



# ETHICAL CULTURE

M O N T H L Y

VOLUME 37 NUMBER 1

Visit our website: [www.essexethical.org](http://www.essexethical.org)

JANUARY 2017

## SUNDAY PROGRAMS

Programs are subject to change without notice. All are welcome. Programs begin at 11 a.m. 973-763-1905

### Jan. 1 “Day One Colloquy – with or without hangovers,”

A very laid-back gathering exploring visions for the year, hopes, fears and — of course — new resolutions. (With mimosas, if anyone cares to be the sponsor).

### Jan. 8 Edgar Brisbon, “Planning ‘til the End: Preparing for Life’s Possibilities”

The good news, we are living longer and hopefully have planned for a long and active chapter. But have you considered what changes/adjustments may be required as you age and particularly should you need assistance with daily activities? Do your loved ones know your plans and preferences?

Having a Plan that articulates your desires should you need assistance — the Who, Where and How — is a gift to those you love, allowing them to follow and supervise your wishes as opposed to running around in crisis.

Join us in a discussion about how you continue to prepare for some of life’s possibilities and continue to look after not only yourself but also those you care about.

Edgar A. Brisbon is a locally based, independent consultant with varied experience in healthcare administration and senior advocacy. For the last twelve years, Edgar has assisted individuals and families in navigating the financial, medical and logistical concerns of aging with care and respect. Website: [Silverliningadvantage.com](http://Silverliningadvantage.com).

**Next Social Action Committee meeting** immediately after the program Sunday, January 8, 2017

### Jan. 15 To Be Announced

### Jan. 22 Amy Blake and Martha Gallahue, “Family Education Program”

### Jan. 29 Miriam O’Mahony a/k/a Kelsang Dechok, “Breaking the Taboo: A Discussion About How Life Ends or Everything You Ever Wanted to Know About Dying but Were Too Afraid to Ask”

Miriam will lead a discussion, modeled on the popular “Death Cafes” that have sprung up in countries around the world. Using her training in Reflective Agreement Process, i.e. active listening, she will support participants as they air their questions, beliefs, fears and hopes about the final chapter of life.

Miriam O’Mahony, also known as Kelsang Dechok, has a background in world religions, philosophy and theology, nutrition and alternative medicine. She worked as a Polarity therapist, Nutrition and Lifestyle Counselor, workshop leader and teacher on Long Island and NYC for 30 years. She is a widow with 2 children and 5 grandchildren.

Dechok is an ordained Kadampa Buddhist nun, has meditated for over 40 years, and has worked with many clients, relatives and friends in their transition.

## MARK YOUR CALENDARS

**Jan. 13 Folk Friday** Sing along and jam with all the new folks that are adding their voices to the mix. Bring acoustic string and rhythm instruments. Join in playing, singing or listening with us. Bring some refreshments to share. 7:30 pm second Fridays of the month, through June. Everyone is invited! (973) 763-8293, [Inovemsky@comcast.net](mailto:Inovemsky@comcast.net).

**Jan. 16 Martin Luther King, Jr. Day** (third Monday of January) 16th Annual MLK Observance & Volunteer Fair — Join the South Orange/Maplewood Community Coalition on Race as we gather at this challenging time in our nation to reaffirm Dr. King’s vision of the beloved community. This year’s multi-faith service will be at Columbia High School, 17 Parker Avenue, Maplewood, NJ on Monday, January 16th, at 2 pm. Hundreds of SOMA residents and friends from neighboring communities gather to honor Dr. King through music, dance, a sharing of interfaith readings, and an affirmation of Dr. King’s call to action and service. <http://www.twotowns.org/2016/12/01/16th-annual-mlk-observance-volunteer-fair/>

**Jan. 21 Women’s March on Washington** Lincoln Memorial, 10 am – 4 pm [New Jersey Facebook page: <https://www.facebook.com/events/644071919106389>]

**Ongoing:** Winter Coat Collection sponsored by the Social Action Committee. Please bring donations of clean coats, jackets, and sweaters to the col-

# Ethical Culture Society of Essex County

516 Prospect St.,  
Maplewood, NJ 07040  
973-763-1905

ecsec.nj@gmail.com  
www.essexethical.org



Jim White, *Leader Emeritus*

Zia Durrani, *President*  
Jeanine Rosh, *Treasurer*

#### Trustees

Esther Barcun  
Diane Beeny  
Barbara Cotler  
Elaine Durbach-Norstein  
William Graves  
Jacqueline Herships  
Morris Silver

#### EC Monthly Programs Editor

Elaine Durbach

Editor/Graphics: Howard Gilman

#### Editor's Note

Newsletter articles, announcements, etc., not to exceed 150 words in length, must be received by the first of the month for inclusion in the following month's edition. Submit items to: Howard Gilman, newsletter editor: gilman.howard@hotmail.com.

If you put something for the newsletter in the EC office's mail slot or in the mail, please email or call to be sure I know about it, especially if your item is time-sensitive.

Editor reserves right to edit for length, clarity and content. Opinions offered in this publication are those of the authors.

...act so  
as to elicit  
the best  
in others  
and in  
ourselves



United Nations Secretary General Ban Ki-moon shakes Martha Gallahue's hand in Conference Room 8 of the Secretariat Building at the UN, on November 4th during a celebration for the Entry into Force of the Paris Agreement. She was one of 50 civil society guests invited to the event because of her work at the UN raising the urgency of climate change. [UN Photo by Rick Bajornas]



## Climate Change Working Group at the UN

(Comment on Facebook by Keith Bradsher, *The New York Times*)

“Thanks to our work together in this working group I was invited to a special event marking this day as Paris Agreement on Climate Change entered into force. Secretary General Ban Ki-moon came round the table and shook each hand. Recall our beginning. Remember Sr. Philo Morris who launched the group and in no time we had over 40 member organizations that at one time grew to 80. Did we ever think that world leaders around the world (98 countries with Japan to sign on soon) representing over 70% of world's pollution would respond so quickly? We must spread the good stories of the UN's achievements.”

lection box in the small sun room off the parlor. These will be distributed through Valley Settlement House.

**Ongoing:** The Social Action Committee is collecting cooking oil, olive oil, laundry detergent, and cleaning supplies for Syrian refugee families in Elizabeth, NJ. Donations must be unopened, and these are the only things we can accept. Please leave in the collection box in the small sun-room off the parlor.

**Food Bank:** Canned or boxed food items for the food pantry box in our front hall. Donations go to the New Jersey Food Bank.

**Children's Books:** Children's books to be donated to the Parenting Center for children of need. Contact the office at 973-763-1905.

## STEPS FORWARD

In the spirit of exploring “how we and the country can move forward in such a way that we bring out the best in others and thereby in ourselves,” the New Year may be a time to recall and ponder goals proposed by Bernie Sanders. His “Agenda for America / 12 Steps Forward” from [www.sanders.senate.gov/agenda](http://www.sanders.senate.gov/agenda) is summarized here:

**1. Rebuilding Our Crumbling Infrastructure.** We need a major investment to rebuild our crumbling infrastructure: roads, bridges, water systems, wastewater plants, airports, railroads and schools.

**2. Reversing Climate Change.** The United States must lead the world in reversing climate change and make certain that this planet is habitable for our children and grandchildren. Transforming our energy system will not only protect the environment, it will create good paying jobs.

**3. Creating Worker Co-ops.** When workers have an ownership stake in the businesses they work for, productivity goes up, absenteeism goes down and employees are much more satisfied with their jobs.

**4. Growing the Trade Union Movement.** We need legislation that makes it clear that when a majority of workers sign cards in support of a union, they can form a union.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9 am - Tai Chi Chuan 11am - Day One Colloquy 12pm - Social Action Committee Meeting	2	3 11 am - Chair Yoga	4	5	6	7 January 2017
8 9 am - Tai Chi Chuan 11am - Edgar Brisbon, "Planning 'til the End: Preparing for Life's Possibilities"	9	10 11 am - Chair Yoga	11 3 pm - ECSEEC Board	12	13 Folk Friday 7:30pm	14
15 9 am - Tai Chi Chuan 11am - To Be Announced	16	17 11 am - Chair Yoga	18	19	20	21
22 9 am - Tai Chi Chuan 11am - Amy Blake and Martha Gallahue, "Family Education Program"	23	24 11 am - Chair Yoga	25	26	27	28
29 9 am - Tai Chi Chuan 11am - Miriam O'Mahony a/k/a Kelsang Dechok, "A Discussion about How Life Ends"	30	31 11 am - Chair Yoga	1	2	3	4

### 5. Raising the Minimum Wage.

The current federal minimum wage of \$7.25 an hour is a starvation wage. We need to raise the minimum wage to a living wage. No one in this country who works 40 hours a week should live in poverty.

### 6. Pay Equity for Women Workers.

Women workers in the US today earn 78 percent of what their male counterparts make. We need pay equity in our country — equal pay for equal work.

**7. Trade Policies that Benefit American Workers.** We need to end the race to the bottom and de-

velop trade policies that demand that American corporations create jobs here, and not abroad.

**8. Making College Affordable for All.** Quality education in America, from childcare to higher education, must be affordable for all.

**9. Taking on Wall Street.** Financial institutions cannot be an island unto themselves, standing as huge profit centers outside of the real economy. The greed, recklessness and illegal behavior of major Wall Street firms plunged this country into the worst financial crisis since the 1930s.

**10. Health Care as a Right for All.** We need to establish a Medicare-for-all, single-payer system.

**11. Protecting the Most Vulnerable Americans.** We must strengthen the social safety net, not weaken it. Instead of cutting Social Security, Medicare, Medicaid and nutrition programs, we should be expanding these programs.

**12. Real Tax Reform.** At a time of massive wealth and income inequality, we need a progressive tax system in this country that is based on ability to pay. The time is long overdue for real tax reform.

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street  
Maplewood, New Jersey 07040

For information, call 973-763-1905; visit our web site:  
www.essexethical.org; email: ecsec.nj@gmail.com

**Food Bank** — Please remember to bring canned or boxed food items for the food pantry box in our front hall. Donations go to the New Jersey Food Bank. **Children's Books** — We accept children's books to be donated to the Parenting Center for children of need.

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
UNION, NJ  
PERMIT NO. 395

## ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · JANUARY 2017



**Jan. 1 Day One Colloquy** · A very laid-back gathering exploring visions for the year, hopes, fears and — of course — new resolutions. (*see page 1*)



**Jan. 8 Edgar Brisbon, "Planning 'til the End: Preparing for Life's Possibilities"** · Have you considered what changes/adjustments may be required as you age and particularly should you need assistance with daily activities? Do your loved ones know your plans and preferences? Having a Plan that articulates your desires should you need assistance is a gift to those you love, allowing them to follow and supervise your wishes as opposed to running around in crisis. (*see page 1*)

### Jan. 15 To Be Announced



**Jan. 22 Amy Blake and Martha Gallahue, "Family Education Program"** · This is a program of The Educational Initiative. We hope to see you all there ... members, families, children and guests.



**Jan. 29 Miriam O'Mahony a/k/a Kelsang Dechok, "Breaking the Taboo: A Discussion about How Life Ends"** · Miriam will lead a discussion, modeled on the popular "Death Cafes" that have sprung up in countries around the world. Using her training in Reflective Agreement Process, i.e. active listening, she will support participants as they air their questions, beliefs, fears and hopes about the final chapter of life. (*see page 1*)