication
- Support & collaboration with the Recovery Community

We promote community and social justice through:

- Senior Luncheons
- Community Crafters/Community Threads
- Brave Space Book Club
- Collaborative programming with Kutztown University's Women's Center, Oasis Youth Group, and Friend, Inc.
- Support of community organizations such as KOFEE
- Family Game Nights



## WHERE DO WE GO FROM HERE?

When I was a young man back in the late 1960's, it seemed that the world was going to hell in a handbasket. Three of our most promising leaders were assassinated: JFK, RFK & Martin Luther King. There were huge demonstrations against the Vietnam War. The National Guard was called out to some Universities killing a Demonstrator at Kent State. Inner cities were irate and rioting over the assassination of Martin Luther King. In my own family things were very strained



between me & my dad over the war. Communities were being torn apart. Some lifelong friends were no longer speaking to one another. Does any of this sound familiar to you now?

When the things that we take for granted in our lives begin to dissolve in front of our eyes we only then recognize how important they were along with the foundations that held them in place. I remember grasping at the little things for solace. When community and friends could be split over their views on the war, our congregation at Church was a refuge. What is a congregation if not a community of people who care about one another? Our Methodist Church back then had an “everyone welcome” attitude. People were welcomed with open arms regardless of race or creed or gender. Our own Reverend Jones was against the Vietnam War and didn't shy away from making his views known. But he treated those who didn't agree with respect and warmth. Reverend Jones understood that by teaching about the life and teachings of Jesus, he was providing a moral compass to strive for in your own life. He was a role model for me, albeit one I couldn't live up to.

As a member of St. Barnabas Episcopal Church since 1987, I very much enjoyed that community until it's closing during the pandemic. I watched the decline in attendance. Over the years as members moved away or died, they weren't being replaced by younger people. Obviously, our church, our outreach and marketing needed to change. People still have spiritual needs after leaving a church or if they are not churchgoers to begin with. We need some kind of new approach to reach them. The St. Barnabas Center is an attempt to do just that.

How are we implementing our mission in this small corner of the world? What have we done right? What have we done wrong? Where do we go from here?

With the unflagging support of the Episcopal Diocese of Bethlehem, we have been able to make a great start, a grand experiment if you will, on a different approach to “church”, a place where people can gather, learn, grow, explore and feel that sense of community that the world is so badly in need of today.

The St. Barnabas Center continues to attempt to forge partnerships and build bridges within our community and out in the larger world. Our Episcopal Diocese has been remarkably supportive of our efforts, but it is important that we achieve sustainability and self-sufficiency in the coming years. Through creative programming, outreach, open hearts and minds, and a conviction that together we can do better, be better, and offer another vision of what community can look like.



## ***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](mailto:stbarnabas@hometownnu.com) listing your area of interest & your contact info. We would love to have you become part of our team!

## **Safe Church & Elder Abuse Training Sessions: Saturday, September 20<sup>th</sup>**



If you are a current volunteer or plan on joining our ranks, please consider signing up for this one-day training session. The morning session fulfills Diocesan requirements for anyone working with children in

our facility. The second session should be of great interest to anyone working or dealing with issues surrounding elder care.

Our first class is officially booked—and it's a **double session!**

- **Morning (10:00 AM – 12:30 PM):** Safe Church Requirements
- **Afternoon (12:30 PM – 2:00 PM):** Elder Abuse & Exploitation

Both classes together will take about 4 hours, including breaks. You're welcome to attend one or both—it's completely up to you!

Spots are limited, so **sign up soon** and bring a friend!

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