

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	7:00 p.m
	Main program: Carol Siddall on SMART Recovery	7:30 p.m
Sun., 27	Board meeting	2:00 p.m
	DECEMBER 2016	
Sat., 3	Explorations: L'Elegance 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: The Great Agnostic: Robert Ingersoll and American Freethought by Susan Jacoby	2:00 p.m to 4:00 p.m
Mon., 19	Annual Meeting & Elections	7:00 p.m
	Winter Solstice Party	8:00 p.m
	www.cthumanist.org	
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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.

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

Email List

To join, send an email to: hac-anounce-request@cthumanist.org with the subject subscribe.

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Offi	cers
President	Carol Siddall
	(203) 264-8546
preside	nt@cthumanist.org
Vice-President	June Schafer
Secretary	Richard Siddall
Treasurer	Carol Podgwaite

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Program	David Schafer
Membership	Lisa Candido
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Publicity	Rebecca Williams
Hospitality	Randy Olear

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

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is given. Published monthly by the Humanist Association of Connecticut, 27 Thornton Street, Hamden, CT 06517-1321. Submissions and requests for permission to reprint articles should be made to this address or to.<u>editor@cthumanist.org</u> We welcome humanist-themed letters, articles, poetry, news items, cartoons, and illustrations. 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.

MEMBERSHIP

Adult \$35 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.

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 <u>Luther@Weeks1.net</u>. 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.

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