



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 22, 2020



EARTH DAY

**The UUCSR congregation is ACTIVE,
even though the buildings and grounds are closed.**

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

MINISTRY TEAM ONLINE *April Theme: Liberation*

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.

SUNDAY, APRIL 26, 2020, 11:00 AM
Earth Day Recognition



As we honor Earth Day, we celebrate the young leaders emerging to call us to care for the Earth. This service lifts up the liberating passion of the 20 youth, ages 8–19, who in their lawsuit, *Juliana v. US*, asked the federal courts to compel the United States to protect the Earth. UUCSR children and youth share the inspirational messages of these young leaders.

This recorded Worship Service presented by the UUCSR Ministry Team becomes available at 11:00 AM and thereafter on uucsr.org/worship, Facebook, and YouTube.

MINISTERS' PROGRAMS

- ♦ Mondays, 2:00 PM: Meditation and Poetry, prerecorded by Rev. Dr. Natalie Fenimore
- ♦ Tuesdays, 11:00 AM: Living Alone During Social Distancing, Zoom live with Rev. Jennifer Brower
- ♦ Wednesday Afternoon and Evening Conversations, 2:00 PM and 8:00 PM: Zoom live with Rev. Jaye Brooks
- ♦ Thursdays, 11:00 AM: Living Alone During Social Distancing, Zoom live with Rev. Jennifer Brower
- ♦ Fridays, 2:00 PM: Meditative Moments, prerecorded by Rev. Jennifer Brower

TOUCHSTONES *The Rev. Jaye Brooks*



I was eating a salad the other day, an increasingly rare event, and I was savoring every bite. It had spring greens and even some avocado. I could taste the sunshine.

As I ate, I pondered the long and challenging distribution chain that had brought this salad to me. The farms. The pickers. The people who prepare the greens, washing them three times.

The workers at the machines that put greens into a convenient bag, sealed until I open it. The long-haul truckers, the refrigerated warehouse, the fork-lift operators. The smaller trucks and the big grocery stores. The little grocery stores. The shelf-stockers, the people who clean and disinfect, the cashiers.

All so I can eat a salad.

We call them essential workers now. They've always been essential. Now they put their lives at risk because they cannot work from home and we cannot do without their work.

These days, most of my food comes from cans or is dried almost beyond recognition. A jalapeno pepper, dried and chopped, looks nothing like the fresh serranos I used to buy. And even those unprepossessing little chunks of dried vegetable are the product of so many hands. So many essential hands.

I am grateful, and moved, and sad that so many people put themselves at risk to feed me. I eat my salad slowly, hoping that I will be worthy of their effort. That I will never again eat without holding those essential workers in my heart.

Thich Naht Hanh shares a traditional blessing that speaks to me deeply. "This food is the gift of the whole universe—the earth, the sky, and much hard work. May we live in a way that makes us worthy to receive it. May we transform our unskillful states of mind, especially our greed. May we take only foods that nourish us and prevent illness. We accept this food so that we may realize the path of practice."

May we practice mindfulness, respect, gratitude. And, after this is over, may we not forget.

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator



Congregational Gathering

Sunday, May 3, 2020, 1:00 PM

A congregational gathering will be held virtually via Zoom webinar, in lieu of a traditional Congregational Meeting.

A packet listing the presentations and meeting materials is now available to members in the

[MYUUCSR section of uucsr.org](#). Members may login to MYUUCSR using their username (first initial, last name), and their password (use the forgot my password feature, if necessary) for “Member Resources” and to update individual and household information. Please contact jsappell@uucsr.org or 516.472.2980 with questions or for login assistance.

Please register by April 30 for this Gathering in webinar format on the [Community Events Online section of www.uucsr.org](#).

After registering, you will receive a confirmation email containing information about joining the webinar.

Spring 2020 Budget Hearings

Wednesday, May 6, 2020, 10:00 AM

Join Zoom Meeting:

<https://zoom.us/j/99287143620>, Meeting ID: 992 8714 3620

Or call in +16465588656, Meeting ID: 992 8714 3620#

Wednesday, May 6, 2020, 7:00 PM

Join Zoom Meeting:

<https://zoom.us/j/99212749943>, Meeting ID: 992 1274 9943

Or call in +16465588656, Meeting ID: 99212749943#

Annual Meeting

With officer and ministerial approval, the UUCSR Annual Meeting has been rescheduled to Sunday June 21, 2020, pending the ability of the congregation to be open and have large gatherings, according to directives from the NYS Office of the Governor. Details regarding the Annual Meeting and the Annual Luncheon preceding the meeting will be made available when permission is granted for large gatherings at non-essential businesses.

NOMINATING COMMITTEE

Moirra Murphy, Chair

The UUCSR Nominating Committee is pleased to present its nominees for the June, 2020 election cycle to the Unitarian Universalist Congregation at Shelter Rock. Pursuant to the bylaws, the full slate of nominations was provided to members via email on Friday, April 17, 2020.

The documents are also available to members in the MYUUCSR section of [uucsr.org](#). Please see instructions above.

DEVELOPMENTAL MINISTRY HIGHLIGHTS

The Rev. Jaye Brooks

Purpose to Practice

The Leading Causes of Life

My childhood friend Gary Gunderson (the one who used to sit with me on top of the shed between our backyards and discuss the meaning of life and who, like me, became a minister) wrote a book called *The Leading Causes of Life*. I'm recalling it during this time of coronavirus because in the book, Gary points to the many ways that human beings continue to flourish despite monumental challenges.

Gary names five “leading causes” of life: Connection, Coherence, Agency, Generativity, and Hope. The book is filled with great stories about each of these qualities. I've got some stories, too, thanks to Shelter Rock members and friends and the way they and our staff have responded to the challenges and opportunities of the pandemic.

All of Gary's leading causes relate to the work of developmental ministry, but two stand out. Connection is obvious in the way that our Caring Committee and the new Community Captains are reaching out to their neighborhood groups to check in on members. Connection is apparent in the many Zoom conversations and emailed messages of encouragement. Connection is palpable when our youth and young adults deliver groceries or much-needed supplies to those who should not or cannot leave their homes. Connection is what makes us a community.

Agency is what many of our members find in creating ways to help. Making calls as a Community Captain. Sewing masks and sharing them with groups and individuals in need. Waiting in a parking lot, at a correct social distance, to collect food for a shelter. Teaching someone to use Zoom. Properly masked and at an appropriate distance, sharing an internet connection with someone who doesn't have a computer. Singing a song for all of us to hear. Our children and youth, video-recording the words of other children and youth for this Sunday's Earth Day worship service.

Connection and Agency are crucial to individuals who long for life filled with meaning and purpose. Connection and Agency are essential for a congregation that longs to live into its mission and vision. The pandemic is revealing the deep aquifer of interconnection and purpose at Shelter Rock. These two causes of life are filling our reservoir of vision: a loving religious community that encourages spiritual growth and helps build a more just and joyful world.

Life. It is ours to claim.

See an interview with Gary Gunderson, author of *Leading Causes of Life: Five Fundamentals to Change the Way You Live Your Life* [here](#).

The book is available on Amazon.com [here](#).

MEMBERSHIP COORDINATOR

Abigail Highland



New Beginnings in a New Time

In times where we are so physically distanced, it has been uplifting to unexpectedly be making so many meaningful connections. I have truly been feeling the effects of our 7th Principle, respecting the interdependent web of all existence of which we are a part, in the ways that the planes of technology and the

internet have made it possible for deep connections to be made between us, virtually. These virtual connections have made me feel welcome as I begin at the UU Congregation at Shelter Rock as Membership Coordinator.

The sense of welcome that I've felt from the members and friends of UUCSR in Zoom rooms and emails is exactly what helps us experience the hospitality and warmth of Unitarian Universalism. UUs like to explain this sense of receptive acceptance as "radical hospitality," or the idea that we offer a place of refuge, healing, and community for all people. I feel grateful to have felt it from the congregation even while starting in a virtual space.

I believe that though we are in challenging times, Unitarian Universalism can offer a beacon of light and support to all who need it. I am so looking forward to getting to know the Shelter Rock community as we collectively kindle that light! Until we are able to meet in person, I am eager to connect with you via our online network.

MILESTONES

We offer our sympathies to... Gail Goldstein Koelln, Jim Koelln, and Emma Koelln as the family grieves the death of Gail's mother, Mollie Goldstein, who died on Friday, April 17, 2020. Mollie was 90 years old. Expressions of sympathy may be sent to Gail and her sister, Elana Goldstein, and their larger family:

The Goldstein Family
82-52 211 Street
Hollis Hills, NY 11427

We share the news that... long-time UUCSR member Nancy Berliner has entered hospice care at Calvary Hospital. May we hold her in our hearts and minds, and may she and her children and grandchildren feel the support of our congregation. Expressions of care may be sent to:

Nancy Berliner
Calvary Hospital, Room 302
1740 Eastchester Road
Bronx, NY 10461

DENOMINATIONAL AFFAIRS (DAC)

Robin Finnan-Jones, Chair

Unitarian Universalist Association's General Assembly 2020—

NOW OPEN TO ALL!



Rooted, Inspired, & Ready!

On April 13, 2020, the Unitarian Universalist Association (UUA) Board of Trustees passed a resolution to make the 2020 General Assembly (GA) a 100 percent virtual event. This decision alleviates the anxiety and concern shared by many about how GA might proceed given the impact of COVID-19. It also gives the Association time to plan a more robust and rewarding virtual experience.

Our 12 GA Delegates are being asked to decide whether they wish to participate as delegates to the virtual GA or withdraw completely and consider being a delegate in 2021. It is worth noting that, for many years, the UUA GA has had a delegate category—Online Delegate—for those who could not travel to the GA in-person but would represent their congregation via their computer. As we face this isolation, this massive effort to create a first-ever virtual General Assembly will be a test of our will to carry on as best we can in the face of what appears to be insurmountable odds.

A Special Opportunity

Virtual GA will anyone with a computer and an interest, and the \$150 registration fee, to participate in GA this June—a very positive gift from a not-so-positive situation that cannot allow GA to be an in-person event this year.

For those who cannot participate in the entire virtual GA (such as teachers who will still be involved with online teaching during June 24-28), there will be selected free events that could be viewed at the individual's convenience. Once we know what those events are, we will announce them.

Anyone interested in participating in virtual UU GA may register now at <https://www.uua.org/ga/off-site/registrants>.

Richard Bock for the Denominational Affairs Committee

AND NOW FOR SOMETHING COMPLETELY DIFFERENT, PT. 2

Below are 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. Movie star Clark Gable often visited the Payson's home; where was his bedroom?
2. Who was Ed Bostick and what important contributions did he make to our congregation?
3. A runway and theater chaser blinking lights in the Worship Room? How is this possible?
4. What important role did Gloria Li play in our history?
5. "There are termites in our Worship Room!" Please explain.
6. Where is the Shelter Rock (secret) hidden back stairway?
7. What does 8 Murray Avenue, Port Washington, have to do with our history?
8. Where was the original location of the organ at Plandome?
9. Why is 5 Central Drive, Port Washington, important to our history?
10. Why was there a slip-cover on the stove?
11. Are there bells in our Shelter Rock bell tower?
12. Where is the living room in the Veatch House?
13. What does Dr. A. Gale Borden have to do with our history?
14. During Worship, the choir is singing in the kitchen! Please explain.
15. What is that barn doing in our courtyard? Please explain.

LIFESPAN RELIGIOUS EDUCATION

The Rev. Dr. Natalie M. Fenimore
Minister of Lifespan Religious Education (RE)



Adult Programs

As we continue to be physically distant and staying at home, we also need to continue to stay connected. It is important to be aware of the need for support and encouragement. Don't be isolated and know that you are not alone. Connect to your friends, and family, and the congregation using all the communication channels available

to you. I recently had a smile when a group I am a part of listed "old school conference call" as an option if folks were "Zoomed out." And I, myself, have taken to writing letters or making phone calls when I thought some people might be flooded with online messages.

Shelter Rock continues to be a lifespan learning community—virtually. Currently, we support the following Adult Programs online. They are listed on the UUCSR website:

Medical Qigong for Seniors led by Ashley Baldwin

Great Books and Poetry led by Bob Nuxoll

Soulful Songs and Stories led by Steve Marston and Alice Giordan

Coming soon...

Walden and Social Distancing led by Rev. Natalie

More to come...

DONATE TO UUCSR'S COLLECTION BASKET

During this pandemic, our Sunday offering goes to help those most affected by the coronavirus. This is a time of great need for families whose breadwinners have lost their jobs. Many food pantries are closed. Our donations go to one of the few still open, the Long Island Council of Churches Food Pantry on the South Shore.

There are multiple ways to give. If you to donate through our website, click on Financial Support and choose "special collection." At any time during the week, amounts donated via "special collection" support the beneficiary of our Sunday offering.

Three Ways to Donate

1. Go to the website: uucsr.org
2. Send a text to: (516) 210-2528
3. On PayPal give to: donate@uucsr.org

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



Veatch Grantees Highlighted in *New York Times*

A recent article that ran as part of [“The America We Need”](#) series in the *New York Times* highlights the important work of two Veatch grantees during the ongoing coronavirus pandemic.

The article was written by a home-health aid based in Miami, Melissa L. St. Hilaire, who suddenly found herself out of work caring for a 95-year-old woman. She had earned just \$80 a day—not enough for savings or to pay for health care. With Florida on lockdown, she can’t find work, and has quickly found herself unable to meet basic needs for herself and her 8-year-old son.

She credits two Veatch grantees for helping her to get through this terrible time. When she ran out of food, a friend told her about the [Miami Workers Center](#), a group that organizes low-income workers that has transformed itself into a mutual aid center for those in need. They welcomed Melissa and supplied her with groceries for the week. She then learned that the National Domestic Workers Alliance (NDWA) is raising \$4 million to support 10,000 domestic workers who don’t qualify for the federal stimulus, and have lost their jobs because of the coronavirus. She’ll use the money to buy food, and cover part of her rent.

These organizations are first and foremost about gaining systemic changes for low-income workers. The Miami Workers Center’s [Femme Agenda](#) campaign is seeking improvements in pay, working conditions, and healthcare for women—who disproportionately work in low-wage jobs. The Domestic Workers Alliance fights on behalf of the nation’s over 2.5 million care workers, who usually work in private homes and have no labor protections. They are successfully passing “bill of rights” for domestic workers in states across the country, including New York.

While they continue to wage these policy battles, Veatch grantees are also quickly transforming themselves into life-sustaining hubs because the very policies they are fighting to enact—paid sick leave, health care, safe working conditions—are not there yet to protect their members. Melissa’s essay is a powerful example of the impact this pandemic is having on lives that were already precariously balanced.

We continue to compile stories of the many ways Veatch grantees are organizing for vulnerable communities hit hardest. Amid loss and fear, they are using your support to care for one another, as they fight for the better world that is necessary and possible. I encourage you to [sign up for these updates here](#).

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.

UUCSR MINISTERS IN THE NEWS

April 16, 2020, Long Island *Newday* column, “Asking the Clergy,” by Jim Merritt: The Rev. Dr. Natalie Fenimore answered the question, “What do we need from faith leaders during the pandemic?”

Right now, we need to do what we have always hoped to do—but with more urgency and clarity: Call everyone to community, develop an awareness of our interconnection and interdependence, rely on the ability of faith to unite and comfort us, make available actions for justice and equity, gratitude and assistance.

In a time of social distancing and isolation, faith leaders can emphasize to those in their communities that they continue to be supported and connected. They can use technology for virtual gatherings and be “old-school,” with calls, letters, prayers. It is important that no one be alone. Leaders can support the leadership of others by developing and supporting lay leadership teams in their congregations and communities.

As people are deprived of public worship and ritual gatherings, faith leaders can remind their communities that the purpose of the rituals remains central: sustenance for the faithful. Worship, ritual,

study, and reflection in groups, online or with family at home, can continue to provide this sustaining power. They continue to be efficacious—and because the intent of our social isolation is to protect others, as well as ourselves, this distancing from gathering for worship is an act of care for our faith communities.

**Many Beliefs...
One Faith**

**We need not think alike
to love alike**

**Our faith celebrates the beauty of diversity,
and the goodness of all creation—all life**

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator

Conversations for Liberation



Conversations for Liberation is an effort that grew out of the 2019 General Assembly (GA) theme, “The Power of We.” After GA, a group from UUA staff and members of other UU organizations began meeting to respond to the need to address conflicts in our UU faith communities arising as we struggled with the call to dismantle white supremacy in

our faith movement. Out of this discernment, leaders issued an invitation for our communities to engage in a broad, shared discussion: How will we move our faith forward toward greater justice?

On Friday, April 24, 3:00–4:30 PM, you are invited to gather via Zoom for a small group ministry style conversation. We will consider three questions:

1. When is a time that you felt “the power of we” in Unitarian Universalism?
2. What is so important in Unitarian Universalism that you would be willing to sacrifice for it? And...
3. What will it take for Unitarian Universalism to fully embody “the power of we”? Together, we will reflect, share, and gather our responses.

On Wednesday, April 29, 8:00 PM, we are invited to participate in a webinar, facilitated by Jessica York, UUA Director of Congregational Life, to hear responses from other UU congregations that participated in Conversations for Liberation.

You may remember that in February and March, the SJ Racial Justice Taskforce sponsored Freedom School, a series of conversations based on essays from the *New York Times* 1619 Project. Conversations for Liberation is a valuable follow up to those earlier sessions. Whether or not you participated in Freedom School, feel free to join this effort.

To register for the session on Friday, April 24, please contact Claire Deroche at cderoche@uucsr.org or 516.472.2977. I will send you the Zoom link and the formal letter of invitation from the UUA.

To register for the follow up Webinar, [click here](#). After registering you will receive log in information from the UUA.

In the words of our UUA President, Rev. Susan Frederick-Gray, “Together, we must dig deeper to advance our shared aspiration toward a Unitarian Universalism that practices the liberating values of our theology.” Conversations for Liberation is an opportunity to grab our shovels and dig deeper.

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.

Thursday, April 23, 2020

Together to End Solitary, 6:30–7:00 PM via Zoom. To join, click on <https://zoom.us/j/685030841> The Meeting ID is 685 030 841. Or call in to 646.558.8656, 685030841# We will remember those suffering the torture of solitary confinement. This will be interactive. If you wish to do one of the readings, please email me so I can send you the text ahead of time. cderoche@uucsr.org

Monday, April 27, 2020

Collection for Littig House Food Pantry, 1:00–4:00 PM, Hadley House parking lot, 464 Main Street, Port Washington. High protein, non-perishable food like peanut butter, canned fish, canned meat, and canned beans, and rice, pasta and tomato sauce in plastic jars. Also acceptable are checks made out to “Littig House Community Center” and grocery store gift cards. Jim Smith will receive the donations and deliver them to Littig House. Don’t forget to wear your masks and gloves!

Census 2020: As a result of an undercount in the 2010 Census, New York State lost two Congressional seats and millions of dollars in Federal aid. It’s predicted that the State may lose one more Congressional seat in this census. We need to encourage everyone we know to complete the census form they have received, either by mail, online, or by phone. If folks respond now, no one will come knocking at their doors this summer. If anyone would like to call in or complete the form online and would like assistance, please contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org or 516.472.2977. (I pick up the messages from my office phone every day.)

UU the Vote: How to Stay Active During the Pandemic.

Governor Cuomo has expanded absentee voting in New York State for the primary election on June 23. If you want to avoid lines and protect your health, request an absentee ballot, complete the application, and mail it to your local Board of Elections. The Social Justice Committee will be collaborating with the League of Women Voters and the LI Civic Engagement Table to encourage full voter participation.





State of Emergence

A little over a month ago, Sophie B. Hawkins, a singer-songwriter I admire, titled her e-mail newsletter “State of Emergence,” at the time when decisions were being made to shut down New York City. I’ve been carrying these words with me ever since and, just as our lives and routines are in a constant state of

flux, the meaning this phrase holds for me changes frequently. At first, I had this romantic notion that there will come a day when we will all emerge from our homes en masse, dancing and singing “Brand New Day” from *The Wiz*, ready to build a just and equitable society from all the enlightenment we gained in isolation. While I still hope this is true for some of us, as time goes on I’ve been getting a more realistic view of what our State of Emergence might look like.

Almost immediately, we’ve already seen a series of mini-emergences. With most of commercial productivity at a standstill, well-known musicians, artists, and chefs have been sharing their talents through free online tutorials, and fashion designers and home sewing enthusiasts alike have turned to making medical garb. Overnight, faith communities like ours figured out how to remain connected and supportive through virtual community.

Keeping our times for essential Worship Service and fellowship in place, we made space for new ideas like weekday meditations, storytimes, conversations, and our fabulous Springtime Sing-a-Long. Being less hampered by commuting and busy schedules has given us more freedom for bringing each other joy, creativity and comfort.

Other emergences right now are more mundane, challenging, or even tragic. What was once the simple task of picking up a few groceries has become time-consuming and potentially hazardous. Distance learning and working from home are not easy for everyone, and some have already experienced loss of income. Our medical professionals, police officers, and firefighters are under unimaginable pressure, as are our school teachers, transit workers, store clerks, and delivery people. Many are worried about whether they and their loved ones will emerge from this terrible time at all.

Sophie B. Hawkins wrote this prayer into one of her hit songs:

As I lay me down to sleep
This I pray
That you will hold me dear
Though I’m far away
I’ll whisper your name into the sky
And I will wake up happy

Let us hold one another in our hearts now, for when we do wake up from this nightmare, some of us will emerge transformed, some of us will emerge broken, and some of us will just emerge. And we will all emerge in grief over those who did not. If we hold and whisper each other’s names now, then we will emerge held together.

Online RE Events include:

- ♦ **Bedtime Stories**, Mondays, Wednesdays and Fridays, 7:00 PM
<https://zoom.us/j/5102580374>. (See page 10 for listings)
- ♦ **RE Community Check-in**, Thursdays at 8:00 PM
<https://zoom.us/j/227568010>
- ♦ **Children’s Worship for All Ages**, Sundays at 1:00 PM (except May 3)
<https://zoom.us/j/441297739>

All are welcome!

STUDENT ACTIVITY FUND (SAF)

Karen O’Beirne, SAF Program Director

The Long Island Area Council of Unitarian Universalists Congregation (LIAC), sponsors a program that pays eligible students to intern at qualified non-profits. Since 1973, over 800 Long Island UU youth have participated in the SAF Student Internship program, a grant-program funded by the Unitarian Universalist Veatch Program at Shelter Rock.



The first step for SAF participation is to fill out this school year’s application. Eligible students must submit the online application by May 15, 2020. Eligible students must be entering their senior high school year or be registering for continuing education in the Fall of 2020.

Eligibility, application form and program information are on LIAC’s website LIACUU.org, on the [SAF Student Internship page](#).

Being accepted to the program does NOT obligate the student to start an internship at any particular time. Dates and times of internships are flexible, depending on the student’s schedule. Once a student is accepted into the program, internships can happen anytime up to April 30, 2021. Accepted students MUST attend a Zoom Orientation Meeting on May 16, 2020.

We are proud to offer the opportunity for our UU youth to grow and learn, while making a difference in our world while earning money for their continuing education.

Please contact SAF Program director Karyn O’Beirne, by email or phone with any questions (SAFdirector@liacuu.org, 631.748.5013).

WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues



The Long Line of Survivors

As I sit in my kitchen, planning on reducing my consumption of food, I think of the food insecure, the closed food pantries, and the growing emergency situations in neighboring communities. Although there is always need, it is unprecedented now. Closed businesses and layoffs have drastically worsened the problem of

food insecurity. While I was able to restock my pantry at Stop and Shop a few days ago, hungry people cannot. I am fortunate enough to have a pension and Social Security, I don't have to worry about losing my job, paying the rent, or not being able to provide for small children. In addition, I come from a long line of survivors. I planted my vegetables.



Pleasant Village Community Garden

When times were difficult for me, my Aunt Rose assured me that I come from that long line of survivors. After she divorced, she moved to East Harlem and founded the Pleasant Village Community Garden in 1982. This garden still exists and provides the ability to plant, harvest, and feed people living in poverty, in food deserts. PBS describes a food desert as an area without grocery stores that provide opportunities to purchase fresh food. Nearly 24 million Americans live in food deserts. This problem has contributed to the rise of obesity and diabetes. Community gardens have addressed this need.

Today, during this pandemic, some of us complain about the isolation and lack of stocked shelves in our supermarkets. The poorest, while wondering what will happen if all the stores close, now contend with closed community gardens. Even the opportunity to help themselves, to garden and prepare for their basic sustenance is drastically reduced. Cornell Cooperative Extension, following the recommendations of the Center for Disease Control and other organizations, as well as the executive

order of our Governor to "shelter in place," closed their gardens. Some other gardens are opening with adaptations. The *New York Times* reports that community gardeners are figuring out how to do their work. They came up with ways to garden in a pandemic. No more than five gardeners at a time show up to work. Wheelbarrow handles are wiped down with bleach solutions. Weekend tour guides have become social distancing directors. Instead of closing gardens, a garden member decided to compile pandemic advice based on science: how to harvest, share tools, swap seeds, etc. The director of a group in New Orleans said: "This is why we build community. It's to take care of each other in times of need." These adaptations provide some hope.

Jobs with Justice, a Veatch grantee, asks that we be there for working people and show solidarity. Homelessness, unemployment, crippling poverty, and food insecurity were all parts of the lives of the immigrant community before this pandemic. They ask that we pay our housekeepers for their time off. They ask for donations as their emergency assistance fund for immigrant worker families is down to \$1,000. They fight for Best Market workers who do not get protection and hazard pay.



You can add to the line of survivors by donating to [their solidarity fund](https://www.jwj.org/solidarityfund), or send a check to:

*LI Jobs with Justice, Solidarity Fund
390 Rabro Drive
Hauppauge, NY, 11788*

The Long Island Council of Churches needs our support for their Emergency Food Pantry which will stay open as the need for food grows. As their determination to help continues, they experience a sharp decline in direct delivery food donations.

You can donate: LICC website, LICCDonate.org or Amazon.com and have items shipped directly.

Not all of us can plant and grow a portion of our own food. Our own community gardens remain closed. However, there are things we can do. We can donate to the above organizations and ensure that the line of survivors gets longer and longer.

COMMUNICATIONS DEPARTMENT

Jen Sappell, Communications Manager

Recently, some in our community received an email purportedly from Rev. Jaye Brooks asking for gifts cards for people in need.

The real Rev. Brooks wrote, "With all the good people are doing, there are always a few..."

Please do not click on links without checking on the sender's address. Ask yourself if the email address, language, and grammar are reasonable. Please pause to think, "Is this a reasonable request?"

Phishing: Don't Take the Bait!



Phishing is the name for emails (or texts or phone calls) that pretend to be from someone trusted. Often gift cards or cash are requested, but sometimes, a recipient is invited to click a link or open an attachment that can trigger malicious code.

A good rule of thumb with emails you're not expecting is to reach out to the sender through another channel (call, text, visit website).

If you have have been the recipient of a phishing email related to UUCSR, please forward the email to UUCSR Congregation Operations Administrator Adam Barshak (abarshak@uucsr.org).

Scammers often spoof phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.

Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.

Consider changing your password, which is recommended regularly, whether or not you've received a phishing attempt.

If you provided financial information to anyone you now suspect of phishing, contact your bank or credit card company for guidance.

Please be reassured that the MYUUCSR database and website (uucsr.org) are both fully secure.

If you have any questions, please contact Communications Manager Jennifer Sappell (jsappell@uucsr.org, 516.472.2980). Calls will be returned. Thank you.

GREEN SANCTUARY COMMITTEE

Ellen Council, Chair

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

Earth Day and the Coronavirus

Earth Day began on April 22, 1970. This was the first time our nation addressed the importance of protecting our planet. This one-day demonstration awakened us to a sense of urgency about the health of the environment. Over 20 million Americans' rallied. They voiced their concern over the polluted air and water. As a result, for the ensuing decade 28 critical environmental laws were passed. These protections are now being lowered and decimated. We are facing a challenge we cannot readily undo: climate change and emerging problems like the coronavirus.



Under this administration, environmental laws are being weakened. Public lands, forests, water, and air are causing the eco-systems to be negatively impacted. Habitats for many species are being lost; as biodiversity is being lost, we are unleashing new problems. The rise in cancers and autism in our country can be linked to widespread use of pesticides and reliance on gmo crops, factory farms and antibiotics on these animals to keep them healthy. Yet, we eat them.

In China and Southeast Asia, the eating of exotic and domestic animals is commonplace. Pangolins, monkeys, and bats are consumed as are dogs and cats. They carry diseases. As long as this kind of consumption continues, there will be more viruses. Remember the SARS epidemic in 2003! As long as we eat animals raised on factory farms or use quick-fix feeding methods, we will have epidemics like "mad cow" disease.

Climate change is also due to human activity. By choosing to continue investments in fossil fuels, instead of asking for clean renewable energy, by destroying rain forests for agriculture or cows, supporting a mono-crop culture, where soil is disappearing, and by heedlessly depending on plastic products, our oceans and animal life in it are doomed. Current appointees to the Environmental Protection Agency are opponents of good stewardship, as are other heads of agencies in office. They do not protect us or the earth.

This Earth Day is different. The coronavirus is killing thousands everywhere. Rising, warming sea levels submerge islands and cities. Coral reefs and the creatures dependent on them are decimated. Our warming climate is producing more moisture in the air breeding more pathogens. Our eco-systems and the inter-dependent web of all life is on notice: a clear signal for change.

What will you do to make a difference this Earth Day?

Elaine Peters for the Green Sanctuary Committee

Bedtime Stories:

Live on Zoom at 7:00 PM—<https://zoom.us/j/5102580374>
 All are welcome.

This week is Critter Week

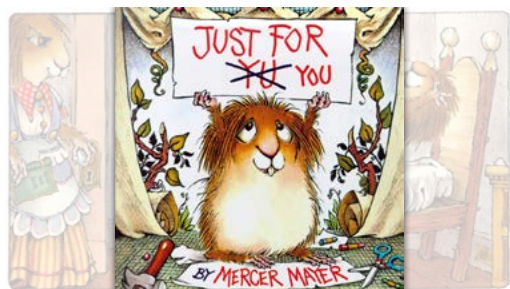
Wednesday, April 22

There Is No Such Thing as a Dragon by Jack Kent



Friday, April 24

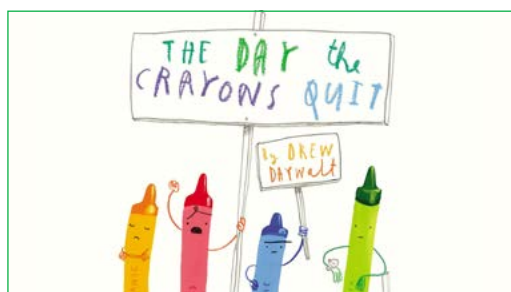
Just For You by Mercer Mayer



Modern Classics Week

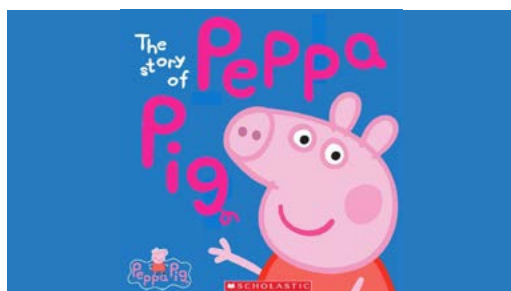
Monday, April 27

The Day the Crayons Quit, written by Drew Daywalt,
 illustrated by Oliver Jeffers



Wednesday, April 29

The Story of Peppa Pig
 created by Mark Baker and Neville Astley



1. It is in the Veatch House—the main floor—and has been renamed the Terrace Room. When the actor Clark Gable was visiting the Paysons, he slept in that (bed) room.
2. Ed Bostick was a long-time member at Plandome; he was one of the first soloists in our choir. When he passed away, he left a significant sum to Shelter Rock specifically for much-needed organ repair and upgrade. A plaque is mounted on the side of the organ honoring his gift.
3. A highlight to the Member Event's schedule was the annual musical production *Showtime*. Its last production, *The Best of Showtime*, featured a runway down the center of the Worship Room complete with blinking chaser lights.
4. Gloria Li was our long-time office secretary/manager at Plandome. For a time, she did just about everything in the church office!
5. The support columns on the courtyard side of the Plandome Worship Room were infested with termites. The congregation undertook a massive construction project to replace the beams. During the construction, our Worship Services moved to the Blue Room.
6. It is in the Veatch House Library and leads up to what was Joan Payson's bedroom.
7. Our congregation's first official home—a private house in Port Washington converted to our first church building.
8. It was in a pit behind the chancel table hidden from sight. When we re-built the Worship Room, the organ was moved to the choir loft.
9. Caroline and Arthur Veatch lived there.
10. At 8 Murry Avenue, our congregation's first official home, the kitchen was used as a space for our RE classes; the stove was slipcovered to hide it and make the room more attractive to the young children.
11. Not as yet. Perhaps someday we'll hear the peal of bells.
12. There is NO living room! The closest space that might be called a living room is the Ballroom; it retains the name from the original Payson days.
13. A. Gale Borden, MD, was Caroline Veatch's physician; he was one of the people responsible for bringing Caroline to our congregation.
14. During the termite renovation at Plandome, Worship Services were relocated to the Blue Room. There was a kitchen off the Blue Room and the choir sat and sang from that space.
15. Long-time member Nino Luciano, having retired from his successful career as an opera singer, began a new business: building restoration. (NYC's Tavern on the Green was one of his big projects.) One of his acquisitions was the Hick's Family Barn (yes, Hicksville). As a social event, we held a very successful and festive "barn raising" in the Courtyard at Plandome.

ONLINE/VIRTUAL EVENTS ANNOUNCEMENT

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 22, 2020

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

THURSDAY, APRIL 23, 2020

Living Alone During Social Distancing, 11:00 AM
Together to End Solitary Confinement Zoom, 6:30 PM
Board of Trustees Meeting, 7:00 PM
Choir Gathering, 7:30 PM
RE Community Check-In, 8:00 PM

FRIDAY, APRIL 24, 2020

Great Books Poetry UUCSR, 12:00 PM
Community Captain Check-In, Group 1, 1:00 PM
Meditative Moment, 2:00 PM
Conversations for Liberation Discussion Group with Racial Justice Task Force Zoom, 3:00 PM
LGBTQ+ Zoom Meeting, 7:00 PM
Bedtime Story, 7:00 PM

SATURDAY, APRIL 25, 2020

Community Captain Check-In - Group 2, 10:00 AM

SUNDAY, APRIL 26, 2020

Sunday Worship: Earth Day: A Prayer for Relief, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Children's Worship, 1:00 PM
Small Group Ministry - First Sunday, 1:30 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
Great Books Poetry UUCSR, 12:00 PM
Meditation and Poetry, 2:00 PM
Community Captain Check-In - Group 3, 3:00 PM
Bedtime Story, 7:00 PM

TUESDAY, APRIL 28, 2020

Living Alone During Social Distancing, 11:00 AM
President's Operations Task Force Meeting, 2:30 PM
Small Group Ministry Fourth Tuesday Meeting Via Zoom, 7:00 PM
Committee on Ministry - Zoom meeting, 7:30 PM

WEDNESDAY, APRIL 29, 2020

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

SUNDAY, MAY 3, 2020

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

MONDAY, MAY 4, 2020

Annual Royalties Report Meeting, 10:00 AM
Bedtime Story, 7:00 PM

TUESDAY, MAY 5, 2020

Living Alone During Social Distancing, 11:00 AM
President's Operations Task Force Meeting, 2:30 PM
RE Committee Meeting, 7:00 PM
Membership Committee Meeting, 7:30 PM

WEDNESDAY, MAY 6, 2020

Budget Hearing, 10:00 AM
Women Talk Daytime Zoom Meeting, 12:30 PM
Wednesday Afternoon Conversations with Rev. Brooks, 2:00 PM
Social Justice Committee Racial Justice Task Force Meeting, 3:00 PM
Publicity and Promotions Committee Meeting, 7:00 PM
Budget Hearing, 7:00 PM
Bedtime Story, 7:00 PM
Wednesday Evening Conversations with Rev. Brooks, 8:00 PM

THURSDAY, MAY 7, 2020

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

FRIDAY, MAY 8, 2020

LGBTQ+ Zoom Meeting, 7:00 PM
Bedtime Story, 7:00 PM

SUNDAY, MAY 10, 2020

Small Group Ministry Second Sunday AM Via Zoom, 9:30 AM
Worship Service, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Children's Worship, 1:00 PM
RE Grade 8 Coming of Age class meeting, 2:00 PM

MONDAY, MAY 11, 2020

Bedtime Story, 7:00 PM

TUESDAY, MAY 12, 2020

Art Committee Meeting, 4:00 PM
RE Community Check-In, 8:00 PM

WEDNESDAY, MAY 13, 2020

Social Justice Committee Meeting, 3:00 PM
Bedtime Story, 7:00 PM

FRIDAY, MAY 15, 2020

WG Book Series Zoom Session, 3:30 PM
Bedtime Story, 7:00 PM

SUNDAY, MAY 17, 2020

Worship Service, 11:00 AM
Virtual Coffee Hour, 12:00 PM
Children's Worship, 1:00 PM

MONDAY, MAY 18, 2020

Bedtime Story, 7:00 PM
Meditation and Poetry, 2:00 PM

TUESDAY, MAY 19, 2020

Living Alone During Social Distancing, 11:00 AM

WEDNESDAY, MAY 20, 2020

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

THURSDAY, MAY 21, 2020

Living Alone During Social Distancing, 11:00 AM
RE Community Check-In, 8:00 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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Secretary: John Ryan

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Members of the Board of Trustees

Terry Bain

Iliza Bartels

Shanti Carole Flot

Chris Hilke

Brian Muellers

Barry Nobel

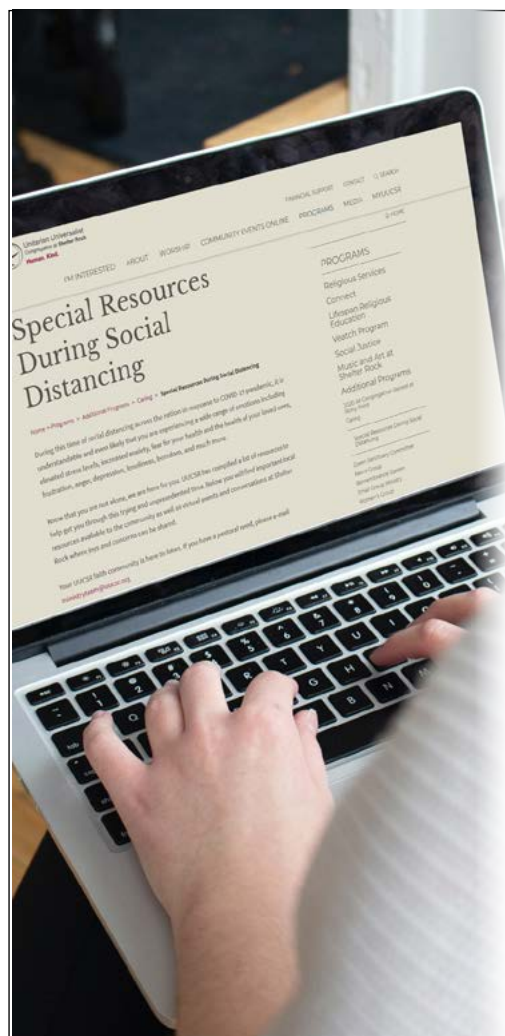
Robert Nuxoll

Rebecca Smith

April 22, 2020

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, May 6, 2020 | Submission Deadline: Thursday, April 30, 2020



Special Resources During Social Distancing

UUCSR Caring Committee has compiled a list of resources in response to the COVID-19 pandemic to help get you through this trying and unprecedented time.

Visit uucsr.org/help

Visit uucsr.org/help for important local resources available to the community as well as virtual events and conversations at Shelter Rock where joys and concerns can be shared. Know that you are not alone, we are here for you.

► **Community Resources:**

Web links and hotlines to local resources from NYS to county level

► **Shelter Rock Connections:**

Live Conversations and Weekly Recorded Video Messages

► **Mental Health & Recovery Resources**

► **Shopping & Prepared Food Resources**

Your UUCSR faith community is here to listen. If you have a pastoral need, please email ministryteam@uucsr.org.