



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 26, 2021

SUNDAY, MAY 30, 2021, 11:00 AM
Rev. Oscar Sinclair, Guest Minister

Memorial Day: *Though Poppies Grow* A century ago at the close of another pandemic and global war, poets and preachers struggled with how to mark the magnitude of loss they had collectively experienced. In our time, how do we tell stories of loss while proclaiming the love at the heart of our faith? *

SUNDAY, JUNE 6, 2021, 11:00 AM
Rev. Dr. Natalie M. Fenimore

Coming of Age During these exceptional and often traumatic times, our young people have continued to explore Unitarian Universalism. They have thought about what they believe now and how they live out their personal beliefs and our Unitarian Universalist Principles. This service recognizes and celebrates our eighth- and ninth-grade Coming of Age class. *

FRIDAY, JUNE 11, 2021, 8:00 PM
Alia Shinbrough, Student Minister

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

SUNDAY, JUNE 13, 2021, 11:00 AM
Rev. Dr. Natalie M. Fenimore



Remembering to Play Unitarian Transcendentalist Ralph Waldo Emerson wrote, "It is a happy talent to know how to play." Human beings learn so much from play. A sense of playfulness might be one of the things we need in our toolbox, in order to continue to learn and grow as we move toward post-pandemic congregational life. This will be our second in-person, outdoor Worship Service. Registration will be required. *

* 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. Jennifer L. Brower



A week or so ago, I woke from a dream in which I was hearing our retired Director of Religious Education Bonnie Mykel telling the story of the Chinese farmer. Do you remember the story?

A farmer and his son had a beloved horse who helped the family earn a living. One day, the horse ran away. The neighbors of the farmer exclaimed, "Your horse ran away, what terrible luck!"

The farmer replied, "Maybe so, maybe not."

A few days later, the horse returned home, leading a few wild mares back to the farm as well. The neighbors shouted out, "Your horse has returned, and brought several horses home with him. What great luck!" The farmer replied, "Maybe so, maybe not."

Later that week, the farmer's son was trying to break one of the horses. The horse threw him to the ground, breaking his leg. The neighbors cried, "Your son broke his leg, what terrible luck!" The farmer replied, "Maybe so, maybe not."

A few weeks later, soldiers from the national army marched through town, recruiting all of the young men for the army. They did not take the farmer's son, because he had a broken leg. The neighbors shouted, "Your boy is spared, what tremendous luck!" To which the farmer replied, "Maybe so, maybe not. We'll see."

For days after having this dream, after being reminded of the story, I found myself viewing life's events through the farmer's lens. Maybe whatever has come my way is good. Maybe it isn't. We'll see.

As I looked around my attic full of inherited furniture I thought, "It is great to have an attic for storing all of this stuff!" And on the heels of that thought my next was, "I don't need these things. Storing unused possessions is often a waste of space and, as I have seen with so many others, the disposition of which is often a burden." Whether having an attic of unused possessions is a blessing or a hardship fell into the "we'll see" category.

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TOUCHSTONES

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Shortly thereafter, my 15 year-old has expressed the desire to learn to drive this summer. For a moment I thought, “Oh thank goodness! The chauffeuring duties of suburban parenting will come to an end soon!” Then the reality of having a driving teenager set in. That is definitely in the “we’ll see” category!

From the rather ordinary to the momentous, it is hard to know what the long-term influence of an event or action or any set of circumstances will be. This is true even of the COVID-19 pandemic. We will be making sense of this experience for a long time to come.

Having navigated the strange, stressful, profoundly sorrowful experience of a global pandemic, we are just beginning to emerge into a new stage. We are experiencing something of a return to “normal,” but there is no question that things are not quite the same as they were 14 months ago.

As I listen to members of our congregation and others reflecting upon their pandemic experience, many have eloquently named what they lost with the arrival of the coronavirus; what was hard this past year, what they longed to have return, and what felt unbearable. Remarkably, almost in the same breath, those same people have spoken about what was positive during this surreal time. Almost all marvel at his/her/their increasing comfort with technology. Many named that their extended family—or far-flung friends—connected regularly on Zoom during the months of physical distancing; that relationships grew deeper because of the need to be intentional in maintaining connections. During the pandemic, with far fewer commuting, the streets were quieter. The air was cleaner. Working from home allowed for more home-cooked meals and much more. It was a terrible year. Yet folks named many parts that weren’t terrible at all. Now, returning to the world is wonderful! Yet some aspects aren’t. While many are deeply relieved to be increasingly free from fear of the virus, there are aspects of pandemic life that folks appreciated and mourn the loss of, too.

Like the farmer in our story, who sees that every event holds the potential for both “joy and woe,” as described by William Blake, so let our hearts embrace the contradictions and messiness of human experience, allowing time to reveal the meaning of life to us a little at a time.

Yours in faith,
Rev. Jennifer

UUCSR PODCASTS

Now you can listen to UUCSR Services and recorded events on-the-go. Find UUCSR wherever you get your music: iTunes, Spotify, Google Podcasts, Amazon Music, Stitcher, Tune In+Alexa, iheart Radio, Pandora, RSS Feed. More platforms are coming soon. Visit www.uucsr.org/podcast for the full array.

MINISTRY PROGRAMS

The Ministry Team

Service to Our Nation

In observance of Memorial Day, first known as Decoration Day when the graves of military members killed in action were decorated with an American flag, we honor all those who once served in our armed forces, and those who are serving today. We invite you to view a video-recorded observance, which includes the testimonials of members of our congregation. View on UUCSR’s YouTube channel [HERE on May 31, 2021](#).



Two Soulful Salutations Series

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.](#)

WELCOME SPACE

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](#)



MILESTONES

We extend our care and concern... to Hy Livingston as he prepares for heart valve replacement surgery, and we offer support to Verna as she companions Hy through this time. Cards may be sent to

*Hy and Verna Livingston
31 Secor Dr
Port Washington, NY 11050-3417*

We send hopes for a swift and smooth recovery... to Florence Zaragoza who is on the mend after suffering a broken wrist in a recent fall. Cards may be sent to

*Florence Zaragoza
24931 60th Ave
Little Neck, NY 11362-2031*

We hold in tender care... those of our congregation who are not mentioned here by name, but who are carrying the burden of disease of the spirit, who are doing the work of recovery from illness or injury, who are living with a chronic or life-disrupting or terminal illness, and those who are bereaved. We are carrying so much more than anyone can readily see. Let us be gentle with ourselves and compassionate with one another.

We celebrate... with Lee Geisen whose son Bennett Brown Geisen married Dana Rose Clark on May 13, 2021, in an intimate ceremony outside the Veatch House. We wish Ben and Dana every blessing.

THANK YOU

I would like to thank the congregation and the Caring Committee for the beautiful flowers sent after I broke my wrist in a fall. They have definitely brightened my days!

Sincerely, Florence Zaragoza

LIVING SOLO WHILE PHYSICAL DISTANCING

Please Note: For many of the Tuesdays during the month of June, Living Solo will not have a designated facilitator, but everyone is welcome to “drop in” to say hi and chat. It meets on Tuesdays and Thursdays at 11:00 AM [HERE](#). Members and non-members are welcome.

On the following Thursdays in May and June, group members will share the role of facilitating as follows:

May 27	Hallie
June 3	Ellie and Jan
June 10	James
June 17	Diana

The Rev. Jennifer L. Brower will return on June 22, 2021.

CARING COMMITTEE WinterFlower Regla Robinson, Chair

Who Cares? We Do!!!



Thanks to the careful and supportive staff at UUCSR, the Caring Chefs were able to make their triumphant return to the kitchen at Shelter Rock! While following all the safety protocols, our creative cuisine team prepared healthy and hearty meals available to those who are in need of nutrition during times of personal challenges. Every delicious bite contains the most necessary and nutritious ingredient...a large dollop of love!

The Caring Committee is comprised of members of UUCSR who hope to offer comfort when and where it is needed. And just as there are many different needs, there are many different ways we can support each other. If you are interested in finding out more about the Caring Committee or have a little extra time and would love to share by joining, please contact one of the following:

Caring Committee Member Suzanne Viverito (suzviv1@aol.com)
Caring Committee Liaison Kimberly Rossiter (krossiter@uucsr.org)
Caring Chair WinterFlower Robinson (rgibson230@aol.com)





Unfinished Work, Part I

During the Spring in every other year, I suspect that each President of the Congregation reflects on the previous two years. I know I have. While reflecting on the past, I think it more important to reflect on how the past can help inform and possibly guide our future. In the three remaining *Quest* columns I have, I would like to

identify a few matters that I hope the congregation will continue to examine.

The first relates to Hadley House.

Now I know most members of the Congregation believe that all the issues involving Hadley House were definitively resolved four years ago when the congregation voted to create a limited liability company (LLC) whose Board of Managers would not include any resident of Hadley House and would consist principally of individuals who were not members of the Congregation. Or if not four years ago, congregants may believe that these issues were resolved two years ago when the LLC assumed responsibility for the operation and management of Hadley House. I am not convinced it is that simple.

Next year will mark the 40th anniversary of the creation of the Adult Housing Program by the Congregation. That Program was created by the congregation during the decade that also witnessed the purchase of the Payson Estate, the expansion of the Veatch Program, the adoption of the Stewardship Resolution and its goal of a \$120 million endowment, the calling of a third minister, and other decisions that reflected our enhanced financial resources. It was the decade during which we learned exactly how good a geologist Arthur Clifford Veatch had been.

Hadley House became the only project to be built under the umbrella of the Adult Housing Program. The larger vision of the Congregation in 1982 was to build an extensive affordable housing project on a 28-acre site in Upper Brookville. That larger vision did not materialize.

Something else did happen. At Hadley House, the concept of “affordable housing” (and we could spend a weekend discussing what is meant by those two words) morphed into “housing subsidized by the Congregation.” I am convinced that we will never know nor agree why that change took place. (Some will suggest that was always the intent when the project was built; others will suggest that it was simply the result of a landlord’s concession to ensure that the apartments would be rented quickly. Others will say the history is less important than the discussion we need to have today). During the almost 40 years that have elapsed, some have suggested that subsidies should be phased out, by limiting eligibility in the future to those individuals who currently reside in Hadley House. Others have

suggested expanding the program to allow individuals who do not live in Hadley House to receive financial assistance from the Congregation. Still others argue simply for continuation of the status quo. A year ago, the Subsidy Policy was tweaked around its edges, but the fundamental issues were intentionally not addressed.

A discussion of the appropriateness of providing housing subsidized by the Congregation to certain tenants of Hadley House will likely bring another issue to the fore, namely the basic rental structure at Hadley House. Currently, the rents for the apartments at Hadley House are determined by a policy that is set forth in the Operating Agreement creating the LLC. Changes to that policy may be proposed by the Board of Managers, but all changes are subject to the approval of the UUCSR Board of Trustees. If one of the reasons for creating a quasi-independent Board of Managers was to bring in outside individuals with professional expertise to manage and operate Hadley House, then how much latitude will that Board of Managers be allowed if it seeks to modify the rent formula, and what will be the consequences if that formula is or is not modified?

All questions for another day.

Until next time,

Mark

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

CY22 Board of Trustees Meeting Schedule

7:00 PM (Locations TBD)

Monthly on third week except where indicated (*).

* Tuesday/Thursday, September 21 and 23, 2021

* Tuesday/Thursday, October 19 and 21

Tuesday/Thursday, November 16 and 18

Tuesday/Thursday, December 14 and 16

* Tuesday/Thursday, January 18 and 20, 2022

Tuesday/Thursday, February 15 and 17

Tuesday/Thursday, March 15 and 17

Tuesday/Thursday, April 12 and 14


Tuesday/Thursday, May 17 and 19

Tuesday/Thursday, June 14 and 16

UUCSR BYLAWS

A new version of the UUCSR Bylaws is available for printing or saving [HERE](#) or by logging in to MYUUCSR at uucsr.org.

Bylaws have been updated to include an Overall Spending Limit/ Operations and Funding Budget Resolution as approved at the February 3, 2019, Congregational Meeting. This was not properly noted in a recent bylaws distribution. We apologize for the omission.

A banner for the UUCSR Annual Meeting. The background is a photograph of the UUCSR building with a rainbow in the sky. The text "UUCSR ANNUAL MEETING" is in large white letters, followed by "JUNE 6 • 1 PM • VIA ZOOM" in smaller white letters. Below the banner is a light blue box with registration information.

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

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



Are you a Zoom user? Become a Power-User!

To access your Zoom profile, sign in to the Zoom web portal and click Profile. You can view and edit your personal information.

- To add or change your profile picture, click Change, then adjust the crop area on your current picture or upload a new one. You can also delete your profile picture if you wish.
- To change your name, click Edit on the right side.
- You can also add other profile information, such as your pronouns, location, titles, etc. Your profile picture, name, and other information you choose is displayed to other users when they hover over your profile picture.

EMPLOYMENT OPPORTUNITIES

The Unitarian Universalist Congregation is a special place to work—where one's job can be in alignment with values.

Positions open to non-members are:

- ◆ Zoom Hosts
- ◆ Facilities Technicians

For details, please visit <https://uucsr.org/employment/>

UUCSR Reopening Update

Our congregation continues to support an open faith community. Having open and welcoming community means that we must continue to protect and support those who continue to be unvaccinated. We must recognize that among our neighbors and friends are those who have yet to have access to the vaccine, those who have health conditions which make vaccination impossible, and young children who are not currently eligible for vaccination.



While the US Centers for Disease Control and NY FORWARD have issued new guidelines on mask mandates, UUCSR continues to request that those taking part in events and activities on the grounds and those entering the building continue to mask and maintain social distance.

Asking for proof of vaccination would exclude some we want to welcome. Additionally, we respect the privacy of each person and do not wish to require those in our congregation to have to inform the congregation of their vaccination status—we have never asked health questions. We can protect those who are yet unvaccinated, and those who may be immune compromised, by continuing to mask for now; masking does not harm those masked and helps others. We know that many want to celebrate the freedom from fear and anxiety represented by taking off our masks but are asking that we all hold on a little longer before we end the mask mandate at the congregation, so that we can all celebrate together.

The Board of Trustees has approved a Reopening Plan for June. The congregation will continue to remain on a three day per week schedule for property access but increase engagement opportunities both inside and outside of the building on those days. Masks and social distancing requirements remain in effect.

Please click for full details of the [Reopening Task Force Recommendations](#) (June 2021) and [Reopening Safety Plan](#) (June 2021). Changes from the May plans are visible in red.

Documents are also available at uucsr.org in the MYUUCSR section under the Member Resources tab. Log in with your User Name and Passord. For assistance, please contact Jen Sappell (jsappell@uucsr.org or 516.492.6064).

We look forward to continued steps toward being safely together again.

In faith,
The Reopening Task Force

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

2021 Virtual General Assembly (GA) Delegates Update: Non-Delegate Participation

DAC has received requests from several Shelter Rock members as to whether they can attend this year's virtual GA on their own; and, if so, will their registration be covered by our Denominational Affairs Committee GA budget?



The answer is yes, non-delegates may attend and, yes, their registration will be covered by DAC. If you have already self-registered, please bring a copy of your receipt to Elaine Corrao on Tuesday or Wednesday at the reception desk (lower level), or provide a copy via email (ecorrao@uucsr.org) or US Post to UUCSR, attention Elaine Corrao.

If you have not yet registered, please visit www.uua.org/ga and follow the links to register, pay your fee and get a copy of the receipt. Follow the instructions above and Elaine will process your reimbursement.

Long Island Area Council (LIAC) News

The representatives representing the Long Island Area Council (LIAC) continue to seek ways to continue their existence as they face lower membership, lack of full-time ministry, low religious education (RE) enrollment, and rising operational costs.

Topics they continue to discuss include:

- Do you think your congregation is sustainable over the next five years?
- What are you doing to make it so?
- How can you partner with other LI congregations to make your congregation stronger? Are you willing to consider some of the ideas generated at our last conversation?

Your comments are welcome. Please email DAC LIAC Liaison Jim Smith (smithjimvet@gmail.com).

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

Virtual Meeting with Rev. Alpar from Csikszereda

On Saturday, May 8, DAC members hosted a Zoom session with Rev. Alpar of the UUCSR Partner Church based in Csikszereda, Transylvania. Rev. Alpar was overjoyed to have the opportunity to share news with UUCSR members about the congregation in Csikszereda. During this challenging year, their community lost five members to COVID-19. The service has been conducted in person since September 2020, with restrictions on capacity and, of course, implementing social distancing. On the day we hosted the Zoom meeting, Rev. Alpar baptized three babies. Also, during that weekend, the congregation was getting ready to welcome nine new members.

During the call, the Rev. Zoomed in from his cell phone, so he would be able to walk around and give us a tour of the Church. The signs of the partnership between UUCSR and the Unitarian Church in Csikszereda were visible throughout the Church. The symbol of the Chalice was posted and the flag they received as a gift from the UUCSR members when they visited several years ago was installed on a wall, as well.

Rev. Alpar has a guitar which he is using during the service and he shared his belief that music brings harmony to the service because he believes that it brings people together. During our call, Rev. Alpar started singing and playing his guitar. He then invited us to join him, sharing his joy to be, “among friends with big hearts.” Even though we were separated by thousands of miles, we felt like there was no distance between us, as we were in the same room with him singing together the UU hymn, “Come sing a song with me.”

During the call Rev. Alpar shared some of his congregation's future initiatives, including renovating the sidewalk in the building's courtyard, replacing the windows in the residential wing, since their winters are harsh and the building gets rather cold in winter. Also, the window at the main entrance of the Church, which is relatively new, needs to be treated to better withstand the weather conditions because it is north facing. Toward the end of the call, Rev. Alpar introduced us to his family. We met his wife and three of their four daughters. As the participants after the call mentioned, “[the] visit with Rev. Alpar was wonderful.” “It was a moving experience,” and that meeting the Reverend's family was an “extra treat.”

Rev. Alpar expressed his sincere gratitude for the support provided by UUCSR during this challenging year, and he mentioned that it could not have been provided at a better time. It was heartening to receive positive feedback from the UUCSR members who participated in the call: “The warmth that was exchanged among us all that day was greatly appreciated... [This call] was a reminder that we at UUCSR must reach out more often and extend a helping hand to others, here and abroad.”

Elena Litescu, Liaison
DAC Partner Church Program

**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!
uucsr.org/stories



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

MUSIC AND PERFORMING ARTS COMMITTEE
Rachel Zampino, Chair

Scholarships Announced!

The Nassau Music Educators Association has chosen the winners of this year's Edward Miller Memorial Music Scholarship.



Edward Miller

Scholarship Coordinator Barry Nobel announced that fundraising efforts will permit two scholarships in 2021.

Each winner will receive a certificate and a check for \$3,000.



Barry Nobel

Erica Garcia of Plainedge HS plays cello and will be attending the Cleveland Institute of Music (OH) in the fall.



Emily Bergin of Lynbrook HS plays string bass and will be attending Oberlin Conservatory of Music (OH) in the fall.

Thank you to all who contributed and participated in the *Cabaret* fundraiser!

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Veatch's Early Commitment to the Movement for Black Lives

2020 revealed how sobering, unequal, and fragile our democracy is—but it also demonstrated the unmistakable power and deftness of leaders in the movement for Black liberation and freedom. The Veatch Program was an early philanthropic partner to many of the organizations on the frontlines of this new path.

Veatch grantees including [Movement 4 Black Lives \(M4BL\)](#), [Black Lives Matter Global Network Foundation](#), and [Black Voters Matter](#) are running sophisticated campaigns for police reform, and seeking new investments in public safety, climate justice, electoral justice, and civil rights. These groups have used the Veatch Program's general operating funding to scale quickly, hire new staff, receive and regrant millions of dollars, and coordinate actions and policy campaigns.

Despite these gains, Black-led organizations rarely receive flexible funding to enable them to strategize across issues, or pilot



Members and staff of Black Voters Matter during the Georgia runoffs

new solutions to the country's intractable, centuries-long problems of systemic racism and patriarchal violence. As movement leaders mobilize new resources and imagine long-term solutions, they also run campaigns that seek to divest from policing systems that contribute to violence and redirect those resources towards opportunities to expand positive life outcomes for all communities.

This year, M4BL network partners in Illinois [won a campaign to end cash bail](#) for defendants who can't pay. After historic turnout numbers in Georgia's presidential elections, Black Voters Matter mobilized [even higher turn-out](#) for the Georgia Senate run-offs. The Georgia state legislature's backlash on protesting and voting is just one example of how general operating support can continue to support organizations like Black Voters Matter as it maneuvers to advance justice.

This week, on the anniversary of the murder of George Floyd, we reflect on the critically important, morally and politically necessary work of these grantees. Look out for more detail on each and in the next Veatch News Update ([subscribe here](#)).

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.

LGBTQ+ SUB-COMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Susan Roberts, Chair

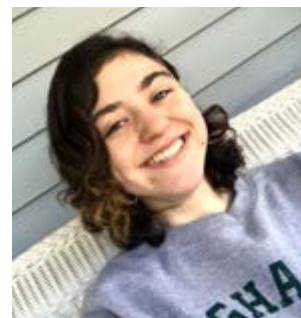


Members of the LGBTQ+ Sub-Committee are excited to announce Katie Ralph as the new chair.

Born and raised a UU, Katie has been coming to UUCSR since the age of 3 and Shelter Rock played an essential role in shaping who she is today.

In seventh grade, adults in the congregation began to give Katie opportunities to develop her innate leadership talent. In eighth grade, she started attending youth conferences and fell in love with the UU community as a whole. Throughout high school, Katie served as a representative for Shelter Rock on the Metro District's Youth-Adult Committee to plan conferences and discuss other youth-related issues. Katie served as liaison between middle school and high school events and as the Queer Caucus leader for two years.

More recently, Katie served as dean for a youth conference in 2016 and a young adult conference in 2020. She was part of the UUA's Youth Ministry Roundtable which collaborated with a national coalition of UU young adults to start the Youth Ministry Revivals, weekend-long events that seek to inspire, innovate and celebrate Unitarian Universalist youth ministry.



This month, Katie received her undergraduate degree from Binghamton University State University of New York with a major in social work. She identifies as pansexual, and uses she/her pronouns.

Katie is excited to share her experiences and learn from working with the LGBTQ+ Sub-Committee. Like the LGBTQ+ Sub-Committee, she hopes we can all learn more about how UUCSR can bridge the gap between adults and young adults.

First-Ever Port Washington Pride Walk and Celebration Saturday, June 12, 1:00 PM

Created by Lauren Sheen, Melanie D'Arrigo, and Megn Brnet. There will be a Pride Walk along the water (beginning at Stop and Shop) followed by a celebration at Sunset Park with live music and more. Come support the LGBTQIA+ community!

Sign up for occasional eblasts about LGBTQ+ items in the news [HERE](#). You'll receive a carefully curated set of links to stories and articles relevant to the LGBTQ+ community.

Contact Sharyn Esposito to sign up for emails from the LGBTQ+ Committee about meetings, and educational happenings [HERE](#)

Your contact info will never be shared and you may unsubscribe at any time.

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator



UUs Working for Justice in New York State

Recently, at a congregational meeting, UUCSR affirmed the Eighth Principle: “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.” One way to dismantle racism and other oppressions is by partnering with local organizations that share and address UU values.

This is the mission of the NY UU Justice Network (NYUUI): “to build justice and power in New York by connecting Unitarian Universalists with one another and with partners who share our values; by learning from those most engaged in the struggle for justice and following their lead; and by activating collective power to advocate for a just New York.”

Our organizing team, comprised of Rev. Kristina Church, UU Congregation of Erie, PA and the First Unitarian Society of Westchester; Rev. Peggy Clarke, Senior Minister, Community Church of New York; Rev. Kimberly Quinn Johnson, Unitarian Universalist Congregation of the South Fork; Rev. Sam Trumbore, First Unitarian Universalist Society of Albany; Peggy Sherman, a past president of the First UU Society of Albany and a past board member of Interfaith Impact; and myself, began meeting twice a month in March 2020. We had one in-person meeting before the pandemic shut everything down. Since then, we have been meeting virtually.

At our meetings, we discuss the nitty-gritty of founding a not-for-profit organization: defining our mission, vision, and values; deciding what our programs and services will be; plotting how we will communicate who we are; what our governance plan will be; writing an operational plan; creating a plan for evaluation to measure our impact; and of course, drawing up a financial plan.

To move this project forward, we will hire a half-time, experienced organizer to begin work in August. The organizer will connect with volunteer leaders and teams in congregations, facilitate partnerships among UU congregations and partner organizations, support statewide campaigns, coordinate gatherings and activities, and share training and other resources. In preparation for this hiring, the Organizing Team will incorporate NYUUI and become its founding Board of Directors.

At each of our meetings, we make progress on several items on our “to do” list. For example, to date we have raised \$13,047 from congregations and other UU-related organizations. We have applied for a \$20,000 grant from the UU Funding Program Fund for UU Social Responsibility. We have sent an appeal letter to

each congregation. Those who respond with a donation become Founding Members. We hope that all New York congregations will become NYUUI member congregations, which will allow their delegates to vote on NYUUI governance and priorities.

Individuals can also donate. Because we do not yet have status with the IRS, the First Unitarian Universalist Society of Albany (FUUSA) is acting as fiscal sponsor. We welcome individual donations via checks made out to FUUSA, with NYUUI in the memo and mailed to New York UU Justice, FUUSA, 405 Washington Avenue, Albany NY 12206. Let’s work together to grow our NY UU Justice network!

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 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. (Donations will no longer be received 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.



Wednesday, June 2, 2021 PM, 3:00 PM

Virtual Racial Justice Sub-Committee Meeting

Join Zoom Meeting [HERE](#). Meeting ID: 925 4548 4255 Passcode: 274017. Or call 646 558 8656.

Monday, June 7, 2021, 3:00 PM

Mental Health Sub-Committee Zoom Meeting

Join Zoom Meeting [HERE](#). Meeting ID: 961 1172 2450 Passcode: 843684. Or call +1 646 558 8656.

Wednesday, June 9, 2021, 6:00 PM

Social Justice Committee Virtual Meeting at 6:00 PM

Join Zoom Meeting [HERE](#). Meeting ID: 923 4682 3572 Passcode: 889751. Or call +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.



Summertime Fun! 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 summertime fun!

Away, written by Emil Sher, illustrated by Qin Leng

The Night is Yours, written by Abdul-Razak Zachariah, illustrated by Keturah A. Bobo

How to Code a Sandcastle, written by Josh Funk, illustrated by Sara Palacios

Just and Joyful: Online Children's Worship for All Ages
Sunday, June 13, 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 is the final Children's Worship of the congregational year and we hope to see you all at this extra-special service called *Liberation in June*, where we will hear justice stories of abolitionism and LGBTQ liberation.

On June 13: A young Black girl wakes up one June morning in Texas, not yet knowing that this will be her and her family's last day as slaves, and that their lives will be *All Different Now: Juneteenth, the First Day of Freedom*, by Angela Johnson & E.B. Lewis. Then, we'll meet Harvey Milk, a man with a dream that gay people would soon be treated as equals. One day, Harvey asks his friend, Gilbert Baker, to create a symbol for the gay liberation movement. And on June 25, 1978, this new symbol, the Rainbow Flag, flew proudly at the front of the march in their home of San Francisco. Come be inspired by the legacy of Harvey, Gilbert, and the Rainbow Flag when we read *Pride: The Story of Harvey Milk and the Rainbow Flag*, by Rob Sanders and Steven Salerno.

Together, we will explore how people celebrate their freedom from oppression, 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.

Grants Available for UU Summer Camps!

Are you looking for a fun, inclusive, and spiritually nourishing place to send your kids to camp this summer? There are several Unitarian Universalist summer camps for children and youth. The UUCSR Religious Education program budget provides grants to children and youth to attend these camps. Every child/youth of a congregational member is eligible for a grant of 18 percent of standard enrollment costs towards one week of camp. If your child/youth will be attending a UU Camp or Conference Center this summer and would like to have a grant from UUCSR, please call Jessica Pond at 516.472.2914 or e-mail jpond@uucsr.org and let us know.

UU camps include:

Star Island (<https://starisland.org/programs/>)
Ferry Beach (<http://www.ferrybeach.org/>)
The Mountain (<http://themountainrlc.org/>)
Sophia Fahs Camp (<http://www.liacuu.org/Fahs/>)
Camp Unirondack (<https://www.unirondack.org/>)
Clara Barton Camp (<https://www.bartoncenter.org/>)
Murray Grove ([Grades 4-7](#) and [Grades 8-10](#))
Another UU summer camp of your choice

Registration may not yet be open for certain camps due to pandemic-related delays, so you may need to check their websites frequently. Some camps have virtual options and/or may be virtual-only.

A special note about the Sophia Fahs Camp: Registration is now open! All LIAC (Long Island Area Council of Unitarian Universalist Congregations) and CER (Central East Region of the Unitarian Universalist Association) UU congregation members are eligible for a \$50 per camper discount by completing registration by May 31.

Please feel free to reach out to Jessica Pond or Carson Jones with any questions.

UU Kids Connect Summer Program: 6 Weeks, 6 Sources!
Parent Orientation, Wednesday, June 30, 8:00 PM
Live on Zoom [HERE](#).

This July and August, the cross-congregational team of religious educators that brought you last summer's wildly popular examination of the 8 Unitarian Universalist Principles are back to guide you through an exciting new adventure of diving into the 6 UU Sources! Each week, UU Kids from all over North America will come together for this dynamic exploration into the building blocks of Unitarian Universalist identity through stories, songs, and activities.

All are welcome to learn all about the super-fun we have planned!

Registration will open soon and please feel free to reach out to Carson Jones at cjones@uucsr.org with any questions.

ADULT PROGRAMS COMMITTEE

Bob Nuxoll, Chair

Soulful Songs and Stories



The next theme is *Decluttering Our “Friends” List*. We may have to whittle down our list of superficial or infrequent friendships when the lockdown eases, so that we can nurture the strong, core friendships we really need—or, at the very least, jettison toxic relationships. Joni Mitchell provides the theme song, “Both Sides Now,” and Gina Pell and Amy Parker provide the lead story. There’s lots more music, with and without words, to accompany the ideas of Richard Wright, Viktor Frankl, Maya Angelou, Dorothy Allison, Rev. Dr. Jacqui Lewis, and others.

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

Alice Giordano and Steve Marston

Great Books—Great Conversations

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.

Short Stories by Ernest Hemingway

Friday, May 28 “Old Man at the Bridge,” “Indian Camp”

Friday, June 4 “Snows of Kilimanjaro”

Friday, June 11 “Soldier’s Home”

Friday, June 18 “Hills Like White Elephants,” “The Killers,” “Fifty Grand”

Friday, June 25 “A Clean, Well-Lighted Place,” “The Light of the World,” “The Gambler, the Nun, and the Radio”

Dramatic Readings

Saturday, June 19, 6:00 PM

[Live on Zoom HERE](#)

Meeting ID: 953 4647

4715, Passcode: 396210

Or call 1 646.558.8656



Dramatic Readings

The Nerd, by Larry Shue is a hilarious farce about selflessness vs. selfishness—a shy, unenterprising architect named Willum reconnects with the man who saved his life in Vietnam years before, but this hero turns out to be an obnoxious “nerd” who becomes Willum’s forever houseguest. But is everything as it seems?

Please contact Jessica Pond at jpond@uucsr.org to RSVP and to request either an emailed PDF of the play or a mailed copy.

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 GROUP

Maria Ceraulo, Chair, Women's Issues



Positive About Positivity

I'm sure. I'm positive. The new body positivity movement is a great thing. All bodies are good bodies. Everyone is worthy of self love. Everyone deserves to feel beautiful and worthy.

For far too long, many women subjected themselves to constant dieting, exercising, and even surgery to achieve a Barbie physique. For many women, Barbie was a beloved, harmless toy. For too many others, she was a constant reminder that one could never measure up. Some studies found that girls as young as 5–8 years of age experienced reduced body esteem just from looking at Barbie. Fifty percent of girls were found to be unhappy with their bodies,

As summer approaches, many find that they're at war with their bodies. How will they reach their goal weight, fit into a flattering bathing suit? As a younger woman, I can remember the anxiety. As an older woman, I continue to spend too many hours thinking about my weight and trying to shrink my body down into a more slender one.

Body positivity is a social movement focused on empowering individuals no matter their physical weight or size, while also challenging the ways in which society presents and views the physical body. The movement advocates the acceptance of all bodies regardless of physical ability, size, gender, race, or appearance.

What a relief to know that attention is being paid to bodies that are not like Barbie's. When plus sizes are a size 8 for models even though the average American woman is a size 14, it's gratifying to know that different body types are nothing to be ashamed of. You no longer have to be thin, white, and straight.

As I researched this topic, I found that not everyone agrees. Lizzo, who graced the cover of Vogue, claims that the term, body positivity, has become "a trend of liberating medium and small girls and people who occasionally get rolls." "Fat people are still getting the short end of this movement."

Although there are many criticisms of the body positivity movement, I remain positive. It beats eating disorders at worst and never measuring up to an arbitrary standard at least. All deserve to make peace with the body they have and be comfortable with who they are.

Women's Group Annual Meeting and Election: Saturday, June 12, 1:00 pm

The Women's Group Cordially Invites you to participate in interactive discussion and the election. Registration required [HERE](#). After registering, you will receive information about joining the meeting.

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 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>Hachiko: A Dogs Story</i> (Netflix)
June 25	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, 3:30 PM**

Please contact
Sharyn Esposito to learn
more (sesposito@uucsr.org or
516.472.2960).

Fridays	Book Titles
June 18	<i>The Water Dancer</i> , by Ta-Nehisi Coates, led by Diane Mansell
July 16	<i>Less</i> , by Andrew Sean Greer, led by Patti Paris
July 23	<i>Overstory</i> , by Richard Powers, led by Patti Paris
August 20	<i>Hamnet</i> , by Maggie O'Farrell, led by Maria Ceraulo

MEN'S GROUP
Bernard FitzGerald, Chair

**END OF YEAR
BARBECUE
*** PARTY *****

TAILGATE DINING
Sunday, June 27, 2021

12:00 - 3:00 PM
Main Parking Lot
\$5.00

Delicious BBQ fare - Hamburgers, Veggie Burgers, Hot Dogs, Sausage, Salads, Chips, Ice Cream and Cookies. Beverages include Beer, Wine, Soda, Coffee and Tea. Bring your family and enjoy fellowship, food, and music.

Sing & Dance
with Any Given Sunday Band!

Open to all adult members
and their guests!

Facilitator: Bernie FitzGerald



<https://uucsr.formstack.com/forms/2021bbq>

RSVP online by 6:00 PM on Tuesday, June 22, 2021
or with Sharyn Esposito at 516.472.2960 or sesposito@uucsr.org

HADLEY HOUSE
Hadley House Residents' Association

Hadley House Rejoices

Return to normal living has us rejoicing, with the reopening of our Lounge and Solarium for resident gatherings and programs. Our garden once again is blooming magnificently and our community is moving forward.

Hadley House is amazing! Almost all residents have completed the full course of vaccine. Despite COVID restrictions and isolation, our leadership has been inventive in maintaining our connections. The "Weekly Blast" and daily "Neighbor Notes," lovingly delivered to our doors, has kept us all informed and in touch regarding resident news and activities. Among the high points was the celebration of Annette Krauss' 100th birthday outdoors on a perfect day in late March.

We discovered new ways to utilize the limited spaces available to us, and we saw things with new eyes. For example, the elaborate frame around the mirror in our lobby became a perfect display case for decorations. As the months passed, our lobby became the focal point for every holiday on the calendar and a few new ones!

It is difficult to say goodbye to Nancy and Rick Van Dyke, who are moving to Chicago at the end of June. Nancy and Rick have been active and beloved leaders here at Hadley House and in the congregation. Their efforts to organize and shore up residents during Superstorm Sandy, when we had no heat and electricity for a week in late fall, will long be remembered. They embody the Hadley House "Alive" spirit, and will be missed by all.

Nancy served at UUCSR as president of the Congregation and vice chair of Veatch. Rick served UUCSR as chair of Veatch, and in the larger denomination, as president of the Board of the Unitarian Universalist Service Committee. We are reminded that when one door closes, another opens. COVID has pushed us to become proficient with Zoom, so now we can easily stay in touch. We wish them good health and much happiness in their new home and with their family.

We reflect with gratitude on how well our residents worked together to maintain a sense of community. We are all thankful for the support received this past winter from one another, our staff, Susan Bagnini and Adrian Mesareja, our Manager Don Einsidler; and our new Board of Managers. So as the crisis of COVID passes, Hadley House emerges wiser for the experience. We can't help wondering what new adventure awaits? Whatever it is, we are up for the challenge. There is an Israeli folk song from the kibbutz, "Zum Gali Gali," which means there's more work to be done.

Nancy Jacobson, Jerry Jalazo, Barbara Singer, Lilyan Strassman

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

ClimateGates

There are many books about climate change. Each book explains the causes and consequences if the problem is ignored, then offers solutions. A new addition is *How to Avoid a Climate Disaster*, by Bill Gates. The book contains a wealth of information, but also a point of view that warrants discussion.



It can be difficult to understand how a change of a few degrees in average global temperature can have extreme consequences. Gates mentions that during the last ice age, the average temperature was just six degrees centigrade lower than it is today. In the age of dinosaurs, with a temperature 4 degrees warmer than today, crocodiles lived north of the Arctic Circle.

What is unique is Gates' choice of the main cause of climate change culprit: not transportation or heating and cooling, but things we make. We make steel from iron ore by removing oxygen and adding just enough carbon to provide strength without loss of flexibility. The chemical reaction releases 1.8 tons of carbon dioxide for each ton of steel produced. Also, making cement requires calcium oxide (quick lime). Here the CO₂ emitted is equal in weight to the cement manufactured. Making plastics is also energy intensive. Bill Gates sees the rest of the world moving toward our life style as the primary driver of climate change.

Missing from the book is a treatment of regenerative farming methods. Indeed, Gates favors widespread use of GMO monoculture seed over seed saving. He has the highest praise for the Haber-Bosch process, which is used to make synthetic fertilizer. Other writers would argue that almost half the problem of carbon sequestration lies in better farming using no-till methods.

Most striking is that Bill Gates dismisses the benefit of planting trees to combat climate change. As a nation, we estimate the emission of more than 5 billion tons of CO₂ annually. Converting all the acreage currently devoted to growing feed corn for cows into dense woodland would sequester most of these emissions. Of course, we are not likely to do that. However, a more moderate conversion to silvopastures for livestock, along with reducing food wasteland and adopting a more plant-based diet would go a long way.

To be sure, there are technological problems requiring technological solutions. Energy storage is a prime example. Nuclear energy will play a role. Submarines are nuclear powered; perhaps all shipping should be. However, as the saying goes, "not every problem is a nail...."

Jim Peters for the Green Sanctuary Committee

Sponsored by Green Sanctuary Committee

Walkabout with Friends

Sunday, June 20

Raindate: June 27

Tours begin at 1:00 PM

Come celebrate the Summer Solstice with the Green Sanctuary Committee on small group tours of the UUCSR campus. Tours will feature three gardens: Community, Wildflower, and Butterfly, areas of the woods, special trees, and other items of interest.

Upon registration, you will be notified of your tour time. Please meet in the Main Lobby.

Please bring your own beverage in a reusable container.

Registration required
by 5:00 PM, Thursday, June 17:
[https://uucsr.formstack.com/
forms/walkabout](https://uucsr.formstack.com/forms/walkabout)

For information, please contact
Sharyn at sesposito@uucsr.org
or 516.472.2960

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 26, 2021

6:00 PM, Virtual Ukulele (Practice Only)
7:00 PM, GS Virtual Film Screening and 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
7:00 PM, Right Relations Committee Meeting
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 Participant 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-Memorial Day: *Though Poppies Grow*, Rev. Oscar Sinclair, Guest Minister
12:00 PM, Virtual Coffee Hour

MONDAY, MAY 31, 2021

Building Closed-Memorial Day Holiday
9:00 AM, "In Service to Our Nation" Special Video: Past and Present Service Members
9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry

TUESDAY, JUNE 1, 2021

10:00 AM, Outdoor Yoga with Mike Mancini
11:00 AM, Living Solo While Distancing
7:00 PM, Agenda Planning Meeting
7:00 PM, Small Group Ministry First Tues Mtg
7:30 PM, DAC Meeting
7:30 PM, President's Operations Task Force

WEDNESDAY, JUNE 2, 2021

10:00 AM, Caring Hearts Quilters, Art Gallery
11:00 AM, Crafting for Sanity and Community
12:30 PM, Bridge Game Play, Art Gallery
12:30 PM, Virtual Women Talk Daytime Zoom Meeting
2:00 PM, Messages
2:00 PM, Wednesday Afternoon Conversations
3:00 PM, Virtual Racial Justice Task Force
4:00 PM, Yoga for Joy and Balance
6:00 PM, Futures Ad Hoc Committee Meeting
7:00 PM, Publicity and Promotions Comm

THURSDAY, JUNE 3, 2021

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

FRIDAY, JUNE 4, 2021

11:00 AM, Small Group Ministry Facilitators
12:00 PM, Great Books-Great Conversations
2:00 PM, Meditative Moment
6:30 PM, LGBTQ+ Zoom Gathering
8:30 PM, Virtual Film Discussion-*The Octopus Teacher*

SATURDAY, JUNE 5, 2021

9:00 AM, Spotlight On Filmshoot, Main Building
9:00 AM, Transgender Inclusion in Congregations (Saturday group discussion)
10:00 AM, Caring Committee Meeting
10:00 AM, Stories From the Rock Participant Workshop
11:00 AM, Yoga on Zoom with Mike Mancini
7:30 PM, Stories from the Rock Event!

SUNDAY, JUNE 6, 2021

10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *Coming of Age*, Rev. Dr. Natalie Fenimore
12:00 PM, Outdoor Coming of Age Family Service, Grounds
12:00 PM, Virtual Coffee Hour
1:00 PM, Annual Congregational Meeting

MONDAY, JUNE 7, 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
3:00 PM, Mental Health Sub-Committee Mtg
7:00 PM, RE Committee Meeting

TUESDAY, JUNE 8, 2021

10:00 AM, Outdoor Yoga 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
6:30 PM, Veatch BOG June Grants Meeting

WEDNESDAY, JUNE 9, 2021

10:00 AM, Caring Hearts Quilters, Art Gallery
11:00 AM, Crafting for Sanity and Community
12:30 PM, Bridge Game Play, Art Gallery
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
6:00 PM, Social Justice Committee Meeting
7:00 PM, Summertime Fun! Bedtime Stories
7:00 PM, Developmental Ministry Trans Team
7:30 PM, Small Group Ministry Second Wednesday PM meeting

THURSDAY, JUNE 10, 2021

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

FRIDAY, JUNE 11, 2021

12:00 PM, Great Books-Great Conversations
2:00 PM, Meditative Moment
6:30 PM, LGBTQ+ Zoom Gathering
8:00 PM, Soulful Sundown
8:45 PM, Virtual Film Discussion-*Set It Up*

SATURDAY, JUNE 12, 2021

10:00 AM, Women's Group Virtual Annual Meeting and Election
11:00 AM, Yoga on Zoom with Mike Mancini
4:00 PM, Soulful Salutations-Men's Beginner Yoga

SUNDAY, JUNE 13, 2021

9:30 AM, Small Group Ministry Second Sunday AM Meeting
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: *Remembering to Play*, Rev. Dr. Natalie Fenimore, Veatch Lawn
11:05 AM, *Just and Joyful*: Online Children's Worship for All Ages
12:00 PM, Thrive & Revive with Organic Juice and Teas Seasonal Cooking Class, Main Kitchen
12:00 PM, Virtual Coffee Hour
12:30 PM, Men's Group Zoom Meeting
1:30 PM, Small Group Ministry-First Sun Mtg
5:00 PM, Transition Team Meeting

MONDAY, JUNE 14, 2021

9:30 AM, Medical QiGong for Senior Health
2:00 PM, Meditation and Poetry
4:00 PM, End of Life Choices

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 26, 2021

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ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, June 9, 2021 | Deadline for Content: Thursday, June 3, 2021



Sponsored by the Social Justice Committee

Sunday, June 13, 2021

1:00–3:00 PM

Main Parking Lot at Café Entrance

***Thrive & Revive with
Organic Juice and Teas***

IN-PERSON SEASONAL COOKING CLASS

It has been a tough year and it is time to get back on track for some much-needed self-care! We will demonstrate ethical, easy, and economical plant-based recipes to balance and sooth your mind, body, and spirit with comfort foods and enjoy the benefits of healthy eating.

You will learn:

- How to create mindful balanced juices and teas
- How to experiment with foods that will revive you
- Techniques for easy preparation
- About the Clean 15 and Dirty Dozen foods
- Eating local and learn organic versus non-organic

You MUST register in advance and you will receive an email with COVID guidelines. To register, please contact Sharyn Esposito at sesposito@uucsr.org and inform of any food allergies.

Be prepared to participate. Children are welcome.

Fee payable at event, cash only. Due to budgetary constraints a suggested donation of \$5 is appreciated!