



ETHICAL CULTURE

M O N T H L Y

VOLUME 38 NUMBER 7

Visit our website: www.essexethical.org

SEPTEMBER 2018

SUNDAY PROGRAMS

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

Sept 9 Molly Gilman

Interviewed by writer and long-time Ethical Culture member Meredith Sue Willis, Molly Gilman will talk about her memories of early Ethical Culture training and how it's carried forward in her life as a professional actor.



Molly Gilman is an alum of Ethical Culture's Sunday School and Youth Group, Columbia High School and Vassar College. For the past decade she's worked in NYC, LA and regionally as an actor with four Off-Broadway credits, two national tours and two cast albums (see www.mollygilman.com). She currently lives in NY with her partner and is in training for voice over. This platform is dedicated to Ana and Roberto Reyes, Jill Fox, and Alice and Howard Gilman.

Sept 16 Tonia Moore, "What Might Facilitate a Long Life? — Studying Those Who Live Long and Well"

Tonia Moore — one of the coordinators of South Orange Seniors (SOS) — will give a brief introduction to the topic of Blue Zones, a study conducted by Dan Buettner under the sponsorship of National Geographic.

A discussion will follow regarding how some of the aspects of those living in the "blue zones" might be adapted into our lives. Opportunities for useful engagement and social connection, for example, exist right here.

Sept 23 Linda Eckhardt, "So you want to be a writer?"

Linda Eckhardt, author of 35 cookbooks, thousands of blog posts and endless newspaper and magazine columns, talks about what it takes to be a writer and what you get out of it.



First off, it's the second occupation you can do in your night clothes and still get paid for it. Next, it's one of the top occupations that can guarantee that if you travel to certain countries, people may take pot shots at you. But last but not least, it's the best excuse I know to ask people a lot of nosy questions and expect they'll answer.

So you say you want to be a writer. What's the first thing you have to do? Write. Maybe a thousand words a day. On a topic of your choice, to an audience of your preference. And now, there are more avenues for placing writing than at anytime I know of. Thanks to the internet.

Eckhardt will talk about today's writing world: What to write, where to sell it and what to expect.

Will you get rich? Probably not, but you will have a rich life. That's for sure. Questions and ideas will be discussed.

Linda West Eckhardt holds a BS in Foods and Nutrition from the University of Texas and an MA in creative writing from San Francisco State University. She is one of the most prolific culinary writers in America today — a food journalist and author of 35 cookbooks — her books have won James Beard and Julia Child awards. Her radio show also received a James Beard Award. She has appeared on countless food shows. She is a friend and advisor

to many prominent chefs. Linda was the first food editor of Texas Monthly (1973–). Founder and Editor/Publisher of *Everybody Eats News*, *The Online Newspaper* that monitors the sustainable food movement <http://www.everybodyeatsnews.com>. (2011–), and a contributor to *today.com* <http://www.today.com>.

Linda Eckhardt is a longtime Maplewood resident.

Sept 30 Hikaru Hayakawa, "American Field Scholarship youth trip to China"

Hikaru Hayakawa, perhaps joined by other participants, will describe his extraordinary trip to China.

Hikaru Hayakawa is a senior at Columbia High School. During the summer, he participated in a one-month exchange program in China through AFS (American Field Service) Intercultural Programs with six other American high school students from Boston, Chicago, Los Angeles and

New York City, thirty high school students from Italy, three from Germany and one from Indonesia. AFS allowed them a unique intercultural



experience through living with a host family, learning Mandarin in school and living the life of a Chinese teenager. Hikaru started studying Mandarin during school year 2017-2018, and has grown to love Mandarin especially because of his teacher, Niu Xiuqing from Beijing, who is the first to teach Mandarin at Columbia High School through the Teachers of Critical Languages Program (TCLP), a program of the Bureau of Educational and Cultural Affairs of the U.S. Department

Ethical Culture Society of Essex County

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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

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



of State. Her teaching inspired him to learn more about her culture and language.

Public speaking is nothing new for Hikaru. He has presented at several Model UN Conferences and he founded the AFS Club at Columbia High School. He also initiated and has organized and moderated panels on international education at CHS during International Education Week.

Mark Your Calendars:

Social Action Committee Sunday, September 30, immediately after the program.

Folk Friday will resume 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!

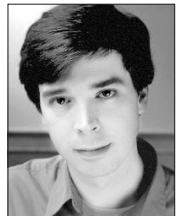
NEW & NOTEWORTHY

Sunday School Program

The Family Education Program for the 2008-2009 year has been re-envisioned as a parent-led cooperative model. Beginning Sunday, September 9th at 10 am, the program will run biweekly for 8 weeks. Parents of children participating in the program will alternate leading sessions with support from Danielle Samake, the youth program assistant, and the other parents in the program.

Each session will focus on a theme of mindfulness, permaculture, community service, conflict resolution or social justice. The program aims to facilitate reflection, discovery and community building for children along with their parents in a collaborative and supportive ethical parenting environment. Contact EthicalFamilyEd@gmail.com for more information.

South Orange pianist Thomas Cunningham performed well-loved standards Aug. 1 in a concert/fundraiser for the Family Education Program.



E. BETTY LEVIN

A celebration of the life of E. Betty Levin organized by Stephanie Rudolph, Betty's granddaughter, was held June 16.

Betty was a long-time Ethical Culture Society member, peace educator and psychotherapist. As a private practice psychotherapist for over 40 years, Betty had a broad understanding of contemporary society and tradition-anchored humanistic values, which she asserted were vital for a meaningful human journey. An indefatigable member of the Ethical Culture Movement almost all her adult life, Betty was also active in the Peace Movement.

On April 29, Betty had presented her talk, *Becoming 92: I Reach, I Learn, I Grow — A Work in Progress*, in which she touched on several of the themes of her later years:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 9 am - Tai Chi Chuan	27	28 11 am - Chair Yoga	29	30	31	1 SEPTMBER 2018
2 9 am - Tai Chi Chuan	3	4 11 am - Chair Yoga	5	6	7	8
9 9 am - Tai Chi Chuan 10am - Ethical Family Ed 11am - Molly Gilman and Sue Willis	10	11 11 am - Chair Yoga	12 1 pm - ECSEC Board	13	14	15
16 9 am - Tai Chi Chuan 11am - Tonia Moore, "What Might Facilitate a Long Life? — Studying Those Who Live Long and Well"	17	18 11 am - Chair Yoga	19	20	21	22
23 9 am - Tai Chi Chuan 10am - Ethical Family Ed 11am - Linda Eckhardt, "So you want to be a writer?"	24	25 11 am - Chair Yoga	26	27	28	29
30 9 am - Tai Chi Chuan 11am - Hikaru Hayakawa, "AFS youth trip to China" 12pm - Social Action Committee	1	2 11 am - Chair Yoga	3	4	5	6

"As I travel Life's Journey, I encounter fine teachers and many challenges. Valued lessons and ultimate meaning finally emerge. I make errors as well and seek forgiveness.

"With a moral compass shaped by the Ethical Culture movement, I have somehow become a humanist, perhaps flawed at times. What a privilege that you fellow travelers have provided a platform for me to share the path I've traveled."

MEMBER NOTES



Members and friends celebrated and honored Rosalie Sussman at a gathering June 23 and enjoyed a pot luck luncheon.

Meredith Sue Willis's newest novel, *Their Houses*, has just been published by WVU Press!



Meredith Sue Willis teaches novel writing at New York University's School of Professional Studies as well as doing workshops for children in public schools. She has lived for more than thirty years in Essex County, New Jersey and had published 22 books: novels and stories, nonfiction, and chapter books for children. She is a founding member of the South Orange/Maplewood Community Coalition on Race and is the chair of the Social Action Committee of the Ethical Culture Society of Essex County. Born and raised in West Virginia, she is a proud member of the Appalachian Renaissance.



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

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ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · SEPTEMBER 2018



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