



THE SAINT BARNABAS CENTER

NEWSLETTER # 28
JANUARY 2026

Greetings to all the friends of St. Barnabas Center:

I'm writing this in the week between Christmas and New Years. I've always considered this week a veritable no-mans land between old business-as-usual and new business-as-usual. It is a week when we look back on the previous year and take stock of what we have done. It is also a week in which we look forward to the challenges of a new year before us with resolution. It is a week when we ponder our mistakes of the past and pursue solutions for the future. So, we take stock of the Saint Barnabas Center.

In this issue you will find a collection of photos titled *2025: The Year at St. Barnabas*. It represents a small sampling of things we are proud to have accomplished—things that have helped to fulfill our mission and point us in the right direction. You will also find a short essay by yours truly titled “*Where Do We Go from Here*”. It lists steps in our operations and organization that we believe will produce better results.

Onward and upward: On Jan 4th we will participate in the tour of Kutztown Churches organized by the Kutztown Area Historical Society. We will be on hand to greet those who come through our doors and give them a short tour. Check out details in this issue.

Our Senior Luncheon is switched to the 2nd Friday this month only (JAN. 9TH) because of the New Years Holiday weekend. The great ladies of St. Barnabas have some delicious surprises in store for you. Don't miss it'

Beginning Jan 7th we will be featuring a 5-week community workshop on Wednesdays from 6:30 - 8:00 pm on Non-Violent Communications—details in this issue.

If you play an acoustic instrument or just enjoy listening, then our monthly Folk Music Jam is for you. Come on out and join us on January 19th for a good time.

KOFEE is back this month. They keep an eye on your school board to see what shenanigans the politicians are up to. They keep you informed so you can make wise decisions at the polls. They will meet at St. Barnabas on Jan. 26.

We welcome AA to the St. Barnabas Family. They meet every Tuesday and Thursday from 12 noon to 1p.m—rain or shine. Please enter through rear door.

Last, but not least, I would like to say a big thank you for all those who made the Christmas season at St. Barnabas an uplifting experience. We salute those who ran the Advent services, those who cleaned up and organized the building and those who packed and wrapped many gift boxes for local senior facility residents.



Events This Month:

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.

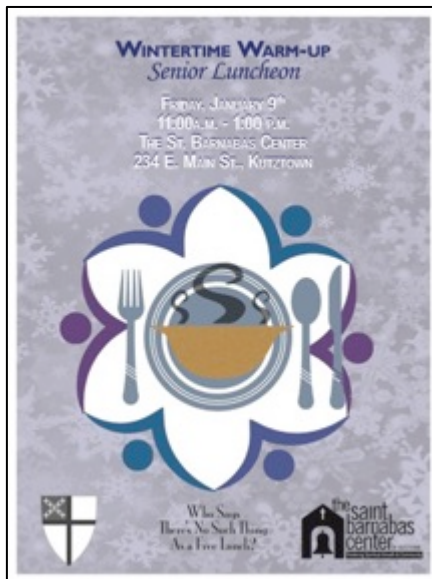


Last year the Kutztown Historical Society offered an event, “The Churches of Kutztown Open House.” Due to a very successful day, St. Barnabas Center is pleased to participate in this event again. The event is a self-guided tour for our community to learn about the historic background and see beautiful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

Senior Luncheon: Friday, January 9th – 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 January is no exception. Come out on Friday, January 9th between 11:00am-1:00pm for a great meal and meet some new friends. Our theme will be a *Wintertime Warm-up*. Our menu this month will feature food that is guaranteed to banish the winter chill! 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.)

Non-Violent Communication Workshops Jan. 7th, 14th, 21st, 28th, & Feb. 4th Wednesday Evenings from 6:30 – 8:00pm



A weekly class for all ages on conflict resolution based on nonviolent communication philosophy and practice.

We are inviting you to learn the basics of nonviolent communication over 5 weeks at St. Barnabas Community Center! We will go over the basic formula for NVC and practice new activities and skills for communicating with honesty and compassion. This communication style is excellent for utilizing with friends and loved ones but also people we have trouble connecting with and understanding. It can be used to deepen relationships and also to bridge gaps. Utilizing our skills identifying needs, we allow ourselves to grow with each other and find practical and loving ways to be accountable and have richer

connections. Register by the 5th of January --Open to all ages but need to be able to read and write.

When: Wednesdays from 6:30-8pm starting 1/7/25-2/4/25

Where: St Barnabas Community Center

Cost: \$15 per session or \$60 for all 5 sessions

To register: email <mailto:doreentobin@gmail.com> or feel free to walk in!

St. Barnabas Noontime Service January 18th, 12:00 pm



On Sunday, January 18th at 12:00 pm we will offer our continuing monthly service. Service will be held on the 3rd Sunday of each month. On those Sundays when we cannot secure visiting clergy, we will have Noontime Prayer. Our goal is to develop an ongoing weekly service.

Acoustic Folk Music Jam! Monday, January 19th – 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.

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



PLEASE Note: 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!

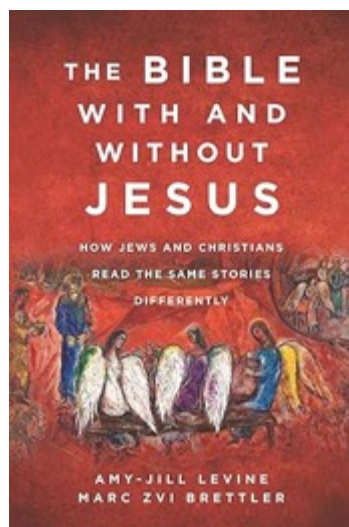
Our crafting group had received a notice that there is an urgent need for chemo caps in the Lehigh Valley. Our talented knitters and crocheters came through and provided a huge bag full of beautifully crafted caps, scarves and prayer squares!

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 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

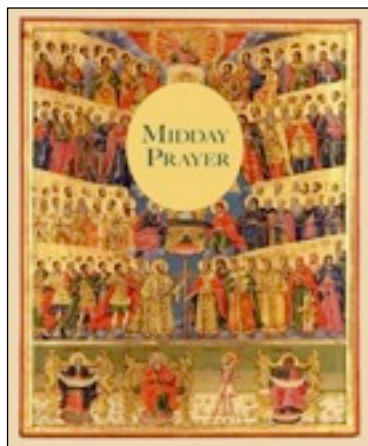
Part 2 – January 12-February 9, 2026 – 7:00 pm



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

KOFEE: Monday, January 26th – 7:00pm



KOFEE is an organization that supports educational excellence. With School Boards running amok across the country, it is essential for citizens to keep informed about what their school board is doing.

We will have our KOFEE in-person meeting on Monday January 26th at 7:00 pm in St. Barnabas Center. Please park and enter around the back.

Exploring Our Spirits: Second Thursday Each Month, February- August – 7:00pm 2/12, 3/12, 4/9, 5/14, 6/11, 7/7, & 8/13 via Zoom



Photo by Greg Rakozy on Unsplash

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!"

Contact the Center at stbarnabascenter@hometownnu.com to register and receive a zoom link for each session.

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:

Trinity Lutheran Church



Kutztown Kitchen Community Meal:

Sunday, Jan. 25th – 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

Rejoicing Spirits: Sunday, January 4th – 3:00pm

This innovative ministry works with congregations to provide a meaningful, inclusive worship service in a loving and supportive community for people with intellectual disabilities and the people who love and support them. People are free to be themselves while actively participating as contributing members in an inclusive faith community.

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-Centering Prayer

Adapted from *Centering Prayer and Inner Awakening* by Cynthia Bourgeault
Silence is God’s first language, everything else is a poor translation
– Thomas Keating

Meditation is an ancient spiritual practice that can be done in many different ways. In the end, all methods lead to the same center. The practice that I am focusing on in this writing is called Centering Prayer. Thomas Keating refers to centering prayer as taking a brief vacation from yourself.

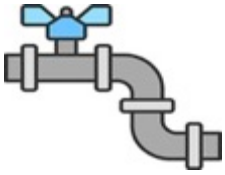
The steps for centering prayer are very simple.

- ❖ Find a time, about 20 minutes when you can sit without distraction. I note if you find time an obstacle, start with any amount of time, 1-5 minutes, and build from there. Do not put pressure on yourself to beat the clock, do what feels natural for you.
- ❖ Sit in a comfortable place in a comfortable position. This can be a chair, the floor, or any place you are comfortable.
- ❖ Ask the Spirit to help you open your heart to the unknown.
- ❖ Pick a sacred word as your focus point.
- ❖ Sit in silence for 20 minutes.
- ❖ Clear any thoughts that come into your head by returning to your sacred word. The point is not to become attached to a word, phrase, your to-do list, or grocery list. This is because thinking pulls you to your surfacy self while gently returning to your sacred word will pull you back into the silence.
- ❖ When you are finished, get up and go on with your life.

While the steps are simple, many people find this way of meditating extremely frustrating. I offer you a helpful hint; do not worry about your wandering mind, that is normal. Simply return to your sacred word.

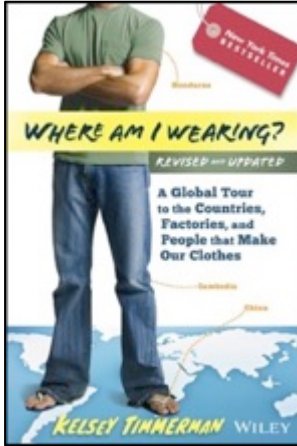
I will close with a quote from Bourgeault in her book *Centering Prayer and Inner Awakening*, “What goes on in those silent depths during the time of Centering Prayer is no one’s business, not even your own; it is between your innermost being and God.”

Submitted by Earlane Klingler, Spiritual Director



IN THE PIPELINE:

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

Where Does St. Barnabas Go from Here?

When you start a new organization, there are always unforeseen miss-cues and bumps along the way. Rather than regard them as annoyances, it is better to see them as learning experiences. A certain amount of chaos, disorganization, and traveling down blind alleys will occur.

We at St. Barnabas have certainly had our share of miss-cues and chaos. New organizations don't come with a guidebook. First, we have to recognize what things are problems so we can proceed to fix them. That sounds a lot simpler than it really is.

Of course, the easiest problems to recognize are the physical ones: The basement was flooding because the sump pump died. Oil burner parts were underwater and thus needed to be replaced. The oil tank was leaking and had to be replaced. Our stained glass windows were approaching the point of no return and were not secure in their frames. Our roof was leaking in the fellowship room and needed to be replaced. Our ceiling lacked insulation and heat was escaping. The doors in the Bridal room were non-functional.

All of these physical problems have been addressed in the past three years. I need to emphasize this though: Many more challenges remain. Our ability to address these problems depends on our ability to raise the money to fix them. Our goal is to make this a center that is welcoming to all members of the community and offers flexibility in space utilization to support a wide variety of programs.

The organizational challenges are different animals altogether. It takes time to identify them and then create systems that everyone understands. I'm sure that many of you have worked in jobs where you thought that things needed to be done differently or that the individuals in charge didn't seem to be knowledgeable about what needs to happen.

I am pleased to report that our Board has been working diligently to uncover and address the organizational challenges it has encountered. They have created positions and defined the responsibilities of those occupying those positions.

They have also created working committees with a board member serving as the chair. These committees are in the process of building the long-term organizational infrastructure for the Center as well as producing programs and service opportunities for members of our community. This bodes well for steadily improving the functionality of the Center and ensuring its community impact and success.

Some of these committees include:

- Administrative Oversight
- Marketing/Communications
- Fundraising
- Facilities and Grounds
- Finance
- Program Development.

If you have interest and/or some expertise in any of these fields your input and volunteerism would be welcomed with open arms. Join us in creating a Center that our community will love.

Next month I will be discussing our Center events. Some are very popular, others not so much. Here again, we would like your input. We want every event to be well attended. I'm sure there are some out there with the ability and knowledge to help tailor each event for the best possible outcome.

Talk to you then.

2025: The Year at St. Barnabas



- Game Night
- Plant Bingo
- Caps for Chemo

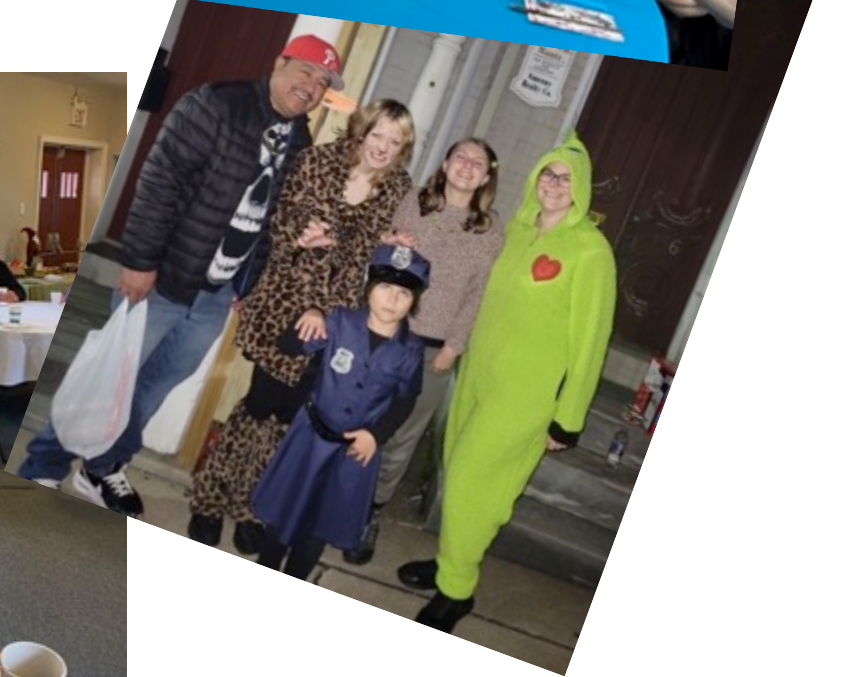


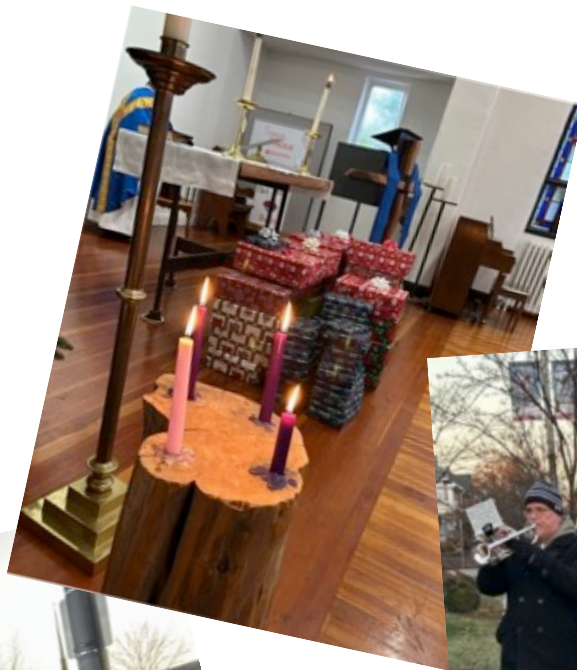
- Dinner on Main
- Chair Yoga
- Period Products Drive
- Citizenship Celebration
- Munch n' Mingle





- Poetry Reading
- Stained Glass Window Restoration
- Senior Luncheons
- Trick or Treat Night
- Advent Service Project





- Sunday Service
- Advent Gift Boxes
- Caroling w/ Brass



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.

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@hometownu.com if you wish to be removed from our mailing list.