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

September 10 Dr. Jeffrey Rubin: The Art of Flourishing
In several decades of studying, practicing and teaching Western psychotherapeutic and Eastern meditative disciplines, Dr. Jeffrey Rubin has discovered that combining both paths is profoundly more effective than following just one approach. In his book, The Art of Flourishing, he integrates meditative, psychotherapeutic and yogic practices to show readers how to live well and thrive, even in times of challenge. Two main aspects to his flourishing talk will focus on genuine self-care — building into our lives what helps us thrive and achieve enduring fulfillment within our relationships.

Jeffrey B. Rubin, PhD, practices psychoanalysis and psychoanalytically oriented psychotherapy and teaches meditation in New York City and Bedford Hills, New York. He is considered one of the leading integrators of the Western psychotherapeutic and Eastern meditative traditions. A Sensei in the Nyogen Senzaki and Soen Nakagawa Rinzai Zen lineage and the creator of meditative psychotherapy, a practice that he developed through insights gained from decades of study, teaching and helping people flourish, Jeffrey is the author of two eBooks, Meditative Psychotherapy and Practicing Meditative Psychotherapy as well as the critically-acclaimed books, The Art of Flourishing, Psychotherapy and Buddhism, The Good Life and A Psychoanalysis for Our Time. Dr. Rubin has taught at various universities, psychoanalytic institutes and Buddhist and yoga centers. He lectures around the country and has given workshops at the United Nations, the Esalen Institute, the Open Center and the 92nd Street Y. His pioneering approach to psychotherapy and Buddhism has been featured in The New York Times Magazine. His website is drjeffreyrubin.com.

September 17 Lucy Schmitz: People with Disabilities and Self-advocacy
Lucy Schmitz will speak about the differences between historically typical forms of activism for the rights of people with disabilities and self-advocacy, give a brief history of the emergence of self-advocacy during the 1960’s and ’70s, and talk about it’s place in the world of disability-rights advocacy. Additionally, because her work focuses on empowering people with disabilities to advocate for themselves both politically and in their daily lives, Lucy will speak about the impact of learning self-advocacy skills on marginalized communities — this is what makes her most excited about her job.

Lucy Schmitz grew up in Maplewood, and was formerly the Youth Representative for the National Ethical Service. She graduated in May from the Dual BA program between Columbia University and Sciences Po (France’s leading university in the social sciences), earning two BA’s, one from each school. At Sciences Po, she studied history and political science and at Columbia she studied Political Science and Human Rights. Now, Lucy is one of two self-advocacy specialists for Adapt Community Network (formerly United Cerebral Palsy), where she teaches self-advocacy skills to adults with developmental disabilities.

September 24 Ethical Education Initiative, “How do I fit in?”
Welcome back! The Families for Ethical Education Initiative has been busy planning for our upcoming year. We will be meeting on the fourth Sunday of each month with our first platform on September 24th. This year we will be exploring the question, “How do I fit in?” We will explore all aspects of our lives, family friends, school, work, etc. Our theme in every event is built upon ethical culture’s perspective that all persons have inherent worth and have a place in the global family.

The Sunday morning structure will stay the same. We will begin all together as a multi-generational community. Then the students will leave and through literature, art and music will explore the week’s idea while the adults will stay and do the same exploration based on a topic by a visiting speaker. We will come together at the end to share our explorations. Then a bit of refreshment before we all head off. All information, including dates and topics will be available in September. We want you to plan for the year!

This year Amy Blake will continue to serve as Curriculum Director for Families for Ethical Education and Shannon Kirk, a professional educator, will join as Pre-K instructor. Martha Gallahue will coordinate the initiative with the Board and the Educational Committee, (in addition to Amy, Shannon and Martha) Betty Levin and Meredith Sue Willis. We are grateful to both Elaine Durbach, Sunday Program Coordinator, and Jeanine Rosh, Personnel Coordinator and Treasurer of the Board, for their support. (continued on page 2)
September 24 (continued from page 1)
Please join us September 24th for another inter-generational event as we begin our school year together. This month we’ll be having an open house to get to know each other. “How do I fit in?” is our ethical exploration for the year. Everyone has a place at Ethical Culture. Come find yours! These activities are for both children and adults as well as an opportunity to meet the curriculum director and pre-k teacher and all those involved. We hope to see you on the 24th. Bring a friend!

American Ethical Union
A brief report on agenda and workshops, Baltimore Assembly, June 2017, by Zia Durrani

The main theme of the Assembly was Reparations. It was explained as repairing the harm that has been done to the communities of color. It is not so much about monetary compensation but about partnering with those communities in creating projects to benefit them. Some suggestions were:
• Teach correct history
• Establish pre-k education
• Remove disparity in mortgages
• Partner with other local groups to look into repairing old harm

In a workshop related to this we went through the language of the resolution, which had to be voted on. To my surprise the words HR40 were removed from the main text. Instead they were footnoted. Since HR40 had been floating around in Congress for a long time without success, we didn’t want our resolution to be attached to a failed attempt.
There were other workshops on Systemic Racism and a Road Map for an anti racist society.

The Riverdale Society presented a workshop on growing a society. They described themselves as diverse in spite of the majority being Jewish. It started with a game of passing a ball around. As soon you got the ball you had to describe it as a reflection of your society: was it buoyant, or shrinking or whatever. Then the presenters talked about what works for them:

- Stay open all summer
- Welcome visitors with warmth and enthusiasm
- Make a nametag for even those who have only come a few times.
- Insistence on starting “on time” is aggressive. Gather at 11, talk, socialize. Start at 11:15, whether anyone is there or not.
- Active outreach in the community
- Ethical education, ethical action, ethical living and learning
- Don’t ask people to change. Ask yourself how you can change to help them fit in.
- Occasionally have multigenerational festivals, like a mask party at Halloween. Play games like guess what’s under a mask, make identity statements.
- Gathered to allow people to express their feelings after the last election.
- No committees. They have not worked in Riverdale. Instead have “projects” and ask people to work on them.
- Have a short summer camp after the school camps are over for a week at the end of August

Joe Chuman gave a presentation on Ethical Culture, Xenophobia, and Strategies to Protect Immigrants. He referenced First Friends and the detention center in Elizabeth with which I was already familiar.

Meeting with Team Leaders was useful. They suggested we connect with AEU and use their information, and introduce members to ‘Dialogue’, an online magazine. They also have meditation sessions on Sunday evenings conducted by Susan Rose. They suggested we follow ‘Ethical Action’ on their website.

**MARK YOUR CALENDARS**

**Folk Friday will resume Oct. 13, 7:30 p.m.** Sing along and jam. Bring acoustic string and rhythm instruments. Join in playing, singing or listening. Bring refreshments to share.

7:30 p.m. second Fridays of the month through June. Everyone invited!
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