



# ETHICAL CULTURE

M O N T H L Y

VOLUME 37 NUMBER 7

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

SEPTEMBER 2017

## 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 giv-

en 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](http://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 its 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)*

# Ethical Culture Society of Essex County

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Maplewood, NJ 07040  
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www.essexethical.org



Jim White, *Leader Emeritus*  
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*EC Monthly Programs Editor*  
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

**...act so as to elicit the best in others and in ourselves**

Editor reserves right to edit for length, clarity and content. 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. 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 editor: gilman.howard@gmail.com.



## FOCUSSING ON THE ETHICAL IN OUR ETHICAL EDUCATIONAL INITIATIVE

### What is the meaning of Ethical Culture?

Ethical Culture is a religion centered on ethics, not theology, whose mission is to encourage respect for humanity and nature and to create a better world. Members are committed to personal ethical development in their relationships with others and in activities involving social justice and environmental stewardship.

**Humanism is a democratic and ethical life stance, which affirms that human beings have the right and responsibility to give meaning and shape to their own lives.**

Ethical Humanism, also called Ethical Culture, is an evolving body of ideas that inspires Ethical Societies. ... Ethical Humanism is clear about the essential role that ethical principles play in human relationships.

- Every person has inherent worth; each person is unique.
- It is our responsibility to improve the quality of life for ourselves and others.
- Ethics are derived from human experience.
- Life is sacred, interrelated and interdependent.



### 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 repair-

ing 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 9 am - Tai Chi Chuan	28	29 11 am - Chair Yoga	30	31	September 2017	
3 9 am - Tai Chi Chuan 12 pm - Social Action	4	5 11 am - Chair Yoga	6	7	8	9
10 9 am - Tai Chi Chuan 11 am Dr. Jeffrey Rubin: The Art of Flourishing	11	12 11 am - Chair Yoga	13 1 pm - ECSEC Board	14	15	16
17 9 am - Tai Chi Chuan 11 am Lucy Schmitz: People with Disabilities and Self-advocacy	18	19 11 am - Chair Yoga	20	21	22	23
24 9 am - Tai Chi Chuan 11 am Family Education Open House, "How do I fit in?"	25	26 11 am - Chair Yoga	27	28	29	30

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!

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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site: [www.essexethical.org](http://www.essexethical.org); email: [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)

**Collections:** Please remember to bring canned or boxed food items for the  
**Food Pantry** box in our front hall. Donations go to the NJ Food Bank.

**Children's Books** to be donated to the Parenting Center for children of need.

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Amy Blake and Shannon Kirk

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