



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

We aspire to be a loving, religious community where we can grow spiritually and build a more just and joyful world. —UUCSR Vision Statement



[See the Calendar List Here](#)

April Monthly Theme: *Becoming*

April 28, 2021

SUNDAY, MAY 2, 2021, 11:00 AM
UUCSR Women's Group with Rev. Jennifer L. Brower



The Genesis of the Exodus We remember that our ancestors migrated to seek something better. Today, families continue to try to escape violence, poverty, and despair at great peril. As people of the Unitarian Universalist tradition, we are committed to helping those in need and to encouraging what is good in this world to grow and thrive. *

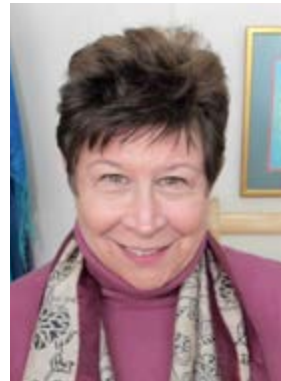
SUNDAY, MAY 9, 2021, 11:00 AM
Alia Shinbrough, Student Minister



Mother's Day: Mothering Complexity Celebrating Mother's Day in community brings forth a range of experiences from grief to gratitude and beyond. Especially this year, how do we show up for each other on this day which can be both meaningful and heart-wrenching for many among us? Join us for this Mother's Day Service as together we live into our complexities, lean into our differences, and honor these contradictions through our communal celebrations. *

* 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.

TOUCHSTONES
Rev. Jaye Brooks



The new slogan for a unified congregation: "On-site and Online." As we begin to glimpse the light at the end of the pandemic tunnel—with 29 percent of Americans "fully vaccinated"—UUCSR and other UU congregations are imagining the future of congregational life.

As we gradually resume on-site activities, CDC guidelines and the best of epidemiological advice suggest limited numbers, masks, and physical distance-keeping. Of necessity, many of our members (along with newcomers who have found Shelter Rock on the internet during the pandemic) will participate online. After a year of nourishing beloved community in entirely unanticipated ways, it's clear we must maintain the online presence created during the pandemic and find ways to integrate on-site and online activities.

There's complexity in this plan. It won't be perfect. And it's more than a matter of logistics. If the UU Congregation at Shelter Rock is to be one congregation—a united congregation, then we'll need to think of creative ways to bind together on-site and online participation.

We're testing one way at the May 23 Sunday Service, "A Creation Story." It's May, it's our first outdoor Worship Service, and lawn seating is capped at 50. What to do?

In this season of flowers and new life, we're having a flower celebration for everyone. In anticipation of May 23, all Shelter Rock households will receive a flower-shaped "seed card." Flower seeds are embedded in the card. To bring those flowers into being, just plant the card in soil and add water. Like love, the seeds will flourish.

We all participate. It won't matter whether a member is present on-site or online. Everyone gets a flower they didn't bring—and with the marvels of technology and the miracle of life, everyone takes part in a creation story.

Just plant those seeds.

MINISTERIAL PROGRAMS

Worship Assistants—Want To Know More?



Student Minister Alia Shinbrough and I will lead a Zoom Worship Assistant Training on Wednesday, April 28, at 7:00 PM.

Both Alia and I have served in a variety of worship roles over the years and are looking forward to talking with you about the role of Worship Assistants at UUCSR.

This is the third in a series of Worship Assistant learning and discussions—session 1 was with Rev. Jennifer Brower and session 2 with Rev. Kimberley Debus. Our plan is for regular conversations about “being a Worship Assistant.” The ministers learn from you as you share your experience with us.

This session is open to all—current Worship Assistants, those who might be interested in becoming a Worship Assistant, or those who want to learn more about what is involved in being a Worship Assistant but are unable to make a commitment at this time.

Rev. Natalie

We Are Anticipating Memorial Day and Planning Our Observances.



In addition to our Sunday Worship Service on May 30, we are planning a video-recorded observance for Monday, May 31. Memorial Day was first known as Decoration Day. It was when the graves of military members killed in action were decorated with an American flag. Although intended to be a time of honoring those who died while in service, our observance we will also honor those who once served, and

those who are serving today.

We invite you to participate in Monday’s video-recorded observance. Have you served in our armed forces? Do you have a family member who is serving today? Would you like to share your story of service—or your loved one’s story—with fellow UUCSR members? If so, we invite you to make a video at home and share it with us before Friday, May 23, 2021. Please contact Lea Titza at 516.472.2975 or ltitza@uucsr.org for more information.

Rev. Jennifer

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.

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
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
May 28, 2021
June 25, 2021

[Register here for Zoom.](#)

MILESTONES

We mourn with... UUCSR member Pat Rudnick as she grieves the death of her husband, Jerry. Jerry died on April 14, 2021. He was 88 years of age. Condolences may be sent to:

Patricia Rudnick
100 Harbor View Dr, Apt 417
Port Washington, NY 11050

We share the sad news... of the death of UUCSR member Catherine (Kate) Ehlers. Kate died on April 15, 2021. She was 91 years of age. Expressions of sympathy may be sent to Kate’s son:

Chris Kivlen and Family
11 Roosevelt Street
Glen Cove, NY 11542

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

Paid Summer Internships for UU High School and College Students

LIAC is again offering the annual Student Activity Fund (SAF) Summer Internship Program for UU high school and college students. 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.

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

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.

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.

Due to social distancing, remote (online) work may be approved for 2021 summer internships. Applicants must email Student Activity Fund Program Director Karyn O'Beirne (safdirector@liacuu.org) to set up a time to discuss any 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. Mandatory meeting: Saturday, May 15, 2021.**

Youth Meetings for Middle and High School UUs

LIAC is sponsoring Zoom meetings for youth on Sundays, May 2, and June 6, 4:00–6:00 PM coordinated by Danielle Burby (rec@uufh.org) of the Huntington Fellowship. Meetings may continue through the summer depending upon interest. The purposes are connection, spiritual practice, mindfulness, and social justice.

Jim and Lynn Smith, DAC Liaisons to LIAC

DAC General Assembly (GA) DELEGATES UPDATE

Shelter Rock will be participating virtually at the 2021 General Assembly. The Board of Trustees has appointed ten UUCSR members to be Virtual GA 2021 Delegates: DAC Chair Richard Bock, President-Elect Jana North, Janet Bendowitz, Robin Finnan-Jones, Martha Chimienti, Diane Haney, Rhonda Kessler, Catherine Ripley, Rick Schwartz, and Jim Smith. An eleventh seat is open and available to a youth delegate, yet to be named.

DAC 8th Principle Update

The Denominational Affairs Committee supports Shelter Rock's upcoming vote to adopt the proposed 8th Principle and urges fellow members to vote at the upcoming Congregation Meeting. *Please see column below.*

RACIAL JUSTICE SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Barry Nobel, Chair

Why the 8th Principle Is Important

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

As UUs, we are called to consider addition of an 8th Principle. The Principle is a call for UUs to take a stand against the racism and white supremacy that harms all BIPOC (Black, Indigenous, People of Color). Current UU 7 Principles do not address this reality nor move us to take action.

The current situation is not based solely upon the recent events including the death of George Floyd (and many others at the hands of police), nor on the recent rise of racism and white supremacy. As a Beloved Community, we are called to look at all people, not just those who are like us. If we take the time to educate ourselves on the oppressions endured by BIPOC people and communities and oppressions endured by LGBTQ+, religious groups, and others in our country and the world, then the importance of UUs taking a stand is clear!

Those who feel that they must wordsmith the 8th Principle are missing the point. The need to produce a perfect document whether it be antiracism, or gun policy is a hindrance to our doing what is just and right.

For 8th Principle details, please visit www.8thprincipleuu.org. Please attend and vote at the Congregational Meeting at 1:00 PM, on Sunday, May 2, 2021.

Rick Schwartz, member, UUCSR Social Justice Committee and Racial Justice Sub-Committee of Social Justice Committee

CONGREGATIONAL NOTICES

CONGREGATIONAL MEETING NOTICE

Sunday, May 2, 2021

1:00 PM

Register in advance for this webinar-format meeting [HERE](#).

After registering, you will receive a confirmation email containing information about joining the webinar.

May 5, 2021 Congregational Hearing Recommended Bylaws Changes 6:00 PM

The subject of the hearing is an amendment to the Bylaws to create a new Endowment Committee and to eliminate the Stewardship and Investment Committees.

Join Zoom Meeting [HERE](#),
Or dial +1 646 558 8656
Meeting ID: 920 2005 2860, Passcode: 899204

May 5, 2021 Budget Hearing Budget Hearing 7:30 PM

The proposed budget is available to members by logging in to MYUUCSR [HERE](#). The budget is listed under Member Resources.

Join Zoom Meeting [HERE](#)
Or dial +1 646 558 8656
Meeting ID: 948 8211 6369, Passcode: 194941

COVID-19 GRANT TASK FORCE

Exciting New Covid Grant Update

The congregation recently voted to approve grants totaling \$500,000 to local organizations giving direct services to those in Nassau, Suffolk, and Queens.

Grant-recipient criteria include: food insecurity, homelessness, mental health, loss of parents or guardians, and educational disadvantages in children due to pandemic.

The COVID-19 Task Force will use names of organizations that congregants submitted last year for consideration for grants. Please feel free to submit any new names to Tammy Weil by Monday, May 10, at tweil@uucsr.org.

REOPENING TASK FORCE

UUCSR Reopening Safety Plan

COVID-infection indicators in the region are slowly decreasing, yet remain high. As such, the Reopening Task Force advises continued caution in reopening. The Task Force believes the congregation should maintain the guidelines established for the April reopening through the month of May 2021. As such, the Congregation will continue remaining open on a limited basis in May, having the property accessible on Tuesdays, Wednesdays, and Sundays.

As in April, programming may only occur outdoors. Exceptions include the use of the main kitchen for cooking programs as it is isolated from the rest of the building and has a separate entrance and the Art Gallery on Wednesdays. The Art Gallery allows space for larger gatherings and being an isolated room supports risk mitigation. Administrative and Congregational Life staff will work on-site on Tuesdays and Wednesdays and as needed on Sundays, 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 May 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 a May Board meeting.

Rationale:

The Task Force consisting of Vice President Jana North, Rev. Dr. Natalie Fenimore, COA Adam Barshak, Facilities Director Adrian Rivera, and Membership Coordinator Abigail Highland met in April to discuss the potential for the next phase of reopening. The Task Force noted that although the COVID-infection rate has decreased dramatically from its peak during post-winter holidays, and has recently begun to drop to the 3 percent level, it remains higher than when the Congregation reopened in July 2020. The Task Force continues its evaluation of best practices in reopening based on NY FORWARD and the CDC.

Additionally, it is seeking local subject matter healthcare expertise to help guide its decisions. It is hopeful that increased vaccinations will further slow the spread of the virus to such a level that the Congregation may open at a greater extent in June.

May 2021 Safety Plan is available in detail [HERE](#).

PARTNER CHURCH PROGRAM
A PROGRAM OF DENOMINATIONAL AFFAIRS COMMITTEE
Richard Bock, Chair

DAC News—Special Zoom Event

Time for a UU Quiz: How well do you know your geography? Where is Romania? No, it is not outside of Pittsburgh! Romania is a country located at the crossroads of Central, Eastern, and Southeastern Europe. It shares land borders with Bulgaria to the south, Ukraine to the north, Hungary to the west, Serbia to the southwest, and Moldova to the east, and has its opening to the Black Sea. Romania is the twelfth-largest country in Europe and the sixth-most populous member state of the European Union, having approximately 19.26 million inhabitants (as of December 2020). Its capital and largest city is Bucharest. And, you may ask, what does Romania have to do with Shelter Rock?



For more than 25 years, the Shelter Rock congregation has had a Partner Church located in Csíkszereda (Chick-sera-dah) in Romani. Shelter Rock has supported our partner congregation with funds raised by the George Kesner Memorial Book Exchange located in the Social Hall, and from Shelter Rock's Large Grants. The Book Exchange, sponsored by Denominational Affairs Committee (DAC), supervised and named for the late member, George Kesner, has sent funds raised by the Book Exchange to help build their building and, most recently to purchase a church van. Several years ago, a group from Shelter Rock visited Csíkszereda.

As we emerge from the pandemic at Shelter Rock, DAC has been considering ideas for fundraising events for our Partner Church. Years ago, DAC sponsored successful fundraising auctions; the now-retired Rev. Paul Johnson was our spirited auctioneer.

DAC is hosting a Zoom meeting with the minister of our Partner Church, Rev. Alpar, and invites you to join the Zoom event. Please mark your calendar for Saturday, May 8, at 12:00 noon. We will explore ways that we may assist our Partner Church during the current COVID pandemic.

Join Zoom Meeting [HERE](#).

Meeting ID: 937 1630 6808. Passcode: 201085



Here is a handy tip for Zoom users: Your user information (name, photo, pronouns, and more) may be customized. [Learn how HERE.](#)

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

After a Guilty Verdict, the Hard Work Continues

On April 20, a jury in Minnesota unanimously convicted former police officer Derek Chauvin in the murder of George Floyd—one of only seven such convictions on record in the United States since 2005, despite the fact that roughly 1,000 people, who are disproportionately Black and Brown, are killed at the hands of the police every year.

Veatch grantees led many of the historic uprisings across the country following George Floyd's murder. In sorrow and rage, demanding accountability and meaningful policy change, they expressed relief following the guilty verdict—and a recognition that this rare conviction represents accountability, but not justice. In a just system, George Floyd would be alive today.

As Executive Director Lauren Jacobs of Veatch grantee, [Partnership for Working Families](#), wrote in an update, "There is no justice in a system where we are left to wonder for months whether a murder by the police, captured on video in the light of day, would be rightfully recognized as a crime, a wrong, a harm done."



Lauren Jacobs, Executive Director of Partnership for Working Families

But this is also a moment, Lauren continued, to understand what this moment means to the families and communities who have disproportionately suffered from over-policing, violence, and death for generations. "We reflect in this moment on the love, humanity, and organizing that brought this small measure of accountability," she wrote. "We pay our respects to the strength of George Floyd's family, their neighbors and supporters in the Minneapolis community, and the people who continue to show up day after day to say that Black lives matter and to show that another future is possible."

Through their tireless work on the ground, in cities and states across the country, Veatch grantees continue to lead us toward that future, by promoting change that dismantles a system in which police violence could ever be accepted and normalized. I invite you to learn more about [Yes 4 Minneapolis](#), a Black-led coalition including Veatch grantees like [TakeAction Minnesota](#), which is seeking to amend the city's charter to create, through a community engagement process, a new Department of Public Safety. And, as always, be sure to [subscribe to our Veatch news updates](#) for more on how our grantees are fighting for change, each and every day.

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



Take Action for Democracy

In his short but insightful volume, [*On Tyranny: Twenty Lessons from the Twentieth Century*](#), Timothy Snyder, American author and historian states: "It is institutions that help us to preserve decency. They need our help as well. Do not speak of 'our institutions' unless you make them yours by acting on their behalf."

Our nation is built on the institution of representative democracy, and it needs us to act on its behalf. Our democracy is besieged on many fronts. According to the [Brennan Center for Justice](#), "In a backlash to 2020's historic voter turnout, and under the pretense of responding to baseless and racist allegations of voter fraud and election irregularities, state lawmakers have introduced a startling number of bills to curb the vote. As of March 24, legislators have introduced 361 bills with restrictive provisions in 47 states."

What's a concerned citizen to do? Right now, the answer is: support Senate Bill 1-For the People Act of 2021. According to "[UUs for Social Justice \(UUSJ\)](#)" and Faithful Democracy, if passed, "the For the People Act would: make it easier for all citizens to vote; offer new protections for voters; end gerrymandering so that electoral districts are fairly drawn; reduce the impact of big money in politics; and hold government officials accountable with new ethics standards." In essence Senate Bill 1 has the potential to stop the restrictive provisions that 47 states wish to enact.



The Unitarian Universalists 5th Principle, "The right of conscience and the use of the democratic process within our congregations and in society at large," compels us to advocate for a healthy and inclusive democratic process. Here's how you can take action:

The House of Representatives passed HR 1 on March 3. Now its Senate counterpart, S1, needs to be passed. As New Yorkers, we can rest assured that our Senators Schumer and Gillibrand, who are cosponsors, will vote for S1. However, they need to know that their constituents support them.

So let them know that you support the bill by calling your U.S. Senators today at the Capitol Switchboard (202) 224-3121. You will be connected to your senator's office. Here's what you might say: "Hello, my name is [NAME] and I'm a constituent from [TOWN]. I attend [CONGREGATION]. I am deeply concerned about the state of our democracy. Therefore, I want to thank Senator _____ for his/her support of Senate Bill 1. We need this bill to make it easier for all citizens to vote, restore voting rights, end gerrymandering, reduce the impact of big money in politics, and hold government officials accountable."

If you have friends and relatives in other states, encourage them to contact their senators. They can check the sponsorship status of their senators [here](#).

In the words of Maya Angelou, "When you do nothing you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

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 any day that 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, text the message, "Bin is full" to .516.238.2191 and then 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, May 3, 2021

Mental Health Sub-Committee Zoom Meeting

3:00 PM. Join Zoom meeting [HERE](#) Meeting ID: 961 1172 2450
Passcode: 843684. Dial by your location: +1 646.558.8656 US

Wednesday, May 5, 2021

Virtual Racial Justice Sub-Committee Meeting

6:00 PM. Join Zoom Meeting [HERE](#). Meeting ID: 925 4548 4255
Passcode: 274017. Dial by your location: + 646.558.8656

Wednesday, May 12, 2021

Social Justice Committee Virtual Meeting

6:00 PM. Join Zoom Meeting [HERE](#). Meeting ID: 923 4682 3572
Passcode: 889751 Dial by your location: +1 646 558 8656

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

LIFESPAN RELIGIOUS EDUCATION (RE)

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



Help Our Children Understand and Fight Anti-Asian Hate

This year has seen a terrible increase in anti-Asian hate crimes around the country—with many violent incidents here in New York.

It is important that we fight against this wave of hate and ignorance by building empathy, compassion, and solidarity.

We can begin by knowing more about the context of the Asian American experience. Listen to Carson's Bedtime Stories (below), and consider the following reading list for young readers.

The *New York Times* recommends these books to foster activism and understanding in children:

- *My Footprints*, by Bao Phi (ages 4–7)
- *Inside Out & Back Again*, by Thanhha Lai (ages 9–12)
- *Count Me In*, by Varsha Bajaj (ages 9–12)
- *Fred Korematsu Speaks Up*, by Laura Atkins and Stan Yogi (ages 9–12)
- *They Called Us Enemy*, by George Takei, Justin Eisinger and Steven Scott (ages 12 and up)
- *From a Whisper to Rallying Cry: The Killing of Vincent Chin and the Trial That Galvanized the Asian American Movement*, by Paula Yoo (ages 13 and up)
- *Displacement*, by Kiku Hughes (ages 12 and up)
- *Superman Smashes the Klan*, by Gene Luen Yang (ages 12 and up)
- *Flamer*, by Mike Curato (ages 14 and up)

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



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

Sunday, May 2, 2021

11:05 AM

Live on Zoom [HERE](#)

All are welcome to join 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 worker's rights, women's equality, abolitionism, and LGBTQ liberation.

On May 2: Clara has just arrived in America. Unlike the rest of her family, she has no trouble finding work, but it doesn't take too long before Clara realizes she and her fellow employees are being treated unfairly. Through determination, education, and a whole lot of moxie, we'll find out how Clara made working conditions better for all in *Brave Girl: Clara and the Shirtwaist Makers' Strike of 1909*, by Michelle Markel and Melissa Sweet.

Together, we will explore how we can speak up when we encounter injustice, we'll sing together, and George will play a rousing anthem by Dolly Parton.

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

Asian Pacific American Heritage Bedtime Stories

Wednesday, May 12, 2021

7:00 PM

Live on Zoom [HERE](#)

All are welcome to join Lifespan Religious Education Coordinator Carson Jones for an interactive storytime as he reads three family-friendly stories celebrating Asian Pacific American Heritage!

Sakura's Cherry Blossoms

written by Robert Paul Weston, illustrated by Misa Saburi

Mooncakes

written by Loretta Seto, illustrated by Renné Benoit

Bee-bim Bop!

written by Linda Sue Park, illustrated by Ho Baek Lee

Family Yoga with Suzanne!

Sundays at 10:00 AM

Live on Zoom [HERE](#)

Weary of having to sit in a chair all day? Since many of us are spending more time sitting in front of computers, let's learn some ways to be more active and comfortable by centering our minds, bodies, and spirits. UUCSR member, dancer, and fitness instructor, Suzanne Viverito, leads us in this half-hour of gentle breathing, mindful meditation, and stretching on and around and with or without the aid of our chairs on Sunday mornings. This is a perfect way to get your day going. All skill levels are welcome to join, open to all ages from newborns to 99-year-olds, and beyond!

ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

Dramatic Readings
Saturday, May 15
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 to RSVP and request your copy of *Talley's Folly* by Lanford Wilson, the winner of the 1980 NY Drama Critics award as best play and the 1980 Pulitzer Prize for Drama. It depicts one night in the lives of two unlikely sweethearts, Matt Friedman and Sally Talley.

Great Books–Great Conversations
Fridays, 12:00–1:30 PM

[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.



April 30, 2021	Hannah Arendt, <i>Eichmann in Jerusalem</i> Introduction and pages 1-55, questions 2, 7, 9
May 7, 2021	Arendt, pp. 56-219, questions 6, 10
May 14, 2021	Arendt, pp. 220-298, questions 1, 3, 4, 5, 8, and for further reflections

Background and Questions for this book can be found at the end of Great Books 2, pp. 335-339 for Arendt. Page numbers cited are to the Penguin editions, which would be the preferred ones to purchase. However, there are other online and audio editions as well as book editions that could be used.

Soulful Songs and Stories



We're taking a light-hearted look at Happiness on Saturday Nights and Sunday Mornings. Tom Waits starts us off with, "The Heart of Saturday Night," and we try to answer A. E. Stallings' question, "Why should the Devil get all the good tunes?" via short quotes and fun music.

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

Medical Qigong for Senior Health

Mondays 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 by strengthening your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and safe falling 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.

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.me/yogamike)), 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.

WOMEN'S ISSUES

Maria Ceraulo, Chair



An Infrastructure of Care

These days we're hearing a lot about infrastructure and the need to work on improving our bridges, roads, ports, and airports. Lots of federal money has been earmarked for it. Many jobs will be created. All this sounds necessary and good. However, one wonders about the infrastructure that enables everyone to do their jobs.

Raising children, supporting aged parents, tending to the sick and disabled and vulnerable—this is essential work that makes all other work possible. Feminist economists Nancy Folbre, Candace Howes, and Carrie Leana have been outlining a kind of infrastructure that includes this kind of essential work and workers. They refer to it as the “infrastructure of care.”

The pandemic has shed light on the enormous need for this kind of work. Those parents fortunate enough to work from home have to care for children not attending school. Many have spent more than a year with children at home, trying to manage distance learning, household chores, and their own jobs. 700,000 have given up working outside the home, many because of the lack of child care. Child care centers have closed and these jobs have disappeared. Tens of thousands of older people died alone in institutions. Advocating for these services has been called “care feminism.”

These ideas are not new. The Greatest Generation, more than 75 years ago, understood that both kinds of infrastructure were necessary to support the war effort. On June 29, 1943, the US Senate passed the first, and at that time only, national child care program, voting \$20,000,000 to provide for public care of children whose mothers were employed for the duration of World War II. Even then, it was understood that child care was necessary.

At the last Presidential debates, Sen. Elizabeth Warren persuasively advocated for child care. She spoke of her own struggles as a young mother. More recently, she wrote that families struggle to afford care, while care jobs remain undervalued, understaffed, and underpaid. She believes it's time for Congress and President Joe Biden to make real change.

We agree with Sen. Warren that caregiving legislation needs to and must recognize that health care, including care and services provided to people in their homes and communities, is a human right. The “infrastructure of care” needs to be legislated and financially supported alongside the infrastructure that builds our roads and bridges. The “feminism of care” can then be a reality for all of us.

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
April 30	8:45 PM	<i>Stars Fell on Alabama</i> (Hulu, Prime)
May 7	8:45 PM	<i>The Stand</i> (Netflix)
May 14	9:15 PM	<i>The US vs Billie Holiday</i> (Hulu)
May 21	8:30 PM	<i>Sunlit Night</i> (Hulu)
May 28	9:15 PM	<i>Operation Finale</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, May 21, 2021 | 3:30 PM

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

Or call +16465588656, Meeting ID: 985 3646 8480

All are welcome to discuss *Deacon King Kong* by James McBride. Please contact Staff Liaison Sharyn Esposito to learn more (sesposito@uucsr.org or 516.472.2960).

GREEN SANCTUARY COMMITTEE

Ellen Councill, Chair

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

Regenerative Agriculture

Regenerative agriculture is farming that renews the land. Soil becomes more productive and healthier. This includes soil sequestration. That means less carbon enters the atmosphere. Therefore, it does not push climate change as industrial and non-regenerative methods do.



Estimates by scientists are that more than 1/8 inch of topsoil will disappear each year if we continue current agricultural practices. By 2050, more than 60 percent of our good soil will vanish. To alter this trend, we should implement regenerative agriculture using a combination of methods.

Cover crops can be used so fields are never fallow. They protect the soil and enrich it before planting time. Diverse perennials, like buckwheat, white or red clover, field peas, etc., are good ones. This method rejects mowing and is a no-till approach. When farmers till the soil, important microorganisms are killed. This causes the stored carbon in the soil to be released, leading to erosion. Cover crops return the nutrients back to the soil.

Chemicals and herbicides lead to increased soil erosion. Using products like Monsanto's Roundup destroys not only soil fertility, and beneficial insects, but impacts the plants as well. Whenever chemicals or pesticides are applied to crops, humans are ingesting them. It is safer and wiser to purchase organically grown fruits and vegetables. Organically grown ones come from "natural" farming methods utilizing crop diversity and vegetation buffers. With mono-cropping of wheat, corn, and soy fields and huge amounts of chemicals applied, soil is depleted and no longer usable. Only by growing a variety of plants in the same area can the soil be nourished. This lessens climate change and maintains optimal plant growth. It improves water cycles and the soil holds more carbon and develops a functioning ecosystem.

Animals play an important role, too. Grazing animals permit healthy plants to pull carbon out of the atmosphere and into the soil. Called carbon sequestration, it mitigates climate change in a holistic way. As cows move from pasture to pasture, they prevent overgrazing. Plant diversity is increased. Additionally, pigs raised in forested areas eat invasive species so overgrown areas are revitalized.

Regenerative agriculture is farming that produces healthier crops, better yields, less soil erosion, increased resilience to droughts and flooding, and more absorption of rainfall. If we support small organic farms, Community Supported Agriculture (CSAs), and protest against the monoculture farming of our industrial agricultural complex, we will revitalize our good earth.

Elaine Peters for the Green Sanctuary Committee

HADLEY HOUSE

Hadley House Residents' Association

Joie de Vivre

*Forsythia are bursting yellow, heralding the spring.
This tribute is written with the passing of Kate Ehlers,
Quite a shocking thing!*

*Initially summoned to remember Jo Esteve Solomon,
Whose artwork joined with that of others
From the past.*

*The glow left by these two women make their Knowledge,
Their Love, their Spirit last.*



We are celebrating the joy of life of our good friends and neighbors Jo Solomon and Kate Ehlers who have recently died, Jo in January, and Kate just in April.

Jo loved Hadley House. She passionately wanted to live here among her friends from UUCSR. And she did so for many years as an active participant in our celebrations and pastimes. Here, she continued her lifetime of painting and writing her story in our Art and Writer's group.

Jo was an artist at living. She had a strong sense of social justice, and articulated creative solutions to problems and challenges encountered. Jo's indomitable spirit lives on in the artwork her family presented to Hadley House for us to enjoy. It takes its place among the work of her friends Irene Craft, Hana Kochanowicz, and Bob Sunley.

Kate endeared herself to many here with her salty wit, fierce intelligence, and spirited conversation. She was a whiz at scrabble. She read daily and was very engaged with current events. Kate was a regular at Book Discussion Group, Great Decisions, the Writer's Group, Small Group Ministry, and Meditation and Zen Walk Program. She thrived on stimulating discussion. Her insightful comments always moved the conversation forward. Kate was a "long-time" resident and a link with earlier Hadley House and UUCSR communities. She was a close friend with many over the years, especially Jean Heacock, Jean Andrews, and Bob Sunley.

These two dynamic women, who graciously enhanced our lives here at Hadley House, will be missed.

Nancy Jacobson, Jerry Jalazo, Barbara Singer, Lilyan Strassman

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, APRIL 28, 2021

- 6:00 PM, Virtual Ukulele (Practice Only)
- 7:00 PM, Worship Assistant Training

THURSDAY, APRIL 29, 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, APRIL 30, 2021

- 10:30 AM, Tai-Chi/Qigong
- 12:00 PM, Great Books–*Great Conversations*
- 2:00 PM, Meditative Moment
- 6:30 PM, LGBTQ+ Zoom Gathering
- 9:15 PM, Virtual Film–*The Ballad of Buster Scruggs*

SATURDAY, MAY 1, 2021

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

SUNDAY, MAY 2, 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, Online Coming of Age RE Class
- 11:00 AM, Sunday Worship: *The Genesis of the Exodus*
- 11:00 AM, Outdoor Senior Seminar Gathering
- 11:05 AM, *Just and Joyful*: Children's Worship
- 12:00 PM, Virtual Coffee Hour
- 1:00 PM, Congregational Meeting

MONDAY, MAY 3, 2021

- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 3:00 PM, Mental Health Sub-Comm Zoom Mtg
- 5:00 PM, Annual Royalties Meeting
- 7:00 PM, RE Committee Meeting (virtual)

TUESDAY, MAY 4, 2021

- 9:00 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Distancing
- 7:00 PM, Small Group Ministry First Tues Mtg
- 7:30 PM, DAC Zoom Meeting

WEDNESDAY, MAY 5, 2021

- 11:00 AM, Crafting for Sanity and Community
- 12:30 PM, Women Talk Daytime Zoom Mtg
- 2:00 PM, Messages
- 2:00 PM, Wednesday Afternoon Conversations
- 3:00 PM, Virtual Racial Justice Task Force Mtg
- 4:00 PM, Yoga for Joy and Balance
- 6:00 PM, Congregational Hearing–Recommended Bylaws Changes
- 7:00 PM, Publicity and Promotions Mtg
- 7:30 PM, Budget Hearing

THURSDAY, MAY 6, 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, MAY 7, 2021

- 11:00 AM, Sml Group Ministry Facilitators Mtg
- 12:00 PM, Great Books–Great Conversations
- 2:00 PM, Meditative Moment
- 4:00 PM, Community Conversations–Hadley House
- 6:30 PM, LGBTQ+ Zoom Gathering
- 8:45 PM, Virtual Film Discussion–*The Stand-In*

SATURDAY, MAY 8, 2021

- 9:00 AM, Transgender Inclusion in Congregations (Saturday group discussion)
- 11:00 AM, Yoga on Zoom with Mike Mancini
- 12:00 PM, Meeting w/Partner Church Minister
- 4:00 PM, Soulful Salutations–Men's Beginner Yoga

SUNDAY, MAY 9, 2021

- 9:00 AM, Jazz Ensemble Rehearsal
- 9:30 AM, Small Group Ministry Second Sunday AM Meeting
- 10:00 AM, Online Family Yoga with Suzanne!
- 10:30 AM, Young People's Virtual Choir Rehearsal
- 10:40 AM, The Welcome Space
- 11:00 AM, Online RE Classes for all grades
- 11:00 AM, Sunday Worship: *Mothering Complexity*, Alia Shinbrough
- 11:00 AM, Outdoor Senior Seminar Gathering
- 12:00 PM, Virtual Coffee Hour
- 1:00 PM, Women's Group Mother's Day Virtual Luncheon
- 1:00 PM, Outdoor RE Family Mother's Day Celebration

MONDAY, MAY 10, 2021

- 9:30 AM, Medical Qigong for Senior Health
- 1:00 PM, Transgender Inclusion in Congregations (Monday group discussion)
- 2:00 PM, Meditation and Poetry

TUESDAY, MAY 11, 2021

- 9:00 AM, Yoga on Zoom with Mike Mancini
- 11:00 AM, Living Solo While Distancing
- 2:00 PM, Transgender Inclusion in Congregations (Tuesday group discussion)
- 3:30 PM, Art Committee Meeting
- 7:00 PM, Board of Trustees Meeting

WEDNESDAY, MAY 12, 2021

- 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
- 12:30 PM, Bridge Game Play
- 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

7:00 PM, Developmental Ministry Transition Team

7:00 PM, Asian Pacific American Heritage Bedtime Stories

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

THURSDAY, MAY 13, 2021

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

FRIDAY, MAY 14, 2021

- 12:00 PM, Great Books–*Great Conversations*
- 2:00 PM, Meditative Moment
- 6:30 PM, LGBTQ+ Zoom Gathering
- 8:00 PM, Soulful Sundown
- 9:15 PM, Virtual Film Discussion–*The United States Vs. Billie Holiday*

SATURDAY, MAY 15, 2021

- 11:00 AM, Yoga on Zoom with Mike Mancini
- 6:00 PM, Dramatic Readings
- 7:30 PM, Program Council Zoom Meeting

SUNDAY, MAY 16, 2021

- 9:00 AM, Jazz Ensemble Rehearsal
- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship:
- 12:00 PM, Virtual Coffee Hour
- 12:30 PM, Men's Group Zoom Meeting
- 1:00 PM, Worship Committee Meeting
- 1:30 PM, First Sunday SGM 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.

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Next Quest: Wednesday, May 12, 2021 | Deadline for Content: Thursday, May 6, 2021

Sponsored by the UUCSR Women's Group

Virtual Mother's Day Luncheon

Sunday, May 9, 2021, 1:00 pm

All are welcome to this LIVE Zoom event at
www.uucsr.org/mothersday

Come enjoy Mozart's Clarinet Concert while
enjoying hors d'oeuvres at home.

Toast the nurturer in your life with a special
libation, if you wish. Virtually stroll the
Japanese Garden at the Brooklyn Botanical
Gardens while enjoying your lunch at home
with your loved ones. Laugh with us as we
share cards that kids made for their parents
on Mother's Day.

We will honor mothers of school-aged
children who have balanced things at home
during this past year, as well
as the nurturer in all of us.