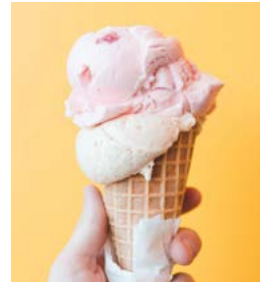




The Quest

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



July 15, 2020

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

SUNDAY, JULY 19, 2020, 11:00 AM

The Rev. Jennifer L. Brower

Have You Ever? Have you ever had an experience of awe? You know, a direct experience of that transcending mystery and wonder, affirmed in all cultures which moves us to a renewal of the spirit and an openness to the forces which create and uphold life, as our Unitarian Universalist sources cite? Join us this morning for a reflection in song and the spoken word. Today's music is offered by the Cosmic Orchestra.

SUNDAY, JULY 26, 2020, 11:00 AM

Green Sanctuary Committee and The Rev. Jaye Brooks

Greening the Globe One of our UU Principles is respect for the interdependent web of existence of which we are a part. This recognition of interdependence with the Earth and all its inhabitants calls us to minister to the Earth—to be stewards of it—to treat it as a sanctuary. Surely this calling begins at home, whether on the grounds of our Shelter Rock congregation or within the homes we each inhabit.

SUNDAY, AUGUST 2, 2020, 11:00 AM

The Rev. Dr. Natalie M. Fenimore and Long Island UUs

Our Living Tradition is a collaboration with other Long Island Unitarian Universalist congregations to highlight our UU community as vital, connected, and continuing through the pandemic and beyond. UU clergy and members from Long Island congregations will participate in readings and an unprecedented musical video collaboration. The Sunday offering/plate collection will benefit LIAC.

SUNDAY, AUGUST 9, 2020, 11:00 AM

The Rev. Dr. Ken Reeves, Guest Minister

These days we give thanks for our long-standing relationships and the familiar traditions, which provide grounding and structure to our days. This Sunday, we welcome to our virtual pulpit The Rev. Dr. Ken Reeves, who returns to UUCSR—his home congregation—every summer.

FRIDAY, AUGUST 14, 2020, 8:00 PM

The Rev. Jennifer L. Brower

Soulful Sundown returns with the Cosmic Orchestra for a first-ever August evening Service. "Where music lies at the heart of the religious experience."

TOUCHSTONES

The Rev. Jennifer L. Brower



During my childhood and teen years, New York City was covered in graffiti. Some of it was vulgar. Much of it, pretty pointless adolescent rebellion in stylized scrawl or simple "tags" of identity. But some was good—and very good! Some rose to the level of artwork. In that vein was the work of now well-respected artists like Jean-Michel Basquiat and Keith Haring, who used their street art to offer social

commentary and enduring messages.

Their work and that of other street artists focused on duality: having and having not, wealth versus poverty, power, racism, inner versus outer experience. The works prompted the viewer's introspection, offered a critique upon social structures and systems of oppression, and reflected the everyday truths in the communities where the works were displayed.

Although I don't miss thick marker scrawl all over the inside walls of a subway car, I do appreciate street art—both imagery and messages left by others, known and unknown. I belong to a few social media groups dedicated to posting images of street art and am blessed that friends share their street finds with me, too.



In every socio-political-historical context, there is art—by the people, of the people, for the people—found where the people transact the business of daily life, which communicates moral outrage, imagination, humor, resilience and the hopes of people

Continued on page 2

TOUCHSTONES

Continued from page 1

as interpreted by the artist. Street artwork functions as a mini-sermon, and in times of social strain or a pandemic, as a source of meditation or a reminder to “keep the faith.”

I share with you these images to hold in your heart and your mind’s eye.



In closing, I offer you this image, found by Soulful Sundown musician Eugene Ruffolo on the pole of a street light.



May it reassure us that even when the human community gets us down, there is still reason to hold out hope and cause to be counted among the good people.

Yours in Faith,
Rev. Jennifer

MINISTERS' PROGRAMS

- ◆ Mondays, 2:00 PM: [Meditation and Poetry](#), presented by Rev. Dr. Natalie Fenimore
- ◆ Tuesdays, 11:00 AM: [Living Alone During Social Distancing](#), Zoom live with Rev. Jennifer Brower
- ◆ Wednesday, 2:00 PM: [Messages](#), presented by Rev. Jaye Brooks
- ◆ [Wednesday Afternoon Conversations](#), 2:00 PM: Zoom live presented by Rev. Jaye Brooks
- ◆ [Wednesday Evening Conversations](#), 8:00 PM: Zoom live presented by Rev. Jaye Brooks (program ends July 30)
- ◆ Thursdays, 11:00 AM: [Living Alone During Social Distancing](#), Zoom live with Rev. Jennifer Brower
- ◆ Fridays, 2:00 PM: [Meditative Moments](#), presented by Rev. Jennifer Brower
- ◆ Second Friday evenings monthly, 8:00 PM: [Soulful Sundown](#) led by Rev. Jennifer Brower with the Cosmic Orchestra

New! [Living with Children During the Pandemic](#), led by Rev. Dr. Natalie Fenimore. See page 4 of this *Quest* for information.

MINISTRY TEAM

- ◆ Worship Services are available every Sunday and thereafter on uucsr.org, Facebook, and YouTube.
- ◆ Visit uucsr.org/worship any time for gatherings of music, reflection, and prayer.
- ◆ See the front page of this *Quest* for upcoming Services.
- ◆ The UUCSR ministry team is available. Please email ministryteam@uucsr.org.

Ministry Team Summer Vacation and Leave Schedule (chronological order)

Rev. Jennifer Brower	July 13–26
Rev. Dr. Natalie Fenimore	July 26–31
Rev. Jaye Brooks	August 3–9
Rev. Jennifer Brower	August 17–23
Rev. Jaye Brooks	August 24–31
Rev. Dr. Natalie Fenimore	August 31–September 11

MILESTONES

We celebrate with... Rhonda Kessler upon the the acheivement of a PhD by Danny Kessler, Rhonda’s eldest son. Danny was recently awarded his Doctorate in Wellness Tourism from Youngsan University in Busan, South Korea. After residing in Busan for the past thirteen years, and teaching English at the University there, Danny will now broaden his teaching career in an area he is most passionate about!

CONGREGATIONAL AFFAIRS

Mark Hartman, President Board of Trustees



Now that the top of my calendar reads July, I know we've begun a new year. However, our expectations are very different than they were a year ago. A month ago, we held a virtual Annual Meeting. For someone who tries to read the body language of those in attendance, the experience was surreal. I don't know (and have received very little feedback) whether members were just grateful to be able

to come together in a virtual community and move forward to the new year by electing new leaders, approving a budget, and renewing our commitment to social justice and the denomination by approving over \$4,000,000 in Veatch grants. Alternatively, did those in attendance feel disconnected as virtual participation replaced in-person participation? Perhaps a mixture of the two combined with other feelings?

I don't know about anyone else, but I miss the occasional unanticipated participation by a member. I welcome the opportunity to hear a unique idea presented by a member who has the courage to exercise the privilege and rights contained in our 5th Principle. In moderation of course. After all, at one time, I easily could have been the one who would choose to exercise that right. I can't help but wonder whether in some brave new world of virtual participation, it will become less likely that members will choose to speak out at Congregational Meetings.

With that in mind, this month, I will ask the Board of Trustees to seek recommendations from the Bylaws Committee regarding conducting business meetings of committees and the Veatch Board of Governors through virtual technology. If the Board believes that changes in our Bylaws are warranted, my hope is those changes can be brought to the Congregation the next time we meet.

This summer, the Board of Trustees is planning to meet once in July and once in August. There is much work to be done. In the next column, there is a notice for the formation of a Board-appointed Task Force in connection with the COVID-19 Contingency Fund. Please read that notice and consider nominating someone (self-nominations are welcome) to serve.

This August will mark Rev. Jaye Brooks' one-year anniversary with us as Developmental Minister. Next month, I anticipate the Board will meet with Jaye to discuss her goals for this year and her progress thus far.

This fall will also mark the return to Shelter Rock of a Minister

in Training. (We used to call this person a Ministerial Intern.) I am sure her experience here will be very different than what she had initially anticipated. Nevertheless, it will be our collective responsibility to provide an experience that will serve her well as she continues her training.

Until next time, stay tuned and be safe.

Mark

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

CONGREGATIONAL NOTICE

Mark Hartman, President Board of Trustees

COVID-19 Contingency Fund Task Force

Now that the Congregation has approved almost \$120,000 to be used to fund a COVID-19 Contingency Fund, the next step will be to develop plans for how this Program should be implemented and to identify organizations that should receive financial assistance. The Board intends to appoint a Task Force to address these matters and would like members of the Congregation who are interested to volunteer or to propose another member whom they believe would be well qualified to work on this project.

Suggested names of members to serve on this Task Force should be sent to Tammy Weil by e-mail (TWeil@uucsr.org) or regular mail (UUCSR, 48 Shelter Rock Rd, Manhasset, NY 11030). The deadline for submission of names is Friday, July 24.

Although the charge for this Task Force has not yet been developed by the Board, we expect that the first task of this group will be to outline the parameters of this Program and criteria for selection of organizations based upon directions from the Board. After the parameters and criteria have been established, the Task Force will be asked to identify suitable organizations to recommend to the Board.

Mark Hartman, President
Jana North, Vice President
Toni Logue, Secretary
Brian Muellers, Treasurer

CONGREGATIONAL AFFAIRS
Mark Hartman, President Board of Trustees

Board of Trustees Agenda: Tuesday, July 21, 2020

7:15 PM I. Opening Words: Ministers/Mark Hartman, President

7:25 PM II. Minutes: Toni Logue, Secretary
June 2020 Board Meeting Minutes

7:35 PM III. Member Resource Committee:
Monica Schlichting, Chair
Reaffirm Committee Chairs/Members with CY21 Term
Eligibility

7:45 PM IV. Update on COVID-19 Member/Congregational Status:
Rev. Jaye Brooks, Rev. Jennifer Brower,
Rev. Dr. Natalie Fenimore, and Adam Barshak, COA

8:00 PM V. *Reopening Task Force Phase II Safety Plan: Jana
North, Vice President, Rev. Dr. Natalie Fenimore, and
Adam Barshak, COA

8:20 PM VI. *Minister's Summer Vacation Schedule:
Rev. Jaye Brooks, Rev. Jennifer Brower and
Rev. Dr. Natalie Fenimore

8:30 PM VII. *Request of Bylaws Committee to Evaluate
Committee Meeting / Voting Requirements:
Mark Hartman, President

8:45 PM VIII. President's Report: Mark Hartman
Revise November 2020 Congregational Meeting Date to
November 8
COVID-19 Contingency Fund Parameters
Colloquy Committee—Next Steps

9:15 PM IX. Good of the Order: Mark Hartman, President

* Visit uucsr.org/myuucsr for Congregational Meeting Packet

MUSIC AND PERFORMING ARTS COMMITTEE
Rachel Zampino, Chair

CABARET XVIII – Plans for the 2020 Show!

While we are all experiencing the solitude of the COVID-19 era, our Music and Performing Arts Committee's Cabaret Planning Team has been busy planning our 18th edition of Cabaret at the Rock. The team is fully aware that we will not be doing business as usual this year. We plan to present a virtual Cabaret with our talented cast of merry music makers. More than two dozen members have signed up to be a part of the event that raises funds for our very special Ed Miller Memorial Music Scholarship Fund. Also, we plan to spotlight the Best of Past Cabaret Stars, as a bonus feature.

During the Sunday, June 7 virtual Worship Service, the two 2019–2020 scholarship winners performed via Zoom and were each awarded \$3,200. This was possible because you have been most generous in supporting the memorial scholarship program. The planning team thanks you and hopes that this November, at the virtual Cabaret presentation, you will again be generous as we continue to support high school graduating seniors going on to study music at the graduate level. As an added treat, because we will be presenting a virtual cabaret, we have invited our former scholarship winners to submit a performance. It will be most interesting to see how the past 26 awardees have matured musically since we began the memorial scholarship program.

We encourage you to watch for future articles in the *Quest* detailing just how you can view the show and send in your contribution. The show date remains Saturday evening, November 7, 2020. The curtain is at 7:30 PM. Mark your calendars—don't miss this great opportunity to support your fellow UUCSR members and friends!

Richard Bock
Cabaret XVIII Music Director

LIFESPAN RELIGIOUS EDUCATION

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



Living with Children During the Pandemic

Parenting (and grandparenting) is such a joy, but also a worry: *Are you doing all you can to make the best life for your children? Are they growing into the happy, healthy, caring, emotionally strong, and resilient people you hope they will be?*

These pandemic days are an added challenge for families: no in-person school, no in-person social life, loss of the usual rituals and touchstones. There is anxiety and trauma all around—and also compassion, support, and hope available. Let's come together and talk about what we are experiencing during this time and how we can help each other get through the pandemic.

We will meet via Zoom, Thursday, July 23, 2020, 7:00–8:00 PM, (<https://zoom.us/j/98261192436> or call in to +1 646 558 8656, Meeting ID: 98261192436). Additional Zoom meeting dates in August will be scheduled.



The Intersection of LGBTQ and Racial Justice

Last month, we celebrated Pride—a season in recent years that has been cause for celebration for all the enormous gains made within the LGBTQ community, from marriage equality to inclusive adoption and foster care laws. Indeed, rights for queer people have come a long way since the Stonewall Riots of 1969.

But just as that historic rebellion, 51 years ago, was driven by the queer community's response to over-policing and police brutality—so too are the protests and uprisings currently sweeping the country, and the world.

The parallel experiences within these two communities have driven many LGBTQ and racial justice groups towards a moment of introspection over the last few months. Both broader movements have, at times, advanced their work without centering the needs of the most marginalized members of both communities: queer, trans, and gender nonconforming people of color who face disproportionately higher rates of violence, discrimination, harassment and death than others within their communities.

In our last [Veatch News Update](#) we caught up with Bruce Knotts, executive director of the [Unitarian Universalist United Nations Office](#) (UU@UN)—a Veatch project-based grantee with the goal of promoting the UU values of peace, liberty, and justice as reflected in the United Nations Charter—to talk about the intersection of LGBTQ and racial justice. As a white man married to a Black man, Bruce told us he and his husband, Isaac Humphrey, live at the “nexus” of race and sexual orientation bigotry. “My husband must face the world as a Black gay man and navigate both racial bigotry and homophobic bigotry,” he said. “There are times when one feels worse than the other, but on balance, both hurt and limit my husband’s ability to move forward in this world.”

Bruce has spent much of his career drawing parallels between the struggles of these two communities. In 2006, while still working at the State Department, he invited Keith Boykin, a Black gay journalist, to speak at a Pride event about objections to LGBTQ people serving in the military. “The reasons were unit cohesion and combat readiness,” said Bruce. “He compared these arguments with reasons given by members of Congress who objected to racial integration of the US military—unit cohesion and combat readiness.”

His personal and professional experiences have led Bruce to continue pushing for equality at the intersection of LGBTQ and racial justice. In 2014, he presented a statement on LGBTQ rights during the 12th session of the Open Working Group (OWG) on Sustainable Development Goals (SDG)—the only statement to explicitly mention LGBTQ people and rights. He has also led the group to advocate for an end to the criminalization of same-sex relations, globally—an act still punished by 80 countries globally, eight with the death penalty.

As a closing thought, Bruce mentioned that some of the greatest champions for human rights have been both Black and LGBTQ. “We owe them a great deal for making our country more equal,” he said.

Veatch has long supported organizations like [UU@UN](#) that have approached their justice work at the intersection of the needs of both people of color and the LGBTQ community. I encourage you to learn more about some of these inspiring groups in our most recent [Veatch News Update](#). Their work has always been rooted in the values espoused by Black trans activist Marsha P. Johnson, that there should be “no pride for some of us, without liberation for all of us.”



Isaac Humphrey and Bruce Knotts at the UN with Alicia Garza, co-founder of Black Lives Matter

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.

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



What Will You Do to Get Out the Vote?

When we held trainings for UU the Vote back in January, we heard these words from UUA President Rev. Susan Frederick-Gray: “Our UU values of interdependence, democracy, and the inherent worth and dignity of all people are direct antidotes to the fear, bigotry, and inequity that define our world.

In this political moment, UUs are called to join forces with all people who want to organize our communities and our nation to #VoteLove and #DefeatHate. Let’s UU the Vote in 2020!”

Rev. Frederick-Gray’s words say to me that when we cast our ballots, whether in person or by mail, we shouldn’t do it alone. There should be dozens of other people voting because each of us did our share to convince others that voting is important and that every vote does count.

There are many ways that we can help get others to vote, even during this time of social distancing and staying at home, and the team at UU the Vote has the resources we need. We can encourage civic participation by joining phone banks, writing letters, and writing postcards.



On Thursday, July 16, 6:00–8:00 PM, UU the Vote is partnering with Showing Up for Racial Justice (SURJ) to call folks in Georgia to have values-based conversations that move the hearts and minds of community members.

If you haven’t phone-banked before, it’s not as hard as you might think. If you can use a laptop or PC and a phone, you can do it. There’s always a training session with a script before the actual calling starts. The numbers you call are computer generated so the person you call never sees your phone number. I’m planning to participate, and I’d love to have nine others join me for Team Shelter Rockers. [Click here to register for the July 16 phone bank.](#)

Since our UU the Vote Training in January, many UUCSR members are already preparing letters to be mailed to voters in key states just before the election reminding them to vote. You, too, can do this by [clicking here for directions and letters](#), which you print and then add a personal message.

Finally, many get out the vote organizations are sponsoring postcard campaigns to remind voters of election dates and other important information. I am currently in contact with the area coordinator for Reclaim Our Vote about their postcard campaign focused on communities of color in Georgia, Alabama, Virginia, Texas, and Mississippi—states with a long history of voter suppression. If you’d like to be part of this effort, please send an email to cderoche@uucsr.org with “Write Letters/Postcards” in the subject line. As soon as we’re ready to launch this project, I’ll be in touch.

Remember: when you vote this November, don’t do it alone!

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, July 23, 2020

Together to End Solitary Confinement, Virtual Event, 6:30–7:30 PM. Join members of the Social Justice Committee as we remember those suffering the torture of solitary confinement. Join here: <https://zoom.us/j/98363632628>, or join by phone: +16465588656, 98363632628#

Tuesday, August 11, 2020


The Eighth Principle: What Does It Mean in Practice? Virtual Event, 3:00–4:00 PM. The Racial Justice Task Force invites you to join them for a conversation with Elaine Gross, founder and president of ERASE Racism on Long Island. An expert on addressing structural racism, Elaine will offer her perspective on how UUCSR members could “accountably dismantle racism and other oppressions in ourselves and our institutions.” To join the conversation, click: <https://zoom.us/j/96521389292>, or join by phone +1 646 558 8656, 96521389292#

Supporting Those in Need

We can’t all be out on the streets protesting, but if you want to donate to support those who can, you’ll find ideas [here](#). This is a list of organizations in Minnesota that is updated regularly.

Virtual Commemoration of the 75th Anniversary of the U.S. Bombings of Hiroshima and Nagasaki

Thursday, August 6, 2020 | 7:30 PM

- 
- ▶ IT IS TIME TO BAN NUCLEAR WEAPONS.
 - ▶ IT IS TIME TO END RACISM, MILITARISM AND POVERTY.
 - ▶ IT IS TIME TO ACT NOW TO SAVE PEOPLE FROM WAR, PANDEMICS AND GLOBAL CLIMATE CHANGE!

"A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death."

—Martin Luther King, Jr.

SPEAKERS: EMILY RUBINO, *Director of Policy & Outreach, Peace Action NYS*
REV. JAYE BROOKS, *Unitarian Universalist Congregation at Shelter Rock*
REV. JENNIFER L. BROWER, *Unitarian Universalist Congregation at Shelter Rock*
DESERI TSEPETIS, *Programs Associate, Peace Action NYS & LI Alliance*
MARGARET MELKONIAN, *LI Alliance for Peaceful Alternatives*

MUSIC: FARAH CHANDU *and* WILLOW INTERFAITH WOMEN'S CHOIR
THE UUCSR CHOIR *and* ORCHESTRA *conducted by* STEPHEN MICHAEL SMITH

Co-sponsors: Hofstra University Center for Civic Engagement; Homecoming Farm; LI Teachers for Human Rights Hofstra; North Country Peace Group; Pax Christi Long Island; Peace Action Matters@Hofstra; South Country Peace Group; UUCSR Shelter Rock Forum


LIVE EVENT available on **Thursday, August 6, 2020 | 7:30 PM**

uucsr.org/Hiroshima * facebook.com/uucsr * youtube.com/uucsr

Available on demand thereafter



Unitarian Universalist
Congregation at **Shelter Rock**
Human. Kind.

48 Shelter Rock Rd, Manhasset, NY 11030
uucsr.org | 516.627.6560 | 



Long Island Alliance for Peaceful Alternatives
www.longislandpeace.org • 516-741-4360
www.facebook.com/LIAllianceforPeacefulAlternatives



Invisible Strings: An RE Summer Program for All Ages
Sundays, July 19–August 30, 1:00–2:00 PM, live on Zoom
<https://zoom.us/j/92267973577>

Just as the 7th UU Principle affirms that we are all part of the interdependent web of existence, the children's storybook, *The Invisible String*, by Patrice Karst says that every being is connected, heart-to-heart, by invisible strings. While we remain physically distant, we'll explore ways to deepen and strengthen these invisible strings through story, song, games, dance, and worship. All are welcome to join Carson Jones, George Weisman, and Suzanne Viverito for a dynamic Summer Sunday experience!

Coming up this Sunday, July 19! Last week, we started filling our very own Useful Pots (an empty jar, box, glass, or other container) with special things that symbolize something for which we are grateful. For this Sunday, join Zoom with an item that represents something you like about yourself. The story we'll be hearing is *Ish*, written and illustrated by Peter H. Reynolds. A careless comment causes a young artist to doubt their craft until someone helps them see things from a fresh perspective. George will lead us in some meaningful music, and we'll play some super-fun movement games with Suzanne! Please register your family today here: www.uucsr.org/RE

UU Kids Connect, An Inter-Congregational Summer Adventure!

Summer Power Hours for rising grades K-5, Mondays and Wednesdays, July 20–August 31, 11:00 AM–12:00 PM, live on Zoom.

Summer Socials for rising grades 6–8, Fridays, July 24, August 7, 21, 3:00–4:00 PM, live on Zoom.

Introducing a brand-new way to connect with UU kids from all over! A collective of UU religious educators from congregations throughout New York and New Jersey have come together to craft an eight-week journey through all the Unitarian Universalist Principles, including the proposed Eighth Principle. Families are invited to engage in this exciting new endeavor where we will share stories, play games, make music, and deepen our faith as we grow further into being the kind, compassionate, justice-seeking people we all strive to be.

This inter-congregational collaborative has already well-exceeded our initial expectations! So far, we've seen participants from ten states, plus Canada, and we're thrilled to be creating this space for cross-country connections between UU children and youth.

There's still time to get in on this unique 8 weeks of fun and connect with UU kids from all over North America. This program is absolutely free of charge! Zoom links will be e-mailed following your registration. Please feel free to contact Carson at cjones@uucsr.org with any questions.

Rising K-Grade 5 may register at:
<https://onrealm.org/uumontclair/PublicRegistrations/Event?link-String=NzVlODU1ZTgtMDJhMiooNDFmLWE1MzQtYWJkMzAx-N2Q5ZjRm>

Rising Grades 6-8 may register at:
<https://onrealm.org/uumontclair/PublicRegistrations/Event?link-String=NGNiNGY5NDYtMzBlNyooMzMwLTkzMDYtYWJkYjAx-MjkwMzI1>

New series led by Rev. Dr. Natalie Fenimore: See page 4 of this *Quest* for "Living with Children During the Pandemic."

ART COMMITTEE

Tinna Kopelow, Chair



The Art Committee has been cancelling scheduled exhibits and workshops due to the coronavirus crisis. The Congregational Art Show and plans for the Committee Art Show were also dropped.

Nevertheless, we are replacing this annual exhibit with a unique Zoom event, “Creativity in our Congregation During These Trying Times.” This opportunity

to share will occur Friday, August 14, 3:00–5:00 PM. Required registration is available here: <https://zoom.us/meeting/register/tJwtdOmqrDktEtog9vmwKBG59QJoQWX3hbVJ>. Zoom directions for joining will be emailed following registration.

Art Committee member Shirley Alt, who proposed this idea, will facilitate. Any member can attend to share and/or listen.

Many of us are creative in our daily lives in ways that we simply do not recognize or label “creative.” Especially in these difficult times, what gives us a sense of peace? Finding new ways to connect with people when you cannot be physically present with them is challenging. You may be unaware that you are “creative” when you take a photo of an arrangement you made from your garden and send it to a friend who needs cheering up. It can be as simple as taking the time to set the table for a nice meal even though you live alone, or in the early morning for a few moments to really observe and listen to the birds’ conversations.

This is creativity in action: finding joy, finding strength. We hope you will join us with your stories; or just come to listen. Stories keep us strong and connected. Let us not lose this connection to each other.



GREEN SANCTUARY COMMITTEE

Ellen Council, Chair

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

Our Yards Can Be Habitats

A good yard takes a conscientious effort. What this means is not a neatly trimmed lawn, not perfect looking bushes and plants.

This means one that permits biodiversity. On a yard-by yard basis, this can be done so that our communities serve everything that lives in our area. It affords different styles of gardening and yard maintenance. In the United States, the National Wildlife Federation is promoting this strategy by working for wildlife in different ways. Metropolitan and suburban areas are becoming wildlife havens as a result of their concerted management and efforts to help biodiversity.



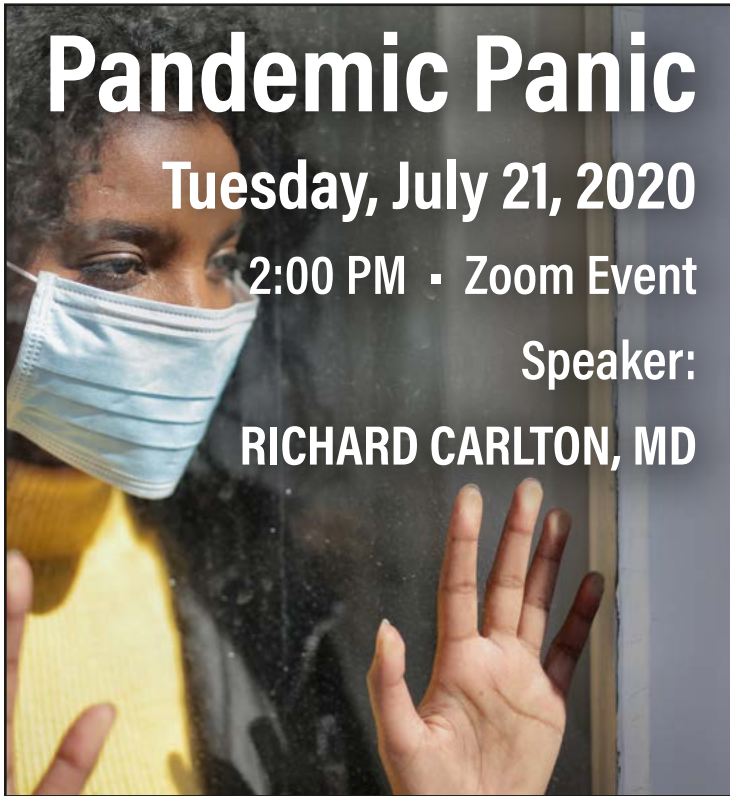
Biodiversity is the variety of life that makes ecosystems resilient. Within healthy ecosystems there are birds, bees, butterflies, and other wildlife. Without healthy ecosystems, there is a rise in infectious diseases such as the West Nile virus and Lyme disease. Thus, the microbes that carry these diseases increase rapidly. Other creatures carrying them (hosts) can then do so without competitive barriers. Biodiverse backyards can protect us against problems like black-legged ticks.

For the past two years, 157 sites in six major metropolitan areas were studied by the NWF. This included two types of parks (fragmented patches and larger areas) and four types of residential yards. All NWF habitats are certified and categorized according to specific standards. They can be managed and fertilized by lawn care companies, or have no fertilizer or professional lawn maintenance. Water conservation via rain barrels or xeriscaping, or a community’s watering rules are integral to the plan. Nesting places like bushes or bird houses are also necessary.

This year, Smithsonian Gardens Director Barbara Faust teamed up with the National Wildlife Federation. She installed the Certified Wildlife Habitat sign (CWF) at the National Museum of Natural History’s new Pollinator Garden. The Dead Wood is Life Garden emerged. It highlights the benefit of dead wood and leaves located outside the National Museum of American History. A Moongate Garden was also erected where depictions of dragonflies and their benefits are shown. In total, there are 14 exhibits throughout the Smithsonian’s 45 acres.

The gardens at the Smithsonian are inspirational. Our front and backyard areas can be, also. We can manage our own property in a biodiverse fashion through professional services or by being hands-on. All it takes is a bit of planning. The birds, bees, butterflies, and other creatures will thank you and the Earth, also.

Elaine Peters for the Green Sanctuary Committee



Pandemic Panic

Tuesday, July 21, 2020

2:00 PM - Zoom Event

Speaker:

RICHARD CARLTON, MD

Dealing with the stressors of long-term isolation.

The Pandemic is making people anxious, sleepless, scared, depressed, and angry. If you're feeling anxious or depressed, that's understandable—and you are not alone. Learn some tips for coping.

Psychiatrist and author Dr. Richard Carlton, M.D., an innovator in the field of Integrative Psychiatry, will discuss the importance of diet, nutrient supplements and mindfulness meditation and the effect that they have on our BRAIN, our MOOD, and our BEHAVIOR.

Join Zoom Meeting:

<https://zoom.us/j/93695494323>

Dial by your location:

+1 646 558 8656
(Meeting ID: 936 9549 4323)



With 45 years experience in holistic/integrative medicine and psychiatry, Dr. Carlton has a lifetime's worth of "pearls" to share with us.

Women's Group

Book Series

2020-2021 SCHEDULE

The Book Series is an opportunity to gather and discuss recently read books. A new book has been chosen for each month. Please contact Staff Liaison, Sharyn Esposito, to learn more (sesposito@uucsr.org or 516.472.2960).

Third Fridays, monthly, at 3:30 PM

Normally held at UUCSR, but currently being held as Zoom sessions until further notice

Fridays	Book Titles
July 17, 2020	<i>American Dirt</i>
August 21, 2020	<i>Dear Edward</i>
September 18, 2020	<i>A Spool of Blue Thread</i>
October 16, 2020	<i>The Dutch House</i>
November 20, 2020	<i>All The Flowers in Paris</i>
December 18, 2020	<i>Apeirogon</i>
January 15, 2021	<i>The Peabody Sisters</i>
February 19, 2021	<i>A Woman Is No Man</i>
March 19, 2021	<i>The Book of Longings</i>
April 16, 2021	<i>We Are All Completely Besides Ourselves</i>
May 21, 2021	<i>The Sea Wife</i>
June 18, 2021	<i>The Water Dancer</i>

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, JULY 15, 2020

7:00 PM Green Sanctuary Virtual Committee Meeting
7:00 PM Summer Bedtime Stories
8:00 PM Wednesday Evening Conversations

THURSDAY, JULY 16, 2020

11:00 AM Living Alone During Social Distancing
7:30 PM Virtual Choir Gathering

FRIDAY, JULY 17, 2020

2:00 PM Meditative Moment
3:30 PM Women's Group Book Series
7:00 PM LGBTQ+ Zoom Meeting

SATURDAY, JULY 18, 2020

10:00 AM Caring Committee Meeting

SUNDAY, JULY 19, 2020

11:00 AM Sunday Worship: *Have You Ever?*
12:00 PM Virtual Coffee Hour
1:00 PM Invisible Strings: An RE Summer Program for All Ages
1:30 PM Small Group Ministry First Sunday Weekly Zoom Meeting

MONDAY, JULY 20, 2020

9:30 AM Medical Qigong for Senior Health Online Classes
11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
12:00 PM Great Books–Great Conversations
2:00 PM Meditation and Poetry
7:30 PM Cabaret XVIII Planning Meeting

TUESDAY, JULY 21, 2020

11:00 AM Living Alone During Social Distancing
2:00 PM Pandemic Panic: Dealing with the stressors of long-term isolation with Dr. Richard Carlton
7:15 PM Board of Trustees Meeting

WEDNESDAY, JULY 22, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
2:00 PM Messages
2:00 PM Wednesday Afternoon Conversations
7:00 PM Summer Bedtime Stories
7:30 PM Small Group Ministry Second Sunday meeting
8:00 PM Wednesday Evening Conversations

THURSDAY, JULY 23, 2020

11:00 AM Living Alone During Social Distancing
6:30 PM Together to End Solitary Confinement Virtual Program
7:00 PM Living with Children During the Pandemic, led by Rev. Dr. Natalie Fenimore

FRIDAY, JULY 24, 2020

2:00 PM Meditative Moment
3:00 PM UU Kids Connect: Summer Socials for Grades 6-8
7:00 PM LGBTQ+ Zoom Meeting

SATURDAY, JULY 25, 2020

10:00 AM Worship Committee Workshop

SUNDAY, JULY 26, 2020

11:00 AM Sunday Worship: *Greening the Globe*
12:00 PM Virtual Coffee Hour
1:00 PM Invisible Strings: An RE Summer Program for All Ages

MONDAY, JULY 27, 2020

9:30 AM Medical Qigong for Senior Health
11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
12:00 PM Great Books–Great Conversations
2:00 PM Meditation and Poetry

TUESDAY, JULY 28, 2020

11:00 AM Living Alone During Social Distancing
3:00 PM Our Whole Lives for Adults Check-in
7:30 PM Committee on Ministry—Zoom meeting

WEDNESDAY, JULY 29, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
2:00 PM Messages
2:00 PM Transcendentalist Conversations
2:00 PM Wednesday Afternoon Conversations
7:00 PM Summer Bedtime Stories
8:00 PM Wednesday Evening Conversations

THURSDAY, JULY 30, 2020

11:00 AM Living Alone During Social Distancing

FRIDAY, JULY 31, 2020

2:00 PM Meditative Moment
7:00 PM LGBTQ+ Zoom Meeting

SATURDAY, AUGUST 1, 2020

10:00 AM Worship Committee Workshop

SUNDAY, AUGUST 2, 2020

11:00 AM Sunday Worship: Our Living Tradition
12:00 PM Virtual Coffee Hour
1:00 PM Invisible Strings: An RE Summer Program for All Ages

MONDAY, AUGUST 3, 2020

11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
12:00 PM Great Books–Great Conversations
2:00 PM Meditation and Poetry

TUESDAY, AUGUST 4, 2020

11:00 AM Living Alone During Social Distancing
7:00 PM BOT Agenda Planning Meeting
7:00 PM RE Committee Meeting

WEDNESDAY, AUGUST 5, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
12:30 PM Women Talk Daytime Zoom Meeting
2:00 PM Messages
2:00 PM Wednesday Afternoon Conversations
7:00 PM Summer Bedtime Stories

THURSDAY, AUGUST 6, 2020

11:00 AM Living Alone During Social Distancing
7:00 PM Observing the 75th Anniversary of Hiroshima and Nagasaki

FRIDAY, AUGUST 7, 2020

2:00 PM Meditative Moment
3:00 PM UU Kids Connect: Summer Socials for Grades 6-8
7:00 PM LGBTQ+ Zoom Meeting

SUNDAY, AUGUST 9, 2020

9:30 AM Small Group Ministry Second Sunday AM Meeting
11:00 AM Sunday Worship: Rev. Dr. Ken Reeves, Guest Minister
12:00 PM Virtual Coffee Hour
12:45 PM Men's Group Meeting
1:00 PM Invisible Strings: An RE Summer Program for All Ages

MONDAY, AUGUST 10, 2020

11:00 AM UU Kids Connect: Summer Power Hours for Grades K-5
12:00 PM Great Books–Great Conversations
2:00 PM Meditation and Poetry

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/on-demand/quest-newsletter>, and via email. Sign up for email at <https://uucsr.org/on-demand>.

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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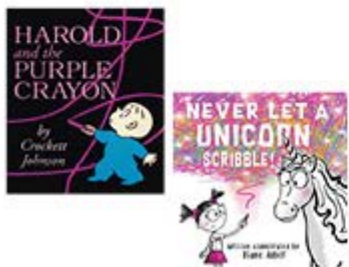
July 15, 2020

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, August 12, 2020 | Deadline for Content: Thursday, August 6, 2020



**Back to the
Drawing Board!**



July 15

**Standing Out
in a Crowd!**



July 22

**New York
Stories!**



July 29

**Classic Bedtime Stories...
about Bedtime!**



August 5