Birdwatching as a Spiritual Practice  What is it about picking up a pair of binoculars, lifting your eyes up to a far-off fluttering, or attuning your ears to a familiar chirp, that transports so many of us to spaces of peace? Whether you’re in the woods with friends, on the seashore with family, or looking out the window of your apartment, join Cassie Montenegro, Master of Divinity student at Harvard Divinity School, for a joyful journey into how birding and birdwatching can restore connection and confidence in our communities and ourselves.

A Theist, an Atheist and a Mystic Humanist Walk into a UU Congregation...  To many Unitarian Universalists, prayer is life-affirming—yet other UUs may react to prayer with discomfort or skepticism. Joshua Berg, a UU seminarian at Meadville Lombard Theological School, explores prayer from his perspective as a cultural Jew, a humanist, a chaplain, and a soon-to-be Unitarian Universalist minister.

Labor of Loves  On this Labor Day Sunday, we will feel our way together into the territory of the emotional, spiritual, and physical work that so many of us end up with—perhaps unexpectedly—providing for loved ones. What are the implications when relationships shift from, for example, offspring, spouse, or sibling—to caretaker? How can we provide support for one another under these circumstances? Ministerial Intern, Li Kynvi, currently serves the First Parish Church of Groton, CT.

When the world gets confusing, how do we sort things out?  I’ve been asking myself that question a lot recently. Just when it seemed the pandemic was on the wane, the infection rate has kicked up. What I thought a week ago is no longer what I think today. And then there’s smoke from the wildfires and life-threatening extreme heat. More frequently than seems possible, it’s been dizzyingly necessary to turn around and around like a dog getting ready to lie down.

I want this weirdness to stop.

It’s with yearning and befuddlement that I wonder how we can possibly sort things out. How do we come to terms with the lack of certainty? With the proliferation of bad news?

We are not the first generation to face a worldwide pandemic or to seek safety from natural disasters. We may be the first generation to be so vividly aware of the magnitude of the health and climate challenges humanity faces. On both large and small scale, our values urge us to do what we can to make the world a better place. OK, fine.

But how do we cope?

I don’t know. But here’s what I do (and it seems to help). I find a spot to take a deep, cleansing breath—or three. I turn my face to something beautiful: a tree, a child, a smiling friend. I remind myself that no matter how strange and scary things are, life is a gift. I take a moment to rest; I dwell for a time in the fresh spring waters of appreciation and gratitude.

To the confusion that is the state of the world today, I extend acceptance. Yes, I say, this is now. If we can hold on to one another, if we can help each other stay grounded, we will emerge intact, maybe even stronger.

It could be that if we anticipate the need to turn around and around—if we plan to do it—if we can see turning and twirling as preliminary to settling down at last—we will pivot with grace and optimism.

And “by turning, turning, we come round right.”
Looking Forward

* I am looking forward to so much this year.
* I am looking forward to walking through the front doors at Shelter Rock and seeing familiar faces on a Sunday morning. I miss them.
* I am looking forward to the time when we are all singing together in the Worship Room. I miss hearing the choir live.
* I am looking forward to seeing the ministers standing shoulder to shoulder welcoming us back. I miss being shoulder to shoulder.
* I am looking forward to watching the smiles of the RE children when they run down the hill toward the pond. I miss their energy.
* I am looking forward to having a conversation next to the coffee urns in the Social Hall. I actually do miss the coffee.
* I am looking forward to meetings when we can all sit around the same table and absolutely no one is on mute. I really miss that.

Although it may take longer than we hoped, and we may have to move more slowly to be safe, I am confident that we can all look forward to a time when we feel at home again at Shelter Rock.

* But I am also looking forward to listening to what we all have learned over the last 18 months. I do agree that pajamas are incredibly comfortable.
* I am looking forward to hearing ideas about reimagining how UUCSR can reach out to all our members. I think Zoom could be a wonderful addition.
* I am looking forward to conversations about how the congregation sees itself during the next five years. How can we be a beloved community, a place to grow spiritually, where we can be of service?
* I am looking forward to conversations about Governance, Philanthropy, and the 8th Principle. I really miss these conversations that are at the heart of Unitarian Universalism.

On a personal note, after having hip replacement surgery three weeks ago, I am looking forward to flinging this cane into the next county.

The help and food offered by so many and the beautiful gifts of flowers and a quilt from the Caring Committee have been humbling and I am forever grateful to you all.

So, with your encouragement I have no option but to look ahead as I heal more every day, and hope that you all are looking forward with equal excitement to a time when we can talk again face to face and shoulder to shoulder.

Never look back unless you are planning to go that way.
—Henry David Thoreau
**UUCSR’s 32nd Anniversary**

**HOMECOMING PICNIC**

FREE family-friendly picnic with traditional barbeque foods plus veggie burgers.

Immediately following Homecoming Worship Service with full choir, plus the Any Given Sunday Band.

**SUNDAY, SEPTEMBER 19 • 12 PM**

- Please register for planning purposes.
- Participation will be in compliance with the Congregation’s COVID safety guidelines and may include proof of vaccination, masking and social distancing.

Register HERE.
We acknowledge the death of... the Rev. Sofia Karolina Pavala in the Czech Republic. We celebrate her life and ministry, which was experienced first-hand by the UUCSR Women’s Group through the International Women’s Convocation.

We share the sad news... of the death of UUCSR member Jan Nerud. Jan died on July 19, 2021. Expressions of sympathy may be sent to: Debra Razzano-Nerud and Family, 11 Woodfield Ln, Glen Head, NY 11545

We rejoice with... UUCSR members Marielle and Jonathan Wyett who welcomed their first child, and UUCSR member Meg Cohen who welcomed her grandchild, Denver Ronald Wyett on July 28, 2021.

We mourn with... Debbie Osborn and her sons Christoper and Cody, as they grieve the death of her wife, former UUCSR member Charlotte Herdman. Charlotte died on August 1, 2021. She was 73 years of age. Condolences may be sent to: Debbie Osborn and Family, 245-08 62nd Ave, Little Neck, NY 11362.

We share the sad news of... the death of UUCSR member and long-time Hadley House resident Toni Friedman who died on August 9, 2021. A Memorial Service will be held at UUCSR in the spring of 2022. Expressions of sympathy may be sent to the Friedman Family c/o Hadley House, 464 Main St, Apt 116, Port Washington, NY 11050-3138 or the Friedman Family c/o Merle Browne, Derby Road, Port Washington, 11050

We celebrate with... Rhonda Kessler who joyfully welcomed a new grandchild, Jace Dylan Gold, on July 28, 2021. Rhonda’s daughter and son-in-law, Julie and Matt Gold, named their first baby for Rhonda’s late husband, Jerry David.

We offer our hearty congratulations to... Rosara Torrisi and Skye Smith as they celebrate the birth of their second child, Audrey Hazel Torrisi-Smith. Audrey was born on August 11, 2021. With her arrival in this world, Orion has become a big brother, and Palma Torrisi has welcomed her second grandchild. Blessings upon each!

Thank you so much for the wonderful and extremely generous [Edward Miller Memorial Music Fund] scholarship. I greatly appreciate it and it will help me so much in my pursuit of music. I’m looking forward to touching base when I return from school on breaks! It would be an honor to perform in person.

Best wishes, Emily Bergin

I wanted to let you know that the Long Island Crisis Center received your generous check for $20,000. As Executive Director, I would like to personally thank you for all of your support over the years. You are truly an incredible group of people.

Thanks again, Theresa Buhse

My appreciation to the Caring Committee for gifting me a new Tree of Life journal.

Thanks, Tinna Kopelow

Are you interested in fostering the ministry of Welcoming at UUCSR? Do you enjoy connecting with newcomers, spreading the values of Unitarian Universalism, and working to build the Beloved Community in our congregation?

You are invited to join the Membership Committee!

The Membership Committee is entering into this new year in a unique space. We are learning how to deeply engage our new and long-time members in these uncertain times, and are welcoming new inspiration to our committee in realizing this goal. This year, we will be launching a new series of programming for newcomers from the Faith Forward program. We plan to bring a training on Radical Welcoming and Multicultural Competency to our congregation. We will consider the question of how to engage and nourish our Unitarian Universalist community in these times.

Come be a part of the process! Membership Committee meetings will begin in September. We have been meeting online on the third Mondays of the month, from 6:00-7:30 PM, and will be polling about our meeting dates and times as we head into the new year.

If you would like to get involved or have questions, please contact Abigail Highland, UUCSR Membership Coordinator, at ahighland@uucsr.org

The UUCSR Reopening Task Force anticipates a fuller reopening of the congregation for vaccinated adults beginning September 19 with the annual Homecoming event. The Task Force will be developing a team of greeters that will check proof of vaccination status or negative COVID tests upon entrance to the congregation on Sundays and at rites of passage and other large events that may take place on other days.

The Task Force is seeking up to 12 volunteers for this team. If you are available to assist, please email Adam Barshak, Congregation Operations Administrator at abarshak@uucsr.org by Friday August 27, 2021. Thank you.
Developmental Ministry: The Governance & Ministry Structure at UUCSR

*Updated August 2021:* As part of the Developmental Ministry, Board and Ministers have been studying UUCSR’s governance & ministry structure and are beginning to clarify responsibility, authority, and accountability both within the Ministry Team and between Board and Ministers. In July the Board agreed to test a pilot structure. The timeline shows the stages of this process.

**Board Retreat**
- 9/2020
- 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

**Ministry Team Consultation**
- 1/2021
- Ministers began working with facilitator specializing in governance and ministry structure to create a workplan with clear responsibility, authority, and accountability

**Board Retreat**
- 4/2021
- Board and Ministers considered alternative ministry & governance structures, including the Ministry Team’s Draft Workplan

**Board Ministry and Governance Trio**
- 4/2021
- Board asked Jana North, Chris Hilke, and Toni 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

**2-Year Pilot Structure Test**
- 7/2021
- On July 28, 2021, the Board approved the Ministry Team’s Workplan and a pilot Ministry Team structure, appointing Rev. Dr. Natalie Fenimore as Lead Minister for the remaining two years of the Developmental Ministry period that ends in July 2023

**Monitoring & Tweaking**
- 2021-22
- The Board and Ministers will monitor and tweak the pilot Ministry Team structure and further clarify responsibility, authority, and accountability of both (reporting quarterly to the congregation). In May 2022, the Board expects to call for a Ministerial Search Committee to begin in Fall 2022 the search process for a new minister who would join UUCSR after the July 2023 departure of Rev. Jaye Brooks

**Congregational Meeting**
- 9/2021
- The Board has decided to call a September 12, 2021 congregational meeting to present the 2-year pilot structure test, along with a discussion and vote on additional compensation for the Lead Minister’s additional responsibilities

**Congregational Meeting**
- 10/2022
- The Board expects to 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
BOARD OF TRUSTEES AGENDA
Wednesday, August 18, 2021

7:00 PM
 I. Opening Words: Ministers / Jana North

7:05 PM
 II. Minutes: Toni Logue, Secretary
   • June and July 2021 Board Meeting Minutes

7:15 PM
 III. Member Resource Committee: Rob Hoell, Chair

7:30 PM
 IV. Personnel Committee: Marilyn Fischell, Chair
   • Resolution to Amend the Adult Faith Formation Coordinator Position

7:50 PM
 V. September 12, 2021 Congregational Meeting Agenda:
   Jana North, President

8:00 PM
 VI. Veatch Structure Consultant Report: Jana North, President

8:30 PM
 VII. September Retreat: Jana North, President, Rev. Jaye Brooks and Rev. Dr. Natalie Fenimore

8:45 PM
 VIII. Board Relations: Jana North, President
   • Trustees’ Letter to the Board: Iliza Bartels and Terry Bain

8:55 PM
 IX. Good of the Order: Jana North, President

REMINDER:
On-premises COVID Guidelines for August 2021

Upon Entry to UUCSR Building:
   Masks Required

Indoor Congregational Activities:
   Proof of Vaccination or Negative COVID test within the last 3 days required

Outdoor UUCSR Events and Activities:
   It is recommended, but not required, that participants continue to maintain distance and wear masks when less than 6 feet apart, unless in a closed group of known vaccinated people

All Outdoor Youth-based Activities:
   Masking and distancing are required regardless of vaccination status

Visit uucsr.org/lgbtq+ to see the 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. 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.

MINISTRY PROGRAMS
The Ministry Team

Soulful Sundown
Rev. Brower with The Cosmic Orchestra
Where music resides at the heart of religious experience.
Friday, September 10, 2021
8:00 PM on uucsr.org/worship and facebook.com/uucsr

Soulful Sundown: Second Fridays monthly
Denominational Affairs Committee (DAC)
Richard Bock, Chair

Circle ‘Round for Justice *
Healing * Courage
The 60th Annual General Assembly

The 2021 Virtual General Assembly was called to order on Wednesday, June 23 by co-Moderators Rev. Meg Riley and Charles Du Mond after a warm welcome by The Rev. Jennifer Nordstrom, Senior Minister of the 1st Unitarian Society, Milwaukee, WI. (Milwaukee was the site of the in-person GA that was cancelled due to the Covid 19 pandemic.)

There were several events that are worth mentioning. First was the Service of the Living Tradition; this annual event recognizes our UU Ministers receiving first fellowship, final fellowship, those retiring after a long and distinguished career in UU ministry, and an honor roll of those who have passed since the last GA. The Rev. Dr. Natalie Fenimore was the keynote speaker at the event and UUCSR Music Director Stephen Michael Smith was the music director for the event, leading a choir of UU ministers in Leonard Cohen’s anthem, “Hallelujah.”

Actions of Immediate Witness (AIWs) also took center stage—three are allowed (by GA guidelines) to be admitted for final vote. The Commission on Social Witness (CSW) submitted four AIWs and the delegates narrowed the total to three. These items, proposed by congregations, are timely but are not binding on GA. They do present items that individuals can bring back to their congregations for action. Sometimes, an AIW becomes a Study-Action-Issue (or SAI). The three that were approved are:

- The COVID-19 Pandemic: Justice, Healing, Courage
- Defend and Advocate with Transgender, Nonbinary, and Intersex Communities
- Stop Voter Suppression and Partner for Voting Rights and a Multiracial Democracy.

The text of the three items may be found on the UUA/GA website.

This leads to eventual development into a Statement of Conscience (SOC). Our delegates had an opportunity to vote on this year’s SOC; Undoing Systemic White Supremacy—a Call to Prophetic Action. A copy of the statement adopted by the delegates may be found at www.uua.org/generalassembly. Follow the link for the complete text.

Other business that was enacted included UUA Bylaws updates and elections to various committees and the UUA Board of Trustees.

As is our tradition, a Worship Service later this year will focus on the reports from Shelter Rock’s ten delegates. The 2022 General Assembly in June 2022 will be in Portland, OR.

Music and Performing Arts Committee
Katy Schall, Chair

UUCSR’s Music and Performing Arts Committee Proudly Announces The Return Of Cabaret At The Rock

Extra, extra, read all about it! Time to get going you talented Shelter Rock members and friends. Dust off those talents, warm up those vocal cords, tune up those instruments, and here is why!

The show must go on! Yes, indeed! The show will go on! UUCSR’s Music and Performing Arts Committee is planning to bring you the annual live, in-person, full cast Cabaret XIX on the main stage in the Shelter Rock Social Hall on Saturday evening, November 6, 2021. The planning team is hard at work gathering cast members—that’s you! Singers, dancers, instrumentalists, jugglers, acrobats, sword swallowers(?), magicians, young and old—you are the stars of the show. Please respond to rbock@optonline.net or 516.922.6052 with questions and to join the cast. (And thank you to those who have already signed up!)

Our mission is to raise funds for the Ed Miller Memorial Music Scholarship Program. This past June, two winners were presented $3,000 checks! Since we began the program to honor the memory of our former music director, more than $50,000 has been contributed to musically talented high school seniors. You, Shelter Rock members and friends, have made it possible. Rehearsals begin in September!

Submitted by Richard Bock, Cabaret XIX Music Director

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
A Safer Future Is Still Within Our Grasp.

When you watch trapeze artists performing, there's always that heart-stopping moment when one performer leaves their trapeze and is suspended in mid-air until they catch the hands of the partner on the second trapeze.

I thought of this image as I studied the “IPCC Climate Change 2021: The Physical Science Basis” report released by the United Nations on August 9, 2021. It occurred to me that humanity seems to be in one of those moments. In terms of this metaphor, the report is saying that we must let go of any illusions that climate change is a hoax and that humans do not play a part in it, and we must reach out for the solutions that are there. As the Washington Post reporter Susan Kaplan comments, “A safer future is still within our grasp.”

It is not an exaggeration to say that the report does paint a grim picture. Some of the conclusions of the report, as distilled by the NY Times are: “1) Human influence has unequivocally warmed the planet; 2) Climate science is getting better and more precise; 3) We are locked into 30 years of worsening climate impacts no matter what the world does; 4) Climate changes are happening rapidly; and, 5) There is still a window in which humans can alter the climate path.” If we are to catch the hands of the performer on the second trapeze, “We must cut emissions to net zero (with any human-caused emissions offset by some form of carbon removal) and ideally go negative.” (Ulla Chrobak)

According to scientists, altering the climate path must happen now, and we must go big. Countries must take every means possible to curb carbon and other climate changing emissions now. The public must demand these actions of their leaders. In the words of climate activist Greta Thunberg “We can still avoid the worst consequences, but not if we continue like today, and not without treating the crisis like a crisis.”

In New York State, the work of lowering emissions has already begun. “The Climate Leadership and Community Protection Act”, passed in 2019, is the nation’s most aggressive climate law. Not only does it set legally binding emissions reductions standards to get New York completely off of fossil fuels by 2050, it also mandates that 40% of state climate and energy funding be invested in environmental justice communities.” This law was passed due to 4 years of advocacy by the state-wide coalition, New York Renew.

The coalition is now working to pass the Climate and Community Investment Act (CCIA) which raises $15 billion per year from corporate polluters and uses it to create good, green jobs, invest in frontline communities, and build a renewable economy for New York State. To join this effort, click here.

Unitarian Universalists are also engaged in addressing climate change. UUs for Social Justice have a plan and provide guidance for involvement at the national level. To work with them, click here.

Social Justice Announcements
Claire Deroche, Social Justice Coordinator

Earthquake in Haiti: Two Ways to Respond

- The UU Service Committee (UUSC) is in contact with their long-term grassroots partners in Haiti to assess and respond to the most pressing needs. Help UUSC get resources to grassroots groups in Haiti by making a gift to their Emergency Response Fund today.
- Assemblywoman Solages and NC Legislator Solages are accepting medical supplies, baby diapers/wipes, adult diapers/wet wipes, and personal and feminine hygiene products for delivery to Haiti. Call 516.599.2972 through August 27 for drop off information.

Donations of Gently Used Clothing and Shoes: We have a new donation location, and it’s not in the main building! Donations of gently used clothing and shoes may now be placed in the donation bin located in the lower parking lot and 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 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. You may make a cash donation here.

In addition to these big actions, don’t let the little ones slide. Continue to care for the earth, be it in your backyard or your neighborhood. Continue those personal actions like eating less meat and buying less plastic. By these actions and so many others, we can turn “eco anxiety” into action, leading to improved personal health and improved health for the Earth.

Social Justice Announcements
Claire Deroche, Social Justice Coordinator
Women of Color Leading the Way

This summer’s New York City council elections brought an historic number of new diverse candidates into political leadership. The 51-seat city council will be a majority of women after this fall’s general election, bringing the current total from 14 to likely 30, most of whom identify as women of color. Similarly, the vast majority of organizations that the Veatch Program funds are led by women, of which the majority are women of color. These new leaders are ushering in changes and stewardship into the highest levels of their organizations.

In New York, long-time staff member Arlenis Morel recently became one of Make the Road New York’s co-executive directors. On the other side of the country in Washington, Roxana Norouzi stepped into the role of executive director of Veatch grantee One America in June, just a few years after Representative Pramila Jayapal departed the organization for Congress. Both Norouzi and Morel are women of color and joined their organizations at an early age in their professional careers. During that time, they both strengthened their organization’s financial resilience, expanded their organization’s membership, and invested in community safety and protection that withstood anti-immigrant and anti-poor immigration policies rooted in xenophobia.

From Washington state to New York state, women leaders are advancing reforms and building organizations that are on the frontlines of advancing racial justice and gender equity. One America’s campaign to expand access to childcare for working families contributed to new statewide legislation that increases funding for high-quality childcare and reduces the burden on parents, but especially mothers. After organizing to secure $2.1 billion in state funding for undocumented residents excluded from federal COVID-assistance, Make the Road New York is now working with lawmakers, statewide agencies, and nonprofits to ensure aid is distributed equitably and safely for residents.

The Veatch Program remains committed to supporting these leaders as they protect the dignity of their members, secure tangible improvements for all, and build strong, stable organizations despite an unstable, pandemic-stricken economy.
Registration is now open for in-person Religious Education Classes this Fall!

Your family’s registration for fall Religious Education programming is now live on our website by going to www.uucsr.org/RE!

Even if you completed registration recently, please fill out a fresh form for the 2021-2022 congregational year in order to help us with our planning for the return to in-classroom RE this fall. There are some new questions included and your feedback will be extremely valuable.

Registration is extra important this year in order to know how many of you plan to join us in person. Moving larger groups to bigger classrooms may be necessary and synchronous virtual participation will also be offered as needed to make sure all are included. Frequent use of our wonderful outdoor spaces will be employed whenever possible. Masking and physical distance will be required for all children, youth, teachers, parents, caregivers, and all other adults at all times regardless of vaccination status. If there’s anything you need to help create a safer space for your family, please let us know in your registration.

We know this is not quite the return we’ve hoped for, but we also know that our loving and resilient community will see each other through. Coming back together in person as safely as possible is what we need for our faith community to thrive and revive. We look forward to welcoming everyone home to UUCSR soon!

Bad Cats! Bedtime Stories
Wednesday, August 18, 7:00 PM

Live on Zoom HERE

Is there really such a thing as a bad cat? They must be lovable since this was the most requested theme from our young people at our most recent evening of Bedtime Stories, so how bad can they really be? All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Co-ordinator, for this interactive storytime as he reads three family-friendly stories celebrating our favorite mischievous felines!

Cookie’s Week,
written by Cindy Ward, illustrated by Tomie dePaola

Seven Bad Cats, by Moe Bonneau

Bedtime for Bad Kitty, by Nick Bruel

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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

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Medical QiGong for Senior Health—Balance!

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

Saturday, 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!

In Neil Simon’s romantic comedy, *Barefoot in the Park*, Corie and Paul Bratter are a newlywed couple. For their first home, they live in an apartment on the top floor of a brownstone in New York City. Corie is optimistic about their future together, while Paul, the more anxious and grounded half of the couple, worries about the various flaws in the apartment, such as a hole in the skylight, their leaky closet, and the lack of a bathtub. Shortly after moving in, Corie attempts to set her mother up with their eccentric neighbor Mr. Velasco. During the course of four days, the couple learns to live together while facing the usual daily ups-and-downs. Corie wants Paul to become more easy-going: for example, to run “barefoot in the park.”

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

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**Soulful Songs and Stories**

**A Song + Your Stories = Magic**, and we can hardly wait to see you and hear your stories as soon as Shelter Rock reopens. You can help us get ready. Do any of the 39 topics and 323 pieces of music in the pandemic PDFs resonate with you as jumping off points to tell your stories?

Look them over at [www.j.mp/uucsrsss](http://www.j.mp/uucsrsss). Do you have other topic or song suggestions?

If you joined us during lockdown, can you be with us when we meet in person on the third Friday of the month at 7:00 PM? We’ll seek more of your input, and share ideas with you via email. If you’re not already registered, just get in touch with Jessica Pond to sign up (jpond@uucsr.org or 516.472.2914).

Alice Giordano and Steve Marston

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**Great Books–Great Books Foundation Science Fiction Omnibus**

**Fridays, 12:00–1:30 PM**

**Live on Zoom**

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

Please contact Jessica Pond at jpond@uucsr.org to register. Please note that registration is not required.

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August 20, 2021: “The Star” by Arthur C. Clarke
August 27, 2021: “The Voices of Time” by J.G. Ballard
September 3, 2021: Labor Day Weekend, no meeting
September 17, 2021: “Harrison Bergeron” by Kurt Vonnegut
September 24, 2021: “The Streets of Ashkelon” by Harry Harrison
October 1: “The Days of Perky Pat” by Philip K. Dick
October 8: “Vaster than Empires and More Slow” by Ursula K. Le Guin
October 15: “As Simple as That” by Zenna Henderson
October 22: “The Bicentennial Man” by Isaac Asimov
October 29: “Houston, Houston, Do You Read?” by James Tiptree Jr.
November 5: “Ender’s Game” by Orson Scott Card
November 5: “Ender’s Game” by Orson Scott Card
November 12: “Bloodchild” by Octavia Butler
November 19: “Promises to Keep” by Jack McDevitt
November 26: Thanksgiving weekend, no discussion
December 3: “Face Value” by Karen Joy Fowler
December 10: “Even the Queen” by Connie Willis
December 17: “Mortimer Grays History of Death” by Brian Stableford

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Or call 1 646.558.8656

Join us for our monthly readings of new and classic plays!

In Neil Simon’s romantic comedy, *Barefoot in the Park*, Corie and Paul Bratter are a newlywed couple. For their first home, they live in an apartment on the top floor of a brownstone in New York City. Corie is optimistic about their future together, while Paul, the more anxious and grounded half of the couple, worries about the various flaws in the apartment, such as a hole in the skylight, their leaky closet, and the lack of a bathtub. Shortly after moving in, Corie attempts to set her mother up with their eccentric neighbor Mr. Velasco. During the course of four days, the couple learns to live together while facing the usual daily ups-and-downs. Corie wants Paul to become more easy-going: for example, to run “barefoot in the park.”

Please contact Jessica Pond at jpond@uucsr.org to register. Please note that registration is not required.
A Letter from the President

We are just now emerging from the dark and hopefully, headed toward the light. I am beginning my tenure as the new Women’s Group President as UUCSR is gradually reopening with more in-person activities, while still continuing with virtual ones.

It is hard to believe, but the first meeting of our Women’s Group was held on January 16, 1963 at the North Shore Unitarian Church, with 41 women present. Their focus then was to offer a diverse program to satisfy the needs and desires of all its members, including service and education programs, social events, and occasional fund raisers.

Fifty-eight years later, we now have a total of 103 active Women’s Group members, including 16 men. Using the Women’s Group mission as our guide, we continue to work towards helping create a world where everyone is recognized for their inherent worth and dignity, our first UU Principle, and we now embrace our new 8th Principle as well “to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

Our goals continue to include growth of collaborations with other committees and all UUCSR members, and to enhance our spirituality based on a feminist theology that incorporates full humanity and affirms both sexes along with all races and social groups. Women’s and gender identity rights are also deeply intertwined. We want to foster a community of caring, committed women and men who are steadfast in their quest for equality, justice and peace.

The Women’s Group will still work to close the Gender Wage Gap, improve Women’s Reproductive Rights, address the issues of Violence Against Women, seek laws to Mandate Paid Sick and Parental Leave, enact Affordable and Competent Child Care, and to finally pass the Equal Rights Amendment, just to name a few items about which we are passionate.

The Women’s Group managed to successfully offer many programs virtually during the pandemic that were well attended. Moving forward to our 2021-2022 year, we will continue offering ongoing programs, as well as new and innovative multi-platform programs and events as permitted by UUCSR’s Reopening Guidelines.

Thank you for your continued support. Please know that you are all invited to attend Women’s Group sponsored events. Our events are not just for women only. In addition to email reminders, all events are listed in every Quest and on the uucsr.org calendar. Come join us!

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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 or 516.472.2960)

<table>
<thead>
<tr>
<th>Fridays</th>
<th>Book Titles</th>
</tr>
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<tbody>
<tr>
<td>Aug 20</td>
<td><em>Hamnet</em>, by Maggie O’Farrell, led by Maria Ceraulo</td>
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<tr>
<td>Sept 17</td>
<td><em>Anxious People</em>, by Fredrik Backman, led by Judy Douenias</td>
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<tr>
<td>Oct 15</td>
<td><em>The Girl with the Louding Voice</em>, by Abi Daré, led by Lee Geisen</td>
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<td>Nov 19</td>
<td><em>The Beekeeper of Aleppo</em>, by Christy Leferi, led by Renée Silver</td>
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<tr>
<td>Dec 17</td>
<td><em>The Four Winds</em>, by Kristin Hannah, led by Ruth Barrie</td>
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<tr>
<td>Jan 21</td>
<td><em>The Devil You Know</em>, by Charles M. Blow, led by Ursula Salamone</td>
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**Men's Group**

**Bernard FitzGerald, Jr., Chair**

**UUCSR Men's Group Advocates for Handicapped Parking Laws and Permits**

Consistent with its charter, this year, the UUCSR Men's Group has selected a special area of service that will provide opportunities for men to come together and share their skills and talents as part of a group that fosters personal, emotional, intellectual, social, and spiritual growth.

The UUCSR Men's Group is positioned to advocate for handicapped parking laws and assist with handicapped parking permit and placard applications, the State of New York Handicapped Parking Permit, and the City of New York Department of Transportation Handicapped Parking Placards for people in need.

Disabled people and their caregivers value handicapped parking spaces. The disabled view the prime parking spaces with blue lines on the pavement as a part of society's safety net; the spaces make the day-to-day life of a disabled person a bit easier.

Both the State of New York Handicapped Parking Permit and the City of New York Department of Transportation Handicapped Parking Placard require an application. Both applications are completed by the applicant and the applicant's physician. Upon request, applications are available through the UUCSR Men's Group or the Nassau County Office of the Physically Challenged and the City of New York Department of Transportation Parking Permits for People with Disabilities (PPPD).

- The Americans with Disabilities Act 2010 Standards of Accessible Design require accessibility via handicapped parking spaces and designated parking zones for the disabled.
- The State of New York Handicapped Parking Permit issued by the Nassau County Office of the Physically Challenged allows valid permit holders to park in designated handicapped parking spaces at shopping malls, office buildings, houses of worship, etc. throughout Nassau County and the State of New York and NOT within the five boroughs of New York City.
- The City of New York Department of Transportation Handicapped Parking Placard issued by the City of New York Department of Transportation allows valid placard holders to park in designated handicapped parking spaces in the five boroughs of New York City including Manhattan. A physical exam by a New York City Department of Health physician at Bellevue Hospital is required for application of the New York City Department of Transportation Handicapped Parking Placard. Upon approval the handicapped parking permit/placard arrives in the US Mail within 30 days or less. An appeal process is available for applicants who are rejected for a handicapped parking permit/placard.

Contact Bernie Fitz (718.986.5469 or FitzSpeaker@aol.com) for assistance with obtaining a handicapped parking permit/placard application or for additional information on handicapped parking.

Contact Committee Liaison Sharyn Esposito (516.472.2960 or sesposito@uucsr.org) for details about joining the Men's Group or

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**Green Sanctuary Committee**

**Stephen Ruocco, Chair**

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

**Seaweed and Kelp**

Seaweed is found mainly in our oceans. It is thought to be a common plant, yet it is not. It is a marine algae composed of thousands of macroscopic multicellular life. One species is called kelp. Kelp provides nurseries and habitats for fisheries and other marine life. Both seaweed and kelp are important industries and have played a historic role in human life throughout the ages. Because of climate change they have become more vital today.

The history of seaweed and its use spans many centuries. In ancient times, Hawaiians grew kelp gardens for food and medicine. In 5th century Japan, it was used for food, just as in 8th century Japan in everyday cooking to make nori (dried seaweed wraps). It is high in iodine and fiber. When harvested (cultivated), edible seaweed, whether green or brown, has been used beyond food production; it is made into seaweed oil, massage soaps, lotions, livestock food, and biodegradable packaging.

Kelp farming is becoming more prominent globally. It has use in food, nutritional supplements, and fertilizer. A new farm program launched in the Town of Oyster Bay is turning it into fertilizer. Farming of kelp locally involves growing it in the cold months after the shellfish season. Therefore, it is planted in January and harvested in May. Once out of Oyster Bay waters, it is dried and used on Long Island as a fertilizer. This kelp-based fertilizer outperforms and is more effective than any commercial one on the market.

Locally, Maritime and Adelphi University have partnered to grow this amazing crop. Scientists have ascertained that kelp is a multi-faceted plant: able to seize carbon from the atmosphere and reduce ocean acidification while balancing our ecosystem. Kelp also creates one of the most biologically diverse habitats on earth while absorbing carbon dioxide from the air as it grows and binds into biomass.

The seaweed industry is growing. Growers (farmers) need investments to take the industry to scale. Attracting new suppliers and increasing the attractiveness of early-stage companies and existing farms is a goal. Increasing performance data will take technology and processes from unproven to known and investment-worthy.

Finally, regulatory and social permission to operate in the commons of the open ocean must be defined. The growing demand for seaweed and kelp products must be assisted. We need to improve access to the capital needed for this vital industry.

I hope you enjoyed this article and I think you will appreciate this very important UN Climate Change Report. Please click on the link below for the full report: Climate Change 2021: The Physical Science Basis. Elaine Peters for the Green Sanctuary Committee
Event Announcements
All programs are online unless noted otherwise.
Please see UUCSR.org/calendar for additional details. See LIACUU.org for other area congregations.

SUNDAY, SEPTEMBER 19, 2021
11:00 AM, Sunday Worship
12:00 PM, Homecoming Picnic, Grounds
7:30 PM, Why Teaching Diversity, Equity and Inclusion in Our Schools is so Important

MONDAY, SEPTEMBER 20, 2021
9:30 AM, Medical Qigong for Senior Health–Balance!
5:45 PM, Membership Committee Meeting

TUESDAY, SEPTEMBER 21, 2021
10:00 AM, Caring Hearts Quilters, Art Gallery and Room 204
10:00 AM, CSA–Community Supported Agriculture Program, Off Site
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, Yoga on Zoom with Mike Mancini
7:00 PM, Board of Trustees Meeting

WEDNESDAY, SEPTEMBER 22, 2021
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:30 PM, Cabaret XIX Rehearsals, Social Hall

THURSDAY, SEPTEMBER 23, 2021
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
6:30 PM, Together to End Solitary Confinement Virtual Program
7:00 PM, Board of Trustees Meeting
7:00 PM, Choir Rehearsal Gathering, Choir Rehearsal Room and Social Hall

FRIDAY, SEPTEMBER 24, 2021
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, SEPTEMBER 25, 2021
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, SEPTEMBER 26, 2021
11:00 AM, Sunday Worship
11:05 AM, Children’s Worship, Chapel
12:00 PM, Virtual Coffee Hour
1:00 PM, Artists’ Reception, Art Gallery

MONDAY, SEPTEMBER 27, 2021
9:30 AM, Medical Qigong for Senior Health–Balance!

TUESDAY, SEPTEMBER 28, 2021
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery and Room 204
10:00 AM, CSA–Community Supported Agriculture Program, Off Site

WEDNESDAY, SEPTEMBER 29, 2021
4:00 PM, Yoga for Joy and Balance with Beth and Paula
7:30 PM, Cabaret XIX Rehearsals, Social Hall

THURSDAY, SEPTEMBER 30, 2021
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
10:00 AM, Henry Ullman Memorial Service, Main Lobby Lawn
7:00 PM, Choir Rehearsal Gathering, Choir Rehearsal Room

FRIDAY, OCTOBER 1, 2021
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, OCTOBER 2, 2021
11:00 AM, Yoga on Zoom with Mike Mancini
1:00 PM, Women’s Group Fall Membership Meeting & Luncheon, Veatch House

SUNDAY, OCTOBER 3, 2021
11:00 AM, Sunday Worship
11:05 AM, Children’s Worship, Chapel

MONDAY, OCTOBER 4, 2021
9:30 AM, Medical Qigong for Senior Health–Balance!

TUESDAY, OCTOBER 5, 2021
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery and Room 204
10:00 AM, CSA–Community Supported Agriculture Program, Off Site
7:30 PM, Denominational Affairs Committee Meeting, Office Conference Room

WEDNESDAY, OCTOBER 6, 2021
3:00 PM, SJC Racial Justice Virtual Subcommittee Meeting
7:30 PM, Cabaret XIX Rehearsals, Social Hall

THURSDAY, OCTOBER 7, 2021
9:00 AM, Thursday INN Cooking, Main Kitchen
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:00 PM, Choir Rehearsal Gathering, Choir Rehearsal Room

FRIDAY, OCTOBER 8, 2021
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering
8:00 PM, Soulful Sundown

SATURDAY, OCTOBER 9, 2021
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, OCTOBER 10, 2021
11:00 AM, Sunday Worship
11:05 AM, Children’s Worship, Chapel

MONDAY, OCTOBER 11, 2021
9:30 AM, Medical Qigong for Senior Health–Balance!

TUESDAY, OCTOBER 12, 2021
10:00 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery and Room 204
10:00 AM, CSA–Community Supported Agriculture Program, Off Site
3:00 PM, Art Committee Meeting, Office Conference Room
7:30 PM, Program Council Meeting, Art Gallery, Office Conference Room, Veatch Conference Room

WEDNESDAY, OCTOBER 13, 2021
7:00 PM, Social Justice Committee Meeting
7:30 PM, Cabaret XIX Rehearsals, Social Hall

THURSDAY, OCTOBER 14, 2021
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:00 PM, Choir Rehearsal Gathering, Choir Rehearsal Room

FRIDAY, OCTOBER 15, 2021
12:00 PM, Great Books Discussion
3:30 PM, WG Book Series Zoom Session
6:30 PM, LGBTQ+ Zoom Gathering
7:00 PM, Soulful Songs & Stories, RE Room 19

SATURDAY, OCTOBER 16, 2021
9:00 AM, Saturday INN Cooking, Main Kitchen
11:00 AM, Nancy Berliner–Celebration of Life, Main Lobby Lawn
11:00 AM, Yoga on Zoom with Mike Mancini

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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. Rock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

Submissions: communications@uucsr.org
Quest Guidelines: http://j.mp/quest-gl
Next Quest: Wednesday, September 8, 2021 | Deadline for Content: Thursday, September 2, 2021

Enjoy Shelter Rock’s Grounds and Trails’
through August 30, 2021
during the following hours:

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Mon, Tues, Wed</td>
<td>9:30 AM–4:00 PM</td>
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<tr>
<td>Sundays</td>
<td>9:30 AM–3:30 PM</td>
</tr>
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</table>

NEW SEPTEMBER HOURS WILL BE ANNOUNCED

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
48 Shelter Rock Rd. Manhasset, NY 11030 | 516.627.6560 | uucsr.org / uucsr@uucsr.org

**Developmental Minister**
Rev. Jaye Brooks [jbrooks@uucsr.org]

**Minister for Pastoral Care**
Rev. Jennifer L. Brower [jbrower@uucsr.org]

**Minister of Lifespan Religious Education**
Rev. Dr. Natalie M. Fenimore [fenimore@uucsr.org]

**Congregation Operations Administrator**
Adam Barshak [abarshak@uucsr.org]

**Veatch Executive Director**
Joan Minieri [joan@veatch.org]

**Music Director**
Stephen Michael Smith [ssmith@uucsr.org]

**Lifespan Religious Education Coordinator**
Carson Jones [cjones@uucsr.org]

**Social Justice Coordinator**
Claire Deroche [cderoche@uucsr.org]

**Membership Coordinator**
Abigail Highland [ahighland@uucsr.org]

**Officers of the Congregation**

| President: | Jana North |
| Vice President: | Chris Hilke |
| Secretary: | Toni Logue |
| Treasurer: | Brian Muellers |

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| Terry Bain  |
| Claudia Barbey |
| Iliza Bartels |
| Robin Finnan-Jones |
| Brigitte Mueller  |
| Marsha Stone  |
| Jane Weiler  |
| Maryann Zappulla  |