

# BESpeak

JANUARY 2013

NEWSLETTER OF THE BALTIMORE ETHICAL SOCIETY

## A Musical Message

by Hugh Taft-Morales, BES Leader

**W**anted: Musicians to share their gifts at Sunday morning gatherings – no experience necessary!

I have been playing my folk songs now and then at Baltimore Ethical Society for almost three years, and I always enjoy it. For me music is a path to my heart, an exercise for the right side of my brain, and an immediate and warm way to connect with others. Everyone appreciates music differently, but most at BES seem to just enjoy this little bit of harmony in our program.

I particularly liked the part of our Fall Festival when our Sunday school teacher Linda Joy got us all singing and making rhythm with her bag of instruments. The room was filled with both primal energy and childlike joy – it was just plain fun. On December 16 we had the pleasure of hearing flutist and composer, Jan Seiden present her platform, “Transformation and Transcendence.” Music certainly can help us transcend the mundane and transform our selves and the world. It is a powerful tool. Music has been used to calm and to rile - it can stimulate meditation or violence. The drums of war have too often generated the martial spirit that intoxicates us to the point of barbarism. Used well, however, it can bring out the best in us too.

As a tradition, Ethical Culture is very much about the head, especially the analytical left side of the brain. Through the years, however, we have evolved as a movement and become more aware of the diversity of people attracted to humanism. By offering music now and then, we serve a broader range of our member's needs and wishes. Music also helps us appreciate better the importance of accessing different parts of our own personality. Even Felix Adler, the stern founder of Ethical Culture, saw the “pleasing and grateful auxiliary” of music in his movement as helping “to elevate the heart and give rest to the feelings.” I love contributing to that part of Ethical Culture.

But, one man does not a music program make. Besides, I am only in Baltimore twice a month – so I hardly offer enough musical notes to fill our hall. Why not consider sharing your musical gifts more regularly with the Baltimore Ethical Society. We even have an all-too-little-used electric piano that serves more as a shelf than



*(continued on page 7)*

### SUNDAY PLATFORMS

10:30 a.m.

*(details on pages 4-5)*

#### JANUARY 6

##### “Political Activism: A Journalist’s Perspective”

Lisa Simeone

*Radio Host, Writer, and Activist*

#### JANUARY 13

##### “End the Death Penalty”

Hugh Taft-Morales

*Leader, Baltimore Ethical Society*

#### JANUARY 20

##### “The Ethics and Morality of Restitution of Art”

Monique Goss

*Artist and Holocaust Survivor*

#### JANUARY 27

##### “Let’s Be More By Sharing With Each Other: An Introduction to Time Banking”

Tam Kelley

*Baltimore TimeBank Co-Chair*

Michael B. Marks

*Youth Advocate Programs, Inc.*

### ETHICAL HUMANIST SUNDAY SCHOOL

WITH LINDA JOY BURKE

Every Sunday

10:30 a.m. – Noon

*Children of all ages are welcomed.*

*For those between the ages  
of one and three, separate  
supervised activities are offered.*

# BESpeak

is published monthly  
September through June by  
the Baltimore Ethical Society  
306 W. Franklin St., Suite 102  
Baltimore, MD 21201-4661  
410-581-2322

## Issue 425

Managing Editor: Kathryn Sloboda  
Copy Editor: Rosemary Klein  
Proofreading & Circulation:  
Judy Katz  
Deadline: 10th of the prior month

**Hugh Taft-Morales** *Leader*  
**Fritz Williams** *Leader Emeritus*

### OFFICERS & EXECUTIVE BOARD MEMBERS

President .....Emil Volcheck  
Vice President.....Kathryn Sloboda  
Treasurer .....Stephen Meskin  
Secretary .....Lisa Alderson  
Past President.....Rosemary Klein  
Ken Brenneman      Bernard Brown  
Ben Busby              Karen Elliott  
Karen Helm

### COMMITTEE CONTACTS

Building .....John Reuter  
Caring.....Kirk Mullen  
Communication  
Deliverables.....Kathryn Sloboda  
Ethical Action .....Ben Busby  
Finance.....open  
Membership .....Karen Elliott  
Programs.....Emil Volcheck (acting)  
Public Relations.....Ken Brenneman  
Religious              Rosemary Klein,  
Education .....Kathryn Sloboda

### ACTIVITY CONTACTS

Film Club .....Emil Volcheck  
Meditation.....Karen Elliott  
Music.....Susie Ketzis  
Poetry .....Kirk Mullen  
Workshops .....Hugh Taft-Morales

### ETHICAL CULTURE/ HUMANIST OFFICIANTS

Karen Elliott              Rosemary Klein  
Stephen Meskin              Kirk Mullen  
Coordinator .....Kathryn Sloboda

**Contacts by e-mail:** use President, VicePresident (one word), Treasurer, Secretary, Poet, or Admin followed by @bmoreethical.org. For general questions: ask@bmoreethical.org.

**On the web at bmoreethical.org**

# Time and Talent

by Emil Volcheck, BES President



The Baltimore Ethical Society asks us, its members, for our “time, talent, and treasure” to support the mission of the Society and the community we have built. Our recent pledge campaign focused on the “treasure” needed to allow our society to keep a roof over our heads and afford the services of our Leader and Sunday school teacher. But monetary donations are not enough. Our members contribute their time and talent to create positive change in the world through ethical action, to reach out to the public to share our message of ethics and humanism, and to carry out the business of the society. The work of the Society takes place largely through committees. If you are looking for opportunities to participate more actively, this column outlines several suggestions. We welcome help from friends of the Society as well as members.

**Program:** Do you value the ethical inspiration and challenges that our speakers bring to us each Sunday morning? Would you like to help us get speakers and keep our meetings running smoothly? Then join the Program Committee! The Program Committee works behind the scenes to select speakers, arrange for presidors and technical support, and organize each Sunday’s set-up and clean-up. If you’d like to help with just one task, you could suggest a speaker or you could volunteer to clean up one Sunday. The Committee also welcomes volunteers interested in presiding at meetings. Please contact me if you’d like to learn more.

**Ethical Action:** Are you passionate about ethics and public affairs? Then join the Ethical Action Committee (EAC). Through the EAC, members have worked toward positively affecting issues such as marriage equality and affirmative youth opportunity. As a member, you get to help decide what issues the EAC pursues. Potential new issues include abolishing the death penalty, joining the effort to make the Equal Rights Amendment part of the U.S. Constitution, and protecting sexual orientation and gender identity through nondiscrimination policies. A majority of the entire membership of BES can decide to take an official position on a matter of public policy. The EAC has the responsibility to contact members and get their support for a proposed position. If you’d like to help with just one task, you could help call members to get their support for our next new policy initiative. Please contact EAC chair Ben Busby for more information.

**Membership:** Would you like to provide support for new members to help them as they learn how our society works? Then join the Membership Committee? The Membership Committee keeps track of members and educates new and potential members about the Society and Ethical Culture. Volunteer opportunities include participating in Newcomers Meetings, updating membership lists, making name tags, and greeting visitors. Please contact Membership chair Karen Elliott for more information.

**Financial:** Would you like to help ensure the financial health of the society? Then join the Financial Committee. The Financial Committee is responsible for fundrais-

*(continued on page 6)*

## BALTIMORE'S SIGN FINDS NEW HOME



Baltimore's old sign is now in Brooklyn after delivery by Karen Elliott, shown here (center right) with Catherine Bordeau, Brooklyn Leader (center left), two members of the Brooklyn Society, and the newly BES-gifted sign in front of Brooklyn's old sign. Elliott drove the sign up to Brooklyn and accepted members thanks on behalf of Baltimore. She was accompanied by Laura Stark Steele, a fellow American Ethical Union Board member and a Washington Ethical Society member. The sign will be displayed in front of Brooklyn Ethical's building, which is surrounded by the largest private garden in Brooklyn and boasts many Tiffany stained glass windows.

## Historical Book Published

NYU Press has just published *Lotion, Potions, Pills, and Magic: Health Care in Early America* by BES member Elaine Breslaw, and the Pratt Library downtown will host Breslaw reading and discussing the book on March 26 at 6:30. A history professor at Morgan State University for 29 years, Breslaw, now retired, has also taught on an adjunct basis at Johns Hopkins University, Goucher College, and the University of Tennessee, Knoxville. This is her third book with NYU Press since 1997. *Dr. Alexander Hamilton and Provincial America: Expanding the Orbit of Scottish Culture* was published by Louisiana State University Press in 2008. *Lotion, Potions, Pills, and Magic* is receiving much critical acclaim. Alden T. Vaughan, Columbia University Professor Emeritus, notes of it "Elaine Breslaw's welcome narrative (I've long wanted just such a book) reveals how Americans from

the early seventeenth century to the late nineteenth survived, or did not, the nation's helter-skelter medical practices, both popular and professional. She is as adept at describing the evolution of childbirth customs and treatment of the mentally ill as she is at explaining how major epidemics such as small pox, yellow fever, and cholera wreaked havoc on American communities and why 'surgeons' could neither treat the symptoms effectively nor prevent their spread. This is a thoughtful and engrossing synthesis of the best literature on American medical history." And the *Library Journal* acknowledges that "Breslaw's book is an important compilation of authoritative research, giving the subject a longer reach and shedding light on a little-known and not-so-pretty subject." All four of Breslaw's books may be purchased from the bookstore found on our BES website

## OTHER ACTIVITIES

### Poetry Group

Sunday, Jan. 6, 9:30 a.m.

### BES Eating Social (B.E.S.)

Sunday, Jan. 6, 1:00 p.m.

### Baking Night at Moveable Feast

Thursday, Jan. 10, 5:45 p.m.

### Mindfulness Meditation

Sunday, Jan. 13, 9:30 a.m.

### Board Meeting

TBA – see website

### Vegetarian Potluck Dinner & BES Ironweed Film Club

Wednesday, Jan. 23,

Dinner at 6:00 p.m.

& Film at 7:30 p.m.

### Newcomers Meeting

Sunday, Jan. 27, 12:30 p.m.

## SUNDAY SNACK SCHEDULE

All are invited to bring snacks for our coffee hour following platform.

Snacks are especially welcome from those whose last names start with:

A to F	Jan. 6
G to L	Jan. 13
M to R	Jan. 20
S to Z	Jan. 27

All snacks are welcomed but especially the inventive and healthy.

## LUNCHEON SOCIAL

Sunday, January 6, 1:00 p.m.

Members and friends dine at a restaurant within walking distance. All are encouraged to wear BES shirts or other items of visibility. Questions? Please contact Paul Furth at [pdqblues@aol.com](mailto:pdqblues@aol.com).

**JANUARY 6**

## “Political Activism: A Journalist’s Perspective”

**Lisa Simeone**

*Radio Host, Writer, and Activist*

Lisa Simeone has been working in public radio for 30 years. In October 2011, she was blacklisted by National Public Radio for her political activities with the Occupy Movement. She will speak about her career and her political activism.

**Lisa Simeone** has hosted *Weekend All Things Considered*, *Weekend Edition Sunday*, *Performance Today*, *World of Opera*, *Soundprint*, the Metropolitan Opera, and countless live specials. Her radio career began at WBJC in Baltimore, followed by work at WETA in Washington, D.C. After that – during her ten years at Baltimore’s WJHU – she developed a loyal following for her unusual mix of programming, that offered classical, folk, jazz as well as provocative reports, interviews, and call-in shows on a wide variety of subjects, including anthropology, neuroscience, philosophy, and media criticism (though she confesses that her favorite reports were on bocce, the Hon Man of Baltimore, and the virtues of a well-fitting bra!). After being blacklisted by NPR, she has still retained two radio gigs. Her writing has appeared for the past decade in Baltimore’s *STYLE* magazine, which she also serves as Beauty Editor, in addition to *Urbanite*, *City Paper*, and the *Baltimore Sun*, for which she contributed book reviews and op-eds for several years (until it stopped paying freelancers). She also writes for and edits *TSA News*, an independent blog covering the Transportation Security Administration. A 1980 graduate of St. John’s College in Annapolis, she received her M.A. from the Writing Seminars at Johns Hopkins University in 1997 and lives in Charles Village.

**JANUARY 13**

## “End the Death Penalty”

**Hugh Taft-Morales**

*Leader, Baltimore Ethical Society*

Capital punishment is an expensive, ineffective, racially biased, cruel and unusual punishment. It violates the central value of Ethical Humanism: unconditional respect for the inherent worth of every person. The American Ethical Union called for an end to this barbaric practice in 1960, 1973, 1979, and 2000. Governor O’Malley described the death penalty as

being “inherently unjust” and has sponsored bills to ban it. The state-sanctioned killing of an imprisoned person violates human dignity. Maybe 2013 is Maryland’s year to end capital punishment once and for all.

**Hugh Taft-Morales** joined the Baltimore Ethical Society as its professional leader in 2010, the same year he was certified by the American Ethical Union as an Ethical Culture Leader. He taught philosophy and history for twenty-five years in Washington, D.C., after earning a Masters in philosophy from University of Kent at Canterbury, England (1986) and graduating from Yale University (1979). In 2009 he completed a three-year leadership certification program with the Humanist Institute. His presence in Ethical Culture has been termed “invigorating.” He has been active in the Washington Ethical Society, serving as director of its Coming-of-Age program (2009-2011), a Board member (2002-2005), and Board president (2006). He has also been engaged in American Ethical Union work, serving on the AEU planning committee for two years, as co-coordinator for the Presidents Council AEU for a year, and as secretary of the AEU National Leaders Council at present. He also serves as Leader of the Ethical Humanist Society of Philadelphia. Taft-Morales lives in Takoma Park, Maryland, with his wife Maureen, a Latin American Analyst with the Congressional Research Service, with whom he has three beloved children, Sean, Maya, and Justin. Singing and playing guitar, practicing yoga, and watching “way too much sports” are among his enjoyments.

**JANUARY 20**

## “The Ethics and Morality of Restitution of Art”

**Monique Goss**

*Artist and Holocaust Survivor*

The process of claiming family-owned property and works of art is the topic of today’s talk. Our speaker’s perspective is gained from being the granddaughter and sole surviving heir of Ignatz Pick, who prior to World War II was an avid art collector as well as a successful antiquarian and gallery owner in Vienna, Austria. His business was confiscated by the Nazi regime during 1938’s Anschluss, the political union in which Austria was absorbed into Nazi Germany. Goss’s efforts to pursue her family property through museums and by working with international authorities will be described. The central ethical question she

## SUNDAY PLATFORM PROGRAMS

will pose is whether such works should rightfully continue as museum possessions or should be recovered by heirs.

**Monique Goss** has an M.A. in education from New York University. Born in France, she is a Holocaust survivor, who came to the United States with her mother in 1947. Goss is a contributor to the website LootedArt.com and an artist living in Charles Village.

**JANUARY 27**

### “Let’s Be More By Sharing With Each Other: An Introduction to Time Banking”

**Tam Kelley**

*Baltimore TimeBank Co-Chair*

**Michael B. Marks**

*Youth Advocate Programs, Inc.*

Work to establish The Baltimore TimeBank – nicknamed “Letsbmore” – is our speakers’ focus. The Baltimore TimeBank celebrates the strength that lies in community and the sharing of the value, talents, and skills that all people have. By encouraging people to come together to create a sharing community through the giving and receiving of services, the TimeBank promotes equality, social change, and empowerment. A time bank accounts for services based not on commercial value but on the time spent providing the service. Members earn hours, or time credits, when they provide a service and redeem those credits when they receive a service. Time banking achieved national prominence through the work of TimeBank USA founder Dr. Edgar Cahn, who in 1980 initiated Time Dollars in DC as a means to validate and reward the work of the disenfranchised in rebuilding their communities and fighting for social justice. The Baltimore TimeBank is one of over 400 time banks that today belong to the nonprofit TimeBanks USA. The nonprofit status of The Baltimore TimeBank is achieved through its fiscal sponsor Fusion Partnerships, a catalyst for justice and peace through collaborative action. As noted at <http://letsbmore.timebanks.org>, where you can learn more about the Baltimore TimeBank, “An elderly person, who knows how to bake wonderful cakes, can easily connect with a high school student who is willing to do some housework.”

**Tam Kelley** is a graduate student in the School of Social Work at the University of Maryland. She is co-organizer of the Baltimore TimeBank (with Ian Schlakman). Her previous ac-

tivism includes work with the Community Supported Wellness (CSW) project committed to provision of accessible holistic wellness programs as a means to empower individuals and communities in Baltimore to live well.

**Michael B. Marks**, PhD, is the Chief Development Officer and National Director of Research for Youth Advocate Programs, Inc. (YAP). Since 1998 he has held leadership roles with YAP. Among his achievements are piloting time bank service exchange initiatives in four YAP programs around the country. Through these initiatives, participating youth became engaged contributors as well as resources and community change agents, providing their skills and interests as leaders and planners to a range of community service and development projects. During the four years he served as YAP’s Associate Vice President for New York State, Marks started and administered advocate programs in ten upstate NY counties. Each program helped youth in foster care or in the juvenile justice systems return to or remain at home with their families. A primary YAP initiative is provision of a strength-based, family-focused program to serve adjudicated juvenile offenders whose behavior and social circumstances put them at risk of placement in residential facilities. The Federal Office of Juvenile Justice Delinquency Prevention (OJJDP) recognizes evidence-based prevention and intervention programs that can make a difference in the lives of children and communities and offers a Model Program Guide (MPG) database with close to 200 such scientifically proven programs. Marks, who earned a Ph.D. in Social Welfare from the University at Albany in December 2008 and now resides in Baltimore County, MD, is currently working to undertake a rigorous research study of the YAP juvenile justice services model that will enable it to be considered as an OJJDP model program.

**bmorethical**  
t-shirts

**GET YOURS TODAY!**

Available in black, blue, and white

**ONLY \$15**

## IRONWEED

# Film

## CLUB

### SPECIAL EVENT

Wednesday, January 23,  
Potluck Dinner: 6:00 p.m.,  
Film: 7:30 p.m.

Join us this month at the BES Ironweed Film Club for dinner and a movie when we screen *Peaceable Kingdom: The Journey Home*.

We start with a vegetarian potluck dinner at 6:00 p.m. Please sign up to bring a dish here: <http://ur1.ca/c1tru>. Following the dinner at 7:30 p.m., we will screen the film.

*Peaceable Kingdom: The Journey Home* is a riveting story of transformation and healing, exploring the awakening conscience of several people who grew up in traditional farming culture and who have now come to question the basic assumptions of their way of life. (Director Jenny Stein, 78 min.) Watch the trailer: [www.peaceablekingdomfilm.org](http://www.peaceablekingdomfilm.org) and/or join the Meetup: [meetu.ps/ryLk2](http://meetu.ps/ryLk2).

The film club thanks "Tribe of Heart" productions for permission to screen the documentary. Ask Emil about free membership in the BES film club (email [volcheck@acm.org](mailto:volcheck@acm.org), or call 410-929-3399).

## BES WELCOMES NEW MEMBERS



Membership Committee chair, Karen Elliott (far right), welcomed two new members to the BES community this fall: Paul Furth (left) and Fred Compton (right). In an effort to help everyone get to know our newest members a little better, we are running a series entitled "New Member Profiles" on our website, [bmorethical.org](http://bmorethical.org). This month will feature Darlene Cook who also joined BES in the fall. Cook, a Certified ReCareer and Life Coach, believes that an ounce of pretentiousness is worth a pound of manure. She has two quotations posted in her office: "No problem can withstand the assault of sustained thinking" offered by Voltaire, and this sentiment by Marcus Aurelius: "If you are distressed by anything external the pain is not due to the thing itself but to your own estimate of it – and this you have the power to revoke at any moment." On our website you can learn even more about Darlene Cook and other new members, including Dan Blank.

## Time and Talent

*(continued from page 2)*

ing – especially through our pledge campaign – and for working with the Treasurer to prepare budgets and review financial statements. Please contact treasurer Stephen Meskin for more information.

There are many other ways to help. Other committees include Building, Caring, Communications Deliverables, Public Relations, and Religious Education. If you prefer something more social, we invite you to plan an event, such as a potluck dinner, family game night, or group outing to see a show. You will be helped in getting the word out about your event by our Public Relations Committee through our social media tools and by our Communications Deliverables Committee, which produces our newsletter and

website. Are you musically inclined? Then read Hugh's column in this issue and learn about his musical talent search! Are you good with or do you enjoy young children? Our Religious Education Committee welcomes volunteers to staff our new Toddler Space. Whether you have a lot of time or only a little, we can help you find something to contribute with so many volunteer opportunities. When we work together on a committee or event, we are doing something as important as the job itself – we are building our ethical community. Please speak to the appropriate committee chair, our Volunteer Coordinator Karen Elliott, or to me if you're interested in any of these opportunities or have any questions.

# BES – Deserving of Support

by Hugh Taft-Morales, BES Leader

**O**n December 9, I was invited by the BES Board as part of our pledge campaign to offer a “testimonial” about why I am committed to Ethical Culture. I offer here an excerpt of what I said in written form as a reminder the importance of your financial support for our community.

*I left a rewarding 25-year career in teaching to become an Ethical Culture Leader. The transition was easier than I expected because the vocations shared much. First, they both were about honoring inherent worth and releasing human potential. While I know that some of my job as teacher and Leader involves providing information, what is much more significant is my bringing out the best that is already within each and every person. Second, in both teaching and humanist ministry I have found deep meaning - I have had moments of awe, humility, and connection to something greater than myself.*

*Awe, humility, and connection are three characteristics that many people use to describe religious experience and are a part of many people’s religious humanism. But whether you describe Ethical Culture as your religion or not, those qualities are most important. For me, in the classroom or the Ethical Society, they are abundant, even though in our work-a-day world there is too little awe, humility, and connection. In the shared search for meaning, we human beings turn to each other to be amazed, to be humbled, and to feel a part of something inspiring – our shared community and our place in the interconnected web of life.*

*I hold special appreciation for the educational opportunities within Ethical Culture. I am thrilled by the energy of our growing BES Sunday School program. Whenever I speak of what Ethical Culture gave to my three wonderful children, I get choked up. Now 25, 20, and 17 years of age, my kids are a blessing to my life in no small part thanks to an Ethical Culture community that brought out their best. Their natural compassion was nurtured by adults dedicated to numerous social justice projects.*

*Here in Baltimore, our members have poured out resources and volunteer time for many causes: marriage equality, reinvesting in inner-city youth opportunities rather than prisons, providing nutrition for homebound AIDS and cancer patients, and more. Little does more to nurture ethical children and adolescents than the many great role models at BES. Our commitment to the next generation is reason enough for me to recommit my resources to our little project here on West Franklin Street. I hope you feel your own deep level of commitment to BES and translate that into the generous financial contributions necessary to our continued organizational flourishing.*

## A Musical Message

(continued from page 1)

an instrument. It was purchased years ago through the efforts of several members and is eager to sing out more regularly. Unfortunately, I don’t play piano. Do you? Do you play other instruments? Do you sing? Don’t be shy! Don’t get stage fright! Even the simplest of tunes is a gift to our community. Everybody can make music. Help dress up our Sunday morning platforms. See me if you need to be convinced!

I leave you with some inspiring words about music. Writer and humanist Aldous Huxley made the startling point that “After silence, that which comes nearest to expressing the inexpressible is music.” Jimi Hendrix proclaimed, “Music is my religion.” And the immortal William Shakespeare noted, “If music be the food of love, play on.” Help add to the harmonious atmosphere by dusting off your rhythmical, melodious talents so that at BES the music can play on!



### **BAKING NIGHT AT MOVEABLE FEAST**

**Thursday, January 10, 5:45–8:00 p.m.**

Join BES members and others for this enjoyable outing at a great organization – check out their website at [www.mfeast.org](http://www.mfeast.org). Let Lisa Alderson know you are coming ([lialderson@gmail.com](mailto:lialderson@gmail.com)) and show up at Moveable Feast, 901 N. Milton Ave., Baltimore, MD, at 5:45 p.m. Park in front of building and enter through the door closest to Ashland Street. Let Lisa know if you’d like to carpool, and she’ll try to match you up with another BES participant.

# BESpeak

**BALTIMORE ETHICAL SOCIETY**

306 W. Franklin Street, Suite 102, Baltimore, MD 21201-4661

## **NEWSLETTER**

Please do not delay!

**TIME VALUE**

## **SOMEONE GETTING MARRIED?**

We have a team of officiants who are trained and licensed to conduct all types of life passage ceremonies. For more information email [weddings@bmorethical.org](mailto:weddings@bmorethical.org).

## **NEWCOMERS MEETING**

**January 27, 12:30 p.m.**

New to the Society and interested in learning more? Attended a meeting or two? Thinking about joining? Come to the Newcomers Meeting, held following the last platform of every month, and learn more about Ethical Culture and about our Society – its history, its philosophy, and its organization. Meetings last about one hour and attendance is recommended before becoming a member. See Karen Elliott or Hugh Taft-Morales for more information.

## **MINDFULNESS**

# meditation

**Sunday, January 13, 9:30 a.m.**

Mindfulness is a tool we can use in our daily lives to act in a more ethical way. We practice mindfulness meditation so that it comes naturally in stressful times. Join us as we sit (on chairs) and breathe (just the way it comes naturally) and listen to the words of Thich Nhat Hanh, one of the world's best-known teachers of mindfulness.

# **bmorethical**

Visit [bmorethical.org](http://bmorethical.org) and look for us on Facebook, Twitter, and MeetUp.com @bmorethical

Welcome to BESpeak, the newsletter of the Baltimore Ethical Society. Donations from readers like you help us keep it in production. Send checks payable to Baltimore Ethical Society to: BESpeak, 306 W. Franklin St., Ste. 102, Baltimore, MD 21201. If you would like to subscribe to the online version of this newsletter, sign up at [bmorethical.org](http://bmorethical.org). Thank you.