



AHA Chapter

THE NEWSLETTER OF

The HUMANIST ASSOCIATION of CONNECTICUT

March 2021



UU Humanists Local Group

Monthly Meeting Psychedelic-Assisted Psychotherapy

Speaker Terence H.W. Ching
Monday March 15, 7:00 p.m.

In November 2018 we enjoyed a presentation on Race Politics and Cannabis by attorney Aaron Romano. Knowing that we are interested in the effects of easier access to drugs long inaccessible, he thought we might be interested in current clinical research on psychedelics. And so, thanks to his introduction, we will be treated to a panel of researchers led by Terence H.W. Ching, M.S. who is a Doctoral Student in Clinical Psychology at UConn and a Clinical Psychology Doctoral Intern at the Dartmouth-Hitchcock Medical Center.

In this conversation, they will present a brief overview of psychedelic-assisted psychotherapy at the intersection of MDMA (aka ecstasy or molly) and post-traumatic stress disorder (PTSD), what it is and what it tends to look like procedurally. They also discuss legal and ethical ramifications of the state of psychedelic-assisted psychotherapy research programs. Finally, they have an informational sharing by someone who has received MDMA-assisted psychotherapy for PTSD, to help shed light on the nuances of what it is like to undergo this breakthrough treatment. There will be time at the end for Q&A in which they hope to invite a humanism-and equity-centric conversation about psychedelic-assisted psychotherapy and access.

Zoom Link:

<https://us02web.zoom.us/j/81819548821>

Calendar of Events

RSVPs are welcome at [meetup.com/cthumanist/events](https://www.meetup.com/cthumanist/events). You can view the latest newsletter at www.cthumanist.org.

Programs are held ONLINE this month.

MARCH 2021

Mon. 1	Monday Social Zoom	7:00 p.m.
Sat. 6	Exploration – “But it Changes your DNA!”	2:30 p.m. to 4:30 p.m.
Mon. 15	Monthly Meeting - “Psychedelic-Assisted Psychotherapy” Speaker: Terence Ching	7:00 p.m.
Sat. 20	Book Discussion: “Blueprint” by Nicholas Christakis	2:30 p.m. to 4:30 p.m.
Sun. 21	Board Meeting	3:30 p.m.
Mon. 22	Monday Discussion Zoom Topic: “Electric Cars”	7:00 p.m.

APRIL 2021

Sat. 3	Explorations	2:30 p.m. to 4:30 p.m.
Mon. 5	Monday Social Zoom	7:00 p.m.
Sat. 17	Book Discussion: “Deaths of Despair” By Anne Case and Angus Deaton	2:30 p.m. to 4:30 p.m.
Mon. 19	Monthly Meeting - “Pivot Projects” Speaker: Steve Hamm	7:00 p.m.
Sun. 25	Board Meeting	3:30 p.m.
Mon. 26	Monday Discussion Zoom Topic: TBD	7:00 p.m.

Membership

Thanks to those of you who have already signed up and sent your check in. HAC memberships run on the calendar year. Your membership dues help us meet expenses such as honorariums for speakers, postage, printing and mailing supplies, and monthly space rental payments. Download a copy of the membership form at <https://www.cthumanist.org/wp-content/uploads/2020/12/membership-form-2020.pdf>

Paper copies of the newsletter are mailed only to registered members who have requested paper copies.

The 2021 CT Darwin Day Celebration -- Over 300 participants attended the zoom event. Based on registration forms, we had at least 11 HAC registrants and 5 from USNH. James Prosek’s presentation was fascinating, and the Science Quiz was excellent and a lot of fun. Thanks to the CTCor planning committee, which included HAC representatives Richard Siddall and Gayle Walter, the event was a great success.

www.cthumanist.org

www.meetup.com/cthumanist . www.facebook.com/cthumanist . www.twitter.com/cthumanist

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Topics of Interest

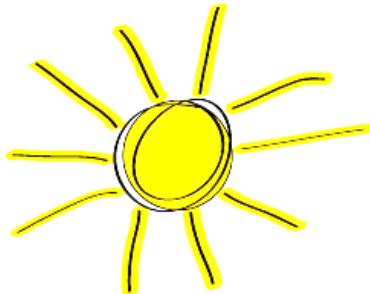
IRIS Run

Thank you to the HAC members who so generously donated to the IRIS Run for Refugees fundraiser. Over \$300 was contributed.

Save the Date

HAC Annual Picnic and Summer Solstice Celebration

Saturday, June 19, 4:00 - 8:00 PM
USNH Parking Lot and Grounds
BYO Everything! - Chairs, Food, Drink
We will be MASKED when not eating or drinking, and maintain 6' distancing while we visit with each other.
Hopefully, we will all be vaccinated as well.
Access to the buildings' restrooms will be allowed as needed, one person at a time.
Hurrah! Here Comes the Sun!



Monday Social

- Monday March 1, 7:00 p.m.

Join us online for our Virtual Social Dinner and discuss a wide range of topics with like-minded people.

Link to event: <https://us02web.zoom.us/j/83132656752>

Humanist Explorations: "But it changes your DNA!"

- Sat. March 6, 2:30 p.m.

Some people claim that the COVID-19 vaccine alters the DNA of the recipient. Enjoy the list of articles at

<https://www.meetup.com/cthumanist/events/zxkxcsyccfbjb/> that explain how the mRNA vaccine works and discuss other vaccine advances.

Meeting at <https://us02web.zoom.us/j/86886923216>

Book Discussion: "Blueprint - The Evolutionary Origins of a Good Society"

by Nicholas A. Christakis

- Saturday March 20, 2:30 p.m.

"...Natural selection has given us a suite of beneficial social features, including our capacity for love, friendship, cooperation, and learning. Beneath all of our inventions – our tools, farms, machines, cities, nations – we carry with us innate proclivities to make a good society.

In "Blueprint", Nicholas A. Christakis introduces the compelling idea that our genes affect not only our bodies and behaviors, but also the ways in which we make societies, ones that are surprisingly similar worldwide." - Amazon

"As he explores human nature and its possibilities, the author touches on all sorts of fascinating anthropological matters, such as the evolution of monogamy and the relative friendliness of affluent vs. working-class people. A refreshingly optimistic view of our kind." - Kirkus Reviews

Meeting at

<https://us02web.zoom.us/j/81122546337?pwd=cXVnM3FqNXUvVXVid2RxZk03OWxIQT09>

Monday Discussion - Electric Cars

Monday March 22, 7:00 p.m.

On September 23, 2020, California's Governor Newsom issued an executive order banning the sale of new vehicles powered by an internal combustion engine effective January 1, 2035. But are the electric vehicles available for sale today even attractive to buyers? Go shopping at

<https://www.caranddriver.com/shopping-advice/g32463239/new-ev-models-us/>

Meeting at <https://us02web.zoom.us/j/83782952532>