

THE SAINT BARNABAS CENTER

newsletter # 31

April 2026

Spring is here!!

Is it me or has March flown by at supersonic speed? Spring is in the air and it couldn't be more welcome. Things are hopping at the St. Barnabas Center. It looks like this will be our busiest spring ever.

Some of our programs are growing nicely at Saint Barnabas including Community Luncheon, Chair Yoga, The Writing Club, Alcoholics Anonymous and The Acoustic Folk Jam. Because of these successes we are encouraged to start some new programs and also reinvent some older programs, adding improvements so they can reach their full potential.

The first one I would like to draw your attention to is Game Night. The new and improved Game Night will debut on April 17th at 6:00 pm. I want to emphasize that there will be games for all ages from 6 to 96. That means that Mom & Dad can bring children and play games that they like and the children will have a good time with plenty of supervision. See this issue for some of the games that will be played. There will be refreshments available at the event.

In April we initiate our speaker program. We have already lined up two events. On April 22 we have *Social Justice: From Awareness to Action* at 6:30pm by Dr. Barbe Fogarty. Dr. Fogarty received a doctorate in social work from Kutztown University in 2020. Come out and hear this exciting talk. The event is free. We do welcome and appreciate your support and there will be jars placed around for freewill offerings.

On Saturday May 16th we have *Lisa Joins a Cult* with Lisa VanArsdale. Lisa is a comedian and podcaster. In this presentation she will explore religious cults around the world. She assures us that "no virgins were sacrificed in the making of this show". These are topics that we know will interest our community. They are free so please come out. A free will offering plate will be available for those who want to encourage more speaking events by making a contribution.

Our Community Luncheon in April has the theme Spring Fete. Please make a note: Because the first Friday in April is Good Friday we have moved the luncheon to the 2nd Friday, which is April 10th. *This change is for April only.* See the sumptuous menu in this issue.

For those who wish to hang around after the luncheon our super intern Sarah Haines will present *Community Fraud Watch* at 12:45pm.

Micah Sadigh is a professor of psychology at Cedar Crest College. He is offering a series of talks titled *Nurturing Your Spirits with Micah*. I attend the Zoom presentation for the first two. They were very good. The third session of our series is on April 9th at 7:00pm and is held via Zoom.



Events This Month:

St. Barnabas Flower Sale Ends Sunday, April 5th



You love our mums! You love our wreaths and poinsettias! Now fall in love with our SPRING FLOWERS! Support the Saint Barnabas Center's Spring Flower Sale! Sales will end on Sunday, April 5th. Contact the Center or any Board member to place your order!

* Gorgeous, overflowing baskets only \$25 each!

* Full flats, only \$20 each!

Deliveries will be in early May, prior to Mother's Day.

Community Luncheon: Friday, April 10th – 11:00am-12:30 pm



Our ladies at the St. Barnabas Center 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 April is no exception. Come out on Friday, April 10th between 11:00am-12:30 pm for a great meal and meet some new friends. Our theme will be "Spring Fete". Our menu this month will feature food that is guaranteed to welcome in the change of seasons: Spiral Sliced Ham, Pasta Primavera, Fresh Garden Salad, Easter Bread and Strawberry Shortcake. Come out to our Community Luncheon. Those of any age are welcome. *(Please note that due to the date on which Good Friday is observed this year, we will be holding our luncheon on the 2nd Friday)*

Special Presentation: *Community Fraud Watch* April 10th at 12:45

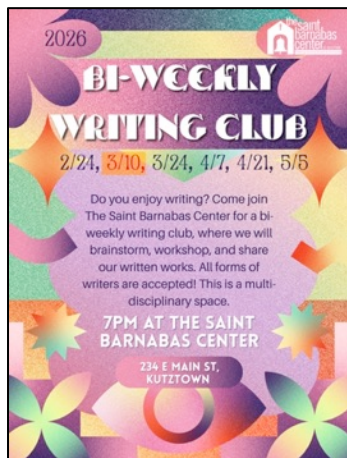


It is important in this new digital area for individuals to stay informed about potential scam and fraud threats. The tech savvy interns at the Saint Barnabas Center are here to help! Join us at 12:45pm, after this upcoming Community Luncheon on April 10th, for a discussion about tips and tricks in avoiding fraud and scams such as:

- Phone and Text Scams
- Gift Card Scams
- Inheritance Scams
- Health Insurance Scams

Note: For those who are attending our Community Luncheon on April 10th which ends at 12:30 consider staying on for another 15 minutes for this timely and informative program.

Writing Club: Meeting Bi-Weekly on Mondays at 7:00pm 4/7, 4/21 & 5/5



Come join The New Writing Club program. These writing sessions will be spent learning the interests of the writers in this community, sharing our work with one another, finding useful exercises and advice for each other, and taking some time to work on our respective writing projects. Writers of all disciplines are welcome to take part and share with the group. I have attended two of these meetings already and I can assure you that they can aid the writing process in each and every one of us. Any criticism is positive in nature. Come share your work. We can learn from you, and you can learn from us. Great chance to talk with other writers who are struggling to make their work better.

Game Night Returns! Friday, April 17th 6:00pm – Games for those 6 to 96!



Spring has sprung! It's that time of year to warm up with your family, friends, and neighbors at the Saint Barnabas Center. Join us on April 17th from 6pm to 8pm for board games, card games, and even games outside if the weather allows! Refreshments will be available for purchase throughout the night.

Parents bring your kids for a fun night out. We'll have board games including some of the old favorites like Monopoly, Parchesi and newer games that your kids will have to teach you. We'll have Cribbage and other card games. We'll have a prize for anyone who can beat Chuck at chess. Kids will be able to play Charades, Musical Chairs and Red Light- Green Light 1,2,3. The event is free so let's have some fun!

St. Barnabas Center Worship Service: Sunday, April 19, 12:00 pm



Everyone is welcome to the St. Barnabas Center for our Sunday worship service followed by fellowship time.

On Sunday, April 19th at 12:00 pm we will offer our continuing monthly service. 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, April 20th, 7:00 pm



If you play an acoustic instrument or just enjoy tapping your feet along to the music, this event is right up your alley. The Acoustic Folk Music Jam happens the 3rd. Monday of every month. Join us again on April 20th for a load of fun. 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! Please enter through the back door of the Center

The Saint Barnabas Center Speaker Series Presents: Dr. Barb Fogarty *Social Justice: From Awareness to Action: Wednesday, April 22, 6:30-8:00 pm*



Free Workshop-Open to All

In this gathering we will discuss the challenges of working for a fairer, more just society.

Topics to be discussed include:

- Charity or Justice?
- The 4 Pillars of Social Justice
- What role can I take?
- Reflecting on next steps for realizing social justice

Dr. Fogarty received a doctorate in social work from Kutztown University in 2020. Her background includes work as a community organizer, experience in the non-profit world, and teaching at local universities.

Nurturing Your Spirits with Micah- Mind/Body/Healing, April 9, 7:00 pm Continuing: 5/14, 6/11, 7/7, & 8/13 via Zoom



Micah Sadigh, PhD, professor of Psychology at Cedar Crest College is 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!"

The 3rd session topic is *Journey of the Soul* and will be held Thursday, April 9 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 – 9:30-10:30am



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 Meets Every Thursday – 2 pm



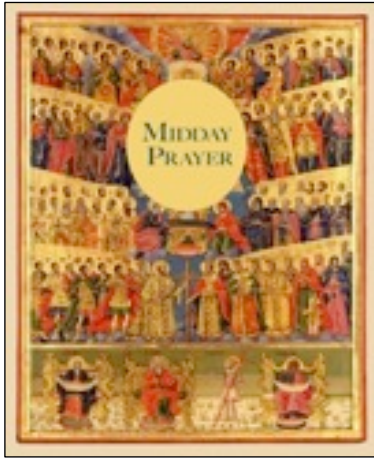
There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

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

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: New Leadership: Eric Johnson



KOFEE is an organization that supports educational excellence. With school boards having 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.

Eric is not scheduling new meetings at the St. Barnabas Center yet. The latest from Eric:

Dear KASD Friends and Neighbors,

I am sharing a podcast from NPR's 1-A show about the recent past and current trends of school boards nationwide. There are some encouraging bits here about how extremist groups such as Moms For Liberty have been losing influence and how far-right candidates have been seeing a backlash over the last few election cycles.

<https://www.npr.org/2026/02/17/nx-s1-5717076/americas-school-boards-in-2026>

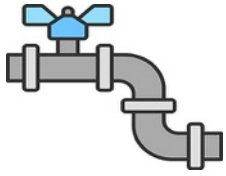
Better Place Therapy Workshops & Seminars:



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.



IN THE PIPELINE:

Coming in May!

Lisa Joins a Cult: Saturday, May 16, 6:30 pm



As part of our new speaker program, the Saint Barnabas Center is proud to present cult enthusiast Lisa VanArsdale for an immersive evening of exploring religious cults. Why they happen and what keeps them going. From creation to revelation and from celibacy to polygamy, Lisa recounts her intimate experiences with culty groups. She uses storytelling, videos and her personal collection of literature and artifacts to illustrate her points.

Doors open early at 6:30pm so that you can explore all of Lisa's culty artifacts on display.

People are saying that her presentation is heartfelt and humorous. "A great job of mixing serious with silly and empathy with spectacle."

Kutztown's Outstanding Citizen Award celebration is making a comeback! St. Barnabas Episcopal Church had run an annual citizen's recognition celebration annually prior to the pandemic. We are going to be renewing this great community event in the near future. If you have suggestions for a citizen who goes above and beyond to help make Kutztown a great place to live, let us know!

Other Community Events & Outreach:

Kutztown Community Partnership & the Kutztown Rotary Club

Art Walk 2026 Spring!



Enjoy a showcase of works while exploring Kutztown! Local artists will be displaying their work at multiple locations in downtown Kutztown for three consecutive evenings, April 16th, 17th, & 18th from 5:00-7:00 pm.

The St. Barnabas Center is pleased and excited to participate in this event by potentially hosting several of our talented, local artists!

St. Paul's UCC Church:

Young at Heart Presents: Wednesday, April 15, 10:00 am



YOUNG AT HEART PRESENTS
Jane Choc, Artist

Join us for her presentation on
Custom Artwork:
House Portraits
Pet Portraits, Decorative Painting,
Folk Art Animals

St. Paul's United Church of Christ—Kutztown
47 S. Whiteoak Street
Kutztown, PA 19530
(610) 683-3343
Wednesday, April 15, 2026
10:00 AM to 12:00 Noon
Refreshments

History in the Making
A Golden Family of our Time

Jane Choc, Artist

Join us for Jane's presentation on custom artwork including house portraits, pet portraits, decorative painting and folk art animals. Refreshments will be served.

**St. Paul's UCC Community Dinner,
Wednesday, April 22, 4:30-6:00 pm**

Enjoy a delicious chicken pot-pie dinner and help raise funds for a local family in need!



Free Will Offering

COMMUNITY DINNER
APRIL 22ND, 2026 4:30 - 6:00 PM

AT
St. Paul's UCC-Kutztown
47 S. Whiteoak Street
Kutztown, PA
(610) 683-3395

Proceeds will be donated to a local family in need.

Menu
Chicken Pot Pie
Pepper Cabbage
Roll
Desserts
Beverages

Mt. Zion Lutheran Church: Saturday,



SALE!

MT ZION LUTHERAN CHURCH
1343 LONG LANE RD
KUTZTOWN PA 19530
610 756 6210

APRIL 23, 2026
4:00 TO 6:00 PM
PICK-UP

PRE-ORDER BY
APRIL 12

***CALL JANICE
610 683 7901***

R & K SUBS (\$8.00)
PRETZEL SANDWICH (\$7.00)

HOMEMADE SOUPS (\$12.00 PER QUART)
"NO MEAT"
VEGETABLE,
CHICKEN NOODLE,
HAM & BEAN

Soup & Sandwich Sale:

Thursday, April 23, 4:00-6:00 pm Pick-Up

R&K Subs, Pretzel Sandwich, Homemade Soups

Pre-order by April 12th. Call Janice at 610-683-7901

Trinity Lutheran Church:

**Kutztown Kitchen Community Meal: Sunday,
April 26th– 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)



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.