



# 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 25, 2020

**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? \*

**SUNDAY, DECEMBER 6, 2020, 11:00 AM**  
*Rev. Jaye Brooks*

**The Face of Mystery** As we enter the season of winter holidays, we prepare to celebrate the diversity of religious traditions within Unitarian Universalism. A UU who does not practice a particular faith-based celebration nonetheless honors it and those who do celebrate it. Today’s Service explores some of the ways traditions present a different face of the mystery that includes us all. \*

**FRIDAY, DECEMBER 11, 2020, 8:00 PM**  
*The Rev. Jennifer L. Brower*

**Soulful Sundown** Features spoken word by the Rev. Jennifer Brower and music by the Cosmic Orchestra: “Where music lies at the heart of the religious experience.” \*

**SUNDAY, DECEMBER 13, 2020, 11:00 AM**  
*Rev. Dr. Natalie M. Fenimore*

**A Light in the Darkness** Hanukkah Family Worship Service. This year Hanukkah, the eight-day Jewish Festival of Lights, will be observed December 10–18, 2020. Unitarian Universalists honor the lessons of this Jewish celebration: the quest for religious freedom, the times and places of miracles in our lives. There will be stories of Hanukkah memories which bring light in the darkness. The Young Peoples Choir will sing.

Please email a photo of your family with your lit menorahs to [jpond@uucsr.org](mailto:jpond@uucsr.org) by Friday, December 6, so that we may be virtually together in the menorahs’ light. \*

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

**TOUCHSTONES**  
*The Rev. Jennifer L. Brower*



As is common at the holidays, I find myself looking back over the events of the past year. I am sifting through moments of joy, feeling the fullness of days of sorrow, wondering what happened on those days that slipped by in the busyness of things. I am thinking, of course, about how these days of living with COVID-19 have changed me—my life, my child, my ministry.

It is important that, from time-to-time, we take stock of our lives and the events that shape us. Our oh-so-human tendency is to keep moving forward, to leave behind troubling events of the past, to not allow ourselves to reflect upon and feel the experiences we lived through, which have subtly or significantly shaped us. As those experiences—delightful and traumatic—become part of us, we benefit and grow spiritually when we engage, intentionally, in the work of examining and weaving those experiences into the fabric of our life.

A year ago, in November of 2019, I shared with you that my 21-year marriage had come to an end, and that my husband and I were separating. Three months later, in late February, my 94 year-old father, for whom I’d provided care for a decade, died. Two weeks after that, we needed to close the doors of our beloved congregation at the beginning of a global pandemic, which we could barely fathom. At the same time, my 15-year-old son’s freshman year of high school unraveled and then “pivoted,” as we so often hear these days, to remote learning—something no one with a school-aged child was prepared for. And all of us—singletons, couples, families, families with extra folks who moved in and became part of the “pod”—more fully inhabited our homes, which became the center for everything. Home was now the center of domestic life, school, our careers, our place of exercise, our house worship and where we took shelter and began what has become months of physical distancing.

Straight away, in the markets there are shortages of paper goods and cleaning supplies, and flour—few of us could have predicted that!

*Continued on page 2*

Confronted with a mysterious, life-threatening virus, we were told, you will recall, to disinfect anything that came into our homes. Everything felt like a threat, even the mail. Advised to avoid physical contact with others, we grieved the loss of companionship and the regular or occasional physical contact with others that is critically important in human development and essential to our emotional and mental well-being. We began to wear masks and adjusted to not seeing each other's smiles and full faces. Our world became divided between the "essential" and the non-essential. Businesses closed and services ceased. For a time, our hair went without cutting, coloring, and styling. We let go and relaxed into this time like none anyone could recall.

Together, we were plunged into a series of difficult changes and losses. And, like any grief, we mourned in different ways and at our own pace. We are still moving through different stages of grief: denial and anger, bargaining, depression, and acceptance, around and again.

**W**ith the passing of time, and additional information, we have moved into a new phase of living with COVID-19. Today, we are better informed and living with less generalized fear. Trying to keep the infection rate from climbing further and threatening the health of people in both the near and long-term (there have been too many deaths already...), we are continuing to be vigilant and follow best practices.

In the midst of it all, in the midst of our growing accustomed to living through the days of pandemic, Thanksgiving has rolled around. Again, we experience loss: the loss of a national holiday with all of its familiar traditions and rituals, the loss of cherished time with family and friends, the loss of the Macy's Parade and the endless chatter from the commentators, and for some, football. With physical distancing still crucially important in keeping the infection rate from rising, we are unable to safely be in the company of our dearest and closest this holiday, when we have traditionally given thanks for the people around the table and the food prepared and shared, for the gifts of our lives.

**S**o in the midst of this year's many losses, for what are we thankful?

As we look back and take stock, how will we incorporate the events of this year into our being? What are the gifts of our lives? Where does our sense of gratitude fit into these strange days?

There are, of course, the gifts of life that we lift up each year at Thanksgiving: the mere fact of our loved ones—near and far—the food prepared and shared, our health, our vocations, careers, jobs that pay the bills, and much more. And this Thanksgiving, even as we have been jostled by this tempest-tossed year, the facets of life for which we can be grateful are not fewer but are increased. The pandemic has cast in sharp relief an abundance of gifts for which we can be thankful.

Let us give thanks for the technology—and access to the technology—that allows us to talk to and see one another by telephone and online. We can celebrate that we have learned, and are learning, to live with circumstances that most of us never before imagined. We are more resilient and capable and adaptable than we may have ever known before. Our future can be bigger and broader than what it might have been had we not seen our own strength in crisis.

We can give thanks that our congregation remains vibrant and active and has the resources—human and otherwise—to creatively respond to this global crisis by offering worship, faith formation and religious education, and opportunities to make music and even new friends. We are able to offer fellowship and emotional and spiritual support to all who wish to join with us.

We can give great thanks that among the members of our congregation we have had relatively few cases of COVID-19, that UUCSR members and staff and the ministers are healthy and able to continue in our shared ministry, serving you, the members of UUCSR, and those of the wider community, bringing newcomers from around the country and around the world to the life-affirming faith of Unitarian Universalism through our online presence.

**T**hose in our choir, for whom singing is their grounding spiritual practice, may give thanks that they are able to join their voices digitally to create moving music together while still safely distant, and that they can still meet for weekly fellowship on Zoom. The same is true for our multigenerational Jazz Ensemble and other music makers among us. We can give thanks that the music, which has the power to touch us in ways that words cannot, has continued.

Perhaps our gratitude this year is rooted in appreciation for the scientists and "front line" medical professionals who have tirelessly cared for the coronavirus infected and the critically ill, those paramedics and doctors and nurses who've been present with the dying when their families could not; and for the "essential workers" who have sanitized everything in the public sphere, who have made grocery shopping and the delivery of meals and all manner of goods possible for each and every one of us. Where would we be without those people? We give thanks for them.

We give thanks for the educators—at all levels—who have been propelled into teaching online and who, even as they are struggling to stay grounded and tend to their families, are helping our children and youth and young adults stay intellectually engaged in learning and preparing for life post-COVID-19. We need to care for the young whose formative years are touched by this experience, so that they will be emotionally and intellectually sturdy and resilient leaders.

*Continued on page 3*

## TOUCHSTONES

*The Rev. Jennifer L. Brower, continued*

Although, quite unlike the litany we might have offered at the Thanksgiving table in years past, so far this year, it feels like there is no shortage of things for which we may be thankful. I have communicated only some of what might be spoken this holiday, and I am confident that we each have much for which we are grateful.

As I wrote at the outset—COVID-19 aside—this has been a complicated year for me. I know it has been for many of you, too. As this quiet Thanksgiving comes around, may we know that our lives—with all of their yearnings, woes and uncertainty—are also filled with great good fortune from sources beyond our power to control.

We thrive in the midst of the most difficult experiences when we look for the good, which so often comes through our connections with other people—acquaintances and long-time relationships.

In spite of the challenges and real losses, we have much to be thankful for this year. As e.e. cummings wrote in the closing lines of his work, “i thank you god,” “now the ears of my ears awake and now the eyes of my eyes are opened.” May our eyes and ears and hearts remain open to all that upholds and sustains us, and let us give thanks this and every day.

### Your Shelter Rock Faith Community Is Here for You

While this emergency continues to unfold, we know that the needs of our members will shift day-to-day, perhaps even hour-to-hour. Your UUCSR faith community is here to listen. In addition to the online events and conversations where joys and concerns can be shared, please always feel free to reach out if you need support. UUCSR offers support to members through the Caring Committee, UUCSR Chaplains, the new Student Minister, and UUCSR’s ordained ministers.

If you have a spiritual need, please e-mail [ministryteam@uucsr.org](mailto:ministryteam@uucsr.org) and one of the ministers will reply to you. You may also call the Assistant to the Ministers Kimberly Rossiter at 516.472.2941.

Outside of regular office hours, please call the live answering service, 516.795.0329, which will put you in touch with the minister on call.

### Birthday Celebrations for Members and Children

In lieu of birthday cakes and posters, beginning in December, 2020, UUCSR will recognize birthdays of both members and children in a monthly email blast. If you do NOT wish your name to be listed, please contact Jen Sappell ([jsappell@uucsr.org](mailto:jsappell@uucsr.org) or 516.472.2980). Thank you.

## DEVELOPMENTAL MINISTRY HIGHLIGHTS

*The Rev. Jaye Brooks*



“Keep strengthening what connects us.” That’s from one of the Purpose Conversations. Another Shelter Rock member said, “Increase compassion for others and the world.” Someone else said, “Connect more as a multigenerational community.” And: “We should be more spiritually driven.”

During October and November, UUCSR members met via Zoom in small-group Purpose Conversations. What is our congregation’s main purpose, its deeply urgent reason for existence? Across a range of responses, there emerges a conviction that even in these difficult times we can create real community, we can nourish spiritual deepening, and we can connect as a multigenerational community. And an interesting conclusion: “If you have strong community, you can take this energy and move on to other projects like social justice.”

And—no surprise—members acknowledged the challenges of this time of pandemic and the inability to gather in person. Yet through the longing to be in one another’s physical presence there echoes as well the awareness that our online gatherings have strengthened our community and have offered unexpected opportunities for spiritual reflection and spiritual growth.

And people want more. More connection, more inclusion, more experiences of multi-generational community. In this difficult moment, there are glimmers of what people need, what they have found, and what Shelter Rock could become if we take the lessons of this time and build for the future.

The next step in considering UUCSR’s purpose and future direction is to workshop the scribe notes from the Purpose Conversations to draw out the themes and main ideas. To understand and develop the ideas from those discussions, we need to gather people with varied perspectives to the task. In January–February, the Transition Team will offer several workshop opportunities to be followed by an online Conversation Café.

In the meantime, though, ministers and congregational leaders will be combing through the scribe notes to identify ideas that resonate and that can readily be tested. One of the ideas that emerged early on was to experiment more with worship, to create more worship and spiritual growth opportunities, and to engage our multigenerational community. Look for these developments, which started with the November 22 Thanksgiving-themed service, “Nourish the Body, Feed the Soul.” The livestream Service plus Zoom watch party was an experiment in greater connection and engagement during the Sunday morning Service. If you liked it and want more, let your ministers know: [ministryteam@uucsr.org](mailto:ministryteam@uucsr.org).



## 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](mailto: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, iheart Radio, RSS Feed

More platforms are coming soon. Visit [www.uucsr.org/podcast](http://www.uucsr.org/podcast) for the full and expanding array.

### Two New Soulful Salutations Series

Renew Your Body, Mind, Heart, and Spirit

These mindful Yoga practices are perfect for those who have never done yoga before as well as those with previous experience. The Men's practice will include a sequence of postures linking breath with movement, ending with deep relaxation. The Restorative/Live Music class will be guided-gentle postures using props for luxuriously supporting you into deep relaxation.



**Men's Yoga**  
Led by Ben Wisch

**Saturdays, 4:00 PM**  
December 19, 2020  
January 16, 2021  
February 13, 2021

Register here:  
<https://zoom.us/join/zoom/register/tJAqc-2vqzIsEtOlo3iUzwZu7fLP-hyMrgnm>

Each program will run once monthly via Zoom.

Ben Wisch and Denise DeLuca bring a combined forty years of Yoga practice and study to support students in a life enhancing experience. Together they lead retreats, trainings, and workshops nationwide and are excited to offer these monthly Yoga 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)



**Restorative Yoga**  
Led by Denise DeLuca  
Set to live music by Ben Wisch of The Cosmic Orchestra

**Fridays, 7:00 PM**  
December 18, 2020  
January 29, 2021  
February 26, 2021

Register here:  
<https://zoom.us/join/zoom/register/tJMvd-iurj8pHdSJBnUYCG5sd12IG-toI7Q9V>



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

## *Virtual Thanksgiving*

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

Join via Zoom for a  
Thanksgiving celebration.

The blessing will be at 1:30 PM  
with songs and socializing  
both before and after a time for dining.

Feast virtually with us  
or  
join for the celebration only

[Register to join Zoom Thanksgiving HERE](#)

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



### Share Your Favorite Holiday Carol!

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.

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/](https://www.dropbox.com/request/mFBuqGJb6f8yeff5MT4e)

[mFBuqGJb6f8yeff5MT4e](https://www.dropbox.com/request/mFBuqGJb6f8yeff5MT4e)

Click “Add files” and follow  
the easy instructions.

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

**Celebrate  
Inspire**

### Join UUCSR for the 2020 Virtual Messiah!



**Sunday, December 13, 2020 | 2:00–3:00 PM**

As with many things, the Annual Messiah Sing will take a different form and be virtual this year. Messiah 2020 will include clips from past Messiah Sings at Shelter Rock, personal reflections, and stories from behind the scenes from our choir and soloists, and a new virtual performance of the Hallelujah Chorus! Join in to celebrate the holidays in this new, COVID-safe way.

Please watch for details about planned watch parties.

## CONGREGATIONAL AFFAIRS

Mark Hartman, President



Thursday is Thanksgiving Day 2020. A year ago, on Thanksgiving Day 2019, had I given any thought to how our family would be spending Thanksgiving this year, I could not have imagined current events. Indeed, as recently as a month ago, I was beginning to detect a little optimism in others and could feel some of it in myself.

Although the building was completely shuttered last March, there were signs and small steps that we might be able to think about returning, albeit in limited numbers and small groups, to the building and even celebrate Thanksgiving in our homes with small groups of relatives or friends. Those small steps have ended abruptly and we have to restart our efforts as the building is about to close down for a second time and we are warned to limit travel.

I can only hope that we have learned some difficult lessons over the past eight months and it won't take another eight months until we can see significant and meaningful changes in our lives. Karen and I have been very fortunate and we have much to be thankful for in our personal lives in the midst of this pandemic.

As President of the Congregation, I was pleased to report at its recent Congregational meeting that the Board of Trustees had accepted the recommendations of a seven-member Task Force and had voted to give \$10,000 to each of 12 local organizations in recognition of and to support their work in providing assistance in the midst of this pandemic. (See opposite column.) I am gratified by the work of last year's Finance Committee in recommending the creation of the COVID-19 Contingency Fund and I am grateful for the confidence of the Congregation in supporting this endeavor when it approved the current budget.

The funding for this year's work has now been fully utilized. I am also pleased to report that last week, the Board created a new task force comprised of three trustees who had worked on the Contingency Fund project. I am convinced that the need for assistance because of this pandemic will be equally great next year. I would like the new task force to examine the need and make appropriate recommendations to the Board that can be incorporated into our next budget.

That brings me to one final subject. As you know from reading the various messages from the Financial Development Committee, the deadline for membership renewals is December 31, 2020. A number of members have expressed the concern that they do not believe they can pledge at the same level that they have pledged in the past because of their own personal circumstances or because of other priorities. At the same time, as the recent gifts described above demonstrate, there is tremendous financial need in the community because of the pandemic. I can not even begin to suggest how members should allocate their own resources. I can tell you that regardless of the amount of your pledge, we

are a better Congregation by virtue of the fact that you have made a pledge and have decided to continue to participate in this community.

Please pledge.

Until next time, stay tuned, be safe, and make the most of your Thanksgiving Day.

Comments, questions, or concerns may be sent to [president@uucsr.org](mailto:president@uucsr.org).

### FINANCIAL DEVELOPMENT COMMITTEE

Cathi Zillmann, Chair

We live in most unusual times, and I am worried that there are members out there who are losing their feeling of connection just when it might be something they would be glad to have.



Our bylaws say that members must renew their membership every year by pledging support to the congregation and paying some part of that support before December 31. That rule didn't take a pandemic into consideration. In these unusual times, we are worried about people drifting away; and we hope you won't.

So where have you been? Have you seen the online services? It would be lovely to "see" you via Zoom at coffee hour on Sunday.

And please go to [www.uucsr.org/donate](http://www.uucsr.org/donate) or contact Sue Kimler at 516.427.2919 to renew your membership.

### COVID-19 CONTINGENCY FUND

Funding was awarded to organizations whose COVID-19 relief work directly addressed food insecurity, homelessness, mental health, or loss of parents or guardians. Special consideration was given to groups assisting undocumented individuals. Recipients are:

- Choice for All (Roosevelt and Freeport)
- Community Action Southold Town
- Community Chest of Port Washington
- ELMCOR (Corona, Queens)
- Housing Help Inc. (Greenlawn)
- La Jornada (Corona, Queens)
- Littig House (Port Washington)
- North Shore Child & Family Guidance (Manhasset, Roslyn Hts.)
- PFY Nassau/Suffolk (Bellmore)
- St. Aloysius Food Pantry (Great Neck)
- The INN (Hempstead)
- The Safe Center Long Island (Bethpage)



## UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



### The Veatch Program and the Social Justice Committee Debrief the 2020 Election

On November 11, the Veatch Board of Governors and the [UUCSR Social Justice Committee](#) jointly held a virtual “Election 2020 Debrief.” We welcomed a fantastic panel of Veatch grantees and Social Justice Committee partners who led

educational and mobilization campaigns related to increasing voter turnout and civic engagement in low-income, immigrant, and people of color communities.

We were joined by Rosemary Rivera, Co-Executive Director of [Citizen Action of New York](#) and the [Public Policy & Education Fund](#), Seft Hunter, Director of [Black Led Organizing & Power Building at Community Change](#), and Nicole Pressley, National Organizer, [UU the Vote](#). The conversation celebrated the historic turnout seen in marginalized communities across the country, a victory owed in part to the tireless work of many Veatch grantees and their allies to register and turn out often-ignored Black, Latinx, Indigenous and youth voters. Our panelists also discussed how these efforts helped to educate people about ballot measures that communities we support will benefit from, including increases in minimum wages and expansion of health care.

Though there was much to celebrate, our panelists did not shy away from discussing the significant challenges that lie ahead. As Nicole of UU the Vote, a project of the UUA that engaged millions and forged local partnerships—including between congregations and Veatch grantees across the country—said during our event, “We celebrate the fact we saw record turnout, but we saw record turn out that said ‘yes’ to kids in cages, that said ‘yes’ to 240,000 dying of COVID, that said ‘yes’ to wild militarism in our streets—we have to have a reckoning with white supremacy, and that’s the work ahead.”

I encourage you to check out this special debrief, which [you may access here](#). [Contact Claire DeRoche](#) to get involved with activities to support the pivotal election in Georgia. And as always, if you haven’t yet signed up for our Veatch news update list, [please do so here](#) for more news from our grantees—as they work for the transformation that we need, and that we know is possible.

[View the Election Debrief on YouTube here.](#)

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

## UUCSR WOMEN’S GROUP AND LEAGUE OF WOMEN VOTERS OF NASSAU COUNTY

Co-Sponsors

### Zoom Twist on the Traditional

### POST-ELECTION DISCUSSION AND ANALYSIS

Due to delayed election results  
RESCHEDULED DISCUSSION DATE  
PLEASE NOTE NEW RESCHEDULED DATE:

TUESDAY DECEMBER 2, 2020  
7:00 PM

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](mailto:nancyrosenthal9@gmail.com) or 516.297.7847)

## SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



### Helping Others During the Holiday Season

For years, the UU Congregation at Shelter Rock has supported the AIDS Center of Queens County (ACQC) during the holiday season. ACQC is a multi-service organization. Since its founding in 1986, it has grown to become the largest provider of HIV/AIDS services in the borough of Queens.

They serve over 10,000 clients, and 30,000 community residents in five sites throughout the borough.

Their services include comprehensive medical care, case management, harm reduction and syringe exchange, health education and prevention services, transitional and permanent housing services, legal services, a licensed mental health clinic, and a food pantry program.

This year, our support of ACQC has necessarily gone online. The Religious Education Committee and the Social Justice Committee encourage you to use the links in the Mitten Tree column on page 9 of this *Quest* to purchase a gift for a child and have it delivered to the organization.

### Adopt A Family

We are adding a new dimension to our outreach: the opportunity to “adopt” a family for the holiday season and to provide some necessities. The staff of ACQC has shared with us a list of ten families who could use a little extra help. Many of these families are not eligible for other assistance because of the immigration status of a member. Besides living with HIV, many of the individuals on the list have other health issues, both physical and mental. Some of these families have seen loved ones die due to COVID-19. Their needs include clothing, household items such as sheets and towels, school supplies, food, and in some instances, help with a rental deposit. They are depending on people like us to meet these very basic needs.

If you are interested in adopting a family, please contact Social Justice Coordinator Claire Deroche ([cderoche@uucsr.org](mailto:cderoche@uucsr.org)). Claire will provide more information about specific families and put you in touch with the staff of ACQC. You could then make online purchases of the specific items needed and have them delivered to ACQC. Their staff will share them with the family.

When faced with overwhelming poverty and need, we can often feel paralyzed. While it is true that we cannot help everyone, we can make a difference to the one family that we do help.

## 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](mailto:cderoche@uucsr.org) or 516.472.2977.

**Holiday Giving:** Our Sunday collections will benefit the efforts of the North Shore Soup Kitchen and the AIDS Center of Queens County to provide food to those who don't have enough to eat. [www.uucsr.org/donate](http://www.uucsr.org/donate). (Visit [www.uucsr.org/holidays](http://www.uucsr.org/holidays) for details.)

**The Mitten Tree: Toys and Winter Clothing** (See page 9, opposite)

### Wednesday, December 2, 2020

Virtual Racial Justice Task Force Meeting, 3:00–4:30 PM. Join Zoom Meeting: <https://zoom.us/j/95479530172> Meeting ID: 954 7953 0172 Dial by your location: +1 646 558 8656 NY

### Saturday, December 5, 2020

**Eighth Principle Program:** Widening Our Circle of Inclusion: Deepening Our Understanding of the Eight Principle, 1:30–2:30 PM. Join a video of Rev. Justin Schroeder, Co-Senior Minister, Frist Universalist Church of Minneapolis as he makes the connection between Universalism and the Eighth Principle. Followed by discussion. Register in advance for this meeting: <https://zoom.us/meeting/register/tJAofuuqqDsJHnKumwPFTZG7MqfDj6iDFnF8> Sponsored by the SJ Racial Justice Task Force

### Monday, December 7, 2020

Mental Health Sub-Committee Zoom Meeting, 3:00–4:30 PM. Join Zoom Meeting: <https://zoom.us/j/96111722450?pwd=aTltbDI2SIVFeHYoYXAYbolFaHlKZzo9> Meeting ID: 961 1172 2450 Passcode: 843684 Dial by your location: +1 646 558 8656 US (New York)

### Wednesday, December 9, 2020

Social Justice Committee Virtual Meeting, 7:30–9:00 PM. Join Zoom Meeting: <https://zoom.us/j/92346823572?pwd=S3lHNFAyQThKU1UvQoJCnKlaUTN3dz09> Meeting ID: 923 4682 3572 Passcode: 889751 Dial by your location: +1 646 558 8656 US (NY)

### Thursday, December 10, 2020

**Write4Rights** Each year, Amnesty International recognizes International Human Rights Day with a letter-writing campaign. Around the world, volunteers write letters to governments urging the release of these individuals and to the political prisoners themselves to send a message of hope. For several years, we've done this as UUCSR on the Sunday closest to Human Rights Day. Access the campaign online beginning December 10, International Human Rights Day at [www.uucsr.org/rights](http://www.uucsr.org/rights). You will find all the materials you'll need to participate in the effort. These letters make a difference! As a result of last year's campaign, Magai Matiop Ngong was released from death row in South Sudan. Because of the 2017 campaign, Taner Kılıç was released from prison in Turkey and reunited with his family. This holiday season give the gift of freedom! Join Write4Rights!



## MITTEN TREE PROJECT

*Co-sponsored by the Religious Education  
and the Social Justice Committees*



### Mitten Tree Tradition Continues This Year

As in the past, the Mitten Tree project benefits families served by the AIDS Center of Queens County (ACQC). We are seeking new, unwrapped gifts for children from infancy to 18 years and new winter clothing for adults and children: coats, scarves, mittens, and hats.

### What To Donate

We've prepared a gift suggestion list, grouped according to age groups. [Click for suggestion list.](#)

### Where To Shop

While you are free to shop anywhere, here are a few suggestions.

- Shop in-person for gifts at:  
The Dolphin Bookstore  
299 Main Street  
Port Washington, NY 11050
- Shop in-person and online for gifts at:  
Lakeshore Learning  
2079 Hillside Avenue  
New Hyde Park, NY 11040  
<https://www.lakeshorelearning.com/>

Shop in-person and online for clothing purchases at Target: [www.target.com](http://www.target.com)

### How To Donate

You may bring your unwrapped gifts and clothing to the lower entrance of the congregation:

**Due to the recent restrictions on UUCSR following Thanksgiving, the only remaining scheduled day for drop-off is Tuesday, December 15, 2020, 10:00 AM-4:00 PM.**

ACQC staff will match the gifts and clothing with the families they serve.

If you shop online, you can have gifts and clothing delivered to:  
AIDS Center of Queens County  
61-21 Jamaica Avenue  
Jamaica, New York 11432  
Attn: Rosemary Lopez

Questions? Contact Carson Jones at [cjones@uucsr.org](mailto:cjones@uucsr.org) or Claire Deroche at [cleroche@uucsr.org](mailto:cleroche@uucsr.org).

Thank you for remembering those in need!

## ART COMMITTEE

*Tinna Kopelow, Chair*



Members of the Art Committee are producing a video of the upcoming Young Artists' Exhibition as describe below. This new show will have its opening reception via Zoom on December 13, 2020 at 1:00 PM.

This edition of the *Quest* is being published the day before Thanksgiving. As Chair, I am extremely grateful to the Art

Committee members and our Committee Liaison Elaine Corrao for their continuous efforts and contributions, especially during the holiday season.

### 3rd Annual RE Art Exhibition

## Calling All Young Artists!



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)!

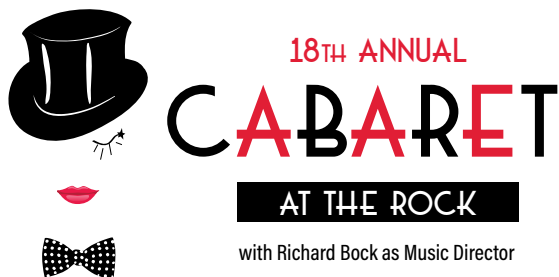
Children and youth are invited to submit photos, scans, or short video (15–30 seconds) presentation of artwork made at home or in school. For the first time, we can easily present digitally-created works and all forms of art are welcome: paintings, illustrations, sculptures, digital drawings, short animation, 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](mailto:pkopelow@aol.com) by Sunday, December 6, 2020. Questions? Please contact RE Assistant, Jessica Pond at [jpond@uucsr.org](mailto:jpond@uucsr.org) or 516.472.2914.

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

## MUSIC AND PERFORMING ARTS COMMITTEE

Rachel Zampino, Chair



### Cabaret XVIII: Update

Our first virtual Cabaret performance was a flawless presentation on Saturday evening, November 14, 2020. Our audience of more than a thousand spanned the entire country, tuning in on Facebook, YouTube, and our UUCSR website. Our first look indicated more than \$3,000 has been donated to our Ed Miller Memorial Music Scholarship Fund!

You haven't watched Cabaret XVIII? No Problem! You can find Cabaret XVII at [www.uucsr.org/cabaret](http://www.uucsr.org/cabaret). Or, you can visit UUCSR on YouTube or Facebook. And yes, you can most definitely send in your generous contribution. (Operators are still standing by!)

### FIVE WAYS TO DONATE

1. Go to [www.uucsr.org/donate](http://www.uucsr.org/donate)
2. Text the word 'Cabaret' to 516.210.2528
3. Via PayPal, give to [donate@uucsr.org](mailto:donate@uucsr.org), include 'Cabaret' in the note section
4. Send a check to UUCSR marked 'Cabaret' in memo section
5. Call the Finance Dept. to pay by credit card during business hours: 516-627-6536

As I reported in the last issue of the *Quest*, Cabaret has received twenty hand-made, quilted tote bags to be used as bonus gifts for contributions of \$100 or more. Totebags are going fast; don't miss this opportunity to get yours and support the scholarship fund.

Our Shelter Rock Music and Performing Arts Committee, sponsor of our Cabaret At The Rock show, is pleased to announce that our annual mid-January event "Music Among Us" will be a virtual show this year and also be a fundraiser for our music scholarship program. Music Among Us is a showcase for our talented RE children as well as our adult members. If you wish to add your talents to the cast, please contact Karin Lyngstad-Hughes ([drkarindc@icloud.com](mailto:drkarindc@icloud.com)) or Richard Bock ([rbock@optonline.net](mailto:rbock@optonline.net)) for details.

Again, the cast and crew of Cabaret XVIII send sincere thanks to all who supported this year's show.

Richard Bock, Music Director  
Cabaret XVIII at the Rock

## LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



### Children's Religious Education

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

Sunday, December 6, 2020 | 1:00 PM  
[Live on Zoom](#)

All are welcome to join Lifespan Religious Education (RE) Coordinator Carson Jones and RE Music Specialist George Weisman as they lead the live, interactive Children's Worship for All Ages.

This year's Religious Education theme is JUSTICE. In December, we will learn about the true story of a town that came together in solidarity with a Jewish family to take a stand against anti-semitism.

In *The Christmas Menorahs*, by Janice Cohn and Bill Farnsworth, a young boy from Billings, MT learns a difficult lesson about people who are intolerant towards his Jewish heritage when someone throws a rock through his window and knocks down his Hanukkah menorah. We hope everyone will join us for this very important, real-life story of how a small number of people who act out of hate can be overcome by a large community banding together in love and inclusion.

We look forward to this year together of living our second Unitarian Universalist Principle of Justice, equity, and compassion in human relations.

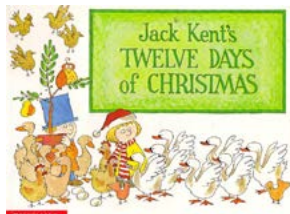
### Hanukkah & Christmas Bedtime Stories

Wednesday, December 9, 2020 | 7:00 PM  
[Live on Zoom](#)

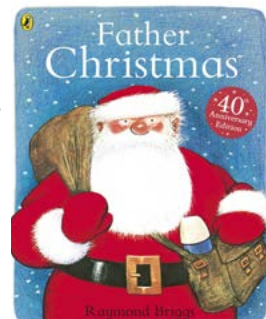
All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for this interactive storytime (and sing-along!) as he reads three picture books for Hanukkah and Christmas.



*Little Red Ruthie: A Hanukkah Tale*, written by Gloria Koster, illustrated by Sue Eastland



*Jack Kent's Twelve Days of Christmas*



*Father Christmas*, by Raymond Briggs

## ADULT FAITH FORMATION



### Advent, Ritual, and Spiritual Practice: Discussions with Alia Shinbrough, Student Minister

Wednesdays, December 9 and 16,  
7:30-9 PM

Join Student Minister Alia Shinbrough for a two-part discussion of the Christian observance of Advent, a ritualized time of waiting and anticipation. How might we as UUs better honor

and apply lessons from Advent in our own spiritual practices this winter? Participants from all religious backgrounds and none, all levels of experience welcome. Come experience some of the sights and sounds and reflections around Advent. [Register in advance here](#) or on [www.uucs.org/events](http://www.uucs.org/events). After registering, you will receive a confirmation email containing information about joining the meeting.

### Solstice Service: Sunday, December 20 | Led by Alia Shinbrough

Are you looking to mark the Winter Solstice in a special way this year? Do you have practices around embracing holy darkness as a nurturing force in the cycle of seasons? Have you been yearning to create sacred spaces and experiences anchored in earth-based spiritualities? If this sounds like you, you are welcome to plan the Service with Alia. Please email [ashinbrough@uucsr.org](mailto:ashinbrough@uucsr.org) by December 6. All levels of service-planning experience welcome!

## Soulful Songs and Stories



In our next PDF, the theme “Don’t Postpone Joy” is celebrated with multiple versions of the songs: “This Year,” “In Spite of Ourselves,” “Ode to Joy,” and “Welcome Table,” and in stories from Barbara Ehrenreich, Barbara Holmes, Hafiz, and David Cohen. (In the words of Rev. Jennifer Brower, “Life is a near-death experience. Don’t let a moment of your living be wasted on small things.”)

You should find something to your liking in our holiday email on December 18, featuring four stories (biblical, metaphorical, humanist, and historical) and 15 pieces of music (old and new, sacred and secular, all delightful).

To have Soulful Songs and Stories emailed to you, register with Jessica Pond ([Jpond@uucsr.org](mailto: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](http://www.j.mp/uucsr-sss).

Alice Giordano and Steve Marston

## ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair



## Dramatic Readings

### The Pulitzer Prize Winning Play, *Sweat*, by Lynn Nottage

Saturday, November 28 | 7:00 PM

Ever wonder why the so-called “forgotten people” voted the way they did in 2016? Read and hear *Sweat*, the 2017 Pulitzer Prize winning play by Lynn Nottage. You’ll visit a bar where families of blue-collar workers are slowly worn down by the local factory. “A brilliant play... . No play in recent memory has shed more light on the crises and tribulations of America’s great retrenched working middle class... .”

Join us in our continuing venture in reading plays: some old, some new, comedy, drama, farce. PDF copies of the play are emailed to participants and hard copies can be requested by mail at least 10 days in advance of the reading. Please contact Jessica Pond at [jpond@uucsr.org](mailto:jpond@uucsr.org) or call 516.472.2914 to RSVP and request your copy.

Parts will be assigned over email and on the night of the reading. After the reading, we discuss the play, the author, relevance, and interpretation. If you don’t want to be an actor, feel free to attend and share in the discussion.

Live on Zoom: <https://zoom.us/j/95346474715?pwd=NkgvN2pCelMvOTROOHdxTDdVcjBFZzo9>

### The Return of Tai Chi/Qigong with Fern Cameron

Fern Cameron’s long-running Tai Chi/Qigong class is back, now in an online format!

Fridays, December 4, 11, and 18 | 10:30-11:30 AM

Three sessions

\$10 per session for UUCSR members

\$12 per session for non-members

Live on Zoom: <https://zoom.us/j/99937367833?pwd=LohVQoNBdUIocjZzVmFjRmNuTolFZzo9>

Contact Fern Cameron for payment info or with any other questions: [lovenow108@gmail.com](mailto:lovenow108@gmail.com)



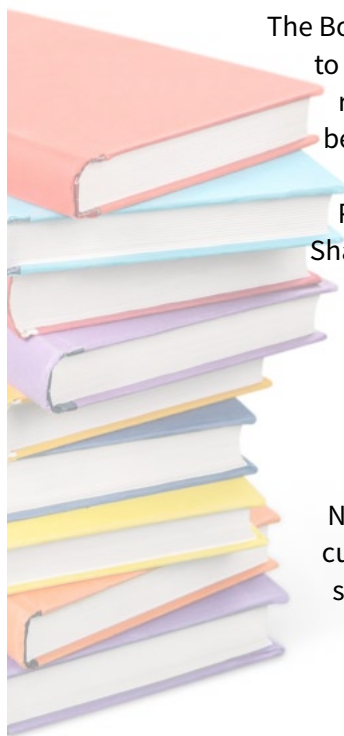
## WOMEN'S GROUP

Sandra Hazel Frank, Women's Group President

# 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                                    |
|-------------------|--|
| 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>Deacon King Kong</i>                        |
| June 18, 2021     | <i>The Water Dancer</i>                        |
| July 16, 2021     | <i>A Woman Is No Man</i>                       |
| August 20, 2021   | <i>Anxious People</i>                          |

## WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues

### Women's Group Holiday Gift Collections

Help formerly or currently incarcerated women rebuild their lives and reconnect with their children this holiday season. Due to COVID-19, Women's Group and the Congregational Church of Manhasset cannot hold the annual cookie-baking luncheon, Santa visit, and gifts for the women and their children. Instead, some of us are making hats for them as holiday gifts. In addition, we asked for and received a wish list from women of New Hour and WORC.



**WORC (Women's Opportunity and Rehabilitation Center)** is a community correction program that offers alternatives to incarceration (ATI) programs for female offenders in and around Nassau County. Through assessment, tutoring, counseling, and ultimately employment, WORC ends the women's need for public assistance. The WORC offers a six-month, structured day-reporting program that has proven to be effective. You can purchase from their wish list by clicking on this link:

<https://www.target.com/gift-registry/giftgiver?registryId=e861c5631d164bc09df22a9559ec8e41&type=GENERIC&occasionType=HOLIDAY>

**New Hour for Women and Children** is a nonprofit organization dedicated to providing pre- and post-release services to incarcerated and formerly incarcerated women. From providing basic necessities to education, New Hour supports and empowers justice-impacted women to become a powerful force for good for their community. You can purchase from their wish list by clicking on this link:

[https://www.target.com/gift-registry/giftgiver?registryId=5b06a9c794e24c66b5ad324a5373f9b9&lnk=registry\\_custom\\_url](https://www.target.com/gift-registry/giftgiver?registryId=5b06a9c794e24c66b5ad324a5373f9b9&lnk=registry_custom_url)

### 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 and 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 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.

### Eating Better Diet: Better Planet

Meat is one of the biggest culprits contributing to greenhouse gases. A meat-based diet also has more health risks for heart disease and cancer. Raising food for cattle uses vast amounts of water. According to New York Renew, by giving up the amount of meat we consume, we reduce emissions by 25 percent. This is easier because of the environmental movement driving the cause of organic farms and the elimination of factory farms. In fact, plants grown in fertile soil require less water, so many companies and scientists are presenting plant-based diets to accomplish this effort.



At Harvard, Dr. Walter Willett, a professor of epidemiology and nutrition, points out that we can shift to more plant-based sources and help sustain land. First, the destruction of forests for grazing will be lessened. We can use animal cells in a lab to grow food products that are identical to beef, fish, poultry, and pork. These experiments show promise as we already have vegan “eggs” from mung beans and Japanese cultured Wagyu beef. Another alternative is algae. This blue-green spirulina is sold in health stores. It is easy to mix as a powder into other foods, such as wraps. Sold in supermarkets and found in restaurants are also turkey, burger, and meat substitutes.

COVID-19 has spotlighted factory farm cruelty. Each year 10 billion pigs, chickens, turkeys, and cows are raised in intensive confinement. They are bred for size, given hormones, have inadequate waste management. The slaughterhouses were shut down as they became COVID-19 hotspots. Workers got sick; farmers started “depopulation” or mass killings. Unfortunately, the US Department of Agriculture (USDA) reversed course; industrialized animal farming practices were resumed demanding faster speeds, slaughtering more animals per hour, and endangering workers. These conditions can increase the risk of zoonotic diseases. The Food and Agriculture Organization predict factory farms as “the next breeding ground for another pandemic.”

If the USDA undermines protections and we continue to eat meat in large quantities, we cannot protect humanity, animals, or the planet. Unnecessary greenhouse gases will have free reign to disturb our climate. A compassionate, science-based solution is needed with a more plant-based, vegetable-oriented diet.

Support and sponsorship is also needed for Congress to enact the Farm System Reform Act. It would end factory farming by 2040. Everywhere, life is facing unprecedented pandemic dangers. We must discontinue our meat-oriented lifestyle.

Elaine Peters for the Green Sanctuary Committee

### The Green Sanctuary Committee at UUCSR

PRESENTS

## Monitoring Coyotes & Other Wildlife at UUCSR

**Tuesday, December 1, 2020**

**7:00 PM via Zoom**

Presented by

**Special Guest Enrico Nardone of  
Seatuck Environmental Assoc.**

#### 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

#### Join Zoom Event:

<https://zoom.us/j/96086447616?pwd=d3UrYlJwYwz4T-VlySCtaKzdIOUtzZz09>

Meeting ID: 96086447616

Passcode: 886280

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



## 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.

### BUILDING CLOSURES

Out of a concern for greater COVID-19 risk related to the holidays and increasing COVID-19 infection rates, UUCSR's Board of Trustees implemented closures of the Shelter Rock property intended to reduce infection risk for staff, members, and guests.

**CLOSED** beginning on  
Thanksgiving, Thursday, November 26.

**OPEN** on Tuesday, December 15.  
Staff will resume onsite office hours for very limited in-person scheduled appointments on:  
Tuesdays, Wednesdays, and Thursdays:  
9:00 AM-4:30 PM.

**CLOSED:**  
Sunday, December 20, 2020  
Thursday, December 24, 2020

**PLEASE NOTE:**  
Online Worship Services, Zoom programs and other programs will be held as scheduled, and all staff will work remotely during regularly scheduled hours. UUCSR phones will forward calls as appropriate, and email and other cloud systems will remain vital.

### WEDNESDAY, NOVEMBER 25, 2020

6:00 PM, Virtual Ukulele Class  
7:00 PM, Journeys Group for Newcomers  
7:00 PM, Small Group Ministry First Tuesday Meeting

### THURSDAY, NOVEMBER 26, 2020

1:00 PM, Virtual Thanksgiving **HOLIDAY EVENT**

### FRIDAY, NOVEMBER 27, 2020

2:00 PM, Meditative Moment  
7:00 PM, LGBTQ+ ZOOM Gathering

### SATURDAY, NOVEMBER 28, 2020

7:00 PM, Dramatic Readings

### SUNDAY, NOVEMBER 29, 2020

9:00 AM, UUCSR Jazz Ensemble with Dan Pratt via Zoom  
10:40 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  
7:30 PM, Finance Committee Meeting

### TUESDAY, DECEMBER 1, 2020

11:00 AM, Living Alone During Physical Distancing  
3:00 PM, Transgender Inclusion in Congregations (Tuesday group discussion)  
7:00 PM, Agenda Planning Meeting  
7:00 PM, Monitoring Wildlife at UUCSR with Seatuck II  
7:00 PM, Post-Election Discussion And Analysis  
7:30 PM, Denominational Affairs Meeting (DAC)

### 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, Messages  
2:00 PM, Wednesday Afternoon Conversations  
3:00 PM, Virtual Racial Justice Task Force Meeting  
7:00 PM, Journeys Group for Newcomers  
7:00 PM, League of Women Voters Of Nassau County Post-Election Zoom sponsored by the Women's Group

### THURSDAY, DECEMBER 3, 2020

11:00 AM, Living Alone During Physical Distancing  
1:00 PM, Small Group Ministry Facilitators Meeting  
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  
7:00 PM, LGBTQ+ ZOOM Gathering  
7:00 PM, T.G.I.F. *Lady Bird* Virtual Film and Discussion

### SATURDAY, DECEMBER 5, 2020

10:00 AM, Caring Committee Meeting  
11:00 AM, Transgender Inclusion in Congregations (Saturday group discussion)  
1:30 PM, Eighth Principle Program: Widening Our Circle of Inclusion: Deepening Our Understanding of the Eighth Principle

### 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)  
7:30 PM, Music and Performing Arts Committee Meeting

### TUESDAY, DECEMBER 8, 2020

11:00 AM, Living Alone During Physical Distancing  
Art Committee Meeting, 3:00 PM  
6:30 PM, Veatch BOG December Policy Meeting  
7:00 PM, Small Group Ministry First Tuesday 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, Messages  
2:00 PM, Wednesday Afternoon Conversations  
3:30 PM, Women's Group Zoom Board Meeting  
6:00 PM, Virtual Ukulele (Practice Only)  
7:00 PM, Developmental Ministry Transition Team  
7:00 PM, Hanukkah & Christmas Bedtime Stories **HOLIDAY EVENT**  
7:00 PM, Social Justice Committee Virtual Meeting  
7:30 PM, Adult Faith Discussion: Advent, Ritual, and Spiritual Practice **HOLIDAY EVENT**  
7:30 PM, Small Group Ministry Second Wednesday PM Meeting

### THURSDAY, DECEMBER 10, 2020

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



## 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.

### 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 **HOLIDAY EVENT**

### 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 – Hanukkah Memories*, Rev. Dr. Natalie M. Fenimore **HOLIDAY EVENT**  
12:00 PM, Virtual Coffee Hour  
1:00 PM, Online RE Art Exhibit Opening Reception  
2:00 PM, Virtual Annual Messiah Sing **HOLIDAY EVENT**

### MONDAY, DECEMBER 14, 2020

1:00 PM, Transgender Inclusion in Congregations (Monday group discussion)  
2:00 PM, Meditation and Poetry  
7:00 PM, Feeling Festive? Rev. Brower **HOLIDAY EVENT**  
7:30 PM, Finance Committee Meeting

### TUESDAY, DECEMBER 15, 2020

11:00 AM, Living Alone During Physical Distancing  
3:00 PM, Transgender Inclusion in Congregations (Tuesday group discussion)  
3:00 PM, Virtual NAMI Criminal Justice Meeting  
3:00 PM, Yoga, Art Gallery  
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, Messages  
2:00 PM, Wednesday Afternoon Conversations  
7:00 PM, Green Sanctuary Virtual Committee Meeting  
7:30 PM, Adult Faith Discussion: Advent, Ritual, and Spiritual Practice **HOLIDAY EVENT**

### THURSDAY, DECEMBER 17, 2020

11:00 AM, Living Alone During Physical Distancing  
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

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  
7:00 PM, LGBTQ+ ZOOM Gathering  
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 Practice Yoga  
7:00 PM, Dramatic Readings

### SUNDAY, DECEMBER 20, 2020

9:00 AM, UUCSR Jazz Ensemble with Dan Pratt via zoom  
10:00 AM, Online Family Yoga  
10:30 Young People's Choir  
10:40 AM, The Welcome Space  
11:00 AM, Sunday Worship: *Winter Solstice, Alia Shinbrough*, Student Minister **HOLIDAY EVENT**  
12:00 PM, Virtual Coffee Hour  
1:00 PM, RE Holiday Program **HOLIDAY EVENT**  
1:30 PM, Small Group Ministry - First Sunday Meeting  
2:00 PM, Transgender Inclusion in Congregations (Sunday group discussion)

### MONDAY, DECEMBER 21, 2020

2:00 PM, Meditation and Poetry  
6:00 PM, Membership Committee Meeting

### TUESDAY, DECEMBER 22, 2020

11:00 AM, Living Alone During Physical Distancing  
3:00 PM, Yoga, Art Gallery  
7:00 PM, Agenda Planning Meeting  
7:00 PM, BOT Agenda Planning Meeting  
7:00 PM, Committee on Ministry Meeting  
7:00 PM, Small Group Ministry Fourth Tuesday Meeting  
7:30 PM, President's Operations Task Force Meeting

### WEDNESDAY, DECEMBER 23, 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, Virtual Ukulele Class  
6:30 PM, Together to End Solitary Confinement Virtual Program

### THURSDAY, DECEMBER 24, 2020

11:00 AM, Living Alone During Physical Distancing  
3:00 PM, Online Children's Christmas Eve Worship Service **HOLIDAY EVENT**  
8:00 PM, Online Christmas Eve Worship Service **HOLIDAY EVENT**

### FRIDAY, DECEMBER 25, 2020

7:00 AM, Christmas Morning Reading, Online with Rev. Jennifer L. Brower **HOLIDAY EVENT**  
2:00 PM, Meditative Moment

### SUNDAY, DECEMBER 27, 2020

9:00 AM, UUCSR Jazz Ensemble with Dan Pratt via Zoom  
10:40 AM, The Welcome Space  
11:00 AM, Sunday Worship: *Sublime Silences, Cassandra Montenegro*, Guest Seminarian  
12:00 PM, Virtual Coffee Hour

### MONDAY, DECEMBER 28, 2020

2:00 PM, Meditation and Poetry

### TUESDAY, DECEMBER 29, 2020

11:00 AM, Living Alone During Physical Distancing

### WEDNESDAY, DECEMBER 30, 2020

11:00 AM, Crafting for Sanity and Community Zoom Get-Together  
2:00 PM, Messages  
2:00 PM, Wednesday Afternoon Conversations

### THURSDAY, DECEMBER 31, 2020

11:00 AM, Living Alone During Physical Distancing  
9:30 PM, Virtual New Year's Eve Party **HOLIDAY EVENT**

*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](mailto:communications@uucsr.org)

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK  
48 Shelter Rock Rd. Manhasset, NY 11030 | 516.627.6560 | [uucsr.org](http://uucsr.org) / [uucsr@uucsr.org](mailto:uucsr@uucsr.org)

**Developmental Minister**

Rev. Jaye Brooks ([jbrooks@uucsr.org](mailto:jbrooks@uucsr.org))

November 25, 2020

**Minister for Pastoral Care**

Rev. Jennifer L. Brower ([jbrower@uucsr.org](mailto:jbrower@uucsr.org))

**Minister of Lifespan Religious Education**

Rev. Dr. Natalie M. Fenimore ([nfenimore@uucsr.org](mailto:nfenimore@uucsr.org))

**Congregation Operations Administrator**

Adam Barshak ([abarshak@uucsr.org](mailto:abarshak@uucsr.org))

**Veatch Executive Director**

Joan Minieri ([joan@veatch.org](mailto:joan@veatch.org))

**Music Director**

Stephen Michael Smith ([ssmith@uucsr.org](mailto:ssmith@uucsr.org))

**Lifespan Religious Education Coordinator**

Carson Jones ([cjones@uucsr.org](mailto:cjones@uucsr.org))

**Youth & Young Adult Program Coordinator**

India Harris ([iharris@uucsr.org](mailto:iharris@uucsr.org))

**Social Justice Coordinator**

Claire Deroche ([cderoche@uucsr.org](mailto:cderoche@uucsr.org))

**Membership Coordinator**

Abigail Highland ([ahighland@uucsr.org](mailto:ahighland@uucsr.org))

**Student Minister**

Alia Shinbrough ([ministerialintern@uucsr.org](mailto:ministerialintern@uucsr.org))

ADDRESS SERVICE REQUESTED  
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, December 9, 2020 | Deadline for Content: Thursday, December 3, 2020



Wishing Shelter Rock's  
members and friends  
Peace, Love,  
and Good Health  
this holiday season!