



ETHICAL CULTURE

M O N T H L Y

VOLUME 37 NUMBER 3

Visit our website: www.essexethical.org

MARCH 2017

SUNDAY PROGRAMS

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

Mar. 5 Richard White, “The Spiritual Guide: Four Steps on the Path of Enlightenment”

Professor Richard White is returning to ECS, this time to speak about his new book, *The Spiritual Guide*, a very practical exploration — without dogmatic answers — to the questions that concern us all about the search for meaning and purpose. His starting point is the question, “How can I live a more spiritual life, a life that can ultimately lead to enlightenment?” The most important steps, he suggests, are staying open to suffering, living a generous life, cultivating mindfulness and wonder, and accepting death but affirming joy.

Richard J. White, Ph.D. is a Professor of Philosophy at Creighton University in Omaha, Nebraska.

Mar. 12 Robert Carey, “Refugees and the Federal Government”

In testimony before the Subcommittee on Immigration and the National Interest, Bob Carey said, “Despite experiencing unimaginable hardships, violence, and oppression, refugees arrive in this country seeking opportunities, rather than handouts, to re-establish their self-sufficiency and to become productive, integrated members of their communities. HHS’ [Health and Human Services] programs assist refugees and other vulnerable populations in doing just that.”

Robert Carey will provide an overview of the United States Refugee Resettlement Program. His talk will include a description of the screening

and admissions processes for refugees, the legal framework under which the program operates and the services provided to refugees who are admitted to the United States under the Refugee Act of 1980.

Bob was until recently the Director of the Office of Refugee Resettlement within the US Department of Health and Human Services. In this role he was responsible for the office charged with the provision of a range of resettlement and support services to refugees, asylees, victims of torture and unaccompanied children through state governments and non-profit organizations across the US.

Prior to his service in the Obama Administration at ORR, Bob served as Vice President, Resettlement and Migration Policy at the International Rescue Committee. In this capacity Bob led IRC’s efforts in supporting systematic change in domestic and international refugee resettlement, refugee protection, immigration policy and human trafficking. He worked to improve both the way refugees are resettled and supported in the U.S., and the mechanisms through which the UN, the United States and the international community identifies and addresses the needs of those requiring protection and resettlement.

March 19 Food:Where Eating, Health and Ethical Practices Meet – The “Suppers” Programs

Karen Rose Tank and Dor Mullen share an exciting program that promotes optimal and sustainable health and healing: *Suppers*, a Central New Jersey-based network of support groups serving people who must cook and eat well to be well. *Suppers* is a peer-led, community-based program

that runs in private homes and community kitchens. Members cook with real, whole food, creating simple and delicious meals that help us live according to our intentions instead of our impulses. In this non-judgmental, supportive environment, people run personal experiments to discover the way of eating that works best for them. The discussion will include responsible practices and ethical eating.

Karen Rose Tank is a Certified Integrative Nutrition Health Coach specializing in diabetes, weight loss and blood sugar management. She helps people take control of their health by discovering what foods and lifestyles work for them and how to incorporate these into daily life.

Dor Mullen is the founder of the *Suppers* programs. She has a masters degree in addictions counseling and worked for 13 years in the garden-based education programs in the Princeton Public School District. In addition to teaching people how to prepare delicious meals from whole foods and running about seven *Suppers* meetings each week, Dor also lectures nationally. Her book, *Logical Miracles*, presents the founding principles of the *Suppers* programs along with over 100 compelling stories of participants and the recipes that supported their success. Many more stories, recipes and additional materials can be found at www.thesuppersprograms.org and www.dormullen.com.

Mar. 26 Amy Blake, Family Education Program: “Becoming Who We Are”

Becoming who we are — how did it happen? What did you learn? What’s shaped you? What have you unlearned? (*continues on page 2*)

Ethical Culture Society of Essex County

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Editor's Note

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

If you put something for the newsletter in the EC office's mail slot or in the mail, please also email or call me 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

“Becoming Who We Are” (continued from page 1) Are we in a constant process of reshaping? Joining this exploration conversation will be Greg Greenway. Greg has been a professional entertainer for over 30 years. A singer/songwriter with eight solo CDs and three more with the internationally touring trio, Brother Sun. Greg was born in Richmond, VA, came into awareness at the time of the Civil Rights Movement, busing and the Vietnam war. Almost his entire artistic life has been lived in Boston and he has sung from Carnegie Hall to Brown Chapel in Selma, Alabama. His songs are a mosaic of a considered life in remarkable times.

Greg will share his story of growing up in the south and then moving north where his true learning began. Children ages five and older will explore their lives and what learnings are important to them using art, music and literature through the Educational Initiative. Babysitting will be provided for those less than five years of age. Greg's website: www.greggreenway.com.

MARK YOUR CALENDARS

Mar. 10, 7:30 pm Folk Friday

Sing together through the hard times ... 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!

Mar. 12, 2-4 pm Senior Meet & Mix

A new South Orange/Maplewood initiative called “SOMA Two Towns for All Ages” will hold a “Meet and Mix” – Socialize, Games, Re-Gift – at The Woodlands, 60 Woodland Rd., Maplewood. Admission price: One canned item for Our Lady of Sorrows' Food Pantry.

SAMPLING:
ART BY MEMBERS OF
EXHIBITORS' CO-OP
JANUARY 19 – APRIL 20, 2017
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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY
516 Prospect St [at Parker Av] Maplewood, NJ 07040
Hours: Monday through Saturday from 9 am to 6 pm



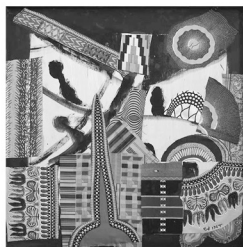
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CATHLEEN M'COY BRISTOL



LISA SUSS



ROBERTA REYNOLDS



FLORENCE WEISZ



NANCY COLLINGS



ANNETTE KUSHEN

Exhibitors' Co-op is an art critiquing group meeting weekly through the South Orange and Maplewood NJ Adult School. Under the leadership of Barbara Minch we show and discuss our artwork-in-progress. Our aim is to create a forum to share art ideas and information and to support individual creative expression. Over the years, Exhibitors' Co-op has evolved into a diverse, thriving community of talented professional artists, each working in his/her own unique style. Group exhibits are curated throughout the year in New York and New Jersey galleries and museums.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1 March 2017	2	3	4
5 9 am - Tai Chi Chuan 11 am - Richard White, "The Spiritual Guide: Four Steps on the Path of Enlightenment" 12 pm - Social Action Committee Meeting	6	7 11 am - Chair Yoga	8 3 pm - ECSEC Board	9	10 Folk Friday 7:30pm	11
12 9 am - Tai Chi Chuan 11 am - Robert Carey, "Refugees and the Federal Government" 2-4 pm Senior Meet & Mix 60 Woodland, Maplewood	13	14 11 am - Chair Yoga	15	16	17	18
19 9 am - Tai Chi Chuan 11 am - Karen Rose Tank and Dor Mullen, "Food: Where Eating, Health and Ethical Practices Meet: The 'Suppers' Programs"	20	21 11 am - Chair Yoga	22	23	24	25
26 9 am - Tai Chi Chuan 11 am - Amy Blake and Family Education, "Becoming Who We Are"	27	28 11 am - Chair Yoga	29	30	31	1

Seton Hall Announces Foundation of Edwin R. Lewinson Center

In honor of the late History Professor Edwin R. Lewinson — a groundbreaking scholar-activist in civil, disability and labor rights — the College of Arts and Sciences at Seton Hall has announced the foundation of the Edwin R. Lewinson Center for the Study of Labor, Inequality and Social Justice. Endowed posthumously by Professor Lewinson, the center will bring to Seton Hall speakers, events, research, and scholarship that further develop and pay homage to Lewinson's 30-plus years as a professor in the department of history and 50-plus years as a civil rights activist. Professor Lewinson died in 2012 at the age of 82. *[A memorial service was held at our Essex Ethical Society in April, 2012.]*

"The Lewinson Center will bring

together faculty, students and policymakers to address the most critical issues facing working people today: issues of class, race, gender, access, law and economic policy all intersect at the paycheck, or the lack of one, and in the conditions of the workplace," said Center Director and Associate Professor of Sociology Leslie Bunnage. "Both the history and future of the world of work encompasses real issues in real people's lives. The Center will help bring these issues to the forefront on campus and throughout the community at large, where they belong."

The Lewinson Center will focus its activities in three main directions: support of scholarship, curriculum development and public outreach, often in the form of notable speakers. The center brings a wide array of scholars to its board and will take a multidisciplinary approach to questions of

systemic economic inequality, equal access and social justice. In doing so, the center follows in the footsteps of its namesake.

"Edwin R. Lewinson was born to blindness but saw injustice clearly and did something about it," said Larry Greene, a professor of history at Seton Hall and a friend and colleague to Dr. Lewinson. "In addition to his work as a scholar, he was a pioneer in civil rights activism ... a constant presence in the struggle for equality, workers' rights and the rights of the disabled over a span of five decades," Professor Greene continued, "Ed Lewinson was a great American, an honor to Seton Hall and, on a personal level, a great friend. At the Edwin R. Lewinson Center, we will do our best to honor his legacy and continue his important work."

— Michael Ricciardelli, Jan. 20, 2017

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

Collections: Please remember to bring canned or boxed food items for the
Food Pantry box in our front hall. Donations go to the NJ Food Bank.

Children's Books to be donated to the Parenting Center for children of need.

Winter Coat Collection: clean coats, jackets and sweaters to the collection
box in the small sunroom off the parlor to be distributed through Valley Settle-
ment House. For **Syrian refugee** families in Elizabeth, NJ – The only things
we can accept: cooking oil, olive oil, laundry detergent and cleaning supplies;
must be unopened. (Collection box in the small sunroom off the parlor).

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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · MARCH 2017



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