



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*

Monthly Theme: **Commitment**



[See the Calendar](#)
[List Here](#)

March 10, 2021

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." *

SUNDAY, MARCH 14, 2021, 11:00 AM
Rev. Dr. Natalie M. Fenimore

An Unwanted Anniversary—A Pandemic Year

No one celebrates a year of pandemic, but we've all noticed the anniversary looming.

Our last Sunday of in-person worship was March 8, 2020, and the congregation's premises closed effective March 13, 2020. Here we are, a year later, with far too many losses—and yet, somehow, a more sure awareness of our strength, our resilience, and our community. *



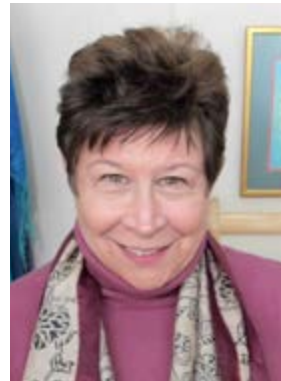
SUNDAY, MARCH 21, 2021, 11:00 AM
Rev. Jennifer L. Brower with UUCSR and UUCN Members

Commitment This Service, which includes a Time For All Ages, is created collaboratively by members of the UU Congregation at Shelter Rock, and those of the UU Congregation of Central Nassau, in Garden City, NY, with support from the Rev. Jennifer L. Brower and lay staff members of both congregations. We reflect upon Commitment, which includes roots from three Latin words: *com* (together), *mit* (to send), and *mente* (a result). Pieced together, the words shape an idea that commitment is not experienced in isolation but with others and with all parts of ourselves. That commitment has an energy that moves, sends us along in a direction. And that commitment is the result of choice. *

* UUCSR Worship Services are live streamed on uucsr.org/worship, Facebook, and YouTube. They are available thereafter on the same platforms and as podcasts (www.uucsr.org/podcast). Also aired on NSTV.

PLEASE NOTE: Until now, services have also been available as audio recordings via telephone. Due to lack of interest, the provision of dial-up recordings will be discontinued unless there is renewed interest. To express interest, please contact Assistant to the Ministers Kimberly Rossister (516.472.2941). Thank you.

TOUCHSTONES
Rev. Jaye Brooks



March 13 marks the one-year anniversary of our initial closure because of the pandemic.

One year. An entire year that has at times felt like an entire century.

It has been a year of challenge and loss. I suppose it's not possible to say the words "a year of pandemic" without implying sickness, disruption, and grief.

Yet it's also been a year of courage and determination almost wherever we look. It's been the year when we saw, vividly, how some workers risk their lives, day in and day out, to do the essential work that has kept us going. For many of us, that's been a signal to pay more attention to economic justice for hourly workers and workers in the gig economy.

For all of us, it has been a year of upheaval, of change, of new learning.

For our beloved community, it has been a year of perseverance and resilience. We have seen this congregation give generously, in many ways, to help others. We've seen how we have held each other close even while remaining physically distant.

To those of this congregation, I must say: You are fabulous. You are amazing. For a year, you have continued to build community—and you've made new friends—despite the pandemic, despite the online nature of our gatherings.

As the weather warms up and vaccinations increase, we will be navigating the next stage of this pandemic: the part where we cautiously and in a limited way begin to gather in person. We will wear masks and have restrictions on numbers. It won't be like it was and it won't be easy.

But we will have the confidence of knowing that if we've managed to come this far then we can go the distance. We can do what we need to do. We are a resilient, loving religious community.

Continued on page 2

TOUCHSTONES

continued from page 1

As we have begun, we will continue: we will support one another even as we reach out to be of service in our local community and the wider world. That's our commitment. That's our covenant.

In these difficult times, together, may we joyously build lives of purpose and a congregation grounded in love and generosity.

With hope and commitment,
Rev. Jaye

MILESTONES

We share the sad news... of the death of Annette L. McMahon. Annette died on February 26, 2021, in her 96th year. Annette and her late husband, Bernard (Bernie) McMahon, were long-time, well-known members of UUCSR. Annette is survived by her children, grandchildren, and great-grandchildren. A private service will be held by the McMahon family.

We share the sad news... that long-time friend of UUCSR Maureen Catherine Kenny died on February 19, 2021. Among other connections for many, many years, Maureen sang in the annual UUCSR Music Sunday, with her family always in attendance. Maureen was waked on Saturday, February 27, 2021.

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
March 26, 2021
April 23, 2021
May 28, 2021
June 25, 2021

[Register here for Zoom.](#)

CARING COMMITTEE

WinterFlower Regla Robinson, Chair

COVID-19 Vaccine Access Webpage UPDATED FREQUENTLY



The Caring Committee is updating its Caring 2021 Community Resource web pages to include vaccine-appointment information. Updates are posted regularly, so check: www.uucsr.org/vaccine often until you and those you care about are 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.

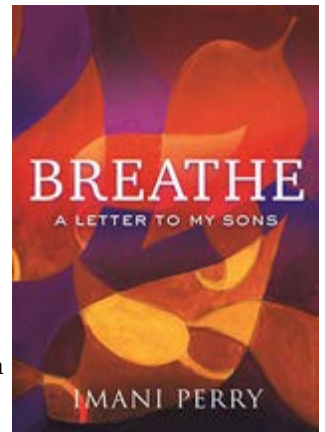
After the Zoom Seder, enjoy your
Passover meal safely quarantined.

YOU ARE INVITED
TO PARTICIPATE IN THIS YEAR'S
UUA COMMON READ

Breathe: A Letter to My Sons by Imani Perry

Together, readers will explore the terror, grace, and beauty of coming of age as a Black person in contemporary America and what it means to parent our children in a persistently unjust world.

According to Beacon Press, *Breathe* is “emotionally raw and deeply reflective, Imani Perry issues an unflinching challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life—and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition.



“Perry draws upon the ideas of figures such as James Baldwin, W. E. B. DuBois, Emily Dickinson, Toni Morrison, Ralph Waldo Emerson, and Ida B. Wells. She shares vulnerabilities and insight from her own life and from encounters in places as varied as the West Side of Chicago; Birmingham, Alabama; and New England prep schools.

“*Breathe* offers a broader meditation on race, gender, and the meaning of a life well-lived and is also an unforgettable lesson in Black resistance and resilience.”

Participants are especially encouraged to order the book from area Black-owned bookstores: [The Lit Bar](#), [Café con Libros](#) (both of which have physical, e-book, and audio books available), or [Sister's Uptown Bookstore](#) (physical books only).

UU Common Read: *Breathe: A Letter to My Sons*, by Imani Perry
Discussion Live on Zoom:

Saturday, March 27, 2021, 1:30–3:00 PM

[Register HERE](#) to receive an email with a direct link to participate via Zoom.

A LIVE Panel Discussion will be held in April (date TBD), 1:30 PM



DAC 2021 General Assembly Update

WANTED: Shelter Rock members to interact with over a thousand UUs from all over the country!

WANTED: Shelter Rock members who are passionate about Unitarian Universalist social justice concerns!

WANTED: Shelter Rock members who have never experienced a UUA General Assembly (GA)!

The clock is ticking! Please do not wait—space is limited!

- The extended deadline to sign up is Wednesday, March 31, 2021.
- Contact Elaine (ecorralo@uucsr.org or 516.472.2933) for an application and guidelines.
- Contact Richard Bock, DAC Chair (rbock@optonline.net or 516.922.6052) for answers to questions and information.

This year's GA is virtual—you can attend from the comfort of your home! No airports! No long lines for coffee! And, UUCSR pays your GA registration fee! Don't wait. Do it now!

General Assembly Choir Registration Opens March 15

For many, singing in the choir is a key part of coming together as UUs at General Assembly. This year, instead of joining our voices in person, let's join our voices in a virtual choir! Each singer will record a video of themselves singing, and those individual videos will be edited into one glorious combined video to be premiered during GA. Advance [registration will be available HERE](#).

UU@UN Update

All In for Climate Justice, Food Equity, and Sustainability
[Information and registration HERE](#)

This is a reminder from your UU@UN envoys that registration for the Intergenerational Spring Seminar, Friday April 9–Sunday, April 11, 2021 is due by Thursday, March 18, 2021. This year's interactive program is centered on equity and sustainability to advance climate and food justice throughout the world. We hope to see you there!

Janet Bendowitz, DAC Liaison to UU@UN

Long Island Area Council Update (LIACUU)

LIAC will host a conversation on the future of Long Island UU congregations Sunday, March 14, 3:00 PM. Among the questions on the table for ministers and congregational leaders:

- Where do you see yourselves in five years? Will you still exist?
- What is the state of your finances? Are you spending down your reserves?
- If you have a minister, will you still be able to afford one?
- If you have a building, will you be able to maintain it?
- Do you have a pipeline for new leadership so that you may maintain current programs and create new ones?
- Do you have an religious education program? Is it important to your congregation?
- Might you be willing to help other congregations? How?
- What about congregational life do you cherish?
- What might you be willing to let go?

You are invited to attend via Zoom.

[Please register here for a direct link to attend the meeting.](#)

See page 10 of this Quest for LIAC-sponsored Paid Summer Internships for UU High School and College Students.

Jim and Lynn Smith, DAC Liaisons to LIAC



Enjoy an evening of music on Zoom on March 26 with Michael Sansonia, as he plays American standards and original songs in a benefit concert for the Unitarian Universalist Congregation of Central Nassau (UUCCN), in Garden City, NY. Michael Sansonia is an acclaimed musician, composer, and arranger. He has worked with performers ranging from Screamin' Jay Hawkins and Jimmy Dean to MA\$E and Shawn Colvin.

[\(Hear more on Michael's website.\)](#)

Like many organizations, UUCCN is getting through the pandemic due mainly to the generous support of its members and friends. All proceeds of the concert will go toward sustaining UUCCN.

Tickets

- Donations for tickets are on a sliding scale.
- If you can, please contribute \$12 or a minimum of \$5.
- [Buy Tickets HERE](#)

For more information, please email uuccn@aol.com.

CONGREGATIONAL AFFAIRS

Mark Hartman, President of the Congregation

Board of Trustees Agendas Tuesday, March 16, 2021

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
7:10 PM II. Minutes: Toni Logue, Secretary
- February 2021 Board Meeting Minutes
- 7:20 PM III. Ministers' Report: Rev. Jaye Brooks,
Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
- Update on Lapsed Members
 - CY22 Student Minister Process Update
- 7:50 PM IV. Strategic Areas Task Force Update:
Jana North, Vice President
- 8:10 PM V. President's Report: Mark Hartman
- April Retreat
 - Veatch Structure Consultant Update
 - Spotlight On Update
- 8:30 PM VI. COA Report: Adam Barshak
- Reopening Task Force
 - Reopening Safety Plan and Recommendations
 - CY22 Board of Trustees Draft Budget
- 9:00 PM VII. Good of the Order: Mark Hartman, President
- Letter from St. Aloysius RC Church COVID-19 Grant Recipient

Thursday, March 18, 2021

- 7:00 PM I. Opening Words: Ministers / Mark Hartman
7:05 PM II. Member Resource Committee:
Monica Schlichting, Chair
- Committee Membership & Chairs
 - Confirmation of Candidate Acceptance for
Rev. Dr. Natalie Fenimore's Colloquy Committee
- 7:20 PM III. SEI Bi-Annual Portfolio Update:
Brian Muellers, Treasurer
- 7:50 PM IV. Racial Justice Subcommittee:
Elaine Peters, Chair of Social Justice Committee and
Barry Nobel
- 8th Principle Resolution
- 8:10 PM V. Endowment Committee Update:
Brian Muellers, Treasurer
- Input from Stewardship & Investment Committees:
Lauren Furst, Chair of Stewardship and
Rich Guilbert, Chair of Investment
- 8:30 PM VI. Ministerial Discussion
- Rev. Dr. Natalie Fenimore Colloquy – Next Steps:
Mark Hartman, President
 - Ministerial Team Lead Update: Rev. Jaye Brooks,
Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
- 9:00 PM VII. Good of the Order: Mark Hartman, President

CONGREGATIONAL MEETING NOTICE

Sunday, March 21, 2021, 1:00 PM via Zoom

Please [register in advance HERE](#) for the meeting that will be held in webinar format. After registering, you will receive an email with a direct link to participate.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Veatch Grantees Move Worker Rights Forward

Recently, the *New York Times Magazine* [ran a feature](#) on union and worker-rights campaigns at Amazon—the world's largest online retailer, and a company that has so far worked to evade and bust such efforts. [Athena](#), a national coalition of grassroots economic justice groups, has been leading union organizing efforts across the country, and counts many Veatch grantees among its members, including [United for Respect](#), [Jobs with Justice](#), [Make the Road NY](#) and [ALIGN](#).

Athena's work in Alabama—in support of a union drive taking place among 6,000 workers, many of whom are people of color, at an Amazon facility BHM1 in Bessemer—has recently drawn national attention, and for a good reason: it would lend a historic victory to the modern labor movement, which has suffered major setbacks in [state legislatures](#) and [courts](#) in the United States in recent decades. In particular, the victory would represent the first of Amazon's 400,000 American workers—a growing and dominant part of the country's retail workforce—to join a union.

Progress in this campaign is occurring at the same time as another important “win” within the labor movement. [The Fight for \\$15](#), a national campaign that includes many of the same Veatch grantees as members, recently [secured a commitment from Walmart](#) to raise its minimum salary to \$15 an hour for 425,000 of its workers. The campaign secured a similar commitment from Amazon in 2018.



United for Respect at a “Fight for 15” rally at Walmart, pre-pandemic.

These recent successes are the result of decades of work by Veatch grantees and other worker rights organizations—who have succeeded in [convincing two-thirds of Americans](#) that the federal minimum wage should be set at \$15 an hour, and moved President Joe Biden to make a campaign promise to be [the “most pro-union president” ever](#)—who affirmed the right of the Alabama workers in Amazon to unionize in a recent [video statement](#).

For more on both of these efforts, as well as other updates about the work of Veatch grantees in helping propel the labor movement forward, be sure to subscribe to [Veatch News Updates](#).

Veatch Board of Governors will discuss budget requests Saturday, March 20, 2021, 11:00 AM. All are welcome. Contact Eileen Jamison (eileen@veatch.org) for a Zoom link to participate.

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



The People's Plan

The death of African American George Floyd at the hands of white Minneapolis police officer Derek Chauvin on May 25, 2020, set off a wave of protest. From the streets of Minneapolis, MN, the uprising soon became both a national and international occurrence lasting well into the fall.

In New York State, the effects of the uprising were felt in the Executive Office of the Governor in Albany. On June 12, 2020, Governor Andrew Cuomo issued [Executive Order 203](#), "New York State Police Reform and Reinvention Collaborative." This order mandates that each local government entity which has a police agency must perform a comprehensive review of current policies and strategies and develop a plan to improve all policies, procedures, and practices "for the purposes of addressing the particular needs of the communities served by such police agency and promote community engagement to foster trust, fairness, and legitimacy, and to address any racial bias and disproportionate policing of communities of color." The plan must be submitted to Albany by April 1, 2021. Failure to do so will result in the loss of state funding for police work.

The EO 203 also requires that each local government with such a police force convene a taskforce that includes residents as well as police and other officials to draw up such a plan. Both county executives on Long Island set about the fulfillment of this requirement. However, concerned citizens, wanting to further influence the process, also organized.

Over the summer and into the fall, three coalitions, LI United to Transform Policing and Community Safety, LI Advocates for Police Accountability, and United for Justice in Policing Long Island, met to create "The People's Plan: Reimagining Policing & Public Safety on LI." The result is a 300+ page document with 12 well-researched and evidence-based proposals to transform policing and community safety on Long Island.

The County Legislatures of both Suffolk and Nassau must approve their plans to be sent to Albany by April 1. Right now, members of the coalitions are discussing "The People's Plan" with legislators with the goal of persuading them to adopt this plan.

Coalition members need your help! Here's what you can do: Become acquainted with "The Plan" by reviewing these 12 one page [summaries](#). Attend an [info session](#) this Sunday, March 14, 4:00-6:00 PM. If you agree with the plan, [endorse](#) it. Share "The Plan" with family and friends and encourage them to endorse it. Encourage organizations you know to endorse it. Contact your [county legislator](#) and tell them that you support "The People's Plan."

On page 5, "The People's Plan" states, "The documented truth is that the need to address the harmful foundation on which we stand and the mistreatment of Black and Brown persons in our Country for nearly half a millennium is imperative." The adoption of "The People's Plan" sets us on that road.

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Thursday, March 11, 2021



Sacred People, Sacred Earth Day of Action: Grassroots people of diverse religions rising to face the climate emergency, Virtual Event, 6:30-7:30 PM. Bring a prayer, reading or reflection for the Earth to share. Between readings and reflections, we will write letters to a state legislator asking for passage of the The Climate and Community Investment Act (CCIA). [Register in advance for this meeting HERE](#). A direct link to participate will be emailed.

Tuesday, March 23, 2021

Together to End Solitary Confinement, Virtual Event, 6:30-7:30 PM. We remember those suffering the torture of solitary confinement by reading the names of those in Solitary and lighting candles for each. [Join Zoom Meeting HERE](#) or call +1 646 558 8656, Meeting ID: 914 5526 0335 Passcode: 901854.

Saturday, March 27, 1:30- 3:00 PM. UU Common Read: Breathe: A Letter to My Sons by Imani Perry. Please see page 3 of this Quest.

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

UU Community Garden: Calling all thumbs...

If you have a green one or not, we don't care. Join our organic UU Community Garden! Participates **MUST** be able to commit to 2-4 hours per week during peak season to harvest and weed and must be UUCSR members.

Interested participants must reply no later than April 3, 2021. For more information, please contact May Choi-Steele (may_steele@yahoo.com or evening hours: 917.215.3336). Please note: Access to the garden depends upon the congregation's reopening plan. Currently, the congregation is closed through March 31, 2021 and there is no access to the garden.



CSA Signup NOW OPEN for 2021

Program runs from June 8 to November 16

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

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair

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

Arctic Connections and Divisions

There are three international borders dividing the traditional lands of the Chukchi and Inuit in the Arctic. These borders are being assaulted by corporations for oil and gas drilling and other extractions. Indigenous peoples have no control and the decisions made have negatively impacted them in myriad ways.



The waters that previously connected them are now barriers. New lines on maps have been drawn so that land use patterns are altered. Consequently, the Arctic ecology and their culture have been disrupted. For example, the Bering Strait is a water world, not a border separating two countries. It provides a unique habitat for the Chukchi, Inuit, and Siberian Yupik offering traditional food to eat and helping their culture, language, identity, and other traditions to be maintained. The surrounding water is also shared as integral to their spirituality. The Bering Strait is also a migration route for sea mammals and thousands of seabirds and fish. It follows the retreat of sea ice in the spring and expansion in the fall. The tribes depend on the natural resources which they share with the creatures living and migrating there.

The Beaufort Sea, located between the United States and Canada, is home to many indigenous people with parents born on one side or the other. They may have been born in Canada, own a Canadian passport, but live in Alaska. They may be accepted as tribal members in the US, but not as citizens. Currently, the international boundary has created rules that affect ecosystems and regulations. Another complication is the need for passports. Baffin Bay, abutting Greenland and Canada, was once easily crossed; indigenous people could travel freely for hunting. With the border closed, the need for passports changed. The lives of indigenous people have historically been predicated upon the oceans allowing them and animals across national lines; access to family and friends is now regulated.

In the Arctic, it is the water that connects tribes and animals. As Robert Comeau, Inuk, puts it: "The tides do not care about boundaries on a map. Nor do the prevailing currents or dominant winds. The animals we rely on consistently cross national lines through the ocean. Most importantly, we as people created our own spaces based upon the ocean." In today's world, all this is threatened by Cold War politics, sovereignty concerns, and national security fears. The profit motive linked to fossil fuel extraction will create the most harm to the Arctic's indigenous people, ecology and wildlife. Only with the easing of some restrictions and paperwork barriers can there be a stop to these plans and connections be maintained.

Elaine Peters for the Green Sanctuary Committee

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 two groups.

CLIMATE ACTION SERIES

FREE | Live Streamed on Zoom

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

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 Renew
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.*

ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

Yoga for Joy and Balance with Beth and Paula

Wednesdays, 4:00 PM

[Join Zoom Meeting:](#)

Or call 1 646 558 8656, Meeting ID: 947 7620 8714, Passcode: 220564

This class incorporates techniques of Kundalini Yoga, breathwork, meditation, and energy modalities.

Payment Info:

4 sessions:

UU Members \$32

Non-UU Members \$40

Venmo: @paulajennings

Paypal: paula@paulajennings.com

Contact Details:

Beth Fedirko 516.297.1042

Bfedirko@optonline.net

Paula Jennings 516.761.3046

Paula@paulajennings.com

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.com/merchot?p=mickeymancini)), Venmo (Michael-Mancini-55), or mail him a check (Mike Mancini, 99-40 63rd Rd, Apt 14P, Rego Park NY 11314). Questions? 516.459.6378 or mike.yogamike.mancini@gmail.com.

Medical Qigong for Senior Health

Mondays, March 15, 22, and 29, 9:30-10:30 AM

[Register HERE](#) or email tqh.Ashley@gmail.com

\$50 for 5 classes, \$12 per drop-in class

Start your week off by strengthening your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and falling safety skills, optimize lung capacity, bolster immunity, and promote energy flow to the internal organs. 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.



Is your Zoom installation up-to-date? [Click Here](#) for easy instructions and be ready for your next session! After updating, you'll have access to [New Features Here](#).

Soulful Songs and Stories



Based on a 15-minute film by Carol Nguyen in the *New Yorker* and a 1500-word essay by Claudio Lomnitz in *Lit Hub*, we look at stories of family history that enrich. The film “produced an unprecedented openness,” and the essay revealed “our precondition: a matrix of past decisions that made us possible.” To savor and complement these stories, we have mostly instrumental music by Emahoy Tsegué-Maryam Guèbrou, Jamison Ross, Mats Eilertsen Trio, Regina Carter, and others.

Please join our mailing list. To have Soulful Songs and Stories emailed to you (via PDF during lockdown), register with Jessica Pond (jpond@uucsr.org or 516.472.2914). To view some past PDFs, visit www.j.mp/uucsr-sss.

Alice Giordano and Steve Marston

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.



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*

Dramatic Readings

Saturday, March 20
6:00 PM

[Live on Zoom HERE](#)

Meeting ID:

953 4647 4715

Passcode: 396210

Or call +1 646.558.8656

Please contact Jessica Pond at jpond@uucsr.org to RSVP and request your copy of the play, *Fifth of July* by Lanford Wilson.



Dramatic Readings

LIFESPAN RELIGIOUS EDUCATION (RE)

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



As We Recognize a Year of Pandemic Lockdown and Physical Isolation

Like adults, our children and youth are missing the energy of personal connections in everyday life.

They are missing friends, sports, going out and about and school. They are Zoomed out.

Yet, at a recent visit to the 8th Grade Coming of Age Zoom class, when I asked this question:

“What have you learned about yourselves in pandemic times?”

Our growing children gave these answers:

I learned that I am resourceful.

I learned that I am resilient.

I learned that I have so much that makes me grateful.

I learned that I am creative.

Our young people have learned not to take for granted the importance of relationships.

May we all travel the road to becoming our best selves—knowing that we can survive and thrive if we go forward together.

In this long-haul pandemic lockdown, there is a need for expanded knowledge about physical and mental health.

One place for information, recommended by the Unitarian Universalist Association, is the Health Story Collaborative.

Navigating illness can be isolating, but it doesn't have to be. At Health Story Collaborative, story sharing is used to benefit health. Explore their site, listen to stories and consider crafting and sharing your own.



You can find them at:

www.healthstorycollaborative.com/coping-with-covid19

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
LIVE and In-Person (one day)



Saturday, June 5, 2021
7:30 PM LIVE

UUCSR members' and others will tell their stories with the help of award-winning storyteller, and producer of the live storytelling show, [Now You're Talking](#), Tracey Segura.

Workshops with professional coaching and practice will precede the LIVE Zoom event. Additional on-premises storytelling events are scheduled for fall and spring, post-pandemic.

Stories are a uniquely personal way to share foibles, successes, and our common humanity. They can be interesting, amusing, poignant, and moving. They are entertaining and educating. Stories are also a powerful tool to build community.

Stories From the Rock will be an evening to remember—

- You will hear great storytellers telling great stories.
- You could be one of them!
- Mark your calendars so you don't miss this first of hopefully many story nights to come.

Do you have a true story to tell?!

The theme for the first Stories From the Rock 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?

Please share. 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 all will gather to hear these stories.

Interested? Vince Chimienti (vchimienti16@gmail.com). You will be contacted for workshop scheduling. Thank you.

STUDENT ACTIVITY FUND (SAF)
sponsored by the Long Island Area Council (LIAC)

**Paid Summer Internships for
UU High School and College Students**

Unitarian Universalist Faith in Action

The SAF Summer Internship Program encourages students from Long Island UU congregations to make a difference in the community while earning money to help finance their education. The program is run by the Student Activity Fund (SAF), an initiative sponsored by the Long Island Area Council of UU Congregations (LIAC) and funded by the UU Veatch Program at Shelter Rock.

The purpose of SAF is to encourage young Unitarian Universalists to live their religious values through internships at nonprofit agencies that focus on social action, advocacy, or social services. Our interns have worked for get-out-the-vote campaigns, civil rights groups, museums, food pantries, environmental centers, music therapy programs, sustainable living think tanks, and more.

ELIGIBILITY

To be eligible for a 2021 SAF summer internship, the participant must be:

- a member or a child of a member in good standing of a LIAC UU congregation
- under the age of 25 on June 1, 2021

AND one of the following:

- a high school senior in fall 2021
- an undergraduate college or trade school student
- a gap-year student
- a Spring 2021 college graduate

PAID INTERNSHIPS

The Student Internship Program pays \$11 per hour of service for senior high school students and \$12 per hour for college students. The amount increases to \$13 per hour once a participant has worked a total of 500 hours through the program.

WEEKLY COMMITMENT

Most of the program's interns work 10 to 35 hours per week, for as many weeks as their schedule permits during summer. In some cases, students work part-time during the school year.

REMOTE WORK OPTION

Due to social distancing, remote (online) work may be approved for 2021 summer internships. These applicants must email Student Activity Fund Program Director Karyn O'Beirne (SAFdirector@liacuu.org) to set up a time to discuss the agency they have in mind.

APPLY NOW for Summer 2021 at LIACUU.org, or email Karyn O'Beirne SAFdirector@liacuu.org.

APPLICATION DEADLINE: Sunday, May 9, 2021

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



Black Women Trailblazers Bedtime Stories

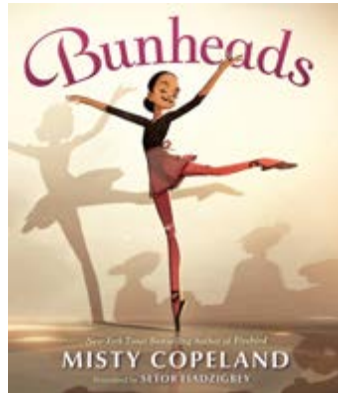
Wednesday, March 10, 2021

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 Fiadzigbey



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



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

Sunday, March 21

11:05 AM

[Live on Zoom](#)

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

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.

The March 21 story is *Old Turtle and the Broken Truth*, by Douglas Wood and Jon J. Muth, a fable about a young girl who bravely goes on a quest to heal her broken world. Student Minister Alia Shinbrough leads this exploration of truth, and how a free and responsible search for truth leads to justice and wholeness.

We will consider how it feels when all living beings are valued, we'll sing, and we'll hear some uplifting music from George.

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

Game Night for All Ages!

Sunday, March 21, 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, March 21: Kimberly Rossiter, Assistant to the Ministers

Sunday, April 25: Claire Deroche, Social Justice Coordinator

Sunday, May 23: TBD

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!



MARCH IS WOMEN'S HISTORY MONTH

Sandra Hazel Frank, Women's Group President



**Olympia Brown:
Universalist Minister and
Social Reformer**

March is Women's History Month, a time to reflect on the important and often overlooked contributions women have made throughout history. Many Unitarian, Universalist, and Unitarian Universalist (UU) women have not only shaped and led the UU faith, but have also left an

undeniable impact on history in general.

Olympia Brown was one such woman. She was a Universalist minister and social reformer who dedicated her life to opening doors for women. She was the first woman minister whose ordination was recognized by a denomination. An active campaigner for women's suffrage, she was also an advocate for women's rights in every facet of American life.



*Olympia Brown
1835-1926*

Olympia Brown was raised in a household that regarded religion and education as very important. By the time she received her Bachelor of Arts degree from Antioch University in 1860, she was among only a handful of women to graduate from college in her generation. In 1863, she became the first woman to graduate from an established theological school.

Despite finishing her schooling and gaining a year of preaching experience, the St. Lawrence faculty refused to ordain her. Olivia traveled to appeal to the Universalist Council and presented her case to the Northern Universalist Association. Her appeal was a simple plea for gender equality. Olympia Brown became the first woman to be ordained as a minister in the Universalist Church. True to her beliefs, her dedication thereafter was to assuring that women could take their rightful place in ministry.

After her ordination, she preached in various churches in Vermont, then was formally installed in 1864 and began her first pastorate in Weymouth Landing, MA. For more than 20 years, she was a well-respected preacher nationally.

Olympia Brown was married to John Henry Willis in 1873. They reared two children who became teachers. Throughout her later life, Olympia Brown was an ardent suffragist working with Susan B. Anthony and others to support women's rights and the Women's International League for Peace and Freedom.

Olympia Brown led a prophetic life with extraordinary commitment. Her legacy includes significant impacts on both secular and non-secular societal structures that have remained notable over the course of US history.

The Plight of Moms and COVID-19

I can remember days when my little ones no sooner finished one round of antibiotic medicine when another infection surfaced. It was back to the pediatrician, waiting what seemed like endless hours in the waiting room, and heading home with sick little ones. Bracing myself for more sleepless nights comforting and caring for my little ones, I was also tasked with the demands of parenting, household chores, and getting to work the next day. I wasn't the sole earner then. But all of it was my responsibility and it was very long ago. I remember.

Today, COVID-19 weighs down on the enormous job of parenting and earning a living for women. It's not a pretty picture. As if sick children and household chores are not enough to worry about, women have to worry that they cannot support their families if they lose their jobs. Single moms are more likely to be unemployed—even more so if they are single mothers of color.

The *New York Times* reported that since March 2020, 4,637,000 payroll jobs were lost by women. Those who've lost their jobs know that it will impact their futures for many years to come, possibly never able to catch up or advance in their careers. Almost a million mothers have had to leave the work force since March. As a result, one in four children experience food insecurity. All this has come with no response and serves as a primal scream from American mothers. Are we listening?

With children out of school, mothers bear the burden of childcare, home instruction, and earning a living at the same time. Some have lost confidence in their ability to succeed as a parent, as a wage earner. Some wish for a place to be alone where there are no demands, no one needing them. They suffer from insomnia, struggle to find hope, think they can't do it another day. They are exhausted and wish they could get help. They want a break. We are listening.

Remembering our own experiences, many in our Women's Group sincerely empathize with young mothers today. We speculated on what we could do to help. We thought of providing craft projects, gardening projects, etc. But then we decided to ask our own mothers here at UUCSR: how can we help? Those days are over for many of us but we may have grandchildren and we do care. Please let us know what we can do for you.

The *Times* tells us how to fix what's broken. Do we have the will? More employers could offer part time schedules or unpaid leave and pay for child care. Like other rich countries our government could finally provide paid family leave and subsidized child care. Our government could offer tax credits to companies that retain or rehire mothers, give Social Security credits for unpaid caregivers. Men could do their part. Friends and community can help with meals, taking children for a walk, etc.

We are the friends. We'd like to help. Let us know how.

Maria Ceraulo, Chair, Women's Issues

womensgroup@uucsr.org

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
March 12	8:30 PM	<i>Grand Piano</i> (Prime and Kanopy *)
March 19	9:00 PM	<i>The Dig</i> (Netflix)
March 26	8:30 PM	<i>One Night in Miami</i> (Netflix)
April 2	8:45 PM	<i>Nomadland</i> (Hulu)
April 9	9:00 PM	<i>I Care A Lot</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).

March 10, 2021

MEN'S GROUP

Bernard FitzGerald, Chair



St. Patrick's Day CELEBRATION!

SATURDAY, MARCH 13, 2021

6:30 PM | ZOOM



Join the
Men's Group
for a wee bit
of music and
companionship.

Live music by Harriet McKenna,
Karin Lyngstad-Hughes and Ken Hughes,
Herb Waldren, and others,
with
a smattering of comedy by Paul Drezner

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

ART COMMITTEE

Tinna Kopelow, Chair

Lawrence Ferlinghetti

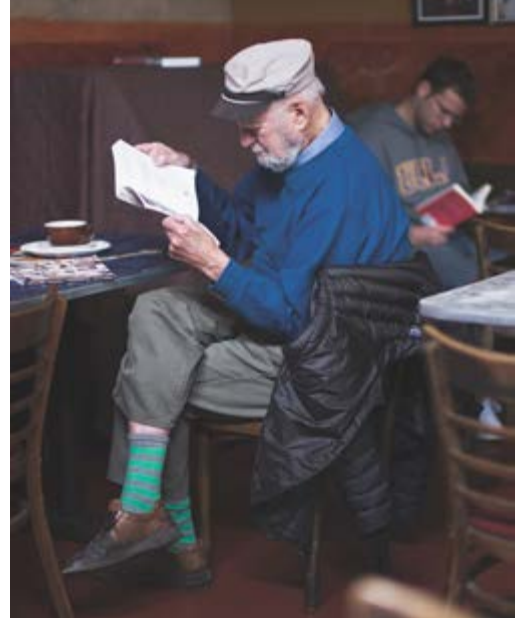
Lawrence Ferlinghetti, an American poet, painter, social activist, and the cofounder of City Lights (after the Chaplin film) Booksellers and Publishers, died on February 22, 2021, at the age of 101. To read his biography is to be impressed by the many significant changes he endured growing up as an orphan. Ferlinghetti fought in the World War II during the Normandy invasion as a skipper of a submarine chaser. Life experience set him up to be a meticulous observer and concerned citizen. Aware of modern life's loss of connection to important aspirations and values of being human, he railed against government corruption and disregard for conscious stewardship of the civic problems of his time.

When he traveled west, he was a young man without means. He and a partner founded the modest bookstore, City Lights, on a wedge of a corner of the North Beach area which was becoming the cultural center of San Francisco. Poetry was the form he used to articulate his concerns and observations. The store featured the first paperbacks sold in the US, and people could browse and read for hours. Downstairs in the basement, he set up the publishing arm of City Lights which influenced the literary development of Beat writers and others. He became famous when he read "Howl," Alan Ginsberg's revolutionary poem, published it, and then had to defend himself in the courts for its salacious content.

His book of poetry, *The Coney Island of the Mind*, became the best-selling poetry book of all time, and has been translated into over a dozen languages. The poems were written in the conservative, post-war 1950s and resonate with a "joyful anti-establishment fervor." It could be stated that the bookstore under the influence of Ferlinghetti laid the groundwork for the 1960's cultural revolution.

Here is a poem of Ferlinghetti's that is still relevant and popular: *Pity the Nation* (after Khalil Gibran) 2007. [Poet's reading HERE.](#)

Pity the nation whose people are sheep
And whose shepherds mislead them
Pity the nation whose leaders are liars
Whose sages are silenced
And whose bigots haunt the airwaves
Pity the nation that raises not its voice
Except to praise conquerors and acclaim the bully as hero
And aims to rule the world
With force and by torture
Pity the nation that knows
No other language but its own.
Pity the nation whose breath is money
And sleeps the sleep of the too well fed
Pity the nation oh pity the people
who allow their rights to erode
and their freedoms to be washed away
*My country tears of thee
Sweet land of liberty!*



The City Lights Booksellers and Publishers is a famous iconic landmark in San Francisco. When I graduated college in 1964, I travelled to San Francisco with a friend to live, work, and experience a year on the West Coast. As we were both RNs, we easily found work, and lived within walking distance of the bookstore, where we would spend many hours reading and browsing. There was a great permissiveness manifest in its no-rules approach of the owners, who would often step over patrons on the floor reading. It is a tribute, now that I know more about its history, of the kind of generosity of spirit that Ferlinghetti exhibited all his life. He is admired and loved by all who were able to partake of the joy of unfettered literary investigation, in that cozy shop, in such a beautiful city.

Janet Swinburne for the Art Committee

MUSIC AND PERFORMING ARTS COMMITTEE

Rachel Zampino, Chair

Music and Art Among Us

A virtual celebration of the artistic and creative talents of our youth and young adults, highlighting the many gifts of the younger generation at Shelter Rock.

Released Sunday, March 28, 2021, 1:00 PM
on uucsr.org, [Facebook](#) and [YouTube](#)

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, MARCH 10, 2021

6:00 PM, Social Justice Committee Meeting
7:00 PM, Black Women Trailblazers Bedtime Stories
7:00 PM, Developmental Min. 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 Physical Distancing
2:00 PM, Contemplations
6:30 PM, Sacred People, Sacred Earth Day of Action
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 Virtual St. Patrick's Day Party

SUNDAY, MARCH 14, 2021

9:00 AM, Virtual Women's History Month
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: *An Unwanted Anniversary*, The UUCSR Ministry Team
11:00 AM, Online RE Classes for all grades
12:00 PM, Virtual Coffee Hour

MONDAY, MARCH 15, 2021

9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry
6:00 PM, Membership Committee Meeting
7:30 PM, Finance Committee Meeting

TUESDAY, MARCH 16, 2021

9:00 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Physical Distancing
3:00 PM, Virtual NAMI Criminal Justice Mtg
3:30 PM, Art Committee Meeting
7:00 PM, Board of Trustees Meeting
7:00 PM, Nominating Committee Meeting
7:00 PM, Small Group Ministry First Tuesday-Follow up meeting

WEDNESDAY, MARCH 17, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together
12:30 PM, Women Talk Daytime Zoom Mtg
2:00 PM, Messages
2:00 PM, Wednesday Afternoon Conversations
3:30 PM, Women's Group Zoom Board Mtg
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:00 PM, Green Sanctuary Committee Mtg

THURSDAY, MARCH 18, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
2:00 PM, Contemplations
6:00 PM, UU Kids Connect Elementary Socials for Grades K-5
7:00 PM, Living Alongside Cancer
7:00 PM, Board of Trustees Meeting
7:30 PM, Virtual Choir Gathering

FRIDAY, MARCH 19, 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, Virtual Drag Bingo w/Avant Garbage
9:00 PM, Virtual Film Discussion-The Dig

SATURDAY, MARCH 20, 2021

9:00 AM, Veatch BOG Budget Review
11:00 AM, Yoga on Zoom with Mike Mancini
6:00 PM, Dramatic Readings

SUNDAY, MARCH 21, 2021

9:00 AM, Jazz Ensemble Rehearsal
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: *Commitment*
11:05 AM, *Just and Joyful*: Online Children's Worship for All Ages
12:00 PM, Virtual Coffee Hour
1:00 PM, Congregational Meeting
6:00 PM, Game Night for All Ages!

MONDAY, MARCH 22, 2021

9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry
7:30 PM, Finance Committee Meeting

TUESDAY, MARCH 23, 2021

9:00 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Events Planning Meeting
11:00 AM, Living Solo While Physical Distancing
6:30 PM, Together to End Solitary Confinement Virtual Program
7:00 PM, Small Group Ministry Fourth Tuesday Meeting
7:00 PM, Committee on Ministry Meeting

WEDNESDAY, MARCH 24, 2021

11:00 AM, Crafting for Sanity Zoom
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, Virtual Ukulele

THURSDAY, MARCH 25, 2021

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

FRIDAY, MARCH 26, 2021

10:30 AM, Tai-Chi/Qigong
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, Film Discussion-One Night in Miami

SATURDAY, MARCH 27, 2021

11:00 AM, Yoga on Zoom with Mike Mancini
1:30 PM, UU Common Read: *Breathe: A Letter to My Sons*, by Imani Perry

SUNDAY, MARCH 28, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *Restorying Memory*, Alia Shinbrough
12:00 PM, Virtual Coffee Hour
1:00 PM, Music and Art Among Us
1:30 PM, Small Group Ministry-First Sunday Meeting
5:30 PM, Virtual Seder
7:00 PM, Worship Committee meeting

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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March 10, 2021

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Minister of Lifespan Religious Education

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Vice President: Jana North

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Brigitte Mueller

Jane Weiler

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, March 24, 2021 | Deadline for Content: Thursday, March 18, 2021

Sponsored by the UUCSR
Mental Health Subcommittee
of Social Justice Committee



First Annual Mental Health Film Festival

SUNDAY, APRIL 11, 2021

1:00 PM • Via Zoom

**LIVE Commentary
Directors' Participation
Q & A**

THREE SHORT FILMS

Through beautiful films, thoughtful dialogue
and insightful commentary, experience the
mind in a new way:

UUCSR FIRST ANNUAL MENTAL HEALTH FILM FESTIVAL

Questions? Please contact
Sharyn Esposito: sesposito@uucsr.org

No admission fee. \$10 suggested donation benefits Community Access,
an organization that supplies supportive housing, job training, and social
services for people with mental health concerns.

Your donation will help finance future Mental Health Film Festivals. The
MH Film Festival is run by people living with mental health concerns.

Register in Advance Here for a direct link supplied via email.
Donate Here to support Community Access (not required).