



# ETHICAL CULTURE

M O N T H L Y

VOLUME 34 NUMBER 3

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

NOVEMBER 2014

## SUNDAY PLATFORMS

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

### **Nov. 2 - Richard Mullen: Exploring Tai Chi (what is Tai Chi and how can it benefit me)**

Richard Mullen, who has just begun teaching a Tai Chi class at Ethical on Sunday mornings, will discuss its origins, philosophy, and method — explore the history of Tai Chi, uncover the different styles, and identify the benefits of Tai Chi for health, well-being and self defense.

Richard lives in Maplewood with his wife and two children. When not out having fun with his family or working as a Project Manager for ESI Design in Manhattan he is practicing and teaching Tai Chi Chuan. Currently a student and apprentice instructor for Grand Master William CC Chen in NYC, Richard came to Tai Chi for both it's health benefits and its self defense techniques. He competes regularly in demonstrations of form as well as the two man martial competition, Push Hands. He will be competing this month in Taipei, Taiwan at the World Cup Tai Chi Chuan Championship competition.

Information & Contact: [southmountaintaichi.com](http://southmountaintaichi.com), [www.facebook.com/southmountaintaichi](http://www.facebook.com/southmountaintaichi)

### **Nov. 9 - Dave Gilbert: "PeaceJam: Working toward a Billion Acts of Peace!"**

Peacejam is a non-profit educational foundation that works to inspire young people around the world through the lives and work of a dozen Nobel Peace Laureates. Based in Denver, they have been working with

youth across the globe since 1996. In 2014 they launched the '1 Billion Acts of Peace' campaign in partnership with Google and other corporate sponsors, to inspire and record a billion peaceful actions by 2019. PeaceJam's "Peace Starts with Me" campaign was launched on the International Day of Peace, September 21. The PeaceJam curriculum has versions for elementary, middle and high school youth as well as college-agers. They also are developing documentary films about each of the Laureates; the film about Desmond Tutu, "Children of the Light" premiered at Monte Carlo in June, and at Columbia U in September.

Dave tells us, "I was drawn to PeaceJam when my granddaughter learned of it and told her dad. He thought it might be an activity that she and I could do together. Upon learning that there is virtually no PeaceJam programming in the greater NJ/NYC/PA area, I decided to try to promote establishment of what I view as a vital program for today's young people who will be our future leaders. My wife and I live in Maplewood; I'm mostly retired but still doing occasional consulting work in the insurance field."

Take a look at [www.peacejam.org](http://www.peacejam.org) for more information about the foundation and the Nobel Legacy Film Series.

### **Nov 16 - Gus Lindquist: "Let's do it!"**

Getting it done is simply what Woody Allen said it was: 90% of success is showing up and doing it. You don't talk about doing something, you do something and talk about it. It either grows or it doesn't, and it will

grow if it serves the needs or wants of others.

Gus has done and grown many, many things — and he'll share some of the wisdom gained — and still being gained - along that varied and wonderful track record.

A longtime friend of ECS, Hilding "Gus" Lindquist lives in Maplewood. Gus worked as a research data administrator and, for over twenty years, worked developing administrative computer programs. He draws on life experiences from developing administrative systems for a diverse set of organizations. He has also devoted many years to social activism. Since retiring a few years back, he has turned to creating cultural programs dealing with art, music, drama, and poetry.

### **Nov. 23 - Birgit Matzerath and Bill Edwards: Life and death in Brahms' "Four Serious Songs"**

Birgit Matzerath and Bill Edwards will present a program of music and discussion focusing on Johannes Brahms' "Four Serious Songs," a set of four songs that Brahms wrote at the end of his life, contemplating the fundamental question of life and death. The words are taken from the bible, though Brahms himself was possibly agnostic. They will talk briefly about the background, composition and content of the songs, and perform them (which takes about 20 minutes) — Bill Edwards, vocalist, and Birgit on the piano (<https://www.youtube.com/watch?v=VUiozhXEZ0>; [http://en.wikipedia.org/wiki/Vier\\_ernste\\_Gesänge](http://en.wikipedia.org/wiki/Vier_ernste_Gesänge)).

Birgit Matzerath is a pianist, teacher, writer and composer who was born

# Ethical Culture Society of Essex County

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Boe Meyerson, *Leader Emerita*

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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

and raised in Germany. She received degrees in music education and piano from the Hochschule fuer Musik and University in Koeln (Cologne), Germany and pursued additional private studies with Oxana Yablonskaya and Seymour Bernstein.

For more than 20 years she taught at community music schools in the Cologne area, before relocating to the US in 2002. After teaching at the Concord Community Music School in Concord, NH for seven years, she relocated to Maplewood, NJ, where she now lives and maintains a private studio.

In addition to being a musician, Bill Edwards — together with his wife Margaret — does therapy with cats. They gave a platform talk about their work in February, 2012, and brought two of their wonderful animals with them.

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### Nov. 30 - Martha Gallahue: Post-Thanksgiving Colloquy on Eating — as a social bond or private struggle

Martha will lead a discussion on our uneasy relationship to eating, what food means to us, and how it is intertwined with other aspects of our lives.

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## MARK YOUR CALENDARS

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### Daylight Savings Time ends Nov. 2

The Energy Policy Act of 2005 that was passed by U.S. Congress and signed by President George W. Bush which attempted to combat growing energy problems, provides tax incentives and loan guarantees for energy production of various types. The bill also amended the Uniform Time Act of 1966 that changed the start and end dates of daylight savings time starting in 2007. Clocks were set ahead on the second Sunday of March, instead of the first Sunday of April and clocks are to be set back one hour on the first Sunday of November instead of the last Sunday of October.

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### Folk Friday Nov. 14

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

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## A VIEW FROM THE AEU

*The AEU Board is submitting a monthly article for inclusion in the Society's newsletter that is meant to not only keep members informed but also to help bridge the gap between our Society and the national office. This first article is written by Linda Napoli, EHS Long Island and AEU Board Member.*

As a new member of the American Ethical Union Board, I'm excited to report all the wonderful activities we're putting together for our members.

Since its founding in 1889, the American Ethical Union (AEU), the national organization of Ethical Societies in the United States, has helped form new Ethical Societies, supported existing Societies, and worked to provide a national presence for Ethical Culture. A significant part of the AEU's activities are geared toward national conferences, such as the annual Assembly, and toward training for ethical leadership.

This year, there will be three conferences in the fall:

A workshop October 24-25 at the Ethical Culture Society of Westchester will feature a professional fundraiser to familiarize Societies with effective approaches to running annual pledge campaigns that engage members.

The Annual Ethical Education Conference will be held at beautiful Stony Point in Rockland County, New York from November 7-9. Those involved in ethical education for children at their Societies will meet Dale McGowan, our new National Ethical Education Director. Dale is a knowledgeable, personable and experienced individual who has published on this subject. Having been involved in (what was called) religious education almost from the outset of my connection with Ethical Culture 33 years ago, I can attest to how informative and meaningful this program is not only to the RE Directors and teachers, but to the families who attend and find others who are raising their children with the same values they are. There is nothing comparable

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2014</b>							1
2 11am Richard Mullen: Exploring Tai Chi; Social Action Committee Meeting after Platform <i>[End of Daylight Savings Time]</i>	3	4 Chair Yoga 11am–12 noon	5	6	7	8	
9 11am Dave Gilbert: “PeaceJam: Working toward a Billion Acts of Peace!”	10	11 Chair Yoga 11am–12 noon	12 ECSEC Board Meeting 7:30 – 9pm	13	14 Folk Friday Sing-along and jam with friends 7:30 p.m.	15	
16 11am Gus Lindquist: “Let’s do it!”	17	18 Chair Yoga 11am–12 noon	19	20	21	22	
23 11am Matzerath and Edwards: Life and death in Brahms’ “Four Serious Songs” 30 Martha Gallahue: Post-Thanksgiving Colloquy	24	25 Chair Yoga 11am–12 noon	26	27	28	29	

to a young family meeting, sharing and making friends with other families from different Ethical Societies.

There is also the annual YES (Youth of Ethical Societies) Conference November 14-16 in New York. Teens scattered throughout our various locations will get an opportunity to meet and share their views and concerns, both personal and social. Trish Cowan, the YES Coordinator, organizes the conference with assistance from the teens and advisors of our Societies, and support from the AEU office. An outgrowth of this group is Future of Ethical Societies (FES) for college age students whose commitment to building a better world is only starting to mature as they grow older. FES will have its conference in May 2014.

Our National Director of Ethical Education and YES Coordinator are the dedicated and inspired individuals the AEU pays to run these annual conferences as well as to support all involved in our youth education throughout the year.

To continue on the path of life long

ethical education there is Lay Leadership Summer School, a one-week course at a beautiful location in North Carolina. Created almost 20 years ago by Ethical Culture Leaders Joy McConnell and Jone Johnson, this program is underwritten by the American Ethical Union as a way to train individuals in communication, organizational development and ethics, allowing them to go back to their Societies with enhanced skills to help them flourish. As first a student and then an instructor at Lay Leadership Summer School, I can assure you of the transformative nature of this experience and its value to the over 200 members who have taken part in it.

The AEU supports every Society with information and advice. There are active national committees that correspond with your local committees in membership, ethical action, communications, finance, and leadership. The AEU office, located at the New York Society for Ethical Culture, is a group of dedicated individuals who are always at the ready to answer questions, direct

calls, and issue communications to all of us. When inquiries come in from all over the country regarding forming new Societies, the AEU goes into action to develop a support system for the fledgling group. Its most recent activities have been with a coterie in Silicon Valley.

In addition to this, it is well to remember that the American Ethical Union is our national voice on social issues of the day. Along with other major groups, we speak in favor of or in opposition to matters that concern all of us as Americans and citizens of the world.

Lastly, and most importantly is the AEU Assembly, which is held in a different city each year to give members an opportunity to meet, commiserate, discuss, and learn through workshops and meetings. In June 2015, we celebrate the 100th Assembly of the American Ethical Union in Stamford, Connecticut. It is a noteworthy occasion not just for historic reasons, but also for its continued vitality and dedicated mission to meet the needs of you, its members.

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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**We continue to collect children's books, canned and boxed foods, and toys for distribution by the Parenting Center in Maplewood.**



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