

# Catherine Campanaro

CELEBRANT



## Drumming Events – April 2025

Wednesday April 16th 7:00 pm

**Activity Night at STR with Drum Circle**



STR Behavioral Health 1655 Valley Center Pkwy  
Suite 150, Bethlehem, PA 18017

This month, Sync and STR-Lehigh Valley are offering a DRUM CIRCLE experience.

A drum circle is an informal, communal gathering where people of all skill levels come together to play percussion instruments and create music through a shared experience.

For people with substance use disorder and mental health conditions, drum circles can provide:

- Inclusivity
- Improvisation
- Community Focus
- Connection

[CLICK to Register](#)

Saturday April 19th 3:00 pm

**Drum Circle with Cathy**



Kirkridge Retreat Center  
Sync Office, 2495 Fox Gap Rd.  
Bangor, PA 18013

Drumming is an embodiment of prayer inviting us to listen deeply to the heartbeat of God/Higher Power/Spirit of Life.

Joyful and uplifting, we discover our own rhythms and connect to the rhythms of others. Join us for an experience of group drumming where we will explore the drum and how to create wonderful music together.

No experience is necessary; drums & percussion will be provided (*or feel free to bring your own*).

[CLICK to Register](#)

*I will be facilitating a drum circle on behalf of Sync Recovery Community at 11:00 am at the PPL Plaza for the kickoff of the Blue Zones Project in Allentown.*

***Come on out!***

Blue Zones Project® Allentown  
COMMUNITY KICK-OFF EVENT

Saturday, April 19, 2025  
PPL CENTER  
10:00 AM - 3:00 PM

FREE ACTIVITIES,  
PRIZES, AND FUN FOR  
ALL AGES!

FREE ENTRY

Saturday April 27th 1:00 pm



**Bring your own drum for Earth Day at Jacobsburg Park**

Celebrate Spring and Earth Day, with a Drum Circle and Water Blessing!

835 Jacobsburg Rd., Wind Gap, PA 18091

PLEASE NOTE:  
THIS DRUM CIRCLE HAS  
BEEN CANCELLED

