

Education for Living

Programs, Classes and Special Interest Groups

Ethical Society of St. Louis • 9001 Clayton Rd. • St. Louis, MO 63117 • (314) 991-0955 • www.ethicalstl.org

A WELCOMING HOME FOR HUMANISTS

One of the foundational values of Ethical Humanism is lifelong education. It is not about *finding* all the answers, but rather it is more about *questioning* the answers. It is active debate, not passive acceptance. It is about dialogue, not dictation. It means opening windows of awareness, sparking curiosity and creative thinking.

The Ethical Society offers a variety of programs open to the community, all with the underlying theme of inspiring a more ethical way of living. Most classes are free or offered at reasonable cost. To register, contact Membership and Program Director, Kathy Kammien at (314) 991-0955, ext. 213 or kkammien@ethicalstl.org.

EXPLORING ETHICAL HUMANISM

Join our Leader Kate Lovelady the fourth Sunday of each month as she leads the discussion at our Sunday 9:45 Forum.



The presentation will be followed by a question and answer session at each Forum. This year, topics may include naturalism, social justice Ethical Humanism, personal and everyday living Ethical Humanism, existentialism, and liberal religious thought.

Fourth Sundays. 9:45 a.m. Forum.

Hanke Room. Free. Open to all.

ETHICAL SOCIETY CHORUS

Experience the joy of singing under the excellent direction of our Music Director, **JD Brooks**.

Interested? call JD at (314) 991-0955, X 218.



Wednesdays. 7 p.m. Foyer.

WEEKLY YOGA WITH JANE HOUSE

Enjoy the many health benefits and deep relaxation using classical yoga postures, breath work, visualization and meditation. Taught by experienced yoga instructor Jane House.



Thursdays. 5:30 p.m. Foyer.

\$10 per session/ \$90 for 10 sessions

To enroll or for more information, contact Jane at janehouse3@gmail.com or (314) 965-3486.

RESPONSIBLE PUBLIC DEBATE

Responsible Public Debate is a forum to promote healthy public debate on important issues for cultural solidarity.

- *Why do you believe what you do about the important things in life?*
- *Are you tired of shallow talking points from pundits and politicians?*
- *Do you think this polarized culture is ready to talk about its problems?*



Then the RPD is probably for you!

Facilitated by member Ben Schuldt (danceswithwalls@gmail.com).

First Tuesdays: Debate.

Third Tuesdays: Follow-up discussion.

7 p.m. Assembly Hall.

Free and open to the public

What is the Ethical Society?

We're a community of people and families that come together for support, inspiration, and education on how to live a more ethical life.

Some of us grew up going to an Ethical Society. Many of us grew up going to a more traditional church, synagogue, mosque, or just sleeping late on the weekends.

We have a diversity of beliefs about the unanswerable questions of whether or not there's a god or an afterlife, but we have a strong shared belief in the potential of human beings to develop our compassion, wisdom, and ability to work together to make a kinder, fairer, more sustainable world.



This belief can be called Ethical Humanism.

GREAT BOOKS READING AND DISCUSSION GROUP

The Great Books Reading and Discussion Program anthologies include many Western classics - the ones you always "meant" to read.

The group uses the Shared Inquiry™ guidelines, a text-based Socratic method of discussion that was developed by the Great Books Foundation.

For the past two years, the group has been reading and discussing **Great Books Series 4**. This three-volume series featured authors such as Euripides, Shaw, Plato, Shakespeare, Montaigne, St. Augustine, and many more. **Series 4** is almost completed and a new series will be chosen to start again in September 2012.



Second Tuesdays September to May. 7:30 p.m. Hanke Room.

February 14: **The Federalist** (Alexander Hamilton, John Jay, James Madison)

March 13: **The Overcoat** (Nikolai Gogol)

April 10 and May 8: To be selected by the group.

Tuition may be pro-rated. Please contact Kathy Kammien (kkammien@ethicalstl.org) to make arrangements.

PHOTO OPS

PHOTO OPS is a group of photographers representing all skill levels that meet to exchange ideas, experiences, and photos. Check out their photo display in the Assembly Hall! For more information, please contact organizer and facilitator Laurie Fields at lauriq@sbcglobal.net



Third Sundays at 12:30 p.m.
Hanke Room. Free.

EARTH ETHICS!

Join other like-minded people at our environmental study and support group! Earth Ethics' mission is to inform and encourage people to become environmentally concerned citizens, and to share ideas on how we all can lower our personal carbon footprint and live a more sustainable existence in harmony with the earth.



Fourth Tuesdays. 7 - 8 p.m.
Hanke Room. Free and open to all!

For more information, contact facilitator Toni Wirts at toniwirts@sbcglobal.net.



GREAT DECISIONS 2012

Great Decisions discussion groups, sponsored by the Foreign Policy Association, have enabled participants to develop a greater understanding of global affairs and to engage with the major foreign policy issues facing U.S. decisions makers. For the past several years, the St. Louis office of the World Affairs Council has partnered with the Ethical Society to present this 8 week series. **The first session of Great Decisions 2012 will be on Thursday, March 1 in our Assembly Hall from noon until**



1 p.m. The sessions will continue on each Thursday, concluding on Thursday, April 19.

Each year, a book with a briefing of the discussion topics is published as a guide for participants. The topics for the 2012 Discussion Series are: Middle East Realignment: the Arab upheaval; Promoting Democracy: foreign policy imperative; Mexico: transborder crime and governance; Cybersecurity: the new frontier; Exit from Afghanistan and Iraq: right time, right place; State of the oceans: waves of change; Indonesia: prospects for prosperity; Energy geopolitics: quandaries intensify. Sessions are free and open to the public.

Books are available in our office at \$20 per book or you can purchase a book from the World Affairs Council at one of the discussions.

GARDEN CLUB

ETHICAL THESPIAN PLAYERS SINGLES GROUP



Currently on hiatus! If you'd like to see these groups bloom again, let us know!

GOOD EATIN': COOKING & LIVING VEGETARIAN & VEGAN

Good Eatin' is a potluck group for vegetarians, vegans, and those who want to explore vegetarian and vegan cuisine. The group



meets at **6:30 p.m. on the first Friday of each month** at members' homes to share dinner, recipes, and good times.

For more information, contact Rob Saigh at razorsh@swbell.net.

CURRENT EVENTS SALON

Do today's headlines puzzle or astound you? Do they irritate or inspire? Join a group that meets to hash out these questions and more with other like-minded people.



Second Mondays Year-round. Free.
7:30 p.m. Hanke Room.

Moderated by **Steve Best;**
(314) 863-2718 for more information.

2021 BOOK GROUP

A participant guided book-of-the-month club. For more information and the current reading list, contact facilitator Rob Saigh at razorsh@swbell.net.

Second Saturdays.
7 p.m. Free.
Hanke Room.



ETHICAL MINDFULNESS MEDITATION

Ethical Mindfulness Meditation is the practice of becoming intentionally aware of what is going on in and around you. It is a powerful tool to deal with stress, promote physical and mental well-being, and awaken the senses to living ethically in the present moment. Facilitated by Randal Blain (randalblain@gmail.com) and Eunice Hiott.



Sundays 8 to 9:30 a.m. Foyer. Tuesdays 9 - 9:45 a.m. Leader's Office. Free/donations.

The Tuesday morning meditation is led by Ray Adams, MSW, a retired social worker and long-time member of our Mindfulness Meditation Group. Anyone can participate regardless of age or physical restrictions.

MODERATION MANAGEMENT: A NON-THEISTIC ALCOHOL SUPPORT GROUP



Moderation Management is a national self-help network for people who have made the healthy decision to address a drinking problem. MM empowers individuals to accept personal responsibility for choosing and maintaining their own recovery path, whether moderation or abstinence. Facilitated by member Donna Dierker.



St. Louis MM Meetings are held at the Ethical Society each Wednesday from 5 to 6 p.m. in the Hanke Room. Meetings are free, confidential, and open to the public. For more information on Moderation Management, please see their website: www.moderation.org.