



ETHICAL CULTURE

M O N T H L Y

VOLUME 40 NUMBER 2

www.essexethical.org

FEBRUARY 2020

SUNDAY PROGRAMS

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

Feb 2 Evelyn Chu, "Meditation: Medical Benefits"

Evelyn Chu is a family physician who completed her medical training at Albert Einstein College of Medicine and her residency at Tufts University. During her residency at Tufts, she had the opportunity to participate in the Mind Body Institute at Harvard, which was run by Herbert Benson, a cardiologist at Harvard Medical School. This introduction to mind body medicine, meditation, and mindfulness has strongly influenced the way she approaches her patients with illnesses as diverse as anxiety and depression to chronic pain and hypertension.



We will cover the basics of meditation, and the relaxation response, and explore some of the clinically studied medical benefits of a meditation practice. We will try some breathing exercises together and perhaps a guided meditation as well.

Evelyn is a resident of South Orange and a proud member of the Society.

Feb 9 Elaine Bloom, "Emergency preparation"

Disaster preparedness has been a life long interest for Elaine Bloom. "In this geographical area we have had hurricanes, blizzards, floods and electrical blackouts," she said,



"and we need to be prepared for the sake of ourselves and our families."

Her talk will touch on the main areas to consider not just for our homes but also our work places. In addition to maintaining fresh supplies of essentials like water and food and medications (for pets as well as people), she will look into matters like ensuring you have cash in case bank cards become unusable, that you can access your records (maybe having copies stored in another part of the country), and that you're equipped with basics like good walking shoes!

Elaine Bloom has a degree in history from NYU and has lived in the Maplewood-South Orange area for most of her adult life. She has worked in publishing both in New York and New Jersey for book publishers and in the field of special interest newspaper publishing.

Feb 16 Barbara Brown, "Finding A Movie Legend"

Oscar Micheaux was one of the most prolific black movie directors ever, but the journalist/author/filmmaker battled to make it into the mainstream. Without big backers, he worked with skeletal budgets, doing much of the work himself and working with the actors he could afford. Finally one of his movies got a release at a major cinema, about two years before his death.



Barbara Brown was not involved in the movie world, except as an appreciative audience member. She has worked in travel and real estate most of her

career. But a move to a house in Montclair opened a new world to her. Left behind by the previous owner, who had died suddenly, was a huge stash of materials. She read it all, gradually piecing together the chronology and extraordinary story of that owner, Oscar Micheaux. The material is now in the care of the Schomburg Library.



Feb 23 Our Growing Family Education Program

Aidan Cunningham, our teenage liaison between the children and the adults of the society, together with some parent leaders, will provide an overview of the programs that have been held so far, and those that are planned for the upcoming months — the themes and values and approaches.

Aidan is the older son of ECS members Evelyn Chu and Tom Cunningham. He is a student at Columbia High School.

Ethical Education for Children At the Ethical Culture Society Of Essex County Spring 2020 Calendar

- Jan 12 Walking Meditation
- Jan 26 Conflict Resolution
- Feb 9 Game Day-10am
- Feb 23 Recap for General ECS-11am
- Mar 8 open
- Mar 22 Meditation
- Apr 5 Mindfulness
- Apr 19 Privilege
- May 3 Pollinator Garden
- May 17 Emotional Intelligence
- May 31 Recap for General ECS

Ethical Culture Society of Essex County

516 Prospect St.,
Maplewood, NJ 07040
973-763-1905
ecsec.nj@gmail.com
www.essexethical.org

Zia Durrani, *President*
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EC Monthly Programs Editor
Elaine Durbach
Graphics: Howard Gilman
Office Manager: Liz Cunningham



The Ethical Culture Society

is a religious and educational fellowship that seeks to achieve the ethical life without dogma; to develop the highest values in human relationships in ourselves, our families, and our community; and to elicit the best in others, thereby eliciting the best in ourselves.

Ethical Culture is a humanist religion. Come and visit!

Newsletter

Opinions offered in this publication are those of the authors.

Newsletter items must be received by the eighth of the month for inclusion in the following month's edition, preferably via email: gilman.howard@gmail.com.

Editor may edit for length, clarity and content. Members submitting for publication time-sensitive items in the EC office's mail slot or in the mail, please also email or call Elaine Durbach or Howard Gilman.

MARK YOUR CALENDARS

Sunday, Feb 9, 10am, Ethical Education for Children Program Family Game Day

We'd like to invite the general congregation to a game day, Feb 9th, 10 am, at the Society building, upstairs. We will bring board games and we would love to engage the general congregation with our families and children to play some games together. You can bring games too and also stay to play!

Social Action Committee

Next meeting scheduled for Feb 9

We are collecting clean coats through the end of February to be distributed through Valley Settlement House in West Orange, and other clothes to be distributed by the Eglise Baptiste Nouvelle Jerusalem in Irvington (706 Nye Ave.).

Feb 14 Folk Friday at Ethical

Sing-along & jam Second Fridays of the month (October to May) 7:30 PM to 9:30 PM, at Ethical Culture Society, 516 Prospect St., Maplewood, NJ 07040.

Bring acoustic string and rhythm instruments — join in playing, singing, or listening with us. Bring some refreshments to share. Everyone is invited! (lnovemsky@comcast.net 973 763-8293)

Listening Journey through J.S. Bach's Well-Tempered Clavier Book 1, Feb 21

Our next listening session on Friday, February 21, 2020 from 7 to 8 pm marks the half-way point of our journey! We'll explore the preludes and fugues No 11 in F-major and No 12 in F-minor. Suggested donation \$10, to benefit the Ethical Culture Society and Interfaith Hospitality Network of Essex County. Admission for students is free. Hope you can join us.

Check out the EC website for information about the latest news regarding this project.

Pianist Birgit Matzareth is leading



us on this year-long Journey. For Birgit's summary of previous sessions, go to musiclifeandotherchallenges.blogspot.com.

ETHICAL HUMANISM

To learn more about the philosophy underlying Ethical Culture, read the mission and vision (aeu.org/who-we-are/mission-vision/) of the national organization (*see below*) and some general information from one of our sister Societies, the Ethical Culture Society in St. Louis. (ethicalstl.org/who-we-are/what-is-ethical-humanism/)

The most complete online source of history, philosophy, and further information comes from the site of the American Ethical Union. (aeu.org)

Mission and Vision

The American Ethical Union creates, nurtures, and inspires ethical humanist communities to foster a world that is democratic, compassionate, just, and sustainable.

Ethical Humanism/Ethical Culture is a humanist Movement focusing on human goodness and building ethical relationships with each other and the Earth. As a non-theistic organization we do not concern ourselves with the existence or non-existence of a deity but instead embrace the diversity of our membership.

- We recognize the unique worth and dignity of all people regardless of their race, ethnicity, sexual orientation, sexual identity, economic status, level of ability, or religious beliefs.
- We advocate for reason, compassion, and rational thinking so we can progress as individuals, communities, and a world.
- We act to elicit the best in others and thereby in ourselves, celebrating with and supporting each other through life.
- We realize the full capacity of our human spirit when we stimulate our thinking with new insights and inspirations.
- We are recognized as a religious movement because for us the ethical quest has the depth of a religious commitment, and because we recognize the value of a community of support, celebration, and action.
- We train future humanist leaders to promote responsible and ethical living.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
February 2020						
2 Groundhog Day 9 am - Tai Chi Chuan 11 am - Evelyn Chu, "Meditation: Medical Benefits"	3	4 11 am - Chair Yoga	5	6	7	8
9 9 am - Tai Chi Chuan 10 am - Family Games 11 am - Elaine Bloom, "Emergency prepara- tion" 12 pm - Social Action Committee Meeting	10	11 11 am - Chair Yoga	12 1 pm - ECSEC Board Meeting 7:30 pm - Grannie Nannies	13	14 Valentine's Day Folk Friday 7:30-10:30 pm	15
16 9 am - Tai Chi Chuan 11 am - Barbara Brown, "Finding A Movie Legend"	17 President's Day	18 11 am - Chair Yoga	19	20	21 Matzerath/Bach 7 - 8 pm Well-Tempered Clavier No 11-12 BWV 856-857	22
23 9 am - Tai Chi Chuan 11 am - Our Growing Family Education Program	24	25 11 am - Chair Yoga	26	27	28 Bach Sessions Fridays 7-8 pm: 9/20/19 No 1-2 BWV 846-847 10/18/19 No 3-4 BWV 848-849 11/15/19 No 5-6 BWV 850-851 12/20/19 No 7-8 BWV 852-853 1/17/20 No 9-10 BWV 854-855 2/21/20 No 11-12 BWV 856-857	29 3/20/20 No 13-14 BWV 858-859 4/24/20 No 15-16 BWV 860-861 5/15/20 No 17-18 BWV 862-863 6/19/20 No 19-20 BWV 864-865 7/17/20 No 21-22 BWV 866-867 8/14/20 No 23-24 BWV 868-869

THE HUMAN FAITH PROJECT IS RETURNING — COME JOIN US!

"Our faith is in the capacity and responsibility of human beings to act in their personal relationships and in the larger community to help create a better world." — *AEU Statement of Purpose*

The Human Faith Project (HFP) is about opening a "Spiritual Core" as envisioned by Felix Adler. This project explores our commitment to the worth and dignity of every person and its relationship to our faith in other people and spirituality. Out of this work comes a clear understanding of spirituality and human faith and how to help each other strengthen it.

We begin by applying our commitment to the worth and dignity of every person to our daily lives and in relationships in the group. We learn HOW, with **H**onesty, **O**penness, and **W**illingness we are able to open our minds, our hearts, and our hands to new experiences of wisdom, compassion and courage. By using a specific Faith Process we are able to transform our attitudes and experiences of life and relationships to release the powerful Creative Forces of Love, Truth and Faith. *An evolutionary source for "Why humans can have spiritual experience?" will be explained.*



DIRECTOR
Dr. Calvin Chatlos

DATES
Saturdays, March 21 and 28
9 AM-5 PM
(please plan to bring your own lunch)
AND
Wednesday evening, April 8
6-8:30 PM

PLACE
Ethical Culture Society of Essex County
516 Prospect St, Maplewood, NJ 07040

REGISTRATION FEE
ECSEC Members free
\$25 for Non-members

**FOR INFORMATION OR
TO REGISTER**

Email:
humanfaith@optonline.net
or contact
Alice Robinson-Gilman
at (973) 865-3499 or
alicergilman@gmail.com

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

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

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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · FEBRUARY 2020



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