



# ETHICAL CULTURE

M O N T H L Y

VOLUME 38 NUMBER 9

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

NOVEMBER 2018

## SUNDAY PROGRAMS

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

### **Nov 4 Dr. Alissa Gardenhire, "Self-care (is your power) in challenging times"**

In challenging times, self-care and internal peace are critical. Without them we are less effective than we



could be in our efforts. In order to create what we want we must have clarity and clarity is only possible from a healthy and strong personal base.

If we go to work at what matters to us from a personally depleted position the results are less than what we want. Self-care is not selfish it may be the key to revolutionary change.

Dr. Alissa Gardenhire is the President of Kids Win, Inc., owner of the South Orange location of Best In Class Education Center and a public speaker. She is also a certified personal coach focusing on self care and self expression.

### **Nov 11 Dr. Morris Silver, "How Germany Marched into World War Two"**

Morris Silver will introduce and lead an examination of the causes of World War Two. He will show the factors that allowed fascism to take root in Germany, one of the most sophisticated countries in the world, and led it — alongside the Axis Powers — into the conflict with the Allies that cost millions of civilian lives and wrought massive destruction.

Dr. Silver is a longtime member of the Ethical Culture Society with a lifelong interest in history and politics around the world. By profession a dentist (retired), "I am an ethical culturist as a full time job. I travel a lot, I am a reader and love life."



### **Nov 18 Dr. Daniela Shebitz, "Ethnobotany and Restoration Ecology"**

Dr. Daniela Shebitz is a plant ecologist who researches the effects of land management on culturally significant species and ecosystems. She is inspired by traditions that have lasted for millennia based on sustainably managed ecosystems through anthropogenic fire and selective harvesting. She is also motivated by research that investigates the effects of altered land management on culturally and ecologically significant plants, and working with local people to restore those plants and ecosystems which defined the region. Her research weaves together methods from biology and ecology with ethnobotany and anthropology to gain an appreciation for the complexity of ecosystems and to develop restoration plans based on present and historic land management.

Dr. Shebitz is an Assistant Professor in the School of Environmental and Sustainability Sciences at Kean University where she teaches courses in Ecology, Applied Ecology, Medicinal Botany and Introduction to Biology. She is currently the Program Coordinator for Environmental Biology, a major option within Biology. According to Dr. Shebitz, there is no greater

reward to teaching than taking students outside to explore nature and introducing them to a hidden passion for ecology and the diversity of life in their state. It is her goal to invoke a sense of awe and responsibility in students in order for them to become stewards of their environment, no matter what their professional goals may be. She is working with students on research in sites ranging from the urban parks of Union County and the wetlands of the New Jersey Pine Barrens to the tropical lowland rainforests of Costa Rica.



Dr. Daniela Shebitz holds a Ph.D. in Ecosystem Science from the University of Washington, Seattle (2006). She is an ethnobotanist, plant ecologist and restoration ecologist. Her research focuses on evaluating the effects of land management on plant diversity in a wide range of locations. Daniela also studies the uses of plants as medicine, food, and textiles and works with indigenous cultures to reintroduce traditional land management and anthropogenic fire regimes that historically maintained the presence of these culturally important species.

On campus, she developed and now coordinates the major programs in Environmental Biology and Sustainability Sciences. She is currently the Principle Investigator on a National Science Foundation Research Experiences for Undergraduates Grant that brings students and Kean University faculty to study tropical ecology in Costa Rica.

In her community, Daniela serves on the town's Environmental Com-

# Ethical Culture Society of Essex County

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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](mailto: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.*

mission. She has organized outreach events such as farmers markets, Earth Week, and conferences, through her positions on campus and in her town.

Daniela writes, "I am a mother of two amazing little boys who share my passion of the outdoors. Our family lives in New Jersey where we love hiking, canoeing, and getting involved in local environmental events."

## Nov 25 Annual Post-Thanksgiving Colloquy on Gratitude

Is the secret of happiness getting what we want? What do we value more — what lands in our laps or what we struggle to get? And how often do our real treasures turn out to be things we didn't even know we'd like?

## MARK YOUR CALENDARS:

**Folk Friday** Nov. 9, 7:30 p.m. Sing along and jam. Bring acoustic string and rhythm instruments. Join in playing, singing or listening. Bring refreshments to share. Second Fridays of the month through June. Everyone invited!

## 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.

## LETTER

Dear Shannon and Organizers of the Ethical Education Co-op,

Great kudos and congratulations on your effective and exuberantly skilled activist preparation for this new season 2018.

I wish you every success on this exciting beginning and will send on the good news to the National Leaders Council.

Warmly,  
Martha Gallahue  
*Leader Emerita*

This helps the child on a spiritual journey that includes religious and ethnic exploration. As part of a caring community, children will explore and develop relationships and humanist values.

The Ethical Education initiative has programs for families on selected Sunday mornings at 10:00 a.m. Call 973-763-1905 for schedule. We use an inquiry-based curriculum to explore ourselves and our world, emphasizing stories, music, art, and activities that engage all five senses — as well as our minds! For more detailed information about Ethical Culture, see [www.essexethical.org](http://www.essexethical.org).

## ETHICAL CULTURE BOOKS

Additional recommendations and ordering information: <https://aeu.org/resources/books/>

## An Ethical Philosophy of Life

*by Felix Adler*

Felix Adler (1851-1933) was a professor of political and social ethics and a social reformer who founded the Ethical Culture Movement. "An Ethical Philosophy of Life, Presented in its Main Outline" is divided into four parts. The first is an autobiographical introduction describing the various milestones by which Adler arrived at his worldview. The second part expounds on the philosophical theory. The third part contains applications of the theory to the more strictly personal life, under the captions of the "Three Shadows of Sickness, Sorrow and Sin." The final part applies the theory to social institutions, the family, the vocation, the state, the international society and the Church.

## Creed and Deed – A Series of Discourses

*by Felix Adler*

Adler was also a popular, dynamic speaker and lecturer. "Creed and Deed: A Series of Discourses," originally published in 1880, contains popular lectures that were requested by the New York Society for Ethical Culture, which Adler established. This reprint is taken from the original publication, which abridged and condensed Adler's lectures on immortality and religion. The other lectures are in their original form without any serious modification. "The First Anniversary Discourse" reviews the work of the year, and gives

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 9am - Tai Chi Chuan  *Daylight Savings Time Ends Nov 4 (first Sunday of November)	29	30 11 am - Chair Yoga	31	1 NOVEMBER 2018	2	3
4* 9am - Tai Chi Chuan 10am - Ethical Family Educ. - Permaculture: Garden or Reservation (Kathryne/Jason) 11am - Dr. Alissa Gardenhire: "Self-care (is your power) in challenging times" 12pm - Social Action	5	6 11 am - Chair Yoga  Election Day (first Tuesday of November)	7	8	9 7:30 pm - Folk Friday	10
11 Veteran's Day 9am - Tai Chi Chuan 11am - Dr. Morris Silver: "How Germany Marched into World War Two"	12	13 11 am - Chair Yoga	14 1 pm - ECSEC Board	15	16	17
18 9am - Tai Chi Chuan 10am - Ethical Family Educ. - Service: Food Drive/Food Insecurity 11am - Dr. Daniela Shebitz, "Ethnobotany and Restoration Ecology"	19	20 11 am - Chair Yoga	21	22 Thanksgiving (fourth Thursday of November)	23	24
25 9am - Tai Chi Chuan 11am - Annual Post-Thanksgiving Colloquy on Gratitude	26	27 11 am - Chair Yoga	28	29	30	1

a brief account of the motives which prompted the Society to organize and the general animus by which its labors were directed. The lecture entitled "The Form of the Ideal" foreshadows the constructive purpose of the Movement.

## Ethics As A Religion

by David Saville Muzzey

Why are we here? What is the good life? More than ever today, many people are searching for a religious belief that will answer these persistent questions and yet do no violence to their intellectual and humanistic convictions. It is to these seekers, numbering in the millions, that David Muzzey's book is addressed. Republished now after the final closing of his long, vigorous career at 95, "Ethics as a Religion" is a clear and persuasive guide

for those who have found the formal religions unsatisfying. Ethical Culture is the centerpost of Dr. Muzzey's book. Out of his long association with that Movement, including many years as one of its Leaders, he weighs the ethical content of Christianity and other world faiths, comparing them with the Ethical fellowship and setting forth what he calls "a religion for adults"—one that seeks to bring out the best in men in their day-to-day relationships.

## Felix Adler and Ethical Culture – Memories and Studies

by Horace L. Friess

Social and ethical questions become ever more urgent while the creedal religions speak in increasingly diverse voices. The Ethical Culture movement, founded in 1876, was early in recognizing that this would occur, and

its creation made available a membership society organized for people who felt it important to adopt a moral and spiritual identification that necessitated commitment to ethical knowledge and practice. This book speaks for itself. It describes the Ethical Movement as viewed by a member of its Board of Leaders who also served as Professor of Philosophy at Columbia University. The fact that the author was a son-in-law of Dr. Felix Adler gave him a privileged position from which to prepare this personal, yet scholarly, study. While this book is not an official publication of the Ethical Culture Movement, it throws light upon its origin and development and should be of special interest to those who may find in Ethical Culture an answer to their moral and spiritual quest. —Sidney H. Scheuer

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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For information, call 973-763-1905; visit our web  
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.

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## ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · NOVEMBER 2018



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