



THE SAINT BARNABAS CENTER

NEWSLETTER # 29
February 2026

Greetings to all the friends of St. Barnabas Center:

Welcome all to the frozen tundra of Kutztown, PA. I am writing this after the 2-day dig-out of our Jan. 26 blizzard. We are sore and we are tired as I expect are many of you. One thing that warms me up is the thought of the progress that St. Barnabas Center is poised to make this year.

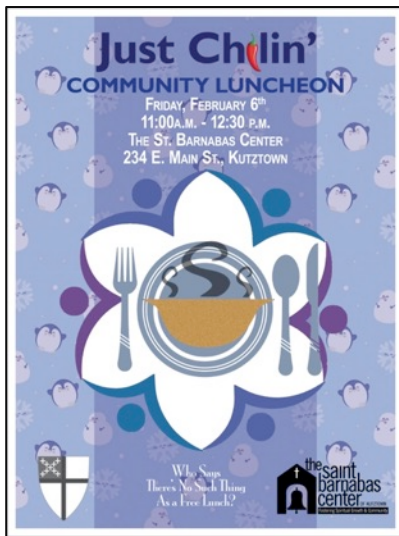
I'd like to bring a few things to your attention so that they are not lost in the pages of this newsletter:

- * Our programming meeting to be held on Feb. 11th. The board will be meeting with interested members of the public to discuss making new programs and improving existing ones. We want your input. Come on out and share your ideas and wishes.
- * Nurturing Your Spirits with Micah: *"Mysteries of Dreams-We Live in Two Worlds"*
- * Rumors of KOFFE's demise have been greatly exaggerated. It is merely under new leadership. Its future is bigger and brighter than ever. It will continue meeting at the St. Barnabas Center.
- * Our **Senior Luncheon** is back to the 1st Friday every month. From here on we are going to call it the *Community Luncheon*. The time changes from 11:00am until 12:30pm. The same sensational ladies of St. Barnabas have more delicious surprises in store for you. Don't miss it. Come out February 6th.
- * The ongoing **Non-Violent Communications Workshop** continues into February. Check details in this issue.
- * Our **Acoustic Folk Music Jam** will be on Feb 16th from 7:00pm until 9:00. Bring your own instrument or just come to watch.
- * Alcoholics Anonymous meets at Saint Barnabas every Tuesday and Thursday from 12:00 noon until 1:00pm. Word should get around about this program because unlike most AA meetings, these occur in the middle of the day. For those who can't make AA meetings in the evening this is an ideal venue.

A Parting Thought: Pray for your country! The events in Minnesota have shaken the country. We live in an era where facts are optional. We are told by our leaders to not trust our lying eyes, but to trust them about these executions. Being quiet about this is akin to ignoring the elephant in the room. Being quiet about this is being complicit in the destruction of our Democracy. It is also immoral. We must tell our Senators and Representatives that we will hold them accountable. Tell them that you've turned on their career dissipation light. "We will not go quietly into that good night. We will rage against the dying of the light". We will fight to save our county and we will pray to God to give us the strength to stay the course.

Events This Month:

Community Luncheon: Friday, February 6th – 11:00am-12:30 pm



Our ladies at St. Barnabas are 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 February is no exception. Come out on Friday, February 6th between 11:00am-12:30 pm for a great meal and meet some new friends. Our theme will be “Just Chili’n”. Our menu this month will feature food that is guaranteed to banish the winter chill-both meat & vegetarian chili, cornbread, salad, and sweetheart cupcakes! 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 we have changed the name from Senior Luncheon. Those of any age are welcome.

Non-Violent Communication Workshops: Wednesday, February 4th, 18th, & 25th, 6:30 – 8:00 pm



A weekly class for all ages on conflict resolution based on nonviolent communication philosophy and practice continues into February. Need not have attended the first session to join in the continuing workshop.

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. Open to all ages but need to be able to read and write.

When: Wednesdays from 6:30-8pm starting 2/4/26-2/25/26

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!

Community Program Meet-Up February 11th – 6:00pm

If you care about the programming at the St. Barnabas Center, this is the meeting for you. Come out and meet the director’s and help us brainstorm our way to a better St. Barnabas Center as we try to improve the programs that we have and implement desired ones that we don’t have.

If you want to do any of the following, we want you at this meeting:

- Want a new program
- Run or co-run a new program
- Improve an existing Program

Personally, I want a Chess Club. Anyone with me for that? See you then.

St. Barnabas Noontime Service February 15th – 12:00 pm



On Sunday, February 15th at 12:00 pm we will offer our continuing monthly service. The Rev. Harry Heffelfinger, of Nativity Lutheran Church, Allentown, will be serving as our guest celebrant. People of all denominations and faiths are welcome to join us as we worship together as a community.

Service is held on the 3rd Sunday of each month. On those Sundays when we cannot secure visiting clergy, we will have Noonday Prayer. Our goal is to develop an ongoing weekly service.

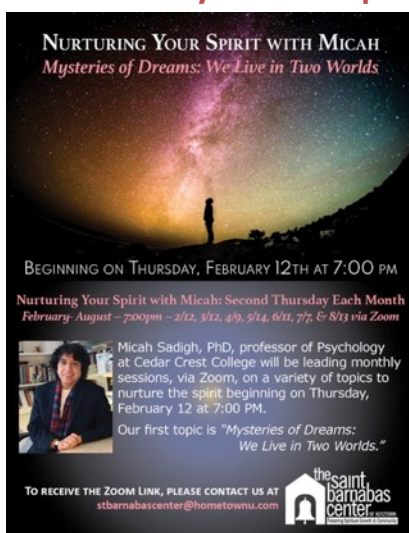
Acoustic Folk Music Jam! Monday, February 16th – 7:00-9:00 pm



If you play an acoustic instrument or just enjoy tapping your feet along to the music, this event is right up your alley. Join us again in February for an acoustic music jam. Our first jam session in November was so much fun that we're making 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.

Nurturing Your Spirits with Micah- *Mysteries of Dreams: We Live in Two Worlds* February 12– 7:00 pm (Subsequent Sessions: 3/12, 4/9, 5/14, 6/11, 7/7, & 8/13)



Micah Sadigh, PhD, professor of Psychology at Cedar Crest College will be leading monthly sessions via zoom on a variety of topics to nurture the spirit.

Our first topic is *Mysteries of Dreams: We Live in Two Worlds*.

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!"

The 2nd session will be Thursday, March 12th at 7:00pm Contact the Center at stbarnabascenter@hometownu.com to

register and receive a zoom link for each session.

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



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



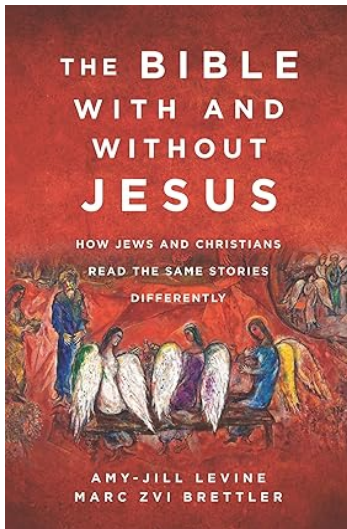
There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

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

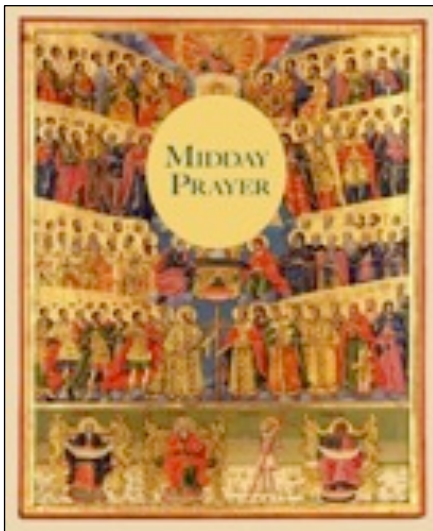


In their book, Amy-Jill Levine and Marc Zvi Brettler explore some of the Hebrew Bible passages that figure most prominently in the New Testament, discussing the original context of these passages, as well as how Jews and Christians have understood them throughout history. Please order *The Bible With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

It's not too late to catch the final two classes! 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. *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.

KOFEE: Monday, February 23rd – 7:00 pm



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.

Rumors of KOFEE's demise have been greatly exaggerated. It is merely under new leadership. We want to thank Robyn Underwood for her years of running the organization and welcome Eric Johnson to the post.

If the new leadership changes the date and time of the meeting, we will send out a notice.

We will have our KOFEE in-person meeting on Monday February 23, at 7:00 pm in St. Barnabas Center. Please Park and enter around the back.

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 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 klinger@moravian.edu.

Spiritual Practice-What is Your Heart's Desire

Adapted from 50 Ways to Pray by Teresa A. Blythe

"The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!" The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, "What are you looking for?"

John 1:35-38

This practice intends to allow your heart's desire to come forth through meditation and conversation with Jesus.

- Begin by praying for the spirit to come into your heart
- Read John 1:35-38
- Sit in silence for 2-3 minutes
- Read again and sit in silence
- Spend 10-20 minutes in silence answering Jesus's question, "What are you looking for?"

Notice when you felt most at peace and least at peace in the meditation. Why do you think that is? Journal your thoughts.

Repeat this exercise in times of change in your life.

Submitted by Earlane Klingler, Spiritual Director

Other Community Events & Outreach:

Trinity Lutheran Church: Kutztown Kitchen Community Meal:

Sunday, Feb. 22nd – 4:30 pm



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, February 18–10-12:00 pm History of Greeting Cards with Annette Fisher



Join us on Wednesday, Feb. 18th to learn all about the history and creation of greeting cards! Refreshments will be available.

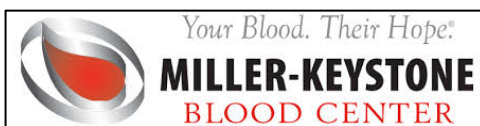
Penny Party Saturday, April 25th -12 noon to 4:00 pm

The event begins at 12 noon till 4:00 PM. Items are passed on a tray marked with a price anywhere from one cent, but no higher than one dollar. If you want the item, you place a ticket in the cup along with the cash. When the item reaches the end of the line the winner is drawn. Items are determined by whatever is donated or new. It could be boxed foods, tissues,

candles, candy, cleaning supplies, books, and gift certificates donated by area businesses and restaurants. You can also participate in a basket raffle and 50/50 chance raffle. Yes, there will be food and all purchased and/or made by Christina, Merry and their families.



Mt. Zion Lutheran Church: Miller-Keystone Blood Drive - Saturday, March 28



**9 AM-2PM at Mt. Zion Lutheran Church,
1343 Long Lane Road, Kutztown.**

Scheduling details will be available soon.

IN THE PIPELINE:

Writer's Workshop-Bi-weekly tentatively beginning Tuesday, 2/24



Our intern, Sarah, is scheduling a writer's workshop beginning at the end of February. This is a great chance to hone your skills and enhance the quality of your writing!



Poetry Reading

Members of Essence Magazine will have a poetry reading at St. Barnabas. Date and Time to be announced.

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.



Perfect for the Important Events and Celebrations in Your Life – Weddings, Anniversaries, Baby Showers, Birthdays, Bridal Showers, Graduation, Vow Renewal – Schedule a Tour!
Visit our Website for More Info and Availability.