



# 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 24, 2021

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

**Restoring Memory** This year the Jewish festival of Passover will be celebrated from the evening of March 27 through April 4. The March 28 multigenerational service will explore how themes of adaptation, memory, and liberation call us to commemorate this Passover season through ritual, song, and story. \*



**SUNDAY, APRIL 4, 2021, 11:00 AM**  
*The Ministry Team*

**Calling Forth the Spirit of Life** In the words of the Rev. Jane Rzepka, “We have wintered long enough...” In this, the season of life upbudding, as buds and bulbs swell with potency, our spirits swell with hope and empowering potential. With the renewal of natural life, we will find our hearts and joy again. This morning is a multigenerational celebration of Easter. The Ministry Team, Alia Shinbrough, Student Minister, Meg Cohen, Worship Assistant, Carson Jones, RE Coordinator, the UUCSR Choir, Stephen Michael Smith, Music Director, the UUCSR Jazz Ensemble, and the Young People’s Choir will all participate. \*

**FRIDAY, APRIL 9, 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, APRIL 11, 2021, 11:00 AM**  
*Rev. Jaye Brooks*

**Becoming Fully Human** A human being spends a lifetime not only being but becoming. What does it mean to become more fully human—to live into the potential that’s innate within each of us? How do we become a complete and fulfilled human being? And can we imagine what it would feel like? \*

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

**TOUCHSTONES**  
*Rev. Dr. Natalie M. Fenimore*



It was a beautiful, warm, sunny day today. It was windy and cold yesterday. It must be the beginning of spring.

When my children were young, there was a Unitarian Universalist religious education curriculum for preschoolers which had a wonderful activity: the little ones would make big (for them) signs that

said, “SPRING.” The children went around the grounds of the congregation and stuck the signs in the ground in places that were showing “Signs of Spring”: flower bulbs coming up, trees budding, grass greening. After the worship service, it was always wonderful to have a child take you around to show you a sign they had stuck in the ground—to show you that spring was coming and with it, renewal and new life.

So often these “SIGNS OF SPRING” would be right next to the last piles of snow on the ground—or you might find yourself as often wearing a coat during the tour of the signs as not. These days, the way March is swinging back and forth—these flashes of a new season—seem to fit the times. We are moving closer to the post-pandemic season. We can see flashes, moments of it, but it is not quite there yet. We still have to wait a bit longer to be fully into the new season.

Caution must still be exercised. Some are vaccinated and beginning to see the possibilities of moving around in the world more, of gathering in small groups with others of our family and friends who are also vaccinated. Others are not vaccinated and still more isolated—and still in our winter ways—waiting for appointments, for vaccines to arrive. There are those who cannot be vaccinated yet—awaiting their turn, or unable to receive vaccines due to health or other concerns. Our community will move into the post-pandemic spring at different times but in the end we will all get there together.

There has been suffering and loss, but we have also found the strength in this community.

*Continued on page 2*

## TOUCHSTONES

*continued from page 1*

This community will gather to bind up its wounds—move from cold winter, to sunny spring. We can look for “Signs of Spring” and see the promise of new life all around. In the words of the poet Adrienne Rich, we will “reconstitute the world.”

*My heart is moved by all I cannot save;  
so much has been destroyed  
I have to cast my lot with those  
who age after age, perversely,  
with no extraordinary power,  
reconstitute the world.*

All that the Shelter Rock Community has learned about caring, compassion, and resilience will get us all to spring and to the work of making a beautifully reconstituted world.

Rev. Dr. Natalie Fenimore

Recently, *Newsday* asked three members of Long Island’s clergy to discuss why spring is a time of celebration, renewal, and reconnection with the natural world and our fellow humans. On March 21, 2021, in the “On Faith” section, *Newsday* published an answer from Rev. Dr. Fenimore to the question, “What does spring symbolize in your faith?” She wrote that “Spring reminds us that we can be reborn again and again and again—in interconnection with the earth and with each other.” It is a concept with which we as UUs are quite familiar.

Unitarian Universalists may be less familiar with the meaning of spring in other faith traditions. In the same “On Faith” article in *Newsday*, Rabbi Barry J. Chesler, High School Jewish studies coordinator and faculty member at Schechter School of Long Island in Williston Park wrote that, “In the Jewish tradition, spring is closely associated with freedom. Spring is the time of the festival of Passover, commemorating the Exodus from Egypt.

“Although the months of the Jewish calendar are based on the lunar cycle, the appearance of the new moon marking the beginning of each Hebrew month, seven months are added every 19 years so that the lunar and solar calendars are never too far apart and guaranteeing the occurrence of Passover at springtime.

“At the Seder, the ritualized meal the first two nights of Passover, on March 27 and 28 this year, greens will be dipped in saltwater, partly to evoke springtime, with the greens emblematic of the greening earth at this time of year. There is a tradition to recite the biblical book *Song of Songs* in the synagogue during Passover. While the rabbis understood *Song of Songs* to be emblematic of the profound love between God and Israel, many cultures associate love and romance with the springtime, when all seems possible with the earth unfolding its majesty.

“The Jewish insight is that history ultimately transcends agriculture; while agriculture is circular, history is linear. Thus spring is a new beginning, promising, with God’s grace, freedom to all who are oppressed.”

To read Rev. Dr. Fenimore’s full response and that of Saeed Boor Boor, Baha’is of Brookhaven Town, [click HERE](#).

## NEWCOMERS

Abigail Highland, Membership Coordinator

### The Welcome Space

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 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**  
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.](#)

## MILESTONES

**We mourn with...** UUCSR members Maria and Frank Doyle and their family as they grieve the death of Maria’s mother, Juliana Aida Sanchez. Mrs. Sanchez was 96 years of age. Due to COVID, all services will be held virtually. Condolences may be sent to: *Maria and Frank Doyle, 30 Eagle Chase, Woodbury, NY 11797-2911*

**We share the sad news...** that long-time Veatch staff member Sara Lorenz passed away on March 20, 2021. Sara served as the Computer Systems and Finance Coordinator at the Veatch Program for over 27 years before her retirement in 2017. Cards may be sent to Sara’s daughter: *Kristen Lorenz at 57 Hampton Place, #22C, Freeport, NY 11520.*

**We share the hopeful joy...** of members who are expecting grandbabies this summer including: Meg Cohen, Corinne Hayden and Klaus Masuch, Chris Hilke and Cliff Deutschman, Bill and Debbie Kahn, and Rhonda Kessler.

# Shelter Rock's Virtual

## PASSOVER



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.

For assistance registering or for  
questions, please contact  
Sharyn Esposito (516.472.2960).

# SOULFUL SUNDOWN

Worship Service

Led by the  
**Rev. Jennifer L. Brower**  
with  
**The Cosmic Orchestra**

**Friday, April 9, 2021  
8:00 PM**

[uucsr.org/worship](https://uucsr.org/worship)  
[facebook.com/uucsr](https://facebook.com/uucsr)

**Second Fridays monthly**

Where music resides at the heart  
of the religious experience.



### General Assembly (GA) 2021 Update: A Virtual Experience

- Last call to be a Shelter Rock Virtual GA Delegate, Youth Delegate, or Youth Observer and have an official UUCSR role as you participate in GA. Registration fees for official participants are provided by UUCSR.
- The Denominational Affairs Committee is planning a Zoom call to speak with our Partner Church Minister in Csikszereda, Romania, in April. Would you like to be a part of an intercultural partnership? You are most welcome!
- General Assembly Choir Registration is now open. Register [HERE](#).

Please contact Richard Bock for more information ([rbock@optonline.net](mailto:rbock@optonline.net) or 516.922.6052).



Enjoy an evening of American standards and original songs via Zoom 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 will go toward sustaining UUCCN.

- Donations for tickets are on a sliding scale.
- If you can, please contribute \$12 or a minimum of \$5.
- [Buy Tickets HERE](#) For information, email [uuccn@aol.com](mailto:uuccn@aol.com).

### Unitarian Universalist Faith in Action

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

The Long Island Area Council of UU Congregations (LIAC) is again offering the annual Student Activity Fund (SAF) Summer Internship Program for UU high school and college students. The 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 SAF, sponsored by 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. 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 the 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](mailto:SAFdirector@liacuu.org)) to set up a time to discuss the agency they have in mind.

APPLY NOW for Summer 2021 at [LIACUU.org](http://LIACUU.org), or email Karyn O'Beirne [SAFdirector@liacuu.org](mailto:SAFdirector@liacuu.org).

APPLICATION DEADLINE: Sunday, May 9, 2021



**Membership**  
*(or perhaps the fault is not in our stars, but in ourselves)*

At the beginning of this week's Congregational Meeting, I noted that the quorum to be able to transact business at the meeting was 52 members. Not to worry. I think we had close to 80 members in attendance, so the lack of a quorum was never in doubt. And for the most part, most members stayed until the end. Certainly our actual attendance suggests that an argument can be made that your membership glass is half-full. And I want to recognize the efforts this year of numerous volunteers who reached out to forgetful members (as has been the case in all other years) and helped to prevent the current figures from looking worse.

In addition, a number of members have suggested that this year should simply be written off as an outlier; a consequence of the current pandemic.

I am not yet convinced. The table below indicates that the decline in membership in our Congregation has not been limited to this year alone. (Membership drives the quorum number.) It has been taking place for a number of years, even before the words coronavirus or COVID-19 had ever been heard. The trend that has been present for longer than the past half-dozen years is not inevitable. However, I fear that it will continue until there is a clear desire to accomplish something different and a concerted plan to achieve a different result.

Until next time,

Mark  
 Please send comments, questions, or concerns to [president@uucsr.org](mailto:president@uucsr.org).

**Membership Information**  
 Congregational Years 2014-2021  
*as of 3/2021*

For CY14-CY21	# of members on 6/30 (prior to the fiscal year start)	# of members on 12/31 (of fiscal year)	# of members on 1/1 (of fiscal year) (reported to UUA)
CY2014	670	680	632
CY2015	682	709	665
CY2016	666	688	645
CY2017	667	673	596
CY2018	640	657	553
CY2019	627	629	560
CY2020	606	615	554
CY2021	595	589	520



**Reopening Task Force  
 Recommendation on Reopening**

With evidence of decreasing COVID infection indicators in the region, the Congregation will reopen on a limited basis from April 1, 2021-April 30, 2021, on Tuesday, Wednesday, and Sundays.

Programming may only occur outdoors except for use of the Main Kitchen for cooking programs, because it is isolated from the rest of the building and has a separate entrance. Administrative and congregational life staff will work onsite on Tuesdays and Wednesdays and as needed on Sunday to support programming. Facilities staff may work additional days in support of building maintenance and vendor management. The Veatch Program staff will remain offsite to decrease office density. The property will be open between 8:30 AM-4:30 PM on Tuesdays and Wednesdays, and 10:00 AM-4:00 PM on Sundays. All COVID safety protocols as required by NY FORWARD will remain in effect. The congregation reserves the right to have more strenuous safety protocols at its discretion. Expansion of property use after April will be based on further evidence of decreasing COVID infection indicators and upon the recommendation of the Reopening Task Force to the Board of Trustees at an April Board meeting.

*Rationale:* The Congregation paused onsite operations beginning Thanksgiving 2020, and extending through March 31, 2021, due to the COVID infection rate. On March 3 2021, the Task Force consisting of Congregation Vice President, Jana North, Rev. Dr. Natalie Fenimore, COA Adam Barshak, Facilities Director Adrian Rivera, and Membership Coordinator Abigail Highland, met to discuss the potential for reopening in a limited capacity after taking a four-month in-person pause. Upon evaluation of the downward trend in COVID indicators, members of the Task Force believe the congregation may open in April, although it remains concerned that the Long Island and NYC infection rates are materially higher than the rest of the state. As such, a limited reopening is recommended in April which allows for a return of external property programming, limited internal activity, and a limitation on days and hours in which the congregation is open.

During this reopening period, the Task Force will continue to monitor the COVID indicators and communications from NY FORWARD and other government entities on the status of vaccination distribution. The Task Force will reconvene in April to prepare a recommendation for the Board of Trustees for its April meeting to either extend the reopening under the current guidelines or begin further reopening with expanded indoor and outdoor opportunities beginning in May. The Task Force is hopeful that increased vaccinations will begin to slow the spread of the virus to such a level such that significant programming could once again return to the congregation by September 2021.

Reopening Safety Plan is available [HERE](#) and on [MYUUCSR.org](http://MYUUCSR.org).

PURPOSE TO PRACTICE



One of the questions I hear from members is “What happened to all the ideas from the Purpose Conversations?”

In January, more than 60 members participated in a Purpose Workshop to distill the Purpose Conversation ideas into a short list of important values and key ideas. The Board sorted those ideas into three Focus Areas::

- **Nourish Beloved Community**
- **Deepen Spirituality**
- **Create Opportunities to Be of Service**

In March, the Board discussed a Strategic Planning Task Force and a draft charge for that group. Board members agreed that the focus areas and key ideas that emerged from the Purpose process would form the nucleus of a five-year strategic plan, and a task force with members of diverse ages and with diverse engagement in congregational life would spend next year talking with stakeholders to create achievable goals to give life to our Purpose.

The Board’s Focus Areas and a visual of the Purpose process:

**Nourish Beloved Community (Connection)**

1. Foster a welcoming and caring culture throughout Shelter Rock
2. Incorporate an all-encompassing atmosphere of hospitality
3. Increase, improve, and enhance the congregation’s accessibility to technology and provide technical assistance so members can maintain connection virtually
4. Intentional integration of youth and young adults into services and programs
5. Increase all-congregation, multigeneration activities
6. Maintain and preserve the grounds and use more for worship and programs
7. Provide consistent, annual, leadership training and recognition of volunteers.

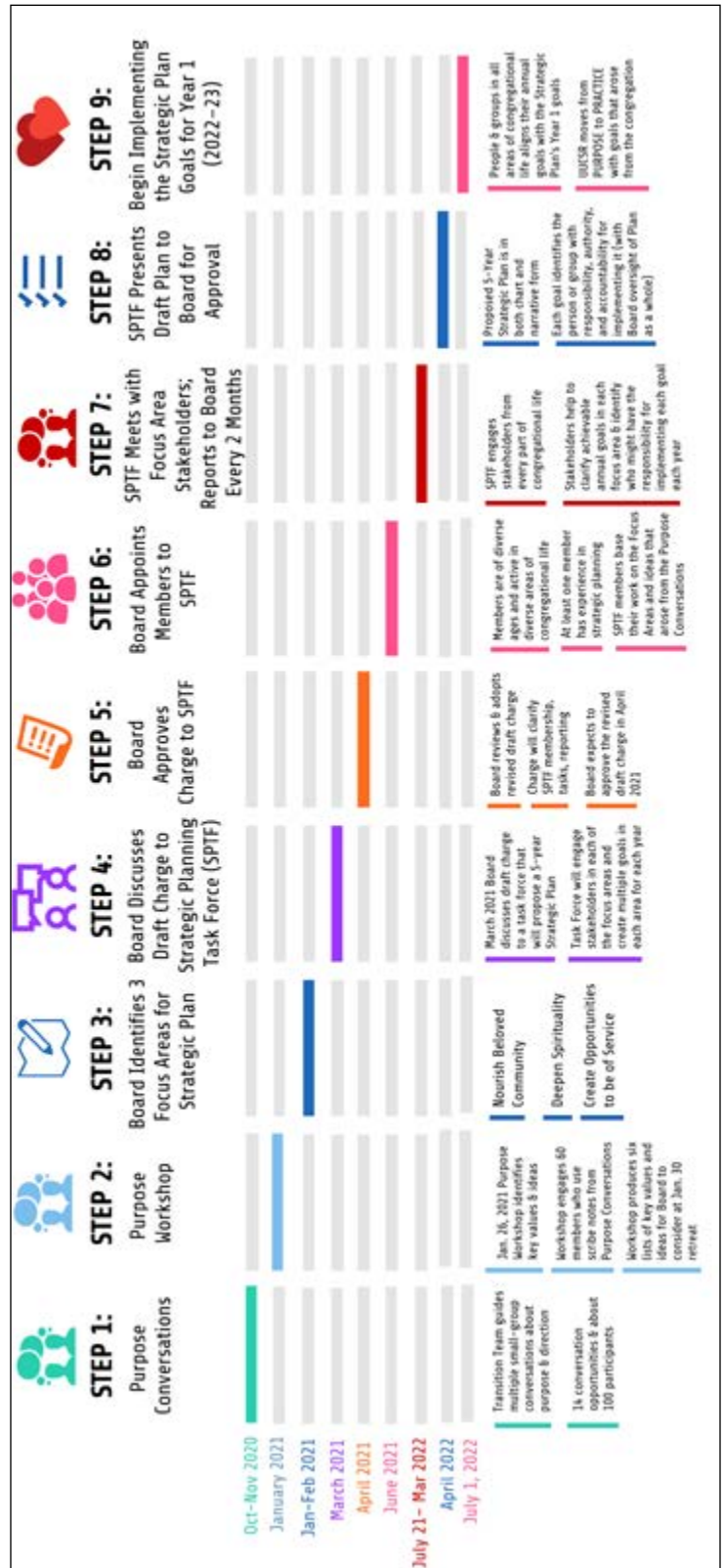
**Deepen Spirituality (Spirituality)**

1. Enhance and personalize worship, film live services that can be seen virtually
2. Continue support and expansion of music in worship and other events
3. Increase participation of RE community in all worship
4. Encourage small support groups separate from committee work
5. Intentional programming that allows for spiritual reflection
6. Stress importance of attendance at worship.

**Create Opportunities to Be of Service (Outreach)**

1. Increase outreach to isolated members and other UU congregations
2. Mentoring of new members and pairing seniors with youth
3. Offer hands on opportunities to members for social justice work and advocacy
4. Encourage participation in community action
5. Help make Unitarian Universalism a recognizable force for change.

STRATEGIC PLANNING/PURPOSE PROCESS



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

**Black Voters Matter—Protecting Voting Rights in Georgia**

LaTosha Brown, founder of Veatch Grantee [Black Voters Matter](#)—a power-building, Southern-based civic engagement organization—is an award-winning organizer, philanthropic consultant, and political strategist who has been using her growing platform to help draw attention to the need to protect, and expand, voting rights for Black and Brown communities in the United States.



We welcomed LaTosha to Shelter Rock for Veatch Weekend 2020. *LaTosha Brown (center) of Black Voters Matter conducting outreach to Black communities during the 2020 campaign*

In recent weeks, LaTosha has been spotlighting the need for voting protections across the state of Georgia, where record voter turnout among Black voters in 2020—thanks to the work of many Veatch grantees, including Black Voters Matter, [Georgia Stand Up](#), [Southerners on New Ground](#)—transformed the power structure in the state for the first time in a generation, and changed the balance of power in our country.

Now, opponents are determined to silence low-income voters of color. They have introduced bills clearly aimed at voter suppression that, if passed, would limit absentee voting and early voting hours, restrict drop-boxes for mail ballots, and curtail early voting on Sundays.

Along with The New Georgia Project, known for its visionary founder, Stacey Abrams, and the Georgia NAACP, Black Voters Matter is fighting back with an innovative campaign targeting the business community—enlisting their support to help in this fight. “Georgia is backsliding toward a twisted electoral system built on suppressing and manipulating Black votes,” LaTosha asserted in a [recent statement](#). “This is not only blatant voter suppression; it’s an act of retribution against Black voting power.”

Among the campaign’s initial plans are: statewide advertisements, phone banking campaigns, and community actions at Georgia-based businesses to encourage the state’s elected leaders to back away from these discriminatory pieces of legislation. We know that many UUCSR members volunteered their time to help move the dial in Georgia in November. For updates, follow the [Black Voters Matter Twitter page](#)—and subscribe to [the Veatch monthly news update](#), where we will be sure to keep you informed as well.

*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.*

**MENTAL HEALTH SUBCOMMITTEE OF THE  
SOCIAL JUSTICE COMMITTEE**  
*Maria Ceraulo, Chair*

**First Annual Mental Health  
Film Festival**

**SUNDAY, APRIL 11, 2021**  
1:00 PM • Via Zoom  
Angela Cesa, Host

**THREE SHORT FILMS**  
*Hold My Hand, Ticket To Ride,  
and Well Meaning People*  
**LIVE Commentary**  
**Directors’ Participation**  
**Q & A**

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

**UUCSR FIRST ANNUAL  
MENTAL HEALTH FILM FESTIVAL**

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).

Questions? Please contact  
Sharyn Esposito: [sesposito@uucsr.org](mailto:sesposito@uucsr.org)

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



We wish you all a lovely spring break!

Beginning Sunday, April 11, online RE Classes will resume on Zoom every other week, while the Coming of Age class will gather online most every Sunday, all at 11:00 AM. On alternating Sundays, Children's Worship continues at 11:05 AM when we will keep exploring this year's RE theme of JUSTICE. Outdoor gatherings will return in April starting with an Easter Egg Hunt. Senior Seminar will be meeting on the grounds as well!

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

**March/April RE Events At-A-Glance**

Sunday, March 28, 11:00 AM	Passover Worship Service, School Break (RE Classes resume on April 11)
Thursday, April 1, 7:00 PM	UU Kids Connect Middle Grade Social for Grades 6-8 ( <a href="#">click here to register</a> )
Sunday, April 4, 11:00 AM	Easter Worship Service
Sunday, April 4, 1:00 PM	Outdoor RE Easter Egg Hunt (pre-registration required)
Sunday, April 11, 11:00 AM	Online RE Classes for all grades
Wednesday, April 14, 7:00 PM	Springtime Bedtime Stories
Thursday, April 15, 6:00 PM	UU Kids Connect Elementary Social for Grades K-5, ( <a href="#">click here to register</a> )
Sunday, April 18, 11:05 AM	<i>Just and Joyful</i> : Online Children's Worship for All Ages, (Justice Theme: Immigration)
Sunday, April 25, 11:00 PM	Online RE Classes for all grades
Sunday, April 25, 6:00 PM	Online Game Night for All Ages!



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

*It's Not Too Late To Register For Transgender Inclusion In Congregations*



After the very successful launch of Transgender Inclusion in Congregations classes, new participants are highly encouraged to register now for the next round that will begin in April, 2021. The course, created by the [Transforming Hearts Collective](#), is inspirational and vital ministry toward fulfilling a mission to build a radically inclusive community with transgender and non-binary children, youth, and adults. Using the foundations of racial justice and gender equity, this learning runs parallel to the work in the Our Whole Lives program and the initiative towards adopting the 8th Principle of Unitarian Universalism.

The small-group discussions will begin in April, scheduled around the interested participants' best availability. The course materials are all online for convenient engagement on your own time. Twice-monthly discussions are facilitated by WinterFlower Robinson, Anne Van der Veer, and Carson Jones.

[More information about the course can be found HERE.](#)

Please feel free to reach out to Carson Jones at [cjones@uucsr.org](mailto:cjones@uucsr.org) to express interest or with any questions you may have.

**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](mailto:Bfedirko@optonline.net)

Paula Jennings 516.761.3046

[Paula@paulajennings.com](mailto: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/ypg/mike)), 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](mailto:mike.yogamike.mancini@gmail.com).



## ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

### Medical Qigong for Senior Health

Mondays 9:30–10:30 AM

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

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

Start your week 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 every Monday directly from Thailand to help you center your body and mind. Exercises are taught standing, with equally effective guidance for those who prefer to sit. Questions? email Ashley at [tqh.Ashley@gmail.com](mailto:tqh.Ashley@gmail.com).

### Great Books–

*Great Conversations 2*

Fridays, 12:00–1:30 PM

[Purchase \*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. New series of discussions of full books begins April 9, 2021. All are welcome.

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*

April 9, 2021– Mary Shelley, *Frankenstein*, Volume 1

April 16, 2021– Mary Shelley, *Frankenstein*, Volume 2

April 23, 2021– Mary Shelley, *Frankenstein*, Volume 3



## Soulful Songs and Stories



In our next mailing, three extraordinary stories by women accompanied by music written and/or performed by women, under the rubric of “mishegoss, mystery, and miracle.”

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](mailto:Jpond@uucsr.org) or 516.472.2914). To view some past PDFs, visit [www.j.mp/uucsr-sss](http://www.j.mp/uucsr-sss).

Alice Giordano and Steve Marston



Have you heard an echo on Zoom?  
Echo can be caused by many things.  
[Learn about common causes of audio echo.](#)

### Dramatic Readings

Saturday, April 17

6:00 PM



## Dramatic Readings

[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](mailto:jpond@uucsr.org) to RSVP and request your copy of the winner of the Pulitzer Prize for Drama play, *Talley's Folly*, by Lanford Wilson.

## ADULT PROGRAMS COMMITTEE AND RACIAL JUSTICE SUBCOMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Saturday, April 24, 1:30–3:00 PM

Live on Zoom. Register to receive link to a discussion forum

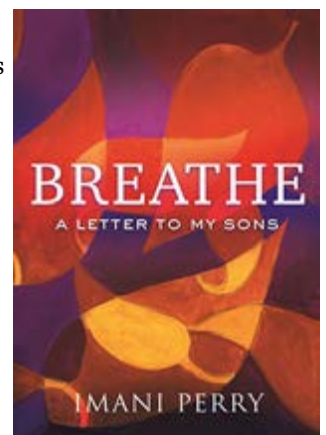
[HERE.](#)

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

### *Breathe: A Letter to My Sons* by Imani Perry

The Adult Programs Committee and the Racial Justice Sub-Committee invite you to participate in this year's UUA Common Read of *Breathe: A Letter to My Sons* by Imani Perry.

All are invited to this exploration of 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.



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).

## SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



### A Change Is Gonna Come

For eight years, members of the UUCSR Social Justice Committee and other members of the congregation have joined activists from across the state to advocate for the passage of the Humane Alternatives to Long Term (HALT) Solitary Confinement Act. Last week, those years of advocacy finally

proved successful!

The HALT Solitary Confinement Act was passed in both the State Assembly and Senate. The legislation now awaits the governor's signature. The Department of Correction will then have one year from the date of signing to implement the law.

As I watched the debates and voting in both legislative Houses, I recalled the many trips to Albany we had made and the hours we had spent with legislators in their district offices. I remembered how often we left those offices disheartened because the legislators would not commit to supporting the legislation. Finally, with a newly elected class of younger and more progressive legislators, who spoke passionately in favor of the bill, we were able to cross the finish line.



Throughout these years, I have been inspired by the efforts of those whose lives have been devastated by the inhumane practice of prolonged solitary confinement. The individuals who have "survived" solitary, and their family members who have been traumatized by the experience of watching the suffering of their loved ones, have been the source of my continued commitment to advocate for this legislation.

The activism of directly impacted individuals did not go unnoticed by the legislators. As they stood at the podium to announce their support for the bill, they thanked these heroic advocates who did not shirk from sharing their heart-wrenching stories. Many legislators, with permission, even read from the written testimony of these courageous individuals.

We have won the first stage of this struggle. In the coming year, as we advocate for the full implementation of the law, we will continue to support those enduring the torture of solitary confinement. We will also continue to organize so that those who have been harmed by this cruel system are made whole. Solitary confinement is torture, and we must end it!

## SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

**Saturday, April 24, 1:30–3:00 PM. UU Common Read: *Breathe: A Letter to My Sons* by Imani Perry. (Please see page 9 of this Quest.)**

### Donations of Gently Used Clothing and Shoes

The Social Justice Committee is pleased to announce that the Congregation has acquired an outdoor bin for donations of gently used clothing and shoes. The donation bin is located in the lower parking lot and will be accessible whenever the grounds are open. (We will no longer receive donations in the Main Lobby.) As in the past, the donations will benefit United Veterans Beacon House (UVBH) and the families they serve. Please donate only gently used clothing and shoes in plastic bags that are tied securely. UVBH cannot receive any other items. If the bin is full, please take your donations home and come back another day. There will be regular pick-ups, but it will take us a few weeks to determine exactly how often those pick-ups need to occur. Thanks for your cooperation.



**Monday, April 5, 2021, 3:00 PM**

### Mental Health Subcommittee Meeting

Join Zoom Meeting [HERE](#) Meeting ID: 961 1172 2450 Passcode: 843684 or Dial by your location: +1 646 558 8656 (New York)

**Wednesday, April 7, 2021, 3:00–4:30 PM**

### SJ Racial Justice Subcommittee Virtual Meeting

Join Zoom Meeting [HERE](#)  
Meeting ID: 925 4548 4255 Passcode: 274017

For questions about any of these announcements contact Social Justice Coordinator Claire Deroche at [cderoche@uucsr.org](mailto:cderoche@uucsr.org) or 516.238.6191.

### UU Community Garden: Calling all thumbs...

If you have a green one or not, doesn't matter. Join the organic UU Community Garden! Participants 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 Saturday, April 3, 2021. For more information, please contact May Choi-Steele ([may\\_steele@yahoo.com](mailto:may_steele@yahoo.com) or evening hours: 917.215.3336). Please note: Access to the garden depends upon the congregation's reopening plan. (Please see the *Congregational Reopening Plan* on page 5 of this Quest.)

**CSA Signup NOW OPEN for 2021**

Program runs from June 8 to November 16

Sign-up at: [www.sangleefarms.com/csa-signup](http://www.sangleefarms.com/csa-signup)

## GREEN SANCTUARY COMMITTEE

*Ellen Councill, Chair*

*This article reflects the congregation's stewardship of the earth and commitment to the Seventh Principle.*

### Environmental Plans

Those of us who are into conservation, environmentalism, and sustainability are hoping that the new administration in Washington, DC will be able to undo many of the practices and decisions of the last four years. We are looking forward to beginning new restorative practices, such as retiring dirty, coal-fired power plants that deliver only 20 percent of electricity. More than 18 coal plants are expected to close by December 2020. Construction on the Keystone XL Pipeline has been halted and Atlantic Coast pipelines have been blocked. Nationwide, Sierra Club has unveiled a new campaign to eliminate new fracked power plants. Communities, waterways, and our climate are slowly becoming protected from environmental degradation.



Environmentalists are encouraged that expansion of solar and wind energy is moving forward. To date, there are 30 gigawatts (GS) of renewables currently under construction and due to come on line before 2022. This promotes economic growth in the employment sector and industrial one when we make materials for these projects. An acceleration of higher Corporate Average Fuel Economy (CAFE) standards for our vehicles and production of more electric ones may become a reality. California has gone even further by creating the first Advanced Clean Truck standard with an electric truck market to slash diesel fuel pollution.

Members of the Green Sanctuary Committee are also becoming more hopeful about sustainability. Protection of the Arctic National Wildlife Refuge from oil and gas lease auctions and our national parks from logging is promising. Strengthening of the weakened Endangered Species Act may result in newly protected habitats. Restoration offers millions of jobs. With a newly strengthened Antiquities Act, we can eliminate private investments and push public welfare. Taking down the Border Wall along Mexico and the United States will ensure the inhumane treatment of people stops and threatened migratory wildlife species will receive protections. With fossil fuel expansion and fracking of public lands denied, we will eliminate 25 percent of our total national greenhouse gases.

The movement toward climate justice includes recommitting to the Paris Climate Accord and the Environmental Protection Agency, plus new laws to regulate and ban harmful chemicals. The pandemic has made people more aware of the restorative power of nature. We have a new opportunity to find natural climate solutions that grow sustainability.

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 current 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 our future.*

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.*

**MARCH IS WOMEN'S HISTORY MONTH**  
*Sandra Hazel Frank, Women's Group President*

**Dorothea Dix, Unitarian 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. One such Unitarian was Dorothea L. Dix.

Dorothea Dix was born in Hampden, ME, and grew up in Worcester, MA. After an unhappy childhood, she went to Boston to study and opened a school for young girls. In 1825, she published *Hymns for Children*, an anthology of uplifting poetry, some of it her own. The influence of William Ellery Channing, the foremost Unitarian preacher in the early 19th century, helped to shape Dorothea's lifetime commitment to social reform. A bout with tuberculosis forced her to rest, which she did as governess for the Channing family at Narragansett Bay, RI. Unable to return to teaching, she wrote *Meditations for Private Hours* (1828) and *American Moral Tales for Young Persons* (1832).



*Dorothea Dix*  
1802-1887

A trip to England for her health brought her into contact with British reformers.

A few years later, when asked to teach a Sunday school class for women in an East Cambridge jail, she discovered the work that was to become her passion for the rest of her life: prison reform and advocacy for the mentally ill. She worked within the conventions of her time to draw attention to the horrendous treatment of the mentally ill in prisons, almshouses, and asylums. She spent the next 40 years lobbying US and Canadian legislators to establish state hospitals for the mentally ill. Her efforts directly affected the building of 32 such institutions in the US.

During the Civil War, Dorothea volunteered her services and was named superintendent of nurses. However, she contracted malaria and was forced to abandon travel. She continued to write, lobbying for her causes. In 1887, she died in a hospital she had founded 40 years earlier.

Dorothea devoted her life to the oppressed. In a time when women's voices were stifled, she fought tirelessly for social reform. Her accomplishments are all the more remarkable in light of the fact she had no access to the technology we have today such as: internet, computers, phones, etc. Dorothea Dix truly lived the Principles of Unitarian Universalism and was awarded many posthumous honors including a postage stamp, a WWII transport ship named *Dorothea L. Dix* (AP-67), and a crater on Venus in her name, Dorothea Dix.

Diane Mansell for the Women's Group



**Fridays**

via Zoom: [www.uucsr.org/WGfilms](http://www.uucsr.org/WGfilms)  
 Passcode: 11030

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

Date	Zoom	Movie Titles
March 26	8:30 PM	<i>One Night in Miami</i> (Amazon Prime)
April 2	8:45 PM	<i>Nomadland</i> (Hulu)
April 9	9:00 PM	<i>I Care A Lot</i> (Netflix)
April 16	9:15 PM	<i>The Two Popes</i> (Netflix)
April 23	9:00 PM	<i>Searching for Bobby Fischer</i> (Netflix)

★ Use your public library card to sign up for thousands of FREE films on [Kanopy.com](http://Kanopy.com).

**Questions? Please contact Patti at [parislibrary@yahoo.com](mailto:parislibrary@yahoo.com). All are welcome.**

**Women's Group (Zoom) Book Series**

Friday, April 16, 2021 | 3:30 PM

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

Or call +16465588656, Meeting ID: 985 3646 8480

All are welcome to discuss *We Are All Completely Besides Ourselves*, by Karen Joy Fowler. Please contact Staff Liaison Sharyn Esposito to learn more ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960).

## Remembrance Garden



### Engraved Bricks

The Unitarian Universalist Congregation at Shelter Rock Remembrance Garden affords a serene setting for tributes.

Individuals or committees may purchase engraved bricks to honor a person or occasion.

Wording is at the discretion of the purchaser; language should be appropriate for the setting.\*

The Remembrance Garden is nestled between the UUCSR lower parking lot and the Veatch parking lot. It is fully accessible via driveways and paths.



\*Memoriam/Honorarium Policy may be referenced in the MYUUCSR section of [www.uucsr.org](http://www.uucsr.org)

**Deadline for brick orders this season is  
Wednesday, April 7, 2021  
for placement by Memorial Day weekend.**

### Ordering Bricks

#### Bricks come in 3 sizes:

**4" x 8"**: Maximum 13 characters per line (3 lines) including spaces and punctuation: \$27 a brick

**8" x 8"**: Maximum 14 characters per line (6 lines) including spaces and punctuation: \$48 a brick

**12" x 12"**: Maximum 16 characters per line (8 lines) including spaces and punctuation: \$78 a brick

*UUCSR will donate one 4" x 8" brick for a member's memorial.*

For more information, contact Assistant to the Ministers Kimberly Rossiter (516.472.2941 or [krossiter@uucsr.org](mailto:krossiter@uucsr.org)).

## STORIES FROM THE ROCK

Save the Date and a Call for Storytellers!

Nine Spots Available!

Saturday, June 5, 2021

7:30 PM

The first Stories From the Rock event is LIVE via Zoom.

Additional LIVE on-premises events are scheduled for fall and spring, post-pandemic.



Discover the art of storytelling with Tracey Segarra!

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 Segarra.

Up to 6, two-hour FREE workshops with professional coaching are personally tailored to UUCSR member-storytellers beginning Saturday, April 17, 2021. Tracey will teach you how to develop your tale, tighten it, and bring humor and empathy. Most importantly, she will help you muster the ability to tell your story!

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.

Do you have a true story to tell?! Interested? Contact Vince Chimienti ([vchimienti16@gmail.com](mailto:vchimienti16@gmail.com)) or Scott Barbey ([scottbarbey@gmail.com](mailto:scottbarbey@gmail.com) or 516.236.0585). You will be contacted for your workshop availability.

## Music and Art Among Us



**LIVE on Sunday, March 28, 2021, 1:00 PM**

Join a virtual celebration of the artistic and creative talents of Shelter Rock's children, youth, and young adults. Singing, Dancing, Instrumental Selections, Visual Arts

Host Karin Lyngstad-Hughes

This is an hour you will not forget that will give you hope for the future.

On [Facebook](#), please be sure to chat as you watch. Also on [www.uucsr.org](http://www.uucsr.org) and on [YouTube](#)

## **MEN'S GROUP**

*Bernard FitzGerald, Chair*

**Are you looking for some place safe to have a meaningful volunteer experience and to get out of your house?**

Volunteer opportunities are available at Twin Pines Charitable Thrift Store and Community Food Pantry for all UUCSR members.

Twin Pines was founded in 1972 with a mission is to reduce, reuse, and recycle. The UUCSR Men's Group has partnered with Twin Pines to support the growing non-profit organization as it serves the community. Volunteers are needed to assist with operations every Saturday between 10:00 AM and 6:00 PM. Saturday is the day of the week that Twin Pines accepts donations and it can be a FUN place to be!

If you can't volunteer on Saturdays, the UUCSR Men's Group will schedule volunteer opportunities on Sundays, or any weekdays at your convenience. Volunteer shifts are from three hours to a full eight-hour day. Twin Pines Thrift Shop is located at 382 Main Street in Port Washington, NY at Prospect Ave.

To schedule a Twin Pines volunteer opportunity, contact the UUCSR Men's Group Chair Bernard FitzGerald, Jr. (718.986.5469 or [FitzSpeaker@aol.com](mailto:FitzSpeaker@aol.com)).

## Springing Ahead

Hooray! It's March, and Irish eyes are smiling! St Patrick's Day evokes memories of corned beef and cabbage at home! Green is on abundant display brightening our lobby. The wonderful decorations were orchestrated by Katherine and David Miller, both dual citizens of Ireland. They were ably assisted by Barbara Singer, Nancy Jacobson, Nancy Keegan, and Lois Wolfson and her daughter, Diana. Katherine has inspired and elevated our celebrations of St. Patrick's Day to new heights. We are all Irish on St. Patrick's Day!

This month, we celebrate the 100th birthday of Annette Krauss, a long time resident and veteran of World War II. Happy Birthday Annette! A clear eyed and articulate woman, Annette participates in many of our activities with her daughter, Chris Karlssen. Chris actually ran Sunday Night Movies and Book Group before COVID. We are all looking forward to their resumption. Spring has sprung, and the sun shines brightly on this home of young UU seniors.



*Katherine and David Miller*

Meanwhile, we now Zoom our Friday evening chats, 5:00-6:30 PM, led by Pat Spencer, our resident tennis player. Nancy Van Dyke, our resident house-plant maven, led an afternoon Zoom gathering this month devoted to the health and care of indoor plants. We have also welcomed two new residents: Barbara Dilsner and Meg Cohen.

Yes, vim and vigor are on the rise here at Hadley House. Most of us have had at least the first vaccine shot and many have completed the second. Our spirits are rising as the COVID risk is declining. We look forward to celebrating the holidays of spring: Passover, Easter, Mothers' Day, and gathering once again as a community. "Hadley House Alive-alive-o" is what's happening here!

Nancy Jacobson, Barbara Singer, Lilyan Strassman, and Jerry "O'Jalazo"

## 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 24, 2021

6:00 PM, Virtual Ukulele (Practice Only)

### THURSDAY, MARCH 25, 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 26, 2021

10:30 AM, Tai-Chi/Qigong  
11:00 AM, Small Group Ministry Facilitators Meeting  
12:00 PM, Great Books-*Great Conversations*  
2:00 PM, Meditative Moment  
7:00 PM, LGBTQ+ Zoom Gathering  
7:00 PM, Soulful Salutations-Restorative Yoga  
9:00 PM, Virtual Film Disc: *One Night in Miami*

### SATURDAY, MARCH 27, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

### SUNDAY, MARCH 28, 2021

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

### MONDAY, MARCH 29, 2021

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

### TUESDAY, MARCH 30, 2021

9:00 AM, Yoga on Zoom with Mike Mancini  
11:00 AM, Living Solo While Distancing

### WEDNESDAY, MARCH 31, 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  
5:30 PM, Bookstore Meeting

### THURSDAY, APRIL 1, 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, APRIL 2, 2021

12:00 PM, Great Books-*Great Conversations*  
2:00 PM, Meditative Moment  
7:00 PM, LGBTQ+ Zoom Gathering  
8:45 PM, Virtual Film Discussion-*Nomadland*

### SATURDAY, APRIL 3, 2021

10:00 AM, Caring Committee Meeting  
11:00 AM, Yoga on Zoom with Mike Mancini  
4:00 PM, Soulful Salutations-Men's Beg Yoga

### SUNDAY, APRIL 4, 2021

10:40 AM, The Welcome Space  
11:00 AM, Sunday Worship: *Calling Forth the Spirit of Life*, UUCSR Ministry Team  
12:00 PM, Virtual Coffee Hour  
1:00 PM, Outdoor RE Family Easter Egg Hunt  
1:30 PM, Small Group Ministry-First Sun Mtg

### MONDAY, APRIL 5, 2021

9:30 AM, Medical Qigong for Senior Health  
2:00 PM, Meditation and Poetry  
3:00 PM, Mental Health Subcom Zoom Mtg

### TUESDAY, APRIL 6, 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 Mtg  
7:15 PM, President's Operations TF Meeting  
7:30 PM, DAC Meeting

### WEDNESDAY, APRIL 7, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together  
11:00 AM, Events Planning Meeting  
12:30 PM, Women Talk Daytime Zoom Mtg  
2:00 PM, Messages  
2:00 PM, Wednesday Afternoon Conversations  
3:00 PM, Virtual Racial Justice Subcom Mtg  
4:00 PM, Yoga Joy & Balance w/Beth and Paula  
7:00 PM, Publicity and Promotions Comm

### THURSDAY, APRIL 8, 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, APRIL 9, 2021

10:30 AM, Tai-Chi/Qigong  
12:00 PM, Great Books-*Great Conversations*  
2:00 PM, Meditative Moment  
8:00 PM, *Soulful Sundown*  
9:00 PM, Virtual Film Discussion-*I Care A Lot*

### SATURDAY, APRIL 10, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

### SUNDAY, APRIL 11, 2021

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, Online RE Classes for all grades  
11:00 AM, Sunday Worship: *Becoming More Fully Human*, Rev. Jaye Brooks  
12:00 PM, Virtual Coffee Hour  
1:00 PM, Mental Health Virtual Film Festival

### MONDAY, APRIL 12, 2021

9:30 AM, Medical Qigong for Senior Health  
2:00 PM, Meditation and Poetry  
7:00 PM, RE Committee Meeting (virtual)  
7:00 PM, Small Group Ministry Fourth Tuesday Follow-up Meeting

### TUESDAY, APRIL 13, 2021

9:00 AM, Yoga on Zoom with Mike Mancini  
11:00 AM, Living Solo While Physical Distancing  
7:00 PM, Veatch Board of Governors

### WEDNESDAY, APRIL 14, 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 Virtual Meeting  
6:00 PM, Virtual Ukulele Class  
7:00 PM, Bedtime Stories  
7:00 PM, Developmental Ministry Transition Team  
7:30 PM, Small Group Ministry Second Wednesday PM 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](mailto:communications@uucsr.org)  
Quest Guidelines: <http://j.mp/quest-gl>

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March 24, 2021

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ADDRESS SERVICE REQUESTED  
**FIRST CLASS MAIL DATED MATERIAL**

Next Quest: Wednesday, April 14, 2021 | Deadline for Content: Thursday, April 8, 2021

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



Photo courtesy of Jonathan Beckley

## ***Beloved King Virtual Musical***

Friday, April 23, 2021, 7:00 PM

[Register HERE](#) for an email with a direct link to attend.

*Beloved King* is a faithfully adapted queer Bible musical based on the story of David and Jonathan from the book of Samuel.

*Broadway World* says *Beloved King* is "[c]ertainly, a sweeping story that fits the reputation of the Old Testament and certainly approached in a way that captures the imagination of a modern audience.... A very smart concept show with a bright future."

The show was J. Sylvan's Master's Thesis for their Master of Divinity degree at Harvard Divinity School, and has been awarded a Live Arts Boston grant and a Cambridge Arts grant. *Beloved King's* first sold-out workshop run was cancelled the night before because of COVID-19, but fortunately, the team filmed the dress rehearsal.

This is a truly rare opportunity to watch that recording and be among the first to glimpse this new unpublished work. Afterward, join the creator J. Sylvan (a candidate for UU ordination) and actors Felton Sparks (David) and Ben Freeman (Jonathan) for Q&A.

Learn more at [belovedkingmusical.com](http://belovedkingmusical.com) and follow the show on Instagram @belovedkingmusical. Donations will help support the future of this independent show. Donate [HERE](#).