



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

We aspire to be a loving, religious community where we can grow spiritually and build a more just and joyful world.
—UUCSR Vision Statement

April 8, 2020



**The UUCSR buildings and grounds remain closed.
The Congregation is ACTIVE.**

[See the Program and
Event List Here](#)

MINISTRY TEAM ONLINE *April Theme: Liberation*

All in-person Worship, Religious Education, and other activities are cancelled at UUCSR. Online Worship and RE is well underway, plus a number of other online spiritual support resources. Visit uucsr.org for updates.

Prerecorded Worship Services become available every Sunday at 11:00 AM and thereafter on uucsr.org, Facebook, and YouTube. Visit uucsr.org/worship any time for gatherings of music, reflection, and prayer.

We want you to have ways to be spiritually nurtured and feel connected, even at this time when we protect ourselves and each other by “social distancing.” There are special online resources for spiritual care on Mondays, Wednesdays, and Fridays (uucsr.org/connect), plus special online gatherings for those who live alone on Tuesdays and Thursdays [here](#).

- ♦ Mondays, 2:00 PM: Meditation and Poetry prerecorded by Rev. Dr. Natalie Fenimore
- ♦ Tuesdays, 11:00 AM: Living Alone During Social Distancing, live with Rev. Jennifer Brower
- ♦ Wednesday Afternoon and Evening Conversations, 2:00 PM and 8:00 PM, live with Rev. Jaye Brooks (8:00 PM Cancelled on April 15 due to UUCSR Seder)
- ♦ Thursdays, 11:00 AM: Living Alone During Social Distancing, live with Rev. Jennifer Brower
- ♦ Fridays, 2:00 PM: Meditative Moments, prerecorded by Rev. Jennifer Brower

We encourage all groups to use video-conferencing (for example, Zoom) to stay in community.

As we face together the sometimes-disorienting changes in our world, your ministers will do all that we can to help you feel spiritually supported. Although we will not be together physically, we will be united in spirit and in commitment to each other. We will do our best to maintain a caring and careful pastoral outreach. As always, your ministers are here for you, and we are available if you need to talk with us. Please send an email to set up a time to talk: ministryteam@uucsr.org.

As we hold one another in love, take care of yourselves and others. Feel the connections among us, and know that you are not alone.

In the spirit of loving religious community,

Your ministers, staff, and Board of Trustees

TOUCHSTONES *The Rev. Jennifer L. Brower*



In these days of living with COVID-19, there is so much that fills my heart. I find myself in near constant prayer; prayers of concern and prayers for greater awareness and prayers of gratitude.

I invite you to join me in reflection and meditation...

As the days grow longer and warmer, as spring takes hold, as the earth sends forth new life, as we long to be outside and with one another, and in our former routines, let us turn our collective energy and attention to one another. Let us call to mind the faces of fellow members, and recall the feeling of being gathered in community, which—when last we experienced it—we likely did not realize we were taking for granted.

Let us hold in memory some shining moment from worship, hearing our choir or listening to our soloists or pianist, a moment from Small Group Ministry or a committee meeting or a conversation at coffee hour or an activity in Religious Education that can serve as a touchstone and connect us to UUCSR, Unitarian Universalism and our spiritual life.

Together we join in prayer, or the act of focusing our attention.

In these strange days, let us hold in our hearts all those most deeply and personally affected by the coronavirus.

Let us pray for all those who are without work, without income, without medical insurance; all those who feel particularly vulnerable and afraid. Let us who know greater security extend meaningful support and care, in whatever ways we can, in both the near and long-term. Let us be generous with what we have, and in asking others if they are in some need.

With daily news of additional diagnoses, let us extend our care to those who are infected and in frailest health, those unlikely to recover. We pray for them and for the loved ones, unable to be at their bedside, who worry and are anxious when answering the telephone every time it rings.

Continued on page 2

We offer greatest compassion to those whose loved ones have died. Let us hold in deepest sympathy those whose circles of kinship and friendship have been forever changed by this virus.

We remember the clergy of all faiths, the funeral directors, funeral home staff, cemetery and crematory employees who have quietly managed the care for our beloved dead, and who are now overwhelmed by the sudden enormity of the task before them.

We hold out hope for the full recovery of those who are living with the coronavirus and are receiving medical care, and pray that they have access to all of the resources needed to help them heal fully and as swiftly as possible.

We pray for the physical and spiritual well-being of our first responders, our police officers and paramedics, who are called into all manner of health and life-threatening situations and are, these days, too often confronted with scenarios for which they feel unprepared.

We extend our care to all of those working in hospitals and nursing homes and health care centers everywhere—personal care aides, nurses, doctors, those in food service, security, laundry and facilities, as well as the chaplains and administrators—all of whom are engaged in tasks that support those who are in need of skilled care at this time.

We hold in our hearts the postal workers and shipping company drivers, and those behind the scenes who make home delivery possible. We pray for all those who are working far from view who are engaged in the work of packaging and shipping items to those of us who shelter at home.

We give thanks for the grocery store employees who continue to show up to stock shelves, corral carts, to assist us and ring up our purchases of food and essential items. We honor those who work in the different industries that produce and pack and transport the food and cleaning supplies and other products that we rely upon.

We are grateful for the bank employees and all those serving in “essential businesses,” who are there when we need them, and whose presence serves to bring down our anxieties and fears that in some way we will be “caught without” during this time.

We offer gratitude to the educators and school administrators and technology staff who make it possible for our children and grandchildren—young people of all ages—to continue in their studies and intellectual pursuits, to maintain their relationships with their teachers and mentors, to see their peers, to have connections with one another and the world beyond their home, to be inspired in their creativity and problem solving.

We give thanks for all of the musicians and artists and museum curators and national park staff and others who are enriching our homebound lives by sharing their talents and the wonders of the world by way of the internet. There is so much beauty in this world.

And let us acknowledge our privileges; the privilege of having a home in which to shelter; the privilege of having enough room in our living spaces to be apart; the privilege of having clean water and soap to wash our hands repeatedly; the privilege of an automobile that frees us from needing to use public transportation; the privilege of having money enough to purchase what we need or want; the privilege of internet access and a variety of devices with which to stay connected to the world as well as be entertained.

Even in this challenging time, there is much for which we can be thankful. During these slower, quieter days, let us seek to grow in our sense of what is actually essential, and in our awareness of our place in the interdependent web of humankind.

MILESTONES

We offer our deepest sympathies to... Catherine and Thomas Torrillo, as they mourn the death of sister-in-law, Audrey. Audrey died on April 7, 2020, from complications related to COVID-19. Condolences may be sent to the Torrillos’ home address.

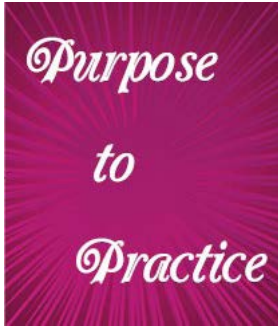
We share a member update... John Brady, long-time UUCSR member and Hadley House resident, has been in rehab the last three weeks for a slight hip fracture. His wife, Claire, requests that you keep him in your thoughts at this time.

We think of... Gerald and Sari Flesch as Gerry continues in his steady recovery following a stroke last month. Notes of encouragement and cheer may be sent to the Flesch home.

DEVELOPMENTAL MINISTRY HIGHLIGHTS

The Rev. Jaye Brooks

Here We Are, in the Middle of the Unexpected.



Over the past month, since March 8, when we had an in-person worship service followed by lunch and a Conversation Café at our congregational meeting, the world has changed. My deep gratitude to our members and friends who are healthcare workers or who support and supply them; to the courageous people, both paid and volunteer, who are delivering food to those who cannot risk leaving their homes; and to everyone who is honoring the shelter-in-place and social distancing guidelines.

And congratulations to our entire community for surmounting the steep learning curve to use Zoom and teach others how to use it. It has been heartening to see your faces in Zoom galleries and hear your voices as you speak to one another with love and laughter, courage and hope.

One of Shelter Rock's developmental ministry goals is to engage our members more deeply in community. No one anticipated that we would be plunged into this web of virtual connections. But we are learning much that will be valuable when we meet in person. As for now, we build community with our own hands and hearts.

Into this time of need and possibility comes our new Membership Coordinator, Abigail Highland. The Board of Trustees approved a job description on January 16 and we posted the position in the local and national UUA jobs boards. In the meantime, Abigail moved to this area from Boulder, Colorado, where she was Membership Director and Director of Congregational Life at the UU congregation there. She found UUCSR's job posting, and we found her. Given the current circumstances, we invited her to join us sooner rather than later to assist with the enormous task of keeping our congregation connected despite social distancing.



A life-long Unitarian Universalist, Abigail believes that exploring spirituality, creating compassionate communities, and taking action to promote justice are the grounding pillars of our lives. In addition to her Unitarian Universalist identity, Abigail explores mysticism and the Sufi path (and is a certified Leader of the Dances of Universal Peace). Abigail lives in Brooklyn with her partner, Jacqueline, and their dog, Tala. She finds solace in gardening, hiking, painting, and activism.

Please welcome Abigail to our Shelter Rock community. You can reach her at ahighland@uucsr.org. And—best news yet? Abigail can help with your Zoom questions!

AND NOW FOR SOMETHING COMPLETELY DIFFERENT

As we face our current stay-at-home requests, I have revived an item that was created several years ago to mark our 75th Anniversary as a congregation. Below are a series of trivia questions about our long and distinguished history as a UU congregation. The answers are printed on page 10 of this *Quest*.

There are no prizes! If you would like to add to the trivia archives, please email rbock@optonline.net. I will happily add to the collection.

In faith,
Richard Bock, Member since 1962

UUCSR/NSUUS Trivia Game

Created by Richard Bock

with Nancy Berliner and Frank Teltsch
for the UUCSR 75th Anniversary

1. What are the names of our founding families? When did it happen?
2. Please help me find the Blue Room. Where do I have to go?
3. "I can't see the bride! Please get me a periscope!" Under what circumstances was this said?
4. "We need more logs for the fireplace in the Worship Room." Please explain.
5. What does the name "Bentel" have to do with our history?
6. What are the locations of two full-size, full-door safes at Shelter Rock?
7. When the bagpipe player came over the hill, where was he, what group was the piper leading, and what was the occasion?
8. What does Julia Wagner have to do with our history?
9. There's a hole in the kitchen wall! Why was that important?
10. "We'll use a twelve-foot ladder as an emergency exit." Please explain.
11. Our Veatch House was built by the Whitney-Payson family. What three things are special about Joan Whitney Payson's bathroom?
12. "We're passively watching our congregation worship!" Explain meaning and circumstance?
13. What happened to the Steinway grand piano that was in the Plandome Worship Room?
14. It was just a painting of flowers hanging on the wall. Please explain.
15. Does Shelter Rock have a Founder's Lounge? If I wanted to find it where would I have to go?

BOARD OF TRUSTEES

Mark Hartman, President of the Congregation



Where Are We Now and Where Are We Going-Part 1

It's difficult to believe that only a month ago, the world was turned upside down by COVID-19. Watching TV, I have seen numerous images of what Times Square looks like today. It looks eerily similar to the concluding shots from the movie, *On the Beach*.

What makes it all the more terrifying for me is the lack of credible information and the loss of control. I don't know what is happening today, what it will mean over the next 30 days, and more critically, what it will mean 6 months or a year from now. I have been asked (directed?) to go into a form of partial suspended animation for 15 days; it then became 30 days, and maybe it will become 2 months or longer. On the one hand, I consider myself more fortunate than many because of where I am on my life's journey. This is something that I should be able to endure even if I am not quite sure what or who will greet me when I emerge from hibernation. On the other hand, because no one is an island, I also wonder what will it be like for those who surround me and who lead vastly different lives. How will they pay their landlord; how will those persons pay their expenses and their employees? For those who work in the restaurant industry, or the travel business, will those businesses even survive?

I am fortunate in another way. Although I feel a sense of isolation, I have the good fortune as President of the Congregation to be in almost daily contact with Jana North and Brian Muellers, other officers of the Congregation, as well as with Adam Barshak, our COA, and our ministers. There is much uncharted territory to traverse and I am grateful for their talents and especially their patience. I have learned, as have many of you, the wonders of Zoom and FaceTime and have even managed to teach them to my 94-year-old mother in Buffalo. But as marvelous as Zoom is, it works best to supplement, but not replace, the sense of community that I witness and feel when we are able to come together at Shelter Rock.

There is one portion of our community that I think has become even more connected with us now that the building is shuttered. That is our unbelievable staff. I think their dedication to the membership and our mission has never been more apparent than it has been over the past month. It is clear to me that they are experiencing a similar sense of separation and isolation. Please remember them when you return.

And the work of this Congregation in support of our mission, vision, and values must go on because there is so much that needs to be done and we can not lose sight of our greater responsibility. Our most recent Congregational Meeting on March 8 was unusual because it was principally an opportunity for a conversation among members. May 3, when we are scheduled to come together,

will also be unusual because it won't be for a Congregational Meeting. Although the details, both technological and substantive are still being worked out, my hope is that we will be able to have a Zoom meeting. There won't be any voting on May 3, although I anticipate that representatives from the Veatch Board of Governors will discuss important grants. Please put May 3 on your calendars.

I hope to see you on my computer.

Until then, stay tuned, and be safe,

Mark

Comments, questions, or concerns may be sent to president@uucsr.org

DENOMINATIONAL AFFAIRS (DAC)

Robin Finnan-Jones, Chair

Unitarian Universalist Association (UUA) President Rev. Susan Frederick-Gray issued a "COVID-19 Pastoral Message." The video is available at <https://vimeo.com/398972222>.

UUCSR's Partner Church Project in Csikszereda Transylvania

We have had a long term relationship with a Unitarian congregation in Csikszereda, Transylvania (Romania). Over the years, UUCSR members have visited this Romanian church and provided funds to support projects such as building renovations and the purchase of their church van. Our commitment to the Csikszereda partner church is rooted in our common values as Unitarians. Unitarianism is rooted in the Protestant Reformation and first appeared in Transylvania in the mid-16th century.

The George Kesner Book Exchange, in the Social Hall on many Sunday mornings, is a project to provide financial support for our partner church. Every used book purchased supports our partner church.



**UNITARIAN UNIVERSALIST
VEATCH PROGRAM AT SHELTER ROCK**
Joan Minieri, Executive Director



**Responding to Crisis with
Resolve, Action, and Love**

From our entire Veatch staff, I first want to offer our wishes for your safety, good health, and serenity. We are grateful to be connecting on your behalf with communities in every corner of this country. It is a profound understatement to reflect at this moment on all that unites us.

The issues Veatch grantees have been working on for a very long time are now front and center as basic human rights. These include ensuring all those who need health care can get it; providing all workers with paid time off to care for themselves or a loved one; protecting access to essential services for immigrants and their children. As difficult as this time is for everyone, people who are marginalized based on their race, gender, or status are more vulnerable than ever.

We hear daily from Veatch grantee organizations who are serving their members in new ways, serving as hubs of life-sustaining mutual aid, while, at the same time, fighting to make sure our government's response truly meets the needs of everyday people. The congregation is on the ground, across the country, supporting these efforts on the frontlines.

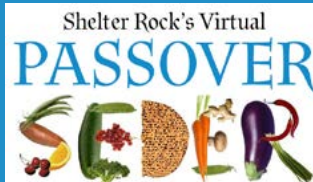
For instance, [Make the Road-NY](#) fought tirelessly to strengthen unemployment benefits in the \$2 trillion stimulus package passed by Congress last month, and beat back proposals for gigantic corporate giveaways with zero accountability. [The Gamaliel Network](#) is fighting for massive decarceration in the face of COVID-19 in our nation and jails. And Community Change is helping organizers across the country adjust to new at-home working conditions with free trainings and online toolkits.

We will keep you informed about rapidly unfolding organizing work happening with regular updates, which you can [subscribe to here](#). ([Check out our latest update here](#).)

You will be heartened to learn that even though the members, leaders, and staff of Veatch grantees are distanced from one another physically, they are finding ways to organize virtually. They are among the many heroes of this time who give us hope—the harder the challenge, the harder they work to make a better world for us all.

The Unitarian Universalist Veatch Program at Shelter Rock provides support for efforts within the religious and spiritual mission of the Unitarian Universalist Congregation at Shelter Rock where their purposes are best served by outside agencies acting under the Veatch Program and the Congregation.

MEMBER EVENTS
Carla Drezner, Chair



Wednesday, April 15, 2020
6:00 PM via Zoom
Visit uucsr.org/seder

Join fellow Unitarian Universalists for a special online Seder celebration! Invite your friends and family for this virtual ritual. All ages and all faith traditions are welcome.

This is an interactive celebration of spring, of birth and rebirth, of a journey from slavery to freedom, and of taking responsibility for yourself, the community, and the world. Ours will be a joyous gathering via Zoom lasting about one hour with traditional readings, live music, contemporary adaptations, and reverence.

For the best experience, several “essentials” are recommended to have on hand, but are not necessary. After the virtual gathering, enjoy Seder dinner in the sheltered safety of your own home.

Visit uucsr.org/seder for Zoom link, Haggadah, and [List of Essentials](#).

See back page for more information. Questions? Please contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960).



It was a difficult decision to make. However, based on the coronavirus crisis, the All-Congregation Retreat Working Group has postponed this year's retreat until next year, when we will gather and celebrate together and make the All-Congregation Memorial Day Weekend Retreat the best one ever.

If you have registered and made a deposit or payment already, please contact Sharyn by calling 516.472.2960 or emailing sesposito@uucsr.org and let her know if you want a refund, or if you prefer that your deposit or payments be transferred to the 2021 All-Congregation Memorial Day Weekend Retreat.

Stay safe and be hopeful.

Paul Drezner for the All Congregation Retreat Working Group

SOCIAL JUSTICE COMMITTEE
Claire Deroche, Social Justice Coordinator



Some Good News

During these days of global pandemic, good news is hard to find. Yesterday I got some, and I want to share it with you.

By now I'm sure you understand the cruelty and inhumanity of solitary confinement. So, you can imagine my joy when I received an email yesterday about a legal win

for Mr. Impotep H'Shaka.

According to his attorney, Alissa Hull, "Mr. H'Shaka spent 23 years in a combination of disciplinary SHU [Special Housing Unit] and Administrative Segregation. After serving 14 years in disciplinary SHU for attacking and cutting corrections officers when he was 23 years old, he was then placed under Ad Seg status indefinitely."

She goes on to explain that the Department of Corrections and Community Supervision (DOCCS) had conducted (somewhat) periodic reviews for his continued solitary confinement, but Ms. Hull and the legal team alleged that the reviews were not meaningful. Mr. H'Shaka had some infrequent, nonviolent disciplinary infractions which were cited as a reason for his continued placement in solitary. The DOCCS also contended that because for several years he was in a prison where the SHU had bars and not solid doors, he really hadn't been in solitary all that time!

Here's the good news! The court found that the claims relating to the following were valid: "(1) cruel and unusual punishment related to the conditions of his confinement in the form of keeping him in administrative segregation indefinitely; and (2) denial of procedural due process and meaningful review related to his continued confinement in administrative segregation." The court also noted in its decision that DOCCS had tried to present the reviews as conducted with due process when in fact they were not.

After digesting this information, I wrote to Ms. Hull telling her that members of our congregation had remembered Mr. H'Shaka in our monthly services and some had written to him. However, it was unclear to me exactly where her client was now.

Ms. Hull responded that the decision didn't order that her client be released from solitary confinement, but "basically said that we have enough evidence to bring our claim that he be released from solitary to trial. If we cannot settle the case, it will go to trial likely within the next year. In the meantime, DOCCS has moved him to a Step-Down program, which is meant to transition people out of solitary."

While the fact that Mr. H'Shaka is no longer in solitary is good news, a step-down program is just that.

Imagine yourself having two hours a day outside your cell, chained to a desk, for programming. You are also allowed two hours of exercise by yourself in a cage, off your cell. Eventually, you will be allowed recreation with others. So that's 4 hours outside your cell compared to 23-24 hours in your cell when you are in solitary. All things considered, this is an improvement for Mr. H'Shaka. Now, if he can just avoid the COVID-19 disease, he may have a chance at a return to the general population.

All of this says to me that we badly need to pass the HALT Solitary Confinement Act!



SOCIAL JUSTICE ANNOUNCEMENTS

For further information about any of these announcements, please contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org or 516.472.2977.

Census 2020: Undoubtedly, you have completed your census form, either by mail, on-line, or by phone. You can still be an ambassador for this important act by reminding anyone that you're in contact with to complete their form. As of April 2, the national response rate was 38.4 percent, New York's response rate was 33.1 percent. If anyone would like to call-in or complete the form online and would like assistance, please refer them to Claire Deroche at cderoche@uucsr.org or 516.472.2977.

Helping Those Economically Impacted by COVID-19: As we all know, many people are losing their jobs. They are struggling to put food on the table and keep a roof over their heads. The most marginalized people are often without access to health care. In addition to the social service providers mentioned in a previous *Quest*, here is a Long Island group needing support.

Help Me Grow Long Island is a FREE resource connecting families and providers to community resources and child-development information in Nassau and Suffolk counties, with the mission of promoting optimal development of Long Island's young children. HMG needs your help to help families in need, specifically: diapers (sizes 5 and 6); pull-ups; ALL types of Baby Formula; toilet paper; and cleaning supplies. If you are able to donate items to families in need, please contact HMG-LI for details on where to drop items for distribution through our existing partners: info@hmgli.org or phone 516.548.8924.



The New For Now

This is something I never thought I'd be writing. At the time this article is published, we will have been away from UUCSR for four Sundays. Right now, we should be looking forward to the Passover Seder in the Social Hall, Easter Sunday Service in the Worship Room, and a joyful egg hunt out in the meadow. But life as we

know it has halted in its very busy tracks, replaced by a muted, abridged version of itself.

Many people have been calling this sudden shift to online meetings, remote learning, working from home, and social distancing The New Normal.

It most certainly is not.

To embrace this as our new normal would be to accept what led us here, the COVID-19 pandemic, as permanent. It is scary, yes, and it is serious. But through love, care, and caution, we will see our way to the other side of this crisis. It will go away.

And so, beloveds, this time of global fear, suffering, and loss is The New For Now.

We don't know how long For Now will be. What is certain is that For Now we have found, and continue to find, ways to be in virtual community.

One bit of wonderfulness to arise out of all this is how we are more connected, and interconnected, than ever before. On Sundays at noon, a time when I would normally be in the RE classrooms, I can now visit Virtual Coffee Hour and check-in with our members, some of whom are several states away. And how delighted am I that so many of you who would have been at Worship Service, Adult Programs, or committee meetings throughout the week, have now been joining us for Children's Worship and online Bedtime Stories. By not being able to stack our programming on top of itself, our community is expanding in ways never before possible.

So let us ask ourselves: How can we hold on to the good, these desert roses that grow against all odds out of hopelessness? Can we make an effort to sustain these new relationships and ways of being in faithful service together? It would break my heart if these beautiful budding blossoms were only For Now.

Online RE Events include:

Bedtime Stories

Mondays, Wednesdays and Fridays, 7:00 PM

<https://zoom.us/j/5102580374>

RE Community Check-in

Thursdays, 8:00 PM

<https://zoom.us/j/227568010>

Children's Worship for All Ages

Sundays, 1:00 PM (except April 12 which is a Family Service Sunday)

<https://zoom.us/j/441297739>

Springtime Sing-a-Long for All Ages

Sunday, April 12, 1:00 PM

<https://zoom.us/j/235398389>

All are welcome!

Soulful Songs & Stories



Soulful Song Lovers & Story Tellers

This is the third communication about songs, stories, storytelling, community, or personal/spiritual growth since we were last able to be together.

Making CONNECTION and being RESPONSIBLE are a large part of why we share our stories with each other. This week's story is *The Little Prince*, and this excerpt is about how we "tame" one another, and that "it is only with the heart that one can see rightly."

Here's the music we offer this week:

Am I my sister's/brother's keeper?: [If I Should Fall Behind](#) (spoiler alert: that's a rhetorical question)

In a time of pandemic: [Hard Times Come Again No More](#)

The price of connection and liberation: [Who by Fire](#)

Soulful, calming music for troubled times: [Peace Piece](#)

If you know of anyone who might be interested in getting these emails who's not already on the mailing list, ask them to register with Jessica Pond (Jpond@uucsr.org). Here's the Soulful Songs & Stories webpage: www.j.mp/uucsr-sss.

May these songs and stories tide you over until we meet again. Be well, and please do communicate with us and each other.

Namasté,
Alice Giordano and Steve Marston

WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues



An Arm on Your Shoulder

Like many others, I've been spending lots of time on Zoom these days. You can meditate, learn to knit, enjoy virtual pot lucks, virtual happy hours, and actually see, as well as speak with, friends and family. We can even attend committee meetings, listen to sermons even while the building is closed here at UUCSR.

In the midst of great fear, quarantine, illness, and social distancing at this time, I found many Zoom events that kept me engaged, intrigued, and even comforted.

On one of those days when I was feeling quite vulnerable and worried about my loved ones and friends, I zoomed into a virtual rally called "Day of Empathy." One of the presenters was a young female attorney. She asked the audience to imagine or remember an ancestor who inspired us to be brave, to have courage. Imagine their arm on your shoulder. Feel their presence and encouragement, partnering you at this point in your life. I felt great comfort and hope you will feel it, too.



There are so many in need of that arm. Domestic violence victims are suffering more while we are sheltering in place. Some know that accessing needed medical help will further the risk of contracting the virus. There are the children trapped in abusive homes because their schools are closed and there are no other adults to go to for help. Undocumented women are often threatened with deportation if they ask for help. When their abusers left for work, their victims had some respite. Now everyone is home. There is no respite. Face-to-face therapy sessions have been cancelled. Without access to Zoom, FaceTime, or any technology at all, whatever counseling was available ends abruptly. With courts closing, survivors have no hope of redress from the judicial system.

Then there are the medical needs—needs apart from the coronavirus. A friend was recently diagnosed with breast cancer. Her need for surgery was postponed for months due to the focus on the virus. It might have been assumed nonessential. A cousin went to the ER for very high blood pressure. His visit resulted in a medication to treat the blood pressure problem and quarantine for two weeks due to exposure to the virus.

Here's that virtual arm. Kathy Hochul, Lt. Governor, in her piece, "[Women and the Corona Virus](#)," wrote that women represent the majority of health care workers on the front lines saving lives in hospitals. They are the driving force providing essential services. The majority of doctors under 45 are women. These women are the heroes working at maximum capacity in a very high-risk job.

Kathy writes that women are suffering the most. While they are doing so much for the rest of us, they may have to worry about who's watching the kids. Women are the majority in most of the economic sectors hit hardest economically by the shut down of our economy. Forty percent of mothers in the US are the primary breadwinners. They are two-thirds of America's minimum-wage workers, more likely to be waitresses, cooks, or hotel housekeepers now out of work. Many of them are head of their household and have no idea how they're going to afford rent that is due.

When times get exceptionally difficult, maybe you'll try imagining that ancestor who made you feel courage, his/her arm on your shoulder. It helped me and I hope it'll help you. After that, try extending your arm of support to the women doing so much for all of us.

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair



UU Community Garden

Calling all thumbs... If you have a green or black one, we don't care. Come join our organic UU Community Garden this season!

Those who wish to participate **MUST** be able to commit to 2–4 hours per week during peak season to harvest and weed. Participants must be UUCSR members.

Interested participants, please reply as soon as possible. For more information, please contact May Choi-Steele at may_steele@yahoo.com or evening hours at 917.215.3336.

PUBLICITY AND PROMOTIONS COMMITTEE

Bill Carmody, Chair



Staying Connected to Your Religious Community

The Publicity and Promotions Committee, together with the Ministry Team and the Caring Committee, is committed to seeing that all congregants are able to feel connected to one another via phone calls, online resources, Zoom meetings and more. Recorded Worship Services and other videos can provide spiritual nourishment and encouragement while we remain sequestered in our homes. We want you to know that you are not alone, and that we will do everything we can to help keep you safe and connected.

We can help, whether or not you have computer access, by connecting you by phone. We can provide emergency support and/or technical assistance for anyone having difficulty with our new communications platforms or other COVID-19-induced changes.

Please email Membership Coordinator Abigail Highland (ahighland@uucsr.org) to request assistance.

You may also access these UUCSR resources directly:

- Recorded Worship Services (<https://uucsr.org/worship/>)
- Recorded readings, meditations, poetry (<https://uucsr.org/connect/>)
- UUCSR Online Event information for live and recorded programs and events (<https://uucsr.org/events>)
- Zoom tips and tutorials (uucsr.org/staying-connected/)
- UUCSR on Facebook (<https://www.facebook.com/uucsr/>)
- Rev. Jennifer L. Brower on Facebook (<https://www.facebook.com/RevBrower/>)
- Soulful Sundown on Facebook (<https://www.facebook.com/SoulfulSundown/>)
- UUCSR on Instagram (<https://www.instagram.com/uushelterrock/>)
- UUCSR on YouTube (<https://www.youtube.com/user/uucsr/>)
- Membership Directory (Log on to MYUUCSR at <https://my.uucsr.org/>) For assistance: jsappell@uucsr.org)
- See free short films provided by our partner in arts: Gold Coast International Film Festival (<https://vimeo.com/showcase/6912458>) Join the email list for upcoming events (info@goldcoastarts.org)
- Sign up for emergency text messages by texting ALERT to 22300. Contact jsappell@uucsr.org to confirm your info.
- Contact a minister (ministryteam@uucsr.org or 516.472.2941)

Jen Sappell for the Publicity and Promotions Committee

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair

This article reflects our stewardship of the earth and our commitment to the Seventh Principle.

Festivals, Movable or Not

We reckon time in two different ways: clocks and calendars or celestial events. Knowing when to celebrate the next pagan festival is a good example of this divide. There are eight major pagan festivals; four are movable and the others set by calendar dates.



The movable festivals, set by celestial events, are the equinoxes and the solstices. The Earth rotates about its equator on an axis that is tilted at an angle of 23½ degrees from the plane in which it (and most of the other planets) revolve about the Sun. This is called the sidereal plane.

There are two moments in the year when the equator coincides with the sidereal plane: the autumnal and vernal equinoxes. The exact instant when this happens is specified by local time where you live.

The summer solstice is the easiest to understand and observe. In real time, it is 12 noon where you live at the instant the Sun is highest in the sky. That highest point changes from day to day because of the Earth's tilt. The one day when it is higher than any other day is the summer solstice. We can mark it at 12 noon. At this latitude, the maximum angle above the horizon is approximately 73 degrees. That day and moment falls on or about June 21. For the winter solstice, the sun is lowest in the sky, rising to an angle of about 26 degrees above the horizon. The difference between the highest and lowest angle of the sun differs by twice the angular tilt. The sun's maximum angle determines day length and the seasons.

The cross-quarter festivals on the calendar are Imbolc (Oimele), Beltane, Lammas or Lughnassadh, and Samhain (Samhuinn). We know them by these names: Groundhog Day, May Day, and Halloween. The festival of Lugh on August 1 no longer exists.

It is unlikely that we will rekindle an interest in the movable festivals. However, we do have an important date to commemorate. This April 22, will be the 50th anniversary of the first Earth Day. It is difficult to celebrate given how little has been accomplished. Nevertheless, we can recommit to saving the Earth.

Pagan myth and ritual embody a profound respect for the physical world and its seasonal nature. Perhaps this is something we can take from them without celebrating all the festivals.

Jim Peters for the Green Sanctuary Committee

HADLEY HOUSE

Hadley House Residents' Association

Hunkering Down and Hanging In

Don't mess with Mother Nature! What is the message of it all? In this time of quiet for our world, we can contemplate, if not celebrate, the anniversary of Earth Day. Perhaps our nation can develop new awareness and appreciation for our environment.

We at Hadley House are adapting to the threat of coronavirus—practicing social distance, sheltering in place, wearing gloves, disinfecting with Clorox, and Zooming on our computers. Necessary Residents' Association meetings held in small groups (10 max) in separate large spaces are desirable in more ways than one. They allow for more interaction, every one gets a turn to talk and cross talk is minimized.

We are loving our garden as a gathering spot in good weather. Some of the residents have gardens and patios in the back which they lovingly plant each spring. Pat Spencer reports: "After spending many winter hours with seed catalogues and planning my small apartment garden and the UU community garden plot, I can get out into the warming air and plant, nurture, and grow the cutting flowers and vegetables that give me so much pleasure for all of the summer." The large garden at Hadley House, both front and rear, is available to all residents to enjoy the spring and good weather. Adrian Mesareja, our new Resident Manager, set up chairs for resident use six feet apart. Thank you Adrian for all you do for us!

Electronic connectivity helps cut the isolation, too. Regular telephone calls, Zooming, and e-mail/texting, sharing a good laugh are so helpful for those of us sheltering in place. Our grill is being shined up for our first BBQ under Doc Tonnesen's fine supervision. Doc says, "It's not about the food. It's about the people." Amen to that!

Lilyan Strassman offers the following:

We're hunkering down at Hadley House like Sherlock and a thief.
If you get within six feet of me, I will give you some Grief!

Just kidding, am I. We've all become creative,
From responsibly gathering out of doors to being meditative.

Qi Gong and Zen Walk help me and others.
To ourselves, we've become caring sisters and brothers.

Adrian says, "I never met such strong men and women."
"You betcha, Adrian—We all just keep on swimmin' !"

Hadley House Residents' Association

Nancy Jacobson, Jerry Jalazo, Barbara Singer, Lilyan Strassman

UUCSR/NSUUS TRIVIA ANSWERS

See page 3 for Trivia Questions

1. In 1941, our four founding families were: Malcolm and Eleanor Vendig, Jim and Betty Wilson, Carl and Helen Ostergren, and Harlow and Jean Lincoln.
2. The Blue Room was in the RE section of our Plandome building. It was named because of the blue carpeting. It also had a multi-tiered floor.
3. The original location of our organ in the Plandome Worship Room was in a pit behind the Chancel Table; to see what was happening, i.e., bridal parties coming down the aisle, a periscope was built for the organist otherwise she/he could not see what was happening! This was long before closed-circuit TV systems!
4. The original Worship Room and Social Hall at Plandome were separated by a space with a double-opening fireplace. There were couches for fellowship gatherings. This was removed when we added a choir loft to the Worship Room.
5. It was Bentel & Bentel, our award-winning architects, who designed the RE wing at Plandome.
6. There is a full-door safe in the Veatch House kitchen where the Payson's silver was stored; there is a full-door safe on the ground floor of the Veatch House where the wines were stored.
7. The bagpiper was in the orchard (no longer in existence) leading our new Shelter Rock Building Committee as we dedicated our new property and officially broke ground. He played *Amazing Grace* as he led the procession of our VIPs.
8. Julia Wagner, a member at Plandome, was Caroline Veatch's caregiver; she was one of the people who introduced Caroline Veatch to our congregation.
9. It was the Plandome kitchen wall. It was an opening that dropped down and formed a pass-through for easy food service into the Social Hall.
10. The Founder's Lounge at Plandome was a basement room with one stairway; a ladder was secured to the wall providing a second emergency fire exit source.
11. There is a sunken bathtub, a series of murals as wallpaper, and a scale built into the floor.
12. Soon after the choir loft was added to the Plandome Worship Room, the choir felt removed and isolated from the Sunday and Holiday Worship experience; subsequently, the choir was relocated to the front of the room.
13. It is now in the lounge at Hadley House.
14. The artwork hung mid-way on the circular stairway in the Payson's (Veatch House) home. The painting is "*Irises*" by Vincent Van Gogh; it sold for several million dollars recently!
15. No, we do not. You would have to go back to the Plandome building to find it off the social hall and down a flight of steps.

ONLINE/VIRTUAL EVENT ANNOUNCEMENTS

Please see [UUCSR.org/events](https://uucsr.org/events) for additional details on all programs, INCLUDING DIRECT LINKS TO ACCESS.
See [LIACUU.org](https://liacuu.org) for other area congregations.

WEDNESDAY, APRIL 8, 2020

Wednesday Afternoon Conversations with Rev. Jaye Brooks, 2:00 PM
Social Justice Committee Zoom Meeting, 3:00 PM
Bedtime Story, 7:00 PM
Land Management Meeting, 7:30 PM
Wednesday Evening Conversations with Rev. Jaye Brooks, 8:00 PM

THURSDAY, APRIL 9, 2020

Living Alone During Social Distancing, 11:00 AM
Choir Gathering, 7:30 PM
RE Community Check-In, 8:00 PM

FRIDAY, APRIL 10, 2020

Great Books Poetry UUCSR, 1:00 PM
Meditative Moment, 2:00 PM
Bedtime Story, 7:00 PM
LGBTQ+ Zoom Meeting, 7:00 PM

SUNDAY, APRIL 12, 2020

Sunday Worship: Easter/Spring with the Ministry Team, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Springtime Sing-A-Long, 1:00 PM
RE Grade 8 Coming of Age class meeting, 2:00 PM

MONDAY, APRIL 13, 2020

Medical Qigong for Senior Health Online Classes, 9:30 AM
Meditation and Poetry, 2:00 PM
Bedtime Story, 7:00 PM

TUESDAY, APRIL 14, 2020

Events Planning Meeting, 11:00 AM
Living Alone During Social Distancing, 11:00 AM
Art Committee Meeting, 4:00 PM
Adult Programs Committee Meeting, 5:00 PM
Veatch (VBOG) Meeting, 7:00 PM

WEDNESDAY, APRIL 15, 2020

Women Talk Daytime Zoom Meeting, 12:30 PM
Wednesday Afternoon Conversations with Rev. Jaye Brooks, 2:00 PM
Virtual Seder Zoom, 6:00 PM
Virtual Ukulele Class, 7:30 PM
CANCELLED: Wednesday Evening Conversations with Rev. Jaye Brooks, 8:00 PM

THURSDAY, APRIL 16, 2020

Living Alone During Social Distancing, 11:00 AM
Green Sanctuary Committee Conference Call Meeting, 6:30 PM
Choir Gathering, 7:30 PM
RE Community Check-In, 8:00 PM

FRIDAY, APRIL 17, 2020

Great Books Poetry UUCSR, 1:00 PM

Meditative Moment, 2:00 PM
WG Book Series Zoom Session, 3:30 PM
Bedtime Story, 7:00 PM
LGBTQ+ Zoom Meeting, 7:00 PM

SUNDAY, APRIL 19, 2020

Sunday Worship, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Men's Group Zoom Meeting, 12:30 PM
Virtual Children's Worship, 1:00 PM
RE Grade 8 Coming of Age class meeting, 2:00 PM

MONDAY, APRIL 20, 2020

Medical Qigong for Senior Health Online Classes, 9:30 AM
Meditation and Poetry, 2:00 PM
Bedtime Story, 7:00 PM

TUESDAY, APRIL 21, 2020

Living Alone During Social Distancing, 11:00 AM

WEDNESDAY, APRIL 22, 2020

Wednesday Afternoon Conversations with Rev. Jaye Brooks, 2:00 PM
Bedtime Story, 7:00 PM
Wednesday Evening Conversations with Rev. Jaye Brooks, 8:00 PM

THURSDAY, APRIL 23, 2020

Living Alone During Social Distancing, 11:00 AM
Choir Gathering, 7:30 PM
RE Community Check-In, 8:00 PM

FRIDAY, APRIL 24, 2020

Great Books Poetry UUCSR, 1:00 PM
Meditative Moment, 2:00 PM
Bedtime Story, 7:00 PM
LGBTQ+ Zoom Meeting, 7:00 PM

SUNDAY, APRIL 26, 2020

Sunday Worship, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Virtual Children's Worship, 1:00 PM
RE Grade 8 Coming of Age class meeting, 2:00 PM

MONDAY, APRIL 27, 2020

Medical Qigong for Senior Health Online Classes, 9:30 AM
Meditation and Poetry, 2:00 PM
Bedtime Story, 7:00 PM

TUESDAY, APRIL 28, 2020

Living Alone During Social Distancing, 11:00 AM
Small Group Ministry Fourth Tuesday Meeting Via Zoom, 7:00 PM
Committee on Ministry - Zoom meeting COM members & Ministry team ONLY, 7:30 PM

WEDNESDAY, APRIL 29, 2020

Wednesday Afternoon Conversations with Rev. Jaye Brooks, 2:00 PM
Bedtime Story, 7:00 PM
Wednesday Evening Conversations with Rev. Jaye Brooks, 8:00 PM

THURSDAY, APRIL 30, 2020

Living Alone During Social Distancing, 11:00 AM
Choir Gathering, 7:30 PM
RE Community Check-In, 8:00 PM

FRIDAY, MAY 1, 2020

LGBTQ+ Zoom Meeting, 7:00 PM
Caring Committee Meeting, 10:00 AM

SUNDAY, MAY 3, 2020

Sunday Worship, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Virtual Congregational Conversation, 1:00 PM

TUESDAY, MAY 5, 2020

Living Alone During Social Distancing, 11:00 AM

WEDNESDAY, MAY 6, 2020

Wednesday Afternoon Conversations with Rev. Jaye Brooks, 2:00 PM
Publicity and Promotions Committee Meeting, 7:00 PM
Wednesday Evening Conversations with Rev. Jaye Brooks, 8:00 PM

THURSDAY, MAY 7, 2020

Living Alone During Social Distancing, 11:00 AM

FRIDAY, MAY 8, 2020

LGBTQ+ Zoom Meeting, 7:00 PM

[Visit UUCSR.org](https://uucsr.org) for additional calendar programs and events

The Quest is published twice a month, except once each in July and August. Copies are available at the Welcome Desk in the UUCSR Main Lobby, at <https://uucsr.org/media/quest-newsletter>, and via email.

Sign up for email at <https://uucsr.org/media>.

The Quest Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other.

The Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

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April 8, 2020

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, April 22, 2020 | Deadline for Content: Thursday, April 16, 2020

You Are Invited to a Virtual

PASSOVER

Wednesday, April 15, 2020

6:00 PM at uucsr.org/seder

Join via Zoom: <https://zoom.us/j/682274609>

Special online interactive Seder celebration featuring:

- ♦ Traditional readings
- ♦ Live music
- ♦ Contemporary adaptations
- ♦ Reverence

Visit uucsr.org/seder to review and/or print the Haggadah in advance.

After the virtual gathering, enjoy Seder dinner in the sheltered safety of your own home.

Invite friends and family for this virtual ritual ♦ All ages and all faith traditions are welcome

