



ETHICAL CULTURE

M O N T H L Y

VOLUME 36 NUMBER 2

Visit our website: www.essexethical.org

FEBRUARY 2016

SUNDAY PROGRAMS

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

Feb 7 George Brandon, “Ethical Dimensions of West African Orisha Devotion”

African religions continue to be little known, widely misunderstood and much maligned in the West despite having millions of adherents and extensive histories in both Africa and the African diaspora of the United States, the Caribbean and South America. In his talk, George Brandon looks at one particular religious tradition, Orisha devotion, a tradition that originated in West Africa and now also has millions of adherents throughout the Caribbean, South America, the United States and Europe. After a description of the basic beliefs and principles of Orisha devotion, Dr. Brandon will focus on its ethical dimensions and the dilemmas facing Orisha devotees living in religiously plural societies where Africans and African religious have been marginalized and subjected to persecution.

George Brandon is professor emeritus of the City University of New York’s Sophie Davis School of Biomedical Education at the City College of New York where he taught medical anthropology and behavioral medicine for twenty-four years. He has had past appointments at the University of Maryland (UMBC), Grinnell College, Georgia Institute of Technology, and Rutgers University and remains on the faculty of the Omega Institute for Wholistic Studies. Throughout his career as an anthropologist his research has concentrated upon African and African Diasporic religions as world

views and as healing systems. He has published articles on African religion in Cuba and the United States, Black American spiritual healers, the folk medicine of the Jamaican Maroons and has lectured internationally. As a consultant he has worked closely with interfaith organizations such as the Interfaith Center of New York where he taught for several years in the IFNY’s religious competency program for social workers, as well as the Tannenbaum Foundation where he assisted in the preparation of their Manual of Religious Diversity for Health Care Workers.

Feb 14 Jerry Ryan, “Think Local”

The presidential races may be getting all of the attention these days, but local politics, local elections, and local government have much more of an effect on everyday life in town. Jerry Ryan will share his reflections on his just-concluded service as a member of the Maplewood Township Committee. He’ll talk about what you should know, what you’d be surprised about, and the things that you know that just aren’t so. There will be a broad opportunity for questions and conversation.

Jerry Ryan is a thirty-one year resident of Maplewood. He has had a long career in the technology industry at companies like AT&T, Lucent, Avaya and Motorola. He also raised three children in Maplewood and served for 19 years as a member of the Maplewood Township Committee, including three years as Maplewood’s Mayor. He is currently teaching at the New Jersey Institute of Technology.

Feb 21 Betty Levin, “The Wisdom of Aging”

I don’t know how I’ve come to reach almost 90 years of age, while tapping into some measure of wisdom. It’s not necessarily in my genes — I’ve had only one relative who achieved longevity, my brother Lester, who lived to 91 but was a disciplined athlete. Until almost the end, he worked out daily at the gym. I merely attend Healthy Bones once a week and Chair Yoga, co-led by our Karen Bokert, twice weekly.

My role models have taught me much. Zalman Schachter-Shalomi, author of “From Age-ing to Sage-ing,” explains it this way: “EVERYONE can be wise. It’s very simple — we all make mistakes. When you finally learn from your mistakes, then you become wise.” And I’ve personally flubbed mightily in the Mistake Department.

In my presentation, I will speak of other role models — how we keep growing and learning till the end of our days. Achieving knowledge is a life-long experience, not necessarily confined to institutions of learning. The longer you live, the more opportunity to discover morsels to season, digest and absorb. Thus becoming an elder offers the possibility of triumph.

I’m not entirely sure why I’m writing my memoir. It first started when Stephanie, my granddaughter, at age six, asked me, “Grandma, what was it like growing up in those days?” It went far beyond that query to become a process of self-therapy and healing. I’m achieving a new understanding of the phenomenon called “The Life Journey.” I recommend that everyone write her/his memoir. (*cont’d next page*)

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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: gilman.howard@gmail.com.

If you put something for the newsletter in the EC office's mail slot or in the mail, please email or call to be sure I know about it, especially if your item is time-sensitive.

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

At the program, I shall distribute a recommended bibliography that includes books about peace and other ideas I have found of value.

Feb 28 Nick Ingoglia, "Inside the World of Biomedical Research — The Pursuit of Truth and its Perversion by Self-interest and Ambition: Are we Attracting the Right People into Science?"

Nick Ingoglia, PhD, a retired professor of Neurobiology will discuss how a passion for the truth can inspire a career — and how self-interest and personal ambition by some scientists can lead to scientific fraud. He will also discuss his attempts to attract socio-economically disadvantaged young people to careers in scientific research.

Dr. Ingoglia, PhD, was a professor of Pharmacology/Physiology and Neuroscience, and associate dean of the Graduate School of Biomedical Sciences at UMDNJ. In 2006, he was selected as the Alfred P. Sloan Foundation Minority PhD Program Faculty Mentor of the Year for his role in encouraging and supporting minority students in their quest for doctoral degrees. Dr. Ingoglia was nominated by his students on the Newark campus and received the award at a national meeting of The Compact For Faculty Diversity in Miami, Florida. Dr. Ingoglia, a resident of North Caldwell, joined the New Jersey Medical School faculty in 1971. He received his PhD from New York University and completed his postdoctoral study at Cornell Medical School.

MARK YOUR CALENDARS

Feb 12, 7:30 pm, Folk Friday

Sing-along & jam second Fridays of the month, through June. Bring acoustic string and rhythm instruments. Join in playing, singing or listening with us. Bring some refreshments to share. Everyone is invited! Inovemsky@comcast.net, (973) 763-8293

Program Coming in March — Healing for War Veterans

Dr. Edward Tick will speak on healing for war veterans. An internationally recognized

educator and expert on veterans, PTSD (Post-Traumatic Stress Disorder), and the psychology of military-related issues, Dr. Tick has conducted trainings, retreats and workshops across the country and overseas. He has lectured and trained staff and worked with wounded warriors at West Point, Walter Reed Army Medical Center, Forts Hood, Knox, Bragg, and other Dept. of Defense facilities. The Department of Defense now uses his pioneering work and he was the U.S. Army's 2012 trainer for its annual Chaplain Sustainment Training in PTSD. Dr. Tick's current book on healing for war veterans is *Warrior's Return: Restoring the Soul After War*.

2016 Colloquy —

A Challenging Idea for The New Year

Our Ethical Culture family is very important to me. It consists of diverse, caring individuals who come together with bright minds, compassion and humanistic values, generously sharing their unique ideas — an admirable mix.

In my opinion, one area in which we can grow together and improve the quality of Society life is with our PERSONAL CONNECTIONS to one another.

I recall attending an AEU annual meeting in which several members discussed the glue that strengthened their Society appreciably, making it a more effective and satisfying experience. I was startled to hear — the group could not wait for the Sunday programs to connect with one another. They often arranged casual get-togethers during the week for coffee, lunch or just "schmoozing," for sharing and companionship, augmenting their investment in a Movement that brings a unique dimension to their lives. They were discovering what personal qualities they shared in common, a sense of intimacy that was strengthening one another as well as their Society.

I believe this is a particularly opportune time to consider this idea seriously. We have just launched our Family Education Program, which could become a turning point for our Essex Society. It is exhilarating to consider that we are poised to influence these children/attendees, the next generation, how

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2016	1	2 Chair Yoga 11am–12 noon	3	4	5	6
7 9am Tai Chi Chuan 11am George Brandon, "Ethical Dimensions of West African Orisha Devotion" Social Action Comm. meeting 12 – 1pm Families for Education	8	9 Chair Yoga 11am–12 noon	10 ECSEC Board meeting 7:30 – 9 pm Transgender Topics: First monthly meeting 7 – 8pm	11	12 Folk Friday 7:30pm Lincoln's Birthday Darwin Day	13
14 9am Tai Chi Chuan 11am Jerry Ryan, "Think Local" Valentine's Day	15 President's Day	16 Chair Yoga 11am–12 noon	17	18	19	20
21 9am Tai Chi Chuan 11am Betty Levin, "The Wisdom of Aging"	22 Washington's Birthday	23 Chair Yoga 11am–12 noon	24	25	26	27
28 9am Tai Chi Chuan 11am Nick Ingoglia, "Inside the World of Biomedical Research" Families for Education	29					

to live ethically in a complex world and become global citizens. And the parents of diverse backgrounds who bring their offspring with high hopes — what an opportunity to befriend these folks and learn from one another. Why should they take a chance on us, with solid churches and synagogues available? Let's engage them in dialogue, become connected, and discuss together their deepest hopes and possibly, their roadblocks. Let's start connecting more effectively with one another and further, extend ourselves to this growing population.

I would appreciate your reaction to this article, favorable or not. It's OK to disagree or have a different perspective. What is most important is a conversation, a connection. I would like to hear from you, 973-763-1033. — *E. Betty Levin*

Letter: Beth K. Lamont program Jan. 10

So pleased to meet with the Ethical Society at its historic meeting place, home of good community actions with beautiful artwork and friendly reception recalling the wonderful exchange of experiences and possibilities to continue our dialogue. As we were on our return to NYC, we saw an awesome rainbow of brilliant colors: red, orange, yellow, green, blue and violet arch above Maplewood reaching across the horizon of Essex County.

Beth K. Lamont, leader of the Humanist Society of Metropolitan New York (HSMNY), spoke with heartfelt respect to the Society about "Humanist Values and Healing for the Woes of the World." As the president of the Half-

Moon Foundation, Beth spoke of her late husband, Corliss Lamont, mentioning his books, *The Philosophy of Humanism* and *Lefties are in their Right Minds*. With responsibility for our power to raise our voices and respect humanity, Beth encourages us with a good sense of humor to pursue our individual and societal happiness.

Beth agrees with Martha Gallahue, Leader Member, to give ethical support to our Representative Barbara Lee with Bill 101 — United States Department of Peace needs to finally be established, asap. "I pledge to support the ideals of a Culture of Peace and will encourage others to do likewise."

Beth extends an invitation to attend and participate with the HSMNY meet-ups. HSMNY meet-ups are the 2nd and 4th Thursdays of the month, 6–9pm at Moonstruck East Restaurant, 449 Third Ave. S.E. corner of E. 31st St. New York City.

Wishing you and yours a happy humanist new year,
— *Pamela Timmins, HSMNY*

Those wishing to read and learn more can visit the web sites www.corliss-lamont.org/hsmny and www.humanvalues.net (for Beth's Blog and "Lefties Are In Their Right Minds!")

Happy News

Congratulations & best wishes to Barbara and Martin Cotler who announce the birth of their second great granddaughter January 13th 2016. Her name is Charlotte Stella Koch-Ramirez, 9lbs one ounce.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street
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For information, call 973-763-1905; visit our web site:
www.essexethical.org; email: ecsec.nj@gmail.com

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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