



# ETHICAL CULTURE

M O N T H L Y

VOLUME 34 NUMBER 9

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

MAY 2015

## SUNDAY PROGRAMS

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

### **May 3 The Solidarity Singers' Annual ECS May Day Concert**

The Solidarity Singers of the New Jersey Industrial Union Council will perform as the platform in honor of May Day and Labor History month, celebrating the Workers' Holiday with songs of labor and the continuing struggle for justice. There will be familiar songs and/or songs with easy to learn choruses to sing along.

Over the past seventeen years, the Solidarity Singers have appeared hundreds of times on picket lines, at rallies for labor and other progressive causes, and in occasional concert settings.

A number of our members, including Lisa Novemsky, Rosalie Sussman, Barbara Cotler and Diane Beeney are long-time members and hopefully will be singing with them.

### **May 10 (Grand)Mother's Day Colloquy led by Martha Gallahue**

Martha will facilitate a colloquy on the unique contribution grandparents offer in child raising from a grandmother's perspective. We will begin with a share of ethical stories grandparents have to share. How sometimes grandparents become their grandchildren's confidants, etc. We will discuss a few of the challenges of inter-generational relationships such as confidentiality, for example. As children learn early in life, they have skills many of their parents do not have, there can often be tension regarding parental authority. Grandparents often have an opportunity to nurture healthy respectful relationships through humor

and story telling in the midst of these tensions.

Martha is grandparent of three between the ages of 1-9. She is also great-aunt to 11 children ages 35-13.

### **May 17 Annual Meeting of the Ethical Culture Society Membership**

All members are invited to attend the Annual Meeting of the Ethical Culture Society of Essex County. Hear a brief re-cap of the year just past and help make plans for the year ahead. We will vote on the budget and for our Board of Trustees for the coming year.

Enjoy refreshments and a chance to catch up with friends at 10 a.m. The meeting will start promptly at 10:30 a.m. and will conclude by 12:30 p.m.

### **May 24 Dr. Alissa Gardenhire, "Love, Intimacy and Trust: A Public Matter"**

What is — and what is possible — for human intimacy: today too many of us live at arm's length from one another, walking the earth heart-broken and fearful of connecting with others. Behind the veil of computers, tablets, phones and social media, we are disconnected. We hide behind our gadgets or our roles and from there we are "safe" but alone. Too many of us are unable to ever truly know or be known by another. While gadgets and technology are easy to blame, the true source of our isolation is ourselves. We hide because intimacy, love and trust are risky and downright scary to most.

But love and intimacy are what we all truly desire. It is human to want to love and be loved, known and know another. These are our basic necessities for our lives and true wellbeing.

Everybody talks about connection and intimacy but no one is doing anything about it. As an international love and intimacy guru and coach, I had to take a stand for Love, Intimacy and Trust. Closeness, connection and intimacy **matter**.

Dr. Alissa Gardenhire is an international love, intimacy and sexuality coach working with individuals, couples and groups to create better communication around intimacy in all its forms. With a goal of improving how people relate, are true to themselves in their relationships and get the pleasure life has to offer them through their strengthening ability to be intimate and connect with others. For her connection and intimacy are life.

### **May 31 Barbara Lipton and Zia Durrani: "Discovering World Sacred Music in Fes"**

Intrepid travelers Barbara Lipton and Zia Durrani journeyed to Fes, Morocco. Illustrating their descriptions with Barbara's photographs and with CDs, they will share their experience there of the annual celebration of sacred music from around the world, with a special focus on Sufi music.

ECS Board Member Zia Durrani was born and raised in Kashmir, India, where she lived until 1963. Educated in India and England, she was a teacher of English in a women's college in Srinagar, her home town, until she married and left Kashmir to live briefly in Madras, and then moved to London. Zia came to the US in 1976, and lived in various places before coming to South Orange. Zia has three children: her two girls live in New Jersey and her son lives in Kansas.

# Ethical Culture Society of Essex County

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Martha Gallahue, *Interim Leader*  
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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](mailto: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

ECS Friend Barbara Lipton previously worked at the Newark Museum as Library Director and Special Projects Director; Director and Curator, Tibetan Museum, Staten Is., NY; Adjunct Professor of Art History The New School, SUNY Purchase, Drew Univ., Montclair Univ. Currently Chair, Exhibitions Committee, Atlantic Highlands Arts Council; Speakers Bureau, Newark Museum.

## GUEST ARTICLE

### The Essential Unity of Humanity

*"A religious purpose seeks to help people to see the infinite that underlies our finite relationships."*

— *Felix Adler*

What do Moses and Felix Adler have in common? They both brought the message of "oneness" or the essential unity of humanity. In traditional beliefs, Moses brought to the world the message of a one god. This may have been his exoteric teaching but his esoteric spiritual message was of the oneness of all creation. Felix Adler, founder of Ethical Culture, also speaks quite similarly. Here is a re-phrasing of his quote which might make this message clearer: A religious purpose seeks to help people to see the divinity (sacredness) that underlies our human (manifest) relationships.

To emphasize this point, Adler developed the concept of the Ethical Manifold, describing how we are each unique amidst our interwoven spiritual essence. Put succinctly, we are unique in our humanity, we are one in our divinity.

This explains why the basic underlying maxim of our movement is so powerful. When we "act so as to elicit the best in others and in ourselves," we are able to do so because of our deep inter-connections, what I could call a "spiritual connection." Or as Adler puts it, "There is a unity of life within life." One of Adler's most famous axioms says, "For it is only with the god enthroned in the innermost shrine of the other, that the god hidden in me, will consent to appear." Since god is a word that is fraught with so much baggage and expectation, I am going to rephrase Adler's quote using the word divinity. "For it is only with the divinity enthroned in the innermost shrine of the other, that the di-

vinity hidden in me, will consent to appear."

The question for Ethical Humanists is this: How would our lives be different if we spend our days in awareness of this deep interweaving? How much stronger would our social works be? How much more loving our own personal human relationships? Certainly something to ponder.

*Janet Rudolph began her spiritual journey as a child in Ethical Culture, influenced and inspired by the words of Felix Adler. Particularly interested in multicultural religious experience, she has traveled the world seeking out sacred sites in order to explore their original wisdom. Her newly released book, ONE GODS, presents radically different foundational archetypes for our culture through a cross-cultural examination of the Bible.*

## MARK YOUR CALENDARS

**Social Action Committee May 3;  
Art supplies collection runs until the  
second week of June.**

The Social Action Committee invites you to join us every first Sunday immediately after the Sunday Morning Program. We do a variety of social service projects. Currently, arts and crafts supplies are needed for Valley Settlement House in Orange:

*Large Pads of Paper (11" X 17" & larger)*

*Construction Paper – Assorted Colors*

*Poster Board (22" X 28") – White & Assorted Colors*

*Color Markers (washable only)*

*Water Color sets*

*Poster Paint – Various Colors*

*White School Glue (washable like Elmer's)*

*Paper Punches (round and other shapes)*

*Mini Pom-Poms (1/4" & 1/2" sizes & assorted colors)*

*Lacing – Various Colors (100' spools of plastic material for making lanyards, key chains, bookmarks and stringing beads and buttons)*

Please bring materials to the Society building and place in box in room off parlor. Learn more about our work from our minutes at <http://www.essexethical.org/socialaction.html#minutes>.

## Folk Friday May 8

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! [Inovemsky@comcast.net](mailto:Inovemsky@comcast.net), (973) 763-8293.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9am Tai Chi Chuan 11am Solidarity Singers' Annual ECS May Day Concert and Sing-Along 12n Social Action Committee meeting	4	5 Chair Yoga 11am-12 noon	6	7	8 Folk Friday Sing-along and jam with friends 7:30 pm	9
10 9am Tai Chi Chuan 11am (Grand)Mother's Day Colloquy led by Martha Gallahue	11	12 Chair Yoga 11am-12 noon	13 ECSEC Board meeting 7:30 pm - 9 pm	14	15	16 Celebrate with Betty Levin, 2-5 pm  Florence Weisz Art Reception 7-9 pm
17 9am Tai Chi Chuan  10am meet & greet 10:30 am-12:30 pm Annual Meeting of the Ethical Culture Society Membership	18	19 Chair Yoga 11am-12 noon	20	21	22	23
24 9am Tai Chi Chuan  11am Dr. Alissa Gardenhire, "Love, Intimacy and Trust: A Public Matter"	25  <i>Memorial Day</i>	26 Chair Yoga 11am-12 noon	27	28	29	30
31 9am Tai Chi Chuan  11am Barbara Lipton and Zia Durrani, "Discovering World Sacred Music in Fes"						<b>May 2015</b>

### May 16, 2-5 p.m., Celebrate with Betty Levin

Dear members, friends and associates of the Ethical Culture Society, I am pleased to invite you to a celebration of my 40 years in private practice as a psychotherapist and psychoanalyst. The event is scheduled for Saturday, May 16 from 2 to 5 p.m., the season when my 50 azaleas cascade down the rear slope of my backyard. In addition to light refreshments will be community folk singing, accompanied by a guitarist from the Solidarity Singers. Attendance limited: please RSVP 973-763-1033. [p.s. Contributions to the Ethical Society Family Education Program would be appreciated.] — *E. Betty Levin, MA*



### Florence Weisz Art Exhibit, Reception: Sat., May 16, 7-9 p.m.

May, June and July at the Society, Florence Weisz is exhibiting "Stones of Resonance: China-Tibet-Jerusalem," three series of collages that derive their imagery and inspiration from places that have resonated deeply with her: the exhilarating experience climbing the Great Wall of China, her fascination with the powerful, serene Buddhist architecture of Tibet and her complicated love of Jerusalem, as expressed through images of stone.

Florence Weisz has created art in her South Orange studio for over 30 years. After earning a degree in Fine Art from Douglass College, Rutgers University, she painted and studied in Paris, continued to work in New York City and

later in Jerusalem, where she taught art to children in special education schools. Weisz's art is in numerous collections and site-specific commissions. For more information visit [www.FlorenceWeisz.com](http://www.FlorenceWeisz.com).

A reception for the artist will take place Saturday, May 16, 7-9 p.m. While viewing Florence's collages, Leader Martha Gallahue will tell of her recent visit to China and Tibet.



### Lori Mirabal, Sun., June 14

June 14th's 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 Insights Speakers Series

Through our 2015-2016 season, the Program Committee will be offering an Ethical Insights program, focusing on what we can learn from other religions and cultural groups. Periodically, we will have speakers discussing ethical lessons and teachings from their traditions. In September, we have Nkosi Anderson, Columbia H.S. graduate and Ph.D. student in Social Ethics at Union Theological Seminary, on Christianity; in October, Barbara Velasquez, psychologist and organizer of the South Orange/Maplewood Community Coalition on Race's Cultural Heritage Festival, on Theosophy. Let us know if you have speakers to suggest, and watch the newsletter and website for dates.

# 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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