



# 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 Holiday  
Happenings Here](#)

[See the Calendar  
List Here](#)

December 9, 2020

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

***Soulful Sundown for the Holidays*** Features spoken word by the Rev. Jennifer Brower and music by the Cosmic Orchestra: "Where music lies at the heart of the religious experience." [Join here.](#) \*

**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. \*

**SUNDAY, DECEMBER 20, 2020, 11:00 AM**  
*Alia Shinbrough, UUCSR Student Minister*



***Winter Solstice Service*** 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 for sacred spaces and experiences anchored in earth-based spiritualities? Join us to celebrate Winter Solstice. \*

\* 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.

**FINANCIAL DEVELOPMENT COMMITTEE**  
*Cathi Zillmann, Chair*



If you have already made your membership pledge and a payment for 2020-2021, "Thank you!" If not, please do so by 12/30 by phone (516.472.2919) or 12/31 online ([www.uucsr.org/donate](http://www.uucsr.org/donate)) to avoid a lapse in membership. Waivers of pledges and payments are available, if needed. Please contact Sue Kimler (516.472.2919) or Kimberly Rossiter (516.472.2941). Thank you.

**TOUCHSTONES**  
*The Rev. Jaye Brooks*



As we approach the last day of 2020, this remarkable year with events that upended the entire world, I am wondering what new learning I carry with me into the future. It's certain there is much I willingly leave behind—pandemic, distance, loss.

The new learning I've discovered resonates with old lessons from Quaker author Parker Palmer, whose Center for Courage and Renewal introduced me to the circle of trust.

One of the touchstones of a circle of trust is to give and receive welcome. When our Shelter Rock community first began gathering online, the welcome people offered one another was heartfelt, touched with a sorrowful awareness of physical distance.

Another touchstone of a circle of trust is to be present as fully as possible. From the beginning of lockdown, we shared with one another our authentic presence: fears and failings; joy in small blessings (and especially the small victories over each technical challenge of Zoom); attentive listening; honest speaking. We've learned to appreciate silence and the way that respectful use of

*Continued on page 2*

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**THURSDAY, DECEMBER 24, 2020, 3:00 PM**  
*The UUCSR Ministry Team*

***The Children Come*** Family Christmas Eve Worship Service features the annual First Grade RE Class Nativity Play. There will be carols and the Jazz Ensemble will participate. [View HERE](#) at 3:00 PM.

The Service may also be enjoyed in a Christmas Eve Service Viewing Space via Zoom. [Register HERE](#) and join at 2:45 PM to watch the Service in community hosted by Student Minister Alia Shinbrough. This will be a quiet, contemplative space, with a “whisper section” in the chat. You’re invited to bring your at-home chalice and prepare candles to light during the candle-lighting portion of the service. Please note that registration is required for the Viewing Space. After registering, you will receive a confirmation email containing a link to join. \*

**THURSDAY, DECEMBER 24, 2020, 8:00 PM**  
*The UUCSR Ministry Team*

***Light of the World*** Christmas Eve Worship Service is one of readings and carols tells the birth story of Jesus of Nazareth, Light of the World, whose message of love and peace encourages each of us to be light-bearers in our time. [View HERE at 8:00 PM.](#)

The Service is also available in a Viewing Space via Zoom hosted by Student Minister Alia Shinbrough. [Register HERE](#) and join the Zoom space at 7:45 PM to watch in community in a quiet, contemplative space, with a “whisper section” in the chat. You’re invited to have your-home chalice and candles for candle-lighting portions of the service. Please note that registration is required for the Viewing Space. After registering, you will receive a confirmation email containing a link to join.

**SUNDAY, DECEMBER 27, 2020, 11:00 AM**  
*Cassandra Montenegro, Guest Seminarian*

***Sublime Silences*** In Virginia Woolf’s novel, *To the Lighthouse*, silence is both a welcome vehicle for inquiry into selfhood, and an oppressive force that unravels the self. How is it that we hold these two contradictions at once, and give silence the place it needs so that we come to know freedom for ourselves?

\* 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, *continued*

the mute button puts an end to the static. We hear one another.

As we’ve explored poems and stories—as we’ve considered together questions for reflection that open up both past and future—we’ve learned from one another. We’ve also learned to attend to reactions and responses that arise from within ourselves, from the inner teacher, the voice of the soul that may be the most important lesson-maker in our lives.

In so many of our conversations, whether reflections in the Wednesday Conversations, discussions of the proposed 8th Principle, ideas that emerged in Purpose Conversations, or breakout room chats during coffee hour, we’ve listened to each other’s varying perspectives on what’s happening, what we long for, what works and doesn’t work in our lives. We are hearing one another with wonder and curiosity.

I’ve come to realize that our online gatherings have become circles of trust. Onset of the pandemic disrupted the community all human beings long for. This disruption is beyond anything we’ve ever experienced. Perhaps because of our heightened need for community and the seeming impossibility of returning to it, we created circles of trust.

That’s the new learning I’ll carry with me into 2021: we can create circles of trust—loving religious community—despite all obstacles. Even, perhaps because of the obstacles, this community we’re building is deeper, more powerful, and more loving than it was before.

“The seeds planted here can keep growing in the days ahead.” — Center for Courage & Renewal: <http://www.couragerenewal.org/touchstones/>

## 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!

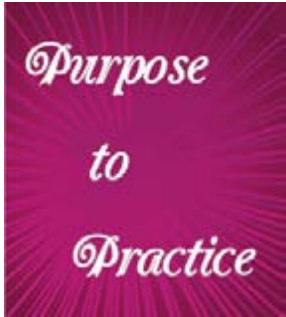
Join Zoom Meeting: <https://Zoom.us/j/91154123346>

## Holiday Happenings

Stay up-to-date on the latest programs and events at Shelter Rock with a special list and links at [uucsr.org/2020-holiday-happenings](http://uucsr.org/2020-holiday-happenings). The page is updated with new details as they become available.

## DEVELOPMENTAL MINISTRY HIGHLIGHTS

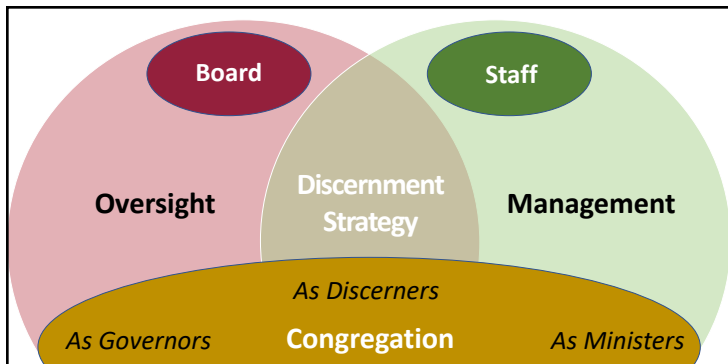
*The Rev. Jaye Brooks*



This fall's Purpose Conversations generated a multitude of ideas for UUCSR's future direction. The next step is the Purpose Workshop, which the Board may include as part of the Congregational Meeting in January. Anyone present for the March 8, 2020, Congregational Meeting's "Conversation Café" may remember the energy and excitement in the room—and that it was the last Sunday we gathered in person (and I'm grateful that Shelter Rock did not become a vector for COVID-19 as a result of that unmasked discussion).

Just as the Conversation Café led to some key ideas to help UUCSR live more fully into our vision to create loving religious community, encourage spiritual growth, and build a more just and joyful world, the Purpose Workshop will help us discern what is most central and important as we plan for a hybrid of in-person and online congregational life.

Discernment is crucial, and it's a key role for a congregation's members. In this frequently-shared illustration, the "Congregation" is the foundation for the congregation's governance and ministry.



*A Map for Thinking About Congregations by Dan Hotchkiss, author of Governance and Ministry*

The Congregation's members serve in a formal role as governors—as volunteers on the Board, administrative committees, and decision-makers in congregational meetings. Members also serve as ministers in their formal role as volunteers who do good works and informally to support and companion one another. At the center of congregational life, though, is the role of discernment. Board and Ministers, staff and members, all have a role in discernment of what is central and important in congregational life.

At the next Congregational Meeting, all members present will be discerners as together, we shape the future.

## SPIRITUAL PRACTICES AT SHELTER ROCK

*The Ministry Team*

### 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 Beginner Yoga

Led by Ben Wisch

**Saturdays, 4:00 PM**

December 19, 2020

January 16, 2021

February 13, 2021

Register here:

<https://zoom.us/join/join?meeting/register/tJAqc-2vqzIsEtOlo3iUzwZu7fLP-hyMrgnm>



#### 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/join?meeting/register/tJMvd-iurj8pHdSJBnUYCG5sd12IG-to17Q9V>

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 mat, rug, or other mat, 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)



## CONGREGATIONAL AFFAIRS

Mark Hartman, President



### Spotlight On the Future

For some time, the Publicity and Promotions Committee has been in conversation with an affiliate of the Public Broadcasting System regarding the production of a 4-6 minute video that would be shown on PBS as part of their Spotlight On series over several years. (Think of one of the infomercials on PBS between

programs.) The video or segments of the video would then be able to be used by the Congregation. The issues of content and who will serve as the “talent” are matters that need to be carefully considered (and will be) over the next several months.

Publicity and Promotions first brought this concept to the Board in September, at which time the concept was approved. In October, the Board reaffirmed its support, authorized the President to execute a contract at a cost not to exceed \$30,000 when satisfied, and created a Steering Committee consisting of Rev. Dr. Natalie Fenimore, Trustee Chris Hilke, and COA Adam Barshak to work with Publicity and Promotions on bringing the project to fruition. The Steering Committee was initially asked to communicate with the UUA to learn of its interest in collaborating with UUCSR on this project and the UUA has expressed interest.

The Spotlight On project has led me to think about the future a little differently than was the case nine months ago when we closed the building for the first time. Back in March, I think many of us viewed the closure as a short-term measure designed simply to “flatten the curve.” (Anyone remember that phrase?)

In any event, I think most of us viewed the closure as a respite which would be followed, after a decent interval, by a return to the status quo. I now wonder whether this period is more like an interregnum and the changes that we make during this interval will have a more lasting impact than we might have imagined nine months ago.

Stay tuned.

Mark

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

Please see page 6 of this *Quest* for UUCSR Closure Notice.

Please also see page 14 of this *Quest* for additional date-related information.

### Board of Trustees Agenda Tuesday, December 15, 2020

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:10 PM II. Minutes: Toni Logue, Secretary
  - November 2020 Board Meeting Minutes
- 7:20 PM III. Audit Committee: Maria Doyle, Chair
  - CY20 Audit
- 7:50 PM IV. Personnel Committee: Marilyn Fischell, Chair
  - Deviation from Employment Salary Offer Policy
- 8:10 PM V. Ministers' Report: Rev. Jaye Brooks, Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
  - 2021 Calendar Year Housing Allowance
  - Winter Vacation Schedule
  - Request for CY22 Student Minister
- 8:30 PM VI. President's Report: Mark Hartman
  - January 10, 2021 Congregational Meeting Agenda
  - January 9, 2021 Retreat
  - Veatch Structure Consultant RFP Status
  - Committee on Ministry Status
  - Request to Bylaws Committee to Consider Changes to Meeting Participation Rules
  - Spotlight On Update
  - COVID-19 Contingency Fund Team Update
- 8:50 PM VII. COA Report: Adam Barshak
  - Re-Imagined Staffing Team Update
- 9:00 PM VIII. Good of the Order: Mark Hartman, President
  - Pride for Youth
  - St. Aloysius R.C. Church

### Board of Trustees Agenda Thursday, December 17, 2020

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:05 PM II. Member Resource Committee: Monica Shlichting
- 7:20 PM III. Denominational Affairs Committee: Richard Bock
  - 2021 General Assembly Guidelines
- 7:30 PM IV. Colloquy Committee: Jane Weiler
- 7:45 PM V. Task Force Updates
  - Reopening Task Force: Adam Barshak, COA
  - Working Groups Task Force: Jana North, Vice President
- 7:55 PM VI. CY21 Pledge Update: Brian Muellers, Treasurer
- 8:05 PM VII. Ministry Team Review or Committee on Ministry
  - Candidate Selection: TBD by the Board December 15
- 9:00 PM VIII. Good of the Order: Mark Hartman, President

## UUCSR MEMBER DIRECTORY

Now is the perfect time to login to [MYUUCSR.org](https://myuucsr.org) to verify your address, phone numbers, emails, birthdates, etc. You may opt in or opt out of sharing specific information, at your discretion.

The new online-only UUCSR Member Directory will soon be available for members to use or download from [MYUUCSR.org](https://myuucsr.org).

Need help? Please contact Communications Manager Jen Sappell at [jsappell@uucsr.org](mailto:jsappell@uucsr.org) or 516.492.6064.

## MILESTONES

### Within the Circle of Our Congregation

**We mourn with...** WinterFlower and Russell Robinson and their family as they grieve the death of their son-in-law, Jermaine Livingston, 48, who died on Friday, December 4, 2020 following post-surgical complications. As we extend our care to the Robinson family, we think especially, of WinterFlower's daughter, Venette Livingston, and offer her our heartfelt condolences. Expressions of care and sympathy may be sent to:

The Robinson Family  
198-04 120 Avenue  
St. Albans, NY 11412

**We offer our congratulations to...** Latifa Woodhouse whose book, *Latifa Unveiled*, was published in September. *Latifa Unveiled* recounts Latifa's formative years and experiences growing up in Afghanistan, and the evolution of her philanthropic work and founding of Shared Humanity USA, with her husband, Colin. Knowing that this accomplishment is a source of great pride and is the culmination of years of diligent work, we share Latifa's and the Woodhouse family's happiness.

### Within Our Wider Unitarian Universalist Circle

**We offer our condolences to...** the family of the Rev. Dr. Hope Johnson, who served Unitarian Universalism with dynamic energy and grace.

Most recently, she served as the Central East Region Congregational Life Consultant, specializing in conflict resolution and multicultural congregational development. Formerly, she was the Minister of the UU Congregation of Central Nassau in Garden City, where she served for 15 years. Previously, she served as Minister of Spiritual Life and Director of Religious Education at the First Unitarian Congregational Society in Brooklyn. The Rev. Dr. Johnson brought a wealth of experience from her years of wider UUA leadership, including UUA Appointments Committee, UUA Nominating Committee, UUMA Continental Good Offices team, and her UU College of Social Justice leadership position, just to name a few.

On Saturday, November 28, 2020, the Rev. Dr. Johnson died as a result of respiratory health complications developed following her service at the World Trade Center post-September 11, 2001. At the time of her passing, the Rev. Dr. Johnson was surrounded by family, song, and prayer.

In her honor, the First Unitarian Congregational Society in Brooklyn is accepting donations to provide the Rev. Dr. Johnson's family with a gravesite at historic Green-Wood Cemetery in Brooklyn. The cost of the site is \$5,000. First Unitarian would like this gift to be from all of Rev. Hope's UU community.

Donations toward the gravesite can be sent to:

First Unitarian  
48 Monroe Place  
Brooklyn, NY 11201

Please mark your checks "Rev. Hope" in the memo line.

Credit or debit card donations can be made at [www.fuub.org](http://www.fuub.org). Choose the "click here to donate" button, then "other non-pledge donations," and mark the donation "Rev. Hope." All donations over \$5,000 will be given to the family to defray additional burial costs. Questions can be directed to Garnett Losak ([garnett@fuub.org](mailto:garnett@fuub.org)), Director of Congregational Life, First Unitarian Congregational Society in Brooklyn.

**We offer our condolences to...** the family of the Rev. Vernon C. Nichols who died on September 11, 2020, at the age of 88.

Raised in the Methodist tradition, the Rev. Nichols was ordained in 1956, and from 1957 to 1959 he served the Methodist Church in Alexandria Bay, Redwood, NY.

Feeling constrained by Methodist theology and its lack of "free inquiry," Rev. Nichols was encouraged to pursue ministry within the Unitarian Universalist Association. Attracted by its forward-facing stance, he made inquiries in 1966 and was granted Fellowship with the Unitarian Universalist Association in 1967.

Within Unitarian Universalism, the Rev. Nichols served as Assistant Minister of our congregation when we were the North Shore Unitarian (Universalist) Society from 1967 until 1971. He was then called to his longest pastorate: the First Unitarian Congregation of Ottawa (Ontario), Canada, where he served until 1983.

After briefly serving congregations in Connecticut and Michigan, the Rev. Nichols and his wife Sue were hired to head the Unitarian Universalist Office at the United Nations.

In 1993, Vernon and Sue retired formally, but continued their service to their ideals. Vernon served as President of the UN's NGO committee on Disarmament, Peace, and Security. In 2018, Vernon and Sue moved to Portland, OR to be closer to family.

Vernon is survived by his wife, Susan (Sue); sons Howard Vernon, George Martin, and Peter John; and grandchildren Matthew Griffin, Hope Radcliff, and Stephen Vernon David.

Cards of condolence may be sent to:

Sue Nichols  
1300 NE 16th Avenue  
Apt. 436  
Portland, OR 97232

## CONGREGATIONAL NOTICE

UUCSR's officers, in consultation with the ministers and the Congregation Operations Administrator, previously made the decision to pause all onsite activities from November 26–December 10. This was to minimize the risk of COVID infection to our staff, members, and guests in response to the anticipated viral spread resulting from Thanksgiving travel and gatherings. This decision was affirmed by the full Board of Trustees at its November meeting.

As all COVID-related indicators are trending negatively in our region, as well as the state and nation, the Board of Trustee's COVID Reopening Task Force is recommending an extended closure of the Congregation through the end of January. Therefore, the current closure is extended through December 18, 2020.

On December 17, 2020, the Board will consider the recommendation to close through January 31, 2021. This closure is in consideration of the health and well-being of all concerned.

Mark Hartman	Jana North	Toni Logue	Brian Muellers
<i>President</i>	<i>Vice President</i>	<i>Secretary</i>	<i>Treasurer</i>

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



**Due to the recent restrictions on UUCSR following Thanksgiving, hand-delivered gifts cannot be accepted. Please send directly to ACQC.** ACQC staff will match the gifts and clothing with the families they serve.

You can have gifts and clothing delivered to: AIDS Center of Queens County, 161-21 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!

## MUSIC AND PERFORMING ARTS COMMITTEE

*Stephen Michael Smith, Music Director*

### Join UUCSR for the 2020 Virtual Messiah Online LIVE!



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: live on [Facebook](#), [uucsr.org](#), and [YouTube](#), and available thereafter on demand at [uucsr.org/on-demand](#).

### CABARET XVIII UPDATE

Yes, the curtain came down, but the show goes on! Our 2020 Cabaret at the Rock has, at last count, raised **more than \$4,700** for our Ed Miller Memorial Music Scholarship Fund. Thank you all who have generously contributed. And, it is not too late to see the show and make a contribution. Visit [Music and Performing Arts on uucsr.org](#) or [YouTube](#) to watch Cabaret XVIII.



Fundraising continued with the recent, most-informative Ken Hughes and the East River Blues Band interview on the history of the Blues. That program is also available on Facebook, [uucsr.org](#), and YouTube.

**It's not too late to send in your contributions. Operators are standing by!**

Richard Bock, Music Director  
Cabaret XVIII



**CARING COMMITTEE**  
*WinterFlower Robinson, Chair*

The UUCSR Caring Committee  
invites UUCSR members and their loved ones to purchase

## Christmas Dinner

Turkey, Ham, and Vegetarian options are available.  
Meal pick-up is on Thursday, December 24, 2020  
from 12:00–1:30 PM

Hadley House Parking Lot  
464 Main Street  
Port Washington, NY 11030

Meals are \$17.95, individually packaged, and include a slice of  
pie for dessert.  
Financial assistance and/or meal delivery is available upon  
request.

[Register HERE](#) by Friday, December 18.

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

*Thanksgiving and Christmas dinners build community.  
Barabara Singer said, "The burden of celebrating Thanksgiving  
apart from my children and grandchildren weighed heavily on my  
heart. That burden was lifted by the care extended by UUCSR's  
caring community in organizing Thanksgiving dinner offered by  
the congregation. It touched my heart."*

### Living Alongside Cancer

December 17, 2020    April 15, 2021  
January 21, 2021    May 20, 2021  
February 18, 2021    June 17, 2021  
March 18, 2021

FREE | Thursdays | 7:00 PM

The Caring Committee has formed 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 meets on the third Thursday of the month at 7:00  
PM for 90 minutes and is facilitated by Caron Hunter, a holistic  
health-care provider and interfaith minister. Caron teaches a  
compassionate and empowering approach to healing, and offers  
over 30 years of personal and professional healing experience.

[Register in advance for this meeting series HERE.](#)

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



**MEMBER EVENTS COMMITTEE**  
*Carla Drezner, Chair*

Back Together in 2021:  
A Virtual UUCSR New Year's Eve Celebration



Join your hosts Maria and Frank Doyle for an evening of:

- \* New Year's celebrations around the globe
- \* Virtual all-attendee group-hug screen shot
- \* Year-in-Review: There WAS goodness in 2020!
- \* Shared resolutions, hopes, and dreams
- \* Classic UUCSR NYE Photos
- \* Almost-live music and group sing-along
- \* Interactive games & raffles
- \* Virtual 2021 New Year's toast
- \* Many surprises and special guests

FREE

Where: Zoom. For a link to the party, [please pre-register HERE](#). An email confirmation will provide you with the link  
to login.

Food and Drink: BYO

Attire: Evening casual

ENJOY!



## SOCIAL JUSTICE COMMITTEE

*Claire Deroche, Social Justice Coordinator*

### Universal Declaration of Human Rights: A Road Map to Peace and Justice

When I start out on a road trip to a new destination, I like to have a road map, if not on paper then on the GPS function of my mobile phone. That's how I think of the Universal Declaration of Human Rights (UDHR). It's a roadmap for the human race, guiding us to create societies of peace and justice.

UDHR was born of the devastation of World War II. Vowing that the world would never again wreak such destruction on humanity, world leaders established the United Nations. One of the first acts of this body was the creation of UDHR. The document was drafted by the Commission of Human Rights comprised of 18 members from a variety of backgrounds: religious, cultural, and political. Eleanor Roosevelt, the widow of Franklin D. Roosevelt, the 32nd President of the United States chaired the drafting committee. It was ratified on December 10, 1948. ([Click here for the document and more information.](#))

Hernán Santa Cruz of Chile, member of the drafting sub-committee, gave voice to the significance of this document in this reminiscence: "I perceived clearly that I was participating in a truly significant historic event in which a consensus had been reached as to the supreme value of the human person, a value that did not originate in the decision of a worldly power, but rather in the fact of existing—which gave rise to the inalienable right to live free from want and oppression and to fully develop one's personality. In the Great Hall...there was an atmosphere of genuine solidarity and brotherhood among men and women from all latitudes, the like of which I have not seen again in any international setting."

UDHR reminds us that we are capable of creating societies where each individual is respected, where the rights of persons and states are respected, and where peace and justice flourish. Like any traveler, the human race sometimes gets lost or takes a wrong turn. Then we need to come back to this document to be reminded of what could be and to be inspired to continue the journey.

To give life to UDHR, we humans need to take concrete action. One way to do that is to partner with organizations like Amnesty International, a group whose mission is to "campaign to end abuses of human rights." The Social Justice Committee, with the collaboration of the Ethical Humanist Society of LI, has organized this year's virtual Write4Rights event. The UUCSR website, [www.uucsr.org](http://www.uucsr.org) contains all the information you need to participate in this year's campaign and help win freedom for this year's seven prisoners of conscience. The letters you write will have an impact. 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!

## SOCIAL JUSTICE ANNOUNCEMENTS

*Claire Deroche, Social Justice Coordinator*

**Holiday Giving:** Shelter Rock's Sunday collections will benefit the North Shore Soup Kitchen and AIDS Center of Queens County (ACQC) 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 New Winter Clothing

The annual project to remember children served by the ACQC continues this year, co-sponsored by the Religious Education Committee and the Social Justice Committee. Please visit [UUCSR's Holiday Happenings webpage here](http://www.uucsr.org/holidays) for details about shopping and gift giving. If you'd like to help a specific family in need, please contact Claire who will connect you with ACQC staff. 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!

### UU the Vote

**Electoral Work Continues!** UU the Vote continues to partner with Reclaim Our Vote to get out the vote in Georgia for the January 5, 2021, run-off election for the state's two US Senate seats. This is an important election, and we need to help often disenfranchised voters with information about early voting and election day polling sites. To register for phone banking to Georgia go to <https://www.uuthevote.org/georgia/>.

### Wednesday, December 9, 2020

**Social Justice Committee Virtual Meeting**, 7:00 PM: Please note that this Zoom link will be good for the rest of the Congregational year. [Join Zoom Meeting here](#), or dial +1 646 558 8656.

### Thursday, December 10, 2020

**Write4Rights:** Each year in December, Amnesty International recognizes International Human Rights Day with a letter-writing campaign. The organization highlights a group of political prisoners, and 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. This year, on December 10, International Human Rights Day, you can access the campaign online at [www.uucsr.org](http://www.uucsr.org). There you will find information about this year's prisoners of conscience and all the materials you'll need to participate in this 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!

### Wednesday, December 23, 2020

**Together to End Solitary Confinement**, Virtual Event, 6:30–7:30 PM. Join members of the Social Justice Committee as we remember those suffering the torture of solitary confinement. The Zoom link will be the same every month. [Join Zoom Meeting here](#) or call +1 646 558 8656.



## LGBTQ+ SUBCOMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

*Susan L. Roberts, Chair*



### Energizing & Embodying Our Principles

Marginalized groups often find their bodies under attack—for skin color, reproductive capabilities, gender expression, and physical differences of all types. For this reason I have had a lifelong interest in the intersection of healing and spirituality.

As an occupational therapist I worked with bodies in ways that always included mind and spirit. As a theologian, I spent four decades studying how spiritual healers use ritual to focus mind and spirit and thus transform the body from disease to health and happiness. One of these traditions, Ayurveda from India, envisions seven energy chakras that enliven and harmonize energy within our bodies.

Each of these chakras has an action verb associated with it. These verbs resonate with the unique energy of specific body regions, organs, tissues, and emotions. What if we took our Seven Principles and aligned them with those Seven Chakras? Would that help us embody those Principles? Would it bind us to actions that heal us and our world?

Many years ago I gave a sermon on our UU Principles and the Chakras for my congregation in Tucson, AZ. In a nutshell—here it is:

I HAVE a belief in the inherent worth and dignity of all beings;  
I WANT justice, equality, and compassion in human relations;  
I WILL accept others and encourage them to spiritual growth;  
I LOVE a free and independent search for truth and meaning;  
I SPEAK for the right of conscience and the use of the democratic process in our congregations and the world;  
I ENVISION a world community with peace, liberty, and justice for all;  
I DREAM respect for the interdependent web of all existence of which we are a part.

I use the word “dream” in the sense of aboriginal peoples of Australia—connecting to Source. As we consider adding an Eighth Principle, I offer my understanding of that Principle as it relates to the Eighth Chakra. (Yes, that’s a thing.)

I CO-CREATE spiritual wholeness by working to build a diverse multicultural Beloved Community with actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

I find that incorporating these action verbs helps me to viscerally connect to our Principles, to practice them in my everyday life, and feel them in my body. I hope that you may find this practice helpful as well.

## UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

*Joan Minieri, Executive Director*

### Long Island Grantees Expand the Right to Representation In Islip

Veatch grantees across the country work hard to ensure that their elected officials reflect and can represent the diverse racial and the ethnic composition of the communities they serve. Without this representation, low-income people, communities of color, immigrant communities, and other vulnerable groups are more likely to be excluded from the policy-making process itself. Two Veatch grantees—[New York Communities for Change](#) and [Make the Road](#)—secured an important victory in the fight for equitable representation, right here on Long Island.



The problem they confronted was that no Latinx politician has ever been elected to the Islip Town Board, even though the Latinx community makes up nearly 30 percent of the town’s population. In fact, all current board members are white, and only one person of color has ever been elected to a governmental position in the town. The cause of this problem has been the town’s “at large” voting system—in which every Islip resident is allowed to vote for their preferred candidate for all four seats.

As Lucas Sanchez, the Long Island organizing director of NY Communities for Change recently said in an interview: “We have a more diverse Long Island, but that hasn’t translated into more political power for people of color on the island—so this case is about chipping away at that exclusionary white supremacy that has structural power on Long Island.”

Veatch grantees filed a lawsuit alleging that this voting method systematically excluded the voices of Latinx community members who are concentrated in Brentwood and Central Islip, in violation of the federal Voting Rights Act. In October of this year, they won. In future elections, the town will now be required to use geographic districts in local elections, meaning the sizable Latinx community in Islip will have a much better opportunity to secure representation on the Board.

This is just one of so many examples of how the Congregation’s commitment to building a more just world through Veatch is having an impact here on Long Island. I encourage you to read more about it in this recent [City & State New York article](#). If you haven’t yet signed up for Veatch news updates, [please do so here](#) for more updates and victories from our grantees.

*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.*

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

This year we have the opportunity to offer extra assistance to some of the families served by the AIDS Center of Queens County (ACQC). These are mostly immigrant families with few resources and many needs. If you'd like to go the extra mile and help a family, please contact Social Justice Coordinator Claire Deroche at [cderoche@uucsr.org](mailto:cderoche@uucsr.org) or (516.238.2191). Thank you!

**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.

**ADULT PROGRAMS COMMITTEE**  
*Bob Nuxoll, Chair*

**Soulful Songs  
and Stories**



In our last-of-the-year pandemic PDFs (December 18), we'll celebrate the season with songs (15 pieces of music!) and four stories, ranging from the sacred to the secular, from holy to humorous, some familiar and some fresh. Whatever your belief or non-belief, you should find something that speaks to you.

We're going to start the new year with songs and stories built around Richard Blanco's poem, "Declaration of Interdependence."

To get 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

**LIFESPAN RELIGIOUS EDUCATION (RE)  
and ART COMMITTEES**

**3rd Annual RE Art Exhibition**

**Submission deadline extended to December 11!**

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

**Calling All  
Young Artists!**



Children and youth are invited to submit photos, scans, or short 15-30 second video presentations of any artwork made at home or in school. For the first time, we can easily present digitally-created works. 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 Friday, December 11, 2020.

When submitting, please grant permission for how you wish your child's work to be attributed (for instance, by their full name, first name last initial, first name only, whether or not to include their age, etc.).

Questions? Please contact RE Assistant, Jessica Pond at [jpond@uucsr.org](mailto:jpond@uucsr.org).

The exhibit will have a live Zoom opening reception at 1:00 PM on December 13, 2020: <https://Zoom.us/j/92305690465?pwd=by8w dDFmUXhLTHlaRoJrNzB1TVV3QT09>

Can't wait to see everyone's masterpieces!



## LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



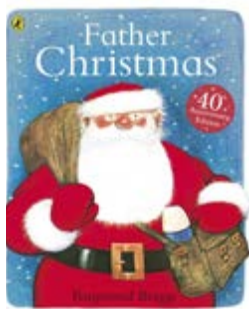
### Hanukkah & Christmas Bedtime Stories

Wednesday, December 9 | 7:00 PM

[Live on Zoom Here](#)

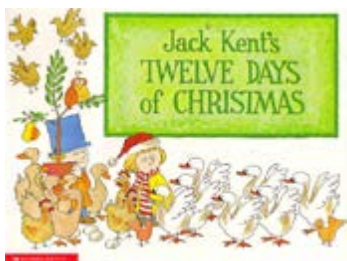
All are welcome to join Carson Jones for this interactive storytime (and sing-along!) as he reads three picture books for Hanukkah and Christmas!

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



*Father Christmas* by Raymond Briggs

*Jack Kent's Twelve Days of Christmas*



### Online RE Art Exhibit Opening Reception

Sunday, December 13 | 1:00 PM

[Live on Zoom Here](#)

The 3rd Annual RE Art Exhibition is going online! All are welcome to see the debut of our first-ever virtual exhibit featuring works of art created entirely by the children and youth in Religious Education! The video will be posted to the Art Committee page on the UUCSR website for all to enjoy on demand.

### Online RE Holiday Carol Sing-Along

Sunday, December 20 | 1:00 PM

[Live on Zoom Here](#)

Join RE Music Specialist George Weisman, Carson Jones, and some special guests as they lead this festive sing-along of carols!

### Family Yoga with Suzanne!

Sunday, December 13 and 20 | 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 half-hour of gentle breathing, mindful meditation, and stretching on and around and with or without the aid of our chairs on Sunday mornings. This is a perfect way to get your day going. All skill levels are welcome to join, open to all ages from newborns to 99-year-olds, and beyond!

## BUILDINGS AND GROUNDS COMMITTEE

Gerry Matusiewicz, Chair

### Firepit Project Completed!

Eagle Scout candidate Chris Nielsen grew up attending RE at Shelter Rock. He worked for over a year planning his final Scouting project: to restore the UUCSR firepit for safe and practical use. The firepit, located at the edge of the wooded area behind the Worship Room, was damaged by storms and deteriorated by weather over recent years.

According to Boy Scout rules, Chris had to complete the project (including a board of review) before his 18th birthday in late December. He anticipated a mid-October completion. But, like so many things, his project was delayed by COVID-19. Chris began by independently raising over \$1,300 of the targeted \$2,000 estimated for the quality installation he envisioned. Members and friends contributed an additional \$1,200, which enabled extra seating. He finished just in time!



Chris wrote, "Holy Moly! I can't believe this behemoth of a project is finally complete! After two years in the making with intense planning and designing the fire ring is done! I can't tell the congregation how grateful I am to have been a part of such an important and impactful project. This project has tested every aspect of my scouting career. I obtained funding from entities close to me and an incredible \$1,200 dollars from the congregation. You all are to thank for this project being possible. It took 12 cubic yards of gravel, 15 yards of RCA (recycled concrete aggregate), and hundreds of work hours from start to finish—over two years. Numerous full workdays later, we have a completed and wonderful fire ring.

"I hope you can all find a use for this new addition to the congregation's grounds. I really hope it will be used for years to come.

"Thanks all.

"Yours in Scouting,  
Christopher Nielsen"



## WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues

### Hope for this Holiday Season

Many friends express dread and fear of short, dark, cold days ahead. Social activities disappear as COVID-19 rampages in its second wave. Isolation and loneliness loom. Although I too am sometimes fearful, I have found that some people bring me back to my grateful, hopeful self. I offer them to you.

At this time of year, I always remember Isidro in my 6th grade class in Richmond Hill. He was the kid no one wanted. We read an adapted version of O'Henry's *Gift of the Magi*. You may recall that the story involves a husband and wife who have very little but try to find a way to show their love for each other with a gift. It was a heartwarming story that reminded my class of the people who really would have nothing that holiday. A lovely blond girl sat in the middle of the third row. Her foster parents never gave money or permission for her to join the class on trips. Embarrassed and ashamed, she wore over- or undersized, misshapen clothes. We knew she would have nothing.

A few days later, after I unlocked the classroom door, I saw wrapped gifts on every desk. It was our class holiday party. A huge box of chocolates was on the desk of the foster girl. Pearl earrings were on my desk. I couldn't believe it. Later, I learned that Isidro was responsible. Although he didn't attend the party to receive the gift he knew would be there for him, he got his counselor to open my locked classroom door so he could deliver the gifts anonymously, surprising all of us!

What, you might ask, does this have to do with holidays in 2020? To help prevent the spread of coronavirus in shelters, homeless New Yorkers were placed in the Lucerne, a hotel on the upper west side of Manhattan, with hopes that the traditionally liberal residents wouldn't complain too forcefully. They complained. Local protesters and homeless advocates gathered outside the mayor's residence. A lawsuit detailed lowered quality of life and increased crime in the neighborhood. It looked like this idea was pretty much a disaster. Some residents called it pure NIMBYism.

So, where's the wonderful part? For some, all the anger actually turned into belonging. In spite of the outrage, the pressure and the lawsuits, a judge delayed a plan to relocate them. The residents were flabbergasted when people welcomed them with kind messages in sidewalk chalk and donated clothes. "Putting their babies in our arms, their babies, I don't know these women! Bringing their dogs and saying, 'Hey hold my dog' and 'Hey, he loves you.'" The picture in the paper showed women from the Upper West Side Open Hearts Initiative standing behind a table handing out hot drinks, clothes, and books. These people are the Isidros of today. They give me hope.

As of my last reading, the neighborhood remains hostile. Whatever you may think about the proper place for our homeless, it may be difficult not to appreciate the ladies from the Upper West Side Open Hearts Initiative and children like Isidro.

For this holiday season, we wish you peace, joy, and hope.

## WOMEN'S GROUP

Sandra Hazel Frank, Women's Group President

### 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.



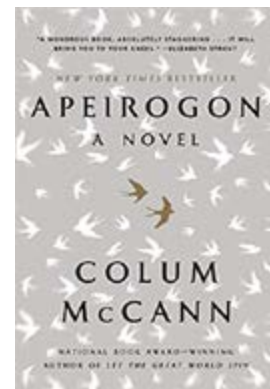
**WORC (Women's Opportunity and Rehabilitation Center)** is a community correction program that offers alternatives to incarceration (ATI) programs for female offenders in and around Nassau County. Through assessment, tutoring, counseling, and ultimately employment, WORC ends the women's need for public 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)

## Women's Group Book Series

The Book Series is an opportunity to gather and discuss recently read books. Please contact Staff Liaison Sharyn Esposito to learn more ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960). Currently being held as Zoom sessions until further notice.

Friday, December 18, 3:30 PM. All are welcome to discuss, *Apeirogon*, by Colum McCann, a complex story of a surprising friendship between two men.



## Inherent Worth and Dignity of All Beings

There is a new denominational focus on adding an 8th UU Principle:

*We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*

This change is much needed and hopefully will be adopted very soon. The UUA is also planning to look at the original seven Principles to see if they should be updated. I believe it is time to urgently focus on the First Principle, “The inherent worth and dignity of every person,” and change it to, “The inherent worth and dignity of every BEING.”

Many years ago, the UU Animal Ministry created the First Principle Project (FPP), which promoted intersectional justice for every being. Its vision was:

*Understanding the inherent worth and dignity of every being, Unitarian Universalists live deeply in joy and compassion, nourishing themselves as they nurture, care for, and protect the many others in a multispecies world.*

Due to poor timing, the project was tabled. Now, with the pandemic demonstrating that the health of one is the health of all—and with climate change and the sixth mass extinction accelerating—it is urgent to resurrect the FPP.

At the recent Green Sanctuary Service, I discussed why birds are important (see <https://www.youtube.com/watch?v=OLEoiEzvBcc>). After listing ecological, economic and other benefits they provide to people, I mentioned the most crucial reason—they are important because they ARE. I could have been talking about trees, lions, or flies. All play their part in the “...interdependent web of all existence...” We don’t know the impact of removing parts of the web and it is often not good for us or other life.

The mission of the FPP states that we need to:

*... develop and institute programs and processes to facilitate ongoing transformation within individuals, within Unitarian Universalist congregations, organizations, ministries, and within the greater community, bringing healing, wholeness, belonging, justice and flourishing as they alleviate the interlocking oppressions that arise from seeing and treating others as lacking inherent worth and dignity.*

Intersectional justice must include all beings on Earth. What this looks like remains to be seen. Some UU congregations have already made this change to the First Principle in their communities. Let UUCSR join them and help make this a denomination-wide effort.

Gail Koelln for the Green Sanctuary Committee

## ’Tis The Season To Be Joyous and Thankful

Thank you UUCSR Caring Committee for organizing the purchase and delivery of our Thanksgiving dinners with such grace and love. The delicious dinners arrived wrapped so beautifully, with an individual flower for each one of us. That single gesture, once again, shows that we remain closely connected to you all. Thank you UUCSR volunteers and staff who contributed to brightening our holiday.

Now we enter a season of Joy! In anticipation of the upcoming holiday festivities, we feel the burst of creativity in the air. Snowflakes are cut and stars and flowers burst from folded paper as we “Deck the Halls.” Baking cookies and cupcakes and pies, oh my! We’ll have a sharing, we will! And carolers, with masks and six feet apart, will visit each floor and hum and sing and maybe do more.

As we maintain social distance, we continue to touch each other’s spirits. We enjoy small group gatherings in our lobbies (six or less and masked).

Our Friday afternoon Social Chat is now successfully joined on Zoom. Although it does not replace meeting in person, Zoom and FaceTime are providing reasonable alternatives for much-needed togetherness.

We are conscious of the difficulties encountered by local small businesses. We want to make a contribution to the larger Port Washington community. We are making it a point to “Shop Port” to help keep them afloat.

Ideas abound, and it is only December 2! The 2020 holiday adventure begins, and who knows what “mischief” awaits. It will be a quiet holiday again, celebrating in place with our neighbors, enjoying each other’s company and having fun. And we have the national recovery to anticipate and the hope of a healthier 2021.

Someone was overheard saying, “When I turned 70 I was depressed, but living at Hadley House, as age 80 came and went, I found I felt young again.” This is the gift of living at Hadley House...Hadley House Alive!

We wish you a Happy and Healthy Holiday and a wonderful New Year!

Hadley House Residents’  
Association Quest Committee  
Nancy Jacobson  
Jerry Jalazo  
Barbara Singer  
Lilyan Strassman



## FROM THE UUA PRESIDENT

*Susan Frederick-Gray*

### In This Holiday Season, May We Simply Be

Dear Colleagues and Friends,

As we embark on this season of holidays and holy days, I hold you and our faith community in deep care. This season will be different than any we can remember. We cannot gather in our sanctuaries and sacred spaces, bedecked with greenery and poinsettias. We cannot gather close together in candlelight and song. Our dearly held traditions that bring so much joy to this season of magic and beautiful darkness will be pared down, virtual, even canceled altogether.

It's heartbreaking to think of going through this season without the company of extended family and friends. And for so many of us who have lost loved ones, our grief will be heavier during the holidays—especially in a year such as this.

It reminds me that it is more important than ever that we let the people in our lives know how much we care about them. We need each other now more than ever. I am grateful for the ways technology allows family and community and colleagues to gather and support each other across great distances. In this spirit, I offer this holiday video message to you and your congregation. I invite you to use it in an upcoming worship service.

Now is the time to lean in more to relationships of care and compassion, to lean in more to our interdependence. Gathering virtually, calling our friends, checking in on each other—it matters. One of the things keeping me rooted these days is remembering to take it one day at a time. It is so easy to focus on missing what cannot be or the difficult road still ahead in the pandemic. In staying attentive to the present, I am able to attend to my grief, while also being open to the affirmation of life that is still very much present.

My hope for each and every one of us, in the midst of a season so often marked by hectic to-do lists and the recreation of some “perfect holiday,” is that we give ourselves permission to rest, to simply be, rather than always doing. To tend to the grief and the joy that is a part of our lives. To make room in our days for our spiritual care and renewal.

Just as the earth takes time to rest in the winter, let us remember the gift of darkness that is part of this season—a reflective moment in the cycle of life. In the words of Buddhist teacher, Stephanie Nobel:

Dark is the rich fertile earth  
that cradles the seed, nourishing growth.  
Dark is the soft night that cradles us to rest.  
Only in darkness  
can stars shine across the vastness of space...  
There is mystery woven in the dark quiet hours.  
There is magic in the darkness...  
We are born of this magic.

I send you all my love and many, many blessings during this holiday season.

Yours,

Susan

*The Rev. Dr. Susan Frederick-Gray began her six-year term as president of the Unitarian Universalist Association (UUA) in June 2017. As president of the Association, she is responsible for administering staff and programs that serve its more than 1,000 member congregations.*

## ONLINE EVENT ANNOUNCEMENTS

### BUILDING CLOSURE

Out of a concern for COVID-19 risk related to the holidays and increasing infection rates, UUCSR's Board of Trustees implemented closure of the Shelter Rock property.

**The UUCSR premises are CLOSED through Friday, December 18, 2020. At that time, an announcement may be expected regarding closure through January 31, 2021.**

### STAFF HOLIDAYS:

Sunday, December 20, 2020

Thursday, December 24, 2020

Friday, December 25, 2020

Friday, January 1, 2021

**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, DECEMBER 9, 2020

7:00 PM, Hanukkah & Christmas Bedtime Stories **HOLIDAY EVENT**

7:00 PM, Social Justice Committee Virtual Meeting

7:00 PM, Developmental Ministry Transition Team

7:30 PM, Small Group Ministry Second Wednesday PM, Meeting

7:30 PM, Adult Faith Discussion: Advent, Ritual, and Spiritual Practice  
**HOLIDAY EVENT**

### THURSDAY, DECEMBER 10, 2020

11:00 AM, Living Solo While Physical Distancing

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 for the Holidays  
**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



## ONLINE 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.

### 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, Messiah 2020 **HOLIDAY EVENT**

### MONDAY, DECEMBER 14, 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  
7:00 PM, Feeling Festive? **HOLIDAY EVENT**  
7:30 PM, Finance Committee Meeting

### TUESDAY, DECEMBER 15, 2020

11:00 AM, Living Solo While 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  
4:00 PM, Kundalini Yoga  
7:00 PM, Worship Committee meeting  
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 Solo While Physical Distancing  
6:00 PM, UU Kids Connect Elementary Socials for Grades K-5  
7:00 PM, Living Alongside Cancer  
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  
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 Beginner Yoga  
7:00 PM, Dramatic Readings

### SUNDAY, DECEMBER 20, 2020

9:00 AM, Buildings & Grounds Meeting  
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: *Winter Solstice*, Alia Shinbrough, Student Minister **HOLIDAY EVENT**  
12:00 PM, Virtual Coffee Hour  
12:30 PM, Men's Group Zoom Meeting  
1:00 PM, Online RE Holiday Carol Sing-Along **HOLIDAY EVENT**  
1:30 PM, Small Group Ministry-First Sunday Meeting  
2:00 PM, Transgender Inclusion in Congregations (Sunday group discussion)  
4:00 PM, Men's Group Annual Sing-Along **HOLIDAY EVENT**

### MONDAY, DECEMBER 21, 2020

8:30 AM, Medical Qigong for Senior Health-Balance!  
2:00 PM, Meditation and Poetry  
6:00 PM, Membership Committee Meeting

### TUESDAY, DECEMBER 22, 2020

9:30 AM, Yoga  
11:00 AM, Living Solo While Physical Distancing  
1:00 PM, Caring Hearts Quilters  
7:00 PM, 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  
7:30 PM, Committee on Ministry Meeting

### WEDNESDAY, DECEMBER 23, 2020

11:00 AM, Crafting for Sanity and Community Zoom Get-Together  
2:00 PM, Wednesday Afternoon Conversations  
2:00 PM, Messages  
6:00 PM, Virtual Ukulele Class  
6:30 PM, Together to End Solitary Confinement Virtual Program

### THURSDAY, DECEMBER 24, 2020

11:00 AM, Living Solo While Physical Distancing  
12:00 PM, Christmas Dinner Pick-Up at Hadley House, Port Washington **HOLIDAY EVENT**  
3:00 PM, *The Children Come*, Family Christmas

Eve Worship Service **HOLIDAY EVENT**  
8:00 PM, *Light of the World*, Christmas Eve Worship Service **HOLIDAY EVENT**

### FRIDAY, DECEMBER 25, 2020

7:00 AM, Christmas Morning Reading, 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

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

### TUESDAY, DECEMBER 29, 2020

9:30 AM, Yoga  
11:00 AM, Living Solo While Physical Distancing  
1:00 PM, Caring Hearts Quilters

### WEDNESDAY, DECEMBER 30, 2020

11:00 AM, Crafting for Sanity and Community Zoom Get-Together  
2:00 PM, Wednesday Afternoon Conversations  
2:00 PM, Messages  
4:00 PM, Kundalini Yoga

### THURSDAY, DECEMBER 31, 2020

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

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*The Quest* Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other.

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December 9, 2020

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Next Quest: Wednesday, December 23, 2020 | Deadline for Content: Thursday, December 17, 2020



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