



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](#)

November 11, 2020

FRIDAY, NOVEMBER 13, 2020, 8:00 PM
The Rev. Jennifer L. Brower

Soulful Sundown: Now What? Features spoken word and music by the Cosmic Orchestra: "Where music lies at the heart of the religious experience." *

SUNDAY, NOVEMBER 15, 2020, 11:00 AM
Rev. Patrice Curtis

UUA Director of Transformational Interim Ministries

Coming Back to You This interactive service invites each person to come back to who you are, to remember and befriend anew the vision in your mirror. *

SUNDAY, NOVEMBER 22, 2020, 11:00 AM
The UUCSR Ministry Team

Nourish the Body, Feed the Soul The Annual Thanksgiving Worship Service celebrates this community. We bring together bread from our many individual families and traditions. We share bread and stories surrounding feasting. Our bread nourishes bodies and the stories about the bread feeds our souls. The sharing strengthens our community and forms our common table.

While we won't be able to eat bread together in the same room, we can still share—so please send pictures of your family's bread. You can show yourselves baking, or buying bread. You can tell us what kind of bread you are sharing and why. We will put this all together to share. Please send your photos or video to JPond@uucsr.org by November 15. The Young People's Choir will sing and the Jazz Ensemble will play.

SUNDAY, NOVEMBER 29, 2020, 11:00 AM
Alia Shinbrough, UUCSR Student Minister

Open Hearts, Healing Hands There is a chant, what might be thought of as a healing chant, that goes "When the world is sick... can't no one be well... but I dream we were all beautiful and strong." In this time of pandemic, amidst the grief and longing, love and loneliness, we've come to know many more ways our world is sick. How might we dream ourselves into healing, to become more beautiful and strong together? *

* UUCSR Worship Services are live streamed on uucsr.org/worship, on Facebook, and YouTube. They are available thereafter on the same platforms and as podcasts. Visit www.uucsr.org/podcast. Also on NSTV and via phone at 516.289.0020.



In the spirit of unity and fellowship, the UUCSR Caring Committee invites you and your loved ones to help us build the beloved community even as we are physically distanced.

Virtual Thanksgiving

Thursday, November 26, 2020
1:00–3:00 PM

Join us via Zoom for a Thanksgiving celebration. The blessing and meal will be at 1:30 PM with songs and socializing before and after. Feast with us or join for the celebration only.

Traditional, Vegetarian, and Vegan options
Meal pick-up is available on
Wednesday, November 25, 11:00 AM–2:00 PM
in the UUCSR Main Parking Lot
Financial assistance is available upon request

Adults \$15 | Children \$10 | Due in advance
Register by Thursday, November 19
[https://uucsr.formstack.com/forms/
thanksgiving](https://uucsr.formstack.com/forms/thanksgiving)

[Join Zoom Thanksgiving HERE](#)
Meeting ID: 976 7424 8529 or dial +1 646 558 8656

Questions? Contact Assistant to the Ministers Kimberly Rossiter (krossiter@uucsr.org or 516.472.2941)



SPIRITUAL PRACTICES AT SHELTER ROCK

The Ministry Team

Small Group Ministry: Covenant Groups

There's room for you!

Called "Covenant Groups" because Unitarian Universalism is a covenantal tradition. These groups are built on a promise of how we choose to be in relationship and behave. Instead of holding in common a fixed statement of belief, we, Unitarian Universalists, promise to be for each other an affirming community of faith, in which there is encouragement for each person's search for meaning, and where all people are welcome.



Groups of up to ten participants meet monthly (or twice monthly for some groups) with two trained facilitators to reflect upon and discuss significant life topics. Whether the topic is "good and evil," "mindful living," or "letting go," the conversation is respectful and supportive and leads to greater understanding.

Small Group Ministry: Covenant Groups is a great way to get to know other people and to get to know yourself. Come, join fellow members and newcomers to Unitarian Universalism on the wonderful, winding road leading to purpose, meaning, and friendship through Covenant Groups.

Groups are forming now... Contact Lea Titza to be connected with a group facilitator (ltitza@uucsr.org or 516.472.2975).

NEWCOMERS

Abigail Highland, Membership Coordinator

Sundays • 10:40-11:00 AM



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

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

UUCSR PODCAST

Now you can listen to UUCSR Services and recorded events on-the-go. Find UUCSR wherever you get your music!

iTunes, Spotify, Google Podcasts, Amazon Music, Stitcher, Tune In+Alexa, RSS Feed

More platforms are coming soon. Visit www.uucsr.org/podcast for the full and expanding array.

New Soulful Salutations Series

Renew Your Body, Mind, Heart, and Spirit

Gentle Yoga practices are perfect for those who have never done yoga before as well as those with previous experience. The first half of the class will be a physical flow that links breath with movement (Vinyasa Yoga) and the second half will be guided restorative postures and deep relaxation.



Men's Yoga
Led by Ben Wisch



Restorative Yoga
Led by Denise DeLuca
enriched by live music by Ben Wisch, of The Cosmic Orchestra of Soulful Sundown

Saturdays, 4:00 PM

November 21, 2020
December 19, 2020
January 16, 2021
February 27, 2021

<https://zoom.us/j/94744759687>

Fridays, 7:00 PM

December 18, 2020
January 29, 2021
February 26, 2021

<https://zoom.us/j/97201604370>

Each program will run once monthly via Zoom
\$5 donation requested. Register online at uucsr.org for these professionally-led Spiritual Practices via Zoom, or pay as you go.

Ben Wisch and Denise DeLuca bring a combined 40 years of Yoga practice and study to support students in a life-enhancing experience. They lead retreats, trainings, and workshops nationwide and are excited to offer monthly classes to the Shelter Rock community interested in Yoga as a Spiritual Practice.

Please have a space with a yoga or other mat available, plus:

- Yoga strap OR a robe belt OR a necktie or two tied together
- Two yoga blocks OR several large books OR 2 shoeboxes with the lids taped shut
- Yoga bolster OR 2 blankets OR couch cushions (seat or backrest)

DEVELOPMENTAL MINISTRY HIGHLIGHTS

The Rev. Jaye Brooks



You are invited to participate in a

Purpose Conversation

7:00 PM | Thursday, November 12

1:00 PM | Sunday, November 15

Join a Purpose Conversation to share your challenges and longing, your joy and your aspirations for our beloved community. Led by the Transition Team as part of our

developmental ministry journey, these congregation-wide, small-group conversations will help set Shelter Rock's priorities and strategic plan for the next 5–10 years.

- ◆ How should our love and creativity meet the world's deep need?
- ◆ How can we best support and encourage one another?
- ◆ What is our congregation's central purpose right now?

[Join Zoom Meeting HERE](#). Meeting ID: 983 3481 0417, Passcode: 123953, or dial +1 646 558 8656

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

STUDENT MINISTER MUSINGS

Alia Shinbrough, Student Minister

What Does It Mean To Be a Learning Community?

As Unitarian Universalists, our congregations affirm and promote our third Principle, "Acceptance of one another and encouragement to spiritual growth in our congregations." This year, UUCSR has also taken on the role of acting as a Teaching Congregation with our Student Minister, Alia Shinbrough.

As a Teaching Congregation, this religious community has taken up the responsibility to provide opportunities to ground and encourage Alia's learning about the practice of ministry in congregations, as well as open opportunities for Alia to contribute their understanding of Unitarian Universalism and religious life in this community. At its best, orienting ourselves as a learning community may be an exercise in mutuality and collective spiritual growth, rather than an experience of individually inputting specific teaching and outputting particular learning.

We are called into relationship to transform and be transformed through our encounters with each other. How are we called to learn with and from each other this year, and every year? Who will we become together? What is it which you might receive through the care and cultivation of this learning community? And what is it that you might have to offer to this journey of becoming more whole together?

WE ARE A FIELD EDUCATION SITE!

The Rev. Jennifer L. Brower

This year, for the first time in decades—if not the first time ever—our congregation has the privilege of serving as a Field Education site for a student at Union Theological Seminary. This year, Jake Hearen is completing his Field Education requirement with us.

The Rev. Jennifer L. Brower is his supervisor.



Unlike Alia Shinbrough, our Student Minister, Jake is serving with us in a more narrow role, and is available far fewer hours each week. Jake will be delving deeply into our Small Group Ministry, which has limited lay leadership this year, and will be developing his pastoral care skills. Eager for you to learn more about Jake, who preached a Sunday service during the summer of 2019, we share his brief biography.

Jake (Little Shell Métis/Sámi) is originally from Austin, TX, but lived near the south Salish Sea (located in British Columbia and Washington state) for most of the past 15 years because of college and the military. He answered a call for military chaplaincy during his recent assignment to Joint Base Lewis-McChord and was supported by the nearby Tahoma Unitarian Universalist Congregation (in Tahoma, WA) as an Aspirant for UU ministry. He now attends Union Theological Seminary in Manhattan. In addition to conducting Field Education at UUCSR, he serves as a Chaplain Candidate with the Army Reserve at Fort Totten, in Queens.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

General Assembly (GA) 2021 Remains a Virtual Event

The decision has been made: GA 2021, scheduled for June 23–27, 2021, in Milwaukee, WI, will be a virtual event. The UUCSR Denominational Affairs Committee is busy putting the finishing touches on the congregational 2021 GA Guidelines and, once approved by the Board of Trustees, will be available for distribution. Please watch for more information in the next issue of the *Quest*.

Richard Bock, Chair
Denominational Affairs Committee

CONGREGATIONAL NOTICES

Mark Hartman, President

Board of Trustees Agenda Tuesday, November 17, 2020

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:10 PM II. Minutes: Toni Logue, Secretary
- 7:20 PM III. Treasurer's Report: Brian Muellers
- 7:45 PM IV. Vice President's Report: Jana North
- 8:05 PM V. Ministers' Report: Rev. Jaye Brooks, Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
- 8:25 PM VI. President's Report: Mark Hartman
- 8:50 PM VII. COA Report: Adam Barshak
- 9:00 PM VIII. Good of the Order: Mark Hartman, President

Board of Trustees Agenda Thursday, November 19, 2020

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:10 PM II. Member Resource Committee: Monica Schlichting, Chair
- 7:30 PM III. Veatch Annual Report Resolution: Mary Lardner, Chair, Veatch Board of Governors
- 7:45 PM IV. SRI Subcommittee: Rich Guilbert, Chair of Investment Committee and Sandi Cadieu
- 8:00 PM V. September Retreat Follow Up: Board Officers
- 9:00 PM VI. Good of the Order: Mark Hartman, President

Veatch News Updates **A Veatch Program Newsletter**

Now, you can be fully informed from the comfort of your screen! Receive *Veatch News Updates* every 4–6 weeks via email.

Veatch's nearly 200 grantees are engaged in important and inspiring work across this country—and the Unitarian Universalist Congregation at Shelter Rock supports this work through its grantmaking program. At Veatch, we are in regular touch with our grantees, and want to keep you in the loop as well. Previous issues have been devoted to the amazing work of Veatch grantee groups in [Oregon](#) and [New York](#), for example. Another explored the critical, [year-around civic participation work](#) of Veatch grantees—work that certainly helped lead to record voter turnout this year. [So be sure to subscribe to the Veatch newsletter](#) to receive updates on the work of grantees, thoughts from Veatch program officers, news clippings, and more.

Click to Subscribe

Or call Eileen Jamison at 516.366.9180

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Uniting and Assessing the Landscape

I hope everyone is doing well and taking good care. It has been quite a week, and as always at Veatch, we are grateful to be able to make sense of things by listening to the experiences and perspectives of Veatch grantees. In the coming weeks, as we reflect, we'll be looking ahead to the opportunities to build equity and justice in the post-election landscape.

As we settle in to supporting our grantees to assess, strategize, and play their role in bringing our country together, we'll point to some research that grantees are producing. The [Public Religion Research Institute \(PRRI\)](#) has released findings that help give us some clues as to the makeup of the American electorate, as well as some overarching themes and lessons.

One of those themes focuses on the ongoing racial and religious divide in the US, and its impact on our political system. In an election survey, they found that only 23 percent of white evangelical Protestants voted for Vice President Biden, for instance—though interestingly, this is an increase over the 2016 figure, when only 14 percent supported Hillary Clinton. Also of interest, PRRI found sizable support for the racial justice movement among the American electorate—57 percent support Black Lives Matter, 77 percent see racism as an “important problem,” and 53 percent believe the criminal justice system treats Black people unfairly. Read more about these findings in a [recent article featuring PRRI here](#).

Another Veatch grantee doing [notable research](#) is [Political Research Associates \(PRA\)](#). For years, PRA has tracked white supremacist and white nationalist groups to inform the work of other social justice groups. Given the increase in threats to the civic engagement process coming from white supremacist groups, PRA is now playing a pivotal role, helping communities prepare for ongoing intimidation and other tactics. This tracking will continue to inform strategy development in the period ahead.

In the coming days, we will be releasing a News Update that rounds up the excellent work of our grantees on the election—one that saw record turnout in states all across the country where Veatch grantees work hard every day to engage people in civic life. They are building toward the transformation our country so desperately needs, and that we know is possible.

If you have not already, please be sure to [subscribe to the Veatch Newsletter](#), *Veatch News Updates* for grantee updates and more. (See box opposite for details.)

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

Advocacy Needed for Mental Health Services

The last nine months have been difficult in ways we never would have imagined. The COVID-19 pandemic has so far caused, at this writing, 234,835 deaths in the USA alone, with Black and Brown communities hit the hardest. Hospitals and health care workers have been taxed to new limits. Although the number of mental health hospital beds was inadequate to begin with, 30 percent of hospital beds were set aside for COVID resurgence, with the result that there are even fewer beds available for people with mental illness. Entire units have been closed, and many people in crisis and seeking treatment were released into the streets. Business has slowed down, and millions of workers have lost their jobs. Food insecurity is at new highs and homelessness is on the rise. Schools are struggling to re-open. Incarcerated individuals are suffering with the virus with little or no health care, and no ability to practice physical distancing. In the midst of all this anxiety, America voted like it never had before.

One of the underlying themes of this crisis has been mental health. Those not wanting to become infected or to infect others are making tremendous efforts to observe protocols: wear a mask in public, wash hands frequently, keep a safe 6 feet from others, and avoid crowds. This has meant, in many cases, forgoing regular interaction with family and friends. This social isolation can be detrimental to one's mental health, and our media are full of suggestions for staying mentally fit.

In the midst of this economic downturn, when states are downsizing their services and budgets, the UUCSR SJ Mental Health Subcommittee wants to remind us that cutting funding for mental health services will have disastrous consequences in the long run. That's why the Subcommittee is asking you to commit to making three phone calls a week to remind lawmakers that programs like those provided by the National Alliance on Mental Illness (NAMI) in NYS must continue to be funded.

If you'd like to participate in this campaign, just follow these three steps:

1. Find the contact info for your State Assembly Member and State Senator [by clicking here](#).
2. [Click here](#) and choose your day(s).
3. Use this text to make your calls to the Governor at 518.474.8390 and your state legislators: "NAMI programs cannot go without funding. Loss of programs and support will lead to further homelessness, loss of housing for people with mental health concerns, increased hospitalizations, loss of adequate, appropriate hospital beds, more deaths by suicide and more suicide attempts, increased family crises, loss of jobs and more."

In this time of need, people of faith, more than ever, must be known by their deeds.

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.

Wednesday, November 11, 2020

Election 2020 Debrief, virtual program at 7:00 PM. (See page 6 of this Quest.)

Monday, November 23, 2020

Together to End Solitary Confinement, virtual event, 6:30–7:30 PM. Join members of the Social Justice Committee to remember those suffering the torture of solitary confinement. (The Zoom link will be the same every month.) [Click here](#). Meeting ID: 914 5526 0335 Passcode: 901854 or dial +1 646 558 8656

FINANCIAL DEVELOPMENT COMMITTEE

Cathi Zillmann, Chair



Membership and Pledge Drive



I am so glad to be a member of UUCSR. I hope that you share my feelings, and we will hear from you soon. Not much is "as usual" this year; but we are preparing to send out the "usual" membership and pledge reminder letter this week.

The Membership Renewal/Pledge Campaign has gotten farther away from its usual timing this year, and we certainly don't want anyone's membership to expire just because they didn't get the message. The membership year is July 1–June 30. Maintaining your membership is tied to making a pledge of financial support and making a payment on the pledge by December 31. So, we are now talking about the current year, 2020/21 and the last minute is in seven weeks.

So, please watch your mail for our letter, complete the form, and send it back, preferably including your first payment.

If you have questions or comments, please call me.

Cathi Zillmann
Chair, Financial Development Committee

**UUCSR SOCIAL JUSTICE COMMITTEE AND
VEATCH BOARD OF GOVERNORS**
Co-Sponsors

**Virtual
ELECTION DEBRIEF 2020**
7:00 PM
Wednesday, November 11, 2020

You are invited to join a virtual “Election 2020 Debrief” with Veatch Grantees Rosemary Rivera, Seft Hunter, and Nicole Pressley. We will examine what the results of this crucial election mean for efforts to promote economic equality and racial justice in the months ahead.

- ◆ How should people of faith respond?
- ◆ What commitments are needed to promote an agenda that prioritizes the needs of vulnerable populations and marginalized communities?

[Please click here to register.](#) After you register, you will receive an email with a link for the program.

Rosemary Rivera is the Co-Executive Director of Citizen Action/Public Policy and Education Fund (PPEF) of New York, a statewide grassroots membership organization fighting for social, racial, economic, and environmental justice at the local, state, and federal levels. Originally from New York City, Ms. Rivera has been an organizer in Syracuse and Rochester, and with Service and Employees International Union (SEIU) 1199 Healthcare Education Project. She has deep policy and organizing expertise in the area of education justice and restorative practices.

Seft Hunter, PhD, is Director of Black Led Organizing and Power Building. In this role, Seft leads Community Change’s work to build Black organizing infrastructure, challenge and eradicate historically oppressive racialized structures, and build Black political power to change the material conditions on the ground in communities of color across the country. Prior to joining Community Change, he served as Executive Director of the Kansas- and Missouri-based Communities Creating Opportunity (CCO) where he successfully led a multi-state research study to map the impact of persistent racial poverty and the differences in life-expectancy between Black and white communities in Kansas and Missouri.

Nicole Pressley is National Organizer for UU the Vote, a non-partisan program of the UUA. Through this initiative, Unitarian Universalists are answering the call to mobilize communities to #VoteLove and #DefeatHate in the 2020 elections. Prior to assuming this position, Ms. Pressley was an organizer and communications strategist working with the Unitarian Universalist Congregation of Atlanta. As UU the Vote national organizer, she strives to engage congregations in relationships “to reach beyond the walls of our congregations in order to move hearts and minds in service to justice and liberation.”

**UUCSR WOMEN’S GROUP AND LEAGUE OF
WOMEN VOTERS OF NASSAU COUNTY**
Co-Sponsors

**Zoom Twist on the Traditional
POST-ELECTION DISCUSSION AND ANALYSIS**
7:00 PM
Tuesday, November 17, 2020

**If election results are delayed:
Tuesday December 1, 2020**

with

**Craig M. Burnett, PhD, Associate Professor
Department of Political Science,
Hofstra University
Director, Kalikow School Poll Program**

Dr. Burnett received his BA in political science and history from the University of California, Santa Barbara, and his MA and PhD from the University of California, San Diego. His research focuses on state and local government, urban politics, political behavior, and electoral institutions. His research has appeared in several journals, including: *The Journal of Politics*, *Political Behavior*, *Political Communication*, *Electoral Studies*, *Urban Affairs Review*, and *Minnesota Law Review*.

Professor Burnett teaches courses on American government, urban politics, state and local government, public opinion, political behavior, as well as research methods and statistics.

Through his directorship at [Kalikow School Poll at Hofstra University](#), Dr. Burnett has three polls of interest:

[September 2020: Kalikow School Poll: Biden Widens Lead, But Voter Mistrust of Process Runs Deep](#)

[March 2020: Kalikow School Poll: Trump Approval Holds Steady](#)

[November 2019: Kalikow School Poll at Hofstra University: Mixed Signals and No Clear Favorite in 2020](#)

A fourth poll is scheduled for November 2, 2020.

[Register in advance for the Zoom meeting HERE.](#)

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

Questions? Nancy Rosenthal (nancyrosenthal9@gmail.com or 516.297.7847)

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



This year's Religious Education theme is JUSTICE. In November, we are learning about the struggle for African American voting rights and the upcoming lesson on the oppressive system of assimilation in Native American boarding schools.

We look forward to this year together of living our 2nd Unitarian Universalist Principle of Justice, Equity, and Compassion.

Just and Joyful: Online Children's Worship for All Ages

[Live on Zoom here.](#)

All are welcome to join Lifespan Religious Education (RE) Coordinator Carson Jones and RE Music Specialist George Weisman when they lead the live, interactive Children's Worship for All Ages at 1:00 PM on the first and third Sundays of each month.

Veterans Day Bedtime Stories

Wednesday, November 11, 2020, 7:00 PM

[Live on Zoom](#)

All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for this interactive storytime as he reads two family-friendly stories in honor of Veterans Day!

The Poppy Lady: Moina Belle Michael and Her Tribute to Veterans, written by Barbara E. Walsh, illustrated by Layne Johnson

Rags: Hero Dog of WWI—A True Story, written by Margot Theis Raven, illustrated by Petra Brown

"Dancing with Your Chair" in Family Yoga with Suzanne

Sunday, November 15, 2020, 10:00 AM

[Live on Zoom here.](#)

Weary of having to sit in a chair all day? Since many of us are spending more time sitting in front of computers, let's learn some ways to be more active and comfortable by centering our minds, bodies, and spirits. UUCSR member, dancer, and fitness instructor, Suzanne Viverito, leads us in this special full-hour of gentle breathing, mindful meditation, and stretching on and around and with or without the aid of our chairs this Sunday morning. This is a perfect way to get your day going. All skill levels are welcome to join! Remember, the regular half-hour format of Family Yoga takes place each Sunday at 10:00 AM, open to all ages from newborns to 99-year-olds, and beyond!

[Join Children's Worship Live on Zoom here](#) on Sunday, November 15, 2020, at 1:00 PM. Carson will share *When We Were Alone*, by David A. Robertson and Julie Flett, a young indigenous girl has a lot of questions for her grandmother: "Why does she always wear brightly colored clothing and her long hair in braids?" "And why does she often speak another language and spend so much time with her family?" The girl learns of a painful time when Native American children were separated from their families by law and forced to attend boarding schools where their culture was taken away, and her grandmother does these things to reclaim her heritage.

ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

ADULT FAITH DEVELOPMENT

Presentation on Native American Thanksgiving

Sunday, November 15, 1:00 PM

Please join WinterFlower Robinson for a presentation on the Native American experience of Thanksgiving.

[Live on Zoom](#)

Soulful Songs and Stories



Because we're painfully aware that the time of social distancing seems interminable, while other changes are occurring at a blistering pace, in our next mailing we'll consider "Time in the Age of COVID." Musical pieces are from Sandy Denny, Phillip Glass, Pink Floyd, and others—paired with words of wisdom from Fareed Zakaria, David Brooks, Lawrence Ferlinghetti, C JoyBell C, and more. The first mailing in December includes music by The Mountain Goats, John Prine, and Beethoven, and stories from Barbara Ehrenreich, Barbara Holmes, Hafiz, and David Cohen around the theme, "Don't Postpone Joy."

We'll all be feasting and dancing when the pandemic is over, but whether the pandemic ends in six months, or a year, or longer, life is too short and precious not to celebrate what we have, right here, right now.

To have Soulful Songs and Stories emailed to you, register with Jessica Pond (Jpond@uucsr.org or 516.472.2914). If you missed any of the past PDFs, you can find them at www.j.mp/uucsr-sss.

—Alice Giordano and Steve Marston

MUSIC AND PERFORMING ARTS COMMITTEE
Rachel Zampino, Chair



18TH ANNUAL
CABARET

AT THE ROCK

with Richard Bock as Music Director

CABARET XVIII

The stage manager calls, “five minutes to curtain.” The cast is doing last-minute checks in the mirrors—hair, make-up, costumes. The tech people check the microphones, the lighting cues reviewed one last time, so many details. Are the video cameras batteries charged? Oops! The pit musicians re-tuning and ready for the Music Director’s downbeat. The audience scrambling to find their seats. The stage managers call, “Cast on stage for the opening number—one minute to curtain!”

Not this year! Oh, my! If only! Cabaret XVIII will not be live at Shelter Rock! We will be coming to you via your computer or however you view our UUCSR events. The cast has been working since last summer to create a virtual Cabaret XVIII. The AV team, Pennylane, has taken every cast video and painstakingly put it all together to make your viewing experience as wonderful as possible. The motto is “The show must go on!” And it will—

(SATURDAY, NOVEMBER 14, AT 7:00 PM)

View at www.uucsr.org/cabaret
or **Facebook LIVE**

Now, we need your help more than ever. For the past 17 years, Cabaret has been the prime fundraiser for the Ed Miller Memorial Music Scholarship Fund. Year-after-year, each June, at a Sunday Worship Service, you have met the high school senior(s) selected by the Nassau Educators Music Association as the recipient(s) of the scholarship awards. This year, it will be extremely difficult to raise funds for the scholarship because we are not doing a live show in the Social Hall. Nevertheless, we are relying on your generosity. We, the cast and crew of Cabaret XVIII (50 of us!) are asking you to dig deeply into your pockets (virtually) and send your checks to UUCSR, payable to UUCSR, with Cabaret XVIII in the memo line (48 Shelter Rock Rd, Manhasset, NY 11030, Attn. Finance). When you watch the show, you’ll be reminded: “Operators are standing by...” Please don’t wait. Put your check in the mail today! Blessings...

BONUS GIFT! The Shelter Rock Music and Performing Arts Committee is happy to announce that 20 hand-crafted, handmade, quilted tote bags have been donated to Cabaret XVIII. As a bonus, a tote bag will be given to donors who make a minimum contribution of \$100.

MUSIC AND PERFORMING ARTS COMMITTEE
Stephen Michael Smith, Music Director

Cabaret XVIII Bonus Event!
Friday, November 20, 7:00 PM



UUCSR Music Director, Stephen Michael Smith with Ken Hughes and the East River Blues Band.

Facebook Live on UUCSR FB page, and Music and Performing Arts FB page, plus www.uucsr.org/cabaret

Share Your Favorite Holiday Carol With Us!

This year, many of us will be isolated from our families and friends during the holidays. Singing familiar carols together is often a meaningful holiday tradition, and like much we have taken for granted in the past, we will need to reimagine new ways of celebrating and sharing those special moments this holiday season.

**Celebrate
Inspire**

We invite you to share your favorite holiday carol, and here is how to do it: make a video! Select a verse or two of your favorite holiday carol and record it on your phone, iPad, or computer. Here is a video for you to learn how:
<https://youtu.be/K8hrL3Wjspm>

Make a solo video, make a video with your family, make a video with friends (socially, distanced, of course). Sing without accompaniment, find an accompaniment track online (try iTunes, YouTube, or search “accompaniment for (insert your choice here),” play it on the violin, the flute, the spoons, or sing along with your favorite recording!

When done, simply upload your video to this link:
<https://www.dropbox.com/request/mFBuqGJb6f8yeff5MT4e>
Click “Add files” and follow the easy instructions.

Please send in your carols by Friday, December 4, 2020.

CARING COMMITTEE
WinterFlower Robinson, Chair

LIVING ALONGSIDE CANCER

Meet and Greet for New Group Forming

Thursday, November 19, 2020 | 7:00 PM | Free

The Caring Committee is putting together a healing circle for those who are living life alongside cancer. Time together will include learning tools to manage the ongoing stress and symptoms from testing and medications, and creating healthy boundaries to keep ourselves safe. The group will meet once monthly for 90 minutes. All are welcome to this Meet and Greet opportunity. There will be an introduction to the healing circle concept, and a poll to find the best day and time for future meetings.

Caron Hunter, a holistic health-care provider and interfaith minister will be facilitating the group. Caron teaches a compassionate and empowering approach to healing, and offers over 30 years of personal and professional healing experience.

[Join Zoom Meeting HERE.](#)

Meeting ID: 811 1982 0579,
Passcode: 999147,
or dial +1 646 876 9923

For questions or Zoom assistance, please contact Assistant to the Ministers Kimberly Rossiter (krossiter@uucsr.org, 516.472.2941).



LONG ISLAND TRANSGENDER DAY OF REMEMBRANCE



November 20, 2020

Long Island Transgender Day of Remembrance is having a virtual video presentation on November 20 to honor those who lost their lives to hate crimes. For more info, [join the Facebook group, Long Island TDOR.](#)

November 11, 2020

ART COMMITTEE
Tinna Kopelow, Chair

Ceramic Workshop Update

Katy Schall has to collect the pieces from the congregation. As you are aware, the Congregation is reopening in phases, meaning not all rooms are accessible to members. Therefore, Katy had to wait for the building to re-open to get the pieces. She has now retrieved the un-fired pieces.

Katy will soon fire ALL of the pieces in a kiln. This process takes between 1-2 weeks to fully dry the artwork. After the pieces are fired, they need to be glazed. Hoping that we do not get another surge of positive cases, we will schedule another workshop to learn how to glaze ceramics. Of course, this is all contingent on NYS Forward and the Congregation's reopening policy.

We will email participants when their pieces are fully dried and ready to be glazed. Please check your email for the date and time of the next workshop, when you will learn about the next step in making ceramics.

**Calling All
Young Artists!**



3rd Annual RE Art Exhibition

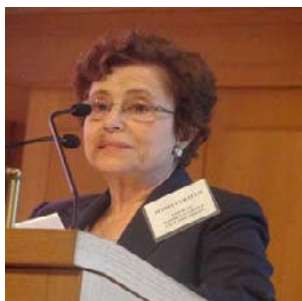
The Art Committee is producing a video of the upcoming 3rd Annual RE Art Exhibition! We are working with Carson Jones and the RE Committee to create a special online presentation. In December, a video will be posted to the Art Committee page on the UUCSR website featuring works of art created entirely by the children and youth in Religious Education (RE)!

Children and youth are invited to submit photos, scans, or short video (15–30 seconds) presentation of artwork made at home or in school. For the first time, we can easily present digitally-created works and all forms of art are welcome: paintings, illustrations, sculptures, digital drawings, short animation, photography, models, pottery, knitting, embroidery, fashion design... you name it!

Please submit photos, scans, or videos to Art Committee member Paul Kopelow at pkopelow@aol.com by December 6, 2020. Questions? Please contact RE Assistant, Jessica Pond at jpond@uucsr.org or 516.472.2914.

Live Zoom opening reception on December 13, 2020, at 1:00 PM.

WOMEN'S GROUP
Maria Ceraulo, Chair, Women's Issues



Financial Literacy and Domestic Violence

I became acquainted with Katie Porter after watching footage of her questioning Jamie Diamond who earns \$31 million as CEO of Chase Bank. She asked him questions about how wages of about \$29,000 paid by his company to single

women could possibly sustain them and their children. She demonstrated that these women were left with about \$500 in the red each month. She asked him how these women might manage. He actually had no suggestions when the obvious answer could have been simply to raise their wages by this relatively meager amount.

As she stated then, the *New York Times* related that Katie Porter was a single mom. She left a very troubled marriage where her husband physically abused her. Although leaving this marriage was difficult, she was the one who handled the family's finances and was confident that she and her children would be OK. A student of Elizabeth Warren and a law professor herself, Katie Porter knew: "It was really important to me to know that I would be able to feed and house and care for my children that next month and the month after that." One can rightly understand that, a single, less educated and knowledgeable, abused woman would find it even more difficult to leave her abuser if she had no participation or control of family finances or the ability to financially support herself and her children. She would be trapped.

A study published in June by the Swiss banking group UBS found that, contrary to Katie Porter's experience, even the most educated and high achieving millennial women were not as involved as their husbands in long-term financial decision making. The study found that millennial women have even less financial independence than boomer women. Fifty-four percent deferred to their partners for long-term financial planning rather than sharing the decision making. They believed their husbands knew more. Many may not yet know that without financial equality, they have no independence

As a response to the disturbing rise in domestic violence incidents since COVID-19, New York State has introduced a new 24/7 texting program and online service: 944.997.2121. Nassau County Police Department reported a 10 percent increase in domestic violence cases compared to last year. The Safe Center, an organization with a long connection to our Women's Group, is available anytime day or night through their hotline: 516.542.0404. If abused women have financial literacy, they may be better able to leave their abusers.

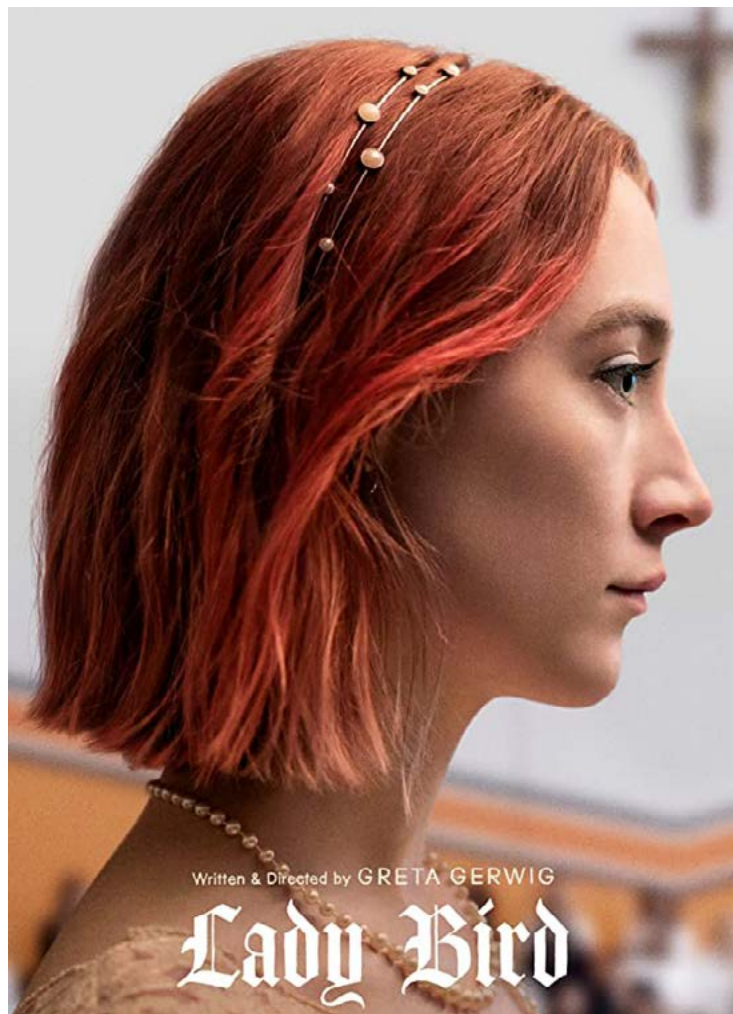
WOMEN'S GROUP
Sandra Hazel Frank, Women's Group President



Film Screening and Discussion
Friday, December 4, 2020, 7:00 PM

Join other film lovers for *Lady Bird*, the Golden Globe winner for Best Motion Picture–Musical or Comedy and Best Performance by an Actress in a Motion Picture–Musical or Comedy. Film Independent Spirit Award winner for Best Screenplay (2017).

Directed by Greta Gerwig and nominated for five Oscars, *Lady Bird* is a warm, affecting comedy about a high schooler (Saoirse Ronan) who must navigate a loving but turbulent relationship with her strong-willed mother (Laurie Metcalf) over the course of her eventful and poignant senior year of high school.



[Join us on Zoom Here](#)

Meeting ID: 978 8059 4150, Passcode: 862291

For an introduction to the movie, watch the film on Netflix (or free on your library's website, Kanopy), then access the movie and meet us back on Zoom at 8:45 PM for a lively interactive discussion! For questions on how to access Kanopy, please call Patti Paris (516.883.7277) before December 4.



Tailgate Trivia
A Fun Fellowship Event with Three Themed Trivia Games:

Entertainment (Films and TV)
Political
Survival

- Get some fresh air
- Get out of the house
- Have fun while testing your trivia skills
- Win prizes
- Enjoy camaraderie with other Shelter Rock members

Date: Sunday, November 22, 2020 (No Raindate)
Time: 1:00–3:30 PM
Place: Main Parking Lot
Who: Limited to 50 people registered in advance.
Cost: \$6.00 per person (\$5.00 towards event and \$1.00 to the Port Washington Twin Pines Thrift Shop.) Additional donations are welcome.
How: [Register Here To Reserve Your Spot](https://uucsr.formstack.com/forms/2020trivia)
<https://uucsr.formstack.com/forms/2020trivia>

Masks are required.



Lawn chairs and small tables set-up behind cars are permitted.

Snacks (candy, nuts, granola bars, popcorn and chips) and **beverages** (ice tea, juice, soda and water) will be provided.

Each team (up to four people in a family or day-to-day pod) or player, as desired, will receive a clipboard and pen for answers.

Four Prizes: one per category and one for overall winner!

November is the month to remind ourselves to be thankful for the many positive things happening in our lives. This year, to comply with the safety guidelines requiring the continued closure of our common areas, Hadley House residents are creatively adapting plans for activities and the holiday celebrations, which are so vital to our community, bringing us together and keeping us connected.

For example, instead of our annual Halloween Party in the Community Lounge, a “spirited” Halloween Parade was planned. By all accounts it was a success! Thirteen costumed participants ranging from witches to a queen and all manner of folk and felines in-between paraded in the hallways throughout the building, knocking on the doors and making a glad noise. “Haunted Hands” (white latex gloves filled with an apple) were given to apartment dwellers who opened their doors as the parade went by. And a lovely surprise of pumpkin and apple pies awaited everyone at the parade’s end in our main lobby.

In the words of Hadley House resident Jo Solomon:
An academy award would not have done them justice! The small band of Halloween paraders at Hadley House came marching through. Their creativity and amazing grasp of the symbolism of their costumes was a sight to behold. They kept bringing us, all of them, from the queen to the witches and scary gremlins, the message of playfulness and the ability to thumb our noses at adversity. At a time when the pandemic showers illness and loss; climate change crashes with fire and flood, and the walls of our democracy could be heard crumbling, at this time, our neighbors marched through making us smile. I am smiling still and will never forget how grateful I am! Bravo! Thank you, thank you.

Our plans for Thanksgiving, Hanukkah, Christmas and New Year’s celebrations are in the development stage. They will have a new look this year as residents discover alternative ways and locations to share the Hadley House Holiday Spirit. We are grateful to UUCSR for offering a virtual Thanksgiving this year as many residents, who would otherwise be with family will instead be celebrating at home.

The vitality of Hadley House was once again demonstrated by eager and dedicated participation in our national elections. Our residents have been active participants in UU the Vote and have made phone calls. Neighbors helped neighbors get to the polls.

This fall, we welcome three new residents, Lois Wolfson, Evelyn Kuntz, and Karl Krafczek, and expect another to join our ranks shortly. We are one apartment shy of full capacity. Welcome Teas will have to wait until COVID restrictions are lifted, but there have been other informal opportunities to greet and get to know our new neighbors.

We are most thankful for one another and our families near and far and for this lovely building we call our home. Happy Thanksgiving to all at UUCSR.

Nancy Jacobson, Barbara Singer, Lilyan Strassman, Jerry Jalazo

Revealing Climate Threats

Underestimating global warming and its causes is a problem for many Americans, but less so for nations elsewhere. This means that industries responsible for these catastrophes are not held accountable here. The fossil fuel and chemical industries are the main culprits. But they are not stopped from “business as usual,” although easy solutions are available.



One of the most hidden climate threats is America’s Permian Basin. This is the world’s largest oil field. In Texas and New Mexico, where it is located, the fossil fuel companies are leaking methane. These emissions are nearly three times higher than the Environmental Protection Agency reports. Permian pollution is deadly, containing toxic chemicals and air pollutants. It also forms heavy amounts of smog. This can be easily abated according to a plan of the International Energy Agency which shows companies how “to reduce the methane pollution at 1/3 no net cost.” But they will not comply.

Another not-so-hidden climate threat concerns pollution from airlines. International flights are the major cause. The International Civil Aviation Organization tackled this problem. In the spring the ICAO assessed the airlines contribution to climate pollution. They adopted new rules for its carbon offset programs. They capped climate emissions from international flights to previous 2019–2020 fossil fuels beginning in 2021. The global pandemic interfered: funds which would have been channeled to reduce tropical deforestation in this new global carbon market are now sidelined. To save money during the pandemic, the airlines pressured the ICAO to suspend its new rules.

Last is the uncharted territory of accurately monitoring the pollution of air and water caused by the fossil fuel and chemical industries. Without scientific accounting, through new sensor technology and data analysis, Americans and the communities in which they reside, will be kept in the dark. We are at risk for more ill health and environmental degradation. Currently, the EPA has weakened regulations that protect our air, water, and land. It disregards the science supporting the need for protections. Cleanups are being stalled, limited or made impossible.

As COVID-19 races across the globe, those at-risk communities with the most pollution will continue to be the most impacted. Climate threats will continue increasing as we underestimate our role in them. We must address these problems now or fixing them will become a fantasy. Let us promote changes and safeguards by supporting a government that cares.

Elaine Peters for the Green Sanctuary Committee

The Green Sanctuary Committee at UUCSR PRESENTS

Looking at Drinking Water Today and Solutions for the Future

Tuesday, November 17, 2020

7:00 PM via Zoom

Presented by
Sarah J. Meyland, JD



Zoom presentation will focus on:

- ▶ Current water problems
- ▶ Recent results from ground water study
- ▶ New drinking water standards and technology
- ▶ Necessity of water conservation now

Join Zoom Event:

<https://zoom.us/j/92031421038?pwd=dDgzQ3F3S1VCN-0VPVXlvaE1nR2FBUT09>

Meeting ID: 920 3142 1038

Passcode: 945635

Dial in: 1.646.558.8656



SARAH J. MEYLAND, JD is a water specialist with a background in groundwater protection, water resources management, and environmental law. She is an associate professor in the Department of Environmental Technology and Sustainability, NYIT College of Engineering and Computing Sciences.

Meyland has worked in New York government as the co-executive director of the NYS Legislative Commission on Water Resource Needs of Long Island. She was the watershed director for the Suffolk County Water Authority, the program coordinator for the Nassau County Planning Federation, and served as executive director of Citizens Campaign for the Environment, a not-for-profit organization.

LAND MANAGEMENT

A Project of Buildings and Grounds and Green Sanctuary Committees



Here at UUCSR, we are truly blessed with an inspiring campus that includes a significant, environmentally important woodland. A while ago, it came to the attention of the Green Sanctuary and Building and Grounds Committees that there might be coyotes afoot. Our neighbors at Greentree Foundation alerted us to their possible presence. To explore the situation, we partnered some coyote experts: Professors Lisa Filippi and Russell Burke of Hofstra University, Enrico Nardone of Seatuck Environmental Association, and Chris Nagy of the Mianus River Gorge Preserve.

Three “critter cams” were set in our woods. These cameras are triggered by movement and set to take photos day and night (with invisible infrared light). Professor Filippi has been monitoring the cameras. Data downloaded from the cameras provides us with multiple pictures of at least two coyotes. We believe there are three. They also photographed a red fox. Foxes have been seen on our property for many years. Recently, deer were documented.

In the summer of 2018, there were a number of news reports (one penned by Robert Brodsky of *Newsday*) alerting the public to coyote sightings on nearby Searingtown Road. Coyotes have apparently been in the Manhasset vicinity for years. Coyote presence on Long Island remains a relatively new phenomenon.

Omnivores, coyote usually weigh between 18–50 pounds, and have a range from Alaska to Central America, and coast to coast. They were first seen in the Bronx in the 1990s. They are primarily nocturnal and nest in underground burrows. Importantly—they are shy creatures and look to avoid contact with humans. The incidence of coyote-human misadventures is exceedingly rare.

The UUCSR coyotes have not even been seen. We only know of their existence via our critter cams. We will continue to engage our experts, monitor our coyotes, and keep the congregation apprised of news.



The Nassau County SPCA published tips to assist our coyote cohabitation:

There are some simple things we can do to avoid conflict with coyotes, and to ensure they don't lose their natural wariness of humans:

- ◆ Never feed them. If a coyote grows accustomed to being fed by humans, they will lose their fear of people, which can lead to unwanted conflicts and aggression.
- ◆ Manage rodent attractants like seed from bird feeders and fallen fruit so coyotes are not drawn to your property; voles, mice, rats and squirrels make up the majority of a coyote's diet.
- ◆ Keep garbage cans and compost bins clean and secured. In addition to preying on rodents, coyotes are scavengers who will take advantage of any available food sources.
- ◆ Keep your dog on leash when out walking, and never let your dog interact with a coyote.
- ◆ Be extra vigilant in areas coyotes frequent—near golf courses, the edges of parks with overgrown vegetation, or fields with tall grasses.
- ◆ Keep cats indoors, and monitor pets and small children outside.

If you are approached by a coyote:

- ◆ Make yourself big and loud. Wave your arms in the air, wave a stick, stomp your feet and yell, “Go away!”
- ◆ Pick up small children and pets.
- ◆ Do not run. Maintain eye contact, keep making yourself big and loud, and slowly move away.
- ◆ Report aggressive or threatening coyote encounters by calling 911.

Stephen Ruocco for the Green Sanctuary Committee

Monitoring Coyotes & Other Wildlife at UUCSR Presented by Green Sanctuary Committee and Special Guest Enrico Nardone of Seatuck Environmental Assoc.

December 1, 2020 | 7:00 PM

This Zoom presentation will focus on:

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

Enrico will also discuss Shelter Rock's red fox and deer and other wildlife. All are welcome.

[Live via Zoom](#) Meeting ID: 96086447616 Passcode: 886280

ONLINE AND ON PREMISES EVENT ANNOUNCEMENTS

Please see UUCSR.org/events for additional details on all programs.

See LIACUU.org for other area congregations.

WEDNESDAY, NOVEMBER 11, 2020

4:00 PM Kundalini Yoga
6:00 PM Virtual Ukulele (Practice Only)
7:00 PM Veterans Day Bedtime Stories
7:00 PM Developmental Ministry Transition Team
7:00 PM Election Debrief 2020
7:30 PM Small Group Ministry Second Wednesday PM Meeting

THURSDAY, NOVEMBER 12, 2020

7:00 PM Purpose Conversation
7:30 PM Virtual Choir Gathering

FRIDAY, NOVEMBER 13, 2020

10:30 AM Tai-Chi/Qigong
12:00 PM Great Books–Great Conversations
2:00 PM Meditative Moment
8:00 PM Soulful Sundown

SATURDAY, NOVEMBER 14, 2020

7:00 PM Cabaret XVIII, view online:
www.uucsr.org/cabaret

SUNDAY, NOVEMBER 15, 2020

9:00 AM Building and Grounds Meeting
9:00 AM UUCSR Jazz Ensemble with Dan Pratt via Zoom
10:00 AM Online Family Yoga with Suzanne!
10:40 AM The Welcome Space
11:00 AM Online RE Classes
11:00 AM Sunday Worship: *Coming Back to You*, with guest minister Rev. Patrice Curtis, UUA Director of Transformational Interim Ministries
12:00 PM Virtual Coffee Hour
12:00 PM RE Teacher Check-In
1:00 PM *Just and Joyful*: Online Children's Worship for All Ages
1:00 PM Purpose Conversation
1:00 PM Presentation on Native American Thanksgiving
2:00 PM Transgender Inclusion in Congregations (Sunday group discussion)

MONDAY, NOVEMBER 16, 2020

8:30 AM Medical Qigong for Senior Health–Balance!
1:00 PM Transgender Inclusion in Congregations (Monday group discussion)
2:00 PM Meditation and Poetry
6:00 PM Membership Committee Meeting
7:30 PM Finance Committee Meeting
7:30 PM Music and Performing Arts Committee Meeting

TUESDAY, NOVEMBER 17, 2020

11:00 AM Living Alone During Physical Distancing
1:00 PM Caring Hearts Quilters
3:00 PM Transgender Inclusion in Congregations (Tuesday group discussion)

3:00 PM Virtual NAMI Criminal Justice Meeting

7:00 PM Board of Trustees Meeting

7:00 PM League of Women Voters of Nassau County Post-Election Zoom sponsored by the Women's Group

7:00 PM Looking at Drinking Water Today and Solutions for the Future

WEDNESDAY, NOVEMBER 18, 2020

9:30 AM Wednesday INN Cooking (formerly Saturday)
11:00 AM Crafting for Sanity and Community Zoom Get-Together
12:30 PM Women Talk Daytime Zoom Meeting
2:00 PM Wednesday Afternoon Conversations
2:00 PM Messages
4:00 PM Kundalini Yoga
7:00 PM Green Sanctuary Virtual Committee Meeting

THURSDAY, NOVEMBER 19, 2020

6:00 PM UU Kids Connect Elementary Socials for Grades K–5
7:00 PM Board of Trustees Meeting
7:00 PM Living Alongside Cancer–Meet and Greet
7:30 PM Virtual Choir Gathering

FRIDAY, NOVEMBER 20, 2020

10:30 AM Tai-Chi/Qigong
12:00 PM Great Books–Great Conversations
2:00 PM Meditative Moment
3:30 PM WG Book Series Zoom Session
7:00 PM Music and Performing Arts Facebook Live: A Brief History of the Blues with Ken Hughes and the East River Blues Band

SATURDAY, NOVEMBER 21, 2020

11:00 AM Transgender Inclusion in Congregations (Saturday group discussion)
4:00 PM Soulful Salutations–Men's Practice

SUNDAY, NOVEMBER 22, 2020

9:00 AM UUCSR Jazz Ensemble with Dan Pratt via 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: *Nourish the Body, Feed the Soul*, The UUCSR Ministry Team
12:00 PM Virtual Coffee Hour
1:00 PM Outdoor RE Event
1:00 PM Tailgate Trivia sponsored by UUCSR Men's Group

MONDAY, NOVEMBER 23, 2020

8:30 AM Medical Qigong for Senior Health–Balance!
2:00 PM Meditation and Poetry

6:30 PM Together to End Solitary Confinement Virtual Program

TUESDAY, NOVEMBER 24, 2020

11:00 AM Living Alone During Physical Distancing
11:00 AM Events Planning Meeting
1:00 PM Caring Hearts Quilters
7:00 PM President's Operations Task Force Meeting
7:00 PM Small Group Ministry Fourth Tuesday Meeting
7:30 PM Committee on Ministry

WEDNESDAY, NOVEMBER 25, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together
11:00 AM Thanksgiving Meal Pick-Up
2:00 PM Wednesday Afternoon Conversations
2:00 PM Messages
4:00 PM Kundalini Yoga
6:00 PM Virtual Ukulele Class–fee and registration required

THURSDAY, NOVEMBER 26, 2020

BUILDING CLOSED–Thanksgiving Day Holiday
1:00 PM Virtual Thanksgiving

FRIDAY, NOVEMBER 27, 2020

BUILDING CLOSED–Thanksgiving Friday Holiday
2:00 PM Meditative Moment

SATURDAY, NOVEMBER 28, 2020

7:00 PM Dramatic Readings

SUNDAY, NOVEMBER 29, 2020

9:00 AM UUCSR Jazz Ensemble with Dan Pratt via 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: *Open Hearts, Healing Hands*, Alia Shinbrough, Student Minister
12:00 PM Virtual Coffee Hour

MONDAY, NOVEMBER 30, 2020

8:30 AM Medical Qigong for Senior Health–Balance!
1:00 PM Transgender Inclusion in Congregations (Monday group discussion)
2:00 PM Meditation and Poetry

TUESDAY, DECEMBER 1, 2020

11:00 AM Living Alone During Physical Distancing
1:00 PM Caring Hearts Quilters
3:00 PM Transgender Inclusion in Congregations (Tuesday group discussion)
7:00 PM Agenda Planning Meeting

ONLINE AND ON PREMISES EVENT ANNOUNCEMENTS

Please see [UUCSR.org/events](https://uucsr.org/events) for additional details on all programs.

See [LIACUU.org](https://liacuu.org) for other area congregations.

7:00 PM Monitoring Wildlife at UUCSR with Seatuck II

7:30 PM DAC Meeting

WEDNESDAY, DECEMBER 2, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together

12:30 PM Women Talk Daytime Zoom Meeting

2:00 PM Wednesday Afternoon Conversations

2:00 PM Messages

3:00 PM Virtual Racial Justice Task Force Meeting

7:00 PM Publicity and Promotions Meeting

THURSDAY, DECEMBER 3, 2020

9:15 AM Thursday INN Cooking

9:30 AM Yoga

7:00 PM UU Kids Connect Middle Grade Socials for Grades 6-8

7:30 PM Virtual Choir Gathering

FRIDAY, DECEMBER 4, 2020

10:30 AM Tai-Chi/Qigong

12:00 PM Great Books–Great Conversations

2:00 PM Meditative Moment

4:00 PM Community Conversations–Hadley House

7:00 PM *Lady Bird* Virtual Film and Discussion

SATURDAY, DECEMBER 5, 2020

10:00 AM Caring Committee Meeting

10:30 AM Eighth Principle Education

11:00 AM Transgender Inclusion in Congregations (Saturday group discussion)

SUNDAY, DECEMBER 6, 2020

9:00 AM UUCSR Jazz Ensemble with Dan Pratt via 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: *The Face of Mystery*, Rev. Jaye Brooks

12:00 PM Virtual Coffee Hour

12:30 PM Men's Group Zoom Meeting

1:00 PM *Just and Joyful*: Online Children's Worship for All Ages

1:00 PM Membership Class

1:30 PM Small Group Ministry–First Sunday Meeting

2:00 PM Transgender Inclusion in Congregations (Sunday group discussion)

MONDAY, DECEMBER 7, 2020

2:00 PM Meditation and Poetry

3:00 PM Mental Health Sub-Committee Zoom Meeting

7:00 PM RE Committee Meeting (virtual)

TUESDAY, DECEMBER 8, 2020

11:00 AM Living Alone During Physical Distancing

1:00 PM Caring Hearts Quilters

6:30 PM Veatch BOG December Policy Meeting

7:30 PM Program Council Meeting

WEDNESDAY, DECEMBER 9, 2020

11:00 AM Crafting for Sanity and Community Zoom Get-Together

2:00 PM Wednesday Afternoon Conversations

2:00 PM Messages

3:30 PM Women's Group Zoom Board Meeting

6:00 PM Virtual Ukulele (Practice Only)

7:00 PM Hanukkah & Christmas Bedtime Stories

7:00 PM Developmental Ministry Transition Team

7:00 PM Social Justice Committee Virtual Meeting

7:30 PM Small Group Ministry Second Wednesday PM Meeting

THURSDAY, DECEMBER 10, 2020

9:30 AM Yoga

11:00 AM Organ Rehearsal for Messiah

7:30 PM Virtual Choir Gathering

FRIDAY, DECEMBER 11, 2020

10:30 AM Tai-Chi/Qigong

12:00 PM Great Books–Great Conversations

2:00 PM Meditative Moment

8:00 PM Soulful Sundown

SUNDAY, DECEMBER 13, 2020

9:00 AM UUCSR Jazz Ensemble with Dan Pratt via 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: *A Light in the Darkness*, Rev. Dr. Natalie M. Fenimore

12:00 PM Virtual Coffee Hour

1:00 PM Outdoor RE Event

2:00 PM Facebook Live Event–Messiah Sing Recital

MONDAY, DECEMBER 14, 2020

1:00 PM Transgender Inclusion in Congregations (Monday group discussion)

2:00 PM Meditation and Poetry

7:30 PM Finance Committee Meeting

TUESDAY, DECEMBER 15, 2020

11:00 AM Living Alone During Physical Distancing

1:00 PM Caring Hearts Quilters

3:00 PM Transgender Inclusion in Congregations (Tuesday group discussion)

3:00 PM Virtual NAMI Criminal Justice Meeting

7:00 PM Board of Trustees Meeting

WEDNESDAY, DECEMBER 16, 2020

9:30 AM Wednesday INN Cooking (formerly Saturday)

11:00 AM Crafting for Sanity and Community Zoom Get-Together

12:30 PM Women Talk Daytime Zoom Meeting

2:00 PM Wednesday Afternoon Conversations

2:00 PM Messages

6:00 PM LLS Myeloma Support Group

7:00 PM Green Sanctuary Virtual Committee Meeting

THURSDAY, DECEMBER 17, 2020

9:30 AM Yoga

10:30 AM AA Meeting

6:00 PM UU Kids Connect Elementary Socials for Grades K–5

7:00 PM Board of Trustees Meeting

7:30 PM Virtual Choir Gathering

FRIDAY, DECEMBER 18, 2020

10:30 AM Tai-Chi/Qigong

12:00 PM Great Books–Great Conversations

2:00 PM Meditative Moment

3:30 PM WG Book Series Zoom Session

6:30 PM RE Volunteer Holiday Party

7:00 PM Soulful Salutations–Restorative Yoga

SATURDAY, DECEMBER 19, 2020

11:00 AM Transgender Inclusion in Congregations (Saturday group discussion)

4:00 PM Soulful Salutations–Men's Yoga Practice

7:00 PM Dramatic Readings

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

Quest Guidelines: <http://j.mp/quest-gl>

Developmental Minister

Rev. Jaye Brooks (jbrooks@uucsr.org)

November 11, 2020

Minister for Pastoral Care

Rev. Jennifer L. Brower (jbrower@uucsr.org)

Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore (nfenimore@uucsr.org)

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FIRST CLASS MAIL DATED MATERIAL

Officers of the Congregation

President: Mark Hartman

Vice President: Jana North

Secretary: Toni Logue

Treasurer: Brian Muellers

Members of the Board of Trustees

Terry Bain

Iliza Bartels

Chris Hilke

Brigitte Mueller

Rebecca Smith

Marsha Stone

Rick Van Dyke

Jane Weiler

Next Quest: Wednesday, November 25, 2020 | Deadline for Content: Thursday, November 19, 2020

Holiday Donations

Each year, members of UUCSR support the guests of the North Shore Soup Kitchen and the families served by the AIDS Center of Queens County with Thanksgiving turkeys and roaster chickens for Christmas. The Social Justice Committee usually raises \$3,000 for Thanksgiving and \$2,000 for Christmas by receiving donations in the Main Lobby after Sunday Worship. We are adapting to the protocols we must observe to protect the health of all.

During November and December, the Sunday offering in our virtual service will benefit this holiday collection. You can also [click here](#) during November and December to give to this cause through the UUCSR website. Please give generously to help those in need!