



ETHICAL CULTURE

M O N T H L Y

VOLUME 39 NUMBER 7

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SEPTEMBER 2019

SUNDAY PROGRAMS

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

Sept. 8 Calvin Chatlos, "We Are All Created To Have Spiritual Experience"

Felix Adler had it right — worth and dignity is the key to happiness *and* the key to spiritual experience. Learn how the Human Faith Project has developed a process for *you* to open to spiritual experience. Learn how we are all "hard-wired" for spiritual experience and how evolution made it happen!



Dr. Chatlos has in the past explored faith and spirituality in Human Faith Project workshops. These are designed for persons from any religious, spiritual, or ethical thought tradition that is committed to the worth and dignity of every person. Applied Spirituality was a workshop of modern experience that opens and strengthens the "Spiritual Core" that is in all people. Dr. Chatlos, founder and facilitator, guided participants through personal experiences related to the worth and dignity of being human as you open your mind, your heart and your hands to new experiences of compassion, wisdom and courage. Awakening an ancient part of our evolutionary heritage — revealed as the source for the *unity* of religious traditions, nations, and peoples *necessary for the future of our world*.

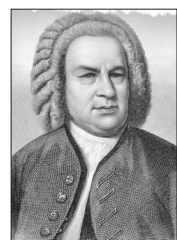
Calvin Chatlos serves as Associate Professor of Psychiatry, Rutgers University, NJ in Addiction Services, and Distinguished Life Fellow of the American Psychiatric Association. Calvin is a member of Ethical Cul-

ture since 1972, previous board member of Essex Ethical Society, graduate and mentor of the Humanist Institute, and developer of the Human Faith Project. He represents Ethical Culture and Humanism on the Board of the Monmouth Center for World Religions and Ethical Thought in New Jersey. For further information contact humanfaith@optonline.net

Sept. 15 Birgit Matzerath, "J.S. Bach, 'The Well-Tempered Clavier,' A Listening Journey"

Experience the joy of listening to music together, discover balance in your life through music and share your experience with others. Join Birgit Matzerath on a listening journey through *The Well-Tempered Clavier, Book 1* by Johann Sebastian Bach.

The struggle for justice, human rights and preservation of the environment has become more urgent than ever. As we near the elections, it requires even more of our energy. In this situation, the journey through Bach's *Well-Tempered Clavier 1* is meant to create a space where people can come together, listen to the music, take a break, refuel and be inspired. The



Preludes and Fugues are particularly appropriate, because the contrapuntal style of Bach's compositions represents in music what we encounter in life: a network where everything hangs together. What happens in one voice has an impact on the entire system of independent, but not self-sufficient voices that share responsibilities in a common task.

Birgit Matzerath holds a degree in piano and a teaching degree in



Music and English from Hochschule für Musik, Cologne, and the University of Cologne in Germany. Additionally, she pursued piano studies with Oxana Yablonskaya and Seymour Bernstein, whom she considers her most important teacher. Before relocating to the United States in 2002, she taught at community music schools in the Cologne area and appeared frequently as a collaborative pianist. From 2002-2009 she taught at the Concord Community Music School in Concord, NH. In 2009 she moved to Maplewood, NJ, where she maintains a private studio. In addition to teaching, she is a performer, lecturer and writer. Her blog "Music, Life and other Challenges" can be found on blogspot. Her recently published memoir, *More than the World in Black and White*, is available on Amazon.

This Sunday's Introductory Presentation will be followed by monthly sessions, Fridays at 7–8 pm (see p.3 calendar for schedule). The series culminates with a complete performance on Friday 9/11/20 at 7:30 pm. Suggested donations: \$10 per session; final concert \$25. Admission for students is free. Proceeds to benefit the Ethical Culture Society and Interfaith Hospitality Network of Essex County.

The Interfaith Hospitality Network's vision is a community in which every family has a home, a livelihood, and the chance to build a better future. It's mission is to help homeless and at-risk families achieve self-sufficiency by providing shelter, social services and housing assistance through a community-based approach. [ihnessexnj.org] (Continued on page 2)

Ethical Culture Society of Essex County

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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.

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.

Sept. 22 Donna Baier Stein, "Turning Images into Tales: Writing Ekphrastic Fiction & Poetry"

Award-winning author Donna Baier Stein discusses the role of visual art in literature and her use of lithographs by famed painter



Thomas Hart Benton in the creation of her latest book, *Scenes from the Heartland*. Benton was one of the most popular modern artists and arguably the best Regionalist painter of the 20th century. He was the

first American artist to appear on the cover of Time magazine and his art illustrated the cover of John Steinbeck's *Grapes of Wrath*. He gained artistic fame portraying the people and culture of the American Midwest, particularly in his home state of Missouri. Through his art, he made bold statements about politics, society, and culture and he broadened both the scope of what was considered artistic subject matter and who might appreciate it. His portrayal of ordinary Americans — steelworkers, dance hall girls, preachers, farmers, and more — provided rich inspiration for Baier Stein's stories. Her new collection, consisting of nine tales inspired by the lithographs of Benton, bring to vivid life the early decades of the 20th century. While his lithographs depict the past, the real-life people he portrayed face issues that are front and center today: corruption, women's rights, racial inequality.

In addition to *Scenes from the Heartland*, Donna is the author of *The Silver Baron's Wife*, *Sympathetic People*, *Sometimes You Sense the Difference*, and *Letting Rain Have Its Say* and her writing has appeared in numerous journals and anthologies. [donnabaierstein.com]

Sept. 29 Meltem Parlak. "Design the Life You Love After 65! — or Increasing Resilience for Older Adults"

The current narrative around older adults focuses too much on the negative aspects of aging. But older adults, as a population, are not so different from other demographics in their needs: they want products and services that help them get things done, express themselves, connect with others, have fun ... over-all to live more meaningful lives.

Design the Life You Love is a human-centered

perspective that can be the basis for creating a meaningful life. We are launching a new initiative that is setting out to create a cultural paradigm shift for older adults and their aging experience. To enable them to live the life they love, we must create a radically increased sense of resilience among older adults, as well as their families and communities.

Our strategy to achieve this vision includes creating a series of workshops that invites older adults to think creatively. The goal is for them, and us, to better understand what they need, and more importantly, want. We realize that this age group is highly underserved, even though they make up a great portion of our demographic today and in the future. Therefore, we see great opportunities in addressing their wants and needs to create another chapter that doesn't see aging as a burden to deal with, but a phase of life to embrace and be excited about.

Meltem Parlak is a product designer at Birsell+Seck and a faculty member at Parsons School of Design. She is passionate about understanding what users need to increase the quality of their experience.



Meltem received her Master of Fine Arts from the Industrial Design Program of Parsons School of Design in New York. She holds an undergraduate degree in Industrial Design from Middle East Technical University, Ankara, which included a semester abroad to study Transportation Design at Braunschweig University of Art in Germany. [birsellplusseck.com]

SOCIAL ACTION COMMITTEE

The Social Action committee had its summer meeting (with air conditioning!) at noon on the first day of August in the parlor at the Society. Our first fall meeting will be Sunday, October 13, immediately after the program. Note that while we usually meet first Sundays, this is the second Sunday.

Reports, announcements, and actions included Zia's report on all the work SOMA action's Immigration Committee is doing and the good news from Tricia Idrobo that Governor Murphy has signed A314/S3261 Isolated Confinement Restriction Act.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am - Tai Chi Chuan September 2019	2 Labor Day	3 11am - Chair Yoga	4	5	6	7
8 9am - Tai Chi Chuan 11am - Calvin Chatlos, "We Are All Created To Have Spiritual Experience"	9	10 11am - Chair Yoga	11 1pm - ECSEC Board 7:30pm - Grannie Nannies	12	13	14
15 9am - Tai Chi Chuan 11am - Birgit Matzerath, "J.S. Bach, 'The Well-Tempered Clavier,' A Listening Journey"	16	17 11am - Chair Yoga	18	19	20 Matzerath/Bach 7-8pm Well-Tempered Clavier No.1-2, BWV 846-847	21 No Folk Friday scheduled in September — please join us when we resume in October.
22 9am - Tai Chi Chuan 11am - Donna Baier Stein, "Turning Images into Tales: Writing Ekphrastic Fiction & Poetry"	23	24 11am - Chair Yoga	25	26	27	28
29 9am - Tai Chi Chuan 11am - Meltem Parlak, "Design the Life You Love After 65! (or Increasing Resilience for Older Adults)"	30 Rosh Hashanah	1 11am - Chair Yoga	2	Bach Sessions Fridays 7-8 pm: 9/20/19 No 1-2 BWV 846-847 3/20/20 No 13-14 BWV 858-859 10/18/19 No 3-4 BWV 848-849 4/24/20 No 15-16 BWV 860-861 11/15/19 No 5-6 BWV 850-851 5/15/20 No 17-18 BWV 862-863 12/20/19 No 7-8 BWV 852-853 6/19/20 No 19-20 BWV 864-865 1/17/20 No 9-10 BWV 854-855 7/17/20 No 21-22 BWV 866-867 2/21/20 No 11-12 BWV 856-857 8/14/20 No 23-24 BWV 868-869		

The largest part of the meeting was about next steps for our letter on immigration for which we have a solid list of co-signers:

Letter on Immigration

We are increasingly appalled by our nation's immigration policies that demonize and criminalize people looking for asylum, for a refuge from oppression, or for a better life for themselves and their children.

While it is clear in this age of mass migration that it is not possible for any single country to take in all those in flight, we believe that the United States must develop humane and rational laws to manage migrants and asylum seekers. The international community must also take strong measures to solve the problems which cause the migrations in the first place: food and water scarcity due to climate change, desertification, the breakdown of civil society, and the rise of brutal lawlessness.

Long term changes are essential, but

helping migrants immediately is both our moral obligation and part of our heritage as Americans. From the very beginning, immigrants have contributed enormously to the intellectual, social and political health of our country. One of our founding fathers, Alexander Hamilton, immigrated as a young college student from the West Indies. In more recent years, we have welcomed the contributions of immigrants as different as Madeline Albright, Liz Claiborne, Albert Einstein, Gloria Esteban, Patrick Ewing, Wyclif Jean, Arianna Huffington, Satya Nadella, I. M. Pei, Natalie Portman, and Mariano Rivera, to name only a handful.

Remembering those who Emma Lazarus called in her poem for the Statue of Liberty "the homeless, tempest-tost," and with the knowledge that the vast majority of us Americans come from immigrant families, we urge the following:

- Improve and expand the laws of sanctuary and asylum.

- Keep migrant children with their parents.
- Stop treating migrants as criminals.
- End privatization of prisons and detention facilities that convert human suffering into corporate profit.

The policies presently in effect and the way they are being administered violate the core principles of Ethical Culture and of all people of conscience.

Sincerely,

Social Action Committee, Ethical Culture Society of Essex County, New Jersey

Ethical Culture Society of Albuquerque

Ethical Society of Austin

Baltimore Ethical Society

Ethical Action Committee of the New York Society for Ethical Culture

Ethical Action Committee, Philadelphia Ethical Society

Susquehanna Valley Ethical Culture Society

Chris Kaman, President Ethical Humanist Society of the Triangle (Chapel Hill, NC)

Riverdale-Yonkers Ethical Culture Society

Union County (NJ) Peace Council

First Friends of NJ and NY

South Mountain Peace Action

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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site: www.essexethical.org; email: ecsec.nj@gmail.com

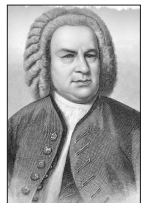
Collections: Please remember to bring canned or boxed food items for the
Food Pantry box in our front hall. Donations go to the NJ Food Bank.

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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · SEPTEMBER 2019



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