

WES Express

Monthly Newsletter of the Washington Ethical Society

January 2015

Upcoming Platforms – Join us at 11am

Sunday, January 4 “Worth Matters” Amanda Poppei, Senior Leader. Start the New Year off right with WES’ own take on resolutions—commitments grounded in our values and in our affirmation of the worth of every person. This Sunday we begin our monthly exploration of Worth & Dignity, key concepts in Ethical Culture. Music from the WES Chorus.

Sunday, January 11 “Sitting At The Table Of Brotherhood” Daryl Davis. We are excited to welcome Daryl Davis, actor and author of *Klan-Destine Relationships*, to speak at WES. Josh Blinder, WES favorite and longtime friend of Daryl, will provide music.

Sunday, January 18 “Reconciliation and Repair” Amanda Poppei, Senior Leader. Some Americans are saying that race relations are at an all-time low; others see dawning awareness and hope. As we celebrate Martin Luther King Day and prepare for a Peace Walk the following day, Amanda will examine what true reconciliation could look like in America...and whether or not we are ready for it. Music from the WES Chorus led by Bailey Whiteman.

Sunday, January 25 “Death with Dignity” Ellen Dinerman and Jim Perdue, Members, Northern Virginia Ethical Society. Join members of our sister society as they explore the history of the Death with Dignity movement, including Ethical Culture's early connection with Aid in Dying. Jim will look at the current status of the movement nationally and in Maryland, and both will reflect on their own experiences that have brought this issue close to their hearts.

Table of Contents

Upcoming Platforms.....	1
Theme Exploration	2
Board Column.....	3
Sunday School News	4
WES News.....	5
Immigration Action	5
Amanda’s Sabbatical..	6
WES Classics	6
Created Equal Series..	7
AEU News	8
Coming Up at WES	9

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.

ethicalsociety.org

January Theme: Worth & Dignity

Amanda Poppei, Senior Leader

Worth & Dignity—concepts embedded deeply in Ethical Culture. When I first came to WES almost seven years ago, I remember talking with a longtime member about how important the idea of inherent worth was to his understanding of Ethical Culture. I felt pretty solid in the idea of worth, since it's also a core value of Unitarian Universalism, the tradition in which I was raised. Both Ethical Culture and Unitarian Universalism affirm that each person has worth, no matter the size of their paycheck or their intellect or even how nice they are. All people are worthy: easy.

But what he said next made me pause: how do we show someone they are worthy?

How do we communicate that worth in our language? How do we show it in our smile? How do we affirm a person's worth when we are responding to something they've done that hurts us? What does it really mean...that someone has worth?

This person's answer was that it means the person matters. Their ideas, their voice, their presence matters. I loved that response—and I continue to think about how to communicate that, how to build, with you, a community where each person matters.

I hope you join us in January as we explore the theme of *Worth & Dignity* from many angles to affirm what matters, including looking directly at racism and other oppressions which seek to deny a person's worth...thinking about what dignity means when we consider death...and beginning the month with commitments that help us to affirm our worth and others.



Amanda Poppei,
Senior Leader

*Ways to engage with
January's theme:
Worth & Dignity*

January platforms

Story for All Ages
January 4
The Goat Lady
by Jane Bregoli

Workshop on *End of Life
Planning* January 25

Share the plate recipient
*Washington Interfaith
Network*

Path to Membership

Have you been attending Sunday platforms for a while, and find yourself wanting to learn more about what it means to belong to WES? We hope you are getting a sense of how WES can touch hearts, expand minds, and change lives. We would enjoy helping you feel more connected to our community and answering any questions you might have. The "Path to Membership" class is offered 3 times this month on Tuesday January 6, Wednesday January 21, and Saturday January 24 leading up to a New Members' Sunday February 8. We always recommend newcomers attend one of these fun and informational sessions before deciding to become a WES member. The session is a great way to meet others new to WES. Participation in the class does not obligate you to join our community. Facilitated by Amanda Poppei, Senior Leader, and a member of the membership team. Childcare is available upon request. All sessions run from 7 – 9:30pm in the WES Library. Contact Amanda Poppei at amandap@ethicalsociety.org.

If you want to learn more after one session, then you should attend "Path to Membership II: Going Deeper" on January 27, 7-9pm in the Library. If you are busy this month, there will be three other opportunities later this year as well.

From Your Board of Trustees – Celebrate Good Times!

by Adam Goldberg, Board Member

The holiday season has come and gone and a new year has begun! With all the celebrations, festivals, and parties that I've attended over the last couple of months, it got me thinking about all of the events that WES puts on throughout the year and the joy I've gotten from attending so many.

I couldn't possibly name them all in a short column, so please forgive me if I miss one of your favorites, but just think of celebrations like our spring and winter festivals, Stone Soup, baby namings, neighborhood potlucks, coming-of-age graduation, community dinners, membership meetings, the auction, remembrance Sunday, and on and on and on.

You may not think of all of these as "celebrations," but for me no matter what the reason we gather, all of these events, and so many more, are truly celebrations in my life (yes, even membership meetings!). At all these events we celebrate our lives, our shared commitment to living ethically, and our collective desire to build a better world for ourselves, the people we care about, and the world around us.

I think it's an impressive list. These events demonstrate that our community knows how to teach and learn important lessons, have fun, be welcoming, and recognize important milestones. Most importantly it tells me we *are* a community. Living in proximity to one another, sharing a building and beliefs, that's not what makes us a community. It's all of the bonds that draw us together, in good times and bad, to commune with one another.

And while our celebrations are wonderful occasions for those of us who are already a part of this community, they also send an important message out to the world about what we believe is important and the vibrancy WES has to offer.

I'm not one to make New Year's resolutions, but if I were the one that I'd make now is to take part in more of WES's wonderful celebrations. Not just to attend, but to really participate. We have so many opportunities – and a great need – for people to help plan, set or clean up, run, act in, decorate, you name it. We're a community that survives, and thrives, through our volunteerism.

I'd never really belonged to any sort of a community before WES. I look back at the few years that I've been a member and I realize that the true value that I've gotten out of being among you all comes from really participating, establishing friendships, volunteering, and helping to build a better community – construction work that will be perpetually in progress. If there's an activity that you think you'd like to participate in, please contact Amanda, WES staff, or a WES member that's already volunteering, to find out more and to get involved!

I hope you'll join me in resolving to participate more in WES's celebrations in 2015, and in contributing your time and talents as together we build a stronger community.



Sunday School News

Melissa Sinclair, Acting Director of Religious Education

For our Sunday School to meet the needs of all our students, we are in constant need for teachers. This year, we have about 70 regular students, with average weekly attendance hovering around 48 students per week. We have a nursery, preschool class, a kindergarten-1st grade class, a 2nd-5th grade class, a 6th grade class, a 7th-8th grade class, and a teen group. Every class needs a team of teachers - and we need more than just parent teachers!

One of the reasons people come to WES is to find a Sunday School that teaches ethical principles. Parents are also seeking like-minded children and adults to surround their children. The children's experiences are enriched when we have a mix of adults teaching our children - from recent graduates of our Sunday School Program to retirees.

At present, we have opportunities for three classes: kindergarten, 1st grade, and the 2nd through 5th grade class. We need another teacher for our 6th grade class "Neighboring Faiths" which compares religions.

Moreover, we need for teachers for the Workshop Rotation classes (these are classes that teach to the monthly theme). Please consider whether you have a specific interest or specific expertise for one or more of the upcoming themes:

- January – theme is Worth and Dignity (Story is about a woman different from her neighbors that they don't understand or appreciate at first)
- February – theme is Duty/Commitment (Story is about a founder of WES – how things happen one small step at a time and build to bigger things)
- March – theme is Sacred (Story is about evolution and the start of life – what we hold sacred is life on Earth)

The classes can be what you make them to be as YOU can be part of the curriculum development if you wish. And we do aim to have fun while learning! We take nature walks, do service projects, celebrate with movement, have discussions, and create art. Teachers tell me that they get as much if not more than the children from being part of the Sunday School.

If you are especially drawn to one of the topics or age groups detailed above, please consider signing up to be a teacher. Melissa, the Acting Director of Religious Education, can fill you in on more details. Email melissas@ethicalsociety.org or call 202-882-6650 ext. 14.

WES News

Immigration Film Festival Plans for 2015

The first ever Greater Washington Immigration Film Festival of 2014 was a resounding success! In all, some 900 film goers attended 13 film screenings across suburban Maryland, Virginia and in DC. If you missed some or all of the films, many are available through Netflix or Amazon, or by requesting a loaner from the UUSJ for the Greater Capital Region, info@uusj.org.

The film festival will be back in 2015! Save the dates: October 23, 24, and 25. The Gala Event will be Saturday October 25 in the theater of the University of the District of Columbia at Van Ness.

The Film Fest Committee, building on the foundation of this year's successful festival, plans to double the attendance for 2015. Anyone interested in becoming involved with this exciting project should contact the co-chairs, Judith Johnson, judithheron@gmail.com or Patti Absher, patti.absher@immigrationfilmfest.org



WES Immigration Action of the Month

- **Give some of your business to local immigrant-owned companies.**
- **Immigrants make up outsized share of small business growth.** An [October 15 article for Vox.com](#) notes that, "over the last two decades, immigrant-owned businesses have made up 30 percent of the growth in the small business economy, a significant chunk given that immigrants only account for 13 percent of the US population." Furthermore, "their businesses also performed better than your average American. Employees within these small companies earned over \$55,000 a year over the median earned income of \$41,000 a year."

Flourish! Class:

Deep Relaxation and Breathing Techniques,

Four sessions: January 5, 12, 19, and 26 in the Social Hall, 7-9pm. Led by Trish Weil. This class will have four sessions, which can be attended individually or taken together as a course. Each session will have the common thread of practicing physical and meditative techniques. Each of the four sessions will have its own discussion theme: Week one: Centering: what are we dealing with? Week two: Managing unwanted feeling. Week three: Getting off the treadmill of thought. Week four: Achieving acceptance and peace. For these themes, we will explore the thinking of Jon Kabat-Zinn, Tara Brach, Rick Hanson, Stephen Levine, and others. Readings will be distributed for each class. Please wear loose, non-restrictive clothing. Bring a mat or a blanket if you plan to do the exercises lying down--which generally allows for deeper relaxation. You may also wish to bring a small pillow. Feel free, however, to take a chair and learn these techniques seated, if that is your preference. Either way is valuable and effective.

Spring Forecast: Amanda's Going on Sabbatical in May!

By Amanda Poppei, Senior Leader

Can you believe I've been at WES more than 6 years? WES, like many Ethical Culture congregations, has a practice that encourages its clergy Leaders to take sabbatical time in order to reflect and renew. I accrue sabbatical at a rate of 1 month per year of service, and have not yet taken any time. So coming up this May, June, and July I'll take a 3-month sabbatical, using about half the time I've accrued.

Clergy sabbatical offers a chance for renewal: for the clergy person, who uses the time to reflect, to prepare, to deepen their ministry in ways not available during full-time work, and for the congregation, who take their own journey of growth and reflection during the sabbatical time. I am so looking forward to sharing with you, in the coming months, my own hopes for sabbatical and how I hope you will engage with the journey. I already know that I want to spend time and attention on both mindfulness practices and playfulness.

As we move toward May (my last Sunday at WES will be May 3), I will be working with a great Sabbatical Team to make sure we prepare the community for my time away, and to facilitate communication before and during the sabbatical. That team is: Cayo Gamber, Jonathan Klabunde-Tomer, Lisa Silverberg, Peter Kent, and John Mulligan (who is also on the Board). We've already started meeting, and you'll be hearing from them, and from me, with more information as the months unfold.

I've also started working with staff to talk through what my sabbatical will mean for them, and with the Board about how they will be able to continue to monitor WES' health and vitality while I'm away. And, of course, WES' Sundays will be filled with a great mix of outside speakers and WES members!

Much more information will come in the months to follow, and in the meantime if you have questions, please don't hesitate to be in touch. It is my hope that this time will be deepening for me and for WES, too, as lay leaders and other staff members continue their excellent work caring for the WES community.

Oldies Are New on the Web: The WES Classics Cellar

by Paul Baker

Ethical Culture is only 138 years old, but already a lot has happened in the realms of events, activism, and ideas. Few of us have the time to examine history, but we should keep open the possibility of looking back and learning from what was said and done before us.

It has bothered some of us that several decades of WES platform addresses were recorded, copied on demand for a while, and then boxed and archived. We felt part of the historical archive should be available for easy access on the modern WWW. Now it is.

You can find the new web pages in the "WES Classics Cellar," which is a menu item in the right hand column on the "Sundays and Celebrations" page. The talks are digitized in mp3 for immediate listening, or right-click the link to download the mp3 file for listening later.

The Classics Cellar is the result of work started by Jo London and Todd Waymon, who reviewed, selected, and digitized some of the platforms between 2000 and 2006. I joined the effort, reviewing and selecting those that say something about teaching at the School for Ethics. Along the way, I'm afraid I got carried away and started digitizing others that might be historically interesting. I focused on the years 1981 to 1998 to complement Jo and Todd's effort.

The bottom line is that there are now 30 classic talks on the WES web site. The talks cover the basics of Ethical Culture and present some ideas about self improvement, about relationships between individuals, and about our society. One pattern emerges when you go through the old WES material: the basic propositions of Ethical Culture enunciated in the 19th century continue to guide discussion over the years, but each era pursued its own offshoots, contextualized the problems according to concurrent events, and adopted jargon that is no longer in fashion. I'm glad I had the chance to see the continuity, and I found the variations on the theme refreshing. On the other hand, I can also see that it is our current work on today's world with today's friends, family, and country that is most important.

The Created Equal Video Series Explores the African American Experience

This month, WES will begin a series of programs based on documentary videos about the African American Experience. The videos are:

- *Freedom Riders*, about the interracial group of young people, mostly college students, who rode buses into the deep South, risking violence and death, to make visible the illegal segregation in interstate transportation and embarrass the power establishment into enforcing the law (January 25);
- *Freedom Summer*, about the summer of 1964, which brought hundreds of college students into the deep South to join local people in registering voters and creating Freedom Schools and saw the Mississippi Freedom Democratic Party challenge the delegation of the segregationist Mississippi Democratic Party at the Democratic National Convention (February 1);
- *Slavery by Another Name*, which shows how forced labor continued after the reconstruction era, well into the 20th Century (date TBD);
- *The Loving Story*, about how the love of an interracial couple and their determination to live in the place they knew as home led to the Supreme

Washington Interfaith Network
INAUGURAL ACTION WITH THE
NEW MAYOR
January 8th, 2015
St. Augustine Catholic Church
1419 V St NW
Music starts at 6:30pm,
Program at 7:00pm

Join leaders from WIN congregations city-wide in an action with Muriel Bowser during her first week in office. We will present to Mayor Bowser an agenda around Jobs, Housing, Homelessness and other issues important to our Congregations. Bring a large turnout from your congregation to make our voices heard!



Court case that made interracial marriage legal throughout the nation (date TBD); and

- *The Abolitionists*, which tells the stories of both black and white leaders in the struggle against slavery before the Civil War (date TBD).

The *Created Equal Series* is part of the *Bridging Cultures* initiative of the National Endowment for the Humanities, produced in partnership with the Gilder Lehrman Institute of American History to encourage public conversations about the changing meanings of freedom and equality in America.

After scenes from each film, there will be opportunities to ask questions of special guests who have in-depth knowledge of what is portrayed, often through their own personal experiences, and time for community discussion. We will all go away better informed about these important parts of America's Civil Rights Struggle and inspired by the people portrayed who stepped up and made a difference.

Sundays January 25, February 1, and three more TBD, 7:00 p.m.

All programs are free and open to the community. For more information, contact June Fair at 301-254-7045 or JuneLFair@gmail.com.

AEU News

By Hank Gassner

AEU Board Member,

Member of Northern Virginia Ethical Society,

Member of Washington Ethical Society

The last week of October and the first half of November were marked by workshops and conferences. Participants from various societies met together to learn and to get perspectives from the points of view of other societies in the Ethical Movement.

October 23-25, 28 participants from 11 societies met for a **Membership Growth and Development Workshop**. This program marks the renewal of an earlier program of annual workshops run by the AEU Membership Committee designed to strengthen lay leadership skills in society management. The first program of the new series concentrated on **strengthening pledge campaigns**, but also included a workshop on greeting visitors to your society. We learned that the most effective method for increasing contributions to a society (or for recruiting volunteers or keeping members engaged) is personal face to face visits from other society members. Other strategies were ranked in order of effectiveness as personal face to face conversations with a small group (six or less), face to face conversations with a larger group (7-15 people), personal phone calls or emails, and personal presentations to a larger group. While newsletter articles and form letters should be part of the program, relying on such impersonal approaches as the main strategy for soliciting contributions is much less effective than personal approaches. Written materials should include a vision of what a society could do with increased contributions and a fair share contribution guide based on percentages of income for basic and generous contribution levels. Visits should start with short testimonial statements about the importance of the society to the visitor and soliciting such statements from the person being visited. The program evaluation forms from people who attended the workshop were unanimously enthusiastic.

November 7-9, about 40 parents and children from 8 societies attended the **Ethical Education Conference**. Children attended a special ethical education program while their parents were attended the workshops. The Conference started with a presentation by Dale Mc Gowan, author of *Parenting Beyond Belief* and *Raising Freethinkers*, on why he had chosen to become AEU Ethical Education Director and his vision for the future for growing ethical education programs. The program included workshops on starting an ethical education program from scratch, effective use of websites and social media in marketing ethical education programs, ethical action programs for children, adult ethical education programs, and a long-range proposal for developing an ethical education diploma program for teenagers.

November 14-16, about 35 people from at least 6 societies attended the **Youth of Ethical Societies (YES) Conference**. The theme of this year's conference was **Ethics in Science and Medicine**. The conference broke into sharing circles to discuss various topics related to the theme. Time was also available for some sightseeing in New York and sampling ethnic cuisines. The teens and youth advisors left feeling that it was a great experience that energized them for further action back home and for returning next year.

Organizing these conferences has made this an exciting and busy period for the AEU. Members of various societies have gotten together, shared ideas, made friends, and learned how much we can learn from each other as our societies work to achieve common goals.



Pay to Play Democracy's High Stakes

Friday, January 16, 2015, at 7pm, Historic Takoma, located at 7328 Carroll Avenue, and the Maryland Committee to Amend will host a free showing of Pay2Play-Democracy's High Stakes, the second in our series about how unlimited cash in our elections is affecting our democracy.

Coming up at WES

Monday, January 5

Flourish! Class: Staying Centered: Deep Relaxation and Breathing Techniques, Social Hall, 7-9pm. Led by Trish Weil. This is the first of four sessions. See page 5 for the overall plan and what to bring. *Centering* is formally defined as a method of self-calming. But many people see the practice of centering as far more inclusive than that. In this class, centering is seen as a means toward living our lives fully and mindfully-- and of avoiding the setbacks that come with anxiety and stress. For many, the practice of deep relaxation overlaps with meditation. Using our bodies to influence our minds can lead to nothing short of personal transformation. See page 5 for the overall plan and what to bring.

Tuesday, January 6

Path to Membership, 7-9:30pm, Library. See page 2 for description. Contact Amanda Poppei at amandap@ethicalsociety.org.

Skeptical Spirituality Reading Group, Adler Study, 7pm. Join writer Sigfried Gold on the first Tuesday of each month to discuss spirituality and spiritual practices from a skeptical viewpoint. By *skeptical* Sigfried means: 1) doubting or rejecting the existence of supernatural forces and phenomena, and 2) bringing an open-minded but critical eye to any practice we consider. Our primary aim will be to explore spiritual ideas and practices that, if they can survive critical analysis, might support our ethical aspirations and promote a deep sense of purpose and meaning. There is reading online for the first session so please be in touch with Sigfried at sigfried@sigfried.org if you are planning to attend!

Thursday January 8

Exploring Circle: Worth & Dignity, 7:30-9pm, Perry Beider's home. This circle meets weekly in January: Thursdays January 8, 15, 22, and 29. This small group will delve deeper into our monthly theme of Worth & Dignity through poetry, questions, and sharing. Please RSVP to pbeider@yahoo.com.

Washington Interfaith Network Action with Muriel Bowser, DC's New Mayor, 7pm, St. Augustine Catholic Church. D.C. Mayor-elect Muriel Bowser has agreed to meet publicly with the Washington Interfaith Network at St. Augustine Catholic Church, 1419 V Street NW, on Thursday, January 8 at 7pm. At that time, WIN will present its agenda on homelessness, housing, and jobs to her. WES has committed to help fill St. Augustine's to capacity. Please put this event on your calendar and let Terry Smith, tismt@msn.com, know you plan to attend.

Friday January 9

First (Second!) Friday Discussion Group, 12:30-2:30pm, Social Hall. Julie Campbell will present a reading and facilitate a discussion on Aging with Intention. Please think about an aspect of aging that is of particular interest to you and, if you like, be prepared to share a thought, a short reading, or a recommendation for a book/movie/article on that subject. Please also bring a sandwich for yourself and any lunch extra you might like to share and arrive early enough so that we can begin lunch and a go-round at 12:30. Contact: Marty Brockway (ewbrocs@rcn.com).

Social Justice Retreat with Cedar Lane UU and All Souls, Friday and Saturday at Cedar Lane UU.

Sunday January 11

Biology Discussion Group, 12:45-2pm, Library. On the second Sunday of every month there's a lively buzz in the WES library as members and friends gather for the Biology Discussion Group, facilitated by Barbara Searle. In January, February and March they will discuss *Evolution in Four Dimensions: Genetic, Epigenetic, Behavioral, and Symbolic Variation in the History of Life (second edition, 2014)* by Eva Jablonka and Marion Lamb. All are welcome, whether or not you've done the reading! For more information contact Barbara: bsearle70@msn.com.

Board Meeting, 1pm, Social Hall. All WES members are welcome to attend monthly Board meetings. Every other month, they are held on Sundays after platform to encourage guests! Agenda and materials may be found before the meeting in the Members' Access section of the website, www.ethicalsociety.org.

Monday, January 12 – Flourish! Class: Managing unwanted feeling: Deep Relaxation and Breathing Techniques, Social Hall, 7-9pm. Led by Trish Weil. This is the second of four sessions. See page 5 for the overall plan and what to bring.

Friday January 16 – Movie “Pay to Play: Democracy’s High Stakes”, 7 pm, Takoma Park, See page 9. For more information, contact Susan Ogden susanogden1@mac.com.

Sunday, January 18 – Schmoozapaloosa, after platform, Main Hall. WES continues our lunch on every 3rd Sunday for all who want to hang out after platform and gab with friends. Gather around tables in the Main 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!

Monday, January 19

9th Annual Martin Luther King, Jr. Peace Walk and Parade, 11:30am-2pm, 2500 Martin Luther King Jr. Ave, SE. Please join our partners at *Family and Friends of Incarcerated People* to participate in this special annual event

Flourish! Class: Getting off the treadmill of thought: Deep Relaxation and Breathing Techniques, Social Hall, 7-9pm. Led by Trish Weil. This is the third of four sessions. See page 5 for the overall plan and what to bring.

Wednesday, January 21

Path to Membership, 7-9:30pm, Library. See page 2 for description. Contact Amanda Poppei at amandap@ethicalsociety.org.

Saturday, January 24

Sunday School Parent Meeting, 9:30am- 12:30pm, Double Classrooms, lower level. This meeting is for all Sunday School parents (at least one parent per family is highly encouraged to attend). At the meeting, we will review policies from the fall, look at new policies for winter/spring, and discuss upcoming teaching themes, the camping trip, and a possible summer OWL camp for the 4th-6th graders, plus much more. Childcare will be provided. Breakfast for all will be served.

Path to Membership, 7-9:30pm, Library. See page 2 for description. Contact Amanda Poppei at amandap@ethicalsociety.org.

Sunday, January 25

Workshop on End of Life Planning, Social Hall, 12:30pm. If we story-telling human beings want to have a say in how our own stories come to a close, we will need to explore some options and do a little planning, and then let others whose help we will need know what our intentions are. Join us for a workshop in which we will talk generally about what needs planning, and focus specifically on how to document our plans. There will be paper handouts and digital send-outs, so just bring yourself and, if you like, a fellow planner. Facilitator and Contact: Marty Brockway (ewbrocs@rcn.com).

Created Equal Video Series, WES Main Hall, 7pm. The Washington Ethical Society will screen *Freedom Riders*, a documentary about the interracial group of young people, mostly college students, who rode buses into the deep South, risking violence and death, to make visible the illegal segregation in interstate transportation and embarrass the power establishment into enforcing the law. The film is part of a series on the African American Experience. After each film, you will have the opportunity to ask questions of special guests who have in depth knowledge of what is portrayed, often through their own personal experiences, and there will be time for community

discussion. The next film in this series will show on February 1. For more information, contact June Fair at 301-254-7045.

Monday, January 26 – Flourish! Class: Getting off the treadmill of thought: Deep Relaxation and Breathing Techniques, Social Hall, 7-9pm. Led by Trish Weil. This is the fourth of four sessions. See page 5 for the plan.

Tuesday, January 27

Path to Membership II: Going Deeper, 7-9pm, Library. This is an opportunity for those who have attended a Path to Membership class, and are planning to join during the February 8 new member ceremony, to connect more deeply with Ethical Culture, their own spiritual and ethical journeys, and each other. Contact Amanda Poppei at amandap@ethicalsociety.org.

Sunday, February 1

Created Equal Video Series, WES Main Hall, 7pm. The Washington Ethical Society will screen *Freedom Summer*, a documentary about the summer of 1964, which brought hundreds of college students into the deep South to join local people in registering voters and creating Freedom Schools and saw the Mississippi Freedom Democratic Party challenge the delegation of the segregationist state Democratic Party at the Democratic National Convention. The film is part of a series on the African American Experience. The series will continue on three additional dates to be announced soon. For more information, contact June Fair at 301-254-7045.