



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 Calendar List Here](#)

January 13, 2021

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 Welcome Space HERE](#)

TOUCHSTONES

The Rev. Jennifer L. Brower



In his 2011 book, *Healing the Heart of Democracy*, Quaker educator and author Parker Palmer wrote, “Our differences may be deep: what breaks my heart about America may make your heart sing, and vice versa. Protecting our right to disagree is one of democracy’s gifts, and converting this inevitable tension into creative energy is part of democracy’s genius. You and I may disagree profoundly on what

constitutes a political failure or success, but we can still agree on this: democracy is always at risk.

“Government ‘of the people, by the people, and for the people’ is a nonstop experiment in the strength and weakness of our political institutions, our local communities and associations, and the human heart. ...The democratic experiment is endless, unless we blow up the lab and the explosives to do the job are found within us. But so also is the heart’s alchemy that can turn suffering into community, conflict into the energy of creativity, and tension into an opening toward the common good.” Palmer also wrote, “For those of us who want to see democracy survive and thrive—and we are legion—the heart is where everything begins: that grounded place in each of us where we can overcome fear, [and] rediscover that we are members of one body.”

Since Wednesday, January 6, 2021, I have been thinking about the work of the heart.

In our many gatherings by Zoom, we have named the deeply disturbing events of that afternoon, which went frighteningly far beyond our celebrated right to disagree, raised feelings of disbelief, despair, fury, fear, and much more. There is plenty that each of us will need to “unpack” for ourselves pertaining to the events of the sixth, and there is an abundance of work for us to do in deep reflection with one another about the state of our democracy and our vision for the future.

As Palmer wrote, “the heart is where everything begins: that grounded place in each of us where we can overcome fear, [and] rediscover that we are members of one body.”

So the work we must do begins there—in the heart.

Continued on page 3

SUNDAY, JANUARY 17, 2021, 11:00 AM

Rev. Jaye Brooks

Old Lessons for a New Era When we remember the Rev. Dr. Martin Luther King, Jr., whose birthday is a federal holiday, we honor the struggles and achievements of the civil rights movement and King’s leadership. Those struggles live on in the movement for Black lives and the work of today’s leaders. Dr. King’s legacy isn’t a page in a history book. His legacy is a commitment to practices and strategies that not only assert the inherent worth of every human being, but also seek to change the structures and institutions of society that are based in and reinforce injustice. *

SUNDAY, JANUARY 24, 2021, 10:30 AM

An All-Long Island Sunday Service

Remembering the Body Members of the Long Island Area Council of Unitarian Universalist Congregations (LIAC) will hold a special collaborative Service. We will gather as Unitarian Universalists living through a pandemic on Long Island, to acknowledge, thank, and bless our long-suffering and so far surviving bodies in this combined live and recorded service.

LIVE via Zoom at a special time: 10:30 AM.

[Login HERE](#). Passcode: 691062

Worship Services continue on page 2

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

SUNDAY, JANUARY 31, 2021, 11:00 AM
Veatch Sunday

Power and Possibility

We Vision a World

Power and Possibility: We Vision a World We'll hear from multiple grantees about the possibilities envisioned by these leaders, and the world they are bringing into reality. Following the streamed service, Veatch staff and Governors will join the coffee hour.

At 1:00 PM, our virtual Annual Meeting will explore: Recovery in Our Health, Economy, and Democracy. Grantees, live via Zoom, will speak to their work in these areas, and to the powerful role of Veatch as a funder of long-term social change in this crucial time. *

SUNDAY, FEBRUARY 7, 2021, 11:00 AM
Rev. Dr. Natalie M. Fenimore

Our 8th Principle? Unitarian Universalist congregations are considering adding an 8th Principle which speaks directly to the need to build the Beloved Community by working for racial justice, equity, and inclusion. How might we engage in this conversation? * (See page 3 for more information.)

FRIDAY, FEBRUARY 12, 2021, 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." [Join here](#). *

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UUCSR PODCASTS

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, Pandora, RSS Feed. More platforms are coming soon. Visit www.uucsr.org/podcast for the full array.

SPIRITUAL PRACTICES AT SHELTER ROCK
The Ministry Team

Two Soulful Salutations Spiritual Practice 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



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

Saturdays, 4:00 PM

January 16, 2021
February 13, 2021

Register here for Zoom:
[https://zoom.us/meeting/register/tJAqc-2vqzIsEtOlo3iUzwZu7fLP-hyMrgnm](https://zoom.us/join/https://zoom.us/meeting/register/tJAqc-2vqzIsEtOlo3iUzwZu7fLP-hyMrgnm)

Fridays, 7:00 PM

January 29, 2021
February 26, 2021

Register here for Zoom:
[https://zoom.us/meeting/register/tJMvd-iurj8pHdSJBnUYCG5sd12IG-to17Q9V](https://zoom.us/join/https://zoom.us/meeting/register/tJMvd-iurj8pHdSJBnUYCG5sd12IG-to17Q9V)

Each program will run once monthly.

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)

In that private sanctuary where we can face and overcome fear and the other obstacles that keep us from being all that we are capable of being as individuals, and knowing ourselves as inextricably linked members of the human family, we must ask if we are those people who want democracy to survive and thrive.

Likewise, we must decide if we truly believe that the people of this nation are members of one body. If we do, then we, who are white and daily experience the privileges of our skin tone, must acknowledge the expressions of hatred, of “us versus them,” and social privilege—that were on full display throughout Wednesday’s attack. If we want democracy to survive and thrive, we must concede that we have seen the systemic racism that—although ever present—was glaring. So glaring that to try to deny it would be delusional. If we are those who want democracy to thrive, we must commit ourselves to working against the racism that is woven into the fiber of our society. We must become actively anti-racist.

Now, I “get” that no one of us wants to be viewed as, or called a racist or white supremacist. We are uncomfortable accepting that we have been complicit—even if “only” through our apathy—in perpetuating systems that have served us well and have served to deny the lived experience and full humanity and equal rights of People of Color.

But if we are genuine in wanting a vibrant democracy, and if we are committed to healing our divided nation, we must not minimize the racism of the Confederate flag-toting insurrectionists who attempted to overturn the results of the presidential election. We must not ignore that they carried Blue Lives Matter flags and hurled racial slurs at the Black officers of the Capitol Police force. We must note that various branches of law enforcement responded to the insurrectionists in a way that was entirely unlike the law enforcement response to Black Lives Matter protestors months prior. We cannot minimize these acts of racial aggression. The actions of the insurrectionists do not exemplify our celebrated right to disagree.

As was written in the *Washington Post*, “When Chanelle Helm helped organize protests after the March 13 killing of Breonna Taylor, Louisville police responded with batons, stun grenades, and tear gas. The 40-year-old Black Lives Matter activist still bears scars from rubber bullets fired at close range. So Helm was startled and frustrated Wednesday to see a White, pro-Trump mob storm the US Capitol—breaking down barricades, smashing windows, and striking police officers—without obvious consequence. ‘Our activists are still to this day met with hyper-police violence,’ Helm said. ‘And today you see this full-on riot—literally a coup—with people toting guns, which the police knew was coming and they just let it happen. I don’t understand where the ‘law and order’ is. This is what white supremacy looks like.’”

In just a few days, our nation will observe the annual federal holiday honoring Dr. Martin Luther King, Jr. As some of you have

heard me say from our pulpit, I am troubled by MLK Day.

I believe that rolling out Dr. King annually, and holding him up for praise on the third Monday of January has served to let us off the hook when it comes to the work of dismantling racism.

Each year, our country holds King up as an emblem of what has been accomplished, and how far we’ve come.

And just how far is that, folks?

The King Center asks that Martin Luther King, Jr. Day be not only a day of celebration and remembrance, education, and tribute. But that it be a day of service.

In light of the events of January 6, 2021, let our service begin with undertaking the work of the heart “that can turn suffering into community, conflict into the energy of creativity, and tension into an opening toward the common good.”

It is time for us to get to work.

Yours in faith and hope,
Rev. Jennifer

On Sunday, February 7, the Rev. Dr. Fenimore will be preaching on the proposed 8th Principle of Unitarian Universalism:

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.

For more information, including —Why single out racism? Why now? What is Beloved Community? Visit: <https://www.8thprincipleuu.org>

Race: The Power of an Illusion

**Saturdays, January 23, 30, and February 6, 2021
1:30–3:30 AM**

Examining racism and how it shapes our lives at three consecutive Saturday sessions. Led by members of the Racial Justice Task Force. Attendance at all three sessions is highly recommended. Open to all. [Register HERE](#) for a link to log on.

- “The Difference Between Us”—Saturday, January 23, 2021
Genetics and evolution of skin color
- “The Story We Tell”—Saturday, January 30, 2021
History and the ideology of race
- “The House We Live In”—Saturday, February 6, 2021
Suburbs and the racial wealth gap

CONGREGATIONAL AFFAIRS

Mark Hartman, President

Board of Trustees Agenda

Tuesday, January 19, 2021

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
7:10 PM II. Minutes: Toni Logue, Secretary
• December 2020 Board Meeting Minutes
7:20 PM III. COVID-19 Contingency Task Force: Terry Bain
7:40 PM IV. Ministers' Report: Rev. Jaye Brooks,
Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore,
Alia Shinbrough
• Recommendation for Subject of 2nd Colloquy
8:20 PM V. President's Report: Mark Hartman
• January 10, 2021 Congregational Meeting Recap
• January 30, 2021 Retreat
• Veatch Structure Consultant Update
• Spotlight-On Update
8:45 PM VI. COA Report: Adam Barshak
• Re-Imagined Staffing Team Update
9:00 PM VII. Good of the Order: Mark Hartman, President

Board of Trustees Agenda

Thursday, January 21, 2021

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
7:05 PM II. Member Resource Committee:
Monica Schlichting, Chair
7:20 PM III. Social Justice Committee:
Cynthia Winkler, Chair
• LGBTQ+ Committee Charge
• Racial Justice Subcommittee Charge
7:40 PM IV. Building & Grounds Committee:
Gerry Matusiewicz, Chair, Ellen Councill, Dana Gumb
• Update on Land Management Project
• Capital Project Update: Upper Meadow Landscaping
• Introduction of Conservation Easement Opportunity
8:00 PM V. Colloquy Committee: Jane Weiler
8:30 PM VI. Reopening Task Force: Adam Barshak, COA
8:50 PM VII. CY21 Pledge Update: Brian Muellers, Treasurer
• Pledge / Contribution / Membership Status as of December 31, 2020
• Impact on CY22 Spending Limit
9:00 PM VIII. Good of the Order: Mark Hartman, President

Nominating Committee: Call for Candidates

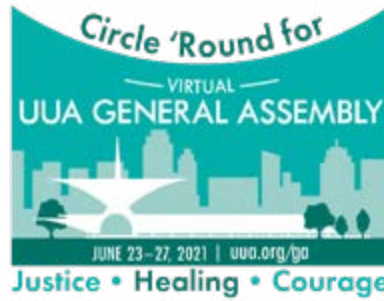
As UUCSR members elected to serve on the Nominating Committee, it is our responsibility to develop a slate of candidates for the various Board positions that will be vacated as of June 30, 2021. To accomplish this, we need your help and invite you to provide names for a slate of candidates for the terms beginning July 1, 2021. Online nomination is encouraged. Please log on to myuucsr.org for submission forms and details. Nomination deadline is January 31, 2021.

The 2020–2021 Nominating Committee
Claire Bock, Meg Cohen, Debbie Kahn, Katy Schall (carryover and Chair), Bruce Torff, and Heidi Warm

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

DAC 2021 GA Guidelines and Application



As announced in the last issue of the Quest, the Board of Trustees has approved the Denominational Affairs Committee's guidelines for the 2021 General Assembly. Originally scheduled for June 2021 in Milwaukee, WI, due to COVID, the event will be virtual. The complete

guidelines and delegate's application form are available as part of the January Shelter Rock Congregational Meeting packet that was emailed to all members and by logging in to myuucsr.org. You may also request a copy of the GA Guidelines and Application Form by contacting Elaine Corrao (516.472.2933, ecorrao@uucsr.org) or Richard Bock (516.922.6052, rbock@optonline.net).

CARING COMMITTEE

Winterflower Robinson, Chair

Living Alongside Cancer

FREE | Third Thursdays Monthly | 7:00 PM

A healing circle provides time together for learning tools to manage the ongoing stress and symptoms from testing and medications, and creating healthy boundaries to keep ourselves safe. The group meets 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. The next session will be on January 21. [Register in advance for this meeting series HERE](#). For questions or Zoom assistance, please contact Assistant to the Ministers Kimberly Rossiter (krossiter@uucsr.org, 516.472.2941).



THANK YOU

My Dear UUCSR Family (Ministers, Members, and Staff),

UUCSR Family is a term frequently used among us to describe our wonderful community. You are indeed more than family. I have never felt more caring comfort from so many at this time when I needed it so much. I want to thank you for your outpouring of tributes to my beloved, Edwin, now of blessed memory. I want you to know the caring is mutual from both of us. I hold you close in my heart and look forward to our being together again in person.

With love and hugs, Sandra (and family)

ART COMMITTEE

Tinna Kopelow, Chair



The COVID-19 Pandemic has forced UUCSR to close the Art Gallery.

The Art Committee has been unable to present exhibits for more than nine months. Art museums and galleries have become difficult to visit in person. I, along with many folks, miss these experiences. But we have the internet available for virtual visits. I went online to the Metropolitan Museum of Art.



The Metropolitan Museum of Art (<https://www.metmuseum.org/>) offers numerous connections to past and current exhibits, films, and education. Anyone may participate in these virtual events by searching the Museum website and calendar dates.

The following are just a few popular exhibitions available online:

- Art of Native America
- The New British Galleries
- About Time–Fashion & Duration
- Dutch Masterpieces at the Met
- A New Look at Old Masters
- Arte de Mar: Exchange in The Caribbean
- Pictures, Revisited

Film from the Vaults include:

- *In The Street*, 1948, by Here Levitt
- *In a Brilliant Light: Van Gogh in Arles*, 1984
- *The Art of Lotte Reiniger*, 1970, oldest surviving animated film

“Met Stories” is a new video series and a year-long social media initiative that shares unexpected and compelling stories gathered from many people who visit the Met:

- Four Stories Finding Romance at the Met | Love
- Linbania Jacobson | Caregiving

Additional Met Favorites:

- *The Art Project–What Artists See When They Look at the Met*
- “Saturday Sketching”
- “Drop-in-Drawing with Patterns, Symbols & Fragments”

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair

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

Using Less Plastic

Cleaning up our Earth will not be easy. Our choices and bad habits have led to pandemics and oceans and land that contain tons of plastic waste. The Ocean Conservancy reports that, annually, we have released 8 million metric tons of plastic into our oceans. Consequently, sea turtles, shore birds, and fish suffer as they ingest these products. This illustration of plastic waste and harm needs to be addressed. Its dispersion is more controllable than a pandemic.



Here's what we can do:

- We can buy products by the pound and avoid pre-packaged vegetables and fruit. Even at the deli counter, we can carry our own glass containers and do similarly for restaurant leftovers. We can also choose products sold in glass bottles. Milk and juice can be offered to consumers and deposits given upon their return. This old, 20th-century habit could become a 21st-century one. Our reliance on single-use plastic water bottles can be replaced by gallon jugs or personal reusable water bottles.
- At home, wrapping of food can be altered. We can replace eliminate foil and plastic wrap with silicone containers for leftovers. We can buy solid soaps and shampoos to eliminate plastic dispensers. Also, households can save money by shopping for secondhand clothing, managing hand-me-downs, or swapping clothing with friends.

Using less plastic requires action. When a favorite company starts more sustainable practices, this is the time to thank them via email, text, or telephone. For more help on plastic reduction, a service called LOOP (www.loopstore.com) is available. They offer deliveries of products free of plastics. The recycling company Teracycle will also assist. The downward plastics trend should be practiced one step at a time and we will be helping our environment.

Elaine Peters for the Green Sanctuary Committee



**UNITARIAN UNIVERSALIST
VEATCH PROGRAM AT SHELTER ROCK**
Joan Minieri, Executive Director

Veatch Sunday is January 31, 2021

Please join the Veatch Board of Governors and staff for the annual Veatch Sunday event *Power and Possibility: We Vision a World*. This year's virtual service will include reflections from Veatch grantees across the country about their visions for a world that is possible with long-term grassroots organizing. These grantees will both consider the challenging year we have faced and contemplate the transformational possibilities that await us all moving forward.

Worship Service at 11:00 AM

Grantees participating in the virtual service will include some whom you may have met before, such as [Bhairavi Desai](#) from the New York Taxi Workers Alliance which organizes taxi workers, and [Zach Norris](#) from the Ella Baker Center for Human Rights in Oakland, CA, a group that fights mass incarceration. There will also be some grantees new to UUCSR, such as powerhouse organizers [Greisa Martinez](#) from United We Dream which fights for legislation to protect Dreamers, [Lauren Jacobs](#) from the Partnership for Working Families which organizes Amazon workers, and [Professor Mark Hicks](#) from the Fahs Collaborative at Meadville Lombard which offers lifespan religious education.

Coffee Hour at 12:00 PM

Following the service, the Veatch Governors and staff will participate in the virtual Coffee Hour. Zoom breakout rooms are for those members who wish to collectively reflect on the Worship Service and prepare for an enriching discussion at the Veatch Annual Meeting which will follow Coffee Hour.

Annual Meeting at 1:00 PM

At the Annual Meeting, Veatch Executive Director Joan Minieri will facilitate a conversation with Veatch grantee Erica Smiley, Executive Director of Jobs with Justice, and Sarita Gupta, Director of the Future of Work(ers) Program at the Ford Foundation. The guest speakers will explore how we can work toward a recovery in our economy, health, and democracy. They will speak about their work and to the powerful role that the Veatch Program has played nationally as a long-term funder of community organizing.

Please register for the Annual Meeting. Sign up at: www.uucsr.org/power. If you have any questions, you may email Veatch Program Director Eileen Jamison at eileen@veatch.org.

We hope to see you soon!

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

SOCIAL JUSTICE COMMITTEE
Claire Deroche, Social Justice Coordinator



"Get it Done in '21"

For eight years, members of the UUCSR Social Justice Committee and other members of the congregation have joined activists from across New York State to advocate for the passage of the Humane Alternatives to Long Term (HALT) Solitary Confinement Act.

Once passed, the use of prolonged solitary confinement in jails and prisons in the state will be limited to a maximum of 15 days, the limit set by International Law in the Mandela Principles promulgated by the United Nations. Beyond 15 days, solitary confinement is torture.

The HALT bill provides for alternative, humane methods to address aggressive behavior that may require separation but not isolation, such as more out-of-cell time each day for classes and work assignments, and therapeutic interventions to address the root causes of an individual's problems. Ninety-five percent of time in solitary is the result of a "ticket" from a correction officer for a non-violent infraction of prison rules.

Studies have shown that there is no rehabilitative value to the use of prolonged solitary confinement. Furthermore, although Governor Cuomo has insisted that it would be too costly to renovate prisons to provide the Rehabilitation Housing Units called for by HALT, in "[Save Money, Save Lives](#)," the Partnership for the Public Good provides a fiscal analysis of the potential impact of the HALT Act which reveals that the opposite is true. The report shows that implementing the HALT Act can save state and local governments an estimated \$132 million dollars annually, or \$1.3 billion dollars over 10 years.

Members of the Campaign for Alternatives to Solitary Confinement (CAIC) have been organizing for the passage of the HALT Act for eight years. This year, the campaign is gearing up to push and push and push again for the passage of HALT.

Here are ways you can help: 1) Sign up for the monthly newsletter of the campaign by sending an email to ny_caic-subscribe@lists.riseup.net. 2) [Sign up](#) for #HALTsolitary Virtual Advocacy Day on Thursday, January 21. The campaign plans a day full of virtual meetings with legislators and other actions. Other dates to save are Thursday, February 4, for a mental health virtual advocacy day and Thursday, February 11, for an interfaith virtual advocacy day.

This year, there won't be any long, uncomfortable rides to Albany. You can help end the torture of solitary confinement right from your living room. Please join the families of those in solitary, the formerly incarcerated, survivors of solitary confinement, and all people of conscience to put an end to the pain and suffering of the more than 4,000 New Yorkers held in solitary right now. Let's get it done in '21!

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Write4Rights: Each year, Amnesty International recognizes International Human Rights Day with a letter writing campaign. Around the world, volunteers write to governments urging the release of political prisoners. Access the campaign and all the information you need at <https://uucsr.org/write>. 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.

Responding to White Supremacist Violence in Washington, DC
Many people have asked me for ways to respond to the white supremacist violence that occurred in Washington, DC on January 6. I believe that it's important to take our cue from those most directly affected by the violence. The Movement for Black Lives/M4BL is requesting that we do the following: Call your Senators and Representatives (202-224-3121) and leave messages demanding the following:

1. Each member of Congress must not only condemn the acts of Donald J. Trump; they must call for immediate impeachment. The Senate must convict and immediately remove him from office;
2. Expel each member of Congress who has fanned the flames of white supremacist violence and has participated in the effort to stop the certification of the electoral college;
3. Elected officials both at the federal level and state level must publicly renounce this white supremacist attempted coup as well as the accompanying attempts to retroactively disenfranchise the votes of millions by overturning the democratic results of this election.
4. Abolish the Electoral College

Another way to get your message across is to go to the website of your Congress person and your two Senators. On their websites, there's a space to send an email directly to them.

- Senator Kirsten E. Gillibrand, Contact: www.gillibrand.senate.gov/contact/email-me
- Schumer, Charles E. - (D - NY), Contact: www.schumer.senate.gov/contact/email-chuck
- For your US Representative, go to <https://www.house.gov/representatives>

Click on your Representative's name and go to their website. On their website, click on contact to find the page with the email connection. If you aren't sure of your Representative, go to: <https://www.house.gov/representatives/find-your-representative> Enter your zip code to find your Representative.

Saturdays, January 23, 30, February 6, 2021 | 1:30-3:30 AM
Race: The Power of an Illusion, Led by Racial Justice Task Force.
Open to all. [Register HERE](#) for a link to log on.

- "The Difference Between Us"—Saturday, January 23, 2021
Genetics and evolution of skin color
- "The Story We Tell"—Saturday, January 30, 2021
History and the ideology of race
- "The House We Live In"—Saturday, February 6, 2021
Suburbs and the racial wealth gap

LGBTQ+ SUBCOMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Susan L. Roberts, Chair



What's the Deal with Pronouns?

That's a question that many LGBTQ+ members get asked often. We have spent several meetings discussing pronouns ourselves, since the ground rules have changed since "back in the day." What it boils down to is manners and courtesy. It's a sign of respect and welcome to offer our pronouns as a way to acknowledge the range of gender

identities present in our community.



Then there's the technology. Many of us have wanted to add pronouns to our names in Zoom calls and haven't been able to figure out how to accomplish this. From Jill Marcus: here's how to do this, if you want to update your Zoom profile, and have pronouns listed whenever you sign onto Zoom.

1. Log into your Zoom account.
2. On the left side, under Personal, below that, click on Profile.
3. On the right side of the screen, you will see an edit tab on far right side. Click on edit tab and you'll see boxes to fill in your first name, last name, and display name.
4. Display name tab—that's where you type how you want your name for everyone to see for all Zoom calls. Display name could be your first name or your nickname, or any other name, such as:
Mary Smith (she/her)
John Doe (them/they)
Timmy (he/him)
5. To keep that change, you MUST click on the Save Changes blue tab in the middle of your screen.

That's it!

It's also possible to do so in an individual call by clicking on the Participants button (usually on the bottom of your screen) and rolling the cursor over your name. A "More" button will appear. Click on that and you'll see "Rename." Click on that and add your pronouns. They will appear only for the duration of that Zoom call.

The next Friday LGBTQ+ Zoom meeting will be January 15, at 7:00 PM. This will be a business meeting planning for the coming year. On Friday, January 22, at 7:00 PM, we will talk about the inauguration, and what it means to us personally, and to our community. [Log in to the Zoom meeting HERE](#). All are welcome to LGBTQ+ meetings.

LIFESPAN RELIGIOUS EDUCATION (RE)

Rev. Dr. Natalie M. Fenimore,
Minister of Lifespan Religious Education



After six years, India Harris is leaving her position as Youth and Youth Adult Coordinator at UUCSR.

India has led and supported our ministry to youth, young adults and their families by planning, facilitating, organizing, and scheduling programs, gatherings, and events. She has been a consistent presence with our young people both at UUCSR, local retreats, and youth

conferences and on social justice and social service trips—going with them as far away as coal mining country in West Virginia and the Pine Ridge Indian Reservation in South Dakota. India leaves us with many wonderful memories and a wealth of information and experiences on which to continue to grow our vision for how youth and young adult ministry at UUCSR can move into the future.



She will be moving on to administer programs and direct staff at a NYC community group working to support, organize, educate, and mobilize LGBTQ+ People of Color. We wish her well.

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

RE Programming for January and February



Through the winter months, Butterflies through Grade 7 will continue to meet on Zoom every other week, while the Coming of Age and Senior Seminar classes will gather online most every Sunday, all at 11:00 AM.

On alternating Sundays, **Children's Worship** moves back to 11:00 AM (11:05,

in fact) where we will continue to explore this year's RE theme of Justice. George and Carson have missed seeing whole classes in Children's Worship as we did when we were in the building, and we hope this new format will create the opportunity for expanding on the justice themes we're covering in RE classes. As always, all family members are welcome. Some of the justice themes we will engage with over the next few months are: segregation, gender expression, disability justice, immigration, and worker's rights. See the schedule on adjacent column and [join on Zoom HERE](#).

LIFESPAN RELIGIOUS EDUCATION (RE)

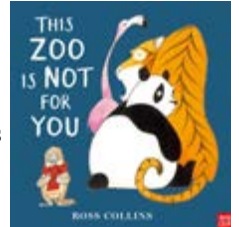
continued from previous column

Family Yoga and Young People's Choir rehearsals will continue most every Sunday at 10:00 AM, and also keep an eye out for other special events!

January/February RE Events At-A-Glance

Wednesday, January 13, 7:00 PM [Live on Zoom HERE.](#)

New Beginnings Bedtime Stories—All are welcome to join Carson Jones for this interactive storytime as he reads two family-friendly stories celebrating new beginnings: *This Zoo is Not for You*, by Ross Collins and *The Pink Refrigerator*, by Tim Egan



Sunday, January 17, 11:00 AM

Coming of Age and Senior Seminar Online RE Classes

Sunday, January 17, 11:05 AM

Just and Joyful: Online Children's Worship for All Ages, (Today's Justice Theme: Segregation)

Thursday, January 21, 6:00 PM

UU Kids Connect Elementary Social for Grades K-5

[\(click here to register\)](#)

Sunday, January 24, 11:00 AM

Online RE Classes for all grades

Sunday, January 31, 11:05 AM

Just and Joyful: Online Children's Worship for All Ages, (Today's Justice Theme: Gender Expression)

Thursday, February 4, 7:00 PM

UU Kids Connect Middle Grade Social for Grades 6-8,

[\(click here to register\)](#)

Sunday, February 7, 11:00 AM

Online RE Classes for all grades

Wednesday, February 10, 7:00 PM

Valentine Bedtime Stories

Sunday, February 14, 1:00 PM

Valentine's Day Online RE Sing-Along

Thursday, February 18, 6:00 PM

UU Kids Connect Elementary Social for Grades K-5

[\(click here to register\)](#)

Sunday, February 21

School Break (no RE)

Sunday, February 28, 11:00 AM

Online RE Classes for all grades

Family Yoga with Suzanne!

Sundays at 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. 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!

ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

Dramatic Readings
Saturday, January 16
6:00 PM
[Live on Zoom HERE](#)



Dramatic Readings

The Duel, by Chekov, adapted by Wolstan Brown, from a short novel. Chekhov is the most produced playwright in the world—next to Shakespeare.

The play is set in a small village in rural Russia around 1890. Vanya, an attractive, intelligent, and self-indulgent young man, has seduced and run away with voluptuous, married Nadya. Two years later, Vanya has become bored and irritated with Nadya and desperately wants to return to St. Petersburg by himself.

This play foreshadows the development of Nazism in Europe. It also reflects on the clash of ideas between science and religion and the development of helplessness in the “serf-owning class.”

Please contact Jessica Pond at jpond@uucsr.org to RSVP and request your copy of the play.

Yoga with Mike Mancini

Tuesdays, 9:00 AM, Thursdays, 9:30 AM, Saturdays, 11:00 AM
[Live on Zoom HERE](#), Meeting ID: 574 999 9276, Password: 000815

The cost is \$5 for UUCSR members and \$7 for non-members. You may pay Mike through PayPal ([Paypal.me/yogamike](https://www.paypal.me/yogamike)), Venmo (Michael-Mancini-55), or mail him a check (Mike Mancini, 99-40 63rd Road Apt 14P, Rego Park NY 11314). Questions? 516.459.6378 or mike.yogamike.mancini@gmail.com.

Medical Qigong for Senior Health–Balance

Mondays, January 18 and 25, 2021, 8:30–9:30 AM
[Live on Zoom HERE](#)

Qigong instructor, Ashley Baldwin, continues leading classes for the tenth straight month. \$12 per drop-in class. Ring in the New Year by strengthening your balance-and-falling safety skills! Learn simple, yet powerful motion and breathing exercises to restore body confidence, optimize lung capacity, and bolster immunity. Ashley Zooms in every Monday morning to help you center your body and mind, directly from Thailand. Exercises are taught standing, with equally effective guidance for those who prefer to sit. Questions? email Ashley at tqh.Ashley@gmail.com.

Tai Chi/Qigong with Fern Cameron

Fridays, January 22 and 29, February 5 and 19, 10:30–11:30 AM
[Live on Zoom HERE](#)

Five session series: \$50 for UUCSR members \$60 for non-members. Fern Cameron’s long-running Tai Chi/Qigong class is back, now in an online format! Contact Fern Cameron for payment info or with any other questions: lovenow108@gmail.com.

Great Books–
Great Conversations
Fridays, 12:00–1:30 PM
[Purchase Book: Great Conversations 2 HERE](#)
[Live on Zoom HERE](#)

Meeting ID: 304 658 664
Passcode: 608118

Come together for conversation that is also a fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. All are welcome.



January 15, 2021–Fyodor Dostoevsky: *The Grand Inquisitor*
January 22, 2021–Edgar Allan Poe: *The Fall of the House of Usher*
January 29, 2021–Herman Melville: *Bartleby the Scrivener* (Note there is a reading of this online done at the 92nd St. Y)

February 5, 2021–Christina Rossetti: *Goblin Market*
February 12, 2021–Max Planck: *Physics and World Philosophy*
February 19, 2021–John M. Synge: *The Playboy of the Western World*: Acts 1 and 2

February 26, 2021–Synge: Act 3

March 5, 2021–Friedrich Hayek: *Planning and Democracy* (from *The Road to Serfdom*)

March 12, 2021–John Rawls: *Distributive Justice*

March 19, 2021–Frank O’Connor: *Guests of the Nation*

March 26, 2021–Nadine Gordimer: *Which New Era Would that Be?*

April 2, 2021–Raymond Carver: *What We Talk About When We Talk about Love*

Soulful Songs and Stories



Our written meditations on songs and stories don’t come close to listening to a song together and sharing our own stories face-to-face, but they are a way of staying connected during the pandemic. The theme of the January 14 mailing is theory v. practice, and the dark side of dogma, with stories from Jonathan M. Metzl and Richard Wright, and music and song by Tvärvägen, Deva Premal, Charles Bradley, Sam Cooke, and Keith Jarrett.

For your musical reverie, sans dogma, pieces by Erik Satie, Mika and Richard Stoltzman, and Franz Schubert. Later we’ll consider “Spiritual Capitalism,” “Meaningless Beneficence,” and delve into why, when we’re listening to songs and sharing our stories, we’re standing on holy ground. For a sample, or if you missed any of the 27 PDFs from last year, go to www.j.mp/uucsr-sss. To get Soulful Songs and Stories emailed to you, register with Jessica Pond (jpond@uucsr.org or 516.472.2914).

Alice Giordano and Steve Marston

WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues



Resolutions

As January is the time when we may begin to live up to our resolutions for the new year, I'm reminded that it's also Human Trafficking Awareness Month. I'm reminded that, in spite of many good resolutions and intentions, the problem persists in all its ugliness. We may want to ignore it, or turn away from it, but it's still right here where we live.

There are many ways Women's Group has addressed the issue over the years. We advocated for a Large Grant for The Safe Center LI. This organization offers an array of services for Nassau victims in partnership with Nassau County's Safe Harbour Project. Keith Scott, their director of education said: "We really need to make people understand the problem is here in all our communities, whether affluent or socioeconomically disadvantaged." It's not over. He also said: "We have slavery on Long Island and people want to ignore it." We haven't solved the problem. It endures.

A number of years ago, Sydelle Lopez brought attention to the work of Children of the Night. Since 1979, they have been rescuing children and young people from prostitution and sexual exploitation. We advocated for and received a Large Grant that established a call center for these children so they could be rescued, safely housed, educated, and launched into adulthood.

Ann Jawin once related how her organization worked on getting the local paper to stop accepting ads for "escort services." We raised money for an organization in Queens that helped victims.

It helps to know that Nicholas Kristof of the *New York Times* wrote another amazing piece: ["The Children of Pornhub: Why does Canada allow this company to profit off videos of exploitation and assault?"](#)

It also helps to know that the Cinema Arts Center in Huntington collaborated with the Empowerment Collaborative of Long Island to host the recent film *Runaway Princess: A Hopeful Tale of Heroin, Hooking, and Happiness*, an award-winning show that included a panel about sex trafficking.

It's always hopeful to learn of other groups and events that address these difficult issues, their resolutions to end trafficking. Because of them, we hope many more victims may feel like this:

"So fly high, show the world what we can do..."

—Survivor of Human Trafficking

Women's Group (Zoom) Book Series
Friday, January 15, 2021 | 3:30 PM

All are welcome to discuss *The Peabody Sisters: Three Women Who Ignited American Romanticism*, by Megan Marshall. Please contact Staff Liaison Sharyn Esposito to learn more (sesposito@uucsr.org or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK Supports



MENTAL HEALTH

A Virtual Tour of The Living Museum at Creedmore State Hospital *An Experiment In Art Therapy*



Friday, January 22, 2021
7:00 PM - Zoom Event

Hosted by: DENISE KRAMER,
ATR-BC, LCAT

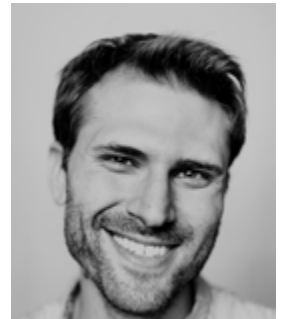
[Register in advance HERE](#)

After registering, you will receive an email about joining the tour.

Virtual Solo Version of "Inside My Head" with Zak Sandler February 7, 2021 | 1:00 PM

LIVE via Zoom
FREE

The audience is invited "inside Zak's head," to get a deeply personal view of a person whose brain has experienced the ups and downs of mania and depression for 14 years. Zak plays all the characters LIVE: himself, his mania, his depression, his paranoia, and his doctor—as well as playing the piano LIVE.



Zak will perform a short version of his show, then speak about his writing process and his most recent experiences with mania. The evening will end with a group discussion about the show, and the mental health experiences of the UUCSR community. [Register in advance for this special event HERE. Your confirmation email will include a link to login.](#)

MEN'S GROUP

Bernard FitzGerald, Chair

Virtually Be My Valentine
Sunday, February 14, 2021 | 2:00 PM

Sign up to share a poem, reading, or song by contacting Sharyn Esposito (sesposito@uucsr.org or 516.472.2960). [Register HERE](#), and receive login instructions by email.



ONLINE EVENT ANNOUNCEMENTS

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

See LIACUU.org for other area congregations.

WEDNESDAY, JANUARY 13, 2021

- 7:00 PM, New Beginnings Bedtime Stories
- 7:00 PM, Social Justice Committee Virtual Meeting
- 7:30 PM, Small Group Ministry Second Wednesday PM meeting

THURSDAY, JANUARY 14, 2021

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Physical Distancing
- 7:00 PM, President's Operations Task Force Meeting
- 7:30 PM, Virtual Choir Gathering

FRIDAY, JANUARY 15, 2021

- 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
- 8:30 PM, Film Discussion: *A Burning Cane*

SATURDAY, JANUARY 16, 2021

- 11:00 AM, Yoga on Zoom with Mike Mancini
- 4:00 PM, Soulful Salutations–Men's Beginner Yoga
- 6:00 PM, Dramatic Readings

SUNDAY, JANUARY 17, 2021

- 9:00 AM, UUCSR Jazz Ensemble with Dan Pratt
- 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 for Coming of Age and Senior Seminar
- 11:00 AM, Sunday Worship: *Old Lessons for a New Era*, Rev. Jaye Brooks
- 11:05 AM, *Just and Joyful*: Online Children's Worship for All Ages
- 12:00 PM, Virtual Coffee Hour
- 1:30 PM, Small Group Ministry–First Sunday Meeting
- 2:00 PM, Transgender Inclusion in Congregations (Sunday group discussion) Rescheduled to January 24
- 5:00 PM, Worship Committee Meeting

MONDAY, JANUARY 18, 2021

MARTIN LUTHER KING JR. DAY

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

TUESDAY, JANUARY 19, 2021

- 9:00 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Physical Distancing
- 7:00 PM, Board of Trustees Meeting
- 7:00 PM, Small Group Ministry First Tuesday Follow-up Meeting

WEDNESDAY, JANUARY 20, 2021

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

THURSDAY, JANUARY 21, 2021

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While 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, JANUARY 22, 2021

- 10:30 AM, Tai-Chi/Qigong
- 11:00 AM, Small Group Ministry Facilitators Meeting
- 12:00 PM, Great Books–Great Conversations
- 2:00 PM, Meditative Moment
- 7:00 PM, Virtual Tour of The Living Museum at Creedmore State Hospital
- 7:00 PM, LGBTQ+ ZOOM Gathering
- 9:00 PM, Virtual Film Discussion: *The Midnight Sky* with George Clooney

SATURDAY, JANUARY 23, 2021

- 11:00 AM, Yoga on Zoom with Mike Mancini
- 1:30 PM, *Race: The Power of an Illusion* Zoom Program, Session 1
- 6:30 PM, Together to End Solitary Confinement Virtual Program

SUNDAY, JANUARY 24, 2021

- 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
- 10:30 AM, Sunday Worship: *Remembering the Body*—An All-Long Island Sunday Service
- 10:40 AM, The Welcome Space
- 11:00 AM, Online RE Classes for all grades
- 12:00 PM, Virtual Coffee Hour
- 2:00 PM, Transgender Inclusion in Congregations (Sunday group discussion)

MONDAY, JANUARY 25, 2021

- 8:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 6:00 PM, Spotlight On Steering Group Meeting
- 7:30 PM, Finance Committee Meeting

TUESDAY, JANUARY 26, 2021

- 9:00 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Physical Distancing
- 3:00 PM, Next Actions Toward Transgender Inclusion in Congregations
- 7:00 PM, Committee on Ministry Meeting
- 7:00 PM, Small Group Ministry Fourth Tuesday Meeting
- 7:30 PM, Program Council Meeting

WEDNESDAY, JANUARY 27, 2021

- 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
- 2:00 PM, Messages
- 2:00 PM, Wednesday Afternoon Conversations
- 4:00 PM, Kundalini Yoga
- 6:00 PM, Virtual Ukulele Class
- 7:00 PM, Presentation by Land Management Task Force on Patio Changes
- 7:30 PM, Small Group Ministry Second Wednesday PM Meeting

THURSDAY, JANUARY 28, 2021

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Physical Distancing
- 7:30 PM, Virtual Choir Gathering

FRIDAY, JANUARY 29, 2021

- 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, Soulful Salutations–Restorative Yoga

SATURDAY, JANUARY 30, 2021

- 11:00 AM, Yoga on Zoom with Mike Mancini
- 1:30 PM, *Race: The Power of an Illusion* Zoom Program, Session 2

The Quest is published twice a month, except once each in July and August. Copies are available in the UUCSR Lower Lobby, <https://uucsr.org/on-demand/quest-newsletter>, and via email. Sign up for email at <https://uucsr.org/on-demand>.

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

The Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega. Submissions: communications@uucsr.org
Quest Guidelines: <http://j.mp/quest-gl>

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January 13, 2021

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Brigitte Mueller

Rebecca Smith

Marsha Stone

Rick Van Dyke

Jane Weiler

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, January 27, 2021 | Deadline for Content: Thursday, January 21, 2021

BUILDINGS AND GROUNDS COMMITTEE

Gerry Matusiewicz, Chair

Patio Plan

7:00 PM

Wednesday, January 27, 2021

The Land Management Task Force of the Buildings and Grounds Committee will present plans for renovating the patio area outside the Main Lobby. Please consult the UUCSR Calendar Event List for link to a Zoom meeting when it becomes available. Meeting is open to all.



MUSIC AND PERFORMING ARTS COMMITTEE

Rachel Zampino, Chair

Music and Art Among Us

(previously known as Music Among Us)

Calling all young people, youth, and recent RE graduates!

*You can be part of UUCSR's
virtual celebration of the arts
in our community.*

Do you sing?
Do you dance?
Do you know a good joke?
Do you have a work of art you created?

*Share it with the
UUCSR community!*

If you have a talent you would like to share, contact Event Coordinator Karin Lyngstad-Hughes at drkarindc@icloud.com. Participants will be asked to submit video recordings.

Submission deadline: Friday, February 26
Premiere online release: Sunday, March 14

More information will follow.