



ETHICAL CULTURE

M O N T H L Y

VOLUME 38 NUMBER 8

Visit our website: www.essexethical.org

OCTOBER 2018

SUNDAY PROGRAMS

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

Oct 7 Thomas Cunningham, "What is Ethical Humanism? Seven Answers to One Important Question"

Following the lead of Edward L. Ericson, former Ethical Culture Leader in Washington, D.C. and New York City, member Tom Cunningham will present a variety of perspectives on what Ethical Humanism in the Ethical Culture tradition means. Is it a philosophy? A religion? A way of life? An international organization? All of these things? And what is needed from Ethical Humanism in today's turbulent world?

Tom Cunningham is a professional musician and responsible for executive education at a national software consultancy. He has lived in South Orange for two years and is now helping with the development of the youth education program at the Ethical Culture Society of Essex County.

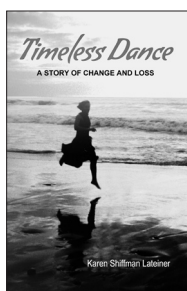
Oct 14 Karen Shiffman Lateiner, "Understanding Gender in the Context of Time: A Personal Journey"

Karen Shiffman Lateiner will read excerpts from her memoir, *Timeless Dance: A Story of Change and Loss*, and reflect on her journey to support the transition of her adult child during the 1990s when transgender issues were mostly hidden, and just two years later grapple with her new daughter's



untimely death. Informed by her Jewish roots, she will discuss her experiences of family, joy, death, grief, gender and the power of the human spirit to turn grief to advocacy. Question and answer period will follow.

Timeless Dance: A Story of Change and Loss can be ordered directly from Amazon in paperback or Kindle editions. A limited number of books will be available for purchase.



Author Karen Shiffman Lateiner holds graduate degrees in educational psychology. Throughout her personal life, and her professional career as an infant development specialist and mental health clinician, she has advocated safe and nurturing school environments for all children. A New Jersey native, Karen and her family lived in Montclair for nearly thirty years. After retirement, she and her husband traveled the country by motor home before making Arizona their new home closer to their daughter. Combining her love of writing and the Sonoran desert, Ms. Lateiner encourages other writers in a "Hike and Write!" group she created.

Oct 21 Erik Douds, "Lessons Learned from 7,000 Miles of Biking"

Erik Douds is a New York City-based global traveler and endurance athlete who proves that people living with type 1 diabetes can achieve anything. He has recently returned

from Alaska on assignment for Adventure Cycling Association to write an article about bike touring with type 1 diabetes.

Erik's talk will include:

- Introduction: Hitting an obstacle early in life — Diagnosed with type 1 diabetes
- Being told you "can't" and the motivation that provides
- Images from biking this past year
- The strength of figuring it out as you go
- Everybody wants to help
- Where I actually sleep
- How the bike has changed my perception about myself and others
- The hardest part is getting out the door, but that is when the true adventure begins
- Q&A



In her blog post about Erik, Jacqueline Herships wrote, "Some people are crushed by adversity while others measure themselves against it, pushing out boundaries that seem firmly in place." Erik, who has nicknamed himself a DIABadass (Dia standing for Diabetes) and a "digital nomad with a digital pancreas who goes around describing traveling with diabetes", tells us that he travels a lot. And in doing so he tests himself at every opportunity. He has run marathons (26.2 miles); done triathlons (e.g. a 1 mile swim in the Hudson, a 26 mile bike ride and then a 10k run — 6.21371 miles). And now at 27, trained as an environmental scientist, Erik took himself to Ethiopia on the border of South Sudan for 3 months, and hiked in New Zealand for a month with one of his best friends. "I want to do this," he told his

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.

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.*



doctor, who essentially told him not to. So off he went. “Imagine how many people do this kind of thing ... not only people with type 1 diabetes,” he said. Answer: not many. Not only is Ethiopia remote, he had to carry in all medical supplies and deal with new food choices; and it's hot: 95 degrees.

For now, Erik's back home again where he is planning on remaining still so that he can organize and grow the DIABadass Community and work on the ErikDouds Foundation which he runs with the local Lions Club whose primary mission is eradicating blindness, often a result of diabetes. A main kick in the butt was realizing that your health is not guaranteed, he said. He wants people to say they know someone who is doing things he was told were impossible, while managing a disease which requires 24 hour attention.”

Check out Erik Douds on YouTube and visit him on Instagram @erikdouds; www.diabadass.com; #diabetes. Photos by @annalisavdbergh

Oct. 28 Colloquy on Fear — Real, Imagined and Sometimes Celebrated

On this Sunday closest to Halloween and the Day of the Dead, and close to the elections, we will explore what fuels our nightmares, what is useful and what is not, and ways in which our culture feeds off and sometimes has great fun with fear.

MARK YOUR CALENDARS:

Folk Friday resumes Oct. 12, 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 BOOKS

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

The Humanist Way – An Introduction to Ethical Humanist Religion

by Edward L. Ericson

“Humanism is a view of the world, of each person's relation to other people, of the unity of humanity, of its place in the whole fabric of life against the background of our planet and our universe, of—but read Ed Ericson's book and see.” – Isaac Asimov

“The great use of life is to spend it for something that outlasts it,” wrote Bertrand Russell. Wise and thoughtful men and women in all ages have agreed that the greatest lives are those given to the well-being of others.”

“Many who belong to no church or sect—along with many who do—when asked to identify their creed, will reply simply: ‘My religion is the golden rule.’ Or they will answer ‘Formal church doctrines and theologies are not important to me. The way I relate to others and to myself is all that finally matters.’ Without perhaps having a label for their faith, such people—to the degree that they live by these convictions—are practicing the essence of Humanist religion.” – Edward L. Ericson

Speaking of Ethics: Living a Humanist Life

by Joseph Chuman

As societies continue to grow and change, humans find themselves facing many important ethical questions. Is the pursuit of happiness a worthwhile goal? Should religion be immune to criticism? Dr. Joseph Chuman, highlighting his main ethical concerns ... takes a broad-view approach that addresses the conditions that create dilemmas, rather than focusing on oversimplified right/wrong situations. Speaking of Ethics, with its conversational tone and accessible language, shares Chuman's thoughts in a way that provokes contemplation and discussion among its readers. The sections of Speaking of Ethics give a stimulating glimpse at the foundations of Ethical Culture, as well

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9am - Tai Chi Chuan 11am - Hikaru 12pm - Social Action	1 OCTOBER 2018	2 11 am - Chair Yoga	3	4	5	6
7 9am - Tai Chi Chuan 10am - Ethical Family Educ. - Mindfulness: Yoga 11am - Thomas Cunningham, "What is Ethical Humanism?"	8	9 11 am - Chair Yoga	10 1 pm - ECSEC Board	11	12	13
14 9am - Tai Chi Chuan 11am - Karen Shiffman Lateiner, "Understanding Gender in the Context of Time"	15	16 11 am - Chair Yoga	17	18	19	20
21 9am - Tai Chi Chuan 10am - Ethical Family Educ. - Discussion: Privilege 11am - Erik Douds, "Lessons Learned from 7,000 Miles of Biking"	22	23 11 am - Chair Yoga	24	25	26	27
28 9am - Tai Chi Chuan 11am - Colloquy on Fear	29	30 11 am - Chair Yoga	31	1	2	3

as some of the biggest philosophical questions regarding private and public ethics.

**Teaching Right from Wrong:
Forty Things you can do to
Raise a Moral Child**

by Arthur Dobrin

Caring parents want to raise children who are kind, trustworthy, considerate and fair. There's no shortage of bad examples to lead them astray. Based on sound psychological theory, drawing on research and rooted in the real world, this book shows how children develop a moral sensibility, and what parents can do to refine and reinforce it. Wise, warm, and thoroughly practical, this is an essential book for all loving parents—who want to raise loving children.

Toward Common Ground

by Howard B. Radest

The experiment in moral religion called Ethical Culture was begun in America in the turbulent years following the Civil War. In 1876 its guiding impetus came from Felix Adler, whose quest for idealism drew to a "common ground" men and women from different walks of life, different faiths, even with different interpretations of moral religion. This diversity vitalized the Movement that held as its "credo" the need to dissociate religion from myth, to evaluate changing values, and to incorporate what was worthwhile in contemporary values into the daily lives of men and women. This is an official history of Ethical Culture from its founding in 1876 up to its 75th Anniversary. Prof. Radest spent years compiling an archive of

the Movement's history from interviews with members who recalled the glowing early years of social reform and philosophic controversy, from letters and personal memoirs by Leaders, and from scrupulous research into the programs and policies initiated and evolved over the years. It is never dry history: a history of Ethical Culture is a history of its times. Many programs of social reform received impetus or were aided by the Society—schools, settlement houses, home visits by nurses, legal aid, child-care, civil rights. Here is persuasive evidence that the vitality of Ethical Culture is retained in its commitment to idealism as a challenge for the present and future. And the reading will be rewarding for all who are interested in American history—religious or social.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

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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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