



HUMANIST COMMUNITY IN SILICON VALLEY

THANKFUL FOR
 our members
 our volunteers
 our donors
 ...and
YOU!

November Forums

November 5: Concentration Meditation

Meditation teachers have long known the benefits of the ancient art and science of meditation. Now, with technology, we can actually see how practicing meditation is beneficial on many levels – physical, mental, emotional and spiritual. Come and hear a presentation on Concentration Meditation with an opportunity to try it from the comfort of your own seat.

Beverly Kam is a licensed marriage and family therapist with over 20 years of experience in psychotherapy. She is also a certified meditation teacher. She sees clients who are seeking meditation to deal with workplace, relationship, and stress issues.

November 12: By the Numbers – Nonbelievers in the U.S.

For decades, the Pew Research Center has conducted reliable in-depth surveys to get at actual religious or nonreligious beliefs, practices, and affiliations. Let us use Pew Research results to assess not only what recent trends have been, but also where we stand today as a nation. Dr. Judith Banister is a local Ph.D.-level demographer (population specialist) and statistician. Judy will report and analyze the Center's surveys and resulting reports from the most recent decade. Explore what this means for Humanists and how it can guide us going forward.

November 19: Cooking For Time, Taste and Turf - Healthy Holidays for People and Planet

Grocery shelves are stocked with highly stimulating junk foods, and brains have been hijacked into expectations of "eatertainment" rather than nourishment.

Chef and author Laura Stec will discuss what influences our shopping and eating choices, offering tips on how to stay on the healthy side of the holidays. We'll look at the effects that sugar, salt, fat, time, money and culture have on our minds, bodies and households, and learn ways to set up our kitchen for delicious, nutritious outcomes.

A mini cooking demo completes the presentation.

Note: Delicious vegetarian and vegan foods will be featured at the lunch after the Forum.

November 26: Performance Forum

Do you love music? Play a musical instrument and/or sing? Solo, group or sing along? Do you have a favorite poem? Is it one that you've read or one that you wrote yourself? Do you have a skit or dance piece you could share with us? We are looking for participants for our ninth Annual Performance Forum.

We are taking sign-ups at the Greeters Table. Contact Sena Havasy at senahav@gmail.com for more information.

Forum Information

Sundays 11AM-12:15PM -- Free and open to the public
 Lunch 12:30-1:30PM -- A donation of \$10 is requested
 Humanist House -- 1180 Coleman Ave, San Jose 95110

A Place for All of Us - **Humanist House**
 Most Events Free to the Public
 Event Space Available at a Nominal Cost



Humanist Community in Silicon Valley

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www.humanists.org

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Our newsletter can be accessed online. Go to
www.humanists.org/blog/newsletter

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Board of Directors

President	Paul Gilbert	
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Greg Alexander	Matt Courtney	Pam Erwin
Alfred Jan	Susan Shalit	

Contact the Board

ed@humanists.org
Members of the Humanist Community are welcome to attend all board meetings, and vote in the annual election.

Do you need help?

If you need assistance such as a ride, some groceries delivered, etc., send a request to ed@humanists.org, and it will be forwarded to the H.E.L.P. Group.
For confidential assistance contact Arthur Jackson at 408-923-3774 or 123arthurjackson@gmail.com.

Shout Out to our November Birthdays

Robert Bers	Sarah Carpenter
Paul Gilbert	Margaret Levenson
Frank Montoro	Mike Van Roy
Benjamin Wade	

Special Thanks to the Following for Their Generosity

Ambassador's Club:

Arthur Jackson	Susan and Bob Kresek
Jeff Justice	Lola and Bob Stephens
Martin Squibbs	Min and Ed Yates

President's Club:

Hilton Brown

HUMANIST HOUSE NEWS

Plato said the unexamined life is not worth living, so it only makes sense to be a humanist.

Alfred Jan ~ member since May 2016

The Humanist Community, a chapter of the American Humanist Association, pursues its mission primarily by providing programs that inform, inspire, and offer opportunities for meaningful engagement with other humanists. We also strive to impact our local area and our greater society through political action and good deeds.

Our efforts not only offer a sense of community and real, tangible social support for ourselves and others, but we help members grow in their understanding, appreciation, and application of humanist philosophy and values.

Consider supporting the Humanist Community by joining or renewing your membership for 2018. Our annual dues collection does not cover the expenses of leasing Humanist House, so your donations above and beyond dues are essential, and greatly appreciated.

And on Giving Tuesday, November 28, please give to your humanist community!

See you at Humanist House!

Debbie Allen
Executive Director

One Warm Coat

The Social Action Committee of HCSV is hosting a coat drive, because everyone should have one warm coat!

Please bring one gently used coat to Sunday Forums at Humanist House between November 5 and November 26. Coats may also be dropped off during other events at Humanist House (see our calendar).

Coordinator Chris Vogdes can be messaged through our Meetup group. Search for "Chris V".

HCSV brings a high level of social consciousness to us all in their programs and activities.

Susan Shalit ~ member for over 25 years!

Become a member of the Humanist Community in Silicon Valley

Membership fees are due annually on the first day of January. Payments made from November 1st will be credited to 2018.

Membership Level

Is this a renewal? Yes No

<input type="checkbox"/> Reduced Membership	\$25
<input type="checkbox"/> Individual Membership	\$50
<input type="checkbox"/> Household Membership	\$75
<input type="checkbox"/> Contributing Member	\$150
<input type="checkbox"/> Supporting Member	\$250
<input type="checkbox"/> President's Club	\$500
<input type="checkbox"/> Ambassador's Club	\$1000

Additional Donation	\$ _____	Date	_____
Total Amount Paid	\$ _____ (membership fee + donation)		
Name	_____	Email	_____
Cell Phone	_____	Other Phone	_____
City	_____	State	_____ Zip _____

Calendar of Events

Free Thought Discussion

Wednesdays, 7:30 PM

Home of Hilton Brown in Mountain View

First Wednesday of the month we discuss recent news, our current book other weeks. These discussions range far from the topic, so don't worry about being up to date on the book or the news. Go to www.humanists.org/blog/free-thought-discussion.

Academic Video

Thursdays, 8:00 PM

Home of Hilton Brown in Mountain View

The Academic Video Group watches videos from *The Great Courses*, followed by discussion. We will be watching *The Great Ideas of Psychology* by Professor Daniel N. Robinson.

Email brownofmntview@gmail.com or call 650-941-3146

South Bay Philosophy and Critical Thinking

2nd Thursday, November 9, 7:00 - 9:00 PM

Humanist House

In this is a roundtable discussion we touch on traditional philosophy themes. Everyone gets to speak and express their position, while we all listen to a wide range of experiences and backgrounds. Please bring a snack to share, and the beverage of your choice.

Movie Night for Skeptics

2nd Friday, November 10, 7:00 PM

Humanist House

The Humanist Community and the Silicon Valley Skeptics invite you to watch *Religulous*, Bill Maher's take on the current state of religion.

Fun Group -- Fashion to Die For: A Shopper's Dilemma

Saturday, November 11, 11:00 AM

The Pasetta House at History Park,

635 Phelan Ave, San Jose, Meet at the main entrance of the Leonard and David McKay Gallery at Pasetta House.

This exhibit of eye-catching textiles explores the fashion industry, its history, unintended consequences and victims, with a particular focus on San Jose. Admission is Free, there may be a Parking Fee.

Info at www.historysanjose.org or call 408-287-2290.

RSVP: Especially, first time attendees, hcfungroup@yahoo.com

Ruth Bader Ginsburg Women's Group

Saturday, November 11, 11:00 AM outing

The RGB monthly outing will be the Fun Group event described above. Contact Sena at 408-739-5638 for carpooling.

Saturday, November 11, 2:30 PM regular meeting

Humanist House

The regular meeting on the same day features conversation, support, a report on the book *Between the World and Me* by Ta-Nehisi Coates, light refreshments, and a raffle. Contact Sena at 408-739-5638 for details. RSVP Appreciated but not necessary.

Social Action Meeting

Sunday, November 12, 1:30 - 2:30 PM

Humanist House

Gather to plan social action projects and events.

Sunday, November 19, 2:00 PM

Congregation Kol Emeth, 4175 Manuela Ave., Palo Alto

Help make sandwiches for the homeless with the Urban Ministry of Palo Alto.

Video Game Development

Monday, November 13 & 27, 7:00 PM

Humanist House

Join us and learn the Unity 3d game engine (unity3d.com), the premier cross platform game engine.

Citizens' Climate Lobby

Tuesday, November 14, 7:00 PM

Humanist House

The Silicon Valley South Chapter of Citizens' Climate Lobby invites you to join their effort to advance a national carbon tax to reduce CO2 emissions and grow jobs and the economy.

Game Night at Humanist House

Friday, November 17, 7:30 PM

Humanist House

We'll choose between a variety of games including Trivial Pursuit (dividing into teams), Cards Against Humanity ("a party game for horrible people"), or ... bring your favorite. Beer and wine OK. We'll provide a few snacks, and feel free to bring your favorite to share.

Board Meeting

3rd Monday, November 20, 7:30 PM

Humanist House

Meetings are open to all members of the Humanist Community.

Solstice Tree Trimming in Cesar Chavez Park

Wednesday, November 22, 3:30 PM

Cesar Chavez Park, 170 South Market Street, San Jose

Help decorate our Humanist Solstice tree at Plaza de Cesar Chavez with dozens of laminated humanist figures bearing pictures of famous humanist and atheist figures as both adult and child.

Thanksgiving Dinner

Thanksgiving Day, Thursday, November 23, 3:00 PM

Humanist House

Our chip-in, sit-down Thanksgiving dinner will be at Humanist House this year, coordinated by Chris and Greg. \$20 per person covers the basics including appetizers and progressing through turkey, dressing, mashed potatoes and gravy, cranberry sauce, roasted veggies, pecan pie and more! Bring something to round it out. Additional information can be found on Meetup or call 408-736-2635. Let us know if you wish to join us as soon as possible as space is limited.

Join Meetup for complete information for all our events.

Still need more info? Leave message at 408-650-8466

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www.humanists.org/blog

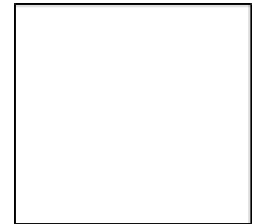


If there is no god – and there isn't – then we made up morality. And I'm very impressed.

- Jennifer Michael Hecht



Humanist Community in Silicon Valley
 Humanist House
 1180 Coleman Avenue
 San Jose, CA 95110



ADDRESS SERVICE REQUESTED

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 PM Free Thought Discussion	2 8:00 PM Academic Video	3	4
5 11:00 AM Forum 12:30 PM Buffet Lunch One Warm Coat Collection Begins	6	7 7:30 PM LifeRing	8 7:30 PM Free Thought Discussion	9 7:00 PM Philosophy Group 8:00 PM Academic Video	10 7:00 PM Skeptic Movie Night	11 11:00 AM Fun Group 2:30 PM Ruth Bader Ginsburg Women's Group
12 11:00 AM Forum 12:30 PM Buffet Lunch 1:30-2:30 PM Social Action Meeting	13 7:00 PM Video Game Development	14 7:00 PM Climate Lobby 7:30 PM LifeRing	15 7:30 PM Free Thought Discussion	16 8:00 PM Academic Video	17 7:30 PM Game Night	18
19 11:00 AM Forum 12:30 PM Buffet Lunch 2:00 PM Social Action Sandwich Making for Homeless	20 7:30 PM HCSV Board Meeting	21 7:30 PM LifeRing	22 3:30 PM Solstice Tree in the Park 7:30 PM Free Thought Discussion	23 3:00 PM Thanksgiving Dinner	24	25
26 11:00 AM Forum 12:30 PM Buffet Lunch	27 7:00 PM Video Game Development	28 #GIVING TUESDAY 7:30 PM LifeRing	29 7:30 PM Free Thought Discussion	30 8:00 PM Academic Video		

More details can be found at www.meetup.com/humanistcommunity. RSVP's are always helpful for planning purposes.