



# ETHICAL CULTURE

M O N T H L Y

VOLUME 38 NUMBER 3

Visit our website: [www.essexethical.org](http://www.essexethical.org)

MARCH 2018

## SUNDAY PROGRAMS

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

### **Mar 4 Orest Pelechaty, “Being Human in the 21st Century”**

Being human in the 21st century brings tremendous challenges, especially in protecting our health and wellness amidst an ocean of stressors and toxins. Classical medical systems such as *Ayurveda* and Traditional Chinese Medicine are much more than a treasure trove of tools such as herbal therapies or Acupuncture. Come learn how ancient maps of consciousness can be invaluable in our post-modern times, offering powerful alternatives for less pain, more energy, improved immunity, and living a longer more vital life.

Orest V. Pelechaty received his doctorate of Oriental Medicine in 1986, taught acupuncture and *qi gong*, and served four years on the board of directors of the American Association of Acupuncture and Oriental Medicine. He founded Aware of Life Options and Healing Arts (ALPHA) Clinic in 1988 where he was Chief Clinician and Director of a 24-person staff, pioneering integrated holistic medicine. His work with patients includes the use of Alchemical medicines from East and West along with energy healing and in-depth psychology techniques.

Dr. Pelechaty’s lifelong interest in indigenous peoples and their world view led him to forty years of study and practice with Native American and Hawaiian wisdom keepers.

He entered formal study and practice of esoteric Buddhism in 1976, being blessed with teachings and transmissions from over sixty Masters and lineage holders from all major

Dharma traditions. Dr. Pelechaty is an ordained tantric priest in the School of the Ancient Ones of Tibet, and serves as Rector of Odiyana Khandro Ling, an interfaith healing ministry.

Currently, “Dr. O” and his wife Susan are developing the Institute of Applied Metaphysics at their eco-retreat and healing center, Old King Farm in Vermont. They travel the world on healing and spiritual pilgrimages, when Dr. O is not out kayaking in the Pine Barrens.

### **Mar 11 Nkosi Anderson, “Martin Luther King, Jr.’s Philosophy of Love and Lessons for Today”**

Nkosi Anderson, a PhD student in Christian Social Ethics at Union Theological Seminary in New York will be talking about Dr. King, his ethics, and his politics.

Nkosi Anderson’s family has deep multigenerational roots in South Orange and Maplewood. He is the son of Drs. Herman and Adunni Anderson and brother to Anwar Anderson. A product of First Baptist Church of South Orange, Nkosi graduated from Columbia High School in 1997. He has worked in public education, government and academia, and with religious, nonprofit and community groups.

Nkosi remains committed to a number of movements for social justice and is active in a variety of organizations including South Mountain Peace Action, The Poverty Initiative/Kairos Center, Mother’s Kitchen and The Roots Project, Inc. He holds a BA in Political Science and an MA in African-American Studies, both from Columbia University. He also received his MDiv from Union Theological Seminary, NY.

### **Mar 18 Joy McConnell, Ethical Culture Leader, “Great Expectations: Building Authentic Community in Ethical Societies”**

As growth and Development Professional for the American Ethical Union during the 1990’s, Joy worked with the AEU Membership Committee to collect materials and best practices from societies throughout the Ethical Movement, undertook studies and research in the field of congregational development, and acted as co-editor with and producer of the AEU’s membership handbook with the title of today’s presentation. Joy will present some of the most important ideas from the handbook, ideas that, if implemented, could make a real difference in the sense of community and the well-being of the Ethical Culture Society of Essex. What is authentic community and how do we help to make it real? What do we want as fellow members? What unfulfilled potentials do we have? How can we build our Ethical Culture Society community to be more nearly what we want? This will be a somewhat interactive platform, so be prepared to respond to these questions from your authentic self.

After serving as Associate Leader in St. Louis and Leader in Chicago, Joy served as AEU Growth and Development Professional. Joy consulted with Ethical Societies across the US, was involved in AEU growth initiatives and led many workshops. Joy was one of the founders of the AEU Lay Leadership Summer School and served on staff from 1996 to 2008, 2012, and 2016. She is currently consulting leader for the Ethical Society of Asheville, NC, and volunteers for the American Ethical Union. She has an MA from

# Ethical Culture Society of Essex County

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Elaine Durbach  
*Editor/Graphics:* Howard Gilman  
*Office Manager:* Liz Cunningham  
*Office hours*  
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! Did you know that we perform weddings, baby namings and other humanist ceremonies? Call 973-763-1905

## 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. Editor reserves right to edit for length, clarity and content. *If you put something for the newsletter in the EC office's mail slot or in the mail, please also email or call me, especially if time-sensitive.* — Howard Gilman, newsletter email: gilman.howard@gmail.com.

The University of Chicago, graduated with the third class of the Humanist Institute, and has much training in congregational development from the Alban Institute and the UUA as well as dozens of hours of training in Non-Violent Communication and Interpersonal Neurobiology. She is looking forward to being once more with members new and long-term of the society.

## Mar 25 Amy Blake and Colleen Kattau, Family Ethical Education Program

Please join the Educational Initiative as we explore the power of life, music and words as we try and find how our voices fit into our communities. Colleen Kattau is a bilingual educator, activist, and singer/songwriter with a journey to share. Pete Seeger was an admirer and friend. How does my voice fit in, you ask?

“Why do you always answer a question with a song?” a boy I knew asked me when I was 6 or 7 years old. Why did I? That question made me conscious of how much song defined my being. In my head the answer was “It comes out that way naturally. It just does.” Apart



## Colleen Kattau

*“Joe Hill would be proud. Great singer and organizer at the same time.”*

—Pete Seeger

from a few lessons on an instrument I didn't choose, there were not a lot of opportunities for music in school. I kept on singing through it all — that voice from nowhere and everywhere kept bubbling up every day! I auditioned for the senior play and landed the role of Adelaide in “Guys and Dolls.” Whoa! And picked up my first guitar. In college, and politicized with a language to name what I'd felt all along, I travelled to Spain and joined the choir in Salamanca. I became hooked on Spanish and later Latin American music, especially *nueva canción* or new song. I started seeing the connection be-

tween the transformative power of music and social change and how other cultures do this naturally. I did not imagine supporting myself through music, it seemed an unattainable ideal so I led a parallel life of work and finding time to play and sing. There was a time when I was about to put down my guitar. I felt I had no community... then my angel fierce friend appeared to say no, never! So I kept on singing and learning and sharing with others, and doors started opening. For music is a gift that keeps on giving. And I feel that each day I understand that ever more deeply.

Students will explore the power of music and lyrics as they listen and sing along to songs that promote peace and respect for our planet. Please join us on March 25th for this interesting morning of conversation and song.

You can find out more information about Colleen by checking out her website: [www.colleenkattau.com/bio.html](http://www.colleenkattau.com/bio.html)

## Ethical Culture Society Membership

We are pleased to introduce to our community several new members who have joined our Ethical Culture family. This month, we are introducing Peggy Toy, who has written the following:

After a career as a teacher, school counselor and mental health practitioner, I retired in 2016, sold my home and moved to Maplewood from Long Island, New York. While it was my children who initially brought me to New Jersey, I felt right away that Maplewood might be a place where I could not only set down new roots, but also become active in a community which, in many ways, embodied my own values.

As a teacher and as a school counselor, my highest aim always was to model and foster in my students the principles of ethical behavior, humanism and caring for one another and our planet, whether it was supervising the Peer Mediation program, Model UN or other school activities. Now, in retirement, I feel I have the time and opportunity to become more personally involved in forwarding those values into the world. With that in mind, I just completed a training program with MindfulSchools.org to teach mindfulness to



youth in schools and other settings. I also spend time enjoying and helping take care of my grandchildren. They have also been participating at Ethical Culture, along with my son and daughter-in-law, in the Family Education Program.

I decided to become a member of the Ethical Culture Society because I believe in its mission and message and for the purpose of being part of a community of like-minded people. I appreciate the warm welcome members of Ethical Culture have given me and my family and look forward to getting involved and continuing to learn and grow as a member.

*It is a great pleasure to have Peggy Toy join our Ethical Culture community.*  
— Barbara Cotler and E. Betty Levin,  
Membership Co-chairs

## “Who We Are” at our Ethical Society, part 2

Participants met on Dec 16 to discuss and share our Life Journeys, and, particularly, how and when we came to our Essex Society. Some of those stories appeared in last month’s newsletter and continue below.

Elaine Durbach-Norstein reported how she and Marshall had come to live at 516 Prospect. They had been comfortably situated in a 2-family house in Maplewood. Through a misunderstanding about the lease, they were forced to vacate. Fortunately, they then heard about the needs of the Ethical Society for a competent person who “could repair anything.” Marshall was clearly qualified and the arrangements were gratefully settled to mutual satisfaction.

Marty Cotler spoke of his early educational years in Brooklyn that were unconventional and rebellious. Barbara reported her mother discovering the Brooklyn Ethical Culture Society and presenting her daughter with the literature: “Here, I think you should check this place out!” (Note from Betty: I recall in much later years when the family all moved to NJ, her mother living



“Who We Are” discussion participants included (above left to right) Barbara Cotler, Janet Mangano, Bill Graves, Elaine Durbach-Norstein, Jackie Hershops, Phyllis Hackett and Esther Barcun. Pot-luck lunch (lower right) preceded discussion.

in a Union NJ garden apartment. Barbara provided transportation for her mother every Sunday, bringing her to the Platforms).

Janet Mangano shared how she became our volunteer pianist. When Joe Gluck became president of our Society and as first violinist for the NJ Symphony Orchestra, he brought his love of music to our Society. He organized the Chamber Music Saturday Afternoon Group for talented amateur community musicians, not only enriching the community but bringing significant funds to our Society. (Note the annual income budget). Joe then hired Janet to provide piano music for our Sunday Platforms, paying a nice stipend. After several years, though she followed a different religious belief system, Janet rethought her employee role at Ethical Culture and decided it wasn’t proper to charge a religious organization for musical services. And now she has continued unselfishly as a volunteer for more than 16 years — what respect for diversity and generosity of spirit!

Barbara Lipton announced to the group that she will be living part-time in Tucson, Arizona, having checked out the area for several winters. “I discovered and loved the glorious color displays of the desert winters and shall remain there each year until about May. Zia will be driving with me there sometime this coming January.”

Participants then shared dessert, pleased with the experience. Your facilitator, however, experienced some sense of incompleteness. Perhaps more emphasis should have focused on the essence of our Essex Ethical Society that has drawn individuals to become committed members, some even lay leaders, and how this affiliation has impacted our lives. If the membership agrees, a further “Who We Are” session could be scheduled in the Spring of 2018.

In the meantime, for those individuals whose stories I have not reported, please forgive me; my notes were incomplete. I would hope that other participants could add their rich memories to this report. Your feedback is welcome including important omissions and correcting inaccuracies.

— Respectfully submitted, E. Betty Levin, Member, Board of Trustees

## MARK YOUR CALENDARS

### Folk Friday, March 9, 7:30 pm

Sing along and jam. Bring acoustic string and rhythm instruments. Join in playing, singing or listening. Bring refreshments to share. 7:30 pm, second Fridays of the month through June. Everyone invited!

### Social Action Committee Note

There will be no March SAC meeting. Next meeting will be Sunday, April 1.

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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For information, call 973-763-1905; visit our web  
site: [www.essexethical.org](http://www.essexethical.org); email: [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)

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**Food Pantry** box in our front hall. Donations go to the NJ Food Bank.

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