



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](#)

February 24, 2021

SUNDAY, FEBRUARY 28, 2021, 11:00 AM
Alia Shinbrough, Student Minister



Becoming Beloved Our Universalist roots call us to an embracing, all-encompassing, salvific Love. This universal love meets us where we are and crucially also asks us to grow more whole through our encounters with each other. To embody this love, we must transform and be transformed by our commitments to lift each other up, to seek liberation in our bodies, and liberation of our spirits. Join Student Minister Alia Shinbrough in this service as we contemplate together what changes we must embrace and what transformations we must choose to undergo in order to better embody beloved community. *

SUNDAY, MARCH 7, 2021, 11:00 AM
Rev. Jaye Brooks and Stephen Michael Smith

I Catch on Fire What is commitment? The life of Sister Helen Prejean, leader in the movement to abolish the death penalty, is a story of commitment. This Worship Service features poems, songs, and stories about Sister Helen, exploring her personal transformation to a life of commitment. Songs by Jake Hegge from his song cycle, "The Deepest Desire: Four Meditations on Love." *

FRIDAY, MARCH 12, 2021, 8:00 PM
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." *

* UUCSR Worship Services are live streamed on uucsr.org/worship, 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.

TOUCHSTONES
Rev. Jennifer L. Brower



I am delighted and intrigued by synchronicity, a concept first introduced by psychologist Carl Jung, which holds that events are "meaningful coincidences" if they occur with no causal relationship, yet seem to be meaningfully related.

I find experiences of synchronicity all of the time. Maybe you do, too. Recently, I was thinking about how terribly important it is that we mark our milestones, major life moments, and rites of passage during these months of living through a pandemic. It is not healthy or helpful for us to gloss over or not honor meaningful events and transitions even though we cannot mark or celebrate them as we have in all of the years before now. Maybe a day or two after having that thought, I clicked on a news link in my email inbox. The link opened to an article on the importance of marking significant life events during the pandemic. Hmmm...

While it is true that we still cannot hold certain kinds of gatherings—both sorrowful and joyful in nature—in time to come, we will feel even more bereft and disconnected from others if we do not share the significant changes and events of our lives throughout these strange days. Although things are changed, life has not stopped.

And if we are to know the deep benefits of the intentional, religious community—the beloved community—we are best served by sharing our experiences with one another. We cannot be together, but we can still know how others are doing and we can still share how we are doing. We can still build the deep bonds of caring relationship.

Here, in our *Quest* newsletter, we offer space to mark our milestones. Milestones include the celebration of rites of passage: Infant Dedications, Coming of Age, weddings, and funerals. But there are many other meaningful, memorable moments from our daily lives that can be shared and honored within the religious community. Our milestones include the events that challenge us or bring sorrow, those that inspire hope, call forth our prayers, and bring us joy. Everything from getting a first driver's license,

Continued on page 2

TOUCHSTONES

continued from page 1

to a first or next job, from the painful loss of a job, or acquiring a home, moving to a new home—which can be wonderful AND bittersweet—to welcoming a child or grandchild, celebrating a retirement, marking an anniversary of any sort and so much more. If it is important in your life, it can be included in our Milestones. I hope you will choose to share your milestones with fellow members and the ministers of your congregation.

In spite of the pandemic, our lives carry on. Let us be with and for one another as we make our way in this business of being human together.

Wishing you and yours good health and peace of mind,
Rev. Jennifer

MILESTONES

We mourn with... UUCSR members Laura and Bruce Torff, and their children Allison and Avery, as they grieve the death of Laura's father, Leonard Kenneth Deeds. Leonard died peacefully in his sleep on February 12, 2021 at 89 years of age. Expressions of sympathy may be sent to:
The Torff Family, 10 The Spur, Locust Valley, NY 11560

We send healing thoughts to... Lisa Armband who is home recovering from major surgery and welcomes positive prayer. Cards of encouragement may be sent to:
Lisa Armband, 6 Primrose Drive, New Hyde Park, NY 11040-2114

NEWCOMERS

Abigail Highland, Membership Coordinator

Sundays • 10:40-11:00 AM



Whether you are a newcomer, or a longtime Shelter Rock member, you are welcome in The Welcome Space! For 20 minutes prior to the service, say "Hi" to members of the Membership Committee and Membership Coordinator, Abigail. Bring your coffee and your curiosity! We look forward to

saying "Good Morning." [Join Zoom Welcome Space HERE](#)



SPIRITUAL PRACTICES AT SHELTER ROCK

The Ministry Team

Two Soulful Salutations Spiritual Practice Series

These mindful Yoga practices are perfect for those who have never done yoga before, as well as for 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
March 13, 2021
April 3, 2021
May 8, 2021
June 12, 2021

[Register here for Zoom.](#)

Restorative Yoga
Led by Denise DeLuca with

music by Ben Wisch of
The Cosmic Orchestra

Fridays, 7:00 PM
February 26, 2021
March 26, 2021
April 23, 2021
May 28, 2021
June 25, 2021

[Register here for Zoom.](#)

CARING COMMITTEE

WinterFlower Regla Robinson, Chair

New! COVID-19 Vaccine Access



The Caring Committee has updated its CARING 2021 Community Resource web pages to include helpful vaccine appointment information. Updates are posted regularly, so check: www.uucsr.org/vaccine often until you're fully vaccinated!

Enriching Home Activities

Are you experiencing feelings of isolation, boredom, or fatigue during COVID? The CARING 2021 Community Resources web section now includes a page called Enriching Home Activities with ideas for keeping you stimulated [HERE](#).

Interested in learning a new language, taking classes at NY Botanical Gardens, or virtually attending Adult Education classes? Did you know that the Nassau Library System offers virtual classes of all kinds, help for students, and a multitude of ebooks and audiobooks? UUCSR ministers offer ongoing groups and spiritually uplifting meditations. These endeavors can help to sustain us until we can be together again.

Shelter Rock's Virtual



Sunday, March 28
5:30 PM via Zoom

You are invited
to join
Sandra Frank and Barry Nobel
for live music
and
traditional readings from the Haggadah

[Click to Register](#)

After registering you will receive an email
with a direct link to join via Zoom.

After the Zoom Seder, enjoy your
Passover meal safely quarantined.



More than 60 members participated in the January 26 Purpose Workshop, taking ideas from the Fall 2020 Purpose Conversations and refining them into a short list of important values and key ideas. [See Purpose Workshop Summary HERE.](#)

At the January 30 Board of Trustees retreat, Board members analyzed the values and ideas, grouping them into potential focus areas for strategic planning. A group of three Board members—Chris Hilke, Jana North, and Marsha Stone—have further refined the retreat list for discussion by the Board.

The intent is to use the focus areas as the center of the work of a strategic planning task force, one that would consult with congregational stakeholders in each of the focus areas and develop a five-year strategic plan with specific annual goals in each focus area.

What's important about this process is that it is deeply rooted in the vision and yearning of UUCSR's members. The ideas and values of Shelter Rock members are the foundation for discernment of this congregation's future direction and purpose. This is not top-down governance; it's grassroots vision-up, an approach that is central to our developmental ministry together.

The focus areas emerging from the Purpose process resonate strongly with the congregation's vision from ten years ago: create loving religious community, encourage spiritual growth, and build a more just and joyful world. The continuing emphasis on these areas suggests that members have a consistent and deep-seated desire to engage one another and the wider world in these important ways.

Emerging from the Purpose process, though, is a clearer sense of what each of these vision elements means for our members: deepening connections with one another, with other UU congregations, and with interfaith groups; opportunities for multigenerational activities that integrate children and youth more fully into congregational life; increasing opportunities for spiritual growth and alternative worship; creating additional hands-on ways to be of service in the local community.

Some of the ideas suggested in the Purpose conversations are already percolating in congregational life and probably will find their way into programs and activities. That's great. But because they're also included in the strategic planning process, they won't be here and gone the way a rubber band snaps back after it's stretched. The values and concepts developed through the Purpose process will find their way into a strategic plan that can guide goal-setting and program-planning in every aspect of congregational life.

Now that's purpose.

BOARD OF TRUSTEES

Mark Hartman, President of the Congregation

Roots Hold Me Close; Wings Set Me Free (Part 1)

More than a few members will hopefully recognize the title of this column as coming from one of the best known hymns in the UU musical universe. I've been thinking about those words and the potential ambiguity and tension that they present.

Last June at our Annual Meeting, the Congregation approved the proposed Operations and Funding Budget for this year. That Budget contained an item under the Board of Trustees Budget for the Board to engage a consultant to identify alternative structures for the Veatch Program. The write-up of the Budget highlighted this item and Treasurer Brian Muellers' PowerPoint presentation regarding the Budget also specifically underscored this matter.

Last week, a closely divided Board of Trustees selected a consultant (in this case a law firm) to prepare a detailed report on alternative structures for the Veatch Program. The Request For Proposal (RFP) that had been provided to numerous prospects identified a number of concerns and complexities, and the firm selected clearly recognized and understood the complexities involved. In its detailed proposal, that firm demonstrated its expertise and experience with religious bodies by identifying a number of preliminary alternatives ranging from internal restructuring of the existing Program to establishing an independent organization, with numerous alternatives in-between. The most important fact is, after receiving the Consultant's Report, the Board will have another alternative: TO DO NOTHING. This Congregation has over 60 years of experience of operating the Veatch Program as a Program of the Congregation. Those of us who worked on the RFP, felt that there was more knowledge within the Congregation about operating the Veatch Program as a Program of the Congregation than any Consultant would be able to communicate back to us.

A number of members have questioned the need for such a RFP at all, as well as the decision to proceed with it now, while we are in the middle of a pandemic, while we have a developmental minister, while the building is closed, while the Veatch Staff has been working remotely for almost one year, while recent additions to the Veatch Staff live west of the Mississippi, etc. I encourage everyone, especially those who have such questions, to take the time to read the RFP. Members may log in to MYUUCSR.org to access documents under Member Resources. That document only scratches the surface of issues that the congregation needs to discuss as we go forward. However, I hope you will agree that it is a good start. I particularly want to thank Adam Barshak, Corinne Hayden, Mary Lardner, Joan Minieri, and Jana North for their hard work in putting the RFP together.

In the coming weeks, I will be writing more about this subject. Until then, stay tuned and be safe.

Mark

Comments, questions, or concerns may be sent to president@uucsr.org

CONGREGATIONAL AFFAIRS

Mark Hartman, President of the Congregation

Board of Trustees Agenda Tuesday, February 23, 2021

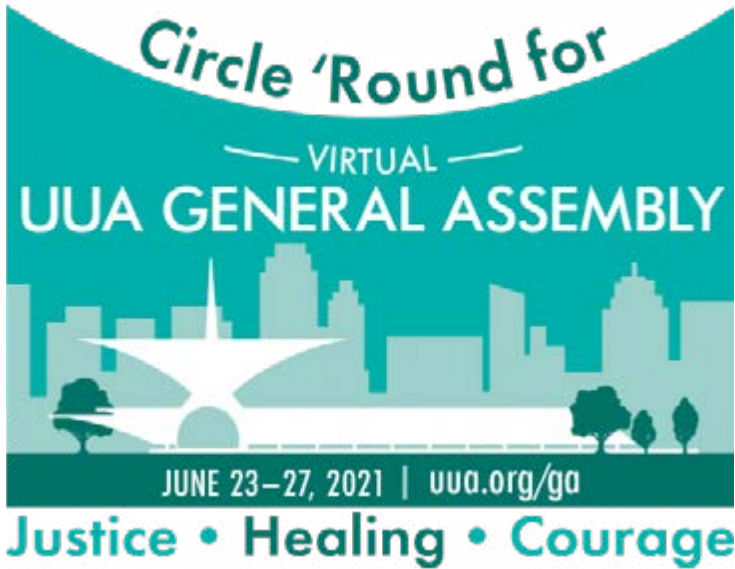
- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:10 PM II. Minutes: Toni Logue, Secretary
 - January 2021 Board Meeting Minutes
- 7:20 PM III. Treasurer's Report: Brian Muellers
 - Q2 Financials
- 7:50 PM IV. Socially Responsible Investing Sub Committee: Rich Guilbert, Chair of Investment and Sandra Cadieu
 - CFNE (Cooperative Fund of New England)-\$500,000 Loan
 - Spring Bank-\$150,000 Certificate of Deposit
- 8:10 PM V. Ministers' Report: Rev. Jaye Brooks, Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
 - Membership Outreach Update
 - Pastoral Care Report
- 8:30 PM VI. January Retreat Focus Areas: Jana North, Vice President
- 8:45 PM VII. President's Report: Mark Hartman
 - March 21, 2021 Congregational Meeting Agenda
 - Bylaws Amendment
 - o Consolidation of Stewardship & Investment into Endowment Committee
 - o Change in Status of COA Position to Non-Voting Ex-Officio Member of the Board of Trustees
 - Veatch Structure Consultant Update
 - Spotlight-On Update
- 9:00 PM VIII. Good of the Order: Mark Hartman, President

Board of Trustees Agenda Thursday, February 25, 2021

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
- 7:05 PM II. Member Resource Committee: Monica Schlichting, Chair
 - General Committee Nominations
 - Rev. Dr. Natalie Fenimore Colloquy Committee Nominations
- 7:25 PM III. Racial Justice Subcommittee: Elaine Peters, Chair of Social Justice Committee and Barry Nobel
 - 8th Principle Presentation
- 7:45 PM IV. COVID-19 Contingency Task Force Report: Terry Bain
- 8:05 PM V. Building & Grounds Committee: Gerry Matusiewicz, Chair of Building & Grounds, Ellen Councill, Chair of Green Sanctuary and Dana Gumb
 - Update on Land Management Project
 - o Capital Project Update: Upper Meadow Landscaping
- 8:25 PM VI. Colloquy Committee: Jane Weiler
 - Rev. Jaye Brooks' Colloquy Committee Goals
 - Selection of Congregational Member to Serve on Rev. Dr. Natalie Fenimore's Colloquy Committee
- 9:00 PM VII. Good of the Order: Mark Hartman, President

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair



DAC GA Delegate Call!

Last chance! DAC is still looking for members to step up and be Shelter Rock Delegates to the 2021 Virtual General Assembly this coming June. If you have questions, please call Richard Bock (516.922.6052). The deadline is March 1, 2021, so please don't wait. Need the GA Guidelines and Application? Contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

The Denominational Affairs Committee joins with all Shelter Rock congregants in congratulating Rev. Dr. Natalie Fenimore as the UUA's choice to deliver the sermon at the 2021 GA's Service of the Living Tradition. This annual event honors our Unitarian Universalist Ministry who are beginning their careers as UU ministers, those ministers receiving Final Fellowship, those who are retiring after long and distinguished careers in ministerial service, and an honor roll of those ministers who have died since the last General Assembly.



The offertory for the Service of the Living Tradition is most important, as it is designed to help those ministers, especially those in retirement, who do not have pensions that will allow them to keep up with today's cost of living.

We look forward to attending the Service of the Living Tradition virtually in June.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

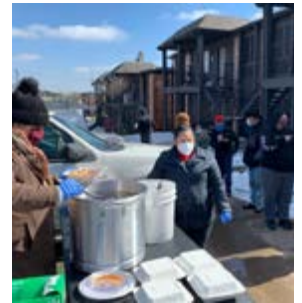
Joan Minieri, Executive Director

Responding to the Crisis in Texas

Faced with our most recent weather extremes, last week was a [nightmare for millions of people in Texas](#). According to Veatch grantee, Michelle Tremillo of [Texas Organizing Project \(TOP\)](#) the winter storm and record cold temperatures directly impacted their members and staff and it was, she maintains, "entirely preventable—if we had better state leadership." However, as soon as the roads were safe to drive, the Texas Organizing Project pivoted to providing direct relief, distributing over \$10,000 in cash assistance, groceries, and water to its community members. TOP acknowledged that this was a drop in the bucket from what people will need to fully recover from lost wages, [outrageous electric bills](#), and home repairs due to pipes bursting. People are in dire need of emergency support.

For this reason, TOP joined fellow Veatch grantee [Workers Defense Project \(WDP\)](#), as well as the Texas Freedom Network, Planned Parenthood, Texas Votes, and Texas Civil Rights Project to launch the [PowerUpTX.org](#) fund to:

1. Provide direct cash assistance to families across the state;
2. Re-grant to other mutual aid groups on the ground doing critical work who may not have the same access to funders or capacity to fundraise that TOP, WDP, and their partners do; and
3. Do what they do best: long-term organizing, making sure communities understand that what happened to them wasn't about the weather. It was about ideology and decisions made by political leaders putting corporate profits above investments in critical infrastructure that the state desperately needs.



The [PowerUpTX](#) fund is housed at Workers Defense Project, which successfully managed an [Undocuworker Fund](#) that already distributed \$3.5 million in COVID relief. Veatch has pledged a contribution to the [PowerUpTX](#) fund, demonstrating the congregation's support. **However, if you are looking for a way to help directly in Texas, you can go to [PowerUpTX.org](#) and make a personal donation, and invite others to do the same.**

Long-term support from the Veatch Program has helped make it possible for these organizations to have the infrastructure and trust in the community to respond and get relief to those who need it most. We stand together to alleviate suffering and to make sure something like this never happens again.

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.

Supporting Undocumented Immigrant Workers

On February 18, 2021, the Biden Administration unveiled its plan to reform our immigration system. According to [Patrick Young, Esq.](#), the basic components of the plan include legalization and a pathway to citizenship; a return to family-based immigration; protection for the religion of immigrants; supports for the US economy; economic relief for Central American countries; and improvements to the asylum system.

This is great news for immigrants caught in a system that has needed positive attention for years. However, while this plan makes its way through Congress, those affected by our broken immigration system have urgent needs. COVID-19 has taken a high toll in sickness and death on members of the immigrant community. Their situation is exacerbated by the fact that many are not eligible for any of the relief programs that the Federal and state governments offer.

Who are these workers? They are the ones who clean our houses and office buildings, the ones who work in our grocery stores, who care for the sick and the elderly, and who harvest our food. They are our neighbors. According to the [American Immigration Council](#), “Immigrants who filed taxes using an Individual Taxpayer Identification Number (ITIN)—because they aren’t eligible for a social security number—contributed to government funds used to pay for this coronavirus relief bill, all while being cut out of stimulus checks. In 2015, 4.4 million people, largely immigrants, paid \$23.6 billion in taxes using an ITIN.”

To address this situation, Long Island Jobs with Justice and the National Day Laborers’ Organizing Network are coordinating an effort to pass [a law to create a NYS Excluded Worker Fund](#). This fund would provide relief for workers ineligible for other government assistance. The money would come from increased taxes on millionaires and billionaires, whose wealth has only increased during the pandemic, and would retroactively, from the beginning of the pandemic, provide weekly payments to support excluded workers and their families. ([Click for bill provisions.](#))

Because this bill relies on the state budget, which must be passed by April 1, advocates are needed to let state senators know that they must pass this law. You can help pass this bill by calling your state senator and delivering this message: “COVID-19 is hitting immigrant communities hard. These essential workers are ineligible for government relief. We call on you to establish the Fund for Excluded Workers to ensure that they get the relief they need and deserve by taxing millionaires and billionaires who have grown richer during this pandemic. I urge you to support S4543 creating the Fund for Excluded Workers and to inform Senate Leader Andrea Stuart Cousins that this Fund should be a 2021 budget priority.”

If you are unsure of who your senator is or need contact information, go to www.nysenate.gov/find-my-senator. Let’s make their phones ring off the hooks!



“Beloved Conversations” Anti-Racism Virtual Training

Spring registration closes on Friday, February 26, 2021.

“Beloved Conversations”—the signature offering of Veatch grantee, the Fahs Collaborative at Meadville Lombard Theological School—is a program for Unitarian Universalists seeking to embody racial justice as a spiritual practice. In Beloved Conversations, we are here to heal the impact of racism on our lives, in order to get free together. This program has been completely revised for the virtual world.

[Complete info for the training can be found here.](#)

Saturday, February 27, 2021

The Language of Cultural Awareness

See opposite column on page 7 of this Quest.

Sunday, February 28, 2021

NY UU Justice Network Virtual Meeting

3:00-4:30 PM Learn about a new state advocacy network, and how you can support its growth. Experienced advocates will share information, answer questions, and offer specific opportunities to support climate justice and the transition to renewable energy; end solitary confinement; and give New Yorkers the same end-of-life options available in nine other states. [Register for this meeting](#), then watch for the email link to the program.

Wednesday, March 3, 2021

SJ Racial Justice Subcommittee Virtual Meeting

3:00 PM–4:30 PM.

Join [Zoom Meeting HERE](#)

or call 646.558.8656

Meeting ID: 925 4548 4255

Passcode: 274017

Wednesday, March 10, 2021

Social Justice Virtual Committee Meeting

6:00 PM–8:00 PM.

[Join Zoom Meeting HERE](#)

or call 646.558.8656 Meeting ID:

923 4682 3572 Passcode: 889751



For questions about any of these announcements contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org or 516.238.6191.

The Language of Cultural Awareness

What you say and how you
make people feel matters

Presented by



Saturday, February 27, 2021

1:30 PM - via Zoom

Register at: uucsr.org/Awareness

You will receive an email
with a direct link to the program.

Discussion illuminating how everyday language and methods of communication can cultivate strong healthy relationships or create an atmosphere of divisiveness and resentment.

Panelists from the Afro-Latina, LGBTQIA+, African, Muslim, and Indigenous communities will share their personal experiences.

PUBLICITY AND PROMOTIONS AND GREEN SANCTUARY COMMITTEES

A Special Relationship

UUCSR, through the efforts of the Publicity and Promotions Committee, has partnered with [Landmark on Main Street](#) in Port Washington to co-promote programs.

Members of the Publicity and Promotions Committee believe that UUCSR and Landmark on Main Street share audiences of like-minded people: people who care about justice, equity, compassion, and beauty in the world, and share a commitment to arts and education.

The upcoming Climate Action Series below is a fine example of synchronicity between the organizations.

CLIMATE ACTION SERIES

FREE | Live Streamed on Zoom

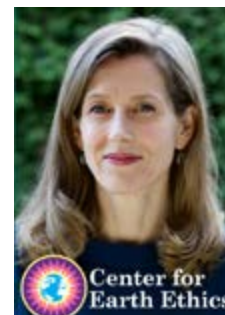
Five-part series with the goal of introducing community-centered climate solutions while also promoting individual action.

Small changes to our daily routines can have a lasting impact on our environment and future.

Thursday, March 4, 7:30 PM [Click HERE to register.](#)

**Reframing the Climate Crisis
Conversation**

Karenna Gore, Director, Center of Earth Ethics



Thursday, March 18, 7:30 PM [Click HERE to register.](#)

Regeneration Revolution

Marisa DeDominicis, Executive Director, Earth Matter NY, Inc.
Jesse McDougall, regenerative farmer at Studio Hill

Thursday, April 1, 7:30 PM [Click HERE to register.](#)

Break Free from Plastic

featuring *The Story of Plastic*

Alexis Goldsmith, Beyond Plastics National Organizer

Thursday, April 15, 7:30 PM [Click HERE to register.](#)

Green Legislation: Protecting Our Future

Geovaira Hernandez, Program Organizer for NY RENEWS
Ryan Madden, climate activist and organizer

Thursday, April 29, 7:30 PM [Click HERE to register.](#)

Envisioning 2030: Decarbonizing Our Community for a Sustainable Future

Midge Iorio, Executive Director, Bedford 2030
Walter Meyer, co-founder, Local Office Landscape and Urban Design

*UUCSR is a designated
Partner in the Performing Arts
in its third year as a premiere sponsor
of Landmark on Main Street.*

Bob Nuxoll, Chair

ADULT PROGRAMS COMMITTEE
Bob Nuxoll, Chair

Intro to Transgender Inclusion in Congregations

For New Participants

Introductory Session: Sunday, March 7, 2:00 PM

[Live on Zoom](#)

FREE

All are welcome to attend an intro session on Sunday, March 7, 2:00 PM, when there will be an overview of the sessions and goals, an invitation to register for the course, and discussion of scheduling of groups that will launch in April.



A six-session online course will consist of recorded lectures and curated supplementary content by Rev. Mykal O'Neil Slack and Zr. Alex Kapitan of the Transforming Hearts Collective. Interactive Zoom discussions will be facilitated by WinterFlower Regla Robinson, Anne Van der Veer, and Carson Jones.

The course is for individuals, groups, and congregational teams who want to take their knowledge and skills to the next level in terms of trans identity and how to create congregations that are fully inclusive and affirming of the full breadth of gender diversity.

Over six sessions you will deeply explore the intersection of trans identity, spirituality, and faith community, and gain the grounding, context, and skills to transform yourself and your congregation. The sessions also explore how racial justice and feminist theology are key foundations in building a culture of transgender inclusion.

This course is for everyone from novices on trans identity to those with decades of life experience. Rather than simply offering a "trans 101," this class pushes participants to the next level of congregational welcome, relationship-building, and skills-building. It counters mainstream narratives about who trans people are; supports understanding of non-binary identities (such as genderqueer, agender, and two spirit); and employs a deeply intersectional approach. Congregational teams are particularly encouraged to participate.

Please feel free to reach out to Carson Jones, Lifespan Religious Education Coordinator, at cjones@uucsr.org with any questions.

**LGBTQ+ SUBCOMMITTEE
OF THE SOCIAL JUSTICE COMMITTEE**
Susan L. Roberts, Chair

Drag Bingo!

Friday, March 19, 2021

7:00-9:00 PM

FREE

With Avant Garbage LIVE!

Comedic performance of drag with the traditional game of Bingo.

Drag Queen entertainer, Avant Garbage, calls out numbers for you to find on your virtual or paper Bingo card.

Come as you are,
or in drag,
or in costume.

Fun is strongly encouraged!

Prizes

Limited seating.
Register early.



[Register HERE](#)

After registering, you will receive a direct link to participate.

\$15 Suggested Donation for LGBTQ Network Center of Queens

[Click to Donate](#)

Questions? Contact Susan Roberts at susan@susanroberts.com.

Stay tuned for more FABULOUS events.

And LIKE the LGBTQ+ Facebook Group at Shelter Rock so that you'll always be in-the-know.



**Unitarian Universalist
Congregation at Shelter Rock**
Human. Kind.

Stories from the Rock



The Publicity and Promotions committee has a plan to use members' stories to expand community and events at UUCSR! A new program, "Stories from the Rock," will be a night of true stories told live. The event is being developed with the help of award-winning storyteller, and producer of the live storytelling show, *Now You're Talking*, Tracey Segura.

Stories are a powerful tool to build community. They are a uniquely personal way to share foibles, successes, and our common humanity. The first event is planned for this May via Zoom. Once COVID is on the outs, and we can finally gather together at UUCSR, "Stories from the Rock" will be a bi-annual, on-premises event.

So, here's where you come in:
We are looking for storytellers. Have a true story to tell? We want to hear about it.

The theme for the first event is WORTH.

- When did you discover the worth of something or someone important in your life?
- Did you ever have to suddenly reevaluate the worth of another?
- Were you ever surprised by what something was worth to you?

Well... people want to hear!

Tracey will run a workshop for up to 15 participants, consisting of 3-4, two-hour sessions over the course of several weeks. In the workshops, Tracey teaches you how to develop your tale, tighten it, and bring humor and empathy. And most importantly, she will help you muster the ability to tell your story to others.

First come the workshops. Then comes the exciting night where we all gather to hear these stories.

Interested? Let us know at communications@uucsr.org. You will be contacted for workshop scheduling. Thank you.



SATURDAY, MARCH 13, 2021

6:30 PM | ZOOM



Join the Men's Group for a wee bit of music and companionship. If you would like to sing a song, play a song on your flute, guitar, harp, or any instrument of your choosing, or perhaps recite an old Irish folk story call Sharyn and sign-up.

GET YOUR IRISH ON!



[Register HERE](#)



You will receive an email with a direct link to participate.



Questions? Contact Sharyn Esposito at sesposito@uucsr.org or 516.472.2960

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



Game Night for All Ages!
Sunday, February 28, 2021
6:00-8:00 PM
[Live on Zoom](#)

Game Nights are back! This ever-popular event returns in an online format every month on Sunday evenings.

Fun seekers of all ages are welcome to join Lifespan Religious Education Coordinator, Carson Jones, along with a rotation of co-hosts from UUCSR staff and members. Look forward to getting to know one another in this casual evening of games and conversation!



Upcoming dates and co-hosts:

Sunday, February 28: Abigail Highland, Membership Coordinator
Sunday, March 21: Kimberly Rossiter, Assistant to the Ministers
Sunday, April 25: Claire Deroche, Social Justice Coordinator
Sunday, May 23: TBD

Just and Joyful: Online Children's Worship for All Ages
Sunday, March 7
11:05 AM
[Live on Zoom](#)

All are welcome to join Lifespan Religious Education (RE) Coordinator Carson Jones and RE Music Specialist George Weisman at a live, interactive Children's Worship for All Ages at 11:05 AM every other Sunday.

This year's Religious Education theme is JUSTICE. Over the next few weeks, we will engage with the justice themes of disability inclusion, immigration, worker's rights, and women's equality.

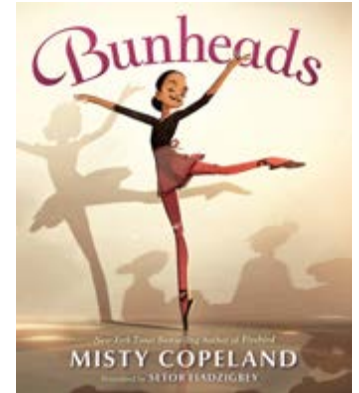
On March 7: Mikayla loves candy and music and bowling the same as all her classmates. So why were they nervous about being her friend at first? Mikayla's fellow students learn that even though Mikayla uses a wheelchair and has cerebral palsy, she feels love, happiness, and friendship just like they do. Come discover the joys of radical inclusion when we look at this very special storybook, *Our Friend Mikayla*, written and illustrated by Mikayla's Third Grade Classmates from Lower Nazareth Elementary School in Nazareth, Pennsylvania.

Together we will explore how it feels when everyone is included, we'll sing together, and we will hear some great music from George. We look forward to this year together of living our Second Unitarian Universalist Principle of Justice, Equity, and Compassion.

Black Women Trailblazers Bedtime Stories
Wednesday, March 10, 2021
7:00 PM
[Live on Zoom](#)

All are welcome to join UUCSR Lifespan Religious Education Coordinator Carson Jones for this interactive storytime as he reads two family-friendly stories celebrating Black women trailblazers, Mae Jemison and Misty Copeland!

Bunheads, written by Misty Copeland, illustrated by Setor Fiadzibey



Mae Among the Stars, written by Roda Ahmed, illustrated by Stasia Burrington

Family Yoga with Suzanne!
Sundays at 10:00 AM
[Live on Zoom](#)

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 Sunday morning.

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!



HADLEY HOUSE

Hadley House Residents' Association

"For everything there is a season...."

Last fall, bemoaning our final Bar-B-Q of the season, Neil (Doc) Tonnesen said, "Our next Bar-B-Q will be in the snow!" We all laughed and promptly forgot it. Then last month, we had a crackerjack snowfall.

As the elevator door opened, Doc emerged saying, "Are you ready for our Bar-B-Q?" We laughed, remembering his final words last fall, and continued to fetch my mail. Four minutes later, my cell phone rang. Jerry Jalazo was yelling "Where are you? We're having a Bar-B-Q!" I took the elevator back to my apartment and grabbed some ribs. Down I went to the garden to find a beautifully lit fire and Doc crisping some chicken over our Weber cooker. Adrian joined in and made sure protocols were being followed. Pictures were taken amid the fun. Right in the middle of the pandemic, miraculously, we experienced laughter, joy, Bar-B-Q, and snow!



Regardless of what Punxsutawney Phil reports, hibernation is ending and we are "springing" forward with three new programs on our calendar which will educate, entertain, and inform. "Take CHARGE—5 Steps to Safer Healthcare," which is designed to empower people to

become informed and involved in their own healthcare experience, presented on Zoom, February 25, 4:00 PM. "Indoor and Patio Plants Workshop," led by Nancy Van Dyke, March 9, 4:30 PM. If you would like to attend either program contact Barbara Singer (barbara.singer@gmail.com) for the Zoom link. Limited space is available. We will also present another opportunity for resident fun with a repeat of the successful 2020 Dramatic Readings program. This year, we have selected *Noises Off* on successive Monday afternoons at 4:00 PM, beginning on March 15, 2021.

Hadley House residents are "blooming and Zooming" into spring!

Nancy Jacobson, Jerry Jalazo, Barbara Singer and Lilyan Strassman

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

Committee Meeting Notices for Discussion and Approval of 2021-2022 Budgets

Please consult uucsr.org/events for meeting details including login information.

Religious Education Committee	Monday, March 1	7:00 PM
Denominational Affairs Committee	Tuesday, March 2	7:00 PM
LGBTQ+ Subcommittee of the SJ Committee	Friday, March 5	7:00 PM
Caring Committee	Saturday, March 6	10:00 AM
Program Council	Tuesday, March 9	7:30 PM



Community Supported Agriculture (CSA) Signup NOW OPEN for 2021

Early Bird Specials—Sign up by March 1, 2021

Program runs from June 8 to November 16

Sign-up at: www.sangleefarms.com/csa-signup

Directories Now Available

Members may log in to MYUUCSR, using their User Name and Password, to access new directories under Member Resources:

- ◆ Member and Family Directory
- ◆ Who's Who Directory of Leadership

Directories may be viewed online or printed at home on letter-size paper. Please contact Jen Sappell (jsappell@uucsr.org, 516.492.6064) for assistance accessing uucsr.org/myuucsr.

Compendium Now Available

The new UUCSR Compendium is also available at MYUUCSR, under Member Resources. Titled "UUCSR Active Policies & Governance Decisions Compendium," it is a full collection of organizational records.

Please contact Jen Sappell (jsappell@uucsr.org, 516.492.6064) for assistance searching within the very large document.

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



Mom's Pound Cake

When you eat something your mom used to make, don't you feel a little bit like she's still with you? Isn't that why my family has to have grain pie on Easter and strufoli (honey balls) on Christmas? Yes, ritual and tradition are at work. However, not only do we love to eat it, but the food brings us back to our

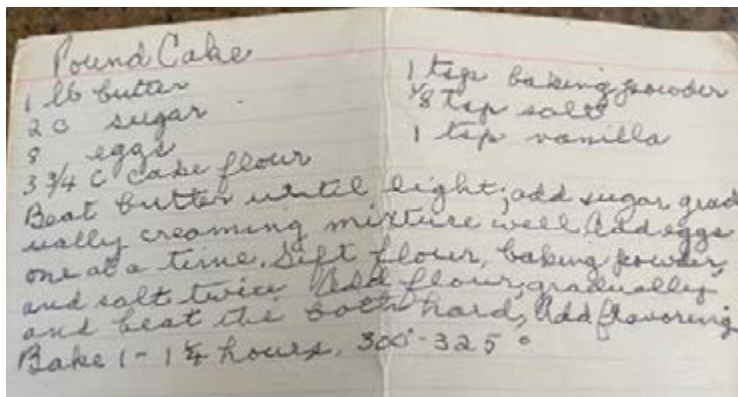
earlier days with wonderful memories of when our family was all together.

Since COVID-19 forced us inside, many of us have adjusted by attending events on Zoom, taking up new hobbies, doing long shelved projects around the house. As part of *Crafting for Sanity and Community* Zoom weekly meetings that our Mental Health Committee has hosted, a friend has been cooking special recipes. Outside of the mundane cooking of daily living, I wondered why they seemed to be complicated, special dishes.

A few days ago, I was wondering what to make for another friend's birthday. Remembering that I had my mom's recipes in a plastic box and in a plastic wrapped, rubber banded bunch, I decided to look at them again. They've been there, hardly even touched, for about ten years. Inside, almost at once, I found her hand written recipe for the cake she always made for my birthday. It was the last cake she made for me before she died. There it was. Since then, I've made it twice and am enjoying a piece of her pound cake with a cup of tea as I write.

When I related this experience to the friend from our *Crafting for Sanity and Community*, she said she planned to make the recipes that were given to her after her mother died. That was why her recipes were sometimes complicated and why the dishes seemed intended for special occasions. She said it made her feel like her mother was with her again.

With COVID-19 and all its negative and horrific consequences, we found ways to feel our moms' presence again. It's been a great comfort, joy, and gift. I am grateful. I wish that you find ways to connect with pleasant and warming memories and possibly the spiritual presence of your foremothers in your own lives.



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



Fridays

via Zoom: www.uucsr.org/WGfilms
 Passcode: 11030

Watch films at your convenience,
 then join discussions led by Patti Paris.

Date	Zoom	Movie Titles
February 26	9:00 PM	<i>Rose Island, 2020</i> (Netflix)
March 5	9:15 PM	<i>White Tiger</i> (Netflix)
March 12	8:30 PM	<i>Grand Piano</i> (Prime)
March 19	9:00 PM	<i>The Dig</i> (Netflix)
March 26	8:30 PM	<i>Rock</i> (Netflix)

★ Use your public library card to sign up for thousands of FREE films on Kanopy.com.

Questions? Please contact Patti at
parislibrary@yahoo.com. All are welcome.

Women's Group (Zoom) Book Series

Friday, March 19, 2021 | 3:30 PM

[Join Zoom Meeting HERE](#) Passcode: 11030

Or call +16465588656, Meeting ID: 985 3646 8480

All are welcome to discuss *The Book of Longings*, by Sue Monk Kidd. Please contact Staff Liaison Sharyn Esposito to learn more (sesposito@uucsr.org or 516.472.2960).

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

Coffee Growing and COVID-19

Coffee is one of the most popular beverages in the world. However, coffee trees are being attacked by a foliar disease caused by fungus traveling from the Near East, India, Asia, and Australia. It is known as leaf rust. It crossed over to the Western Hemisphere landing in Brazil. But it can be stopped by agroforestry: a land-use management system. This method grows trees or shrubs around or among crops or pastureland. This diversification of the farming system helps save the coffee plants. The control methods resemble COVID-19 protocols.



The quarantine measures we use to fight COVID-19 are similar for coffee plantation protection. Early on, the American Phytopathological Society used similar measures until 1970. To be effective, forest trees must be used like our masks to halt the rust. They're planted as barriers between infected and unaffected areas. Since the spores of the coffee fungus are spread on water droplets, like our droplets from noses can spread, proper spacing between trees is mandatory. According to Jan Ferguson, the Arbor Day Foundation's coffee specialist, this spacing is part of the prevention. This is similar to distancing needed by people to prevent COVID-19 contamination. Even workers on the coffee plantations must follow rules, such as wearing protective gear. They must also clean their clothing and boots after daily contacts with the trees, etc.

Still, there are always barriers to success. Our previous administration did not encourage nor demand protocols to fight COVID-19. They did not listen to the science as many corporations in these coffee regions are doing. But there are other corporations doing the opposite: expanding monoculture plantations that destroy healthy diversity and forest cover. To get the opposition to listen, the fight to save coffee trees is left to scientists and environmental organizations.

The COVID-19 virus will not easily disappear; the coffee fungus will not either until there are proper changes and safeguards. Coffee growing is an economic lifeline for millions of farmers. Healthy growing soil is disappearing everywhere as we continue doubling our consumption. Fifty percent of our land will also decrease by mid-century because of monoculture farms. Implementing agroforestry can save the trees and coffee plantations; availability of vaccines can stop COVID-19 from spreading. In the meantime, the protocols for each scourge must be supported and applied.

Elaine Peters for the Green Sanctuary Committee

The Green Sanctuary Committee Presents

SNOWBOUND

Animals of Winter

Film and Discussion

Wednesday, February 24, 2021

7:00 PM • LIVE via Zoom



Watch this PBS special on Zoom and join in on the discussion.

Join via Zoom at

www.uucsr.org/Snowbound

or Dial In: 646-558-8656

Meeting ID: 913 3688 2803

Passcode: 601357

- Which animal do you best relate to as you shelter in place? Why?
- What animal fascinated you most?

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.

WEDNESDAY, FEBRUARY 24, 2021

6:00 PM, Virtual Ukulele (Practice Only)
7:00 PM, Film & Discussion *Snowbound: Animals of Winter*

THURSDAY, FEBRUARY 25, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
2:00 PM, Contemplations
7:00 PM, Board of Trustees Meeting
7:30 PM, Virtual Choir Gathering

FRIDAY, FEBRUARY 26, 2021

11:00 AM, SGM Facilitators Meeting
12:00 PM, Great Books-*Great Conversations*
2:00 PM, Meditative Moment
7:00 PM, Soulful Salutations-Restorative Yoga
7:00 PM, LGBTQ+ ZOOM Gathering
9:00 PM, Virtual Film Discussion-*Rose Island*

SATURDAY, FEBRUARY 27, 2021

11:00 AM, Yoga on Zoom with Mike Mancini
1:30 PM, The Language of Cultural Awareness

SUNDAY, FEBRUARY 28, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:00 AM, Online Family Yoga with Suzanne!
10:30 AM, Young People's Choir Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Online RE Classes for all grades
11:00 AM, Sunday Worship: *Becoming Beloved*, Alia Shinbrough, UUCSR Student Minister
12:00 PM, Virtual Coffee Hour
1:30 PM, Small Group Ministry-First Sun Mtg
3:00 PM, NYUU Justice Virtual Statewide Mtg
6:00 PM, Game Night for All Ages!

MONDAY, MARCH 1, 2021

8:30 AM, Medical Qigong for Senior Health-Balance!
2:00 PM, Meditation and Poetry
3:00 PM, Mental Health Sub-Committee Mtg
7:00 PM, RE Committee Meeting (virtual)
7:30 PM, Finance Committee Meeting

TUESDAY, MARCH 2, 2021

9:00 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
7:00 PM, Agenda Planning Meeting
7:00 PM, Small Group Ministry First Tues Meeting
7:00 PM, DAC Meeting
7:30 PM, President's Operations TF Mtg

WEDNESDAY, MARCH 3, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together
12:30 PM, Virtual Women Talk Daytime Mtg
2:00 PM, Messages
2:00 PM, Wednesday Afternoon Conversations

3:00 PM, Virtual Racial Justice Task Force Mtg
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:00 PM, Publicity & Promotions Comm Mtg

THURSDAY, MARCH 4, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
2:00 PM, Contemplations
7:00 PM, UU Kids Connect Middle Grade Socials for Grades 6-8
7:30 PM, Virtual Choir Gathering

FRIDAY, MARCH 5, 2021

12:00 PM, Great Books-*Great Conversations*
2:00 PM, Meditative Moment
7:00 PM, LGBTQ+ Zoom Gathering
9:15 PM, Virtual Film Discussion-*White Tiger*

SATURDAY, MARCH 6, 2021

10:00 AM, Caring Committee Meeting
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, MARCH 7, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:00 AM, Online Family Yoga with Suzanne!
10:30 AM, Young People's Choir Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *I Catch on Fire*, Rev. Jaye Brooks and Stephen Michael Smith
11:05 AM, *Just and Joyful*: Online Children's Worship for All Ages
12:00 PM, Virtual Coffee Hour
12:30 PM, Men's Group Zoom Meeting
1:30 PM, Small Group Ministry-First Sun Mtg
2:00 PM, Intro to Transgender Inclusion in Congregations (for new participants)
7:30 PM, Music and Performing Arts Committee Meeting

MONDAY, MARCH 8, 2021

8:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry
7:00 PM, Small Group Ministry Fourth Tuesday Follow-up Meeting
7:30 PM, Finance Committee Meeting

TUESDAY, MARCH 9, 2021

9:00 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
11:00 AM, Events Planning Meeting
3:30 PM, Art Committee Meeting
7:30 PM, Program Council Meeting

WEDNESDAY, MARCH 10, 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, Yoga for Joy and Balance with Beth and Paula
6:00 PM, Social Justice Committee Meeting

7:00 PM, Black Women Trailblazers Bedtime Stories
7:00 PM, Developmental Ministry Transition Team
7:30 PM, Small Group Ministry Second Wednesday PM meeting

THURSDAY, MARCH 11, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
2:00 PM, Contemplations
7:30 PM, Virtual Choir Gathering

FRIDAY, MARCH 12, 2021

12:00 PM, Great Books-*Great Conversations*
2:00 PM, Meditative Moment
8:00 PM, Soulful Sundown
8:30 PM, Virtual Film Discussion-*Grand Piano*

SATURDAY, MARCH 13, 2021

11:00 AM, Yoga on Zoom with Mike Mancini
4:00 PM, Soulful Salutations-Men's Beginner Yoga
6:30 PM, Men's Group St. Patrick's Day Party

SUNDAY, MARCH 14, 2021

9:00 AM, Jazz Ensemble Rehearsal
9:30 AM, Small Group Ministry Second Sunday AM Meeting
10:00 AM, Online Family Yoga with Suzanne!
10:30 AM, Young People's Virtual Choir Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *Unwanted Anniversary: Our Year of Pandemic*, Rev. Dr. Natalie M. Fenimore
11:00 AM, Online RE Classes for all grades
12:00 PM, Virtual Coffee Hour

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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February 24, 2021

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Vice President: Jana North

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Secretary: Toni Logue

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ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, March 10, 2021 | Deadline for Content: Thursday, March 4, 2021

MUSIC AND PERFORMING ARTS COMMITTEE

Rachel Zampino, Chair

Music and Art Among Us

FLASH!

Calling all talented kids through young adults!

Elementary, middle school, high school, college, and young adult talented Shelter Rockers are needed to fill out the cast of the 2021 edition of Music and Art Among Us. New horizons include Art and Artists of all media!

- **Do you dance?** Record yourself and send it in!
- **Are you an artist?** Take a video of your artwork and send it in!
- **Play an instrument?** Record yourself and send it in!
- **Are you a magician?** Record your act and send it in!
- **Sing a song?** You know the drill!

If you were at any All-Congregation Retreat, you will remember the Talent Show; kids of all ages were the stars of the show. The cut-off date has been extended to **March 5, 2021**, to submit your videos. Adults will be included in the show, time permitting.

Questions? Contact event coordinator Karin Lyngstad-Hughes at drkarindc@icloud.com or 516.476.8718. She will send you instructions and the link to submit your recording.