

✧ ✧ **Upcoming AOF Events** ✧ ✧

➤ **Free Movie Nights!**

Fridays, June 1 & June 15, 2018, 7pm – 10pm

Twice a month, Reason Center (RC) and AOF join hands to host a **Free Movie Night** under an excellent MPLC License. This License prohibits us from telling you the movie title. But we can hint.



In June, the first is a sobering documentary, crowd-funded and released in 2013, that sheds light on stubborn, long-standing myths about atheists and "unchurched" citizens.

The second is a 1990 horror-comedy about the small desert town of Perfection, Nev., and sudden attacks of burrowing worm-like creatures known as Graboids. Directed by Ron Underwood, it was an instant cult favourite.

Can't guess? Please no tremors, just contact Reason Center (see below). They'll tell you, then you can the world.

Movie Night is an informal, picnic-style family evening. RC has a huge silver screen and a dynamic sound system. Chairs are available but may be a bit uncomfortable for a two-hour sit, so it's OK to bring blankets, pillows, lawn chairs and your own snacks & beverage. RC will provide fluffy, buttery theatre popcorn. Children are welcome if they're cool – *yours* are cool, right? – and if you judge the movie appropriate for tender minds.

Also: the taller your personal chair, the further back you will sit. Really tall chairs may end up in the parking lot.

Free Movie Night is especially for Reason Center members, but non-members are welcome too. RC *may* beg a small donation to cover costs. How can you become a member? Sign up at <http://reasoncenter.com/donate/>. Membership is a measly \$5 a month, is tax deductible if you itemize, and the perks (like this one) will fall to you like warm spring

Contact: Reason Center, 916-426-6416, or email <reasoncenter (at) gmail (dot) com>.

Location: Reason Center, 1824 Tribute Rd, Suite A, Sacramento. Map: <https://goo.gl/iVQL8z>.

Free Movie Nights occur on a Friday evening each month. Maybe two Fridays. Suggest your own fave film for next time!

➤ **Counseling Quackery – Sheldon W. Helms**

Sunday, June 24, 2018, 1pm – 3 pm

The 60s (ah, the 60s) saw a pop psychotherapy explosion, and with it a radioactive fallout of options for those who hated the old Freudian approach. Consumers now must sift through dozens of choices -- some effective, some a waste of time and money, and some dangerous.

What makes an effective therapy? How can you spot the fads and pseudoscience that masquerade as clinical psychology? And how can you avoid being scammed?

Professor [Sheldon W. Helms](#) will describe several quack therapies – some from mainstream psychology – explaining why they are less than sound in their approach to mental health. He will also share tips on how to spot fakers and snake-oil peddlers, and provide practical advice for those interested in real therapy to improve their lives.

Sheldon is a Professor of Experimental Psychology at Ohlone College in Fremont, CA, where he serves as senior faculty member in the psychology department. He has a master's degree in psychology and over 20 years teaching experience. In addition to full-time teaching, Sheldon serves as faculty adviser to the Ohlone Psychology Club through which he runs their successful Ohlone Speaker Series, hosting lectures and presentations by top-name scientists and skeptics.

Another great event of the AOF Speaker Series. We're so proud, we need therapy.

Bonus: This event marks AOF's 25th Anniversary! Expect cake, maybe ice cream, and celebratory talk about our very checkered history.

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Contact: See <http://www.aofonline.org/contact.html>.



Free. Even free parking. But be cool, bring some light snacks for the hospitality table (finger-foods), and drop a dollar or two in the donation jug. It will help Reason Center, and ultimately, you!

✧ ✧ Other Events (non-AOF, but we promote) ✧ ✧

➤ Sunday Morning Coffee and Community

Sundays, June 3 & June 17, 2018, 9 am – 11 am

Hosted by Rae Howard of the Reason Center Events Group (see <https://www.meetup.com/ReasonCenterEvents/>).

Come warm your heart-cockles with hot coffee, donuts and lively talk with your fellow freethinkers on the first and third Sundays of the month. Check out the RC library, the latest FFRF newspaper, and donuts from Marie's (legendary in Sacramento).

Of course RC would *like* you to be a Reason Center member. If you would, sign up here: <http://www.reasoncenter.org/p/donate.html>. Membership is a mere \$5 a month.

Location: Reason Center, 1824 Tribute Rd, Suite A, Sacramento. Map: <https://goo.gl/iVQL8z>.

Contact: Reason Center, 916-426-6416, or email <reasoncenter (at) gmail (dot) com>.



➤ More ...

Not enough to do? Are you kidding us? For more freethoughty events in the Central Valley area, see the Sacramento Coalition of Reason events calendar: <https://unitedcor.org/event-calendar-2/>.

Support your local Reason Center

Reason Center opened in July 2014. Since then it has hosted well over 200 freethought events. Currently the Center has twelve partner organizations.

Its mission: to support a social and intellectual community for freethinkers, contribute to society through education and community service, advance the civic understanding and acceptance of freethinkers, and uphold the separation of religion and government.

To continue this good work, the Reason Center relies on continued support for its members and donors. Please consider making a contribution to the Reason Center. Or join! To do a monthly or one-time donation, visit its website: ReasonCenter.org.



✧ ✧ Secular Holidays ✧ ✧

➤ World Environment Day

Tuesday, June 5, 2018

The goal of **World Environment Day** is to stimulate worldwide awareness of environmental issues and generate action for conservation. The United Nations General Assembly established [World Environment Day](#) in 1972 to mark the opening of the Stockholm Conference on the Human Environment. Each year the central World Environment Day celebration occurs at a different location around the globe. To find a location for this year, see: [World Environment Day Localities](#).

World Environment Day gives environmental issues a human face, one we can identify with. Its philosophy has changed little over the last three decades; it still strives to associate faces with environmental issues and empower people to be advocates of sustainable and equitable development. By promoting an understanding that communities are pivotal to changing the attitudes towards environmental issues, and advocating partnerships, World Environment Day strives to ensure all nations and peoples enjoy a safe, clean, healthy, and more prosperous future.



In the words of the United Nations Environment Programme, "On this World Environment Day, let us not despair, but instead examine the state of our environment. Let us consider carefully the actions which each of us must take, and then address ourselves to our common task of preserving all life on earth in a mood of sober resolution and quiet confidence.

Groups around the world hold activities to acknowledge this day. To find one near you, see: [World Day Organizers](#).

➤ Solstice (June)

Wednesday, June 21, 2018

It's Summer Solstice in the northern hemisphere, Winter Solstice in the south. People have marked the **June Solstice** in some way or another for thousands of years. Many religions have seasonal holy days linked to this day. It is the day when the Northern Hemisphere has more daylight than at any other time of the year; in the Southern Hemisphere, of course, the least daylight.



The precise date varies from year to year, but this day usually falls the 20th and 23rd of June.

"Solstice" comes from two Latin words: "sol" (meaning sun) and "sistere" (to cause to stand still). At noon the sun will be high in the sky during summer, low during winter. On the day with the greatest number of daylight hours, the sun reaches its maximum elevation; we call this the Summer Solstice. Likewise the day with the least daylight is the Winter Solstice.

In the Northern Hemisphere, the June Solstice is officially the first day of summer, also called Midsummer because it comes roughly during the midst of the growing season in Europe.

➤ World Humanist Day

Thursday, June 21, 2018

[World Humanist Day](#) is a day to spread information and combat misinformation about humanism as a life-philosophy and a means to affect change in the world. This secular holiday dates back to the 1980s, when several local state chapters of the [American Humanist Association](#) (AHA) began celebrating World Humanist Day. Different chapters had different ideas as to when it should be, however. In the late 1980s and early 1990s, the AHA and then the International Humanist Ethical Union passed resolutions declaring the Summer Solstice to be World Humanist Day.



The [American Humanist Association](#), the [International Humanist and Ethical Union](#), the [Council for Secular Humanism](#), the [Campus Freethought Alliance](#) and the [Secular Student Alliance](#) currently celebrate World Humanist Day.

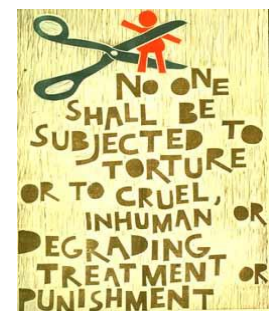
Use this secular holiday to educate the public in your area about humanism, and to gather and celebrate as a humanist community that continues to contribute to the progress and education of the world. A picnic is a good way to celebrate the day. Read your favourite humanist texts aloud; socialize with your fellow humanists in a relaxed, natural environment.

➤ Torture Victims Day

Tuesday, June 26, 2018

In 1997, the United Nations General Assembly passed **Resolution 52/149**, establishing June 26 as the United Nations [International Day in Support of Victims of Torture](#).

The goal is the eradication of torture and the effective functioning of the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (resolution 39/46, annex, 26 June 1987). This day gives us all an opportunity to stand united against cruelty, and remind the world that torture is a violation of basic human rights.



Clearly the abolition of torture is a key issue to freethinkers and humanists, and too often the worst perpetrators of this atrocity are highly religious societies. But secular societies have been far from innocent. This is a cause where we can often join hands with our religious brothers and sisters.

Take a moment on this day to visit the [United Nations webpage](#) for this secular holiday, and also to view the [Interactive World Map of torture](#).



When you donate blood...

Please consider donating blood at the BloodSource, and if you do, use AOF BloodSource ID# 4857. Numerous BloodSource Donation Centers exist -- find them listed at: <http://www.bloodsource.org/Locations>. AOF gets no perks when members donate, but it saves lives, and is good for public relations. And what can be more humanistic than donating blood?



Not yet a member of Atheists and Other Freethinkers? Then please join us!

AOF is a 501(c)(3) non-profit association, FEIN 68-0325762. General Meetings are free and open to the public. AOF also hosts civic service projects, dinners, movie outings, parties! To see what awaits, visit the website, www.aofonline.org; or contact AOF at our 24/7 voice-mail: 916-304-3796; or write to PO Box 15182, Sacramento, CA 95851-0182. If you write, please enclose money.

AOF President: Fran Evanisko. Vice-president: Mynga Futrell. Editor: Fran Evanisko. The rest of us ride the coattails.

The purpose of Atheists and Other Freethinkers (AOF) is to promote the civic understanding of atheism and the acceptance of atheists in our community. Through educational programs, projects, and publications, AOF will extend secular perspectives, including the separation of religion and government and the right to think and speak freely on these perspectives.

Subscription / Membership Form

Mail to: AOF, PO Box 15182, Sacramento CA 95851-0182 (Attn: Membership)

Name(s) _____ Phone: _____

Street _____ Apt. # _____

City _____ State _____ ZIP + 4 _____

E-mail address (please print!) _____

E-mail is required for newsletter delivery.

Questions, concerns? Call AOF, 916-304-3796.

Your Membership Level (annual, please circle):

Patron (\$50) Family (\$30) Individual (\$20) Low-income (\$10)

Basic Dues : \$ _____

Additional Donation : \$ _____

Total enclosed : \$ _____

Please check here if you do NOT want your name on lists occasionally provided to groups similar to AOF.

Please check here if you DO want to be an AOF Activist (e-mail address required).

AOF is a 501(c)(3) Educational Association, EIN 68-0325762. Dues & Donations are tax-deductible as permitted by law. Non-members may receive the AOF Newsletter for free on request (email only).

