

WES Monthly

Upcoming Platforms Join us at 9:30am or 11:30am

Monthly Newsletter of the Washington Ethical Society

October 2016

Sunday, October 2. "Healing, Wholeness, and Our Broken, Perfect Selves" Amanda Poppei, Senior Leader. As we begin our exploration of Healing, Amanda will explore what healing means in our own lives. What happens when we hold diseases or conditions, perhaps traumatic experiences, from which no healing is possible? Can we still aspire to wholeness? And how do our own brokenness, wholeness, and healing interact with the world's? Music by vocalist Nicole Rumeau.

Sunday, October 9. "Blues Lines—A Journey of the Human Spirit", The Rev. Dr. Leon Dunkley. The blues is like a dirty faith that has not lost its groove. It tears down our defense. It breaks through our pretenses. It shatters all of our bones and leaves us humble. Although the stories of the blues are legion, their details do not matter. What matters is that we strengthen our humility. Please join us on Sunday, October 9th, for a morning of song and sorrow, of beauty and broken-heartedness, of ingenuity and joy as we learn through music how to heal ourselves. Music from the WES Chorus.

Sunday, October 16. "Healing A Wounded World," Tony Hileman, Ethical Culture Leader. We live in a world fraught with political animus, governmental gridlock, regressive ideologies, and religious uprisings. A world wounded by hatred and genocide. A world in need of new and better ways to live together. Ethical Culture offers just that. Founded in equally troubled times, the Ethical Movement is dedicated to cultivating moral development in personal life and moral reform in society--to healing a wounded world. Music by vocalist Maureen Andary.

Sunday, October 23. "Wounded Words: Reclaiming, Reusing, or Moving On" Amanda Poppei, Senior Leader. As we continue our exploration of Healing, Amanda will consider how we handle the religious language of our childhoods--or of the dominant culture. Do we seek to heal from those words? Do we seek new ways to understand them? The answers are very personal...and very significant. Music from the WES Chorus.

Sunday, October 30. "Remembrance Day" Amanda Poppei, Senior Leader. Join us for this special annual platform, as we remember those we have lost, and consider how we heal from that loss--and what healing means when grief remains. Music from Mairi Breen Rothman.

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The Washington Ethical Society is a humanistic congregation that affirms the worth of every person.

We strive through our relationships to elicit the best in the human spirit. With faith in human goodness, we appreciate each person's unique capacities. We joyfully celebrate together and support each other through life. We nurture a sense of reverence and responsibility for each other and the earth.

We invite you to join our community of children and adults as we work for a world where love and justice cross all borders.

ethicalsociey.org

Theme: Healing

Amanda Poppei, Senior Leader

Healing--what does that mean to us? At least in the context of a congregation, healing brings to mind miracle cures and faith healing, which doesn't seem like a likely fit for Ethical Culture and our generally rational, naturalistic outlook on the world. So is our outlook on healing just about doctors and vitamins?

This month, we'll explore healing from a variety of lenses, and I don't think a single one will focus on doctors. To me, healing means so much more than repair of our physical body. It's about our emotional selves, about understanding and learning from our past, and seeing ourselves as strong people. It's about the world, too, about the sicknesses that invade American society and how we work against them. Most of all, healing is a process, one that we engage in over and over again throughout our lives. It's so rare for any piece of our lives to be finished--healed--once and for all. Instead, we spiral through life, just as our country spirals through time, revisiting hurt places over and over. The goal, I think, is to bring a little more wisdom each time we do.



Ways to engage with
October's theme:
Healing

October Platforms

[Explore the Theme:
Healing](#)

From Your Board of Trustees:

By Rachel Alexander Goldberg

Money. The very word makes many of us start to itch – especially in a community like WES. Our minds may immediately jump to all the ills that money engenders – and there are many. Yet, we also know that our special and beloved community requires a lot of money - \$630,000 or so per year just to keep it running and millions more to expand and grow. (No, this isn't the opener to a capital campaign!) In last month's conversation with the Stewardship Team, I heard heart-swelling stories about our community's past financial contributions. Stories I had never heard before and stories that need to be told.

I had heard about the precarious staircase that started the 2007 renovations. At that time, WES was 2 buildings – the main hall connected to bathrooms and classrooms below by the staircase, and a separate small square building that comprised the administrative offices. Someone suggested WES raise funds for an elevator to make the main building more accessible and that led to envisioning one big, spacious building that joined the prior two structures. Thus was born the first of what became two capital campaigns, in 2006 and 2013, both with the goal of building a physical plant and creating financial stability that would make Ethical Culture and our WES community accessible to more people.

Ever the overachievers, the brave 2006 WES community undertook significant financial, spiritual, and leadership change – SIMULTANEOUSLY. And so it was decided to (1) upgrade the entire physical plant to the structure that holds us all today; (2) test out an alliance with the Unitarian Universalist Association; and (3) to hire a new leader who was ordained not as an ethical culture leader (yet) but as a UU minister. The vision that our 2006 community had was huge, expensive and risky and would require exactly the kind of investment that would horrify any qualified financial advisor. Knowing that the UU influence might not be to their taste or the new leader might not be who/what they were seeking, WES members dug deep – and some members dug really deep.

Indeed, approximately 60% of the WES community contributed to the 2006 and 2013 Capital Campaigns. Among these, a core group of WES members, motivated by the vision for our community's future, stepped up to the plate as large donors. For some of them, this meant diverting money intended for their children's college funds, others raided retirement accounts, and still others took out second mortgages. These investors prioritized the financing of WES's future above their personal wishes and needs and above other important charities and causes. In short, the WES we know and love today wouldn't be here if it weren't for the financial investment by these large donors.

These are stories that need to be told. In sharing them we enrich ourselves and our community with our powerful history, the opportunity to show appreciation, and the pride of knowing that our community is one that inspires acts of deep generosity, even in times of uncertainty.

About Recent Changes

Paul Baker, Editor, WES Monthly

First of all, I'd like to thank Beth Baker and the team in the WES office for stepping in and producing the September Monthly Newsletter on very short notice. Good job!

Did you notice that the name of this monthly publication changed from Express to Monthly? Well, I hope you were so busy devouring all the great content from our contributors that you never gave the name a second glance. But, a few people noticed and asked about it. So here is the explanation. The monthly publication has always been the least frequent news to reach you so why call it "Express"? It was confusing. We needed a word you can use to refer to this, your monthly publication.

Starting this month, you may notice some little graphical changes. Ignore them. Real change is coming in 2017. WES is revising the methods that we use to reach you, our members, through your in-box. That means new publications, new media, and new appearance. You've already seen "News & Notes". I liked it. It is part of trying to

- 1) serve the membership better,
- 2) add engaging new media¹
- 3) look better in terms of color, layout, etc.

You'll see changes on the web site in 2017 too.

Everything you see in this Monthly was written by you – the members of our community. Please keep all the good articles rolling in. I don't write this stuff myself. But, when you send it to the office (wes@ethicalsociety.org) please mark it clearly for the monthly publication. As before, we like to get articles by the 20th of the previous month but late news and events can often be included later than that. It is our goal to have your Monthly to you before the first Sunday of each month.

¹ about which people my age only read in newspapers - remember print?

Earth Ethics Team

October 1 Saturday Earth Ethics

Join Earth Ethics on Saturday, October 15th for a morning nature walk on the C&O Canal. Meet at the Riley's Lock parking lot (mile post 22.8) at 8:00 AM. Leave half the cars at Riley's Lock and ride together to the parking lot at Pennyfield Lock (mile post 19.6). With the sun at our backs, conditions will be ideal for observing birds, wildlife, and fall foliage as we follow the towpath back to Riley's Lock. Total distance: 3.2 miles. Total time: approximately three hours. Rain date: Saturday, October 8th. Contact Terry Smith, 814-450-8768 (tlsmt@msn.com).

To get there, simply enter "Riley's Lock, Poolesville, MD" in GoogleMaps and follow the directions. Or take River Road approximately 9 miles northwest of Potomac Village. Drive 0.2 mile beyond Violette's Lock Road to a T-junction and stop sign. River Road turns left and is joined by Seneca Road (Route 112) from the right. Turn left and go 0.8 mile, and just before bridge over Seneca Creek turn

Aging with Intention Discussion Group Tackles Ageism

October 9, 3:00-5:00

Do you ever feel you've encountered ageism—whether in the workplace, in daily life, or in your personal relationships? In our quarterly discussion group, we'll discuss ageism and why it's not only a matter of fairness—ageism can also affect our health and wellbeing. Research shows that negative attitudes and stereotypes about growing old can affect our memories, our stamina, and our mental health. Join us for a stimulating discussion of ageism and help brainstorm strategies (ethical ones of course) for dealing with it. Thanks to Isabelle Schoenfeld for suggesting this topic. As always, the gathering will be held at John and Julie Campbell's, 2601 Klingle Rd., NW, Please RSVP to Beth Baker, bethbaker@starpower.net, so that we will have enough seating and refreshments.

2016 WES Auction



Three things to know about the auction...are you ready?

#1: It's time to register for the auction!

Please click here to register: <https://goo.gl/forms/68oM7xuGEAURriGj2>

The price of admission is \$25 per person and includes delicious food, drink, and a bidding paddle. Childcare is available for \$15 per child, \$30 for two or more (dinner will be provided).

#2: We will be holding an exciting, high-stakes raffle for the **Golden Ticket!** Please consider purchasing an entry into the drawing for the **Golden Ticket**! For \$250 you get a chance to win **your choice of any item in the auction catalog**. We will sell no more than 10 entries (and no fewer than 8) and will announce the winner at the beginning of the live auction. Items to be offered include vacation homes, theater tickets, and fabulous dinner parties.

#3: The annual WES baking contest and sale will be held on Sunday, October 9 between platforms. \$5 gets you a plate of tasty samples from WES' most talented bakers and a ballot to vote for your favorite. The winner of the **Golden Spoon** will be announced at the auction and you will have the chance to bid on your favorite cakes (to be provided at a future date).

The annual WES auction will be held on Saturday, October 15 at 6:00 pm at WES.

Coming Up at WES

Saturday, October 1

Earth Ethics Nature Walk, 8am, C&O Canal. Join Earth Ethics on Saturday, October 1st for a morning nature walk on the C&O Canal. Meet at the Riley's Lock parking lot (mile post 22.8) at 8:00 AM. For additional directions, see the announcement below. Rain date: Saturday, October 8th. Contact Terry Smith, 814-450-8768 (tlsmt@msn.com).

Sunday, October 2

Teen Waffle Bar, 10:45 am, Lobby. Every first Sunday of the month the Teens will offer waffles and an assortment of toppings for WES members and friends. The proceeds from the waffle bar pay for Waffle ingredients and the toppings. The remaining funds go to the Teen group for Service trips. Free will donation.

Part 3 of 3: Introduction to Social Media, 11am, Library. This will be the third class in the social media series aimed at helping you become familiar with Trello, the website that our Sunday School teaching teams use to plan and prepare for class. Attendance at Part I & II is not required to attend. Part III taught by Melissa Sinclair (melissas@ethicalsociety.org)

Newcomers' Q and A, 10:45am & 12:45pm, Senior Leader's Office. New to WES? Join us for this informal gathering to learn a little about who we are and what we do here, and to get your questions answered!

WES-SURJ Study Group Session, 1-3pm, Double Classroom. This is a reminder that this group will be meeting.

CANCELED Health Day! CPR Training and Mental Health First Aid.

Working for Racial Equity, 1-3pm, Adler Study. Have you been learning about anti-racism work and Black Lives Matter, and wondering what the next step is for you and for WES? Join us to vision together! We will continue our discussion of plans for shorter term and longer-term projects, including Restorative Justice, Muslim solidarity, and deepening our existing work. If you aren't on the WRE listserv or have any questions, please email [Danna Pope](mailto:dannapope@gmail.com) (dannapope@gmail.com).

Monday, October 3

Mindfulness meeting, 7:30-9 p.m. Library. This group meets monthly for people interested in practicing meditation and living with mindfulness – or for anyone wanting to find out more about these topics. We explore both practices and ideas. Contact Trish Weil at trishweil@juno.com or Ann Baker at bakera@gao.gov.

Tuesday, October 4

The New (But Uncertain) Secular Moment: Lecture and Book Signing, 7pm, Main Hall. As the religiously unaffiliated grow in size, visibility, and influence, one can sense a pivoting away from fighting religion and its excesses and a turning toward addressing life's big questions from a secular standpoint. What do we believe in? What are our lives about? How will we make meaning for ourselves and others? The directions in which this quest will

go--personal, political, social, and ethical--will have a profound impact on American culture for decades to come. Tom Krattenmaker is a longtime contributing columnist for USA Today, specializing in religion in public life, and a member of the Board of the Yale Humanist Community. He is the author of the new book, *Confessions of a Secular Jesus Follower*, which articulates a secular understanding of the figure of Jesus and his applicability to our personal and social challenges today.

Friday, October 7

Bunco!, 7pm, Double Classroom. Bunco! is starting here at WES! Bunco! is an awesome dice game. It is a mix between Yahtzee and sitting around chatting with friends. If you have never played bunco, it is very easy to learn, and we will teach you that night. No experience necessary! There is a recommended \$5 buy-in that will be used for prizes at the end of the night (most wins, most buncos, last bunco, and most LOSSES!) We invite you to bring a dish or drinks to share. Plates, utensils, and napkins will be provided. We will be downstairs at WES in the double classroom. Adults only, please. You do not have to be a member of WES to participate--visitors are always welcome!

First Fridays. First Friday get-togethers are going on hiatus as of October 2016

Sunday, October 9

Platform Service, 9:30 & 11:30am. Blues Lines—A Journey of the Human Spirit,

The Rev. Dr. Leon Dunkley. The blues is like a dirty faith that has not lost its groove. It tears down our defense. It breaks through our pretenses. It shatters all of our bones and leaves us humble. Although the stories of the blues are legion, their details do not matter. What matters is that we strengthen our humility. Please join us on Sunday, October 9th, for a morning of song and sorrow, of beauty and broken-heartedness, of ingenuity and joy as we learn through music how to heal ourselves. Music from the WES Chorus.

Second Sunday is for Service, 9:30 and 11:30 Platforms, WES Grounds--Clean up the grounds, and plant fall bulbs. Donate fall bulbs and help clean up WES! This year in SEEK we are doing "Second Sundays are for Service." During the 9:30 platform and the 11:30 platform (so you can attend one platform and help with clean-up at the other) the 2nd-5th grade classes will be cleaning out the garden and other areas around WES and then planting fall bulbs. For this to be successful, donations of fall bulbs will be accepted now through October 9th. We also need to borrow bulb planting tools to be used for the day as well as other gardening tools and garden waste bags. Beyond planting and weeding there is other refuse on our property that could be disposed of with a big group effort.

New Member Nuts & Bolts, 10:45am, Library. We are very excited to welcome you to our community here at WES! Since this is now YOUR community, too, we want to make sure you have the resources you need to feel part of the community and help you to become involved with WES activities. The session will cover the WES events, staff information, WES teams, committees, and programs, and much more. Questions? Contact Lori Betsock at [\(301\)- 649-7572](tel:(301)649-7572).

WEStalks, 11am, Social Hall. Exploring What it Means to be a Citizen of the World.

Jim Barton, a board member of Citizens for Global Solutions, will help us explore topics related to one of WES's Ends: "WES children, youth, and adults act collectively as citizens of the world and stewards of the earth." Jim has been a peace activist since 1972, a climate activist since 1989 in Asheville, NC. Jim is involved with the UN Association, and is helping

to promote the 4th World Week of Action in support of a Global Parliament in late October. Jim grew up three blocks from the Essex County, NJ, Ethical Society and attended the 1976 Encampment for Citizenship, co-founded by Algernon Black, then leader of the NY Society for Ethical Culture. He has also spoken on global citizenship at the Asheville Ethical Society.

Annual WES cake sale and contest, 11am, Lobby. \$5 gets you a plate of cake samples and the opportunity to vote for the winner of the Golden Spoon (winner to be announced at the auction on October 15).

Biology Reading Group, 1pm, Library. We will be reading Life Ascending: The Ten Great Inventions of Evolution, by Nick Lane. It is not necessary to do the reading to attend the meeting, though it helps. For further information get in touch with Barbara Searle, bsearle70@msn.com.

Refugee Support Planning Group, 1pm, Social Hall. WES is ready to move forward with supporting a refugee family--will you be part of that? Join Sue Smith and Shelby French to learn more, and make a commitment for WES' role in this support. RSVP to Sue Smith at suzhome2@verizon.net.

Aging with Intention--Discussion Series, 3-5pm, Julie and John Campbell's Home. Do you ever feel you've encountered ageism—whether in the workplace, in daily life, or in your personal relationships? In our quarterly discussion group, we'll discuss ageism and why it's not only a matter of fairness: ageism can also affect our health and well being. Research shows that negative attitudes and stereotypes about growing old can affect our memories, our stamina, and our mental health. Join us for a stimulating discussion of ageism and help brainstorm strategies (ethical ones, of course) for dealing with it. Thanks to Isabelle Schoenfeld for suggesting this topic. As always, the gathering will be held at John and Julie Campbell's, 2601 Klingle Rd., NW. Please RSVP to Beth Baker (bethbaker@starpower.net) so that we will have enough seating and refreshments.

Thursday, October 13

Board of Trustees Meeting, 7pm, Library. All are welcome to attend meetings of the Board of Trustees! Agenda and materials are available in the Members' Access section of our website.

Saturday, October 15

Auction! See the announcement above for more information.

Sunday, October 16

Tai Chi, 11am, front lawn. We invite you to join us out on the front lawn (or in the Main Hall if weather doesn't cooperate) for a 30-minute session of Tai Chi. No experience necessary and perfect for all ages and abilities.

Schmoozapalooza Lunch, 12:45pm, Social Hall. WES continues our lunch on every third Sunday for all who want to hang out after platform and gab with friends. Gather around tables in the Social Hall and keep on talking. Nosh on a great lunch, with vegetarian options always available. Requested donation \$5. Schmoozing with your friends and licking your fingers--what better way to keep on talking, parse the platform, and catch up! (If you plan to attend the 9:30 platform, why not help out the Shmooze team and then join in the good food? Contact Julie Grimes at jwellergrimes@gmail.com to get involved).

Sunday Book Club. The monthly book group will resume meeting on the third Sunday of the month beginning in November. The Book Club is reforming as the "Sunday Book Club". Our first meeting at WES will be Sunday November 20 from 2pm. For the book discussion, the subject is "Gratitude" by Oliver Sacks. Cynna Janus will lead the discussion. We expect to discuss the start time and may adjust it.

Friday, October 21

Still Thirsty After All These Years, Scion Restaurant, 1200 East-West Highway. This group is for WES adults beyond the demographics of the "Young and Thirsty" group, but still thirsty for connections, entertainment, and new experiences. We will meet for Happy Hour on the third Friday of every month. Contact [Nancy McGuire](mailto:nkmontheroad@yahoo.com) (nkmontheroad@yahoo.com) or [Shan Evans](mailto:sevans4406@yahoo.com) (sevans4406@yahoo.com) for more details.

Friday, October 21-Sunday, October 23

Immigration Film Festival – see the announcement below for more information.

Saturday, October 22

Pumpkin Patch Trip, 10am, Lake Ridge Nursery, 3705 Old Bridge Rd, Woodbridge, Virginia. Join fellow WESians at the pumpkin patch to celebrate fall and let the kids and the grown-up kids play! The Pumpkin Patch has many play activities for kids. Moon bounces, rope swing, zip line, slides and much more! In addition to all the fall play activities for the kids, they have a concession stand and pumpkin carving kits. The cost is \$12 per child with no charge for non-walking infants. RSVP to the facebook event is encouraged but not required.

Parents Night Out, 6pm, Double Classroom. Help the teens get to the YES conference in November! (more details)

Sunday, October 23

New Member Nuts & Bolts, 10:45am, Library. We are very excited to welcome you to our community here at WES! Since this is now YOUR community too, we want to make sure you have the resources you need to feel part of the community and help you to become involved with WES activities. The session will cover the WES events, staff information, WES teams, committees, and programs, and much more. Questions? Contact Lori Betsock at [\(301\)- 649-7572](tel:(301)649-7572).

Ethical Living Laboratory, 11am, Social Hall.

Sunday, October 30

Meet WES's Volunteer Teams, 10:45am, Social Hall and Lobby. Swing by the tables highlighting our different volunteer teams. Whether you can volunteer only occasionally or you are ready to dive in with both feet, we have a place you'll fit.

Friday, November 4

First Fridays, This group is on hiatus and will not meet.