



THE SAINT BARNABAS CENTER

newsletter # 27
December 2025

Greetings to all the friends of St. Barnabas Center:

You should be receiving this newsletter just prior to the Thanksgiving Holiday. On behalf of all of us at The Saint Barnabas Center, we'd like to wish you and your family a Happy Thanksgiving and Happy Holidays.

The holiday season is a joyous time of year, which can bring out the best in many people. It is a time when you think about giving to others. The holiday season between Thanksgiving and Christmas is more than just about buying presents, attending Christmas parties, and putting up your Christmas decorations. It is a holy time. It is also a time when many focus on the true meaning of Christmas and why there is a Christmas season in the first place. For those so inclined, please consider attending one of our four Advent services at the Center. Details in this issue.

Our building upgrades continue. After a year of hard work, our beautiful stain glass windows have been saved. They will not be falling out of their frames anytime soon. Check out the remarks of the person who did the work in this issue. Needless to say, repairs and upkeep like these are very expensive. The list of things that still need to be done is long. We want to make the Saint Barnabas Center as sound and comfortable as it can possibly be. A place where people look forward to coming. Won't you help us do that? We are always in need of people to help with projects. We are always thankful for donations to fund the enhancement of our facility. No donation is too small. Needless to say, no donation is too large. All donations are tax deductible. We will deposit them at once so that you will receive your tax deduction credited in the current year. If you are so inclined, send your gift payable to:

Saint Barnabas Center
PO Box 236
Kutztown, PA. 19530

What a whirlwind month we are having in November. We have already had a concert fundraiser to benefit Friend Inc. We have initiated our monthly Episcopal Sunday Service, which we intend to grow to be a weekly service. We had our first Acoustic Folk Jam. We just finished our first Potluck Friendsgiving. We hosted a luncheon for a longtime Kutztown resident who just received his U.S. Citizenship. In addition, we had a Young Artists Holiday Makers Market. Our November Senior Luncheon was the largest ever attended. Our superb intern has begun a very interesting Psalm Writing Workshop. All this in addition to our regular activities.

We intend to keep moving forward with more & more events. We are hosting a new Alcoholics Anonymous meeting on Tuesdays & Thursdays at noon to 1:00pm. They will even meet on Thanksgiving Day.

Check out all our Advent plans and activities in this issue. Our four Advent services are on Nov.30th, Dec. 7th, 14th and 21st at 1:30pm, followed by a family friendly service project and fellowship time.

Hope to see you all at one of our activities this Holiday Season.



Events This Month:

Advent Program at the St. Barnabas Center

THE PATH TO CHRISTMAS
An Ecumenical Advent Journey

hope **peace** **joy** **love**

SUNDAY NOVEMBER 30 TH 1:30 P.M.	SUNDAY DECEMBER 7 TH 1:30 P.M.	SUNDAY DECEMBER 14 TH 1:30 P.M.	SUNDAY DECEMBER 21 ST 1:30 P.M.
<i>Afternoon Prayer Worship Service</i>	<i>Ecumenical Catholic Communion Worship Service</i>	<i>Afternoon Prayer Worship Service</i>	<i>Episcopal Church Eucharistic Service</i>
<i>Christmas Ornament Making</i>	<i>Writing Personal Holiday Greetings to Gift Box Recipients</i>	<i>Assembling the Gift Boxes & Greening the Church</i>	<i>Wrapping Gift Boxes & Caroling w/ Brass Band</i>

The Path to Christmas: Sunday, Nov. 30th, Dec. 7th, Dec. 14th, & Dec. 21st, 1:30pm

As we enter December, we recognize that the season of gratitude, good will and sharing is upon us! Last year as part of a special Advent Program, the St. Barnabas Center partnered with OASIS, the Kutztown After School Program for High School and Middle School Children to make Holiday gift boxes for the residents of a senior living community in the Kutztown Area.

The students and volunteers who worked on this project had a wonderful time baking, crafting and assembling the boxes. And the recipients were very pleased to receive the treats and handmade items that were found in each of the boxes.

We are pleased to announce that we will again be conducting the Advent Gift Box program and have identified the residents of another senior living community in Kutztown to be this year's recipients of the gift boxes. We learned from our experience last year that we needed to start earlier and work hard at recruiting your help to make the program as good if not better than our first year.

The program is designed in such a way that we will be collecting donations over the next four weeks. And we will include a list of items that are much needed at the end of this article.

While the collection phase is on, we are also asking volunteers who knit or crochet to assist in making hats, scarves, or prayer cloths. We have the yarn and patterns, but we need some folks who are handy with needles to help us make warm winter items to be included in the boxes. Crafters can contact the Center and pick up free yarn whenever the Center is open or when the Community Crafters group meets on Thursdays 2-4pm.

We will also need some assistance with baking, assembling and wrapping boxes, writing cards for the residents, and so on. If you'd like to be a part of this team, please send your contact information to the St. Barnabas Center and we will contact you about the date and time for an organizational meeting.



Donations Needed for Holiday Gift Boxes for Area Seniors

The St. Barnabas Center is very pleased to conduct a *Holiday gift Box program* for residents of one of our Senior Living Communities again this year. The program was a great success last year! And we are hoping that with your help and the help of the students who participate in the OASIS after school program, we can make this year's program an even better expression of this community's generosity and care for our neighbors. *We need your DONATIONS, and if you are able a little of your TIME!*

Below is a list of much needed donations:

Shoe Boxes and Holiday Wrapping Paper - We need about 75 more boxes than we currently have, so any contributions are most welcome! We are also in need of wrapping paper so we can provide the holiday finishing touch after boxes are filled with goodies. Consider picking up an extra roll when you shop and drop it off at the Center!

The Gift of Warm and Snuggly Items - Hats, Scarves, Socks, soft Slippers with no slip strips, shawls, mittens, etc.

Festive Holiday Items - napkins, placements, hand towels, handmade wash cloths,, hot pads, mugs

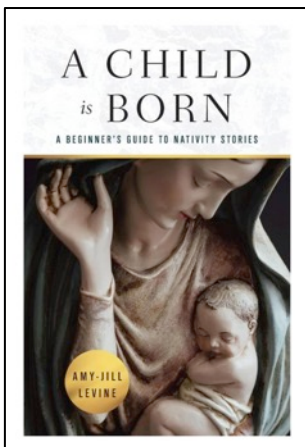
Small Games and Reading Material - Crosswords, Sudokus, magazines, Small Puzzles, Large Print books

Non perishable Food Items - Individual serving sized packages of coffee, decaf, teas, hot chocolate and cider; small packages of cookies, crackers, oatmeal, low sugar fruit cups, low salt snacks, holiday candies

Donation drop off times are from 10am - 12noon on Mondays, Tuesdays, and Thursdays; and on Wednesdays 11-1. We are willing to meet you at the Center if these times do not suit your schedule or pick up your donations if that is preferred, simply call us at 484-648-2814 to make arrangements.

*If you are interested in helping us bake, assemble boxes or do some crafting please see **The Path to Christmas** article in the December Newsletter for more information.*

Exploring Advent Bible Study Class: Beginning December 1 – 7:00pm



Join a four week Advent study exploring how the ancient birth stories of Isaac, Ishmael, Moses, and Samuel connect to and foreshadow Jesus's Nativity, using the book by Professor Amy-Jill Levine: *A Child is Born: A Beginner's Guide to Nativity Stories*.

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 to register. Amy-Jill Levine is professor of New Testament Studies. She is also Jewish, so she provides fascinating insight into Scriptures.

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

Psalm Writing Workshop December 2nd – 6:00pm



We invite you to attend a new and very unique program at the St. Barnabas Center! On November 13th we held our first ever Psalm writing workshop. It comes from an exercise that our Spiritual Director, Earlane Klingler introduced us to in our September newsletter. At the first workshop we walked through the direction given and tried our hand at writing some first drafts. On December 2nd, we intend to embrace Advent's season of hope and continue to craft psalms that will express our thoughts, intentions and musings about our own relationships with our God and Higher Power. We will all spend some time writing together, and during the later part of the program we will have an opportunity to share

what we have created through spoken word or song.

No experience necessary! An open mind and a willing heart are all that are needed to participate in this program. We look forward seeing all who wish to join in!

If coming in person please enter through the rear door.

Senior Luncheon: Friday, December 5th – 11:00am-1:00pm



Our ladies at St. Barnabas our once again ready to prove that they are the best. These dedicated volunteers specialize in cooking memorable meals on the first Friday of every month. This December is no exception. Come out on Friday, December 5th between 11:00am-1:00pm for a great meal and meet some new friends. Our theme will be *Nutcracker Sweet*. Our menu this month will feature Sauerbraten, mashed potatoes, roasted fall vegetables, Jewel Salad, dinner rolls and an assortment of homemade cookies. As always the luncheon is free. So is the friendship and camaraderie that occurs at these events. We'll see you there.

(Please note that our January luncheon will be held on the second Friday,

January 9th instead of the 1st Friday to avoid conflict with people's New Years plans.)

Holiday Plant and Décor Sale



Thank you to all who participated in the *Holiday Plant and Décor Sale*. We are expecting the delivery of seasonal bliss on Monday, December 8th. Available pickup times will be posted in the center and on Facebook. If you have any questions, please contact Leah Cassellia at casselli@kutztown.edu.

By March we will be ready to "Think Spring!". Our next sale will be spring flowers in both flats and gorgeous baskets. Look for announcements about ordering in the month of March, and expect that delivery will be in late April. Thank you for supporting the Saint

Barnabas Center of Kutztown!

*Leah M. Cassellia | Senior Director, McFarland Student Union and Student Involvement
Kutztown University of Pennsylvania*

Accoustic Folk Music Jam! Monday, December 15th – 7:00-9:00pm



If you play an acoustic instrument or just enjoy tapping your feet along to the music, this new event is right up your alley. Join us again in December for an acoustic music jam. Our first jam session in November was so much fun that we're holding another one this month and hope to make it a regular monthly offering. Bring an instrument if you have one or just bring yourself and a friend or two to enjoy the jam session and make a few new acquaintances! No registration required. Refreshments will be available for a modest purchase price.

Here We Come A-Caroling! : Sunday, December 21st – 4:00pm



Our final Sunday program during the Advent series will feature an extra-special holiday treat—caroling on Main St. with brass accompaniment! Following our service and fellowship time, we'll be gathering at the Center to stroll along Main Street, caroling along with a group of talented brass musicians! We anticipate beginning around 4:00 pm. Anyone who loves to sing Christmas carols and wants to spread some holiday cheer is welcome to join us. If the weather is inclement, we will carol inside the beautiful St. Barnabas sanctuary.

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



PLEASE Note: There **will** be a class Wednesday of Thanksgiving Week. December - *no classes December 24 & 31*
January - *no classes January 21 or 28*

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 Meets Every Thursday – 2 pm



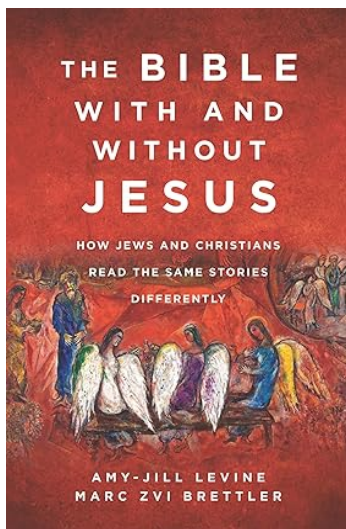
There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

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 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

The Bible With and Without Jesus: Two-Part Book Study Class Part 2 – January 12-February 9, 2026 – 7:00 pm



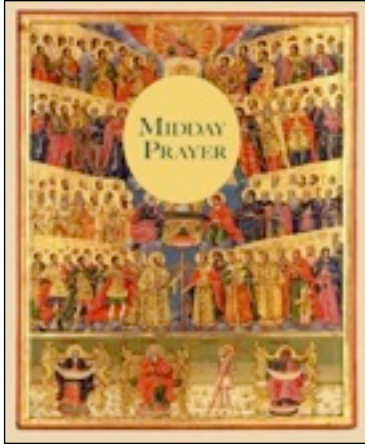
In their book, Amy-Jill Levine and Marc Zvi Brettler explore some of the Hebrew Bible passages that figure most prominently in the New Testament, discussing the original context of these passages, as well as how Jews and Christians have understood them throughout history.

Please order ***The Bible With and Without Jesus*** from your favorite bookstore. ****Choose the 494-page version, NOT the shorter one.****

Amy-Jill Levine is Professor of New Testament and Jewish Studies. Marc Zvi Brettler is Professor of Jewish Studies. These two top Bible scholars also strive to foster mutual understanding and respect between Jews and Christians. All classes will be held via zoom. **Take one part or both.** There is no charge, but to receive the zoom link, for security reasons you must **preregister**. Send a note to

laura@stmargaretsemmaus.org to register. *Sponsored by St. Margaret's Episcopal Church and the St. Barnabas Center.*

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.

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

Spiritual Practice - Gratitude

Adapted from *Spiritual Disciplines Handbook* by Adele Calhoun

"Be joyful always; pray continually, and give thanks in all circumstances, for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18

The exercise intends to help you become aware, in each moment of the day, of all of God's blessings and to express thanks.

Start each morning with a prayer asking God to help you to keep awake to the abundances God has put in your life.

Notice places where God shows up for you during the day. The simple gifts of a bed to sleep in, food, etc., and in the more complex issues like hardships, controversies, etc.

Reflect on how God has interacted with you in these moments and talk to God about it.

As you begin to notice a tendency to see gratitude in all things, notice where you are open to sharing that gratitude with family and friends. See how your gratitude brings about gratitude in others.

There are many ways for those who wish to creatively express gratitude through crafts, scrapbooks, pictures, and writing prayers of thanksgiving, to name a few.

Check out the YouTube video "Gratitude: A Love Song to the World" by Empty Hands Music.

<https://www.youtube.com/watch?v=sO2o98Zpzg8>

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.

Other Community Events & Outreach:

Mt. Zion Lutheran Church



Christmas Cantata: December 7th – 2:00pm.

A Weary World Rejoices by Joseph H. Martin

Christmas Eve Service at 7:15pm

Trinity Lutheran Church

**Kutztown Kitchen Community Meal:
Sunday, Dec. 28th – 4:30pm**

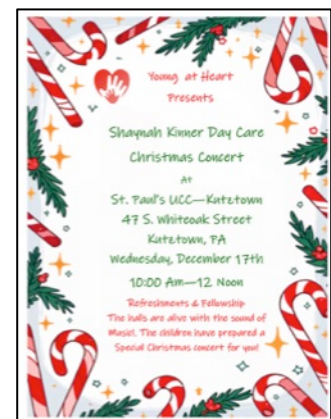
All are welcome at this community meal. For takeout or questions call, text or email 484-239-5314, aepriester@gmail.com (Leave your name, phone number, and number of meals requested)



St. Paul's UCC Church

**Young at Heart: Wednesday,
December 17th – 10:00am-12:00pm**

Shaynah Kinner Day Care Christmas Concert! The halls are alive with the sound of music! The children have prepared a special Christmas concert for you! Refreshments and fellowship will follow the performance.





Kutztown Historical Society The Churches of Kutztown Open House:

Sunday, January 4th, 2026 – 1:00pm-5:00pm

Come take the Society's Walking Tour and be greeted at Kutztown's Historical Churches.

The Kutztown Area Historical Society presents:

The Churches of Kutztown Open House Event

January 4, 2026
1:00-5:00pm

Community members are encouraged to visit as many participating churches as they would like between 1-5pm to see the church buildings, learn more about their history, and enjoy the Christmas decorations. In addition to the church tour, please stop by The Kutztown Area Historical Society to tour the museum, see the trains running, and enjoy a holiday snack.

- Mt. Zion Evangelical Lutheran Church - 1343 Long Lane Rd.
- St. Barnabas Center of Kutztown - 234 E. Main St.
- St. John's Lutheran Church - 201 E. Main St.
- Cornerstone Community Church - 125 Koffee Lane
- Trinity Lutheran Church - 357 W. Main St.
- Grace Church - 421 W. Main St.
- St. Mary's Catholic Church - 14833 Kutztown Rd.
- Zion Moselem Lutheran Church - 340 Moselem Church Rd.

Be advised - Availability is under the discretion of each church and subject to cancellation.
Contact KAHHS Program Coordinator Stephanie Derstine with questions: 610-533-4987
Kutztown Area Historical Society - 212 S. Whiteoak St. Kutztown, PA 19530

Last year the Kutztown Historical Society offered an event, "The Churches of Kutztown Open House." Due to a very successful day, St. Barnabas Center is pleased to participate in this event again. The event is a self-guided tour for our community to learn about the historic background and see beautiful holiday decorations of the Kutztown churches.

You'll have the opportunity to tour these beautiful churches:

- Mt. Zion Evangelical Lutheran Church
- St. John's Lutheran Church
- Cornerstone Community Church
- Trinity Lutheran Church
- Grace Church
- St. Mary's Catholic Church
- Zion Moselem Lutheran Church
- And of course The St. Barnabas Center!

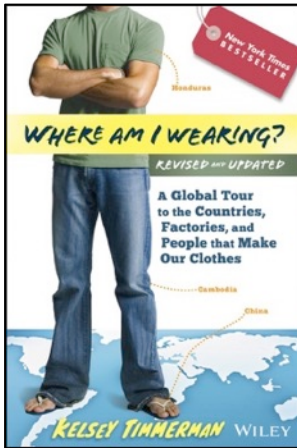
Non-Violent Communication Workshops Jan. 7th, 14th, 21st, 28th, & Feb. 4th

Wednesday Evenings from 6:30 – 8:00pm



Coming soon, a weekly class for all ages on conflict resolution based on nonviolent communication philosophy and practice. There will be 5 meetings during consecutive weeks starting in January 2026. Each class will take us through the steps of nonviolent communication, including opportunities to practice newly learned skills for each step in the process

Brave Space Book Club to resume in 2026!



Rev. Dr. Deborah Appler will facilitate our next edition of the Brave Space Book Club on the New York Times Best Seller: *“Where am I Wearing?: A Global Tour to the Countries, Factories, and People That Make Our Clothes (Revised and Updated Edition) by Kelsey Timmerman.* Join us for this journey of the intersection of faith, human rights, and sustainability.

Further details to be announced.

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: 484-648-2814

Self-Discovery

Micah Sadigh, PhD, professor of Psychology at Cedar Crest College will be leading monthly sessions on a variety of topics to nurture the spirit beginning in 2026. Micah’s advice to each of us: “Discover yourself! Self-discovery is one of the most important aspects of higher education [our spirits are a higher education], which leads to a better understanding of one’s innate gifts and potentialities. Without self-knowledge, external circumstances, which are always in flux, determine one’s destiny in life. With self-knowledge, you create your future!”

Further details to be announced.

The Beauty of Stained Glass

By Mike Shaw



At the right time of day, the light through the windows casts a rainbow of color that illuminates the sanctuary at the St. Barnabas Center. Viewing their craftsmanship is inspirational. Years of weathering, rot and neglect were slowly destroying them. The thought of allowing them to deteriorate to the point of no return was inconceivable. These stained glass works of art are treasures. They were built by skilled craftsmen during the 1920s of high-quality pot metal glass, known for its clarity and color. They were built with the finest materials available. Allowed to deteriorate to the point of instability would

require them to be replaced. We often tend to throw old things away. That would have been a tragic loss and a huge expense for the community center.

Thankfully, these windows had not reached a total loss tipping point. A significant amount of wood framing had to be replaced. Fortunately, the original frames were fabricated of old solid tight-grained wood, rare in today’s world. They were able to be saved. The Episcopal Diocese of Bethlehem made this possible. It was a joyful experience to restore these windows and preserve them for those who will be able to enjoy them for years to come. A most grateful thank you to the Diocese for choosing to preserve them.

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.

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.
