



# ETHICAL CULTURE

M O N T H L Y

VOLUME 40 NUMBER 1

[www.essexethical.org](http://www.essexethical.org)

JANUARY 2020

## SUNDAY PROGRAMS

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

### Jan 5 Kendall Smith-McCombs, "On Healthy Eating"

You are what you eat 2020. Kendall Smith-McCombs will discuss:

- Treating your body as a temple
  1. *You only have one body*
  2. *Discipline*
  3. *Food isn't the only path towards wellness*
- Developing a healthy relationship with your body
  - We are all different, but wonderful*
- The importance of keeping a wellness diary
  1. *Keeping track of emotional and physical wellness*
  2. *Goal setting*
  3. *Accountability*
- How to maintain healthy lifestyle when life gets in the way
  - Losing a loved one*

Q&A will be taken throughout presentation.

Kendall Smith-McCombs, a Maplewood resident for over 27 years, is a fitness junkie and lover of life, wellness and adventure. Married for 28 years to David McCombs, Sr., she is the mother of three beautiful children.



### Jan. 12 Anisa Mehdi, "Walking the Middle East"

The simple act of walking is an age-old method for people from around the world to connect with one another. Since 2007, the Abraham Path Initiative (API) has seeded walk-

ing trails in the part of Southwest Asia we call "the Middle East" to introduce people to an ancient land and its hospitable residents. For API, walking is a tool to deepen understanding, experience cultures, and foster friendships across challenging divides. API shines a light on the ages-old traditions of hospitality in the region, emphasizing how people welcome strangers in honor of Abraham/Ibrahim, the spiritual ancestor of over half of humanity. API Executive Director Anisa Mehdi will share stories and life lessons from walking and meeting people along trails in the Sinai, Jordan, and most recently, the Kurdish region of northern Iraq.

A lifetime of interest in and concern for the Middle East is at the foundation of Anisa Mehdi's passion for Abraham Path Initiative. An Iraqi-American of mixed religious heritage, Anisa deeply appreciates the variety and nuance of regional cultures and tensions. For more than 20 years she was a broadcast journalist, winning two Emmys, a CINE Golden Eagle, and numerous prizes from the Society of Professional Journalists for her work in religion and the arts. Anisa is an alumna of Wellesley College and the Graduate School of Journalism at Columbia University. She lived in Jordan as a Fulbright Scholar, mentoring professional broadcasters and teaching aspiring filmmakers. She affirms the experience of walking as an effective way to create stronger links between people at this vital time for our world.



### Jan 19 Michael Lally, "Poetry and Prejudice"

Returning to Essex Ethical, much-published local poet, actor and author Mike Lally will be reading from recent works and sharing his very personal view of how the South Orange/Maplewood community has evolved from the 1940s to today.

Born in Orange NJ, 1942, youngest of seven in an Irish-American clan of priests, politicians, and cops; Michael Lally began Civil Rights activism and reading poetry in bars and coffee houses in 1959; in the military from 1962-66; in 1968 ran for sheriff of Johnson County, Iowa, on The Peace & Freedom Party ticket while at the U. of Iowa's Writers Workshop on the G.I. Bill. Feminist and LGBTQ+ activist since 1969. 30 books since 1970 including the latest, *Another Way To Play: Poems 1960-2017* (Seven Stories Press 2018).



### Jan 26 Colloquy facilitated by Meredith Sue Willis and Alice Robinson-Gilman

Join us for the next event in "Living Ethical Culture in Our World," the theme for the 2019-20 season's platforms and educational experiences. This one is specifically a colloquy-style follow-up to Bart Worden's platform 'Ethical Humanism: Yesterday, Today and Tomorrow.' (You do not have to have heard Bart's platform to participate.)

Bart enumerated three main criteria of Ethical Culture as compared to other humanist religions:

# Ethical Culture Society of Essex County

516 Prospect St.,  
Maplewood, NJ 07040  
973-763-1905  
ecsec.nj@gmail.com  
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## 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](mailto: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.

- Act to elicit the best in others and thereby in ourselves.
- Belief in the worth and dignity of each person due to the uniqueness of each individual.
- Deed before creed.

One will be chosen for reflection.

A colloquy has a distinct format created by Arthur Dobrin, leader emeritus of the Long Island Society, which is a non-argumentative process of sharing thoughts and listening to others without judgment or comment. One learns by listening empathetically and being heard in the same manner.

Meredith Sue Willis and Alice Robinson-Gilman are both long-term members of the Essex Society. Both have served as trustees on the Board and Sue is a past-president of the Board.

We are open to other ideas for events and programs for this year's venture into "Living Ethical Culture in Our World." For further information or suggestions, please contact Meredith Sue Willis ([meredithsuewillis@gmail.com](mailto:meredithsuewillis@gmail.com)), Alice Robinson-Gilman ([alicer-gilman@gmail.com](mailto:alicer-gilman@gmail.com)) or Elaine Durbach ([durbachelaine@gmail.com](mailto:durbachelaine@gmail.com)) or leave a message with the office (973-763-1905).



## MARK YOUR CALENDARS

### Friday, Jan 10 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](mailto:lnovemsky@comcast.net) 973 763-8293)

### Listening Journey through J.S.Bach's Well-Tempered Clavier Book I, Jan 17

Join us on Friday, January 17 from 7 to 8 pm to explore the preludes and fugues No 9 in E-major



and No 10 in E-minor. Suggested donation \$10, to benefit the Ethical Culture Society and Interfaith Hospitality Network of Essex County. Admission for students is free.

Pianist Birgit Matzareth is leading us on this year-long Journey. For Birgit's summary of previous sessions, go to [musiclifeandotherchallenges.blogspot.com](http://musiclifeandotherchallenges.blogspot.com).

## SOCIAL ACTION COMMITTEE

### Next meeting scheduled for Jan 12

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.).

The Committee agreed to endorse a broadly supported (already signed by multiple religious and peace groups and others) statement of principles on International Sanctuary (see below). This was sent to us by AEU executive director Bart Worden.

### AEU Signs International Sanctuary Principles Statement

The American Ethical Union and several of our Ethical Societies signed the below statement on principles of sanctuary that can be used to guide grassroots and governmental response to the global escalation of displacement. It is in conformity and solidarity with the United Nations Convention Relating to the Status of Refugees of 1951, a multilateral treaty that defines who is a refugee, and sets out the rights of individuals who are granted asylum and the responsibilities of nations that grant asylum. To sign as an individual or organization, please contact [globalsanctuarymovement@gmail.com](mailto:globalsanctuarymovement@gmail.com).

We express our deep concern for the wellbeing of the refugee children, families and all migrants currently arriving at our borders, as well as those struggling to live within our borders. In response to the increased numbers of people around the world who are being forced to leave their home countries, and the simultaneous increase in punitive enforcement in many receiving countries, we affirm the following principles to guide and inspire our efforts to respond:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9 am - Tai Chi Chuan with Rich Mullen 11 am - Elaine Durbach, "Fact and Fiction: Exploring Our Changing Truths"	30	31 New Year's Eve	1 New Year's Day <b>January 2020</b>	2	3	4
5 9 am - Tai Chi Chuan 11 am - Kendall Smith-McCombs, "On Healthy Eating" 12 pm - Social Action Committee Meeting	6	7 11 am - Chair Yoga	8 1 pm - ECSEC Board Meeting 7:30 pm - Grannie Nannies	9	10 Folk Friday 7:30-10:30 pm	11
12 9 am - Tai Chi Chuan 11 am - Anisa Mehdi, "Walking the Middle East"	13	14 11 am - Chair Yoga	15	16	17 Matzerath/Bach 7 - 8 pm Well-Tempered Clavier No 9-10 BWV 854-855	18
19 9 am - Tai Chi Chuan 11 am - Michael Lally, "Poetry and Prejudice"	20 Martin Luther King Jr. Day	21 11 am - Chair Yoga	22	23	24	25 Lunar New Year
26 9 am - Tai Chi Chuan 11 am - Colloquy facilitated by Meredith Sue Willis and Alice Robinson-Gilman	27	28 11 am - Chair Yoga	29	30	31 <b>Bach Sessions Fridays 7-8 pm:</b> 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	1 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

- **Compassionate Response:** We care deeply about refugee children, families and all migrants, and we urge our countries to have open arms to protect them and preserve their human dignity. We reject detention of migrants as a violation of human rights and dignity.

- **Due Process:** We advocate for fair and timely legal proceedings, competent legal representation, and due process for children, asylum seekers, and all migrants.

- **Family Unity:** We uphold and respect the unity of families as a basic human right.

- **Restorative Justice:** We desire revitalization and healing of our borderlands, not militarization. The only long-term solution is a holistic approach that prioritizes safety and opportunity for migrants and addresses root causes.

- **Civil Initiative:** As long as our governments are not adequately addressing these humanitarian crises, citizens have the right and responsibility to respond with an approach that follows the man-

date to provide sanctuary when needed and, above all, to love our neighbors.

Based on these principles, we covenant with one another to work together for just and humane response to all migrants both at our borders and within our countries. We call on our governments, and the governments of all countries receiving migrants in response to the current and ongoing international humanitarian and refugee crisis to embrace these principles.

### Jan 20 Martin Luther King, Jr. Observance and Volunteer Fair

South Orange/Maplewood Community Coalition on Race will hold its 19th Annual Dr. Martin Luther King Jr. Day Observance, Monday, January 20, 2020.

At 2 pm on Monday, Jan. 20th, all volunteers, service organizations, and the entire community are invited to participate in the 19th Annual MLK Observance followed by the Volunteer

Fair and Reception from 3:30 pm to 5:00 pm.

For the past 18 years, the Coalition has brought powerful speakers to the community in honor of Dr. King.

Following the Observance, the Coalition sponsors a Volunteer Fair/Service Weekend provide opportunity to our residents. Dr. King recognized the power of service to strengthen communities and to achieve common goals, and through his words and example, challenged individuals to take action. The MLK Volunteer Fair/Service Weekend provide opportunity for this action. For locals looking for volunteer service, this fair is a great chance to see what is available right here in our towns.

For more information on the South Orange/Maplewood Community Coalition on Race, visit their website at [www.twotowns.org](http://www.twotowns.org), email at [info@twotowns.org](mailto:info@twotowns.org), or call 973-761-6116.

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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site: [www.essexethical.org](http://www.essexethical.org); email: [ecsec.nj@gmail.com](mailto: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 · JANUARY 2020

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