



THE NEWSLETTER OF
The HUMANIST ASSOCIATION
 of CONNECTICUT



AHA Chapter

November 2016

UU Humanists Local Group

SMART Recovery

Our November meeting, at 7:00 p.m. on Monday, November 21 at 700 Hartford Turnpike in Hamden, will feature a presentation on an addiction recovery program that's now number two to the Alcoholics Anonymous family: SMART Recovery.

Self Management and Recovery Training (SMART) is a peer support group based on Rational Emotive Behavior Therapy (REBT). Through a set of tools like change plans, cost-benefit analyses, and lifestyle balance wheels, participants are encouraged to identify when their thoughts are undermining their objectives, whether that's remaining abstinent from a substance or behavior, or living a happy life.

As Dan Blinn mentioned at our October meeting, REBT was developed from Stoic ideas by the American psychiatrist and psychologist Albert Ellis in the 1950s. SMART Recovery applies REBT to the difficult task of recovering from addictive behavior.

The Connecticut Coalition of Reason has been supporting the expansion of SMART Recovery in Connecticut, not least because SMART does not require participants to endorse a religious approach to recovery. While this makes it an attractive option for anyone who would choose a humanist organization, SMART Recovery is also an effective program and a valuable service humanist groups, and others, can

Calendar of Events

Unless otherwise noted, all programs are held at USNH, 700 Hartford Turnpike, Hamden, CT. RSVP for dinners at meetup.com/cthumanist.

NOVEMBER 2016

Sat., 5	Explorations: Guy Fawkes & the Gunpowder Plot	2:30 p.m
Mon., 7	Social Dinner at Turkish Kebab House, 1157 Campbell Ave., West Haven. (203) 933-0002	7:00 p.m
Sat., 19	Book Discussion: <i>The Future of an Illusion</i> by Sigmund Freud	2:00 p.m to 4:00 p.m
Mon., 21	Monthly Meeting Main program: Carol Siddall on SMART Recovery	7:00 p.m 7:30 p.m
Sun., 27	Board meeting	2:00 p.m

DECEMBER 2016

Sat., 3	Explorations: <i>L'Elegance</i> by Rumer Godden	2:30 p.m
Mon., 5	Social Dinner at Turkish Kebab House, 1157 Campbell Ave., West Haven. (203) 933-0002	7:00 p.m
Sat., 17	Book Discussion: <i>The Great Agnostic: Robert Ingersoll and American Freethought</i> by Susan Jacoby	2:00 p.m to 4:00 p.m
Mon., 19	Annual Meeting & Elections Winter Solstice Party	7:00 p.m 8:00 p.m

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provide for the larger community.

There are now five weekly SMART Recovery meetings in the New Haven area, of which one is sponsored by the Yale Humanist Community and one by the Humanist Association of Connecticut.

Carol Siddall will talk about SMART Recovery and what she has learned in two years of facilitating meetings.

Carol Siddall is a software

developer and a graduate of Class 10 of the Humanist Institute. She is the president of the Humanist Association of Connecticut and one of its representatives to the Connecticut Coalition of Reason.

We will start with our customary half an hour of coffee and conversation at 7:00 p.m. and learn about SMART Recovery after brief announcements at 7:30 p.m.

Humanist Explorations: L'Elegance

Steve and Susan Boshi return to host our December Explorations with a *Masterpiece Theater* presentation. Steve says, "Life consists of myriad vagaries and contradictions, reality and fantasy often becoming confused. In this drama, based on a story by Rumer Godden, we will glimpse into the mind of a woman in the midst of a struggle between fantasy and reality and the choice she makes between them. This is a compelling look into the human mind and the human heart, and will cause you to consider one of life's mysteries."

We will start the video at 2:30 p.m. on Saturday, December 3 at USNH, 700 Hartford Turnpike, Hamden. Refreshments will be served.

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To join, send an email to:
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Newsletter

Editor	Carol Siddall (203) 264-8546 editor@cthumanist.org
Production:	Richard Siddall (203) 264-2182 webmaster@cthumanist.org

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Please include a SASE to have material returned. Approximate circulation: 180 copies. Annual subscription price \$10.00, included in membership.

The editor would like to thank everyone who contributed to this issue.

Social Cinema!

The optional potluck dinner at 6:30 p.m. will be followed by the documentary film *Newtown - What Remains After All is Lost?* at 7:15 p.m. in the USNH Social Hall at 700 Hartford Turnpike, Hamden, on Friday, Nov. 18.

Book Discussion: "The Future of an Illusion"

Our book for November is *The Future of an Illusion* by Sigmund Freud, the father of psychoanalysis. The discussion will take place Saturday, November 19, 2016, at 2 p.m. in the library of the Unitarian Society of New Haven at 700 Hartford Turnpike, Hamden.

>From Wikipedia:

The Future of an Illusion (German: Die Zukunft einer Illusion) is a 1927 work by Sigmund Freud, describing his interpretation of religion's origins, development, psychoanalysis, and its future. Freud viewed religion as a false belief system.

"Sigmund Freud...declared that religion is a universal obsessional neurosis in [t]his famous work...[which] provoked immediate controversy and has continued to be an important reference for anyone interested in the intersection of philosophy, psychology, religion, and culture." - Broadview Press

This much-referenced but seldom-read book is readily available in numerous libraries around the state, particularly in collections of Freud's writings.

Note the change of book. The specific translation of Gustave Flaubert's "The Temptation of Saint Anthony" we intended to discuss is not available in any Connecticut library! We likely will come back to this work in 2017, if we can obtain copies of the book.

Refreshments will be served.

Standardization of Oaths - How You Can Help

A few years ago, an HAC member was required to take an oath for work, and was faced with the choice of taking a religious oath, or outing himself/herself as a non-believer in front of a new employer.

The Connecticut Coalition of Reason is trying to recruit state legislators to introduce a bill to standardize the form of oaths in our state. Many of Connecticut's oaths use the form, "swear or affirm," where the oath-taker can agree with either the religious or secular language of the oath. Some are of an older, unconstitutional form where the oath taker must either take a religious oath, or actively request a different, secular oath. The standardization bill will streamline oath-taking by only requiring officials to apply a single form of oath which is equally meaningful to everybody.

You can help by asking your state legislator to support this legislation. To get started, contact Dan Blinn at 860-324-3553 or danblinn@gmail.com, or Luther Weeks at 860-918-2115 or Luther@Weeks1.net. Your help will be particularly effective if one of your state legislators serves on the Judiciary Committee, or as Senate President or House Speaker. You can find out your representatives at <https://www.cga.ct.gov/>, and there's a list of Judiciary Committee members at <https://www.cga.ct.gov/jud/> (you have to click on a heading to make it appear). Dan and Luther will be happy to answer your questions. If you are a Unitarian Humanist, please consider asking your UU minister to get involved.

MEMBERSHIP	
! Adult	\$35
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! Our membership year is 1/1-12/31.	
! In cases of financial hardship, the association may waive the membership fee. Please mail checks for annual membership payable to Humanist Association of Connecticut to: Humanist Association of Connecticut, 27 Thornton Street, Hamden, CT 06517-1321.	
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