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

**Seeds of Being**
In a world where so many of us feel compelled to “do” rather than “be,” what does it mean to sow the seeds of being? Given all the demands of Zoom and modern life, as the world continues to open up for many of us this Spring, to what extent can silence and rest factor into our own lives? And what would it mean to the ecology of our communities if they did? Join us, and Cassie Montenegro, Master of Divinity student at Harvard Divinity School, in an exploration of who we might continue to become together if we allowed ourselves more time to “be.”

Sunday, July 18, 2021, 11:00 am
Cassie Montenegro, Guest Preacher

**Practicing Joy**
What’s the difference between joy and happiness? How can spiritual practice help us find and maintain joy? How does reciprocal relationship help us nurture joy? When the weight of the world feels so heavy, how do we practice joy? Please join former UUCSR tenor soloist and current Unitarian Universalist Church of Augusta minister, Rev. Nic Filzen, for a joy-full journey.

Sunday, July 25, 2021, 11:00 am
Rev. Nic Filzen, Guest Minister

The presence of the coronavirus in our world changed how we do just about everything in congregational life. Efforts to stop the transmission of the virus forced the closure of our building and property at UUCSR more than 16 months ago. But, as some clever writer and cartoonist offered on Facebook early in the pandemic: the building may be closed, but the religious community is open and active. This was certainly true for us.

Our commitment to one another and to Unitarian Universalism was unwavering.

As we move into this time of reopening, as we begin to plan ahead—we ARE in a new congregational year, after all—I would like to highlight the service of our Caring Committee.

Our Caring Committee, under the leadership of UUCSR member WinterFlower Robinson, has compassionately and energetically extended support and care to all UUCSR members who came to the committee’s attention during the past 16 months. The committee members have served with generous hearts and boundless energy for others, even as they, too, coped with the stress and strain of living through a global pandemic.

At UUCSR, we have often referred to ourselves as a “caring community,” and we are. But it is important to hold in our sights the truth that caring communities don’t happen by accident. Nor can they be sustained without the steady and diligent tending of community members.

Helping us to cultivate a community of empathy is the mission of our Caring Committee—the committee members act intentionally for the benefit of fellow congregants by relieving their isolation, easing their burden, demonstrating support during a crisis or transition, and honoring their joyful milestones.

Through the exceptional volunteerism of the members of the Caring Committee, some of you have experienced the powerful gift of being cared for, or of feeling “held,” when you needed it most.
**Rational Mysticism**  I have described my own theology as rational mysticism, religious humanism, and even described myself as a Gestalt theist. Coming away from training in Psychadelic Assisted Therapy I have been engaged more and more, in conversations with how it is possible to be both rational and mystical. I would argue that religious idolatry and idolatry of the mind are equally as dismissive to the big picture of our existence. Award-winning Journalist John Horgan has written a book called *Rational Mysticism* that explores how science, theology, and philosophy all attempt to formulate an empirical explanation about the meaning of life. Come and explore with me how to link the mind of a skeptic with the heart of a seeker.

**SUNDAY, AUGUST 8, 2021, 11:00 AM**  
**Rev. Jennifer L. Brower**

**Soulful Sunday Morning**
On-site outdoors (weather permitting) and online, too! The Rev. Jennifer L. Brower with LIVE music from The Cosmic Orchestra

Once again, Friday night has come to Sunday morning! Come, join us at 11:00 AM for a toe-tapping, hand clapping, singing, dancing, Soulful Sundown-style service—the first in-person Soulful Sundown-style service since March 2020. Please register [HERE](https://example.com). Bring lawn chairs or blankets for a glorious time on the grounds.

**FRIDAY, AUGUST 13, 2021, 8:00 PM**  
**Rev. Jennifer L. Brower**

**Special rebroadcast of Soulful Sunday Morning.** Live Zoom chat with Rev. Jennifer and the Cosmic Orchestra will follow.

**SUNDAY, AUGUST 15, 2021, 11:00 AM**  
**Rev. Sana Saeed, Guest Minister**

**Finding Balance: Reflecting on Emptiness and Abundance**  
Sana will use storytelling to explore the areas of life where we may feel empty in life and where we feel abundance during this time of pandemic and move towards gathering again.

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**UUCSR PODCASTS**

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 forthcoming. Visit [www.uucsr.org/podcast](https://www.uucsr.org/podcast) for the full array.

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**NOW THE CARING COMMITTEE NEEDS YOUR HELP**

We need you to help continue to bring to life our congregation’s aspiration of being a caring community. If nothing else, COVID-19 demonstrated how we are inextricably linked, and how deeply we need one another.

The Caring Committee has an array of ministries for you to participate in without having to attend committee meetings. Whether you have just an hour or two every few months to give, or you have all the time in the world and are looking for a meaningful way to use your gifts and energy, the Caring Committee has a way for you to serve meaningfully and support our vision of being an intentional community enlivened by a spirit of mutual care.

In Unitarian Universalist circles, we are fond of saying that UUs are defined by deeds not creeds. Without deeds of compassion, all of our talk about being a “caring community” is just that—talk. On behalf of the Caring Committee, I invite you to be an active participant in creating the kind of community in which we each yearn to belong. You may email your interest in serving in this capacity to UUCSR’s Membership Coordinator Abigail Highland ([ahighland@uucsr.org](mailto:ahighland@uucsr.org)) or to the Assistant to the Ministers Kimberly Rossiter ([krossiter@uucsr.org](mailto:krossiter@uucsr.org)).

Yours in faith,  
Rev. Jennifer

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**THE 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](https://example.com).

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**VIRTUAL COFFEE HOUR**

**Sundays at 12:00 PM via Zoom**
**Milestones**

*We celebrate with...* WinterFlower Regla Robinson upon the graduation of her daughter, Venette Livingston, from the Relay Graduate School of Education with masters in both general and special education. Venette graduated with Honor of Distinction and was inducted into Kappa Delta Pi and the International Honor Society in Education.

*Sending birthday love and congratulations to...* Florence Furst who turned 100 on July 4, 2021. She was surrounded by her daughter, Lauren Furst, son-in-law, Peter Koos, grandson, Matthew Koos, and extended family to help her celebrate her centennial. Cards may be sent to: Florence Furst, 24 Horseshoe Lane, Roslyn Heights, NY 11577

*With joy, we offer our hearty congratulations to...* The Rev. Dr. Natalie M. Fenimore and UUCSR Music Director Stephen Michael Smith on their leading the Service of the Living Tradition at the 2021 Unitarian Universalist General Assembly. This is a meaningful accomplishment for each, and a source of pride for us at UUCSR.

*We celebrate with...* Sandra Frank as she rejoices with her granddaughter, Madeline Augusta Frank, who is filled with pride and joy over her granddaughter, Madeline Augusta Frank’s accomplishments. Madeline recently completed a five-year course of study at Rensselaer Polytechnic Institute and was awarded a Doctorate of Biology, as well as an MBA.

*Thank you to Shelter Rock’s ministers, Caring Committee, and entire membership for your thoughtfulness and for the beautiful bouquet of yellow roses and thistle sent to me during rehabilitation. I look forward to being with you again soon.*

Very sincerely, Thelma Fellows

*Thank you for your support of Island Harvest Food Bank, and for your belief in our vital work. [We] acknowledge with gratitude your recent contribution of $1,033.00.*

Every dollar contributed helps to provide two meals. We hope you take pride in knowing that through your generosity, you are making a difference for so many.

Randi Shubin Dresner, President and CEO

*Heartfelt thanks to members, ministers, and staff, for the outpouring of kind cards, emails, and calls on the loss of Ben’s mother, Beverly Bortin. We are deeply grateful.*

Ben Bortin and Andrea Starr

*Thank you! I am deeply grateful for the lovely bouquet of flowers I received in recognition of my involvement with the Service of the Living Tradition presented as part of GA 2021. I was fortunate to be able to collaborate with such fine musicians in putting together the musical portion of the service, and it is always a privilege to create worship with Rev. Dr. Natalie Fenimore.*

Stephen Michael Smith, UUCSR Music Director

**Ministry Programs**

The Ministry Team

**Living With Cancer**

*Third Thursday monthly, 7:00-8:30 PM*

A cancer diagnosis is hard to hear. Sorting through treatment options and making decisions for our best health isn’t straightforward—pros and cons come with every option. The experience of treatment, living daily with cancer, and coping with other people’s reactions to our diagnosis can be depleting. So where can relief be found?

Here, in this confidential group held on Zoom, with fellow members of UUCSR, support, practical tools, encouragement, good humor, and relief can all be found. If you have cancer, we have a community for you. Come, join us on the third Thursday of each month.

The Living with Cancer Group, sponsored by the Caring Committee and affirmed by the ministry team, is led by Caron Hunter, a holistic healthcare provider and interfaith minister. Caron teaches a compassionate and empowering approach to healing, and offers over 30 years of personal and professional healing experience.

Contact Assistant to the Ministers Kimberly Rossiter to register (516.472.2941 or krossiter@uucsr.org).

**Living Solo**

*New time: 10:00 AM, Thursdays, July 15, 22, 29, 2021*

Replacing feelings of isolation with camaraderie and companionship through intentional community. All those who reside alone are welcome to attend this virtual group.

Join on Zoom [HERE].

**Thank You**

Thank you to Shelter Rock’s ministers, Caring Committee, and entire membership for your thoughtfulness and for the beautiful bouquet of yellow roses and thistle sent to me during rehabilitation. I look forward to being with you again soon.

Very sincerely, Thelma Fellows
2021 Virtual General Assembly (VGA)

Ten Shelter Rock delegates, plus a small group of on-their-own attendees, spent countless hours glued to their electronic devices. The process to access the various events, general sessions, featured events, workshops, and whatever else attracted individual curiosities was complicated but manageable. VGA was fulfilling and at the same time frustrating. The more than 2,275 delegates, 37 youth, 415 ministers representing 656 congregations from across the US, Canada, Mexico, and the Philippines exhibited a strong passion for a wide variety of issues. Total participation was 4,224.

In addition to watching Shelter Rock’s Rev. Dr. Natalie Fenimore deliver the keynote address at the Service of the Living Tradition, enjoying the GA Ministers’ Choir (including the familiar face of Rev. Ned Wight) with Shelter Rock’s Music Director Stephen Michael Smith conducting, we were impressed by co-presenters Stacy Abrams and Desmond Meade as Ware Co-Lecturers.

UUCSR delegates will present their reports at the annual GA Worship Service in the fall.

As an attendee of GA events for at least the past 25 years, I return from each GA marveling at the passions and awareness of fellow delegates from so many diverse UU congregations. I am optimistic about the future of Unitarian Universalism.

And now, preparations have begun for GA 2022 in Portland, OR. The UUCSR Board of Trustees has affirmed that all Shelter Rock 2020 and 2021 GA Virtual Delegates are eligible to be considered as in-person delegates to 2022 GA. DAC will be holding information workshops throughout the year to prepare our 2022 delegates.

Are you a Zoom user? All Zoom users experience issues now and then, so we try to provide useful tips.

**Zoom recommends using the desktop client or mobile app for most participation.**

There are differences between the Zoom desktop client, mobile app, and web client. They all have different features than the Zoom web portal. The Zoom web portal is primarily used for changing your profile, meeting settings and Zoom Phone settings. You can also use the web portal to schedule, view, and edit meetings.

To learn more or to become an expert, visit YouTube’s video tutorials. You’ll find very helpful videos from other users.

Changing Face of Retail in the US

Veatch grantee United for Respect (UFR), of which the Veatch Program is a founding funder, is changing the face of the retail industry in this country.

At Walmart’s recent annual shareholders meeting, Walmart Associate and UFR Leader Cynthia Murray's proposal to shareholders for a Pandemic Workforce Advisory Council garnered support from investors who hold about $45 billion in Walmart shares. One supporter said, “I’m supporting this proposal for a Pandemic Workforce Advisory Council at Walmart because essential workers need a voice on the job... I truly believe if these workers had more of a voice on the job, COVID outbreaks in Walmarts could have been better contained, or maybe even avoided altogether.”

A recent report from Human Impact Partners estimates that there have been over 125,000 cases of COVID and over 2,200 deaths among Walmart Associates. The report also concluded that if Walmart had an adequate paid sick time policy in place before the pandemic hit, 8,000 fewer associates would have become sick with COVID and 133 associate lives could have been saved.

At the invitation of Cynthia Murray, national civil rights leader Rev. Dr. William J. Barber spoke to Walmart’s Board of Directors and shareholders. He made the urgent, moral case for Walmart’s management and shareholders to give workers a voice on the job through a Pandemic Workforce Advisory Council. He also penned an op-ed in the June issue of Fortune magazine with Cynthia Murray entitled “Walmart’s inadequate paid sick leave cost lives. It needs to change.”

UFR was joined by three co-filers on a shareholder resolution calling on Walmart to consider a 14-day paid sick leave as a standard benefit. With UFR at the lead, the momentum for change at Walmart continues to grow and executives are feeling the pressure. Veatch is and will continue to be a proud partner to this work to ensure Walmart employees are treated with the dignity and respect they deserve.
Developmental Ministry Highlights
The Rev. Jaye Brooks

TIMELINE

Developmental Ministry: The Governance & Ministry Structure at UUCSR
As part of the Developmental Ministry, the Board and Ministers have been studying UUCSR’s governance and ministry structure and discerned a need to clarify responsibility, authority, and accountability both within the Ministry Team and between Board and Ministers. The timeline shows the stages of this process.

Board Retreat
Board and Ministers discussed the structure of the Ministry Team and the need for clarity about responsibility, authority, and accountability among Ministers and between Ministry Team and the Board

9/2020

Ministry Team Consultation
Ministers began working with facilitator specializing in governance and ministry structure to create a workplan with clear responsibility, authority, and accountability

1/2021

Board Retreat
Board and Ministers considered alternative ministry & governance structures, including the Ministry Team’s Draft Workplan

4/2021

Board Ministry and Governance Trio
Board asked Jana North, Chris Hilke, and Tonni Logue, in consultation with the Ministers, to consider the April retreat discussion of the Draft Workplan in light of its implications for UUCSR’s governance & ministry structure and to recommend a test of a pilot Ministry Team structure

4/2021

Test a Pilot Structure?
The Board will vote July 28, 2021, on a pilot Ministry Team structure based on the Draft Workplan, with Rev. Dr. Natalie Fenimore as Lead Minister, during the remaining two years of the Developmental Ministry period, which is to finish in July 2023

7/2021

Monitoring & Tweaking
The Board and Ministers will monitor and tweak the pilot governance and ministry structure to further clarify responsibility, authority, and accountability of Board and Ministers (reporting quarterly to the congregation). In May 2022, the Board may call for a Ministerial Search Committee that in Fall 2022 would begin the search process for a minister to follow the July 2023 departure of Rev. Jaye Brooks

2021-22

Congregational Meeting
The Board is expected to call a congregational meeting to present its plan to test the pilot structure for two years, with discussion and vote on additional compensation for the Lead Minister’s additional responsibilities

9/2021

10/2022

The Board likely will recommend a governance and ministry structure that will continue when the Developmental period ends in July 2023 as well as the content of the job description for a new minister
**LGBTQ+ Sub-Committee of the Social Justice Committee**

*Katie Ralph, Chair*

Visit [uucsr.org/lgbtq+](http://uucsr.org/lgbtq+) to see the new webpage for the UUCSR LGBTQ+ group!

- For emails from the LGBTQ+ Sub-Committee about weekly meetings; support; social, and informational events; and Zoom links, please sign-up with Committee Liaison Sharyn Esposito: sesposito@uucsr.org.
- All are also welcome to sign up for carefully curated links to current media [HERE](https://example.com). Your info will never be shared and you may opt out if you choose.
- Facebook users, please join the LGBTQ+ at Shelter Rock Facebook Group.

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**A Disappointing Turn of Events**

The long-awaited plan to make the outdoor area between the Main Lobby and the Chapel more attractive and accessible has been delayed because of skyrocketing material costs. The area, called the patio, is where the Homecoming Picnic is held every year.

The plan includes an expanded bluestone patio outside the main lobby, new walkways, extensive landscaping, and an outdoor assembly space. The landscaping features 19 new trees, 36 shrubs, a sensory garden, and a rain garden, where storm runoff can infiltrate into the ground.

The Buildings and Grounds and Green Sanctuary Committees have been spearheading the effort to complete the project. The Committees have been working with a consulting landscape ecologist Rusty Schmidt from the firm of Nelson Pope Voorhis.

A construction contractor was selected for the project, and the initial bid was close to the amount the Congregation has budgeted for the work. The contractor has since revised the bid upward because of material costs which are escalating on a daily basis. In fact, the new bid price is double the original bid.

The startling price increases in construction materials have been felt nationwide during this time of supply chain disruptions caused by the pandemic. As an example, the steel bollards to be used to light the walkways and to provide electrical power outlets for the new patio have increased in price from $350 to $1200 per piece since the beginning of the year.

Given these untenable price increases, the project will be paused in the hope that prices will come down once the economy gets back to normal. The current expectation is that the job will be bid out again in January 2022 with construction being completed in the spring of 2022.

Dana Gumb for the Building and Grounds Committee

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**Vanishing Wetlands**

Our vital wetlands are vanishing at an alarming rate. The Environmental Protection Agency defines wetlands as: “areas where water covers soil or is present either at or near bodies of water like rivers and lakes all year long or for varying periods of time.” A unique characteristic is the vegetation of aquatic plants, adapted to hydric soil. We know wetlands as marshes, swamps, and bogs.

Under the former administration, the National Environmental Policy Act was weakened. However, the current administration has pledged to protect 30 percent of American lands and waters by 2030. Although wetlands cover only 5.5 percent of the American land mass, they protect 40 percent of threatened and endangered species, so this is a step forward.

Familiar to most people are marshes. They consist of reeds, grasses, and rushes, partially submerged. They’re located near edges or mouths of water like rivers, lakes, and streams. They form a transition between aquatic and terrestrial ecosystems. The water there always moves and is replenished from other sources. They are a haven for beavers, muskrats, birds, insects, and fish. They are distinguished by woody plants (bushes).

Swamps differ. They’re composed of water-tolerant trees. Located in the tropics, they are buffer zones. For example, the mangrove trees which grow in saltwater swamps are near tropical coastlines. They protect against hurricanes and offer habitats for tree-climbing animals. Our disappearing swamps are causing the extinction of many species that depend on them for drinking, bathing, or cooling off.

Bogs are the major wetland type, having no outlet for flowing water. They form from a slow accumulation of dead vegetation on a lake bottom. Over a century, they can become fossilized into peat bogs. They’re responsible for storing large amounts of carbon dioxide underground. When the bogs disappear, like they are doing in states like Florida, so, too, are animals like the panther. As its habitat is diminished, they are becoming extinct.

To sum up, wetlands are immensely different from other land forms or water bodies. They are multitaskers: responsible for water purification, water storage, processing of carbon and other nutrients, support animals, plants, and stabilize shorelines. Medicines can be derived from their soil, berries, wild rice, etc. From 1970 until 2015, over one-third of wetland areas have vanished. To protect and restore them can be accomplished state by state, or at the Federal level. Let’s make it so.

Elaine Peters for the Green Sanctuary Committee
GREEN SANCTUARY COMMITTEE
Stephen Ruocco, Chair

RENEW YOUR SENSE OF CURIOSITY ABOUT THE NATURAL WORLD!

Join the Green Sanctuary Committee at UUCSR as we welcome Wildman Steve Brill, who guides people of all ages (kids too!) to learn about common, overlooked, renewable wild edible and medicinal plants and mushrooms that people often destroy as “weeds.”

Having an understanding of your local environment can help you forge deeper meaning and connections with the world around you. This is in alignment with the Seventh UU Principle: Respect for the interdependent web of all existence of which we are a part.

By studying foraging and participating in nature in a non-destructive manner, we can increase our enjoyment of nature, grow healthier, and reaffirm our commitment to preserving and rebuilding ecological riches.

Foraging with the “Wildman” Steve Brill

**SUNDAY, JULY 25, 2021**
**1:00 PM**

Get closer to nature on our wonderful UUCSR grounds - one bite at a time.

Register
[uucsr.org/wildman](http://uucsr.org/wildman)

All welcome • Kids, too!

*Dress with shirts tucked into pants and pants tucked into socks.*

MEMBER EVENTS COMMITTEE
Alissa Howe, Chair

**ANNUAL LOBSTER (ROLL) FEST**
**SUNDAY, AUGUST 22 * 1:00 PM**

On the Veatch House Terrace
with LIVE music by Dexter Wells
Rain or Shine
Exceptional entrées from Gabby’s Gourmet

- **Lobstah Roll**
  - $36 Members
  - $39 Non-Members
- **Chicken Caesar Wrap**
- **Grilled Chicken Wrap**
- **Grilled Vegetable Wrap**
  - $24 Members
  - $27 Non-Members
- Salads, coleslaw, chips, wine, iced tea, lemonade, soda
- Ice cream

**Register and pay at [uucsr.org/lobsterroll](http://uucsr.org/lobsterroll) by Friday, August 13**

- Please—NO registration or payments at the door
- 80 guests maximum
- Those with financial hardships, please contact Sharyn Esposito in confidence

Questions? Contact Martha Chimienti: mchimienti27@gmail.com or Sharyn Esposito: sesposito@uucsr.org
Organizing for Love

On Sunday, July 27, 2008, the peace of the weekly worship service at the Tennessee Valley Unitarian Universalist Church (TVUUC) in Knoxville, TN, was shattered by the blasts of a shotgun. Two members of the congregation were killed, and seven others were seriously wounded. The motive of the killer was “hatred of the liberal movement. Liberals in general, as well as gays.” TVUUC was and is well known in Knoxville for its support of equal rights for the LGBTQ+ community, women, and people of color.

After the shooting, the Knoxville congregation did not retreat in fear behind closed doors. Instead, it remained open and welcoming. This response led the UUA to establish Standing on the Side of Love, now known by its more inclusive title as Side With Love, as a campaign to respond to acts of identity-based discrimination and violence. In the words of Rev. William Sinkford, then UUA President, “Every day, people are targeted because of identities which are somehow deemed ‘okay to hate.’ We are called to use our public presence to more actively stand up with and for those who are targets for violence, exclusion, or oppression because of who they are.”

In the years since its founding, Side With Love has been a valuable tool for Unitarian Universalists as we show by our deeds that we value the dignity of every person. Since the 2009 General Assembly when Rev. Sinkford initiated the campaign, many other justice campaigns have joined the ranks of the anti-oppression work of our denomination.

Recently, realizing that its organizing could be more effective if these many campaigns were brought under the same umbrella, on June 18, 2021, the UUA Organizing and Strategy Team announced that all of the UUA’s justice work will be housed under the Side With Love banner.

In the words of the Team, “Since its inception, the Side With Love campaign in particular has articulated one of Unitarian Universalism’s most cherished values: that it is a spiritual practice to choose love over fear. When we bring our best selves to our justice work, whichever specific issue or campaign it might be, we are choosing to Side With Love.”

The Rev. Ashley Horan (she/her) is the UUA’s Organizing Strategy Director and leads the Side With Love Organizing Strategy Team. Other members of the leadership team are Nicole Pressley (she/her), and Everette Thompson (he/him). Audra Friend (she/her), Susan Leslie (she/her), The Rev. Michael Crumpler (he/him), and Aly Tharp (she/her or they/them) round out the Organizing Team. Working together, this team is creating a hub where UUs come to ground spirits, grow skills, and act together for justice.

For further information, subscribe to Side with Love. You will receive spiritual resources for deepening our prophetic justice work, resources for education, and opportunities to join our partners in collective action. Together we can make a difference!

Donations of Gently Used Clothing and Shoes: We have a new 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 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. 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 now a bin in the Lower Lobby where you can leave your donations on the days that the building is open. You can also make a cash donation here. Thanks for your generosity to our neighbors in need.

Volunteer Opportunity at the Roosevelt Community Garden Saturdays, July 17 and August 21, 2021, 10:00 AM–12:00 PM
59 East Fulton Ave, Roosevelt, NY. Join members of the UUCSR Racial Justice Sub-Committee and the South Nassau UU Congregation in such activities as weeding and planting in common areas. Spanish speakers are encouraged to volunteer. Wear a hat and closed toed shoes. Bring sunscreen, any hand gardening tools you like to use, and a refillable water bottle. Register with Social Justice Coordinator, Claire Deroche by email at cderoche@uucsr.org or by text at 516.238.2191. Co-sponsored by the UUCSR Membership Committee and the SJ Racial Justice Sub-Committee.

Virtual Racial Justice Sub-Committee Meeting
Wednesday, August 4, 2021, 3:00–4:30 PM
Join Zoom Meeting HERE, Meeting ID: 947 0755 5979 or call +1.646.558.8656.

Virtual Commemoration of the Atomic Bombings of Hiroshima and Nagasaki, Wednesday, August 4, 2021, 7:30–8:30 PM
See information on page 9 of this Quest (opposite page).

Virtual Social Justice Committee Meeting
Wednesday, August 11, 2021, 7:00–9:00 PM
At this meeting, we will choose our priority areas for the coming congregational year. New members are always welcome. Join Zoom Meeting HERE, Meeting ID: 928 2583 9567 or call +1.646.558.8656

For questions about any of these announcements contact Social Justice Coordinator at cderoche@uucsr.org or 516.238.6191.
You are invited to

A Virtual Commemoration
of the 76th Anniversary of the
US Bombings of Hiroshima and Nagasaki

Wednesday, August 4, 2021
7:30–8:30 PM

A nation that continues year after year to spend
more money on military defense than on programs of social uplift
is approaching spiritual death.
Rev. Dr. Martin Luther King, Jr.

It Is Time to Ban Nuclear Weapons.
It Is Time to Cut Military Spending.
It Is Time to End Racism, Militarism, and Poverty.

Speakers: Ray Acheson, Women’s International League of Peace and Freedom; Emily Rubino, Director of Policy & Outreach, Peace Action NYS

Moderator: Claire Deroche, Social Justice Committee, UUCSR

Reading: Margaret Engel, LI Alliance Intern

Music: Willow Women’s Interfaith Choir
Farah Chandu, Director

Closing: Margaret Melkonian
LI Alliance for Peaceful Alternatives

Co-Sponsors: Homecoming Farm; South Country Peace Group; Pax Christi Long Island; North Country Peace Group; Hofstra University Center for Civic Engagement; Peace Action Matters@ Hofstra; LI Teachers for Human Rights Hofstra, UUCSR Shelter Rock Forum, Veterans for Peace LI

To Register: CLICK HERE and a link for the program will be sent via email. For info: Contact cderoche@uucsr.org, 516.472.2977
2021 Sophia Fahs Summer Camp
Sunday 8/22/21 - Saturday 8/28/21
REGISTRATION OPEN

Sophia Fahs Summer Camp operates with a mission to create an intergenerational UU community that provides enjoyable, practical and spiritual experiences in a safe, beautiful and natural environment that will inspire children, youth and adults to explore their identities: personal, communal, and Unitarian Universalist.

NOTE: Registration is only through the LIAC/CampBrain Registration System HERE.

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/)
- 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

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

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

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

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.
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.

July 17: The Seafarer, by Conor McPherson

It is Christmas Eve, and James “Sharky” Harkin, erstwhile fisherman/van driver/chauffeur, gathers with friends at the dingy flat he shares with his blind brother to drink booze and play cards. As Christmas Eve becomes Christmas Day, the familiar-looking stranger, Mr. Lockhart, reminds Sharky of the bargain he made when they last met in prison—and Sharky suddenly finds himself playing a game with the stakes set at his soul. With this magnificently atmospheric new play, McPherson is once again set to entrance his audience, this time with a new take on the Faustian theme.

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.

Special Summer Reading: Short stories by Ernest Hemingway

July 16:

Please contact Jessica Pond at jpond@uucsr.org to request information for upcoming dates and titles.
Sundays, July 18, 25, August 1, 8, and 15, 1:00 PM
Outdoors on the UUCSR grounds, rain or shine

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

UU Kids Connect Summer Program
6 Weeks, 6 Sources!
Live on Zoom (register below to receive link)

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 is 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 come together for this dynamic exploration into the building blocks of Unitarian Universalist identity through stories, songs, and activities.

Rising Grades K–5
Mondays and Wednesdays at 4:00 pm began July 12
REGISTER HERE

Rising Grades 6–8
Fridays at 4:00 pm beginning July 16 REGISTER HERE

Please feel free to reach out to Carson Jones at cjones@uucsr.org with any questions.

The Sense of Wonder We Share

People Whose Lives Remind Us to Be Kind and Fair

Ethical and Spiritual Wisdom of World Religions

Christian and Jewish Traditions to Love Each Other

Humanist Teachings of Science and Reason

The Harmony of Nature and the Sacred Circle of Life
**Lifespan Religious Education (RE)**

*Carson Jones, Lifespan Religious Education Coordinator*

**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 UUCSR Lifespan Religious Education Coordinator Carson Jones for an interactive storytime. This month, 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

**Women’s Group**

*Diane Mansell, Women’s Group President*

**A Message from the Outgoing President**

As I end my two-year term as UUCSR's Women’s Group President, I'd like to speak about why we should all be feminists, the reason for the importance of a UUCSR Women's Group.

I recently received the book, *We Should All Be Feminists*, by the Nigerian author Chimamanda Ngozi Adichie from a dear friend knowing my passion for gender equity. While I do not have space to present specifics, Ms. Ngozi Adichie succinctly unearths the need to transform social beliefs and gender constructs that promote the disparity between men and women.

Women’s Group focuses on justice for women through gender equity, spiritual growth, and diversity of religious feminisms. Fortunately for us, by living our UU values, our community is committed to help Women's Group promote our dreams of ending inequality and reach our goals.

Since “service is our prayer” as a community, we are involved with major social justice issues by investing the time to peel back injustices layer by layer. That being said, there is a sub-group in every issue: women. For every right that is established for an underserved community, it must then be re-imagined to include protecting and supporting women.

I want to thank all who are Women’s Group members and our entire UUCSR community for their past support and look forward to working together to help create the Beloved Community for all.

*Sandra Hazel Frank, Women’s Group Immediate Past President*

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**Fridays Book Titles**

- **July 16**
  - *Less*, by Andrew Sean Greer, led by Patti Paris

- **July 23**
  - *Overstory*, by Richard Powers, led by Patti Paris

- **Aug 20**
  - *Hamnet*, by Maggie O'Farrell, led by Maria Ceraulo

- **Sept 17**
  - *The Girl with the Louding Voice*, by Abi Daré, led by Lee Geisen

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**Women’s Group Book Series**

**Third Fridays,**

**monthly, 3:30 PM**

Please contact Sharyn Esposito to learn more ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960).
**Event Announcements**

**ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.**

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

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**WEDNESDAY, JULY 14, 2021**

- 7:30 PM, Small Group Ministry Second Wednesday PM meeting
- 8:00 PM, Building Closed (special time)

**THURSDAY, JULY 15, 2021**

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo
- 7:00 PM, Living With Cancer
- 8:00 PM, Soulful Sundown—Rebroadcast of July 9 Service

**FRIDAY, JULY 16, 2021**

- 12:00 PM, Great Books—Great Conversations
- 3:30 PM, WG Book Series Zoom Session
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
- 6:30 PM, LGBTQ+ Zoom Gathering

**SATURDAY, JULY 17, 2021**

- 10:00 AM, Volunteer Opportunity, Roosevelt Community Garden, 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: Seeds of Being, Cassandra Montenegro, Guest Preacher
- 12:00 PM, Virtual Coffee Hour
- 12:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program

**MONDAY, JULY 19, 2021**

- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)
- 5:45 PM, Membership Committee Meeting

**TUESDAY, JULY 20, 2021**

- 10:00 AM, CSA—Community Supported Agriculture Program, Offsite
- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

**WEDNESDAY, JULY 21, 2021**

- 9:15 AM, Wednesday INN Cooking (formerly Thursday & Saturday), Main Kitchen
- 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
- 12:30 PM, Bridge Game Play, Art Gallery
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)
- 4:00 PM, Yoga for Joy and Balance with Beth and Paula
- 7:00 PM, Summertime Snacks! Bedtime Stories

**THURSDAY, JULY 22, 2021**

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo

**FRIDAY, JULY 23, 2021**

- 12:00 PM, Great Books—Great Conversations
- 3:30 PM, WG Book Series Zoom Session
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
- 6:30 PM, LGBTQ+ Zoom Gathering
- 6:30 PM, Together to End Solitary Confinement Virtual Program

**SATURDAY, JULY 24, 2021**

- 11:00 AM, Yoga on Zoom with Mike Mancini

**SUNDAY, JULY 25, 2021**

- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: Practicing Joy, Rev. Nic Filzen, Guest Minister
- 12:00 PM, Virtual Coffee Hour
- 1:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program
- 1:00 PM, Foraging with the “Wildman,” Meadow, Trails

**MONDAY, JULY 26, 2021**

- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)

**TUESDAY, JULY 27, 2021**

- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 10:00 AM, CSA—Community Supported Agriculture Program, Offsite
- 12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

**WEDNESDAY, JULY 28, 2021**

- 11:00 AM, Crafting for Sanity and Community Zoom Get-Together
- 12:30 PM, Bridge Game Play, Art Gallery
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)
- 4:00 PM, Yoga for Joy and Balance with Beth and Paula
- 7:00 PM, Special Board of Trustees Meeting

**THURSDAY, JULY 29, 2021**

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo

**FRIDAY, JULY 30, 2021**

- 12:00 PM, Great Books—Great Conversations
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
- 6:30 PM, LGBTQ+ Zoom Gathering

**SATURDAY, JULY 31, 2021**

- 11:00 AM, Yoga on Zoom with Mike Mancini

**SUNDAY, AUGUST 1, 2021**

- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: Rational Mysticism,
  Rev. Tamara Lebak, Guest Minister
- 12:00 PM, Coffee Hour
- 1:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program

**MONDAY, AUGUST 2, 2021**

- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)

**TUESDAY, AUGUST 3, 2021**

- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 10:00 AM, CSA—Community Supported Agriculture Program, Offsite
- 12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

**WEDNESDAY, AUGUST 4, 2021**

- 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, SJC Racial Justice Virtual Sub-Committee Meeting
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
- 4:00 PM, Yoga for Joy and Balance with Beth and Paula
- 7:30 PM, Hiroshima (see page 9 of this Quest)

**THURSDAY, AUGUST 5, 2021**

- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo

**FRIDAY, AUGUST 6, 2021**

- 12:00 PM, Great Books—Great Conversations
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
- 6:30 PM, LGBTQ+ Zoom Gathering

**SATURDAY, AUGUST 7, 2021**

- 11:00 AM, Yoga on Zoom with Mike Mancini

**SUNDAY, AUGUST 8, 2021**

- 10:40 AM, The Welcome Space
- 11:00 AM, Sunday Worship: Soulful Sunday Morning, Rev. Jeniffer L. Brower, Outdoors and Online
- 12:00 PM, Coffee Hour
- 1:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program

**MONDAY, AUGUST 9, 2021**

- 9:30 AM, Medical Qigong for Senior Health
- 2:00 PM, Meditation and Poetry
- 4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)

**TUESDAY, AUGUST 10, 2021**
10:00 AM, Veatch Lawn and Zoom, Outdoor Yoga with Mike Mancini
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

WEDNESDAY, AUGUST 11, 2021
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, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:00 PM, Social Justice Committee Meeting

THURSDAY, AUGUST 12, 2021
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo

FRIDAY, AUGUST 13, 2021
12:00 PM, Great Books—Great Conversations
4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
6:30 PM, LGBTQ+ Zoom Gathering
8:00 PM, Soulful Sunday Morning Rebroadcast

SATURDAY, AUGUST 14, 2021
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, AUGUST 15, 2021
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: Finding Balance: Reflecting on Emptiness and Abundance, Rev. Sana Saeed, Guest Minister
12:00 PM, Coffee Hour
10:00 PM, Stepping Stones Toward Wholeness: An Outdoor RE Summer Program

MONDAY, AUGUST 16, 2021
9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry
4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades K-5)
5:45 PM, Membership Committee Meeting
7:00 PM, RE Committee Meeting

TUESDAY, AUGUST 17, 2021
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

WEDNESDAY, AUGUST 18, 2021
9:15 AM, Wednesday INN Cooking (formerly Thursday & Saturday), Main Kitchen
10:00 AM, Caring Hearts Quilters, Art Gallery
11:00 AM, Crafting for Sanity and Community

THURSDAY, AUGUST 19, 2021
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:00 PM, Living With Cancer

FRIDAY, AUGUST 20, 2021
12:00 PM, Great Books—Great Conversations
3:30 PM, WG Book Series Zoom Session
4:00 PM, UU Kids Connect Summer Program: 6 Weeks, 6 Sources! (for Grades 6-8)
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, AUGUST 21, 2021
10:00 AM, Volunteer Opportunity, Roosevelt Community Garden, Offsite
11:00 AM, Yoga on Zoom with Mike Mancini
6:00 PM, Dramatic Readings

SUNDAY, AUGUST 22, 2021
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: Birdwatching as a Spiritual Practice, Cassandra Montenegro, Guest Preacher
12:00 PM, Virtual Coffee Hour
1:00 PM, Annual Lobster (Roll) Fest, Veatch Terrace

MONDAY, AUGUST 23, 2021
9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry
6:30 PM, Together to End Solitary Confinement Virtual Program

TUESDAY, AUGUST 24, 2021
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
12:45 PM, Inisfada-Zen Sitting Meditation, Veatch Terrace

WEDNESDAY, AUGUST 25, 2021
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

THURSDAY, AUGUST 26, 2021
9:30 AM, Yoga on Zoom with Mike Mancini

FRIDAY, AUGUST 27, 2021
12:00 PM, Great Books—Great Conversations
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, AUGUST 28, 2021
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, AUGUST 29, 2021
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship: A Theist, an Atheist, and a Mystic Humanist Walk into a UU Congregation..., Joshua Berg, Guest Preacher
12:00 PM, Virtual Coffee Hour

MONDAY, AUGUST 30, 2021
9:30 AM, Medical Qigong for Senior Health
2:00 PM, Meditation and Poetry

TUESDAY, AUGUST 31, 2021
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
12:45 PM Inisfada-Zen Sitting Meditation, Veatch Terrace
Next Quest: Wednesday, August 18, 2021 | Deadline for Content: Thursday, August 12, 2021

Enjoy Shelter Rock’s Grounds and Trails through July 31, 2021

Mondays and Tuesdays  9:30 AM–4:00 PM
Wednesdays          9:30 AM–8:00 PM
Sundays             9:30 AM–3:30 PM

NEW AUGUST HOURS TO BE ANNOUNCED