



ETHICAL CULTURE

M O N T H L Y

VOLUME 34 NUMBER 8

Visit our web site: www.essexethical.org

APRIL 2015

SUNDAY PROGRAMS

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

April 5 - Laura Zinn Fromm:

“Tales of Cooking and Coping”

Laura Zinn Fromm, the author of the new book, *Sweet Survival: Tales of Cooking & Coping*, will talk about her book and the challenges, stresses and excitement of writing it, and promoting it. The book — and her talk — explore the intertwining of life’s struggle and the foods that provide the best compensatory comfort at traumatic moments, or just the right celebratory enhancement.

Laura Zinn Fromm, who lives in Short Hills, holds an BA from Wellesley College and an MFA in fiction writing from Columbia University, teaches fiction and creative non-fiction through New York Writers Workshop. A former editor at Business Week magazine, she is a winner of the Clarion Award and the Newspaper Guild’s Page One Award for Labor Reporting.

April 12 Steve Pitts, “What is spiritual survival and why is it important?”

Steve Pitts will tell us about the Eckankar movement and its approach to spirituality. According to Wikipedia, “Primary to the teaching is the belief that one may experience the perspective of soul beyond the limits of the body. Also, the concepts of karma and reincarnation help to explain situations in life as the playing out of past causes. The beliefs that individuals are responsible for their own destiny and that their decisions determine their future are important concepts to Eckankar.” His topics will include:

What is spiritual survival and why is it important?

How do YOU get through a difficult situation?

Giving up old patterns. What no longer works for you? Soul, our true identity, is always in survival mode; the human consciousness is not.

Why we need help with spiritual survival and how we get it

What are the tools that we need for spiritual survival?

Using creativity to solve problems and overcome obstacles

What makes survival easier? Love and a sense of adventure about life.

Steve Pitts has a career in the health-care field. He has been a member of the Eckankar clergy for more than 26 years. Steve has facilitated numerous classes and workshop presentations on a wide range of spiritual topics, from embracing divinity to the joy of being. He strives to help people recognize their true nature and to live a happier and more harmonious life. Steve resides in Mercer County, New Jersey.

April 19 Martha Gallahue, “Remembrance, Our Civic Duty”

On Sunday, April 19, 2015, the 38th Annual SO/Maplewood Interfaith Holocaust Remembrance Service will be held at St. Joseph’s Church in Maplewood at 4 p.m. The service is a major interfaith event in our communities. In light of recent events, particularly in Europe and the Middle East, it seems very important to remember and tell what happened in our past and to be aware of what is happening in our present.

In honor of this service, Martha will

speak to the necessity of remembrance in order to “save succeeding generations from the scourge of war, which twice ... has brought untold sorrow to (hu) mankind and to reaffirm faith in fundamental human rights, in the dignity and worth of the human person.” [UN Charter]. The Ethical Culture Society is the first peace site in the country and as such continues to educate for the promotion of the culture of peace.

Martha, co-founded and serves on the steering committee for Global Movement for the Culture of Peace at the UN (www.gmcop.org). They recently co-sponsored another High Level Forum on The Culture of Peace, convened by the President of the General Assembly, which is archived on the UN webcast: UN Webcast Archives www.un.org/webcast/archive.htm Her first priority is to promote a culture of peace in line with the NES Mission and through Global Movement for the Culture of Peace. She does this through advocacy with the groups mentioned above, presentation of Platform Talks in Societies, and development of the Rose L. Walker Fund. Her focus on promotion of The Culture of Peace includes interfaith/interspiritual cooperation and implementation of the Sustainable Development Goals. She is a representative for United Religions Initiative at the UN.

“To live in hearts we leave behind is not to die.” — *Thomas Campbell*

April 26 Howard Gilman, “Maplewood’s July Fourth”

Maplewood’s annual celebration, organized by the July Fourth Committee of the Maplewood Civic Association, promises a full day of

Ethical Culture Society of Essex County

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Martha Gallahue, *Interim Leader*
Boe Meyerson, *Leader Emerita*

William Graves, *President*
Zia Durrani, *Vice President*
H. "Gus" Lindquist, *Treasurer*
Rosalie Sussman, *Secretary*

Trustees:
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Karen Bokert
Barbara Cotler
Elaine Durbach
Allen Parmet
Jeanine Rosh

EC Monthly Programs Editor
Elaine Durbach
Editor/graphics: Howard Gilman

Editor's Note

Newsletter articles, announcements, etc., not to exceed 150 words in length, must be received by the FIRST of the month for inclusion in the following month's edition. Submit items to: Howard Gilman, newsletter editor; preferably via email at: gilman.howard@gmail.com. Items can also be dropped off at 15 So. Pierson Rd., Maplewood; or, if you put something for the newsletter in the EC office's mail slot or in the mail, please give me a call at (973) 763-3914 to be sure I know about it, especially if your item is time-sensitive. — *Editor*

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

family fun, a hometown community experience, featuring dazzling fireworks.

Several of us at ESEC were there last year especially Lisa Novemsky, who made the children's percussion program possible.

Over a century ago, July Fourth in Maplewood was celebrated with a town-wide picnic, a keynote speaker, athletic contests and barbecues. Citizens in groupings by neighborhood, made their way to the picnic grounds. Informal processions gradually turned into elaborate parades with costumes and bands, becoming fierce (and expensive) competitions between neighborhoods. To unite the township activities, the July Fourth Committee and eventually the Maplewood Civic Association were organized, dedicated to a tradition of family-oriented July Fourth celebrations.

Howard will describe his involvement with Maplewood's July Fourth committee, present a slide show introduction and discuss the process of what it takes to stage one of this community's favorite happenings. Howard resides in Maplewood with his wife Alice.

www.maple4th.com/ and on Facebook: www.facebook.com/pages/July-4th-Committee-of-the-Maplewood-Civic-Association/

MARK YOUR CALENDARS

Social Action Committee April 5

The Social Action Committee invites you to join us every first Sunday immediately after the Sunday Morning Program. Upcoming meeting dates are April 5, May 3 and June 7, 2015.

We do a variety of social service projects like coat collections and art supply collections for the Valley Settlement House in Orange, and we write letters as a committee and as individuals on many issues of vital importance to all of us. For several years, we have also supported the work of First Friends of New Jersey, a nonprofit that helps immigrant detainees caught up in our jails and detention centers. We have written pen pal letters and helped with translations as well as giving emergency financial support in certain situations. Learn more about our work from our minutes at <http://www.essexethical.org/socialaction.html#minutes>.

Folk Friday April 10

Sing-along and jam with friends, 7:30 p.m. Second Friday of each month, October through June, at the Society building. Bring acoustic string and rhythm instruments, join in playing, singing or listening. Bring some refreshments to share. Open to all, all ages, everyone is invited! lnovemsky@comcast.net, (973) 763-8293.

Three Day Event in NYC April 24–26 for Nuclear Weapons Abolition

Join the "Peace and Planet" three-day event in New York City, prior to the five-year review of the Nuclear Non-proliferation Treaty at the U.N. Includes: April 24–25, an international peace, justice and environmental conference at Cooper Union; April 26, a major international rally, march to the U.N. and peace festival beginning at 1 p.m., and an Interfaith Service for Nuclear Weapons Abolition. — *E. Betty Levin*

For more information:
NJ Peace Action 973-259-1126
nj_peaceaction@yahoo.com.
www.peaceandplanet.org
njpeaceaction.org/Call_to_Action

Organic Farm Share

Spring is almost here and we are signing up members for the 2015 season at School Lunch Organic Farm & CSA.

School Lunch Organic Farm & CSA (Community Supported Agriculture) in Morris County is offering a weekly share of organic vegetables for pick-up each week at The Ethical Culture Society on Tuesdays, 2-7 p.m. from June 23 through November 10, 2015. Full shares are \$800 for the 21-week season. Half shares are available only to those who were half shareholders last year at \$440.

Purchase shares by cash or by check payable to: Margaret Noon. Mailing to: School Lunch Organic Farm & CSA, 69 Stephens State Park Road Hackettstown, NJ 07840. You can also purchase shares online with a credit card:

<http://www.schoollunchfarm.com/join-the-csa/>

Final payments are due by April 30, 2015, or as soon as possible.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|-------------------------------|---|----------|---|--|
| | | | 1 | 2 | 3 | 4 |
| 5 9am Tai Chi Chuan 11am Laura Zinn Fromm, "Tales of Cooking and Coping" Social Action Committee meeting | 6 | 7 Chair Yoga 11am-12 noon | 8 ECSEC Board meeting 7:30 pm - 9 pm | 9 | 10 Folk Friday Sing-along and jam with friends 7:30 pm | 11 |
| 12 9am Tai Chi Chuan 11am Steve Pitts, "What is spiritual survival and why is it important?" | 13 | 14 Chair Yoga 11am-12 noon | 15 Tax Day | 16 | 17 | 18 3rd Saturday Arts 7pm - 8pm (tentative - please call) |
| 19 9am Tai Chi Chuan 11am Martha Gallahue "Remembrance" 4 pm Interfaith Holocaust Remembrance Ser., St. Joseph's Church, Maplewood | 20 | 21 Chair Yoga 11am-12 noon | 22 Earth Day | 23 | 24 | 25 |
| 26 9am Tai Chi Chuan 11am Howard Gilman, "Maplewood's July Fourth Celebration" | 27 | 28 Chair Yoga 11am-12 noon | 29 | 30 | | April 2015 |

School Lunch Farm & CSA received Organic Certification in January 2014 for all 68 acres and is a 100% Certified Organic and GMO-Free Farm. Your weekly share contains 10-15 types of organic vegetables, herbs, and some fruit. We are offering 100 shares in 2015 and are filling up quickly. Please sign up soon!!

Information online at: www.school-lunchfarm.com. You can also contact Farmer Margaret Noon at 908-451-0051 or margaretmnoon@gmail.com.

AEU 100th Assembly June 25-28

This year's theme has a dual meaning: creating a sustainable future for our Movement and for the world. The newly formed Assembly Committee, National Leaders Council and AEU staff are filling the weekend with centennial celebrations, workshops on ethical living and seminars on sustainable development. (The UN Sustainable Development Goals call for socially inclusive and environmentally sustainable economic growth.)

You can also look forward to: Centennial Assembly Kick-Off at the hotel and 100th Anniversary Party at the Ethical Culture Society of Westchester; Vote on Resolutions (*Resolution submissions are due by Friday, May 1st*); Opportunities to connect with members of the AEU Board, Committees, Affiliates, and other Ethical Societies. (*Reports from Societies, Committees, and Affiliates for the delegates' packet are due by Friday, May 1st*); Anna Garlin Spencer Volunteer Award Luncheon honors volunteers for dedication to their Society and the AEU. (*Society nominations are due by Friday, May 8th*); National Ethical Service Luncheon will welcome a guest speaker from the United Nations.

The Elliott-Black Award Dinner and Ceremony will reward Dr. Sandra Steingraber for protecting our planet and informing others on how to get active as well. Dr. Steingraber is a biologist, writer, and climate activist who writes about climate change, ecology, and the links between human health and the

environment. She is the Distinguished Scholar in Residence in Department of Environmental Studies and Sciences at Ithaca College and has spent much of her off time attending environmental meetings, testifying before governmental bodies, addressing anti-fracking rallies, and being jailed for acts of civil disobedience in defense of Seneca Lake. When released from jail she said to those who came to view her release, "What Colleen and I just did is only a tiny part of the struggle. So, please don't thank us. Tell us what YOU are going to do."

To register online: www.aeu.org



Coming June 14

Sunday, June 14's morning program will be a personal journey in music and talk with opera star Lori Mirabal, "With Warmest Regards." She'll talk and sing about how she became an artist, about her life, her influences, and the songs that inspired her.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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Food Bank — Please remember to bring canned or boxed food items for the food pantry box in our front hall. Donations go to the New Jersey Food Bank.

Children's Books — We accept children's books to be donated to the Parenting Center for children of need.



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