



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](#)

May Monthly Theme: **Story**

May 12, 2021

FRIDAY, MAY 14, 2021, 8:00 PM
Rev. Jennifer L. Brower

Soulful Sundown Features spoken word by the Rev. Jennifer Brower and music from The Cosmic Orchestra: "Where music lies at the heart of the religious experience." *

SUNDAY, MAY 16, 2021, 11:00 PM
Rev. Dr. Natalie M. Fenimore

Bridging It has been a year like none other for children, youth, and families. Through this time of isolation, separation, anxiety, and Zooming everything—young people have also built determination, empathy, resilience, and a strong commitment to justice in the world. In this Bridging Worship Service, we recognize and celebrate our graduating High School seniors. *

SUNDAY, MAY 23, 2021, 11:00 AM
Rev. Jaye Brooks

A Creation Story How long has it been? Too long. This outdoor service is the first on-site Sunday worship service since March 8, 2020. A small number of members can be present on the lawn and in cars (reservations required); other members, friends, and newcomers can worship simultaneously via online livestream. We aspire to create a meaningful, celebratory worship experience for the entire congregation, regardless of whether people are on-site or online. Together we'll be sharing a creation story: creating community, making meaning, and lifting our hearts and hopes in celebration. As part of our celebration, households will receive a seed card via mail that, when planted, will grow into flowers. Together, we bring about the blossoms of new life.

Register for lottery to attend in-person [HERE \(uucsr.org/may23\)](https://uucsr.org/may23). Details are on the registration form and in confirmation emails.



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

TOUCHSTONES

Rev. Dr. Natalie M. Fenimore



The last weeks have been a challenge for my mind and spirit. I have experienced the signs of hope blooming here in the US: lockdown and quarantine ending for more and more people, more children returning to school, and parents returning to the office for work. Theaters, concerts, and sports coming back as in-person activities. There are people eating inside at restaurants. More and more people without face masks. More and more vaccinated. There is a feeling of relief that the COVID crisis is nearing an end. We are looking forward to a post-pandemic future.

And yet, the news from India and Brazil is horrific. The coronavirus is still devastating nations—killing hundreds of thousands. There is no coordinated worldwide vaccination plan. And nations long without needed resources, lack many of the basics to treat the coronavirus. I watch the news and see people dying on the streets for lack of something as basic as oxygen.

In this time when so many in the US and around the world, have found themselves food- and housing-insecure, jobless and without the means to continue a meaningful education—the richest individuals in the world have gained even more wealth and the power that wealth guarantees.

Can it be that we may come out of the pandemic without making sure that this does not have to happen again?

I can only hope, pray, and work to make this a time of real and continuing positive change. As the summer protests in 2020, the fall voter drives, and the demands for racial and climate justice show, there is a thirst for a more just and sustainable world. The world is at a crossroads in so many ways: disease, racism, climate, poverty, gun violence... Each of us can find a way to bring about the needed change. It may only be a small act—but I believe it matters.

When it comes to the immediate COVID crisis in India, the Unitarian Universalist India Holdeen Program supports our cousin community of UUs in India and is asking for donations:

Continued on page 2

TOUCHSTONES

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call 888.792.5885, option 6, or mail a check to UUA India Holdeen Program, 24 Farnsworth Street, Boston, MA 02210-1409.

Hopefully, we will look back at this time and see that there was a realization that the interconnected web of all existence is real, that we can treat each person with respect and dignity, and that we can build world community where there is justice and peace. We can widen the circle to embrace the world.

Widening Circles, by Rainer Maria Rilke, translated by Joanna Macy

I live my life in widening circles that reach out across the world.
I may not complete this one but I give myself to it.
I circle around God, around the primordial tower.
I've been circling for thousands of years
And still I don't know:
Am I a falcon, a storm, or a great song?

MINISTERIAL PROGRAMS

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 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

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

Restorative Yoga
Led by Denise DeLuca with music by Ben Wisch from The Cosmic Orchestra

Saturday, 4:00 PM
June 12, 2021

[Register here for Zoom.](#)

Fridays, 7:00 PM
May 28, 2021
June 25, 2021

[Register here for Zoom.](#)

CARING COMMITTEE

WinterFlower Regla Robinson, Chair



Get Vaccinated—We're Here To Help!

A new team of dedicated Shelter Rock volunteers are assisting those who need help getting appointments for their vaccines. Please submit your name and phone number to caringVAXhelp@gmail.com. A Caring Committee volunteer will get back to you soon.

Visit uucsr.org/vaccine for a vast collection of COVID-related resources.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

DAC General Assembly (GA) Delegates Update

Our Shelter Rock virtual GA Delegates have been receiving updates from the UUA/GA office. Also, two GA Zoom orientation sessions have been scheduled: Wednesday, May 19, 2021, 7:30 PM; and, Sunday May 23, 2021, 3:00 PM. In addition to our ten delegates, several Shelter Rock members have been participating in the virtual GA Choir. This year's virtual GA promises to be an exciting event! Information regarding how to attend the various GA sessions will be included in future DAC *Quest* columns.

Shelter Rock Partner Church News

A recent meeting between members of DAC and the Rev. Solymosi Alpar, minister of Shelter Rock's Partner Church in Romania, resulted in renewed interest in the partnership and continuing support for a worldwide Unitarian Universalist community. Members of the congregation are invited to participate. Watch the *Quest* for reports and meeting schedules or contact Richard Bock (rbock@optonline.net).

Notes From Your Envoy at UU@UN

The preamble to the United Nations 2030 Agenda for Sustainable Development states:

We are determined to take the bold and transformative steps which are urgently needed to shift the world onto a sustainable and resilient path. As we embark on this collective journey, we pledge that no one will be left behind.

There are 17 Sustainable development Goals set in 2015 by the UN General Assembly so that all may live, work, produce, and manufacture in ways that protect people and planet, and move to restore and heal what we have damaged. They are, "No Poverty; Zero Hunger; Good Health and Well-being; Quality Education; Gender Equality; Clean Water and Sanitation; Affordable and Clean Energy; Decent Work and Economic Growth; Industry, Innovation and Infrastructure; Reducing Inequality; Sustainable Cities and Communities; Responsible Consumption and Production; Climate Action; Life Below Water; Life On Land; Peace, Justice, and Strong Institutions; and Partnerships for the Goals." Especially because of the impact of COVID-19, the UU@UN invites all to participate individually, but also to support significant funding and legislation on national and global levels.

Janet Bendowitz, DAC UU@UN Liaison

Youth Meetings for Middle and High School UUs

LIAC is sponsoring a Zoom meeting for youth on Sunday, 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

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Let Us Breathe Fund is Putting Eighth Principle Into Practice

In light of the Congregation's decision on May 2, 2021 to adopt the Eighth Principle of Unitarian Universalism, a call to action to dismantle racism and build a multicultural Beloved Community, we'd like to spotlight for you one of many ways in which Veatch Program grantees are putting the proposed principle into action.

Veatch has long supported multiracial organizing and movement building, as well as a diverse network of community leaders. The breadth of Veatch grantmaking sets a standard for the field. This year, in the wake of profound sorrow and rage following the murder of George Floyd, Veatch intentionally added the [Let Us Breathe Fund](#) as a grantee. This is the only New York City-based fund led by and for Black communities organizing for police reform.

The Fund began providing rapid response grants in a moment of crisis following the death of Eric Garner at the hands of the NYPD in 2015. Today, the Fund supports long-term efforts to end police violence and fight structural racism. The Fund is also mobilizing to push New York's philanthropic circles to commit to increased funding for Black-led organizing for social change, which is woefully and disproportionately underfunded.

Since 2015, the Fund has awarded over \$860,000 to Black-led and multiracial organizations—and the committee to award these funds is made up of organizers and advocates with expertise in Black empowerment and liberation. The Fund's grantee partners, moreover, include several other Veatch grantees who are leaders at the forefront of the racial justice movement, including: [Community Voices Heard](#), [Communities United for Police Reform](#), and [VOCAL-NY](#).



A member of Communities United for Police Reform, a Veatch and Let Us Breathe Fund grantee, demanding reform of the NYPD.

In just a few years, the Fund has had impressive success, including supporting the creation of a [special prosecutor](#) for police-related violence, reshaping the state Parole Board, passing the "consent to search" portion of the [Right to Know Act](#), and [repealing 50-A](#), a law that previously permitted the shielding of police misconduct records from the public.

We will continue to bring you stories of how Veatch grantees are working to dismantle racism and oppression in all forms. We encourage you to [subscribe here](#) to Veatch News Updates.

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.

The 8th Principle

“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.”

On May 2, 2021, more than 120 members attended and participated in a Congregational Meeting at which a resolution adopting the “8th Principle” was approved unanimously with a half dozen or so abstentions. (With respect to abstentions, I can’t help but remember Moderator Gini Courter’s exhortation to over 3,000 delegates at General Assembly, “You traveled 3,000 miles to get here to ABSTAIN.”)

I want to express my appreciation to the members on the various committees and sub-committees that worked on getting this resolution to the Congregation over the past several years. I also want to thank Rev. Dr. Natalie Fenimore for interpreting the resolution as presented and clarifying the difference between what this resolution might mean in 2023 for the member congregations that comprise the UUA and what it should mean for the members of UUCSR in 2021.

Until next time,

Mark

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



Here is a handy tip for Zoom users: You can easily change your Zoom password at any time if you know your existing password.

Changing your password

1. Sign in to the Zoom web portal.
2. Click Profile.
3. Scroll down to Sign In Password, Click Edit on the right.
4. Enter your Old Password.
5. Enter your New Password, then enter it a second time to confirm.
Note: Make sure your password meets the requirements.
6. Click Save Changes.

Note: If you do not have the option to change your password on your Profile page, you may have logged in with Google or Facebook previously.

CONGREGATIONAL MEETING NOTICE

ANNUAL CONGREGATIONAL MEETING

Sunday, June 6, 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.

BOARD OF TRUSTEES AGENDA

Tuesday, May 11, 2021

7:00 PM I. Opening Words: Ministers / Mark Hartman

7:10 PM II. Treasurer’s Report: Brian Muellers

- 3rd Quarter Financials
- Annual Royalty Report Recap
- CY22 Pledge Campaign
- Approval of OCIO Review Vendor

7:45 PM III. Ministers’ Reports

- April Retreat Follow Up
- Fireplace Chat Recap
- Ad Hoc Rights Relations Update
- CY22 Student Minister Update

8:20 PM IV. President’s Report: Mark Hartman

- Endowment Committee-Bylaws Amendment
- Annual Congregational Meeting Agenda
- CY22 Board/Congregational Meeting Schedule
- Veatch Structure Consultant Update
- UU Community Partnership-Student Minister Update
- Spotlight-On Update
- Hadley House Lease Cure Notice
- CY22 Royalties Power of Attorney

9:00 PM V. Good of the Order: Mark Hartman, President

- Letters

BOARD OF TRUSTEES AGENDA

Thursday, May 13, 2021

7:00 PM I. Opening Words: Ministers / Mark Hartman

7:10 PM II. Member Resource Committee: Monica Schlichting, Chair

- CY22 Committee Chairs/Members

7:40 PM III. Stewardship Committee: Lauren Furst, Chair

- Addition to CAPEX Set Aside

7:55 PM IV. Task Force/Ad Hoc Committee Updates

- Reopening Task Force: Jana North, Vice President
- Strategic Plan Task Force: Jana North, Vice President and Chris Hilke
- Crisis Grants Task Force: Brian Muellers, Treasurer
- Futures Ad Hoc Committee: Brigitte Mueller and Toni Logue, Secretary
- COVID-19 Grants Task Force: Terry Bain, Iliza Bartels, Rebecca Smith, Marsha Stone and Jane Weiler

8:30 PM V. Governance & Ministry Update: Jana North, Vice President

9:00 PM VI. Good of the Order: Mark Hartman, President

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator



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](#).

STORIES FROM THE ROCK LIVE

Saturday, June 5, 2021
7:30 PM LIVE

Stories

from the rock

An evening of
true tales told live

Register [HERE](#) to be entertained!



LIVE | ONLINE
Don't miss professionally
curated stories about worth,
the root of all worship.

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



Refund Communities

Last week, I watched a webinar from the Center for the Study of Race and Ethnicity in America at Brown University. The topic was “The Future of Policing in America” and the speaker was Connie Rice, a lawyer, author, and public intellectual of national renown for fighting systemic injustice.

With the conviction of the former police officer who murdered George Floyd now behind us and the first anniversary of Mr. Floyd’s death ahead of us, I was most interested to hear what solutions Ms. Rice might have to offer. Her approach is based on decades of fighting police departments in court and working with them to reform the institution of policing. Her strategy can be summed up in the words, “Refund Communities.”

What has worked in one LA police precinct is a program, crafted by a task force made up of former gang members as well as regular residents of the housing projects, who sat down with the chief of police and officers to do a wraparound safety plan, not a mass incarceration arrest plan. In effect, they created a community safety partnership by refunding the community and reforming the mission of the police to be public safety officers. In this plan police officers are not promoted on the number of arrests they make, but on the number of youth they keep out of jail. According to LA Police Chief Beck, with the right amount of political will, what has worked in one LA precinct can be replicated across the country.

This work of reform is also happening here on Long Island. In April, both Suffolk and Nassau Counties sent their reform plans to the governor. Members of grass roots organizations also sent “The People’s Plan” to Albany. Now those same organizations are monitoring officials in each county to ensure that change takes place.

As we approach the anniversary of George Floyd’s death, the question of how we can turn this tragedy into something life-giving has been on my mind. [The words of Philonise Floyd](#), brother of George, spoken on the occasion of the guilty verdict being announced, resonate with me: “This is what justice feels like: gut-wrenching relief, exhaustion. It’s not sweet or satisfying. It’s necessary, important, maybe even historic. But only with the passage of time will we know if the guilty verdict in the trial of Derek Chauvin is the start of something that will truly change America and the experience of Black Americans.”

This is the memorial that will be worthy of George Floyd, Breonna Taylor, Philando Castille, Daunte Wright, Eric Garner, and the thousands of other lives taken by police violence: that we work for “something that will truly change America and the experience of Black Americans.”

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.



Sunday, May 16, 2021, 1:30 PM

Extra Innings, Virtual Movie Screening

The film is about more than baseball. It’s a film focused on bringing a message of hope to those affected by mental illness, and part of its goal is to bring awareness to the topic, share information, aid in suicide prevention, and foster a conversation about reducing the stigma that surrounds mental illness. Extra Innings follows a Jewish family fraught with the difficulties surrounding mental illness. David, the youngest of four children, finds his escape in baseball, but feels divided when tragedy strikes at home. Join via Zoom [HERE](#) or call 929 205 6099, Meeting ID: 852 8834 8340, Passcode: 057603. *Recommended by the SJ Mental Health Subcommittee*

Sunday, May 23, 2021, 6:30–7:30 PM

Together to End Solitary Confinement Virtual Program

Join members of the Social Justice Committee to remember those suffering the torture of solitary confinement. (The Zoom link is the same every month.) Join Zoom Meeting [HERE](#) or call 646 558 8656, Meeting ID: 914 5526 0335, Passcode: 901854
Sponsored by the Social Justice Committee

Tuesday, May 25, 2021, 7:00–8:00 PM.

Virtual Vigil in Memory of George Floyd

On the first anniversary of the murder of George Floyd, communities of faith across the Island will hold vigils to honor his memory. Join Zoom Meeting [HERE](#) or call 646 558 8656, Meeting ID: 972 6328 1410. *Sponsored by the Social Justice Committee*

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

**MENTAL HEALTH SUB-COMMITTEE OF
SOCIAL JUSTICE COMMITTEE**
Maria Ceraulo, Chair

May is Mental Health Awareness Month

In 2021, National Alliance on Mental Illness (NAMI) will continue to amplify the message of "You Are Not Alone."



Mental Health Awareness Month offers the opportunity through edification to combat the negative attitudes, misconceptions, and prejudices around mental illness. It is important to raise awareness and help individuals understand that emotional pain is real and can be helped if an individual is willing.

Mental Health as defined by the World Health Organization is "a state of well-being in which the individual realizes his or her own abilities, can cope with the stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

The state of an individual's mental health determines an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience.

How we function depends on our emotional state. All too often, our emotional response during stressful periods, can be made easier if an individual reaches out for STRESS RELIEF. When we have a physical brain-pain, we want to know the cause. However, when the brain-pain is emotional we accept it and tough it through.

Seeking help doesn't mean you are experiencing a nameable diagnosis. Often speaking with a professional psychologist is all the help needed, sometimes briefly taking medication is needed also. In some instances, taking medication cannot be temporary.

However, that isn't acceptable societally. Rather than tolerate being viewed as weak, we respond, "Who me? I can resolve whatever comes my way." NOT SO! Just as people take medication for chronic conditions such as high blood pressure and diabetes, medication for the brain is equally as important.

This is a beginning. Get to know yourself so you can recognize when an issue is too big to resolve by yourself and know accepting help is a strength not a weakness. It is crucial to the quality of your life.

Sandra Hazel Frank for the Mental Health Sub-Committee



LIFESPAN RELIGIOUS EDUCATION (RE)

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



**Bridging Sunday, May 16, 2021
11:00 AM**

It has been a year like none other for our children, youth, and families.

Through this time of isolation, separation, anxiety, and Zooming everything – our young people have also built determination, empathy, resilience, and a strong commitment to justice in the world.

We recognize and celebrate our graduating High School seniors.

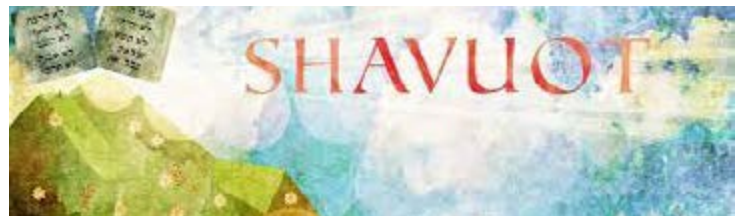
Cedric Buschfrers
Scott Ernsberger
Courtney Gorwitz
Daniel Grassie
Erik Lyngstad-Hughes
Carol Madden

Mia Martinez
Chris Nielsen
Daniel Picarello
Jake Rieber
Natalie Smith

Neighboring Faiths



In Islam, May 12 marks the end of the month of Ramadan. Muslims around the world have been fasting from dawn to sundown beginning April 12. Ramadan commemorates the Prophet Muhammad receiving the first chapters of the Quran in the year 610. Ramadan is a time for Muslims to focus on spirituality, community and charity. It ends with a big community meal, the Iftar.



Shavuot or the Festival of Weeks or Day of the First Fruit is a Jewish festival commemorating the wheat harvest in ancient Israel and the revelation of the Five Books of the Torah to Moses. The celebration on May 16 marks the conclusion of the season of Ramadan and the beginning of Shavuot. During Shavuot, there is praying, special meals, and an atmosphere of joyfulness. The themes of the celebration are lovingkindness, faithfulness, and charity; the Book of Ruth is read at this time.



**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

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

Sunday, May 23, 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 women's equality, abolitionism, and LGBTQ liberation.

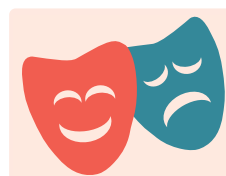
Billie Jean King was the best tennis player of her time, of any gender. So why were all the men who were not as good as she was, getting the best scholarships, endorsements, and tournament prizes? Billie Jean soon realized that she and her friends had to show the world that women in sports are a force to be reckoned with, and we'll find out exactly how in *Billie Jean!*, by Mara Rockliff and Elizabeth Baddeley.

Together we will explore women's struggle for equal rights and respect, we'll sing together, and George will play a meaningful anthem.

We are grateful for this year together of living our Second Unitarian Universalist Principle of Justice, Equity, and Compassion.

See back page of this Quest for Sunday, May 23 Game Night for all Age! at a special time: 7:00 PM.

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
Friday, 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.



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 use the newly released "Tell Me I'm Okay," by Jess Locke, and Jim Morrison's words from a 1970 interview to probe the downside of not telling our stories. We add five more songs, ten quotes, and two cartoons, and then we relax with four cool, fun musical pieces.

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

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

\$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



Doing the Right Thing

Women in blue are doing the right thing. Police interventions resulting in injuries at best and deaths at worst have been in the news over and over again. The interventions of female police officers have reduced negative outcomes and kept many civilians safe.

Officer Carol Horne, a black woman in Buffalo, did just that. When she responded to a call, she saw a white officer repeatedly punching a handcuffed Black man in the face as other officers stood there. She heard the man say he could not breathe and saw the officer put him in a chokehold. Officer Horne did not join or just stand there. She forcibly removed the white officer.

One might think she would have been rewarded for her efforts. She kept a civilian safe. That, however, was not the outcome. She was reassigned, hit with departmental charges, fired one year short of the time required to collect her 20-year pension. She failed more than once to have the decision reversed. The officer that was using the choke hold sued her for defamation and won a \$65,000 settlement against her!

And yet she persevered. She and others in Buffalo pressed members of the city's legislature, the Common Council, to pass a so-called duty-to-intervene law requiring officers to step in when one of their own used excessive force. The Buffalo Police Department adopted such a rule in 2019 and approved what it called "Carol's Law" by a vote of 8 to 1. Finally, the punishing order against her was vacated by a state court judge, granting back pay and benefits she had been denied.

A new documentary, *Women in Blue*, addressed the question: "Do women police differently?" They listed attributes of women: they rely less on physical force; they possess more effective communication skills, and they're better at diffusing potentially violent confrontations.



Members of the UUCSR

Women's Group are so proud of Sergeant Carol Horne and the qualities women bring to the job of policing. Doing the right thing paid off for Carol and provided clarity around police behavior in Buffalo. Now, Carol's Law requires police officers to intervene when faced with excessive force.

The qualities that women bring to the job can and have resulted in more humane treatment with less injury and death. We're grateful for women in blue.

WOMEN'S GROUP

Sandra Hazel Frank, Women's Group President



2021 Virtual Film Discussion

Watch films at your convenience or at 7:00 PM, then join Friday Zoom discussions with Patti Paris.

www.uucsr.org/WGfilms Passcode: 11030



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)
June 4	8:30 PM	<i>The Octopus Teacher</i> (Netflix)
June 11	8:45 PM	<i>Set it Up</i> (Netflix)
June 18	8:45 PM	<i>Uncorked</i> (Netflix)

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

Women's Group *Book Series*

Third Fridays, monthly at 3:30 PM

Join Zoom Meeting [HERE](#) Passcode: 11030
Or call +16465588656, Meeting ID: 985 3646 8480

Fridays	Book Titles	Led by
May 21	<i>Deacon King Kong</i> by James McBride	Mary Lou Kluger
June 18	<i>The Water Dancer</i> by Ta-Nehisi Coates	Diane Mansell
July 16	<i>Less</i> by Andrew Greer	TBA
July 23	<i>Overstory</i> by Richard Powers	Patti Paris
August 20	<i>Hamnet</i> by Maggie O'Farrell	Maria Ceraulo

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.

Fighting Pandemic Safety Measures

In March of 2020, the coronavirus (COVID-19) pandemic caused the United States to commence a "shutdown" and issue protocols to combat its spread. They were not federally mandated. Therefore, despite vaccines being made available to protect people from death or hospitalization, COVID continues. This is the result of some states, industries, and a portion of the population ignoring protocols: the wearing of masks, distancing, washing of hands frequently, and avoiding large gatherings. Below are some reasons.



The meatpacking industry under the previous administration rebuked common-sense reporting of public-health measures that would prevent the spread of the virus. The North American Meat Institute protested. They didn't want the US Department of Agriculture stopping meat inspectors exposed to the coronavirus from going into meat packing plants. Then Tyson Foods and the Food and Safety Inspection Service (FSIS) ignored workers safety such as distancing and testing at facilities. Therefore, 45,000 cases of COVID-19 have occurred at meat processing facilities plus 240 worker deaths.

Another response to the coronavirus pandemic has been the treatment of Native Americans by our government. The Navajo Nations had 15,000 cases, or one in ten out of 170,000 residents affected. Include, the 30-40 percent of homes going without water or electricity and daily food because of travel involved so that more suffering and death occurred. When they asked for PPE from our government to be supplied, what they got were body bags. Their communities are isolated and without proper assistance, the coronavirus thrives and will continue.

Most states in the United States are following protocols and offering vaccinations. But there is a wide disparity in combatting the spread. Supporters of the previous administration acted as if this was not a serious virus, ignoring safeguards. However, getting the entire country to comply under our new administration is not easy when state governors disregard the protocols. Texas, Florida, and Mississippi have lifted the coronavirus-related restrictions and penalties on businesses and individuals. In Australia, on the other hand, because of the large monetary penalties imposed on disobeying individuals last year, this country is virtually free of the pandemic. There are few coronavirus cases and no restrictions on travel, business or anything else. The United States, on the other hand, is facing an uphill battle with states, industries, and individuals ignoring safety protocols in favor of what serves them best and not the country as a whole.

Elaine Peters for the Green Sanctuary Committee

ONLINE EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

Please see [UUCSR.org/events](https://uucsr.org/events) for additional details. See [LIACUU.org](https://liacuu.org) for other area congregations.

WEDNESDAY, MAY 12, 2021

6:00 PM, Social Justice Committee Meeting
6:00 PM, Virtual Ukulele Class
7:00 PM, Asian Pacific American Heritage Bedtime Stories
7:00 PM, Developmental Min Transition Team
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
4:30 PM, COVID-19 Grant Task Force Meeting
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

10:00 AM, Stories From the Rock Workshop
11:00 AM, Yoga on Zoom with Mike Mancini
6:00 PM, Dramatic Readings

SUNDAY, MAY 16, 2021

9:00 AM, Jazz Ensemble Rehearsal
9:30 AM, Small Group Ministry Second Sunday AM Meeting
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *Bridging*, Rev. Dr. Natalie Fenimore
12:00 PM, Virtual Coffee Hour
12:30 PM, Men's Group Zoom Meeting
1:00 PM, Worship Committee meeting
1:30 PM, Small Group Ministry-First Sun Mtg
7:30 PM, Music and Performing Arts Committee Meeting

MONDAY, MAY 17, 2021

9:30 AM, Medical Qigong for Senior Health-
2:00 PM, Meditation and Poetry
5:45 PM, Membership Committee Meeting

TUESDAY, MAY 18, 2021

9:00 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
3:00 PM, Virtual NAMI Criminal Justice Meeting
6:30 PM, Veatch BOG May Policy Meeting
7:00 PM, Small Group Ministry First Tuesday-Follow up meeting
7:30 PM, Program Council Meeting

WEDNESDAY, MAY 19, 2021

8:45 AM, Wednesday (was Thur. & Sat.) INN Cooking, Main Kitchen

11:00 AM, Crafting for Sanity and Community Zoom Get-Together

12:30 PM, Bridge Game Play, Art Gallery
12:30 PM, Virtual Women Talk Daytime Mtg
2:00 PM, Messages
2:00 PM, Wednesday Afternoon Conversations
3:30 PM, Women's Group Zoom Board Mtg
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:00 PM, Green Sanctuary Virtual Comm Mtg
7:30 PM, General Assembly Orientation

THURSDAY, MAY 20, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
11:00 AM, Living Solo While Distancing
2:00 PM, Contemplations
4:30 PM, COVID-19 Grant Task Force Meeting
6:00 PM, UU Kids Connect Elementary Socials for Grades K-5
7:00 PM, Living With Cancer
7:30 PM, Virtual Choir Gathering

FRIDAY, MAY 21, 2021

12:00 PM, Great Books-*Great Conversations*
2:00 PM, Meditative Moment
3:30 PM, WG Book Series Zoom Session
6:30 PM, LGBTQ+ Zoom Gathering
8:30 PM, Virtual Film Discussion-*Sunlit Night*

SATURDAY, MAY 22, 2021

9:00 AM, Transgender Inclusion in Congregations (Saturday group discussion)
10:00 AM, Stories From the Rock Workshop
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, MAY 23, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *A Creation Story*, Rev. Jaye Brooks, Veatch Lawn (by lottery) and online
11:05 AM, *Just and Joyful*: Online Children's Worship for All Ages
12:00 PM, Virtual Coffee Hour
6:30 PM, Together to End Solitary Confinement Virtual Program
7:00 PM, Game Night for All Ages!
7:30 PM, General Assembly Orientation

MONDAY, MAY 24, 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 25, 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)
7:00 PM, Vigil in Memory of George Floyd
7:00 PM, Right Relations Committee Meeting

7:00 PM, Small Group Ministry Fourth Tuesday Meeting
7:00 PM, Committee on Ministry Meeting

WEDNESDAY, MAY 26, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together
12:30 PM, Bridge Game Play, Art Gallery
2:00 PM, Messages
2:00 PM, Wednesday Afternoon Conversations
4:00 PM, Yoga for Joy and Balance with Beth and Paula
6:00 PM, Virtual Ukulele (Practice Only)
7:00 PM, GS Virtual Film Screening & Discussion-*How to Let Go of the World and Love All the Things Climate Can't Change*

THURSDAY, MAY 27, 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, MAY 28, 2021

12:00 PM, Great Books-*Great Conversations*
2:00 PM, Meditative Moment
6:30 PM, LGBTQ+ Zoom Gathering
7:00 PM, Soulful Salutations-Restorative Yoga
9:15 PM, Film Discussion-*Operation Finale*

SATURDAY, MAY 29, 2021

10:00 AM, Stories From the Rock Workshop
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, MAY 30, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: Rev. Oscar Sinclair, Guest Minister
12:00 PM, Virtual Coffee Hour

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

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

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

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May 12, 2021

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Next Quest: Wednesday, May 26, 2021 | Deadline for Content: Thursday, May 20, 2021



Sunday, May 23, 2021, Special Time: 7:00-9:00 PM

Live on Zoom [HERE](#)

Game Night is back! The ever-popular event returns in an online format every month on Sunday evenings. Fun seekers of all ages are welcome to join Lifespan Religious Education Coordinator Carson Jones along with a rotation of co-hosts from UUCSR staff and members. Membership Committee Chair Claudia Barbey joins Carson in co-hosting this evening of super-fun games. All welcome.