

## Mission Statement

The Fellowship of Reason® is an open, benevolent, and vital rational moral community in which we celebrate our lives, our freedoms, and our philosophy of reason.

## The Objectivist Center Sponsors Speaker

The Objectivist Center will be sending one of their finest speakers, Marsha Enright, to talk to the Fellowship of Reason® on Sunday, November 5, 2000, at 12:30: p.m. TOC is paying her airfare and part of her honorarium. FOR will be requesting a \$5 voluntary donation at the door as an additional honorarium.

The title of Marsha's talk is "The Habit of Hope: Getting It, Keeping It, Living It."

Scott Orbach will be hosting a dinner for Marsha at his house on Saturday night. Members of FOR are invited. Attendees will be asked to contribute to the effort.

## Kathleen will perform in October

Kathleen, wife of our friend Morris, is an Irish singer and guitar player of professional ability. She has volunteered to sing two Irish songs for us on Sunday, October 1, 2000, during our next Celebration.

## The Happiness Factory

The longer we work at this, the clearer the project (FOR) becomes. We started out by knowing (from Objectivism and Aristotle) that the purpose of life is happiness. Now we have learned that a primary function of moral communities is to teach people how to achieve happiness. How? In order to be happy we must (1) live virtuously (rationality, productivity, and pride), (2) selectively focus our attention (focus on freedom, friends, the good things in your life, heroes, art, music, and ethics), and (3) engage in spiritual exercise (to clean up and clear out the debris in our minds).

## Living Virtuously

"The Good of man is the active exercise of his soul's faculties in conformity with excellence or virtue... Moreover this activity must occupy a complete lifetime...." Aristotle.

Wisdom, justice, courage, and moderation were the four cardinal virtues in Aristotle's time. Rationality, productivity, and pride are the cardinal virtues according to Objectivism.

## Selective Focus of Attention

Csikszentmihalyi, author of Flow, tells us that happiness is a function of how we focus our attention. This is why, during Celebration, we focus on the good things in our lives—freedom, each other, celebratory announcements, heroes, art, amateur talent, ethics, and ourselves via introspection. Notice that our subjects are not randomly chosen, but correspond to major topics in philosophy: Heroes and Morality—Ethics; Art and Music—Aesthetics; Freedom—Politics; Friends, Life events, and Introspection—Psychology.

## Spiritual Exercise

Physical exercise is the practice of achieving and maintaining health. Spiritual exercise is the practice of achieving and maintaining happiness. Health and happiness are the physical and psychological manifestations of human life.

Our awareness of our existence is temporally divided into the past, present, and future. Memory is our faculty for attending to the past. Perception is our faculty for experiencing the present. Imagination is our faculty for considering the future.

If we are to be happy, which is the purpose of life, we must deal with events and actions in the past which are a source of guilt, regret, and shame. We must deal with imagined future events that are a source of fear. We must deal with present circumstances that are a source of pain. If we are to experience no pain, no fear, and no guilt, real inner work is required.

These are the components of happiness according to our philosophy of reason—live virtuously, selectively focus our attention, and do our inner work. Never before has the road to happiness been clearer.

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Please call me to share any reactions you may have to this essay.

### **So far this is the lineup for October 1, 2000:**

Welcome  
Celebration of Freedom—Martin  
Celebration of Visitors  
Celebratory Announcements  
Celebration of Each Other  
Ellen's Corner—Ellen  
Celebration of Art?  
Celebration of Heroes—?  
Celebration of Talent—Kathleen  
Oratory—**Martin**—"No Pain, No Fear, No Guilt"  
Celebration of Talent—Kathleen  
Celebration of Personal Mission—?  
Spiritual Exercise\_\_?  
Closing Quotation—Martin

### **Celebration Schedule 2000**

- Sunday, October 1—a regular Celebration. Martin speaks on "No pain, no fear, no guilt."
- Sunday, November 5—a special Celebration. No other performers needed. Marsha Enright from the Objectivist Center's speaker's bureau will make a special presentation. We will have a dinner for her on Saturday night at Scott's house.
- Sunday, December 3—a regular Celebration. We need all performers.

### **Contact information:**

Martin L. Cowen III is the director of the Fellowship of Reason®.

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