



# ETHICAL CULTURE

M O N T H L Y

VOLUME 39 NUMBER 2

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

FEBRUARY 2019

## FAMILY ETHICAL EDUCATION

The Family Ethical Education families will be meeting on Sunday, February 3rd at 10am at the Ethical Culture Society for an intergenerational game day. Members are encouraged to join the families and children that morning to meet and get to know each other through board games. The families will also be meeting on Sunday, February 17th at 10am at the Ethical Culture Society for a discussion and activities on Civics Education. — *Shannon Kirk*

## SUNDAY PROGRAMS

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

### Feb 3 – Steve Sklar: “Dog-Eat-Dog vs. Cooperation”

There are two alternative views of how we ought to live in society. One might be called the Dog-Eat-Dog view and the other, the Cooperative view. Given the global rise of the Strong Man and a kind of tribalism politically, these days it is particularly important to compare these views.



From the Dog-Eat-Dog view, life in society is essentially combative and opportunity is inherently limited. The world is Winners and Losers; the thing to do is to be a winner at all costs and if that hurts other people, so be it. Wolves and apes have their alphas, and so do we. Be an alpha!

The Cooperative view is nicely described by Marcus Aurelius, who said “People are made for cooperation, like the eyelids, like the upper and lower rows of teeth.”

In this talk, Steve Sklar considers the case for each view, reflects on the phenomenon of those who cut in line in traffic and looks at the countless ways in which we routinely do cooperate with each other in order to live in civilized society. In so doing — spoiler alert — he lays out the ways in which the Dog-Eat-Dog view is overrated and the Cooperative view is underrated.

Steve is an improv-addicted Maplewood-based immigration lawyer who has spoken to Essex Ethical several times, on a range of topics including immigration policy, bureaucracy, and the Winners Versus Losers theme in the most recent Presidential campaign.

### Feb 10 Michael Peluso, “Intelligent Lifestyle Design”

“How to transform limiting beliefs into positive action while accessing new levels of health, joy, and success through Intelligent Lifestyle Design”



Right now there is an innate Intelligence Force working through you, for you, and at all times. Just like the seed of a plant grows roots and reaches for the Sun, your lungs expand, heart pumps, blood circulates, the neurons fire, and *voilà*, life! You observe life.

It’s here, right now and without it, you wouldn’t exist.

But with life in and around you, why are you going from expert to expert without getting better results? And isn’t it the quality of life that really matters? What have you been ignoring that is trying to get attention?

In this presentation, Michael S. Peluso teaches a new way to energize your life, inspires with a simple

trick to transform mental suffering into a beautiful reality, and shares the 7 Lifestyle Secrets that will keep you happy, healthy and in action for all the year to come.

Michael S. Peluso, Founder True Living, C.H.E.K, HLC, FIT-PRO, NC, practices as a Holistic Health Practitioner. Michael’s background comes from all over the world including the C.H.E.K Institute in San Diego California (Corrective Holistic Exercise Kinesiology) in the fields of corrective and performance exercise, nutrition and lifestyle coaching.

He also studied Neurosomatic Therapy at the Paul St. John-Clark Center for Pain Management and Neurosomatic Studies in Florida. He holds certifications as a Sports Nutrition Specialist, Core Conditioning Specialist, Holistic Nutrition Coach, Holistic Lifestyle Coach, Biosignature modulation, Reiki, Elite Fit-Pro, Ordained Minister and Internal Personal Trainer.

He spends his free time with his wife and children in the great outdoors, hiking and farming.

### Feb 17 Akhror Khatamov, “Uzbekistan”

Akhror Khatamov will be telling us all about Uzbekistan, a landlocked Central Asian country, larger than California, with an estimated current population of 32.6 million (compared to California’s 39.5 million).



Since 1991, Uzbekistan has been an independent, secular, presidential republic.

(Continued on page 2)

# Ethical Culture Society of Essex County

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Elaine Durbach  
*Graphics:* Howard Gilman  
*Office Manager:* Liz Cunningham  
*Office hours*  
Monday–Friday 8:15 to 9:45 am  
Sunday 9:30 am to 12 pm



## 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.

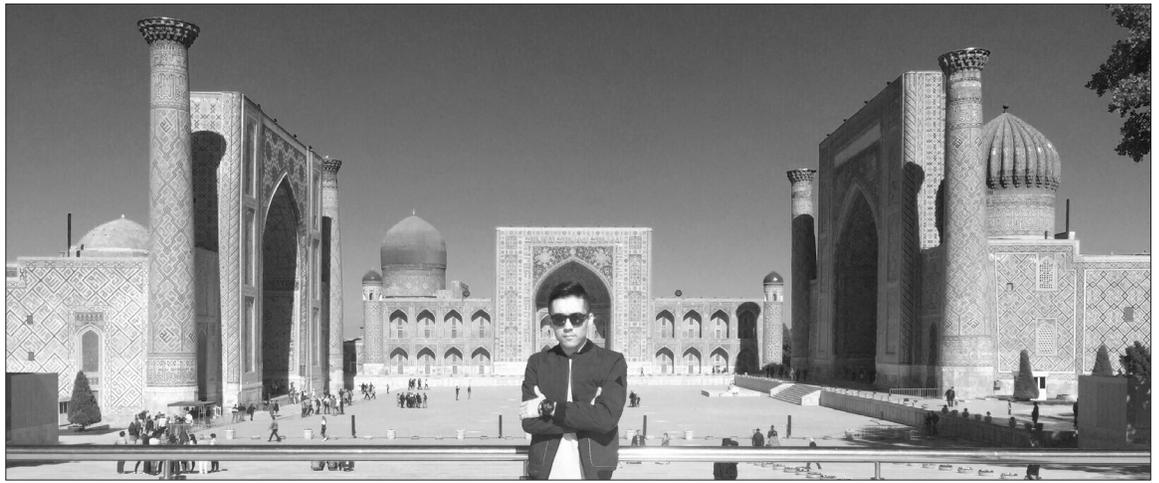
Ethical Culture is a humanist religion.  
Come and visit!

## 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 time-sensitive items for publication in the EC office's mail slot or in the mail, please also email or call Elaine Durbach or Howard Gilman.



**A**khror Khatamov was brought up in a small town called Usmat in Djizak Region of Uzbekistan. He graduated from Westminster International University in Tashkent (WIUT) in June, 2018 with a first class (honors) degree. After the completion of his undergraduate program, he started working for the Ministry of Justice of Uzbekistan. After gaining governmental work experience, Akhror applied for a graduate program in diplomacy and international relations, choosing Seton Hall University whose diplomacy school was attractive because of its 20-year partnership with the United Nations.



## Feb 24 to be announced

### SOCIAL ACTION COMMITTEE

*Minutes of the Social Action Committee, Ethical Culture Society of Essex County January 6, 2019. Attending: Meredith Sue Willis, chair; Diane Beeny; Zia Durrani; Bill Graves; Lisa Novemsky; visitors: Bill Stoever; Wendy Wu.*

**T**he meeting began with the chair reporting that she had spoken with Rosa Santana at First Friends of New Jersey and New York (the immigration detainee support organization) about a possible collection of art supplies, as suggested at the December meeting by Bill Graves. Rosa will get in touch with the art therapists and let us know. Rosa also sent ma-

terials for signing up to be Pen Pals with immigrant detainees. So far, MSW and Bill Graves are interested. Please let us know if you want to be a pen pal too. First Friends goes to elaborate lengths to make sure no addresses are shared.

The bad news from First Friends, according to an email from

Jackie Herships, is that long-time Director Sally Pillay is being forced to return to South Africa because her H1 visa has run out and she's been here for years.

Next, Lisa reported on the possibility of the Society taking in for temporary, transitional housing a released prisoner (not an immigrant detainee) at the suggestion of Reverend Sandy Rock. The Board is looking into it, and Rev. Rock will be visiting the Board this week. Marshall wants the housing to be limited to three weeks, as it would make a lot of extra work and responsibility for him. The Social Action Committee agreed to offer our support for the general principal of helping this person, but honoring Marshall's wishes.

Next we decided that our 2019 Local Hero award will go to Catherine Lazen, school social worker and founder of Arts Unbound. Our next step will be to ask her to accept the honor and then schedule the presentation.

We also spoke about doing some action around recycling or other climate connected issues, and Sue is going to look into how plastic bags can be collected and recycled by a company called Trex, to make durable plastic

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 9 am - Tai Chi Chuan	28	29 11 am - Chair Yoga	30	31	FEBRUARY 2019	
3 9 am - Tai Chi Chuan 10 am - Family Ethical Education 11 am - Steve Sklar: "Dog-Eat-Dog vs. Cooperation" 12 pm - Social Action	4	5 11 am - Chair Yoga	6	7	8 7:30 pm - Folk Friday	9
10 9 am - Tai Chi Chuan 11 am - Michael Peluso, "Intelligent Lifestyle Design"	11	12 11 am - Chair Yoga	13 1 pm - ECSEC Board 7:30 pm - Grannie Nannies	14	15	16
17 9 am - Tai Chi Chuan 10 am - Family Ethical Education 11 am - Akhror Khatamov, "Uzbekistan"	18	19 11 am - Chair Yoga	20	21	22	23
24 9 am - Tai Chi Chuan 11 am - to be announced	25	26 11 am - Chair Yoga	27	28	1	2

goods like park benches.

Finally, we spent time on the semi-final draft of our letter on immigration, agreeing to incorporate most of Jackie Herships' written notes, and making one big change, which would be to move the list of policies we find particularly heinous from early in the letter to the end, making them suggested action steps. Sue will incorporate the changes and send out the revised draft to the committee for copy editing and final acceptance.

The next Social Action Committee meeting will be Sunday, February 3, 2019 immediately after the program.

## AEU for Immigration Reform

[From [www.AEU.org](http://www.AEU.org)]

On June 20, 2018, the President, by executive order, rescinded the policy of separating immigrant and refugee children from their families at

our southern border. This is a cause for limited celebration: this policy was an affront to the welfare of children and to the dignity of immigrants who have sacrificed so much to come to a place where they no longer need fear for their safety. Separating children from their parents violates profound ethical principles, cruelly severing the familial bond for no good purpose.

Yet we condemn the policy which will now ensue, which will see immigrant families jailed—together, yes, but in jail at the sole discretion of Department of Homeland Security. Prior to this decision, families could be bonded out of jail and then present their case in front of a judge when summoned. Now, this is impossible: we will return to jailing whole families, young children confined, in orange jumpsuits, until the full course of legal proceedings against them has run.

These are not the actions of a just nation. A just nation would extend compassion and refuge to those who have experienced abuse and oppression in their countries of origin, seeking to offer them a new home. A just nation welcomes the migrant with a full appreciation of their humanity. A just nation does not jail small children, even with their families, when new technology allows for their release pending any legal proceedings.

The American Ethical Union calls for a review of our current immigration policies which, as a whole, dehumanize those wishing to make their lives in America, while depriving our nation of their contribution to our common welfare. A rational and humane immigration system would benefit the Americans of today and the Americans of tomorrow, and is an ethical necessity.

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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For information, call 973-763-1905; visit our web  
site: [www.essexethical.org](http://www.essexethical.org); email: [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)

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**Food Pantry** box in our front hall. Donations go to the NJ Food Bank.

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## ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · FEBRUARY 2019

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