June 23, 2021

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

June Monthly Theme: Play

Circle 'Round for Justice, Healing, Courage Streamed from Virtual General Assembly (GA) 2021. * Join in the largest annual worship gathering of UUs at this year’s GA worship experience featuring worship leaders of First Universalist in Minneapolis, a congregation that has been a model of shared ministry and what it means to put the work of dismantling white supremacy and building anti-racist, anti-oppressive practices at the center of their ministry. Their leadership exemplifies some of the best practices that are possible when we embrace the work of shared ministry rooted in love and justice.

Democratic, Through My Eyes Rev. Johnson wrote, “When I first heard, years ago, that the word DEMOCRACY was nowhere in the Constitution or the Declaration of Independence I was startled. This could not be true. Our government is a democracy! As it turns out, our Founders actually feared democratic rule. The Founders preferred the word REPUBLIC. My sermon will share the truth about the differences between the two words.”

Soulful Sundown Features spoken word woven with music from The Cosmic Orchestra: “Where music lies at the heart of the religious experience.” *

The Spiritual Insight of Evel Knievel When asked why he repeatedly took his life into his own hands with his daring stunt jumps, 1970’s stuntmaster Evel Knievel said, “I love the feeling of the fresh air on my face and the wind blowing through my hair.”

We are now ending our congregational year with COVID vaccines available and lockdown eased. Many in the congregation have already gotten out and about. We are once again able to gather with family and friends. We are once again coming together for congregational programs, events, and Worship Services. Planning is underway for Homecoming in the fall. I know the rush to get back to life and all the activities that have been missed. But take a moment to reflect on the ways that you have experienced grief, or built resilience, or welcomed change, or embraced joy in the midst of it all.

We must not forget what we have all been through—this time will leave a mark: many still grieve, much was lost that will never be regained. There were lessons learned about inequities in our world. We made commitments to meet the challenges of making sure that inequalities do not continue.

We learned that our community of faith is strong and can be made stronger. We learned that we are important to one another—that we need one another. Let this summer’s sun wash over us and bring rest and healing—and energy for the just and joyful rebuilding to come.

We bid farewell to our Student Minister, Alia Shinbrough. Alia’s last day is June 30.

* 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.
Alia has been a gift and a blessing to us. Alia came to UUCSR not expecting all the changes and challenges that the COVID pandemic would bring. But with kindness, intelligence, and grace, they have given of themselves to this community. It has been a joy for us to have Alia as a learning minister this year. They made a substantial contribution to the process of figuring out how to be a virtual and in-person congregation. We will miss their questions, their creative energy, their deep reflections, and their laugh. We wish Alia continued success on the path to their ministry. Please feel free to contact Alia at ashinbrough@uucsr.org to say farewell.

The Rev. Dr. Natalie Maxwell Fenimore

Unfinished Work (Part III)

This is the third and final Quest column in a series entitled Unfinished Work. It is also my final column as President of the Congregation. Without a doubt, the past two years have been a period of challenge, sadness, fear, and a myriad of other emotions. Like you, I have experienced many of those emotions personally. We are also at a crossroads. It is easier to see that we are at a crossroads because we are coming to the other side of a global pandemic, the likes of which has not been seen in over 100 years. It is also easier to see the crossroads because of the decision the Board made almost three years ago to engage a developmental minister, Rev. Jaye Brooks, whose work with the Board of Trustees and the Congregation has cleared the undergrowth and has revealed more clearly the alternative paths that are in front of us. Lastly, it’s been my experience that we always seem to be at a crossroads of one type or another, even if it is only a need to engage in self-examination. It is who we are.

At its two meetings in June, the Board of Trustees made one particular decision and started down two other paths of discernment about which I want to report.

At its meeting on June 17, the Board voted to modify the Hadley House Rent Policy for the 8 two-bedroom apartments in Hadley House effective immediately. The modification changes the basic formula for rent from what is essentially, a cost-based system (based on the actual operating and capital costs incurred by Hadley House) to a system where rents will be set at or below the higher Nassau County Fair Market Rent as determined by the United States Department of Housing and Urban Development. The Hadley House LLC initial proposal had been to modify the Rent Policy for all apartments at Hadley House.

At its meeting on June 15, the Board of Trustees received the Memorandum from Perlman and Perlman, LLP on Alternative Structures for the UUCSR Veatch Program. The Board spent close to 90 minutes discussing the 22-page report in executive session with the partner at Perlman and Perlman who had drafted it. Although the Board made no decision with respect to releasing the report to members of the Congregation, there did seem to be an evolving consensus to create a Task Force that would include Trustees, Governors from the Veatch Board, and some others. Such a task force would be charged with deciding how to discuss the issues raised by the Report with the Congregation.

At its meeting on June 15, the Board received a report from the three Trustees who had been asked in April to explore certain aspects of governance and ministry at UUCSR, including the possibility of creating a position of “Lead Minister” at Shelter Rock. Although the three Trustees were not ready to present a proposal...
to the Board, they, nevertheless, were seeking consensus to move forward with a plan that would name Rev. Dr. Natalie Fenimore as Lead Minister for two years during which time clarification of the position of Senior Minister and a search will begin.

As I wrote at the beginning of this column, there are lots of important issues to be discussed and decided by the Congregation. I wish only that during the last 2 years, we could have traveled together a little further down this path. However, as I said at the Annual Meeting, whether Jana, who becomes President of the Congregation on July 1, moves in the same direction I traveled, takes a different route, or chooses a different destination, I have every confidence in her that she will choose what she believes to be in the best interests of the Congregation.

Thank you for your trust during these past two years.

Mark

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

Are you a Zoom user? All Zoom users experience issues now and then, and we often troubleshoot together, sometimes during meetings.

Audio problems are common, particularly on mobile devices.

Learn about details of common mobile issues on the Zoom Help Center HERE.

**Employment Opportunities**

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

Positions open to non-members are:

♦ Zoom Hosts
♦ Facilities Technicians

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

**COVID-19 Grant Task Force**

Special Announcement:

In spring of 2021, members of the congregation voted to approve grants totaling $500,000 to local organizations giving direct services to those in Nassau, Suffolk, and Queens. Grant-recipients criteria were to include: food insecurity, homelessness, mental health, loss of parents or guardians, and educational disadvantages in children due to the COVID-19 pandemic.

The Board of Trustees (BOT) is now pleased to announce that 19 organizations were approved in June, 2021 for grants for direct services related to the pandemic. All of the organizations are addressing pandemic-related emergency needs in their communities, and many have expanded or modified the services they were engaged in to support people in crisis. These organizations have dedicated, hardworking and creative leaders and it is the belief of Board members that they will use our grants to make a real difference to the people they serve.

The first 15 organizations will receive $20,000 each and the final 4 organizations will receive $50,000 each, according to criteria approved by the Congregation. They are:

1. La Jornada, Food, Queens*
2. Queens Together, Food, Queens
3. Sunnyside Community Services, Food and children suffering from educational disadvantages, Queens
4. CARECEN, Children who have lost a parent or guardian, Nassau
5. Choice for All, Food, Nassau*
6. Island Harvest, Food, Nassau and Suffolk
7. Littig House, Food and homelessness, Nassau*
8. Long Island Crisis Center, Mental health, Nassau
9. Manhasset/Great Neck EOC, Children suffering from educational disadvantages, Nassau*
10. NAMI Queens/Nassau, Mental health, Nassau and Queens*
11. New Ground, Housing, Children suffering from educational disadvantages, Nassau and Suffolk
12. St. Aloysius, Food, Nassau*
13. Housing Help, Homelessness, Suffolk*
14. OLA of Eastern LI, Mental health, Suffolk
15. Sepa Mujer, Mental health and homelessness, Suffolk*
16. ELMCOR, Mental health and food, Queens*
17. Central Nassau Guidance and Counseling, Mental health, Nassau*
19. North Shore Child and Family Guidance, Mental health, Nassau*

* Received smaller COVID-19 related grant from UUCSR last year.

COVID-19 Task Force: Terry Bain, chair, Iliza Bartels, Claire Deroche, Rev. Dr. Natalie Fenimore, Rebecca Smith, Marsha Stone, and Jane Weiler
2021 VIRTUAL GENERAL ASSEMBLY (GA)

Service of the Living Tradition | Thursday, June 24, 2021 | 7:00 PM

One of the highlights of any GA is the Service of the Living Tradition (SLT). It is a time when UU Ministry is featured, specifically those who have been granted fellowship, those who have achieved final fellowship, as well as those opting to retire after years of successful ministry. An honor roll of those who have passed away since last year’s GA is also included.

Keynote Speaker for SLT is Shelter Rock’s Rev. Dr. Natalie Fenimore! Assisting Rev. Natalie as Music Director for the event is Shelter Rock Music Director Stephen Michael Smith; Stephen will be conducting a choir of singers who are all ministers. This has long been a tradition of the SLT. Also important is the offering, which is a collection of funds sorely needed to assist UU ministers who have retired with little or no pension.

Registration Reimbursement Available

UUCSR members are still welcome to take advantage of the Board of Trustees’ offer to cover the cost of Virtual General Assembly registration and attend the General Assembly independent of delegate status. Full (paid) registration is the only way to view the full program in its entirety. Please contact Elaine Corrao (ecorrao@uucsr.org) for registration reimbursement information.

Registered attendees will be able to see these presenters of note, among many others:

- Rev. Ned Wight (former UUCSR Interim Minister and Veatch Program Executive Director) is preaching in the UU Service Committee Service (#7301).
- Rev. Kimberly Quinn Johnson (Board Member, Black Lives of Unitarian Universalism) is presenting several programs.
- Susan Roberts (UUCSR LGBTQ+ Committee Chair) is leading a workshop (#657).

General Assembly 2021 Online Video Available to the Public (Free and without registration) www.uua.org/ga/off-site/2021

Some Virtual General Assembly programs such as the Service of Living Tradition described above are available to the public without registration.

Public events from General Assembly (GA) 2021 will be live-streamed HERE, June 23-27—no registration required. Watch General Sessions, Candidates Forum & Info Session, Service of Living Tradition, and Synergy Bridging Worship. An online chat will be available during live events. On-demand video will be available after each event concludes.

On, June 27, 2021, GA Sunday Worship Service will be streamed at 11:00 AM at uucsr.org/worship, and at noon at address above.
Soulful Salutations Series

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

Living Solo
New time: 10:00 AM, Thursdays, June 24, July 1, 8, 15, 22, 29
Replacing feelings of isolation with camaraderie and companionship through intentional community. All those who reside alone are welcome to attend this virtual group.

Milestones

We mourn the death of... Hyman (Hy) Livingston who died unexpectedly on Saturday, June 19, 2021. A member of UUCSR, he was 83 years old. A Memorial Service will be held at noon on Friday, June 25, 2021 at the Roslyn Heights Funeral Home. All are welcome to attend. Expressions of sympathy may be sent to: Verna Livingston and Family, 31 Secor Dr, Port Washington, NY 11050-3417

We share the sad news... of the death of UUCSR member Duncan Whiteside. Duncan died on June 10, 2021. He was 85 years of age. Expressions of sympathy may be sent to: Mariette Bates Whiteside, 330 W. 55th St #6C, New York, NY 10019

We celebrate with... Colin and Latifa Woodhouse who joyfully welcomed their first grandchild, Leo John Fontas, on June 4, 2021. UUCSR member and mother, Sophia Woodhouse, and her husband Chris Fontas, are happy and healthy as they both enjoy family leave time with their new addition to the family.

Thank you to the Green Sanctuary Committee members and the entire Shelter Rock Congregation for designating One Earth Conservation as the charity to receive donations from UUCSR’s 2021 Earth Day Service. We received $325 from the Congregation. Please know that this support is having a real impact on people, places, and parrots in the Americas and elsewhere. Despite the challenges of the pandemic, limited access to supplies and other resources, and recovery from wildfires and hurricanes, our partners performed amazing work on the ground throughout 2020 and continue to do so into 2021.

Thank you to UUCSR for your support and confidence in our work.

With gratitude,
Gail Koelln and LoraKim Joyner, Co-Directors
One Earth Conservation

Thank you to the Ministry Team for their efforts.

Thank you to the Men’s Group for their support and contributions.

END OF YEAR BARBECUE PARTY

TAILGATE DINING
Sunday, June 27, 2021
12:00 - 3:00 PM
Main Parking Lot
$5.00


Sing & Dance with Any Given Sunday Band!

Open to all adult members and their guests!

Facilitator: Bernie FitzGerald

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

Registration Deadline Extended:
RSVP online by noon on Friday, June 25, 2021
or with Sharyn Esposito at 516.472.2960 or sesposito@uucsr.org

Living Solo
New time: 10:00 AM, Thursdays, June 24, July 1, 8, 15, 22, 29
Replacing feelings of isolation with camaraderie and companionship through intentional community. All those who reside alone are welcome to attend this virtual group.

Thank you to the Men’s Group for their support and contributions.

Thank you to the Green Sanctuary Committee members and the entire Shelter Rock Congregation for designating One Earth Conservation as the charity to receive donations from UUCSR’s 2021 Earth Day Service. We received $325 from the Congregation. Please know that this support is having a real impact on people, places, and parrots in the Americas and elsewhere. Despite the challenges of the pandemic, limited access to supplies and other resources, and recovery from wildfires and hurricanes, our partners performed amazing work on the ground throughout 2020 and continue to do so into 2021.

Thank you to UUCSR for your support and confidence in our work.

With gratitude,
Gail Koelln and LoraKim Joyner, Co-Directors
One Earth Conservation

Men’s Group
Bernard FitzGerald, Chair

June 23, 2021
Putting Purpose into Practice

In the Purpose Conversations planned by Rev. Jaye Brooks, the UUCSR community identified important values and key ideas to guide our congregational life. The Board of Trustees took these values and ideas and sorted them into three Focus Areas: Nourish Beloved Community, Deepen Spirituality, and Create Opportunities to Be of Service. Under “Be of Service,” there was a call to “offer hands-on opportunities for members to engage in social justice work and advocacy.” Where are those opportunities?

On May 2, the Congregation affirmed the Eighth Principle, committing our faith community “to 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.” How will we put this principle into practice?

Although there are many ways we can engage in hands-on service and dismantle racism and other oppressions, I’d like to share with you one small opportunity that the Racial Justice Subcommittee (RJSC) and Membership Committee co-sponsor. (See page 7.)

On June 15, several members of the RJSC, along with members from the South Nassau UU Congregation, visited the Roosevelt Community Garden, located at 59 East Fulton Ave, Roosevelt, NY. We met with project director, Andrea Millwood. Among other things, we learned that the gardeners who cultivate 49 raised beds gather on the third Saturday monthly from 10:00 AM–12:00 PM for education and sharing.

Volunteering in this neighborhood interested the RJSC for several reasons. Roosevelt is a racially and ethnically diverse community where Black and Brown people predominate. Andrea Millwood shared that her goal for the garden is that people connect with one another, which is our goal, too!

We realize that Roosevelt isn’t in our backyard, but we are welcome there. This could be a “pilot project” that could lead to opportunities in our back yard.

Andrea would welcome our help on the third Saturday of each month. Our goal would be to connect with the gardeners and to offer a helping hand in activities such as weeding the common areas of the garden (not in any of the raised beds), maybe some planting to beautify the common areas, and perhaps assisting with activities for the children. Spanish speakers would have the opportunity to help the non-Spanish speaking gardeners converse with their Latinx neighbors.

We hope to have volunteers present on Saturdays: July 17, August 21, September 18, and October 16, from 10:00 AM–12:00 PM. If you are interested in this project, please email me with your choice of dates. You can also text me at 516.238.2191. Please include your cell phone number. Because of the size of the garden and the number of gardeners, we are limited to 10 volunteers at a time, so first come, first served.

Once we have a list of volunteers, we will be able to organize car-pooling, making this experience easier. We will also provide more specific instructions to those who register.

If this opportunity isn’t a good fit for you, please email Social Justice Coordinator Claire Deroche with suggestions that would fit. Remember: we’re looking for social justice opportunities that dismantle racism and other oppressions!

Social Justice Announcements

Claire Deroche, Social Justice Coordinator

Donations of Gently Used Clothing and Shoes

There is a special donation location, and it’s not in the main building! 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. (Donations are no longer 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. 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.

School Supplies for Children in Need

Each summer UUCSR collects new school supplies for children in need in the Village of Hempstead. The supplies are distributed in late August by Rev. Benjamin of ABBA (Able Body of Believer’s Alliance) Leadership Center. There is a bin in the Lower Lobby where you may leave your donations on the days that the building is open. Click here for a list of suggested items to donate. You can also make a cash donation HERE. Thanks for your generosity to neighbors in need.

Wednesday, June 23, 2021

Together to End Solitary Confinement Virtual Program, Join members of the Social Justice Committee HERE as we remember those suffering the torture of solitary confinement. Meeting ID: 914 5526 0335 Passcode: 901854 Or call +1.646.558.8656. Sponsored by the Social Justice Committee

Wednesday, July 7, 2021

Virtual Racial Justice Subcommittee Meeting

Join Zoom Meeting HERE. Meeting ID: 925 4548 4255 Passcode: 274017. Dial by your location: 646.558.8656.
Volunteer Opportunity at the Roosevelt Community Garden

Are you looking for a hands-on opportunity to be of service? Are you wondering how UUCSR will enact the Eighth Principle?

This might be the opportunity you’re looking for. We’ve been invited to volunteer once a month in the Roosevelt Community Garden. We’ll have the opportunity to get to know local residents while helping to make their community garden an inviting and beautiful place. Our help would be welcome on the third Saturday of the month from 10:00 AM to 12:00 PM in such activities as weeding the common areas of the garden (not in any of the raised beds), maybe some planting to beautify those areas, and perhaps assisting with activities for the children. Spanish speakers would have the opportunity to help the non-Spanish speaking gardeners converse with their Latinx neighbors.

Where: Roosevelt Community Garden, 59 East Fulton Ave, Roosevelt, NY

When: Saturdays, July 17, August 21, September 18, and October 16 from 10:00 AM to 12:00 PM

What: Connect with people from the local community while offering help with the common areas of the garden. Meet members of the South Nassau UU Congregation who will be joining us in volunteering.

How: Register with Social Justice Coordinator, Claire Deroche, cderoche@uucsr.org stating the dates you’re available and your cell phone number. Claire will respond with further information.

Note: Because of the size of the garden and the number of gardeners, we are limited to 10 volunteers at a time, so first come, first served.

Got Questions? Contact Claire at cderoche@uucsr.org or 516.238.2191.
Beginning on Sunday, July 18, we will be back in the glorious UUCSR environs for our five-Sunday, all-in-person, all-outdoors RE Summer Program where families are invited to explore ways to re-awaken their bodies, re-invigorate their souls, and re-enter the world through a series of fun activities, movement, and musical exercises, self-care practices, and Slime Making (no summer is complete without making slime!) led by Carson Jones, George Weisman, Suzanne Viverito, and some special guests.

Registration is now open at www.uucsr.org/RE

**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.

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/)
  See back page of this Quest for more information.
- 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 may have virtual options and some may be virtual-only.

Please feel free to reach out to Jessica Pond (jpond@uucsr.org) or Carson Jones (cjones@uucsr.org) with any questions.

---

**Summertime Snacks! Bedtime Stories**

**Wednesday, July 21, 7:00 PM**

Live on Zoom HERE

Every third Wednesday of the month, all are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for an interactive storytime as he reads three family-friendly stories celebrating our favorite summertime snacks!

*It Began with Lemonade*, written by Gideon Sterer, illustrated by Lian Cho

*The Pigeon Finds a Hot Dog!*, by Mo Willems

*Scoop the Ice Cream Truck*, by Patricia Keeler

---

**UU Kids Connect Summer Program**

**6 Weeks, 6 Sources!**

**Parent Orientation, Wednesday, June 30, 8:00 PM**

Live on Zoom HERE

During 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 join us for the Parent Orientation on June 30, at 8:00 PM, to learn all about the super-fun summer we have planned!

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

Saturdays
July 17 and August 21
6:00 PM

Live on Zoom HERE
Meeting ID: 953 4647 4715, Passcode: 396210
Or call 1 646.558.8656

Join us for our monthly readings of new and classic plays! Play titles to be announced.

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

Great Books–Great Conversations

Fridays, 12:00–1:30 PM *
Live on Zoom HERE
Meeting ID: 304 658 664 Passcode: 608118

Come together for conversation that is also a fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. All are welcome.

* Sessions are on hiatus through July 2.
A new schedule of readings will be announced soon.

Yoga with Mike Mancini

Tuesdays,*10:00 AM; Thursdays, 9:30 AM; Saturdays, 11:00 AM
Live on Zoom HERE
*Tuesdays also on-premises (Veatch lawn) plus Zoom
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), Venmo (Michael-Mancini-55), or mail him a check: Mike Mancini, 99-40 63rd Rd, Apt 14P, Rego Park NY 11314
Questions? 516.459.6378 or mike.yogamike.mancini@gmail.com

Medical QiGong for Senior Health

Mondays, 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

SAVE THESE SUMMER 2021 DATES!

Foraging with the “Wildman,” with Steve Brill, America’s Go-to Guy for Foraging, sponsored by Green Sanctuary Committee
Sunday, July 25, 2021, 1:00 PM
On the UUCSR grounds for all ages. All welcome.

Annual Lobster (Roll) Fest sponsored by Member Events
Sunday, August 22, 2021, 1:00 PM
Veatch House Terrace
Lobster Roll and other dinners available.
Live music
Details to follow!
Questions? Contact Martha Chimienti: mchimienti27@gmail.com

2022 ALL-CONGREGATION RETREAT AT SILVER BAY

Memorial Day weekend 2022 will be a weekend of peace, love, and fun for all ages at the UUCSR All-Congregation Retreat at Silver Bay. There will be meaningful Worship Services, combined and separate parent and family programs that include a rope course and a climbing wall, sing-alongs at the campfire, and the annual Talent Show for all ages on the big stage, plus an intergenerational dance.

Please tell us your plans at this time, whether you think that you may attend, or definitely will not attend so that we may reserve an estimated number of rooms. Please email Staff Liaison Sharyn Esposito at sesposito@uucsr.org. Thank you.

June 23, 2021
The Right Time

When Germany’s Parliament approved a proposal that companies with four or more board members must have one woman, and Government controlled companies with three board members must have one female, I asked myself: what took them so long? There will even be penalties for noncompliance if final approval happens this summer. It’s time.

In Britain, the number of all male boards has fallen dramatically to just 10 companies last year from 152 in 2011 and women on boards has more than doubled. They called for women to make up a third of all board members. Although it seems like these are steps in the right direction, women of color still hold the fewest board seats. Women are still underrepresented and true representation is decades away.

As Unitarian Universalists, we journey toward spiritual wholeness by working to build a diverse multicultural Beloved Community. In business, there is a growing body of evidence that shows that diverse leadership correlates with better performance. Fortune 500 companies with the most women on their board of directors financially outperformed, on average, those with the fewest women on their boards. Having more women correlates with many benefits, including higher return on sales, better stock growth, and lower risk of insolvency. A report from A.B.D. and Deloitte noted, however, that it will take decades for boardrooms to reach representation proportional to the demographics of the American population. It’s not yet the right time.

There are so many other issues that remain trapped or stalled in the wrong time. How long will it take to pass the Equal Rights Amendment? Right now, women account for the lowest numbers in the workforce since 1988. We now have a “she-cession” for women. The reason cited by many is a lack of childcare.

When will we invest in quality childcare that is essential for women to find and keep a job? Why is it a controversial issue to keep boosts of SNAP food benefits by 15 percent for families nationwide? When will we adequately address the domestic violence that has soared during COVID? When will we have paid leave and living wages with a care infrastructure?

If this is STiLL not the right time, when?
**Event Announcements**

**All programs are online unless noted otherwise.**

Please see uucsr.org/events for additional details. See LIACUU.org for other area congregations.

---

**Wednesday, June 23, 2021**
- Virtual General Assembly—Day 1
  - 6:30 PM, Together to End Solitary Confinement Virtual Program

**Thursday, June 24, 2021**
- Virtual General Assembly—Day 2
  - 9:30 AM, Yoga on Zoom with Mike Mancini
  - 11:00 AM, Living Solo
  - 2:00 PM, Contemplations

**Friday, June 25, 2021**
- Virtual General Assembly—Day 3
  - 2:00 PM, Meditative Moment
  - 6:30 PM, LGBTQ+ Zoom Gathering
  - 7:00 PM, Soulful Salutations—Restorative Yoga
  - 8:45 PM, Virtual Film Discussion: *Uncorked*

**Saturday, June 26, 2021**
- Virtual General Assembly—Day 4
  - 11:00 AM, Yoga on Zoom with Mike Mancini

**Sunday, June 27, 2021**
- Virtual General Assembly—Day 5
  - 10:40 AM, The Welcome Space
  - 11:00 AM, Sunday Service at GA: *Circle Round for Justice, Healing, Courage*
  - 12:00 PM, Virtual Coffee Hour
  - 12:00 PM, Men’s Group End-of-Year BBQ Tailgate Party, Main Parking Lot
  - 1:30 PM, Sml Grp Ministry—First Sunday Mtg

**Monday, June 28, 2021**
- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry

**Tuesday, June 29, 2021**
- 8:30 AM-4:00 PM, School Supplies Collection, Lower Lobby
  - 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Online
  - 10:00 AM, CSA-Community Supported Agriculture Program, Pick-up Site
  - 12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Lawn

**Wednesday, June 30, 2021**
- 8:30 AM-4:00 PM, School Supplies Collection, Lower Lobby
  - 10:00 AM, Caring Hearts Quilters, Art Gallery
  - 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 & Balance w/Beth & Paula
  - 8:00 PM, UU Kids Connect Summer Program: Parent Orientation

**Thursday, July 1, 2021**
- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo

---

**Saturday, July 3, 2021**
- 11:00 AM, Yoga on Zoom with Mike Mancini

**Sunday, July 4, 2021**
- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: Democracy, *Through My Eye*, Rev. Anthony “Mtuaswa” Johnson, Guest Minister
- 12:00 PM, Virtual Coffee Hour

**Monday, July 5, 2021**
- BUILDING CLOSED—July 4 Holiday
  - 9:30 AM, Medical Qigong for Senior Health

**Tuesday, July 6, 2021**
- 8:30 AM-4:00 PM, School Supplies Collection, Lower Lobby
  - 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Online
  - 10:00 AM, CSA-Community Supported Agriculture Program, Pick-up Site
  - 12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Lawn

**Wednesday, July 7, 2021**
- 8:30 AM-4:00 PM, School Supplies Collection, Lower Lobby
  - 10:00 AM, Caring Hearts Quilters, Art Gallery
  - 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
  - 12:30 PM, Bridge Game Play, Art Gallery
  - 3:00 PM, Racial Justice Sub-Comm Mtg
  - 4:00 PM, Yoga for Joy and Balance with Beth and Paula

**Thursday, July 8, 2021**
- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo

**Friday, July 9, 2021**
- 11:00 AM, Small Grp Ministry Facilitators Mtg
- 12:00 PM, Virtual Coffee Hour
- 12:00 PM, Great Books—Great Conversations
- 8:00 PM, Soulful Sundown, Rev. Jennifer Brower

**Saturday, July 10, 2021**
- 11:00 AM, Yoga on Zoom with Mike Mancini

---

**Sunday, July 11, 2021**
- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: *Seeds of Being*, Cassandra Montenegro
- 12:00 PM, Virtual Coffee Hour
- 12:00 PM, Virtual Coffee Hour
- 1:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program, UUCSR Grounds

---

**Wednesday, July 14, 2021**
- 8:30 AM-4:30 PM, School Supplies Collection, Lower Lobby
  - 10:00 AM, Caring Hearts Quilters, Art Gallery
  - 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
  - 12:30 PM, Bridge Game Play, Art Gallery
  - 4:00 PM, Yoga for Joy and Balance with Beth and Paula
  - 7:30 PM, Sml Grp Ministry—Second Wed Mtg

**Thursday, July 15, 2021**
- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo
- 7:00 PM, Living With Cancer

**Friday, July 16, 2021**
- 12:00 PM, Great Books—Great Conversations
- 3:30 PM, WG Book Series Zoom Session

**Saturday, July 17, 2021**
- 10:00 AM, Roosevelt Community Garden Project, Offsite
- 11:00 AM, Yoga on Zoom with Mike Mancini
- 6:00 PM, Dramatic Readings

**Sunday, July 18, 2021**
- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: *Through My Eyes*, Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega
- 12:00 PM, Virtual Coffee Hour
- 1:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program, UUCSR Grounds

---

**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](https://uucsr.org/on-demand/quest-newsletter), and via email. Sign up for email at [https://uucsr.org/on-demand](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

Dear Sophia Fahs Campers, Families, and Staff,

We need your help!!!

We are making plans for Sophia Fahs 2021, but we do not yet have enough campers registered to be able to hold camp. If we don’t meet our minimum number, we will not be able to continue our plans for August, and will lose our spot for future years as well.

It’s now or never:

- If you’re thinking about registering, but haven’t gotten around to it yet, please register ASAP, so we can count you.
- If you’ve already registered, please talk to your friends and encourage them to join us this summer.
- If you have information about a congregation that we haven’t reached out to yet, please let us know.

To register: go to our website, www.LIACUU.org/Fahs, and click on the black box: “REGISTER CAMPERS AND STAFF.”

Please help us keep Fahs alive!

In Fellowship, The Sophia Fahs Camp Advisory Committee