



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*



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

September 23, 2020

SUNDAY, SEPTEMBER 27, 2020, 11:00 AM
The Rev. Dr. Natalie M. Fenimore

To Forgive and To Be Forgiven Today, we honor and celebrate Yom Kippur, the Jewish Day of Atonement. During this High Holy Day, Jews seek to forgive and be forgiven. The struggle to forgive and be forgiven is present in all human relationships. Let's consider why we might engage in the difficult process of forgiveness.*

SUNDAY, OCTOBER 4, 2020, 11:00 AM
Murray Grove Worship Service

A Celebration: 250 Years of Universalist Heritage and Its Meaning for Our Time, led by Rev. Justin Schroeder, Senior Co-Minister, First Universalist Church of Minneapolis. 2020 is a big year for Universalism. It is the 250th anniversary of John Murray's famous 1770 sermon in Thomas Potter's chapel in Good Luck, NJ. We celebrate two and one-half centuries of Universalist contributions with this Worship Service streamed live nationwide in celebration of 250 years of the Universalist side of our faith tradition in the United States.*

FRIDAY, OCTOBER 9, 2020, 8:00 PM
The Rev. Jennifer L. Brower

Soulful Sundown: The Future Beckons Features spoken word and music by The Cosmic Orchestra: "Where music lies at the heart of the religious experience." * (See details on page 2.)

SUNDAY, OCTOBER 11, 2020, 11:00 AM
The Rev. Jaye Brooks

Clouds... When the storm is coming, we brace ourselves for it. We hunker down. Powerful storms are usually brief and then we come out into the sunshine. It's different when we have a stretch of prolonged cloudiness, when day after day the sky is overcast. How do we cope with the clouds that linger in our lives? Is there really a "silver lining?" Can we look at clouds from "both sides now"? We're now in a time, an era, when even the word "blue" has multiple meanings—the sadness that often accompanies cloudy skies, and the joyous celebration when the clouds clear and the sky is a deep, beautiful blue.*

* UUCSR Worship Services are broadcast LIVE on uucsr.org/worship, on Facebook, and YouTube. They are available thereafter on the same platforms and as podcast items via links on uucsr.org/on-demand, and via phone at 516.289.0020.

TOUCHSTONES
The Rev. Jennifer L. Brower



A few years back, a trainer named Steve, with whom I was working to remedy a hip issue, insisted that I take off my sneakers to do the weight training exercises that he was about to demonstrate. (I was glad to have on matching, hole-free socks that day!) That session was the first of what would become many sessions of my training in my stocking feet. On all of those days, Steve spoke about how I was using (or not using) the

different parts of my feet and toes—my foundation—and how my foundation would affect the rest of my body's strength and balance and agility. In the words of another NY-based trainer, Todd Bumgardner, "The feet, with their influential muscular contractions, set the tone for the rest of the body, and when their strength is harnessed, the whole body benefits." As I learned from Steve and his colleagues at the gym, most of us never learned to fully use the bodies in which we live, or we have developed a pattern of not accessing the fullness of our body's range of abilities, beginning with our foundational feet.

The wisdom to be gleaned, of course, is that we are more grounded, stronger, more nimble, and most fully ourselves when we use all that we are, and all that we have, as we were designed—physically and otherwise.

Recently, my son and I went on a guided, educational hike in the Catskills. As we stood listening to our guide, I happened to look down. In sandals, I could easily see our guide's feet and toes. In a way, his feet looked like hands and his toes like fingers—well, almost. Clearly, this man uses his feet in the ways described by Todd Bumgardner and my trainer, Steve! As we hiked the trails and scrambled over rocks, I couldn't help but notice that our guide was much more connected to the earth over which we traveled than the rest of us. Although easily 15 years older than I am, he moved with speed and fluid agility and grace. I marveled at how our guide has maintained access to his foundation.

Seeing in action what had long been described by my trainer, I found myself wondering what other aspects of ourselves we may never have learned to fully use. What might we now have limited

Continued on page 2

TOUCHSTONES

Continued from page 1

access to as a result of disuse? How much more to each of us is there for discovery and enhancing our living?

Like our physical selves, I wondered about which aspects of our spiritual, moral, emotional selves have been underdeveloped or fallen into disuse? And specifically, with regard to our engagement in the work of the world—in our work of bringing greater justice, mercy, and compassion to the world—are there parts of ourselves that need exercise and strengthening in order to more effectively engage in the tasks of acting justly, loving mercy, and walking humbly with our god, to quote Hebrew scripture?

I am willing to bet that each of us has strengthening to do—so I invite you to reflect upon where it is you want to create change in this world, and what you need to do in your life to help make that happen. Let's join together in the enlivening work of reflection, discernment, and strengthening. Small group Zoom discussions will be scheduled as UUCSR members and newcomers express the desire to share with one another their yearning and commitment to building the faithful foundation of their individual ministries in the larger world. We'll consider it strength training for social justice, mercy and compassion.

Wishing you health and balance in these unsettled days,

Rev. Jennifer

MINISTERIAL MESSAGE

As we begin another year in the life of our congregation, we wish to remind you of the availability of the many Caring Ministries at UUCSR. UUCSR offers members support through the Caring Committee, UUCSR Chaplains, Community Captains, the new Student Minister, and the ordained ministers.

The Ministry Team can be reached at ministryteam@uucsr.org or by call Assistant to the Ministers Kimberly Rossiter at 516.627.6560 extension 2941. Outside of regular office hours, please call the live answering service, 516.759.5496, which will put you in touch with the minister on call.

NEWCOMERS

Abigail Highland, Membership Coordinator



Sundays • 10:40-11:00 AM via Zoom

Are you new to Shelter Rock? Stop by the Welcome Space before our Sunday Services to say hi and ask questions. We look forward to meeting you!

Join Zoom Meeting: <https://zoom.us/j/91154123346>

SOULFUL SUNDOWN



Contemporary Worship

**led by Rev. Jennifer L. Brower
with the Cosmic Orchestra**

Friday, October 9, 2020

8:00 PM • LIVE

at uucsr.org/worship

facebook.com/SoulfulSundown

**Where music resides
at the heart of the
religious experience**

Soulful Sundown
Second Fridays Monthly

CONGREGATIONAL AFFAIRS

Mark Hartman, President, Board of Trustees

Members of the Congregation are invited to submit names of organizations to be considered for grants related to the COVID 19 pandemic.

The Board of Trustees has voted to establish a fund of \$120,000 to be distributed to 12 organizations in Queens, Nassau, and Suffolk in the amount of \$10,000 each. These grants are to be awarded to organizations that directly address food insecurity, homelessness, mental health, or loss of parents or guardians. Particular consideration will be given to organizations directly assisting undocumented individuals.

If you previously submitted a name for consideration for the COVID-19 grants awarded in June, this organization will automatically be considered again.

Names of organizations must be submitted no later than Monday, October 5, 2020 to Tammy Weil at tweil@uucsr.org.

COVID-19 Contingency Fund Task Force:

Terry Bain
Farah Chandhu
Diane Cohen
Claire Deroche
Jim Smith
Rick Van Dyke
Jessica Vega

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
- ♦ 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

See page 6 of this *Quest* for Lifespan Religious Education/Adult Faith Development programs:

- ♦ Our Unitarian Universalist Principles
- ♦ Book Discussion: *Jewish Voices in Unitarian Universalism*

MILESTONES

We share the sad news of... the death of UUCSR member Dee Frateschi who died on Sunday, June 7, 2020. A memorial service will not be held at this time. We hold in mind those nearest to Dee, whose hearts grieve most deeply.

We extend our care and concern to... Jim Smith as he recuperates from successful valve replacement surgery, and we offer our support to Lynn as she companions Jim in his healing. Cards may be sent to their home address:

464 Main St Apt 217
Port Washington, NY 11050-3139

We send warm and healing wishes to... Margaret Logan who is at the Stern Rehabilitation Center after a fall. Cards may be sent to her home:

26910 Grand Central Pkwy Apt 6T
Floral Park, NY 11005-1006

We share the news of... the death of Anita Vlismas, on September 13, 2020. Anita was a member of the UU Fellowship of Huntington, NY and was known to some at UUCSR. Following her wishes, no service will be held. The cause of death was cancer.

We wish every blessing upon... Monika Dorman who has made a permanent move to Arizona. Monika has moved to be near her daughter, son-in-law, and granddaughter. Cards may be sent to Monika's new address:

5082 N Via Gelsomino
Tucson AZ 85750

We give thanks for the steady healing of... Bob Nuxoll, Miriam Silverberg, and Bruce Torff who have each faced health challenges in recent days.

We offer our congratulations to... Matt Koos, son of Lauren Furst and Peter Koos, in the newly created position of National Director of Voter Protection and Election Operations for the Democratic Congressional Campaign Committee. Lauren says that "Matt is swamped with court cases and voter education as he addresses the needs of mail-in balloting and early voting." We're proud that Matt is helping to keep our election safe and every vote counted!

PHOTOS WANTED

The Ministry Team asks UUCSR members and friends to send in photos/videos of themselves or children/grandchildren lighting a chalice at home (or a candle in a cup). We hope to find a way to share these photos with our Shelter Rock community. Send to ministryteam@uucsr.org. Thank you.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



Trusted Messengers: Educating and Engaging Voters in the Pandemic

On Saturday, September 12, the Veatch Board of Governors convened virtually for their annual Fall retreat. They welcomed Natalia Salgado, Chief of Civic Engagement for the [Center for Popular Democracy \(CPD\)](#). This national grantee works with its local membership-based

affiliates to build community power and create equity and opportunity. Watch this [amazing video](#) featuring two of our local grantees in Colorado and Texas, that the Governors viewed to open the retreat and learn more about CPD's work.

Targeting Key States

Natalia outlined some of the remote, electoral organizing strategies her network is employing to motivate working class and low-income voters to participate in the upcoming elections, particularly in Black and Latinx communities. She pointed out that all of the attention to turning out suburban and white voters overlooks the reality that the votes of people of color will be pivotal in November. The goal of the Center for Popular Democracy, she explained, is to conduct voter education to 3.2 million voters in seven states: Arizona, Florida, Georgia, Michigan, Minnesota, Pennsylvania, and Wisconsin. Natalia described how CPD's long-term organizing addresses important issues that affect people directly, from affordable housing to emergency relief related to COVID-19. This work makes them "trusted messengers" in the community. People are not getting a robo call from CPD, they are getting a call or a text that engages them with someone who understands what they are facing and what they need. This intensive approach mobilizes people despite obstacles to voting, such as under-funding for the [postal service](#) and perpetuating fear about the safety of mail-in voting.



Natalia Salgado,
Center for Popular Democracy

Friend-to-Friend Outreach

Many Veatch grantees are doing exciting, strategic, and creative work around civic engagement this electoral season. This is all the more notable in light of the current limitations on traditional,

face-to-face community organizing. For instance, [United for Respect](#), another national Veatch grantee made up of Walmart and other retail employees fighting for policy changes that benefit workers, is using an app called "Empower" as a way for their members to conduct remote "friend-to-friend" outreach about the issues that are so important in this election.

Deep Canvassing

Similarly, [People's Action](#)—a Veatch grantee that is also a network of community organizations advocating for progressive policy reforms across the country—is mobilizing its members and volunteers to participate in remote phone banks, targeting voters in swing states. The group is also gaining national attention for its remote "deep canvassing" efforts—a community-organizing strategy, typically done face-to-face, that prioritizes lengthy, personal connections between canvassers and voters as an educational tool for changing hearts and minds.

In a recent article in [Rolling Stone](#), George Goehl, Executive Director of People's Action, spoke about the impact of these successful efforts on the field of community organizing. "I think a lot of political types declared phones dead years ago either as a major mobilization or persuasion tool," he said. "We think people want and need to connect and have real conversations to process everything that is happening in the world right now. There's a basic human need to be in conversation with people and it's a powerful way to relate to people in this moment that's not going to happen digitally."

Faith-Based Efforts

Faith-based Veatch grantees have also rolled out ambitious civic engagement programs. UUCSR members have been connecting with the [Unitarian Universalist Association's \(UUA\)](#) initiative called [UU the Vote](#). Their [six-part electoral organizing toolkit](#) helps prepare UU's around the country to build remote, electoral organizing infrastructures within their own congregations. The UUA also offers opportunities to engage in virtual phone banks, targeting voters in select swing states.

[Faith in Action](#)—a Veatch grantee working with an extensive network of faith-based communities to fight oppression, racism, and discrimination—is using online tools like [OutVote](#) and [BallotReady](#). The group has set a goal of contacting over one million voters throughout the course of this electoral season.

For up-to-date information about our grantees as we head into the last weeks of this historic election-cycle, I encourage you to [subscribe to our email Veatch 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.

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



Addressing Racism and White Supremacy

In the June 17 issue of [Quest](#), Rev. Dr. Natalie Fenimore wrote: “Dismantling White Supremacy Culture is not about individual racist behavior—although anti-Semites and racists exist. White Supremacy Culture is the societal belief that White, European, heterosexual, and male identities, perspectives, and experiences are

‘normal,’ rightfully dominant, of highest value, and most desired. White Supremacy Culture declares all other identities—and their cultures, identities, experiences, and perspectives to be outside the norm and marginal—and therefore these ‘others’ may be dehumanized, under-resourced, attacked, and killed with relative impunity. White Supremacy Culture is what is foundational, taught, learned, and supported by US institutions. Racist and racialized decision-making derives from and continues to be supported by White Supremacy Culture. This is a call to change a system and not just individual behavior.”

I quote Rev. Fenimore because I find this description of racism and white supremacy clear and cogent. That said, the “call to change a system” is a daunting one. Perhaps the [Breathe Act](#) is just what we need to take on this task.

The Electoral Justice Project of the Movement for Black Lives (M4BL) introduced the [Breathe Act](#) on Tuesday, July 7, 2020. It is being championed in the House of Representatives by Representative Ayanna Pressley (D-MA) and Representative Rashida Tlaib (D-MI). The Project states, “This visionary bill divests our taxpayer dollars from brutal and discriminatory policing and invests in a new vision of public safety—a vision that answers the call to defund the police and allows all communities to finally Breathe free.”

According to the [Breathe Act Toolkit](#) prepared by the UU Side with Love project and the UU Service Committee (UUSC), the bill is divided into four sections: “Section One divests federal funding from prisons and policing, and seeks to remedy the many harms against Black and brown people embedded in existing systems and practices. Section Two envisions life-affirming new approaches to community safety. Section Three allocates new funding to build healthy, sustainable, and equitable communities for all people. And finally, Section Four focuses on holding officials accountable and enhancing the self-determination of Black communities.”

To assist Unitarian Universalists in becoming familiar with the Breathe Act, Side With Love, in collaboration with UUSC has scheduled several webinars. They began this summer, but if you missed the first sessions, as I did, you can catch up. The next two

sessions are September 22 and October 13. [Click here](#) for links to the previous sessions and registration for the upcoming sessions.

While the “call to change a system” is a daunting one, there is something that each of us can do. I encourage you to explore the Breathe Act and see what you can do and what we can do together.

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

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

Elections 2020: To participate in the 2020 General Election, New Yorkers must register to vote by October 9. [Confirm your registration here](#). New Yorkers have four ways to vote: **Vote Early:** (Sat. 10/24–Sun. 11/1) Find early voting sites in Suffolk [here](#); Nassau sites [here](#); and Queens sites [here](#). **Vote By Mail:** Request a ballot by October 27 ([online, by email, phone, mail, or fax](#)). When applying due to COVID-19, select “Temporary illness or physical disability” as the reason. (This includes the potential for spreading or contracting COVID-19 illness.) **Voting Absentee** is a two-step process: you must request the ballot and then complete and return your ballot. You may request the form now. Follow all instructions on the ballot. Return immediately. **Vote In-Person** on Election Day (Tues. 11/3, 6 AM–9 PM): Voters are assigned to one poll site only. Find your poll site [here](#). If you have questions, [call your local board of elections](#).



Every Thursday until November 3

North Carolina UU the Vote Weekly Phone Bank, 6:00–8:00 PM on Zoom. Join the UU Justice Ministry of North Carolina for a phone bank in partnership with Reclaim Our Vote and the North Carolina NAACP. Register [here](#). Prior to attending the phone bank, we invite you to review this [GoogleDoc](#) which has some brief instructions. You can find other UU the Vote volunteer opportunities at <https://www.uuthethevote.org/get-involved/>

Wednesday, September 23

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. The Zoom link will be the same every month: <https://zoom.us/j/93389834659> or call +1646 558 8656, Meeting ID 93389834659.

Wednesday, October 7

Racial Justice Task Force Meeting, 3:00–4:30 PM. Join us as we plan the implementation of the Eighth Principle and anti-racist education. Join Zoom Meeting <https://zoom.us/j/92545484255> or call +16465588656, Meeting ID: 925 4548 4255.

REV. DR. NATALIE M. FENIMORE
Minister of Lifespan Religious Education



**Lifespan Religious Education/
Adult Faith Development**

Please register.
Contact Jessica Pond
(jpond@uucsr.org or 516.472.2914)

◆ **Our Unitarian Universalist Principles:**

Let's come together to discuss our UU Principles. Seven one-hour sessions beginning Monday, September 28, 7:00 PM, led by Rev. Dr. Natalie M. Fenimore.

Unitarian Universalists affirm Seven Principles, grounded in the humanistic teachings of the world's religions. Our spirituality is unbounded, drawing from scripture and science, nature and philosophy, personal experience and ancient tradition. The Seven Principles of the Unitarian Universalist Association grew out of the grassroots of our congregations and were affirmed democratically.

◆ **Book Discussion: *Jewish Voices in Unitarian Universalism***

Examine Jewish belief and practice within contemporary Unitarian Universalism with Rev. Dr. Natalie M. Fenimore and Student Minister Alia Shinbrough. The book is available on Amazon or the [UUA InSpirit Bookstore](https://www.uua.org/bookstore).
Wednesdays, October 7 and 14, 7:00 PM

ADULT PROGRAMS SPOTLIGHT

**Soulful Songs
and Stories**



We're offering songs and stories during the pandemic via PDFs, usually on the first and third Fridays. They're not your stories, but we hope they provide nourishment for heart and soul, and underscore the importance of music, song, and telling our stories.

We also suggest additional music to chase away the COVID-19 blues, and to ease your trouble in mind. The subject of the one sent out on September 18 was "Fun and Happiness"; the next one will be "Worthy—Right Here, Right Now." Get on the mailing list by registering with Jessica Pond (jpond@uucsr.org or 516.472.2914).

Alice Giordano and Steve Marston

LIFESPAN RELIGIOUS EDUCATION (RE)
Carson Jones, Lifespan Religious Education Coordinator



Online Fall 2020 RE

Please register your family for Online Religious Education classes beginning Sunday, October 4, 11:00 AM
www.uucsr.org/RE

Class Groupings and Curriculum

- ◆ Butterflies & Kindergarten: Wonderful Welcome
- ◆ Grades 1 and 2: Creating Home
- ◆ Grades 3 and 4: Feasts & Festivals (Grade 4 starts Toolbox of Faith in January)
- ◆ Grades 5 and 6: The Questing Year (full year)
- ◆ Grade 7: Spirit Lab (full year)
- ◆ Grade 8: Coming of Age (full year)
- ◆ Grades 9-12: Senior Seminar (with Grade 9 returning to complete COA in the spring)

All are welcome to join these online programs:

Family Yoga with Suzanne!

Every Sunday at 10:00 AM
Live on Zoom <https://zoom.us/j/92506047489?pwd=MLV3allJVDJoYkZPeWlmaU9jak5Odzo9>

Young People's Virtual Choir Rehearsals

Every Sunday at 10:30 AM
Live on Zoom <https://zoom.us/j/92506047489?pwd=MLV3allJVDJoYkZPeWlmaU9jak5Odzo9>

Online Children's Worship for All Ages

1st and 3rd Sundays at 1:00 PM starting October 4
Live on Zoom <https://zoom.us/j/91552748612?pwd=N1hwRXhlQkh5NFZBUjJib1JEaUJFZzo9>

Halloween Bedtime Stories

Wednesday, October 14, 7:00 PM
Live on Zoom <https://zoom.us/j/96050575106?pwd=VG5JRzdxYohqbTIzSkxQZW9YNXg4UTo9>

DEVELOPMENTAL MINISTRY HIGHLIGHTS

The Rev. Jaye Brooks

Not quite a year ago, in early November 2019, members gathered for small-group “Vision and Budget” conversations. The central ideas that emerged from those conversations made their way into the budget for this year.

Not for a moment did we imagine how different this year would be.

Now we’re in the midst of a global pandemic. Yet, still somehow, we continue to create community, encourage spiritual growth, and build a more just world. We are people of resilience and courage.

We continue, as well, our developmental ministry work—no time could be more apt to inquire deeply into the purpose and direction of this congregation. Given the pandemic, given our current circumstances (ours and the world’s), what should be the focus of our congregation’s ministry? Now and for the near future, what’s most important? Within our Shelter Rock community and from Shelter Rock to the world: What is most urgent, most needful?

How should our love and creativity meet the world’s deep need?

In mid-October (dates to be announced), the Developmental Ministry Transition Team will lead Purpose and Direction conversation circles via Zoom. It’s a time to welcome one another into community, to share ideas, to start a process that will help define our congregation’s priorities both now and for the next 5–10 years.

Why? Because to honor the religious and spiritual home that called us into community in years past, we must shape the religious and spiritual home that will sustain us in years to come.

The Developmental Ministry Transition Team

Michelle Arrowood, Janet Bendowitz, Ami Bhalodkar,
Paul Carbone, Mary Lardner, Klaus Masuch, and
Christina Richer



Vision and Budget Conversation, November 2019

MUSIC AND PERFORMING ARTS COMMITTEE

Rachel Zampino, Chair



18TH ANNUAL CABARET

AT THE ROCK

with Richard Bock as Music Director

Cabaret XVIII—Update

“Life is a Cabaret, old chum, and we love our Cabaret.” These words are traditionally sung by the cast of Cabaret each year as a part of the finale of the show. Well, life has handed us a lemon and we are making lemonade!

We are happy to share with you the return of musical artist Lois Morton who will be singing two new songs written about the quarantine experiences. And, we welcome Jake Handelman, a jazz trombone/vocalist with a swinging arrangement of a golden oldie. More cast items are forthcoming in my next *Quest* article.

Right now, please mark your calendars for Saturday evening, November 7, 2020—curtain-up at 7:30 PM. More than three dozen members and friends have signed on to help raise funds for the Ed Miller Memorial Music Scholarship Fund. We will be raising thousands of dollars via online and mail-in contributions.

Please watch future *Quest* articles for updates, and mark your calendars now for Cabaret at the Rock 2020!

Richard Bock
Cabaret Music Director

Celebrate Inspire

Be an Insider!

Did you know that Music and Performing Arts at Shelter Rock has its own Facebook page? Visit [Facebook.com/MusicatSR](https://www.facebook.com/MusicatSR) to FOLLOW the page and see special CHATS (interviews by Music Director Stephen Michael Smith), performances, and musical excerpts from Worship Services, concerts, and more.

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair

Our Fragile Ocean

In the United States, most Americans don't think about the ocean much except when the weather warms or if their livelihood depends upon it. Elsewhere, humans who rely on the ocean for food. Globally, one in four people need the fish living in our oceans.

However, as average water temperatures are continuing to rise above 2 degrees Celsius, fish are disappearing.



Our oceans are also responsible for helping fight climate change. They give us 70 percent of our oxygen. They are able to absorb 93 percent of heat trapped in the atmosphere produced by greenhouse gas emissions. As today's carbon dioxide levels increase, the oceans are becoming more acidic. This kind of water kills sea life, which includes coral and kelp, but also affects our unpredictable weather patterns. Yet we continue to heat up the atmosphere with our reliance on fossil fuels and keep dumping 8 million tons of waste into the oceans. This doesn't include industrial and agricultural runoffs which poison the coastal areas.

On Long Island, we are having a dispute on over-fishing: whether to cap what is caught or not. Without a cap and the rate of harvesting unabated, fewer fish will be left by 2050. What will remain is our discarded, unrecyclable plastics. The UN Intergovernmental Panel on Climate Change has warned us that without: "profound economic and institutional transformations," damage to the ocean as well as sea ice would be irreversible. This year, 2020, a series of international policy meetings was to be launched. Its purpose was to set global targets to help our oceans. This covered managing fish populations, restoring diversity, and controlling pollution.

The coronavirus has put a hold on talks and plans for helping our ocean. The window of opportunity for restoring the ocean is narrowing drastically. Remediation will cost billions of dollars. Twenty years from now, it will be too late to revitalize. Somehow, we must work to avoid this delay and invest in our ocean's health. We cannot afford to stop feeding a growing population and allow unchecked climate change. Although shipping has slowed down and fisheries are essentially closed, we need the oceans, so humans can live and sea creatures can, also. With renewed cooperation, we should reset our goals, eliminate what is destroying our oceans, and understand that its health and well-being is linked to ours.

Elaine Peters for the Green Sanctuary Committee

Please see back page of this Quest for a special Green Sanctuary Zoom program titled:

**Monitoring Wildlife at UUCSR:
An Introduction to Seatuck Environmental Association**

BUILDINGS AND GROUNDS COMMITTEE

Gerry Matusiewicz, Chair

An Update to the Firepit Project

The firepit, located at the edge of the wooded area behind the Worship Room has been damaged by storms and deteriorated by weather. Chris Nielsen has been working for the past year on an Eagle Scout project to restore the firepit for use by the congregation. But, like so many things, his project was delayed by COVID-19. Let's help Chris complete this project.



Eagle Scout candidate Chris Nielsen has begun construction of UUCSR's new outdoor fire ring! The project must be completed by Chris' upcoming 18th birthday to qualify for Eagle Scout rank.

Completion is scheduled by late October, but funding remains behind schedule. Chris has raised over \$1,300 independently of UUCSR. Today, donations of \$650 from members and friends will complete the \$2,000 necessary for the quality installation that has been planned for over a year.



Donate Today

\$650 will also demonstrate support for a young man who grew up at UUCSR and whose parents are UUCSR members.

Donations will be gratefully received via:

- Checks made out to UUCSR with "Eagle Scout Project" in the memo line, mailed to UUCSR, 48 Shelter Rock Rd, Manhasset, NY 11030
- PayPay using donate@uucsr.org in the account name field.

Thank you.



Mission Accomplished?

I just completed postcards urging mostly women in pivotal states to exercise their right to vote. All the while, I thought of the women who fought for this right, and how much we owe them. I wondered how they might react if they knew all the voter suppression now facing so many in key states. In my lifetime, I can't recall anything like removing mailboxes, interfering with ballot boxes, changing poll booth locations, and increasing new requirements. There has been so much interference that a Black preacher at a march in Washington, DC, told his audience that they should crawl if they have to—to get to the ballot box. Was the right to vote an achievement that can be celebrated while Southern Black women were being driven from the polls at that time? Was this mission accomplished? Hardly.

Amid all this turmoil, I celebrate the hard-won right to vote. A smile surfaces as I recall a trip the Women's Group took to celebrate the 100th anniversary of the right to vote in New York. It was two years ago. With some knowledge of the history and a kind of starry-eyed wonder at the process we would learn more about, we took the church van and toured the Women's Suffrage Museum at Seneca Falls. Wonderful memories came back to me: Vicki Spielman who was very ill but determined to join us, and Ann Jawin, in her nineties. They braved the discomfort of the ride, the pain of illness and age. It was a pilgrimage of sorts. I celebrate them, women who cared so much about women's rights. We were so lucky to have Diana Wolfson drive the church van. She hardly knew most of us, but was so very gracious and helpful.

We learned lots of things on that trip. One that was most interesting was the influence of Iriquois women. Although they were not considered citizens until 1924, they inspired white suffragists.

An emotional and even solemn event was the discovery of the Declaration of Sentiments signed in 1848 by 68 women and 32 men. I remember that we sat in an alcove in the museum and read them aloud, one by one. On the way home, we stopped at the home of Harriet Tubman, a National Historic park in Auburn. We did not know that in addition to organizing the Underground Railroad, the Moses of her people cared for her aging parents and sick and aging Black people in a building on the site. When ill, she went to the same building where she was cared for until her death. Tubman worked to promote the cause of women's suffrage alongside Susan B. Anthony.

Although many new obstacles confront us, we, as women, persist. UU the Vote is organizing many of us so that we can encourage and empower many people to vote in this year's election. As Madeline Albright said, "Voting is just the entry point. Democracy is never finished." Like our democracy, the fight for women's rights continues, needing cherished accomplishments and reinvigorated determination to achieve long-fought-for goals. The fight is unfinished. Hopefully, it will never require crawling to the ballot box.

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
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>

Creativity is a natural extension of our enthusiasm.

—Earl Nightingale



Creativity Conversation: Where Do You Find Inspiration?

Our first “Conversation about Creativity” focused on how we found ways to respond creatively to the challenges and changes in our lives due to the pandemic. This initial conversation had such a positive response that we have decided to broaden the conversation. At our next meeting, we will focus on inspiration; what it means to us, how we replenish ourselves, and how we use it to channel and focus our creativity. We invite you to join with us in the exploration of our experiences, our challenges, our responses.

Inspiration—It is the wellspring that refills us, that keeps us moving forward through the darkness. It nourishes us, sustains us. Creativity is a journey, not a destination, but sometimes the road can feel like a dark, obstacle-strewn path rather than the freeway to the stars. How do you find your way forward on any given day, any moment? What have you discovered about yourself as a result? Is this a process that can be shared with others or is it unique to each individual?

In preparation for our next Conversation, we invite you to plan to share with us something that has inspired you. It might be a work of art, a poem, music, or a feeling inspired by spending time in nature. What evokes this response for you? If you have something you’d like to share with the group (such as a painting or piece of artwork), please send your photos to Elaine (see directions below), who will coordinate the screen-sharing, as needed.

Date and Time: Friday, October 9, 2020, 2:00–4:00 PM

How to Register: Go to [UUCSR.org](https://uucsr.org), click on calendar, then Events List to register for a Zoom link, or [click here to register](#). Login information will be sent in an email (save the email for later!)

Submitting your display pieces (optional): Email your jpg photos (limit 3–4) to Elaine Corrao (ecorrao@uucsr.org) after you have registered for the Zoom meeting.

Deadline for submissions: 4:00 PM, Thursday, October 8, 2020.

Shirley Arlt for the Art Committee

Living in the Time of Covid: Son of Sandy

Here at Hadley House, “Isaias” was even more devastating than its predecessor, Mama “Sandy.” Though the storm itself was brief in time, the effects were disruptive for more than a week. NO electricity, NO lights, NO laundry, NO stove, NO refrigerator, NO AC, NO TV, NO cable. NO internet!

Now add COVID and a heat wave! Once again, Hadley House residents rose to the occasion. Adrian made sure the generator stayed on, providing light in the hallways and elevator service. Neighbors checked in on each other to assure we were all safe. After the initial storm subsided, we opened windows and doors for cross ventilation. It took more than a week for everyone to have full power and cable service restored.

With AC and TV restored, we took a breath. While we were struggling with spoiled food and sweaty brows on the inside of Hadley House, Nature was giving us gorgeous green everything on the outside. Our grounds were dotted with roses, hydrangea, and burnt orange dahlias. And if you listened, the birds were talking to each other. Creative juices flowed for many. We reached for the new and old skills we learned in our Zoom groups: exercise, Qi Gong, Guided Imagery, Zen Walk and Meditation held outdoors in our garden. We enjoyed inspirational UU Sunday Services with beautiful music via Zoom. All this helped some of us appreciate this “gift of time.” COVID and Isaias were not only harsh challenges, they sharpened our focus to what is most important to our lives: health, friendship, social interchange, our community, and Hadley House.

During Sandy, our Lounge was available to us. It was the center of our activities, with electricity and heat powered by our generator. There were tables of Bridge and Mahjong, communal meals, all organized by residents, chatting and TV news to keep us informed about what was happening outside our four walls. Due to COVID-19 restrictions, the Lounge and Solarium have been off-limits to residents for more than six months. Boy, do we miss them!

While we all have experienced this harsh time differently, some have experienced significant loss. The stress of isolation and loneliness felt by many is detrimental to health, as reported in many journals and most recently in the September *AARP Bulletin*. Here at Hadley House, it is stoked by the absence of on-site programming and access to our common areas. We must ask, “Is it creating more harm than good by keeping the Lounge and Solarium closed?” Our group is very experienced and compliant with social distancing and mask wearing. We eagerly look forward to the reopening of our common areas soon.

Hadley House Residents’ Association *Quest* Committee

Nancy Jacobson

Jerry Jalazo

Barbara Singer

Lilyan Strassman

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, SEPTEMBER 23, 2020

6:00 PM Virtual Ukulele (Practice Only)
6:00 PM Journeys: A UU Identity Group
6:30 PM Journeys: Together to End Solitary Confinement

THURSDAY, SEPTEMBER 24, 2020

11:00 AM Living Alone During Social Distancing
6:00 PM Virtual UU the Vote Weekly Bank
7:30 PM Choir Check-in on Zoom
7:15 PM Board of Trustees Meeting

FRIDAY, SEPTEMBER 25, 2020

12:00 PM Great Books - Great Conversations
2:00 PM Meditative Moment
3:30 PM Women's Group Board Zoom Meeting
7:00 PM LGBTQ+ Zoom Gathering
7:00 PM Facebook Live: Music Chat

SATURDAY, SEPTEMBER 26, 2020

9:00 AM Board of Trustees Retreat

SUNDAY, SEPTEMBER 27, 2020

9:00 AM Jazz Ensemble with Dan Pratt on Zoom
10:00 AM Online Family Yoga with Suzanne!
10:30 AM Young People's Virtual Choir Rehearsal
10:40 AM The Welcome Space
11:00 AM Sunday Worship: *To Forgive and To Be Forgiven*, Rev. Dr. Natalie M. Fenimore
12:00 PM Virtual Coffee Hour
1:00 PM Outdoor RE Family Water Communion
1:30 PM Small Group Ministry First Sunday - weekly Zoom meeting

MONDAY, SEPTEMBER 28, 2020

9:30 AM Medical Qigong for Senior Health
2:00 PM Meditation and Poetry
7:00 PM Our Unitarian Universalist Principles
7:00 PM Bylaws Committee Meeting

TUESDAY, SEPTEMBER 29, 2020

11:00 AM Living Alone During Social Distancing
1:00 PM Caring Hearts Quilters

WEDNESDAY, SEPTEMBER 30, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
2:00 PM Messages
2:00 PM Wednesday Afternoon Conversations
4:00 PM Kundalini Yoga
6:00 PM Journeys: A UU Identity Group

THURSDAY, OCTOBER 1, 2020

9:30 AM Thursday INN Cooking
11:00 AM Living Alone During Social Distancing
6:00 PM Virtual UU the Vote Weekly Phone

Bank

7:30 PM Virtual Choir Gathering

FRIDAY, OCTOBER 2, 2020

12:00 PM Great Books - Great Conversations
2:00 PM Meditative Moment
4:00 PM Community Conversations - Hadley House

SATURDAY, OCTOBER 3, 2020

10:00 AM Caring Committee Meeting

SUNDAY, OCTOBER 4, 2020

9:00 AM Jazz Ensemble with Dan Pratt on Zoom
10:00 AM Online Family Yoga with Suzanne!
10:30 AM Young People's Virtual Choir Rehearsal
10:40 AM The Welcome Space
11:00 AM Online RE Classes
11:00 AM Sunday Worship: *A Celebration of 250 years of Universalist Heritage*
12:00 PM Virtual Coffee Hour
1:00 PM Online Children's Worship All Ages

MONDAY, OCTOBER 5, 2020

2:00 PM Meditation and Poetry
7:00 PM Our Unitarian Universalist Principles
7:00 PM RE Committee Meeting (virtual)

TUESDAY, OCTOBER 6, 2020

11:00 AM Living Alone During Social Distancing
7:00 PM BOT Agenda Planning Meeting
7:00 PM Monitoring Wildlife at UUCSR with Seatuck
7:00 PM RE Committee Meeting
7:00 PM BOT Agenda Planning Meeting
7:30 PM DAC Meeting

WEDNESDAY, OCTOBER 7, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
12:30 PM Women Talk Daytime Zoom Meeting
2:00 PM Messages
2:00 PM Wednesday Afternoon Conversations
3:00 PM Virtual Racial Justice Task Force
6:00 PM Journeys: A UU Identity Group
7:00 PM Book Discussion: *Jewish Voices in Unitarian Universalism*

THURSDAY, OCTOBER 8, 2020

11:00 AM Living Alone During Social Distancing
6:00 PM Virtual UU the Vote Phone Bank
7:30 PM Choir Check-in on Zoom

FRIDAY, OCTOBER 9, 2020

12:00 PM Great Books - Great Conversations
2:00 PM Creativity Conversation: Where Do You Find Inspiration?
2:00 PM Meditative Moment

8:00 PM Soulful Sundown

SUNDAY, OCTOBER 11, 2020

9:00 AM Jazz Ensemble with Dan Pratt on Zoom
9:30 AM Small Group Ministry Second Sunday AM Meeting
10:00 AM Online Family Yoga with Suzanne!
10:30 AM Young People's Virtual Choir Rehearsal
10:40 AM The Welcome Space
11:00 AM Sunday Worship: *Clouds...*, Rev. Jaye Brooks
12:00 PM Virtual Coffee Hour
1:00 PM Outdoor RE Family Sukkot Festival

MONDAY, OCTOBER 12, 2020 COLUMBUS DAY

2:00 PM Meditation and Poetry
7:00 PM Our Unitarian Universalist Principles

TUESDAY, OCTOBER 13, 2020

11:00 AM Living Alone During Social Distancing
3:00 PM Art Committee Meeting
7:30 PM Program Council Meeting

WEDNESDAY, OCTOBER 14, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
2:00 PM Messages
2:00 PM Wednesday Afternoon Conversations
6:00 PM Journeys: A UU Identity Group
7:00 PM Book discussion: *Jewish Voices in Unitarian Universalism*
7:00 PM Halloween Bedtime Stories (virtual)
7:00 PM Developmental Ministry Transition Team
7:30 PM Small Group Ministry Second Wednesday PM Meeting

The Quest is published twice a month, except once each in July and August. Copies are available in the UUCSR Lower Lobby, <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. Submissions: communications@uucsr.org

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Next Quest: Wednesday, October 7, 2020 | Deadline for Content: Thursday, October 1, 2020

The Green Sanctuary Committee at UUCSR presents



This Zoom presentation will focus on:

- ▶ Surveying wildlife at UUCSR
- ▶ Findings on the birds, vernal pond, overall health of our property
- ▶ Future Surveys
- ▶ Status of coyotes in Whitney Woods
- ▶ Co-existence with the coyotes

Monitoring Wildlife at UUCSR

an introduction by
Seatuck Environmental Association

Tuesday, October 20, 2020
7:00 pm via Zoom

Join Zoom Event:
<https://zoom.us/j/96391592139>

Meeting ID: 963 9159 2139

Dial in: 1 646 558 8656

with **Enrico Nardone, John Turner,**
and **Mike Bottini** of Seatuck