



ETHICAL CULTURE

M O N T H L Y

VOLUME 38 NUMBER 10

DECEMBER 2018

SUNDAY PROGRAMS

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

Dec 2 Aidan Cunningham, "A Year in New Zealand"

Aidan Cunningham is a student at Columbia High School and is a member of the Ethical Culture community. In 2013, Aidan spent a year in New Zealand and will be speaking



on how his experience shaped him in becoming a young humanist and part of the Ethical Education program. He will touch on four areas that are part of being an Ethical Humanist — care for our democracy, protecting our environment, mindfulness, and community service. He believes that coming into close contact with another culture and, in some ways, assimilating into it, continues to shape his beliefs and core values, and taught him how to be a global citizen and comprehend the ways in which diversity can foster understanding and empathy.

He is interested in music, international relations and the web-comic *xkcd*. He likes to travel and read good books.

Dec 9 Virginia Cornue, "Awakening Your Heart by Meditating on Roses"

Dr. Virginia Cornue, Bloomfield College professor, cultural anthropologist, women's advocate, "green" gardener and flower lover, will talk about her flower meditation day book series and lead a guided meditation based on her forthcoming illustrated book: *Meditations on Roses*:

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The Awakened Heart.

Dr. Cornue says meditating on flowers offers inner serenity and relaxation that goes straight to people's hearts and souls with an infusion of peace and calm that only flowers and meditation can impart. The flower meditations in her 12 book series, *Springing from the Ground: Meditations on Flowers and Their Messages*, speak to the deep need and desire for beauty, ease, and joy that people seek. The 31 lyrical messages in each daybook work on the energetic level and go in on the heart and emotional levels.



For those who long to choose happiness for themselves, these heart-opening meditations allow readers to garner the essence of flowers and meditation: ease, happiness and well-being.

Virginia Cornue is an author, award winning women's rights activist, cultural anthropologist, and part time professor at Bloomfield College. She is the author of *The Dragon's Daughters Return* (2007), which chronicled the experiences of middle-school age daughters and their adoptive families returning to visit China; and *Draw on Culture: China* (2009), an educational activity book.

Virginia earned her Ph.D. in cultural anthropology from Rutgers University (2001). She holds a B.F.A in Dramatic Arts from the University of North Carolina-Chapel Hill and did masters work at the NYC New School for Social Research. Virginia co-founded and/or directed a number of non-profit and women's rights organizations: The National Organization for Women-NYC Chapter; The Service Fund of NOW; the Women's Funding Coalition-NYC; and New-

ark Emergency Services for Families. She was the recipient of the 1998 Susan B. Anthony Award for Service and Advocacy for Women; the 1989 Newark (NJ) Humanitarian Service Award; and the 1996 award for Distinguished Leadership by Newark Emergency Services for Families.

Dec 16 Suzanne Douglas, "Life Lessons Learned Along the Way"

Suzanne Douglas will explore wisdom gleaned from her experiences performing across the United States and in countries around the world. She will talk about the bias and prejudice she has encountered as well as the enlightenment imparted by teachers and guides.



Suzanne Douglas is an award winning actress whose work has lead her through all walks of creative life. Most recently she performed in *42nd Street* at the Drury Lane Theater, Center Stage's *Les Liaisons Dangereuses*, and George Street Playhouse's *American Son*. Other theater credits include Arthur Laurent's *Hallelujah, Baby!*, which Laurent re-wrote for her, and *Wit*, where Suzanne became the first African-American to play the role of Dr. Bearing.

She is best known for her co-starring role in *Parent Hood*, and has also appeared in *Bull*, *The Good Wife*, *Bones*, and *Law and Order*. Her extensive filmography includes *How Stella Got Her Groove Back*, *School of Rock*, *The Inkwell*, *Tap*, and *Changing the Game*.

Suzanne's vocal talents have taken her from Broadway, starring opposite Sting in *The Threepenny Opera*, to the

Ethical Culture Society of Essex County

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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.

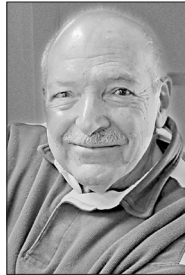
Editor may edit for length, clarity and content. Members submitting time-sensitive items for publication in the EC office's mail slot or in the mail, please also email or call Elaine Durbach or Howard Gilman.

concert halls of Russia, with Jon Faddis. A singer and composer, she performs regularly with her trio, performing music from the American Songbook as well as her original compositions.

Suzanne earned a B.A. at Illinois State University and a Masters at the Manhattan School of Music.

Dec 23 Allen Parmet, “An Introduction to Jazz; Part Two”

For about 30 years, Allen Parmet has been a member of the Ethical Culture Society of Essex County and a board member of the New Jersey Jazz Society also for about 30 years. Several years ago, Allen presented a program entitled “An Introduction to Jazz” at one of our weekly meetings. This presentation was very successful and he was asked to provide a sequel, the introduction having covered mostly the period from 1920 to 1930.



The sequel will cover the period from 1940 to 1950, including selections as follows:

- Bob Wilber (soprano saxophone): *Roses of Picardy, Summertime*
- Artie Shaw Gramercy Five: *Summit Ridge Drive, Any Old Time* (Billie Holiday, vocal)
- Lee Wiley (vocal): *I Don't Stand a Ghost of a Chance* (Bunny Berigan, trumpet)
- Teddy Wilson (piano): *This Heart of Mine*
- Mark Shane (piano): *Deep Purple* (Ragtime, played in 6 movements)

Dec 30 “What a Year This Was!”

Our annual Year-End Colloquy will give everyone a chance to share their most memorable moments from the past 12 months, the highlights and the dark times — and perhaps put them into a fresh perspective before we embark on the new year.

Those so inclined can bring a visual version of what you're glad to say good riddance to. We'll slice them up and make paper chains, to turn *tsuris* (“trouble, calamity”) into gaiety!



(Left to right): longtime member and member of the Board Bill Graves; Jacqueline Herships, Vice President of the Society; Zia Durrani, President of the Society; longtime member and member of the Board Lisa Novemsky.

Getting Ourselves Out There on the Radio

Ethical Culture society members were interviewed October 7 on *The Grassroots Collective* radio show broadcast locally from E. Orange WZYE 95.9 FM. The guests shared their experiences and discussed such subjects as why they belong, is Ethical Culture a religion, and the Ethical philosophy. They also shared the long list of accomplishments which Ethical Culture helped to bring about, such as the first free kindergartens, Planned Parenthood and the NAACP; our Society becoming one of the first peace sites in America; as well as new projects currently emerging, including our Ethical Education program for children; the Grand Nannies — a support group for grandmothers who are taking care of their grandchildren (see *SOMA GrandNannies* on Face Book); Folk Fridays — a folk music sing-along; a project to address the criminalization of immigration; and a decision to raise awareness to the plight of the bees upon which our human food supply depends.

<https://m.facebook.com/wzyeradio/> for links to past shows.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 9am - Tai Chi Chuan 11am - Annual Post-Thanksgiving Colloquy on Gratitude	26	27 11am - Chair Yoga	28	29	30	1 DECEMBER 2018
2 9am - Tai Chi Chuan 10am - Eth. Family Ed. Mindfulness: Qigong-Aaron and Blue 11am - Aidan Cunningham, "A Year in New Zealand" 12pm - Social Action	3	4 11am - Chair Yoga	5	6	7	8
9 9am - Tai Chi Chuan 11am - Virginia Cornue, "Awakening Your Heart by Meditating on Roses"	10	11 11am - Chair Yoga	12 1pm - ECSEC Board 7:30pm - Grannie Nannies	13	14 7:30pm - Folk Friday	15
16 9am - Tai Chi Ch. 10am - Eth. Family Ed. Service: Holiday Drive tie into Coat Collect. 11am - Suzanne Douglas, "Life Lessons Learned Along the Way"	17	18 11am - Chair Yoga	19	20	21	22
23 9am - Tai Chi Chuan 11am - Allen Parmet, "An Introduction to Jazz; Part Two"	24	25 11am - Chair Yoga	26	27	28	29
30 9am - Tai Chi Chuan 11am - "What a Year This Was!"	31	1 11am - Chair Yoga	2	3	4	5

MARK YOUR CALENDAR

Folk Friday Dec 14, 7:30 p.m. Sing along and jam; bring acoustic string and rhythm instruments; join in playing, singing or listening; bring refreshments to share. Second Fridays of the month through June. Everyone invited!

SOCIAL ACTION

The Social Action Committee is soliciting names for our **Local Hero award 2019**, a program celebrating Local Heroes who have enriched the lives of our community and region. We believe that many people in our communities are doing important work in social service and social action, work that is sometimes taken for granted and under-appreciated.

Some of these local heroes are well known in the community; some are

known mostly behind the scenes. In all cases, we believe they exemplify the values of Ethical Culture in their lives and activities. Past awardees have been 2015 Susan Barry; 2016 Widney Brown; 2017 Ingrid S. Hill; and 2018 Bennet Zurofsky. Please email Msuewillis@aol.com

The Committee has two fall collections: for stationery supplies for immigrant detainees and for jackets and coats:

Stamp Out Despair! In conjunction with First Friends of NJ and NY (<https://firstfriendsnjny.org/>), we are collecting items for immigrant detainees incarcerated in New Jersey in need of items for letter writing now and phone calling cards and back packs for when they are released. Bring items to the Society building; a collection box labeled IMMIGRANT DETAINEES

is in the small sunroom off the parlor.

Items to bring: Forever 1st class stamps, Folders with no metal, #10 envelopes, 8.5 by 11 white paper, Note cards BLANK ONLY, Back packs (can be previously used)

Donate money for: International calling cards, Used smart phones, Gift cards for released people (Walmart, Target, grocery stores). To contribute money, email Msuewillis@aol.com

Winter Coat Collection November 2018 – February 2019, bring clean coats and jackets for adults and children, excellent condition only, to the Society building; a collection box is in the small sunroom off the parlor. Valley Settlement House, a non-profit social service agency and the oldest settlement house in New Jersey, gives these to families in need living in several neighboring towns.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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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 the NJ Food Bank.

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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · DECEMBER 2018



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