Volunteer Callers Continuing
Member volunteers are doing a second round of calls to everyone in our membership directory to check in again and see how folks are doing, and to make sure everyone who wants to is able to access our online meetings. If you would like to help with this effort, contact James Croft, jcroft@ethicalstl.org.

Outreach to Seniors by the Committee of Concern
During this health emergency, the Committee of Concern is doing additional outreach to our members 75 and older. If you are a member of any age in need of support, and/or if you would like to join the Committee of Concern in supporting our seniors and other members, please contact CoC chair Jeanette Langton at jeanstelangton@gmail.com.

Pastoral Counseling
Leader James Croft is available for one-on-one pastoral counseling conversations, by phone or Zoom. Please contact him to schedule a chat: jcroft@ethicalstl.org.

Member Relief Fund
This is a nerve-wracking time in many ways, particularly for those who have lost jobs and income. Government and community programs on the local, state, and national level are being put in place to provide financial support in this crisis. The Society also has a fund to provide emergency financial aid to members. To apply for member relief, please contact James at jcroft@ethicalstl.org. If you are in a position to make a donation to help support members in financial crisis, please send checks made out to the Ethical Society of Saint Louis, with “Member Relief Fund” in the memo line; thank you!

New to the Ethical Society? Join Our Virtual Visitors Open House on Zoom!
Visitors are always welcome to attend meetings and events at the Ethical Society of St. Louis, and that remains true for our current Zoom meetings on Sundays and throughout the week. Whether you’ve attended the Society in person or an event on Zoom yet or not, if you’d like to know more about the Ethical Society—its history, beliefs, community, activities, etc.—there’s an opportunity to meet with members twice a month, Wednesdays from 6 to 7 p.m. The upcoming “Virtual Visitors Open House” dates are June 10 and 24. Just go to Zoom.us and enter the meeting ID 384 422 5785, or see above for more information about using Zoom by computer or phone. We look forward to meeting you!
Sunday Platforms ~ 11 a.m. on Zoom

June 7—TBA
Music: Patrick Rafferty, classical guitar

June 14—James Croft, Leader;
“What We Leave Behind”
Music: Kelly Wells and Ryan Spearman, folk

June 21—Lois D. Conley, The Griot Museum of Black History,
Founder and Executive Director;
“Juneteenth: A Reason to Celebrate?”
Poetry Performance by Treasure Shields Redmond

June 28—Special Film Presentation and Discussion
with Jé Exodus Hooper, AEU Leader-at-Large;
“Humanitas: A Conscious Coloring of Kindness.”

In celebration of Pride Month, we will be showing Jé’s film
“Humanitas,” an artistic exploration of the relationship between
W. E. B. DuBois and Felix Adler, the founder of Ethical Culture.
Jé, who has recently been certified as a Leader by the Ameri-
can Ethical Union, will join us for discussion after the screening.

New Digital Content to Keep You Connected and to Share with Friends and Family

We are now creating a wide range of
digital content to help you get your Ethical
Society fix while we can’t meet in person!
These offerings are also great ways to
share Ethical Humanist values and ideas
with others. Check out our new podcast,
Ethics and Chill, about the ethics of pop
culture, wherever you get your podcasts or
at EthicsandChill.org. Find our new video
series, Humanism at Home, on our YouTube
channel: just search “Ethical Society of St.
Louis” on YouTube.
Virtual Travel Club in June on Zoom—Coastal Northern Europe

Be sure your calendar is marked for the Virtual Travel Club’s virtual meeting on Friday, June 19, at 7 p.m. Using Zoom, David Brown will share his trip along the coast of Northern Europe. Feel free to enjoy a snack and your favorite beverage in the comfort of your own home while you join us via technology. And also feel free to invite friends from all over to join us via Zoom.

Men’s Forum on Zoom

The Men’s Forum is meeting on Zoom on a personal account (at least for now). If you’d like to join the discussions, please email Kent Forrest at mcfriend-ly@gmail.com. The schedule is as follows:

- Tuesdays, 4:40 p.m., Discussion of news article, letter, or current event
- Fridays, 4:40 p.m., Open discussion with an open bar :)

Science Fiction Book Club on Zoom in June

Our Science Fiction Book Club meets 4th Mondays, 7-8:30 p.m. All are welcome, even if you have not finished the book. Our next discussion will be Monday, June 22, at 7 p.m. on Zoom. The book is Nemo Rising by C. Courtney Joyner. Keep up with the club through the Ethical Society Science Fiction Book Club on Facebook.

Tai Chi Is Zooming Along! Plus Additional Online Resources for Everyone

Don Beere’s “Tai Chi for Arthritis and Health” class meets virtually every Friday at 10 a.m. and usually runs about an hour. As a silver lining to having to meet online, Don is teaching in a room with mirrors, so participants can see a back and front view, making it easier to follow the hand movements. In addition, all the classes are recorded and available at http://www.donaldbeere.com/taiji.html. So you can learn earlier parts of the form, watch the class again, and use it for practice.

Don is constantly adding new content to his tai chi page as well, including:

- An audio recording taking the listener through a progressive relaxation. This is a classic relaxation procedure used in psychology and medicine that is helpful to anyone whether or not you’ve taken tai chi.
- “Thirteen postures,” a short video showing some of the basic movements, a good reminder for those who took that class.
- Audio recordings of the movements for the First Circle and the Five Elements, to help those who have taken those classes continue practicing.

“Being Human” Discussions, Thursdays at 6 p.m.

Who am I? Why am I here? What’s going on? All of us ask these questions sometime in our lives. Ethical Humanism’s answers are drawn from a rich tradition of thought throughout the ages. Ethical Humanists seek to infuse our lives with a set of values, without looking to a single text or teacher for answers—we create those answers for ourselves. James Croft will be offering sessions of his “Being Human” class on his Thursday evening Zoom sessions at 6 p.m. Each session includes a short presentation, guided discussion, and a simple “homework” activity.

The Suspension of the Ethicyclists Rides

Since the coronavirus is still in our community and there is no vaccine yet, the Ethicyclists’ ride facilitators have decided to suspend rides for now. Even though social distancing is not that much of an issue when riding solo, it can be if there is a group ride. Also, with a group, there is the issue of wearing masks, which makes drinking water and breathing more difficult. So the ride facilitators will monitor the situation this summer and weigh the risks/rewards of scheduling rides in maybe late summer or early fall. Until then, stay safe and keep exercising! If you have any questions or suggestions, contact Joe Corrigan at 314-753-5538 or japplecorr@att.net.

Member News

We are sorry to report the death of Alvin “Al” Edgell, of complications related to COVID-19, at the age of 96. Al was an active member of several discussion groups and the drumming group before ill health kept him from attending the Ethical Society. He had many fascinating stories from his life in international politics, and in 2017 he published his memoirs under a nom de plume, Hindseeing-World-Bertram-Clive-Beardsley/dp/1532016662. Memorial plans will be shared as they develop.
Ethical Connection June 2020

Board Notes

A Message from the New President.
Will any of us ever forget 2020? It’s like forgetting where you were on 9/11. In the future, we will all reminisce about gray roots and beardy looks, but we will most remember the time of no hugs, kids underfoot, and the looming cloud of potential suffering and hardship. We are living in interesting times, for sure.

What we do here at the Ethical Society is bound to be different from what we have ever done. It’s already different and we have barely even started yet. But we are strong.

We have had a terrific past year. We give thanks for the outstanding efforts of Board members and staff and so many volunteers. To all of you, I want to give you a big hug!

I have confidence that our Ethical Society will both change and eventually thrive in the coming months. The reason I have confidence is because I know you. I really know you. You will help us change and thrive. For that I thank you in advance with the promise of a really long hug soon.

—Stephanie Sigala, President
(stephanie.sigala@sbcglobal.net)

American Ethical Union Update

The AEU has focused its efforts on supporting member Ethical Societies nationwide during the pandemic. Of particular relevance to ESSL members are its Community webpage and Virtual SEEK program. Available at aeu.org/ethical-community/, the Community page features a calendar of online events hosted by various Ethical Societies in which all individuals are invited to participate, and a forum where individuals can post questions and share resources. Virtual SEEK is an inter-Society ethical education program that features two-week “challenges” based around Ethical Culture themes and culminates in a one-hour virtual meeting via Zoom. You can learn more about Virtual SEEK by visiting the ESSL SEEK Facebook page (https://www.facebook.com/EthicalSocietyStLouisSEEK/) or emailing the Ethical Education Listserv (ethical-education-list@aeu.org). In addition, the AEU is providing resources to support its member Societies on an organizational level. To learn more about these efforts, check out regular updates from Executive Director Bart Worden at aeu.org/category/this-week/ or contact ESSL member and AEU Board Secretary Casey Gardonio-Foat (cgardonio-foat@aeu.org).

“We Thinks Good” in June—Science!

Join host Michelle Ciurria and special guests for presentations and discussions on a variety of philosophical topics. The workshop is designed for newcomers, so don’t be shy!

June’s theme is Science. Meetings in June are on the 2nd and 4th Saturdays at 3 p.m.

We need YOU! (Really!)

It’s a crazy year. The Pledge Campaign for 2020-21 should be over by now. Is it the distancing or the unpredictability of the future? Maybe you are at home trying to wait it out. Here at the Ethical Society, it seems that some people’s pledge forms have been “lost in the mail”; or maybe the dog ate it. If that pesky envelope is still down at the bottom of your “to do” list, we’d love to hear from you. If you need to postpone your commitments for now, just let the office know. (You aren’t alone.) Just know that we DO need you! After the office reopens, call (314) 991-0955 x214 and talk to Nancy Jelinek about your plans. You may also email her anytime at njelinek@ethicalstl.org. Thank you!

Falter by Bill McKibben Chosen as Ethical Society One Book for 2020

The One Book Project group has selected Bill McKibben’s book Falter to recommend to the Ethical Society membership to read over this summer. Falter addresses climate change as well as other existential and humanist issues.

Book discussion groups will kick off at the end of August beginning with the 9:45 Forum on August 30. Additional opportunities to participate will be announced in the coming months.

The Society has arranged for Left Bank Books to make copies of Falter available at a discount to our members. (Left Bank is offering curbside pickup.) Get a copy and enjoy a serious author delving into the crucial topics of our age.
The submission deadline for the Connection is always the 15th of the preceding month. Email items to icroft@ethicalstl.org.