



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Monthly Theme: *Embracing Possibility*



[See the Calendar](#)
[List Here](#)

September 29, 2021

SUNDAY, OCTOBER 3, 2021, 11:00 AM
UUCSR Ministry Team



Blessing of the Animals In this traditional outdoor service, we gather with beloved animal companions to recognize their unique contribution to our well-being. The ministers will bless these furry (and otherwise) friends as we celebrate the beauty of our relationships. Favorite toy animals and photos of beloved animal companions are also welcome to receive a blessing. *

FRIDAY, OCTOBER 8, 2021, 8:00 PM
Rev. Jennifer Brower

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

SUNDAY, OCTOBER 10, 2021, 11:00 AM
Daniel Lawlor, Guest Speaker

Lament, Slow Down, and Connect Our lives, our gatherings, our world, in ways large and small, are now shaped by the climate crisis. What day-to-day habits are we cultivating to accompany one another in unexpected heartache, joy, and possibility? What spiritual practices within our Unitarian Universalist tradition can galvanize and sustain us—as individuals and communities—amidst joy and sorrow? Join Guest Speaker Daniel Lawlor, Co-Director of UU Ministry for the Earth, as we consider spiritual habits that allow us to lament, slow down, and connect in times of climate crisis. *

* UUCSR’s fall Worship Services are onsite under a tent on the Lobby Lawn AND live-streamed on uucsr.org/ivorship, Facebook, and YouTube; available thereafter on the same platforms and as podcasts (www.uucsr.org/podcast); also aired on NSTV. Closed captioning available 24 hours following live streamed broadcasts. Click CC in the lower right section of videos to enable closed captions. For assistance, please contact Jen Sappell (jsappell@uucsr.org).

TOUCHSTONES
Rev. Jennifer L. Brower



I would have never imagined that my last Homecoming Sunday serving as UUCSR’s Minister for Pastoral Care would take place entirely outdoors, with members wearing face coverings, with no hymn singing in worship, and keeping some distance from one another because of a global pandemic. Yeah, that was not on my radar...

But real life is unpredictable and—even though it is OUR life—much is beyond our power to control. The COVID-19 pandemic has driven that point home again and again. As it has, I hope this experience has also heightened your awareness of the significance of Unitarian Universalism and UUCSR in your life. As Evelyn Joseph, a UUCSR member who died a number of years ago used to say, “The only thing that helps when the stuff hits the fan is the spiritual life.” The spiritual life matters.

When the “stuff” of the pandemic hit, when all that we knew and relied upon, when our routines of working and schooling and recreation were utterly disrupted, and “normal” life upended, our faith and our religious community helped us stay tethered to one another and find grounding. Our faith encouraged us to explore the deep questions of human existence, to open our ever-anxious hearts to the uncertainty and find value in the early, quiet pandemic days, to see what is essential in our life, to see and feel the sacred in everyday, to listen for the still small voice within and, over the past 18 months, to embrace new meaning and purpose and change.

If you couldn’t see the value of Unitarian Universalism in your life before, I hope you can see and feel it now. I hope that you can see and feel how your commitment to your faith development in our congregation has the power to affirm and inspire the best in you, in the communities of family and the workplace, and more that we create—in times of ease and hardship.

As members and leaders of UUCSR, you are each the recipient of this great gift of the supportive, transformative community. You are also each responsible for stewarding its precious possibility, nurturing the health of the congregation for yourselves and those who will yet join you.

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TOUCHSTONES

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As I have communicated to the members of the Board of Trustees, I hope you will each embrace the noble task of helping UUCSR achieve its possibility by gaining clarity of purpose, helping UUCSR grow in institutional health, in spiritual depth, in vision, in service to the world through the work of our hands, and in relationship with the interdependent web of life—human and otherwise.

The congregation's decision to experiment with a new Ministry Team model can launch an era of exploring new possibilities and creativity in the life of UUCSR. It is exciting—with or without a pandemic backdrop!

As we move more deeply into this fall season and this leadership experiment, I hope you will fully engage in your faith life and in the good and productive work of your congregation. Renew your membership (as must be done each year), offer your time and talents and your willingness to try new things that you know nothing about, and give generously through your pledge. "The only thing that helps when the stuff hits the fan is the spiritual life." The pandemic has shown us what is essential. Don't lose sight of it in the days ahead.

In Faith,
Rev. Jennifer

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](#)



MINISTRY PROGRAMS

The Ministry Team

New Fellowship Ministry: Dining Solo Together!

Living Solo while physically distancing can be isolating and hard on our emotional well-being. So let's get together! Come, join on Zoom every Monday evening from 6:30–8:00 PM, beginning Monday, October 4, 2021.

The first topic will be "Getting to Know You."

Brighten your evenings as we approach the winter months by getting together virtually on Monday nights when daylight ends before dinner time.

Host Sandra Hazel Frank, a member of UUCSR and several committees including Social Justice Mental Health Sub-Committee, Women's Group, and Membership Committee, will welcome you and help create discussion during this special time together.

You are invited to [join right here every Monday at 6:30 PM](#), with your dinner!

Soulful Salutations:

Restorative Yoga & Yoga Nidra Enhanced by Live Music

7:00 PM

Denise DeLuca guides the practice set to soothing LIVE music by Ben Wisch

Friday, October 29, 2021

Sunday, November 14

Sunday, December 12

Sunday, January 9, 2022

Friday, February 25

Friday, March 18

Friday, April 22

Sunday, May 22

Sunday, June 12

Restorative Yoga & Yoga Nidra are deep relaxation practices to settle the nervous system and restore it back to its known place of serenity and balance. These gentle yoga practices are perfect for those who have never done yoga before, as well as those with yogic experience. To feel rested, restored, and renewed is a feeling we all yearn for. You will be guided into peaceful restorative postures using a few props to prepare the way for the deep relaxation technique of Yoga Nidra. Yoga Nidra is used to relieve anxiety, post traumatic stress disorder, and other stress that we commonly store in our bodies.

For optimal comfort please have a space with a yoga or other mat available, plus:

- Yoga strap OR regular belt can be used
- Two yoga blocks OR 2 shoeboxes with the lids taped shut
- Yoga bolster OR 2 blankets OR couch cushions (seat or backrest)

More details are available from Assistant to the Ministers Kimberly Rossiter at krossiter@uucsr.org or 516.472.2941.

MINISTRY PROGRAMS

The Ministry Team

Living Solo

10:00 AM, Every Thursday

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](#)

Small Group Ministry (SGM) Begins in October



Small Group Ministry is intentional, lay-led small groups that deepen and expand the ministry of a congregation. Two key focuses are intimacy, or building community and deepening relationships, and ultimacy, or the opportunity for deeper spiritual exploration and search for meaning. Small group ministry is also called covenant group ministry, because the members

in a group make an intentional commitment to one another.

Please use the links below to register, visit uucsr.org/calendar or contact Kimberly Rossiter (krossiter@uucsr.org, 516.472.2941).

First Sundays monthly | 1:15 PM | Register [HERE](#).

First and third Tuesdays monthly | 7:00 PM | Register [HERE](#).

Second Sundays monthly | 9:30 AM | Register [HERE](#).

Second Wednesdays monthly | 7:30 PM | Register [HERE](#).

Fourth Tuesdays monthly | 7:00 PM | Register [HERE](#).

In-person Hadley House Group is currently in formation for Sundays. Please contact Kimberly Rossiter (krossiter@uucsr.org, 516.472.2941).

EMPLOYMENT OPPORTUNITIES

Open UUCSR Facilities Positions:

Facilities Supervisor
Full- and Part-time Technicians

If you know anyone who is seeking employment in the facilities field, full-time and part-time positions are available. Please send résumés to hr@uucsr.org.

MEMBERSHIP COORDINATOR

Abigail Highland

Inquirers

NEWCOMERS PROGRAM

FOR VISITORS, NEWCOMERS, AND NEW MEMBERS

The Inquirers Series meets Sundays from 1-2 pm Onsite and Online, unless otherwise noted.

The Inquirers Program offers a general introduction to Unitarian Universalism, Shelter Rock, and Congregational Life. This 7-session series is ongoing, so you are welcome to participate in the sessions in any order as you are able.

10/3

Q&A With a Minister

10/10

UU History, Principles, and Sources

10/17

Faith Development for Children and Youth

10/24

Worship, Music & the Congregational Year

TBD

Social Action & Community Service

11/14

Pastoral Care and Small Group Ministry

12/5

Membership at UUCSR

12/12

New Member Ceremony

Inquirers is required for Membership.
Email ahighland@uucsr.org with questions.

MILESTONES

We mourn with... Betty Nuxoll and her family as they grieve the death of Betty's husband, Bob Nuxoll. Bob died peacefully in hospice care on September 24, 2021. A Memorial Service will be held at 10:30 AM, October 9, 2021. Condolences may be sent to: *Betty Nuxoll, 300 E Overlook, Apt 453, Port Washington, NY 11050*

We mourn with... Carol Garbarino and her husband, Marc Mandel, as they grieve the death of Marc's brother, Philip Miller Mandel. Philip died unexpectedly on September 19, 2021 from complications of asthma. Condolences may be sent to: *Carol Garbarino & Marc Mandel, 6 Glenlawn Ave, Sea Cliff, NY 11579*

A Celebration of Life... will be held for Nancy Berliner on Saturday, October 16, 2021 at 11:00 AM. All are welcome to join her family on the Main Lobby Lawn.

A Celebration of Life... will be held for Jo Solomon on Sunday, October 17, 2021 at 3:00 PM. All are welcome to join her family on the Main Lobby Lawn.

We celebrate with... Richard and Claire Bock who welcomed their first great-grandchild, Brianna Kedzie Specht, on September 19, 2021. Richard and Claire's granddaughter, Elena, and her husband, Kevin, are located in Lansing, MI and are all doing well.

We celebrate with... Ginette Levin whose granddaughter Karla married Nick Graham in Boulder Colorado on September 24, 2021. We wish the couple every blessing.

THANK YOU

Thank you so much to the congregation and to the Caring Committee for their kindness and generosity as we recover from significant flooding damage caused by Hurricane Ida. We also want to gratefully acknowledge the friendship and support of the congregation. We are truly fortunate to be members of such a caring community.

Anne Van der Veer and Nick Falivena

Shelter Rock's first in-person gathering in almost 19 months, Homecoming 2021, was a tremendous success. On a beautiful September Sunday morning, we met for Worship and moved to the upper meadow for an afternoon of food, choir and band music, and fellowship. Thank you to the entire congregation who turned out to celebrate and to the many people who volunteered to make this a most memorable Homecoming Sunday! Careful attention to the concerns posed by the Reopening Task Force contributed to a huge success.

Richard Bock, 2021 Homecoming Picnic Coordinator

Thank you to the caring congregation, including Catherine Ripley and all the Caring Quilters for the beautiful quilt recently received. Great effort and great feeling was, no doubt, put into this and I am most grateful for such a lovely gift.

Deborah Swartz

PRESIDENT OF THE CONGREGATION

Jana North



Message From the President

So Sunday, September 19, we were back, sort of. It was an Opening Day like we remember, sort of.

The Service in the tent on the Veatch Lawn was different, but really beautiful. The Choir singing at the Picnic in masks was different, but really wonderful. There was no cotton candy machine, but the smoke rose from the grills just like it always has. Some things felt different, but we were finally back together at Shelter Rock and it felt really good.

The plan that allowed over 200 of us to gather safely outside in worship and to picnic together took many people many hours of thought, conversation, and hard work. Enormous thanks to the Ministers, Stephen Michael Smith, Adrian Rivera, Adam Forgione, Richard Bock, and many, many others who had to pivot quickly and think creatively to pull off a great day.

And now the new year begins... And things still feel different. While the building is open on Sundays through Wednesdays, it is still closed on Thursdays through Saturdays, and every night. But committees are meeting again and work is beginning on some very important issues.

Engaging the congregation in conversation about a Five-Year Strategic Plan, the Structure of Veatch, and the Ministry Team will be priorities this year.

A Task Force to implement the 8th Principle is being formed and discussions around the future use of Zoom for committee work, as well as events, are ongoing.

Sunday Worship will continue to be onsite under the tent, which has been moved to outside the Lobby for easier access. Until the CDC reports a change in the High Risk designation for our area, the tent affords us the ability to safely accommodate the congregation at an in-person service.

So we will be able to gather together, sort of.

Masks and vaccination bracelets will become our new jewelry and our eyes will need to be especially expressive. Hugging will be by permission only, but our Beloved Community is alive and well.

*Now I've been smiling lately
Thinkin' about the good things to come
And I believe it could be
Something good has begun*

—Cat Stevens

See photos of 2021 Homecoming: Together Again
uucsr.org/photos or on Facebook.com/uucsr.

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation

Rev. Dr. Fenimore as Lead Minister

The developmental ministry review of the governance and organizational structure of ministry at UUCSR resulted in the Ministers and Board of Trustees voting unanimously to approve Rev. Dr. Natalie Fenimore as Lead Minister beginning September 12, 2021.



As Lead Minister, Rev. Dr. Fenimore assumes additional tasks and is responsible for providing clear ministerial processes, reporting, and communication. The Lead Minister works collaboratively with the Board of Trustees, Congregational Operations Administrator, and the other ministers and represents the congregation in the community. Rev. Natalie has the Lead Minister tasks alongside those of Minister of Lifespan Religious Education. Throughout the ongoing developmental ministry period, there will be dialogue about the ministry structure in quarterly congregational forums and discussions with the Board of Trustees.

Jessica Pond as Youth and Adult Faith Engagement Coordinator

Jessica Pond, currently Religious Education Program Assistant, assumed the role of Youth and Adult Faith Engagement Coordinator on September 26. Jessica will support the Senior Seminar program for high school aged youth. Jessica will also assist in developing a comprehensive Adult Faith Development/Religious Education and faith engagement program at UUCSR. Jessica is a lifelong Unitarian Universalist. You can reach Jessica at jpond@uucsr.org. Jessica is available for onsite meetings (by appointment) or by Zoom.



New Worship Coordinator

Erin Dajka Holley is stepping into the new Worship Coordinator role for the next six months. In addition to serving as staff liaison for the Worship Committee and the Music and Performing Arts Committee, Erin will be working closely with our ministers to manage the many new tasks that go along with multiplatform, onsite, and online Worship Services. Erin is a lifelong Unitarian Universalist and a minister not currently serving a congregation. Erin lives in Utica, NY. You can reach Erin at worshipcoordinator@uucsr.org.



Recent Board of Trustees Agendas

Tuesday, September 21, 2021

- 7:00 PM I. Opening Words: Ministers / Jana North
- 7:10 PM II. Minutes: Toni Logue, Secretary
 - August 2021 Board Meeting Minutes
- 7:20 PM III. Treasurer's Report: Brian Muellers
 - CY21 4th Quarter Financials and Investment Portfolio Return
- 7:45 PM IV. Minister's Report: Rev. Jaye Brooks, Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore
- 8:05 PM V. 8th Principle Implementation Task Force: Jana North, President
 - Set Membership to Develop a Charge to Implement Recommendations for the Board from the Congregational 8th Principle Resolution
- 8:15 PM VI. Task Force and Ad Hoc Committee Reports
 - Crisis Grants Policy Task Force: Brian Muellers, Treasurer
 - Futures Ad Hoc Committee: Brigitte Mueller and Toni Logue, Secretary
 - Strategic Planning Task Force: Jana North, President
 - Veatch Structure Engagement Task Force: Jana North, President
 - Working Groups Task Force:
- 8:30 PM VII. President's Report: Jana North
 - Review of September Retreat
 - Review of September Congregational Meeting
 - Update on LIAC Student Minister
 - Selection of Trustees for the Ministerial Care & Compensation Committee
 - Hadley House LLC Cure Notice Update re: Lease Insurance Requirements
 - Status Update for Remote Meetings Past December 2021
- 9:00 PM VIII. Good of the Order: Jana North, President

Thursday, September 23, 2021

- 7:00 PM I. Opening Words/Check-In: Ministers/Jana North
- 7:05 PM II. Personnel Committee: Marilyn Fischell, Chair
 - Approval to Exceed New Hire Salary Offer Limit for Veatch Sr. Program Officer
- 7:30 PM III. Publicity & Promotions Committee: Scott Barbey/Bill Carmody
 - Spotlight-On Video Presentation & Authorization to Release for Distribution
 - Quest Guidelines-Committee Review Status
- 8:00 PM IV. Veatch Board of Governors: Corinne Hayden, Chair
 - Approval of Recommendation of Veatch Board of Governors to Access Budgeted Funds for CY22 Annual Report
- 8:20 PM V. Member Resource Committee: Rob Hoell, Chair
 - CY22 Committee Chairs and Member Nominations
- 8:40 PM VI. Reopening Task Force: Adam Barshak, COA
 - September 19–October 17 Reopening Plan as Approved by the Officers
 - Staff Vaccination Policy
- 9:00 PM VII. Good of the Order: Jana North, President

Additional documents are available to UUCSR members at uucsr.org/my-uucsr. Log in and select "Member Resources." For assistance, contact Jen Sappell (jsappell@uucsr.org or 516.472.2980).

SOCIAL JUSTICE COMMITTEE

Claire Deroche, Social Justice Coordinator

Remembering Emmeline Pankhurst

Should the day ever come when I might be tempted to stay home on election day, the memory of Emmeline Pankhurst will get me up and out and on my way to the polls.

Emmeline Pankhurst was a British political activist who lived from 1858 to 1928. Born to parents with a tradition of radical politics, she devoted much of her life to the cause of women's suffrage. In 1913, she founded the Women's Social and Political Union (WSPU). The group became known for its militant tactics in the pursuit of the vote for women.

Many WSPU members, Emmeline among them, were arrested and imprisoned for their efforts. During one of her imprisonments, Emmeline went on a hunger strike. The response of her jailers was to force feed her in a very violent manner. Emmeline, who died on June 14, 1928, lived long enough to see the passage of the Equal Franchise Act and know that her heroic efforts had not been in vain.

Now it's time for us to get ready to vote. This year's general election is on Tuesday, November 2, 2021. However, in New York State, going to the polls is not the only way to cast your ballot. You can vote absentee by applying for an absentee ballot via mail, email, or fax by October 18, or in person by November 1. November 2 is the last day to postmark or deliver your ballot. You can also bring your ballot to an early voting or Election Day polling location. You can vote early from October 23 through October 31. You can vote on election day, Tuesday, November 2, when the polls are open between 6 AM–9 PM.

The NY Civic Engagement Table has a website (myvoteny.org) where you may check to make sure you're registered, apply for an absentee ballot, check for your early voting site, and check for your polling location for in-person voting on Election Day.

The NY League of Women Voters has organized valuable information on the five, state-wide proposals that will be on the ballot available [HERE](#).

Don't expect to see any candidates for the state senate or assembly on your ballot. Except for two special elections in upstate districts to fill vacancies, those elections will take place next year.

Drilling down to the NYC and Long Island scene, visit the following to see a list of candidates or proposals: [Suffolk County Candidates](#); [Suffolk County Propositions](#); and [Nassau County candidates and proposals](#). New York City is holding regular elections for mayor, city council, public advocate, and comptroller on November 2, 2021. Further information is available [HERE](#).

However you choose to vote, don't do it alone. Spread the word and make sure everyone you know votes, and even those you don't know. Our democracy is hanging in the balance.



SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Donations of Gently Used Clothing and Shoes There is a new donation location, and it's not in the main building! The Congregation has acquired an outdoor bin for donations located in the lower parking lot. It is accessible any day that the grounds are open. Donations are no longer accepted 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.

Wednesday, October 6, 2021
Virtual Racial Justice Sub-Committee Meeting
3:00 PM–4:30 PM. Please note the date change.
[Join via Zoom](#), Meeting ID: 831 0662 1384
or Phone in: +1 646 558 8656

Please contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org or 516.238.6191 with questions or comments.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Veatch Grantee Pushes Philanthropy to Respond to Abortion Access Advocates

Earlier this month, the Supreme Court declined to block a newly passed abortion law in Texas. It is the most restrictive to date in the country and has been widely reported in the [news](#).

On the federal level, the battle over the law is far from over, with the Biden administration exploring avenues available to challenge it. But there is widespread advocacy taking place on the grassroots organizing and philanthropic levels as well. Veatch grantee [National Committee for Responsive Philanthropy \(NCRP\)](#) has been leading the charge to ensure foundations are responding to the needs of the reproductive justice movement. Abortion rights are facing unprecedented levels of attack—with a record nearly 100 restrictions passed in states across the country this year alone.



A rally to protect abortion access in front of the Supreme Court in September 2021. Photo credit: NCRP

“Abortion funds in Texas, frontline organizations that increase abortion access through financial and logistical support, received less than \$1 million from philanthropy, or only 4 percent of all funding for reproductive rights in Texas from 2014–2018,” said NCRP researcher Stephanie Peng in a recent [blog post](#). In response, NCRP worked with advocates across the country to assemble a roadmap, “[Funding the Frontlines](#),” to educate funders on where and how they can most effectively act to protect abortion access. NCRP’s timely effort brings the voices of practitioners, patients, and others to the forefront at this pivotal time.

This is an example of how the Veatch Program supports the expansion of funding for our grantees and the causes they are fighting for. Among over 180 Veatch grantees, Veatch supports a set of what are known as “philanthropy serving organizations” or [PSOs](#) (including NCRP) that do important work that operates behind the scenes. Most of Veatch grantees primarily organize people. At a moment like this, when every dollar of support counts, NCRP offers an example of a grantee that organizes money. It serves as a trusted resource and partner to the funding community—and helps move philanthropic institutions to action.

The Unitarian Universalist Veatch Program at Shelter Rock provides support for efforts within the religious and spiritual mission of the Unitarian Universalist Congregation at Shelter Rock where their purposes are best served by outside agencies acting under the Veatch Program and the Congregation.

GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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



Capture vs Sequestration of Carbon Dioxide

Burning coal emits many pollutants.

Scrubbers at the coal plant remove many of them including arsenic. The technology of carbon capture and storage (CCS) improves upon this by removing carbon dioxide. This is “clean coal.” The carbon dioxide that is emitted combines with a chemical such as monoethanolamine. Heating the chemical compound so formed, releases the carbon dioxide, which can then be stored beneath the earth. One estimate of cost is \$60 per ton of coal. Storage will likely not be a problem. Essentially, we would be returning a byproduct of burning fossil fuel to pockets beneath the earth’s surface from where it came. Of the many proposed CCS facilities, only one is in operation, albeit at low efficiency.

Another proposal is to build a few hundred-thousand, small-scale CCS units. Distributed globally, they would remove carbon dioxide from the atmosphere. Each of these smaller units could extract a thousand metric tons of carbon dioxide each year. Putting aside the cost to build these units, this is about 3 percent of the 34 billion metric tons emitted worldwide each year.

By comparison, there are around three trillion trees on the earth. These trees sequester 16 billion metric tons of carbon dioxide each year. There is acreage available for planting more, perhaps even a trillion trees. Instead, we are burning trees to clear land. Two reasons for this are demand for palm oil and grazing for cattle. Whatever replaces our full-growth trees falls well short of sequestering much carbon dioxide. This is of particular concern in the Amazon. Combined with forest fires, the net result reduces by half the amount of carbon dioxide sequestered while contributing significantly to the total emissions of 34 billion tons.

Planting trees is one thing; making sure they grow is another. This is where agroforestry comes in. Rather than attempting to establish new forests, sparsely planted trees in pastures where livestock is grazing helps. The trees provide shelter for the animals and perhaps a crop, which gives the farmers incentives to maintain them.

We have two diametrically opposed ways to proceed: plant and preserve trees or use a sophisticated chemical process. Funds to support the latter are part of the infrastructure bill now before Congress.

It makes sense to develop and implement the CCS technology while planting trees and preserving forests. It does not make sense to let the fossil fuel industry use this technology to justify additional mining and drilling.

Jim Peters for the Green Sanctuary Committee

CARING COMMITTEE

WinterFlower Regla Robinson, Chair

Care for the Caregiver
Fourth Tuesdays of every month at 7:00 PM
90 minutes via Zoom

Those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings will all benefit from Care for the Caregiver. Caron Hunter, a holistic health care provider and interfaith minister, will be facilitating the group. Caron teaches a compassionate and empowering approach to healing and offers over 30 years of personal and professional healing experience. This is a confidential group for those who would welcome support. For more information, please reach out to Kimberly Rossiter at krossiter@uucsr.org.



Caron Hunter

Please join a 90 minute monthly ZOOM session.
Join Zoom Meeting [HERE](#).

Living With Cancer
Third Thursday monthly, 7:00–8:30 PM
(Occasional schedule variations. Please register for details.)

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).

Caring Ministries at UUCSR
UUCSR offers members support through a variety of programs. The Ministry Team may be reached at pastoralcare@uucsr.org or by calling Assistant to the Ministers Kimberly Rossiter at 516.472.2941. Outside of regular office hours, please call the live answering service: 516.795.0329, to be put in touch with the minister on call.

MUSIC AND PERFORMING ARTS COMMITTEE

Katy Schall, Chair

Like Jazz? Play Jazz!

Do you play an instrument, know a few scales, can (kind of) read music, and like jazz? The UUCSR Jazz Ensemble invites you to join, and is especially seeking horn players and drum set players! Now in our eighth year, we are a multi-generational ensemble that rehearses weekly on Sunday mornings at 9:00 AM, with performances at monthly Services and other church-related events. We focus on songs and tunes with historical significance in jazz, and we learn about the composers, performers, and history related to the material we learn and rehearse. The ensemble is directed by Dan Pratt, a musician with over 20 years experience playing, teaching, and composing music. The Jazz Ensemble has players of many different levels, learning and supporting each other along the way. All music is provided, and no previous experience playing jazz is required. We pride ourselves in cultivating a warm and welcoming music-making space, so come join us!

Please contact Dan at dpratt@uucsr.org if you are interested or if you have any questions.

PLEASE NOTE: Jazz Ensemble Rehearsals will be held outdoors on the Veatch Terrace on Sundays at 9:00 AM, weather permitting, for the next several weeks.



Virtual Music Making

Can U Uke?

Second and Fourth Wednesdays

Want to learn to play the ukulele?

Do you already play and are looking for a uke group to join?
Either way, come jam with us!

The UUCSR Ukulele Group is looking for individuals to join us and enjoy playing a very popular (and affordable) instrument. The ukulele is fun, entertaining, and easy to learn.

We have been meeting from 6-7 PM on the second and fourth Wednesdays of each month via Zoom. There is no specific instructor, so there is no fee. Many (but not all) in the group are intermediate or advanced players who are glad to help beginners to learn enough to get started strumming, toe tapping, and maybe even singing along.

The group is open to all UUCSR members and also to non-members. The only requirements are that you have your own ukulele, Internet access, and a way to save or print the songs that will be emailed to you.

To join, email Jessica Pond at jpond@uucsr.org. Please provide your name, email address, and telephone number, so you can be added to the group email list and be advised of upcoming meetings, songs we will be playing and a Zoom link. Come strum along!

Questions? Contact Charlene Greenberg (516.507.4313 or cdgsoph@gmail.com).

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

A Report from Shelter Rock's Liaison to the Long Island Area Council of Unitarian Universalist Congregations (LIAC)

The Social Justice Roundtable of LIAC is sponsoring a webinar called, "Fighting for Environmental Justice on Long Island," on Thursday, October 7, at 7:00 PM. Questions? Mary Beth Guyther (mbguyther@gmail.com). Register [HERE](#).

LIAC President Rev. Dr. Linda Anderson reported that four ministers and a soon-to-be-ordained minister have volunteered for a guest minister program sponsored with \$5,600 of LIAC funds. Rev. Anderson will provide contact information for the preachers to the 11 Long Island congregations.

The LIAC Board voted unanimously to reverse its previous position and approved completion of its 2020 Coming of Age program that had been suspended due to the pandemic.

LIAC is sponsoring an apple-picking event. See page 15 for details. Contact David Silver at 631.553.1107 or Ds60210@gmail.com.

Danielle Burby of the Unitarian Universalist Fellowship of Huntington is resuming first Sunday monthly Youth Zoom meetings on October 3, 4:00–5:30 PM. Meetings will include games, community building, spiritual practice discussions, and visioning. Register [HERE](#).

LIAC hopes to have 8th Principle co-author Paula Cole Jones as its keynote speaker for its annual dinner in April; it may be virtual. The LIAC Board unanimously approved Jones' request for us to publicize a January 14–16 session of her Jubilee 3 anti-racism training; registration for the \$170 program, which will be limited to 70 participants, will open soon.

The Unitarian Universalist Congregation of Central Nassau (Garden City) is running its annual pumpkin-selling fundraiser at 223 Stewart Ave. It will be open weekdays, 11:00 AM–6:00 PM and weekends from 10:00 AM–6:00 PM. For information, call 516.248.8855 or 516.770.8569.

The Unitarian Universalist Congregation of the Great South Bay (Sayville) and the Unitarian Universalist Fellowship at Stony Brook are holding ongoing meetings on a possible merger.

The Unitarian Universalist Congregation of the South Fork (Bridgehampton) invites all UUs to a free Zoom "Music and Meditation" program on October 20, November 17, December 15, and January 19. Space will be limited to 10 participants who are asked to commit to attend all 4 sessions. Register [HERE](#).

Rev. Dr. Anderson reported on possible inter-congregational programs such as book readings, storytelling or game nights. She also reported that the UUA plans to offer online OWL trainings in January. The LIAC Board will discuss the possibility of resuming its OWL program in January.

by Jim Smith, UUCSR LIAC Representative

HADLEY HOUSE

Hadley House Residents' Association

The Platelets Are Shifting

It's almost as if no one saw it coming. During the pandemic our response was clear: mask wearing, social distancing, and, for many, social isolation. Zoom meetings picked up the slack for some. We were clear about expectations of us, with a forward look toward normalcy. In time, people were double-vaccinated. Masks were relegated to discretionary use. Restaurants provided both inside and outside service, and the vision of freedom loomed large. But wait! Delta sneaked through.

Once again, we pulled in our wings. But this time, like shifting platelets before an earthquake, we felt the unsettling truth; the losses endured at Hadley House during COVID had not been processed sufficiently for us to regain our equilibrium. Normally when someone leaves we share among one another our sadness at their departure. Others step up, and Hadley House continues to function. This was not the case in this very unusual year. Not knowing if monthly meetings could resume in the Lounge, which is a necessary and cohesive factor for all residents, we felt insecure and pulled in our wings more tightly.

A Refreshing Event

On August 2, we were finally able to hold a Welcome Tea for three new residents who had moved in last fall: Evelyn Kuntz, Karl Krafczek, and Lois Wolfson. Perfect weather allowed us outside-access to our beautiful garden. This was a first. All previous teas were held in the Lounge. Marvin Brown suggested we wear "festive dress" for the occasion. All turned out looking splendid. Many wore long skirts and dresses while the men wore collared shirts. Marvin, with the help of many others, created a most elegant repast; white tablecloths and baskets of flowers garnished the cakes, pies, puddings, and tea for a glorious raising of our spirits. For a moment, we were lifted to a "Downton Abbey" experience. May we remember this moment as we welcome our new residents into our community. There's an old expression, "There's always room for one more" [couple on the dance floor]. No matter how accustomed to a certain rhythm, we can open just a little to provide a much-needed space. New firsts are always welcome.



We are looking forward to another Welcome Tea soon for our three most recently arrived residents: Meg Cohen, Barbara Dilsner, and Teddy Sklover. Happily, since we are almost entirely vaccinated, and our common areas are open for use, we are gradually resuming planned in-person indoor group activities. Movie Night and Great Decisions have already resumed this month. So we move into the fall with renewed spirit: Hadley House Alive and Growing!

Hadley House Residents' Association *Quest* Committee
Nancy Jacobson, Jerry Jalazo, Barbara Singer,
Teddy Sklover, Lilyan Strassman

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



*Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in*

These lyrics from one of Leonard Cohen's greatest songs, "Anthem," has always held deep theological meaning for me. I, too, believe there are cracks in everything, and in everyone, and that none of us go through life unbroken. I also believe that our cracks are not only how the light gets in, but also the way the light gets out. Everyone and everything has a light—sometimes too much light escapes and we need the light of others to fill in the cracks of our brokenness. Other times, our light is needed to replenish that of those among us. A faith community is a place to nurture this collective of compassion, a place to charge, and be recharged.

This long-held part of my personal theology has helped inform this year's Religious Education theme, *Embodying Wholeness*. It is my opinion that wholeness is aspirational—we never have been, nor can truly ever be, whole—but in mutually supportive spaces, we can strive toward communal wholeness.

It has been challenging to feel whole during this pandemic. We've been isolated. Many have been sedentary, or just not engaging in the physical activity we're used to. We've been living through screens and devices. Everyone is re-entering the world at their own pace and we seek to meet each and every one of them where they are. One clear lesson from this period is there is no "one-size-fits-all" and there never has been.

One of our goals this year in RE is to cultivate a culture of mind, body, and spirit practices to nourish a deeper sense of self and others—leading to more embodied self-care and care for community. Modes of expression beyond just speaking will be encouraged. Speaking works well for some, but others get their thoughts across more effectively through writing, art, music, dance, and sports. We will also be integrating lessons about the UU 8th Principle, adopted by UUCSR in May, which includes the concept of wholeness through the lens of anti-racism:

We covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

Like the Japanese philosophy of kintsugi in which broken pottery is repaired with visible liquid gold, the brokenness in ourselves should not be hidden, but rather filled in with light—light by which we grow and transform into something more beautiful than before.

RELIGIOUS EDUCATION

Christina Richer, Chair

Religious Education Classes are back in person most every Sunday!

Please register your family for 2021–22 Religious Education programming by going to www.uucsr.org/RE and receive communications about all the exciting events we have planned!

Online RE Events include:

Bedtime Stories

Third Wednesdays at 7:00 PM

Live on Zoom [HERE](#).

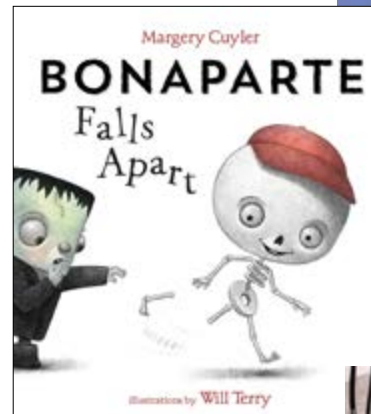
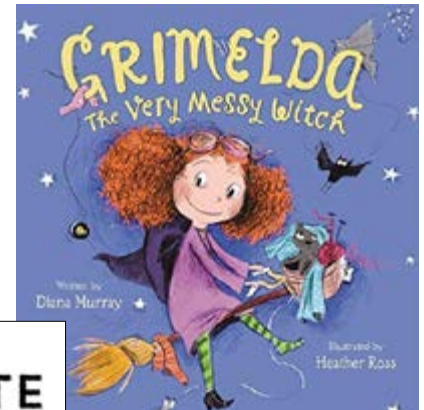
Halloween Bedtime Stories!

Wednesday, October 20, 2021

Grimelda: The Very Messy Witch

written by Diana Murray

illustrated by Heather Ross



Bonaparte Falls Apart
written by Margery Cuyler
illustrated by Will Terry

How to Make Friends with a Ghost

written and illustrated by
Rebecca Green



UU Kids Connect returns October 21, 2021!

Keep an eye out for details.

BODY PRACTICES

Yoga with Mike Mancini

Tuesdays,* 10:00 AM, Thursdays, 9:30 AM, Saturdays, 11:00 AM

[Live on Zoom HERE](#)

Meeting ID: 574 999 9276, Password: 000815

* Tuesdays also on premises (Veatch Lawn)

The cost is \$5 for UUCSR members and \$7 for non-members.

You may pay Mike through PayPal ([Paypal.me/yogamike](https://www.paypal.com/paytouser/mikemancini)),

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

Wednesdays, 4:00-5:15 PM

[Join Zoom Meeting](#)

Or call 1 646 558 8656, Meeting ID: 947 7620 8714, Passcode: 220564

This class incorporates techniques of Kundalini Yoga, breath work, meditation, and energy modalities. No experience necessary.

Cost: \$28 for 4 classes (use anytime) OR \$8 drop-in

Please text Beth at 516-297-1042 if you are signing up for 4 classes.

On the morning of August 24, a catastrophic fire occurred, destroying the headquarters of NOSH, a program of North Shore Soup Kitchen. Their food pantry had operated out of the VFW building on Hill Street in Glen Cove since April, and serves over 500 families on the North Shore each week. Volunteers are needed.

All proceeds will be donated to and checks should be addressed to:

North Shore Soup Kitchen/NOSH (NorthShoreSoupKitchen.org)

P. O. Box 168, Glen Cove, NY 11542

Contact details for questions:

Beth Fedirko, 516.297.1042 or bfedirko@optonline.net

NOSH hotline: 516.366.0277

Medical QiGong for Senior Health—Balance!

Mondays, 9:30-10:30 AM

[Register HERE](#) or email tqh.Ashley@gmail.com

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.

\$50 for 5 classes, \$12 per drop-in class



Dramatic Readings

Saturday, October 16, 6:00 PM

[Live on Zoom HERE](#)

Meeting ID: 953 4647 4715, Passcode: 396210

Or call 1 646.558.8656

Join in a monthly reading of new and classic plays! All are welcome.

The plays for the next three months of Dramatic Readings are:

Rumors, by Neil Simon

Present Laughter, by Noel Coward

Blithe Spirit, by Noel Coward

The order of the readings will be chosen by popular vote. Please email Jessica Pond at jpond@uucsr.org by Friday, October 1 to vote on your first choice for the October reading. Please also contact Jessica Pond to join the roster of attendees and to request either an emailed PDF of the play or a mailed copy.

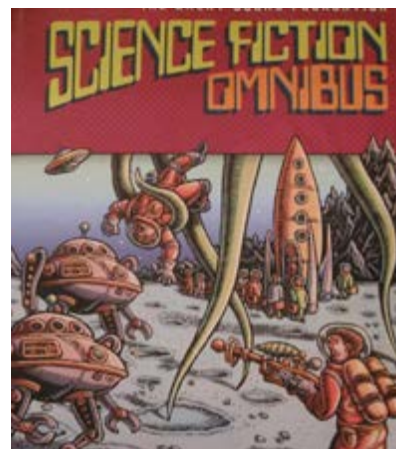
Great Books—Great Books Foundation Science Fiction Omnibus

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.



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.



WELCOME

WOMEN'S GROUP

FALL MEMBERSHIP

MEETING AND LUNCHEON

Sunday, October 3, 2021
Rain Date: Sunday, October 10

1:00 PM • Outdoors
Veatch Terrace

Join the Women's Group for an in-person Fall Membership Meeting and Luncheon. It will be a fun-filled Country and Western-themed event.

Come join us and kick up your heels, as we line dance and celebrate our new Women's Group year.

Register www.uucsr.org/WG2021
Lunch choice will be required when you register: Chicken, Vegan, or Vegetarian

Registration and Admission Fee:

- Renew your Women's Group Membership for 2021-2022 or Join for the first time—Yearly Membership Fee*—\$30 and the Meeting and Luncheon is FREE
- If you do not choose to join the Women's Group at this time the Admission fee for the Meeting and Luncheon is \$15*
- *Must register and pay by Thursday, September 30



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)

Oct 15	<i>The Girl with the Louding Voice</i> , by Abi Daré, led by Lee Geisen
Nov 19	<i>The Beekeeper of Aleppo</i> , by Christy Lefteri, led by Renée Silver
Dec 17	<i>The Four Winds</i> , by Kristin Hannah, led by Ruth Barrie
Jan 21	<i>The Devil You Know</i> , by Charles M. Blow, led by Ursula Salamone

Women Talk Daytime

12 Noon

First Wednesday monthly topic is always Current Events.
Topics for third Wednesdays monthly are as follows:

October 6	Current events
October 20	What is the most spontaneous thing you have done lately? Did it get you all fired up or were you left disappointed?
November 3	Current events
November 17	Name the one person who has influenced you most in life? Would you consider yourself successful if you are leading or led your life just like the person who inspired you?
December 1	Current events
December 15	What is your favorite destination? Have you already been there, or are you still in the process of making the trip to your destination of your choice?
January 5	Current events
January 19	Many women live alone and have very limited opportunity to meet or make new friends. What would you suggest to a friend in this situation?
February 2	Current events
February 16	Do you think that the cultural attitude in the US insinuates that women are less qualified or competent than men? Is that why women are paid 80 cents to the dollar than men are paid?

WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues

The Conversation Isn't Over

Last month, members of Congress left for August recess without extending the eviction moratorium. Millions of families are facing eviction because the Supreme Court blocked the moratorium that was extended by the Biden administration. While 11 million people are facing the prospect of homelessness, during a pandemic, Congress went on vacation!

As UUs, we know the value of people working for social change. For Ms. Cori Bush, first-time Democratic Congresswoman from St. Louis and a former community activist, it was a personal fight. As a woman who was evicted three times in her life, she recounted those times trying to stay awake while living in her car with her two babies, washing her body and mixing formula in a McDonald's bathroom. "Who speaks for me?" she asked.

When it became clear that Congress was not going to act to extend the eviction moratorium, Cori Bush staged a sit in on the steps of the US Capitol. She found a way to make sure the conversation did not end. She sat with progressive allies for five days to prod the Biden administration to extend the moratorium. She even followed Kamala Harris, wanting her to look her in the eye and see the pain of regular people. Criticized for her naivete, called stupid, inappropriate, and ineffective, she was accused of misunderstanding the complicated process involved.

Nancy Pelosi relented and announced a new, 60-day federal eviction moratorium. It was a short-lived victory. The Supreme Court blocked the moratorium.

For me, the conversation is personal. I recall the horror of finding out that one of my students was living in a car. Another was living on the front porch, another family standing outdoors in the rain to shower. I remember family stories about the depression when loved ones faced homelessness, hunger, and lack of heat. Some jumped on railroad cars to grab coal and toss it to those waiting so that there could be a little heat. There were wood fences that slowly disappeared as spokes were used to make fires to keep warm. There were reminiscences about hiding when the authorities were coming to investigate. The hope was to avoid separation from families.

Thankfully, the conversation continued. Along with Senator Elizabeth Warren, Cori Bush introduced the Keeping Renters Safe Act of 2021. It will give the Department of Health and Human Services the permanent authority to implement eviction moratoriums during public health crises. In this way, a housing emergency may be mitigated. Cori Bush doesn't want anyone to experience the suffering she endured. The government needs to live up to its goals and keep people safe and healthy.

Please contact your Congresspersons ([find contact info here](#)) to demonstrate that there is grassroots support for the Keeping Renters Safe Act. It will keep millions in their homes during the pandemic. The conversation isn't over.

MEN'S GROUP

Bernard FitzGerald, Jr., Chair

Consistent with its mission, the Men's Group is focusing on special areas of service that provide opportunities for men to come together and share their skills and talents to foster personal, emotional, intellectual, social, and spiritual growth.



The Golden Years are NOT Tarnished

The Men's Group wishes all the best of everything life offers upon retirement. The best years are the golden years with time to enjoy the fruits of your lifetime of hard work.

Keep Learning Learning is more important than ever in your later years. Work to master new skills that engage the brain, computer skills, cell phone uses, a new language, a musical instrument, have proven effective full brain work outs for retirees. Take advantage of life-long learning opportunities available.

Keep Moving The general rule of the human body is "use it or lose it." Cardiovascular exercise will stave off heart disease, reduce stroke risk, etc. Strength training helps lower risk of osteoporosis and arthritis. Exercise will help you improve and maintain your balance reducing your risk of injuries from a fall.

Keep Social Once you have retired, you may have limited obligations to anyone outside your immediate family. This lack of commitment can be wonderful, freeing, and over time, isolating. Continue to interact with people, rather than staying home alone.

Keep Healthy Habits This is simple advice that everyone knows but not everyone follows. Once you have retired, basic strategies for healthy living become essential.

Keep Boundaries Retirees are not always available to babysit, watch the dogs, pick someone up at the train, and everything else. You need to decide what you are willing to do for your family members and how often. Draw lines, set boundaries, and explain that you would like a phone call before "drop-ins."

Keep a Budget Most retirees have saved money most of their life for retirement. Being financially responsible by budgeting is critical, especially when healthcare expenses are increasing at an alarming rate.

Enjoy Your Retirement.

The Men's Group is for men of all ages. For retirees and their families, it is an excellent resource for activities, camaraderie, and referrals. Contact Bernie Fitz at 718.986.5469 or FitzSpeaker@aol.com. Contact Committee Liaison Sharyn Esposito (516.472.2960 or sesposito@uucsr.org) for details about joining the Men's Group or for details about upcoming meetings and programs.

EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

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

WEDNESDAY, SEPTEMBER 29, 2021

4:00 PM, Yoga for Joy and Balance with Beth
4:00 PM, Women's Group Virtual Board Mtg
7:30 PM, Why Teaching Diversity, Equity and Inclusion in Our Schools Is So Important

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
6:30 PM, Futures Ad Hoc Committee Meeting

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

SUNDAY, OCTOBER 3, 2021

9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio
9:30 AM, Choir Rehearsal, Tent
10:15 AM, Young People's Choir Rehearsal, Veatch Patio
10:40 AM, Welcome Space
11:00 AM, Sunday Service: *Blessing of the Animals*, led by the Ministry Team, Tent, and Online
12:00 PM, Coffee Hour
1:00 PM, Inquirers Group Session 1, Outside RE Main Entrance
1:00 PM, Women's Group Fall Membership Meeting & Luncheon, Veatch Terrace
1:15 PM, Small Group Ministry—1st Sunday of the Month

MONDAY, OCTOBER 4, 2021

9:30 AM, Medical Qigong for Senior Health—Balance!
6:30 PM, Dining Solo Together!
7:00 PM, RE Committee Meeting
7:30 PM, Nominating Committee Meeting

TUESDAY, OCTOBER 5, 2021

10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery, Room 204
10:00 AM, CSA - Community Supported Agriculture Program, Offsite
4:00 PM, Veatch Board of Governors Retreat
7:00 PM, Small Group Ministry—1st and 3rd Tuesday of the Month
7:00 PM, BOT Agenda Planning Meeting
7:30 PM, President's Operations Task Force Meeting
7:30 PM, DAC Meeting

WEDNESDAY, OCTOBER 6, 2021

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

12:00 PM, Virtual Women Talk Daytime Zoom Meeting

12:30 PM, Bridge Game Play, Art Gallery

2:00 PM, Wednesday Conversations

3:00 PM, SJC Racial Justice Virtual Sub-Committee Meeting

4:00 PM, Yoga for Joy and Balance with Beth

7:00 PM, Personnel Committee Meeting

7:00 PM, Publicity and Promotions Committee Meeting

THURSDAY, OCTOBER 7, 2021

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

FRIDAY, OCTOBER 8, 2021

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering
8:00 PM, *Soulful Sundown*, led by Rev. Jennifer Brower

SATURDAY, OCTOBER 9, 2021

10:00 AM, Caring Committee Meeting
10:30 AM, Robert Nuxoll Memorial Service, Main Lobby Lawn
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, OCTOBER 10, 2021

9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio
9:30 AM, Choir Rehearsal, Tent
9:30 AM, Small Group Ministry—2nd Sunday of the Month
10:15 AM, Young People's Choir Rehearsal, Veatch Patio
10:40 AM, Welcome Space
11:00 AM, Worship Service: *Lament, Slow Down and Connect*, led by Guest Speaker Daniel Lawlor, Tent and Online
11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
11:05 AM, Children's Worship, Veatch Patio
12:00 PM, Coffee Hour
1:00 PM, Rain Date: Women's Group Fall Membership Meeting & Luncheon, Veatch Terrace, Ballroom
1:00 PM, Inquirers Session 2: UU History, Principles, and Sources, Tent and Zoom

MONDAY, OCTOBER 11, 2021

9:30 AM, Medical Qigong for Senior Health—Balance!
6:30 PM, Dining Solo Together!
7:00 PM, Worship Committee Meeting

TUESDAY, OCTOBER 12, 2021

10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn, Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery, Room 204
10:00 AM, CSA - Community Supported Agriculture Program, Offsite
3:00 PM, Art Committee Meeting
7:30 PM, Program Council Meeting

WEDNESDAY, OCTOBER 13, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together
12:30 PM, Bridge Game Play, Art Gallery
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth
6:00 PM, Ukulele Practice
7:30 PM, Small Group Ministry—2nd Wednesday of the Month

THURSDAY, OCTOBER 14, 2021

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

FRIDAY, OCTOBER 15, 2021

12:00 PM, Great Books Discussion
3:30 PM, WG Virtual Book Series Discussion
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, OCTOBER 16, 2021

11:00 AM, Nancy Berliner—Celebration of Life, Main Lobby Lawn
11:00 AM, Yoga on Zoom with Mike Mancini
6:00 PM, Dramatic Readings

SUNDAY, OCTOBER 17, 2021

8:45 AM, Women's Group Virtual Board Mtg
9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio
9:30 AM, Choir Rehearsal, Tent
10:15 AM, Young People's Choir Rehearsal, Veatch Patio
10:40 AM, Welcome Space
11:00 AM, Worship Service: *UN Sunday*, Tent and Online
11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
11:05 AM, Children's Worship, Veatch Patio
12:00 PM, Coffee Hour
12:00 PM, Inquirers Session 3: Faith Development for Children and Youth, RE Room 10 and Zoom. Please note NEW TIME.
3:00 PM, Jo Solomon—Celebration of Life, Main Lobby Lawn

MONDAY, OCTOBER 18, 2021

9:30 AM, Medical Qigong for Senior Health—Balance!
5:45 PM, Membership Committee Monthly Meeting
6:30 PM, Dining Solo Together!
7:00 PM, Social Justice Virtual Committee Meeting

TUESDAY, OCTOBER 19, 2021

10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn, Zoom
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
10:00 AM, Caring Hearts Quilters, Art Gallery, Room 204
7:00 PM, Living With Cancer
7:00 PM, Small Group Ministry—1st and 3rd Tuesdays of the Month

EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

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

7:00 PM, Board of Trustees Meeting, Veatch Ballroom, Zoom

WEDNESDAY, OCTOBER 20, 2021

11:00 AM, Crafting for Sanity and Community Zoom Get-Together
12:00 PM, Virtual Women Talk Daytime Zoom Meeting
12:30 PM, Bridge Game Play, Art Gallery
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth
7:00 PM, Halloween Bedtime Stories

THURSDAY, OCTOBER 21, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:00 PM, Board of Trustees Meeting, Veatch Ballroom, Zoom

FRIDAY, OCTOBER 22, 2021

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering

SATURDAY, OCTOBER 23, 2021

11:00 AM, Yoga on Zoom with Mike Mancini
6:30 PM, Together to End Solitary Confinement Virtual Program

SUNDAY, OCTOBER 24, 2021

9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio
9:30 AM, Choir Rehearsal, Tent
10:15 AM, Young People's Choir Rehearsal, Veatch Patio
10:40 AM, Welcome Space
11:00 AM, Worship Service, Tent and Online
11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
11:05 AM, Children's Worship, Veatch Patio
12:00 PM, Coffee Hour
12:30 PM, RE Our Whole Lives Double Session, RE Room 18
1:00 PM, Inquirers Session 4: Worship, Music, and the Congregational Year, Office Conference Room, Tent, Zoom

MONDAY, OCTOBER 25, 2021

9:30 AM, Medical Qigong for Senior Health-Balance!
6:30 PM, Dining Solo Together!

TUESDAY, OCTOBER 26, 2021

10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn, Zoom
10:00 AM, Caring Hearts Quilters, Art Gallery, Room 204
10:00 AM, CSA-Community Supported Agriculture Program, Offsite
7:00 PM, Care for the Caregiver
7:00 PM, Small Group Ministry, 4th Tuesday of the Month

WEDNESDAY, OCTOBER 27, 2021

11:00 AM, Crafting for Sanity and

Community Zoom Get-Together
12:30 PM, Bridge Game Play, Art Gallery
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth

THURSDAY, OCTOBER 28, 2021

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

FRIDAY, OCTOBER 29, 2021

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering
7:00 PM, Soulful Salutations-Restorative Yoga & Yoga Nidra enhanced by Live Music

SATURDAY, OCTOBER 30, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

1:00 PM, RE Halloween Party, Veatch Terrace and Lawn

1:00 PM, Men's Group Rockin' Halloween Tail Gate Party, Main Parking Lot

SUNDAY, OCTOBER 31, 2021

9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio
9:30 AM, Choir Rehearsal, Tent
10:15 AM, Young People's Choir Rehearsal, Veatch Patio
10:40 AM, Welcome Space
11:00 AM, Worship Service, Tent and Online
11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
11:05 AM, Children's Worship, Veatch Patio
12:00 PM, Coffee Hour

The Quest is published twice a month, except once each in July and August. Copies are available in the UUCSR Lower Lobby, <https://uucsr.org/on-demand/quest-newsletter>, and via email. Sign up for email at <https://uucsr.org/on-demand>. *The Quest* Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. *The Quest* is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

Submissions: communications@uucsr.org Quest Guidelines: <http://j.mp/quest-gl>

Apple Picking Saturday, October 9, 2021



Meet at 11am at:
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September 29, 2021

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Next Quest: Wednesday, October 13, 2021 | Deadline for Content: Thursday, October 7, 2021

**RACIAL JUSTICE SUB-COMMITTEE OF THE SOCIAL JUSTICE COMMITTEE, ERASE RACISM,
AND THE LONG ISLAND AREA COUNCIL OF UU CONGREGATIONS (LIAC), CO-SPONSORS**

Co-sponsored by UUCSR's Racial Justice Sub-Committee of the Social Justice Committee,
ERASE Racism, and Long Island Area Council of UU Congregations (LIACUU)

WHY TEACHING DIVERSITY, EQUITY, & INCLUSION IN OUR SCHOOLS IS SO IMPORTANT

Wednesday, September 29, 2021
7:30–9:30 PM via Zoom

MODERATOR:

- JIM SMITH, ERASE Racism Board Member, UUCSR Member

PANELISTS:

- Elaine Gross, Dr. Lorna Lewis, Dr. Michael Hynes, Dr. Dan Holtzman, Phill Andrews, Shoshanna Hershkowitz

Webinar Panel Discussion • Q&A Following

uucsr.org/DEI

Registration Required. Registrants will receive a follow up email with a direct link to the program.