



ETHICAL CULTURE

M O N T H L Y

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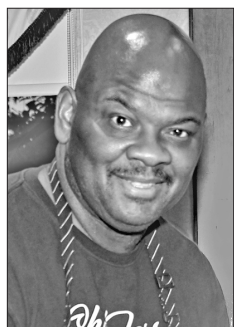
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MARCH 2019

March 3 to be announced

March 10 Chef Jesse Jones, “My Trip to New Orleans”

Super excited to talk about his trip to NOLA, Chef Jesse Jones is an American chef, cookbook author and TV personality from Newark, NJ. Chef Jones has appeared on News12, CBS2, ABC7, Pix11, Good day Fox 5 and the reality program Love and Hip Hop, New York and Basketball Wives.



A 30-year veteran of the culinary food industry, Chef Jones has worked for Aramark as well as restaurants including Dennis Foy’s Town Square, The Stage House Inn and Heart and Soul restaurant, he is currently working as private chef to Sunny Hostin, of ABC7 The View.

Chef Jesse Jones is the author of POW! My Life in 40 Feasts, a cookbook memoir.

March 17 Michele Bobrow, “The Resurgence of Human Trafficking”

Michelle Bobrow will inform us about the current resurgence of human trafficking, what it is, how it evolved, who is involved, what to be aware of, and what we can do.

Michelle Bobrow is a member of the steering committee of the NJ Coalition Against Human Trafficking (njhumantrafficking.org), was on the League of Women Voters of NJ com-

mittee that helped to frame and work for passage of the 2013 omnibus bill in New Jersey to address this issue. She is a long time Maplewood resident, a leader in the Maplewood-South Orange League of Women Voters, and has many volunteer credentials to her name.



The NJ Coalition Against Human Trafficking (NJCAHT) was formed in 2011 and is made up of over 170 diverse organizations including nonprofits, law enforcement, educational establishments, faith-based groups, and legal advocates, with the purpose of uniting NJ communities to abolish human trafficking.

The NJCAHT became a nonprofit 501(c)3 organization in 2016, and currently has 192 volunteers working on committees in areas of their interests and expertise such as Arts, Education, Healthcare, Legislation, Slave-Free Commerce, Speakers Bureau and SOAP (to train volunteers to make hotels and motels aware of missing children in NJ and prevent trafficking happening on their premises). Whatever your interest, you can make an impact on this issue.

As a fully volunteer organization, the NJCAHT welcomes everyone to join the fight against human trafficking — a form of modern day slavery — in New Jersey.



March 24 Robin Peacock, “Working Together for Hunger Relief”

Join us to learn more about how one local non-profit is collaborating to make a greater impact on hunger relief in our community. Robin Peacock, the Executive Director of MEND (Meeting Essential Needs with Dignity), will be on hand to discuss how MEND strengthens and supports a network of 19 food pantries across



Essex County by collaborating with “like-missioned” organizations and by using The Green Bean — a school-bus-turned-mobile-food-pantry — to provide greater access to healthy foods in underserved communities.

Robin Peacock joined MEND as a grant writer in November of 2015, and became its first Executive Director in January of 2018. Robin has a long history of community engagement and leadership, having served as a Board member and volunteer for several non-profits in Essex County. Before joining the nonprofit sector, Robin worked for nearly 15 years as a tax attorney for the IRS Office of Chief Counsel and Deloitte Tax LLP.

March 31 Jamey Ellis, “Holistic Veganism”

Holistic veganism is a concept reflecting the value and actions of veganism as a way of actively caring for ourselves and the world beyond our bodies. It consists of the focus, re-

(Continued on page 2)

Ethical Culture Society of Essex County

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Graphics: Howard Gilman
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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!

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, preferably via email: gilman.howard@gmail.com.

Editor may edit for length, clarity and content. *Members submitting time-sensitive items for publication in the EC office's mail slot or in the mail, please also email or call Elaine Durbach or Howard Gilman.*

view, and revision of all social systems, the melding of inter-being and intersectionality, and self-care; working to create a holism of thought and action. It is neither dogmatic nor rigid in design. It is intended to be dynamic to always continue progressing as we humans progress. Subjects such as child rearing, zero waste, and gift economy all fall under this umbrella, in addition to the normally associated intersectional topics and veganism.

More can be read on my website, www.holisticveganism.com, and on the Facebook page, www.facebook.com/holisticveganism.

I have been vegan for nearly 17 years, an environmentalist for over 30, and practicing *ahimsa* (nonviolence) for the last 10. After extensive research, I concluded that both ethical veganism and total liberation may be too narrow to serve as a comprehensive way of moving society forward. In response, I developed holistic veganism. This occurred while living in and helping to direct an international volunteer organization based in India and Haiti, my homes between 2008 and 2018.

While abroad I began leading workshops and public speaking to thousands of people. My last year in India was focused on giving talks and managing our cow sanctuary. In the spring of 2018, I left to bring holistic veganism to any and all that willingly listen. Since then I have spoken on many occasions in England, The Netherlands, Iceland, Israel, and the US. I'm currently organizing an extensive North American tour for this spring and summer. During the interim, while based in NJ, I am offering to speak in the tristate area. This means that I would be available between February through to the end of April before heading out.

Ahimsa has shown its benefits throughout history. Apply it to modern science (such as work done with FMRI and our biology), the internet, and understanding that we now race a clock for the preservation of the environment, and the result is social and environmental activism pushed forward in ways unseen before.



All arrows point towards veganism and many other forms of stewardship and compassion needed to advance and preserve our place here and the integrity of nature. My *seva* (selfless service) is to present this information and hope-

fully inspire higher levels of personal integrity, yielding change for much more than humans alone.

MARK YOUR CALENDAR

Folk Friday at Ethical — Sing-Along & Jam

March 8, 7:30 to 10:30 p.m. Bring acoustic string and rhythm instruments. Join in playing, singing or listening with us. Bring some refreshments to share. Second Fridays of the month through June. Everyone invited! — lnovemsky@comcast.net / (973) 763-8293 (973) 763-1905 / essexethical.org

Daylight Saving Time March 10

Every year on the second Sunday of March.

FAMILY ETHICAL EDUCATION

The mission of Ethical Education for Children at the Ethical Culture Society of Essex County is to enable children to discover who they are to themselves, the community and the world around them as they become global citizens. Our program focuses on developing a robust moral compass in relation to the self and others and to the world at large. This helps the child on a spiritual journey which includes religious and ethnic exploration. As part of a caring community, children will explore and develop relationships and humanist values.

The Family Ethical Education families will be meeting select Sundays at 10am at the Ethical Culture Society. Members are encouraged to join the families and children to meet and get to know each other.

For more information about Ethical Education for Children at the Ethical Culture

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24 9 am - Tai Chi Chuan	25	26 11 am - Chair Yoga	27	28	1 MARCH 2019	2
3 9 am - Tai Chi Chuan 11 am to be announced 12 pm - Social Action	4	5 11 am - Chair Yoga	6	7	8 7:30 pm - Folk Friday	9
10 9 am - Tai Chi Chuan 11 am - Chef Jesse Jones, "My trip to New Orleans" Daylight Saving Time	11	12 11 am - Chair Yoga	13 1 pm - ECSEC Board 7:30 pm - Grannie	14	15	16
17 9 am - Tai Chi Chuan 11 am - Michele Bobrow, "The resurgence of human trafficking"	18	19 11 am - Chair Yoga	20	21	22	23
24 9 am - Tai Chi Chuan 11 am - Robin Peacock, "Working Together for Hunger Relief"	25	26 11 am - Chair Yoga	27	28	29	30
31 9 am - Tai Chi Chuan 11 am - Jamey Ellis, "Holistic Veganism"	1	2 11 am - Chair Yoga	3	4	5	6

Society of Essex County, call 973-763-1905.

— Shannon Kirk

SOCIAL ACTION COMMITTEE

*Minutes of the Social Action Committee
Ethical Culture Society of Essex County
February 3, 2019*

*Attending: Meredith Sue Willis, chair;
Diane Beeny; Zia Durrani; Bill Graves;
Jackie Herships; Lisa Novemsky; Bill
Stoeber; Terry Seuss*

The Chair reported that she took a nice-sized load of coats to Valley Settlement House in mid-January. We will continue to collect coats only through the end of February. She also reported that Cate Lazen has agreed to be our honoree for Arts Unbound and more. We have settled on May

12, 2019 for the date, and we're very excited about this year's choice. To learn more about Cate, see her website at <https://www.catherinelazen.com>.

Most of the meeting centered on our letter about immigration. There was some tinkering with specific words, but the group then agreed to the text by consensus. The next step is to request the Board to support the Social Action Committee's letter, and then to seek out co-signers, starting with the AEU and possibly other Ethical Societies. Zia and Jackie will be on a conference call with various representatives of the AEU and other societies, and will seek co-signers. We are not asking for changes to the letter, but for co-signers.

Once we have some other groups on our letterhead, or once we are confident we aren't getting any, we will be-

gin to send out the letter to legislators and to local groups and outlets like SOMA Justice, the News-Record, Village Green, as well as large papers like the Star-Ledger and The New York Times. Follow up ideas include using a short version of it as a petition and doing a letter writing/carding at the Society. We are also agreed to insert topical language about specific events if it seems important, along the lines of: "In light of the recent events at..."

Jackie pointed out the high value of having many organizations sign on to the letter, and we will decide at the next meeting how long we'll wait for co-signers before beginning to publicize the letter.

The next meeting is set for Sunday, March 3, 2019.

— Meredith Sue Willis

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street
Maplewood, New Jersey 07040

For information, call 973-763-1905; visit our web
site: www.essexethical.org; email: 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.

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