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: Cultivating Relationship

SUNDAY, OCTOBER 17, 2021, 11:00 AM
The Rev. Jennifer L. Brower

UN Sunday is our time to hear from UUCSR’s delegates to the UU@UN, formerly known as UU-UNO (United Nations Office). On the heels of the 50th Anniversary of Earth Day and the 75th year of the existence of the United Nations, there appears to be overwhelming support for international cooperation toward climate justice. UUCSR member Janet Bendowitz informs us that the topic will be “Climate Justice: Food Sustainability.” UU@UN envoys continue to keep UUCSR abreast of developments at the annual celebration of UN Sunday.

Please see related UU@UN Liaison Report on page 8 of this Quest.

SUNDAY, OCTOBER 24, 2021, 11:00 AM
The Rev. Dr. Natalie Fenimore

The Art of Gathering Once again we are gathering with those outside our family or lockdown groups. What happens when a group of people gather? Can we facilitate spaces where learning can happen and people can welcome change? Can we sit with expansive questions and complicated answers? In her book, The Art of Gathering: How We Meet and Why It Matters, Priya Parker describes gathering as an art: an art to be tended, practiced, honed, and honored. How does our community engage with the art of gathering?

SUNDAY, OCTOBER 31, 2021, 11:00 AM
The Rev. Jaye Brooks

Stronger, Kinder, Braver, Wiser Halloween Sunday! How can we open up to different ways of imagining ourselves? Wear a costume that helps express the direction your personal and spiritual growth might take. Would you like to be stronger, kinder, braver, wiser? How might that look? Today we explore ways to cultivate friendships and invite experiences that empower us to learn and grow.

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

Touchstones
Rev. Jaye Brooks

It’s already mid-October, which means that we’re halfway through this month’s learning and worship theme, “Cultivating Relationship.” Let’s take a step back and get some perspective on what we’re in the midst of exploring.

On October 3, the Worship Service Blessing of the Animals drew our attention to the ubiquity and importance of human’s relationships with our animal companions. The October 10 service lifted up our connection to the Earth. On October 17, we’ll celebrate United Nations Sunday and the ways that we, members of one nation, are in relationship with members of many other nations. On October 24, in The Art of Gathering, we’ll explore how the return to meeting in one another’s physical presence is both challenging and energizing. On October 31—in costume both onsite and online—we’ll consider how we are in relationship with ourselves, within ourselves. What are those inner dynamics?

There are so many ways that we are in relationship. These are interconnected webs, each with strands that interweave over, under, and through our lives. We are companions, we are Earthlings, we are citizens of both nation and wider world, we are a covenantal community, we are individual human beings constantly re-imagining and re-inventing ourselves.

As we advance along the uncertain path between pre- and post-pandemic (surely that day will come), we are perhaps more aware than ever of the significance to our souls of connection and community. From many faces on a Zoom link to a few physical spaces carefully populated, we are moving into a new future. Like people using a long pole to seek the safest way through a bog, unsure of the very ground beneath, we move slowly.

And, like people who emerge from a long journey to inhale that first deep breath of fresh mountain air, we are finding something new.

In all the relationships we cultivate there is something new. We may grow the most in that moment when we perceive (in a flash of insight) that old learning and long friendships have

Continued on page 2
become something new, something fresh, something previously unimagined. We may grow the most when we open ourselves to people and experiences that are wholly unexpected.

Everything changes. To discover that change can also be growth is—revitalizing. In the words of Langston Hughes, “My soul has grown deep like the rivers.”

May this time be one of relationships revitalized, as in brought back to life.

**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

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**COFFEE HOUR**
Sunday at 11:45 AM

PLEASE NOTE NEW TIME: 11:45 via Zoom HERE.

**Early Winter Vegetable Share Available**

Sang Lee Farms (CSA)
5 weeks: November 23–December 21, 2021
$199 | Pick up at Shelter Rock
Tuesdays, 9:30 AM–4:30 PM in Lower Lobby
8–10 different vegetables per week
Great for a family or veggie lovers
Includes partial diversity of winter crops

Learn more HERE, Sign up HERE.

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**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.

Brighten your evenings as the winter months approach by getting together virtually on Monday nights when daylight ends during dinner time. While titled “Dining,” eating isn’t an imperative to participate.

Host Sandra Hazel Frank, a UUCSR member, will welcome you and help create discussion during this special time together.

The goal is for Dining Solo Together! to develop into an informal evening get-together in a comfortable atmosphere where we can get to know one another. The group will take it from there and choose to discuss specific topics, if desired.

You are invited to join right here every Monday at 6:30 PM, with your dinner or just with your new friends!

**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

Saturday, October 30, 2021, 5:00 pm
Please note new date and time.
Sunday, November 14
Sunday, December 12
Sunday, January 9, 2022
Friday, February 25
Friday, March 18
Friday, April 22
Sunday, May 22
Friday, March 18
Friday, April 22
Friday, May 22
Friday, 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.

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5 weeks: November 23–December 21, 2021
$199 | Pick up at Shelter Rock
Tuesdays, 9:30 AM–4:30 PM in Lower Lobby
8–10 different vegetables per week
Great for a family or veggie lovers
Includes partial diversity of winter crops

Learn more HERE, Sign up HERE.
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 ONLINE 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).

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.

10/17
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.

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.
Message From the President

The new year at Shelter Rock has officially begun and while we slowly move toward the day when Sunday Service will be back in the Worship Hall, we are still far from opening the building for night activities. One is dependent on the gradual but continuing decline of COVID cases in New York State. The other is due to a lack of facilities staff, despite a conscientious search for applicants.

We are now able to hold services safely onsite under the tent with masks and distancing. We will continue to do so with one eye on the weather and the other eye on the CDC numbers with the hopeful expectation of moving indoors by November.

However, without an increase in staff, meetings and events can not yet be held onsite at night. When we are finally able to keep the doors open after 5:00 PM, committees will need to take the responsibility to check the proof of their members’ vaccination/ Covid test at each meeting. Members should wear their pink bracelets for easy identification.

As a beloved community, we are all responsible for and accountable to each other. We must always be mindful of members who can not be vaccinated at this time, and wear a mask and distance whenever we are around them. We must be understanding of those members who only feel comfortable at a distance and refrain from close contact, no matter how nice a hug might feel.

Discussions are happening daily on how we should move forward safely. Many people are working very hard to offer the congregation a way to come together responsibly. Being together on-site has always been the goal. Understanding, patience, and a lot of creative thinking will be necessary to get us there.

I look forward to seeing you all onsite at UUCSR in the days to come. Nothing can replace a face to face encounter, even if it’s masked.

And if you haven’t renewed your membership yet this year, please go to the UUCSR website today and do it. It’s even easier than getting a vaccine.

DID YOU KNOW THAT

maintaining your membership is easy but not automatic?

• Make an annual pledge of support
• Make at least one payment by December 31, 2021

Online at MY UUCSR or call Sue Kimler: 516.472.2919

UUCSR PHOTO GALLERIES

• 2021 Homecoming: Together Again
• 2021 Blessing of the Animals

uucsr.org/photos or on Facebook.com/uucsr

President of the Congregation
Jana North

Congregational Affairs
Jana North, President of the Congregation

Upcoming Board of Trustees Agendas

Tuesday, October 19, 2021

7:00 PM I. Opening Words: Ministers / Jana North
7:10 PM II. Minutes: Toni Logue, Secretary
• September 2021 Board Meeting Minutes
7:20 PM III. Endowment Committee: Carole Alexander, Chair
• CY23 Spending Limit
7:40 PM IV. Bi-Annual OCIO Presentation by SEI: Brian Muellers, Treasurer, and Peter Glennon of SEI
8:00 PM V. Annual General Counsel Presentation: Charlie Strain, Farrell Fritz
• Duties of Non-Profit Directors
• Discussion on Religious Corporation Law Voting Requirements-UUCSR Bylaws
8:30 PM VI. President’s Report: Jana North
• November Congregational Meeting Agenda
• Approval of New Term for Joe Macedo as Secretary of Hadley House LLC Board of Managers
• Discussion on Board Covenant

Thursday, October 21, 2021

7:00 PM I. Opening Words/Check-In: Ministers/Jana North
7:05 PM II. Personnel Committee: Marilyn Fischell, Chair
• Recommendation for Coordinator Position Grading
7:40 PM III. Social Justice Committee: Susan Roberts, Chair and Claire Deroche, SJ Coordinator
• Recommendation to Join the NYUU Justice Network & Donate $1,000
8:00 PM IV. Minister Reports: Rev. Jaye Brooks, Rev. Jennifer Brower, and Rev. Dr. Natalie Fenimore
• Approval of Religious Education Committee Sub-Committee on Adult Religious Education
8:20 PM V. 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: Chris Hilke, Vice President
• 8th Principle Task Force: Jana North, President
• Reopening Task Force: Adam Barshak, COA
8:40 PM VI. Member Resource Committee: Rob Hoell, Chair
• CY22 Committee Chairs and Member Nominations
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).
Thank You

Thank you to my UU congregation, especially the ministers and Caring Committee for the beautiful edible arrangement. You lifted my spirits during a very difficult time.

Love, Ellie Kantor

THANKSGIVING TURKEYS

Shelter Rock Resumes Thanksgiving Turkey Collection for the North Shore Soup Kitchen (NOSH) and the AIDS Center of Queens County

UUCSR will resume its annual collection drive to provide turkey dinners to those in need at Thanksgiving. The COVID situation brought major changes to our norm. For many years, we provided more than 100 turkeys to the North Shore Soup Kitchen (NSSK) and the AIDS Center of Queens County (ACQC). When the COVID-19 pandemic hit, the Soup Kitchen was forced to close its doors serving meals to its guests; the organization morphed into NOSH and currently delivers food to more than 500 families each week in the Bayville, Locust Valley, Glen Cove, Roslyn, and Sea Cliff areas. Yes, the need has grown. ACQC reports an increase in the numbers it serves.

The Annual 2021 Thanksgiving Turkey Meal collection drive will begin on Sunday, October 24, and continue for the next four Sundays. Please see donation details in the adjacent column. We hope to supply 150 turkeys to each organization, despite cost increases! 300 Thanksgiving dinners!

Thank you for your generosity.

Richard Bock
2021 Thanksgiving Turkey Program Coordinator

UUCSR 2021 ANNUAL
THANKSGIVING TURKEY MEAL COLLECTION DRIVE

Beginning Sunday, October 24 and continuing for the next four Sundays

$25

will provide a turkey dinner for a needy family

- Visit uucsr.org/donate
- Bring your contribution to worship
- Mail check to UUCSR, attn Sue Kimler

Please make checks payable to UUCSR with ‘Thanksgiving Meal’ on the memo line.

We count our blessings and share our bounty with those who are in need.

Richard Bock
2021 Thanksgiving Turkey Program Coordinator
The Struggle To End Solitary Is Not Over

As you may know New York State banned the use of solitary confinement beyond 15 days when then Governor Cuomo signed the HALT Solitary Confinement Act on March 31, 2021. The law applies to NYS prisons and jails.

In New York City, the HALT Campaign and the Jails Action Coalition (JAC) have been working since 2019 to completely end the use of solitary confinement in city jails. Their reasoning and strategy are outlined in “A Blueprint for Ending Solitary Confinement in NYC Jails.”

It took eight years to pass the HALT Bill. Ending solitary in NYC is proving to be every bit as much of a challenge. People are dying in NYC jails, many of them in solitary. We must move quickly.

A big obstacle to ending the use of solitary in NYC is the position of the NYC Board of Correction, the oversight body for the jails. In June 2021, the Board voted to completely end the use of solitary and replace it with the Risk Management Accountability System (RMAS). In reality, RMAS is actually solitary by another name. The time out of cell in a congregate setting required by the HALT Act would be spent in a caged extension to the incarcerated individual’s own cell where there would be interaction with at most one other person.

Members of the HALT and JAC have been working tirelessly to oppose this plan and pass Council Member Dromm’s bill Number 2173. This legislation would completely end the use of solitary in all NYC jails. In rallies and in visits with council members, they have recounted the stories of those who have lost their lives because of time spent in solitary confinement in NYC: Layleen Polanco, Kalief Browder, Nicholas Feliciano, and many others.

Now they are focusing on those council members who are not yet co-sponsors. Volunteers are calling the offices of these members and asking them to co-sponsor Bill 2173. You can be part of this campaign by making one or more phone calls. You do not have to be a constituent to make a call. The message is simple: Please end the torture of solitary confinement in NYC by co-sponsoring Council Bill 2173. The council members are Rafael Salamanca, 212.788.7384; Mathieu Eugene, 212.788.7352; Fara Louis, 212.788.6859; Osman Feliz, 212.788.6966; Selena Brooks-Powers, 212.788.7216; Vanessa Gibson, 212.788.6856; Mark Treyger, 212.788.7045; Alan Maisel, 212.788.7286; Kalman Yeger, 212.788.7357; Peter Koos, 718.888.8747; Daneek Miller, 212.788.7084; and Paul Vallone, 212.788.7250. (For additional information, please consult Council members’ websites.)

Each month on the 23rd, the Social Justice Committee holds a vigil to remember those spending 23–24 hours a day in solitary. I end this column the way we end each vigil:

Solitary is torture. It must end.

Donations of Gently Used Clothing and Shoes 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.

Saturday, October 16, 2021
10:00 AM–12:00 PM
Volunteer Opportunity at the Roosevelt Community Garden, 59 East Fulton Ave, Roosevelt, NY. We will be helping to clean up some of the plots. Wear a hat and closed-toed shoes. Bring sunscreen, gloves, any hand gardening tools you like to use, and a refillable water bottle. Register with Social Justice Coordinator Claire Deroche (below). Co-sponsored by the UUCSR Membership Committee and the SJ Racial Justice Subcommittee.

Monday, October 18, 2021
Please note the date change. 7:00 PM
Social Justice Committee Online Meeting
Join via Zoom HERE.
Meeting ID: 848 3601 8736
Or call 1.646.558.8656

Saturday, October 23, 2021
6:30–7:30 PM
Together to End Solitary Confinement online event. Join members of the Social Justice Committee to remember those suffering the torture of solitary confinement. Join via Zoom HERE.
Meeting ID: 914 5526 0335 Passcode: 901854

Please contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org or 516.238.6191 with questions or comments.
A Diverse Electorate Bringing Change To Texas

In a recent New York Times guest essay, “Texas is the Future of America,” Steven Pedigo, a professor at the University of Texas at Austin, and the director of the LBJ Urban Lab argues that we should be looking to Texas as a “bellwether state,” for a peak into the future of our country—and for what might be possible if we build on the needs and demands of an increasingly diverse electorate.

Texas, Mr. Pedigo notes, is one of the fastest growing states in the country. Since 2010, over 95 percent of the state’s growth has been among people of color. This is occurring in a state long thought to be vastly white and conservative, and is part of the reason for the state’s current political turmoil, evident in the high profile fights surrounding attempts to enact some of the nation’s most oppressive voting restrictions and restrictive abortion rights. Veatch grantees on the ground in Texas have been organizing in diverse communities across the state for decades.

Multiple Veatch grantees in the state—including the Texas Organizing Project, Black Voters Matter, and the Workers Defense Project—are working to register and engage new voters, while educating and galvanizing current voters. This year, these three organizations helped co-launch the Texas for All Coalition, an alignment of 35 national and state-based organizations working to thwart draconian voter suppression laws enacted in the state. Veatch grantees played a key role in diversifying the base of members in the the coalition—and expanding its geographies into metropolitan areas of Austin, San Antonio, Dallas, and Houston that are predominantly non-white. They helped strengthen the power of the coalition by recruiting construction workers, domestic workers, immigrants, and Black, Indigenous, and People of Color in order to raise awareness and slow the passage of lawmakers’ voter suppression efforts.

Through its Power Up Fund, the coalition will distribute over $1 million to those impacted by widespread power outages last February. Many of those vulnerable to outages caused by extreme weather are in low income communities and communities of color—they remain vulnerable thanks to the state government’s failure to address weaknesses in its power grid. Mr. Pedigo concludes ambivalently. “As goes Texas, so will the United States—for better or for worse,” he writes. With our Veatch grantees on the ground, organizing within a diversifying Texas, progressive values have a fighting chance.

The Canary in the Coal Mine

Keeping a canary in a working coal mine used to be the way miners were alerted to lethal levels of poisonous gas build-up. The susceptible bird’s death was the alarm bell. The miners did not ignore that canary. Now, birds and other species are sadly playing out this same role. Widely covered by the Washington Post, PBS, and other news outlets is the report from the US Fish & Wildlife Service declaring that 22 species formerly on the Endangered Species List are in fact now extinct. Gone from the planet for good. The ivory billed woodpecker is one such victim.

Species extinction is not new and is a constant feature of evolving life on earth. However, the rate of species extinction has been rapidly accelerating. Currently over 1,200 species of animals and plants are on the US Endangered Species list. These endangered animals and plants are our canaries in the coal mine. They are the alarm bell to an environment that is increasingly inhospitable to life. It is not only their loss from the spectrum of life, but they are harbingers of threats to humanity. The threats—climate change, habitat loss, pollution, competition from invasive species, all directly contribute to the loss of life on a very large scale. Much of this loss of life can be directly linked to human activity. As an example, it has been estimated that over 3 billion birds have been killed in North America alone over the past 50 years. Annually, millions of birds are killed each year in North America by window collisions, collisions with communication and wind turbine towers, pollution, and by cats, both feral and house varieties. Those decals on our UUCSR building windows are designed to decrease lethal bird strikes. The 2010 Deepwater Horizon oil spill resulted in thousands of bird deaths. BP Oil paid a $100M fine for criminal violations under the Migratory Bird Act. Money is a poor tool to rectify this wrong. Under the last presidential administration, industrial liability to preventable bird deaths under the 1918 Migratory Bird Treaty Act was reduced. The current administration has recently rolled back those changes.

There are more canaries alarming us. Small particle air pollution from automobiles and industry cause an estimated 48,000 premature deaths annually in the US.

There are hopeful examples of what action can accomplish. Forty years ago, the bald eagle was on the endangered species list. Bans of the poisonous chemical DDT and on hunting, and work to conserve eagle habitat have brought it back from its path to extinction. There are national and local governmental and private voices pitching in to spotlight the canaries. Greta Thunberg has been a wonderful voice to castigate world leaders for their rhetoric woefully short on action. Our voices are also needed.

We are living in interesting times.

The Unitarian Universalist Veatch Program provides support for efforts within the religious and spiritual mission of the Unitarian Universalist Congregation where their purposes are best served by outside agencies acting under the Veatch Program and the Congregation.
Care for the Caregiver
Fourth Tuesdays monthly, 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.

Please join a 90 minute monthly ZOOM session. Join Zoom Meeting HERE.

Living With Cancer
Third Tuesdays monthly, 7:00–8:30 PM
Note day of week change. 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.

Report from the Unitarian Universalist Association Office at the United Nations

The United Nations (UN) Climate Summit (COP26) is swiftly approaching: October 31–November 12, 2021, in Glasgow, Scotland.

The Summit will be an opportunity for countries to revise their Paris Agreement climate commitments. In 2015, countries submitted their national commitments which need to be reviewed every 5 years. Obviously, this has been delayed by the global pandemic.

Recent indications show that the plans already submitted are insufficient for meeting the Paris Agreement’s goal of limiting global warming to less than 1.5 degrees celsius above pre-industrial levels. The COP (Conference Of Parties) will be pressuring countries to accelerate and strengthen those commitments. A “code red” report was recently issued by the IPCC (Intergovernmental Panel on Climate Change) outlining that current commitments are wildly insufficient.

To help Unitarian Universalists gear up for the summit and connect with local climate initiatives, the UUMFE (UU Ministry for Earth) and UU@UN are offering a workshop to be held on October 28, 2021, at 8:00 PM entitled, “Preparing for the COP: Your Actions and the UN Climate Summit.”

I look forward to seeing you at the UN Sunday Service, to be held at Shelter Rock on October 17, 2021. The topic will be “Climate Justice: Food Sustainability,” with a special focus on Ethical Eating. Learn more at uucsr.org/UN.

Janet Bendowitz, DAC UU@UN Liaison

2022 General Assembly (GA)

For the past two years, the annual UUA’s General Assembly has been a Zoom event. The UUA 2022 General Assembly is scheduled for June 2022 in Portland, OR. Shelter Rock’s Denominational Affairs Committee has begun work on the 2022 Guidelines and Application. At this time, we have no idea as to whether the event will be in-person or online. As a result, DAC will be working on two versions of the guidelines. Members of the congregation who wish to become involved are welcome to join us. Please contact Richard Bock for more information (rbock@optonline.net or 516.922.6052).
Like Jazz? Play Jazz!

The UUCSR Jazz Ensemble is now in its eighth year. This multi-generational group is led by professional jazz musician Dan Pratt.

The Ensemble is currently looking for new members, especially young people who play brass or drums. If you’d like details or have questions, please contact Dan at dpratt@uucsr.org.

Jazz Ensemble Rehearsals will be held outdoors on the Veatch Terrace on Sundays at 9:00 AM, weather permitting, for the next several weeks. Performances are at monthly Services and church-related events during the congregational year.

Help us play beautiful music together.

Virtual Music Making

Can U Uke?

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 ukulele is fun, entertaining, and easy to learn.

We meet 6-7 PM on the second and fourth Wednesdays monthly via Zoom. There is no instructor, so there is no fee. Many are intermediate or advanced players who are glad to help beginners get started strumming, toe tapping, and maybe even singing along.

Open to all members and non-members. The only requirement is your own ukulele, Internet access, and a way to save or print the songs to 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!

Questions? Charlene Greenberg

516.507.4313 cdgsoph@gmail.com

MORE MUSICAL FUN

Ongoing
- Ukelele practice (see adjacent column)
- UUCSR Choir
- UUCSR Orchestra
- Young People’s Choir

Occasional
- Cabaret performance for scholarship fundraising
- Holiday Sing-A-Long
- Messiah Sing (Community Sing)
- Music Among Us
Good News! Your brain can continue to get stronger, even as you age.

Today’s word is neuroplasticity, defined in the dictionary as: the capacity of the nervous system to develop new neuronal connections.

Modern science has proved, due to a process called neuroplasticity, that the human brain can continue to develop throughout our lives. Each time we learn something new, we create new connections between brain cells creating continued brain development. For example: try learning a new word every day by memorizing its definition. The more connections a brain has, the better fortified it is against degenerative diseases like dementia.

Additionally, scientists emphasize brains need a healthy environment to grow in. Making choices like eating well, getting essential exercise, etc., helps support ongoing brain development. There are, of course, caveats—No! No! to harmful things like nicotine, recreational drugs, excessive alcohol. Each can sabotage brain improvement efforts.

**Fun Ways to Help Improve Your Brain!**
1. Meditate regularly. In addition to feeling more mentally clear and calmer, scientific research finds meditating can improve memory and help you process information better.
2. Exercise like dancing and ping pong involves coordination, strategy, and focus.
3. Playing a musical instrument helps improve memory also activates both hemispheres.
4. Jigsaw puzzles, hobbies, online brain games, intellectually stimulating games—all help activate multiple areas of the brain.

UU Kids Connect Returns Thursday, October 21, 2021!
7:00 PM, every third Thursday monthly
Welcome to a World of Possibility!

This fall, UU Kids Connect is the place to be for kids in grades K–8 who want to meet new friends from places all over North America, share their joys and concerns, show-and-tell what they’ve been up to, and have FUN!

The UU Kids Connect Team creates a safe online space for social support and spiritual development as kids journey forward through their years.

We’ll hold space for kids to share their journeys, their favorite things, play games, and experience the support of their faith network in action. Free registration is open HERE!
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 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.

Soulful Songs & Stories  
Until we can meet face to face, we’re working on PDFs of songs and stories about “What we learned from lockdown,” “Lies,” and “Just say no.” To join the mailing list, please send an email to Jessica Pond to sign up (jpond@uucsr.org).

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), 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

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 next Dramatic Readings is:  
**Present Laughter**, by Noël Coward  
Noël Coward’s **Present Laughter** follows a self-obsessed actor in the midst of a mid-life crisis. Juggling his considerable talent, ego and libido, the theater’s favorite leading man suddenly finds himself caught between fawning ingenues, crazed playwrights, secret trysts, and unexpected twists.  
Please RSVP to Jessica Pond (jpond@uucsr.org) if you would like a PDF of the play emailed to you, or a physical copy mailed.

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
The Quest

The Story Behind a Name

“This one is for Maria,” my aunt shouted as she held up a present on Christmas Eve. At least four heads looked up. In those days, in my family, it was imperative that first children be named after their grandparents. As my father was one of ten children, there were many cousins, many Marias and Larrys. It was a sign of affection and respect. I thought it was silly. Then I learned about the many Angelas in Germany—little girls about 5 or 6 years old. These are the children of about one million Syrian refugees who arrived in Germany in 2015–16. They weren’t named after their grandmothers, but after Angela Merkel of Germany.

When enormous numbers of refugees arrived in Germany, Ms. Merkel said, “We can manage this,” and she did. Refugees were allowed to stay, and work in Germany, and apply for citizenship in three years. They have jobs and feel welcome. It was an extraordinary act of compassion in a country known for the Holocaust.

Newly received in Germany, they wanted to give something back. During the pandemic, they sewed masks and volunteered to shop for elderly Germans. They drove to devastated areas to help clean up. The country was richer for it.

Angela Merkel is venerated by many of these refugees. Naming their daughters after her, they hope that they will grow up to be like her—a strong woman with a big heart. She gave them a roof over their heads and a future for their children. Some even think of her as their savior, their guardian angel.

All this did not happen without backlash. Ms. Merkel is loathed by many. Today, Germany and the rest of Europe no longer welcome refugees. Force is being used to keep them out. There is no desire for a repeat of 2015. Clearly the tide has turned. As we witness the large numbers trying to enter our own country, the crisis of immigration continues without a solution, and for so many, without compassion.

As she steps down as Chancellor, Angela Merkel has a legacy she may have never anticipated. Although she has no children of her own, she has many who carry her name with gratitude and pride. They will tell the story of their names and honor her with their lives.

I wonder who you may have been named after. Do you think it was silly or do you own your name with honor and gratitude? I no longer think it was silly for so many of us to be called Maria. The many Angelas helped me to appreciate the love behind my own name. I am richer for it.
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.

Men’s Group Launches Membership Drive, Reviews Record of Service

The Group has been busy serving, motivated by the mantra of the late Unitarian Universalist Minister Forrest Church, “Want what you have, be who you are, do what you can.”

The Men’s Group remains busy doing what we can holding an impressive record of dependability, service, and success. Recent activities, events, and programs, which include volunteering at the Homecoming Picnic, Quest Newsletter articles, etc., illustrate the do-what-you-can record of success by the Men’s Group.

The past 18 months of pandemic, lockdown, challenges, etc., have been met by the Men's Group providing activities and plans to combat the myriad of negative issues brought forward with success. There is extra pride in not one, but two extraordinarily successful socially distanced, mask-required Tailgate Parties held in October 2020 and again in June 2021.

The Tailgate Parties provide a template for future tailgate events. An exceptionally fun time for all with BBQ food, ice cream, fellowship, music, etc. Tailgate Parties will again be the theme for the Men's Group Halloween Party on Saturday, October 30, 2021.

Other recurring annual events planned to resume are the Holiday Sing-Along and St. Patrick’s Day Party. Men's Group also has detailed plans for an Enhanced Outdoor Coffee Hour currently under review.

UUCSR’s Reopening Plan has resulted in the postponement of the Men’s Group Dinner Retreat featuring guest speaker Jeffrey Stone from Project Help Long Island. A January 2022 date is anticipated.

Other activities include
- Advocating for Handicapped Parking Laws
- Assisting with Handicapped Parking Permits
- Twin Pines volunteer recruitment by Marvin Brown, Larry Hass, and Bernie Fitz. An internship for a young adult is under investigation.

You are invited to join the UUCSR Men's Group. We value your ideas for programs and services. The Men’s Group could be the ideal platform for you to do-what-you-can!

To investigate membership in the UUCSR Men's Group, 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.

**Men’s Group**
Bernard FitzGerald, Jr., Chair

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**ROCKIN’ HALLOWEEN TAILGATE PARTY**

**Saturday, October 30, 2021**
1:00 PM • UUCSR Main Parking Lot

**Live Music:**
The Any Given Sunday Band

**ANNUAL COSTUME CONTEST**
First, Second, and Third Place Prizes

**Tailgate:**
Bring chairs, table, blankets

**BBQ Food:**
Hamburgers
Cheeseburgers
Hot Dogs, Sausage
Veggie Burgers
Salads, Chips, and Desserts

**Beverages:**
Beer, Soda, Iced Tea, and Water

**Admission:** $10 per person

**Firm Registration Deadline:**
Wednesday, October 27, 2021

*Thanks for being respectful of this deadline and understanding the need to register in advance: uucsr.org/Halloween2021*

**Dress for the weather:**
- Held even if weather is cool
- Cancelled for rain

Register: uucsr.org/Halloween2021

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October 13, 2021
**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, OCTOBER 13, 2021**
- 6:00 PM, Ukulele Practice
- 7:30 PM, Small Group Ministry—2nd Wednesday of the Month
- 7:30 PM, Member Resource Committee Meeting

**THURSDAY, OCTOBER 14, 2021**
- 9:30 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, Living Solo
- 4:00 PM, Working Groups Task Force Meeting

**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**
- 10:00 AM, Volunteer Opportunity at Roosevelt Community Garden, 59 East Fulton Ave, Roosevelt
- 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 Meeting
- 9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio (pond side)
- 9:30 AM, Choir Rehearsal, Main Lobby Lawn and Meadow
- 10:15 AM, Young People’s Choir Rehearsal, Veatch Patio (pond side)
- 10:40 AM, The Welcome Space
- 11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
- 11:00 AM, Sunday Service: UN Sunday, Climate Justice Food Sustainability, Main Lobby Lawn
- 11:05 AM, Children’s Worship, Veatch Patio (pond side)
- 11:45 AM, Coffee Hour
- 12:00 PM, Inquirers Session 3; Faith Development for Children and Youth, RE Room 10, and Zoom
- 11:15 PM, Our Whole Lives for K-1 Parent/Caregiver & Child Workshop, RE Rm 6 and 7
- 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, Strategic Plan Task Force Meeting
- 7:00 PM, Social Justice Virtual Committee Meeting

**TUESDAY, OCTOBER 19, 2021**
- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 10:00 AM, Caring Hearts Quilters, Room 204
- 10:00 AM, CSA—Community Supported Agriculture Program, Offsite
- 7:00 PM, Living With Cancer
- 7:00 PM, Small Group Ministry—1st and 3rd Tuesday of the Month
- 7:00 PM, Board of Trustees Meeting

**WEDNESDAY, OCTOBER 20, 2021**
- 11:00 AM, Crafting for Sanity and Community Zoom Get–Together
- 12:30 PM, Bridge Game Play, Art Gallery
- 12:30 PM, Virtual Women Talk Daytime Zoom Meeting
- 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
- 7:00 PM, UU Kids Connect Gathering

**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
- 10:00 AM, RE Halloween Party, Veatch Grounds
- 1:00 PM, Men’s Group Rockin’ Halloween Tailgate Party, Main Parking Lot
- 5:00 PM, Soulful Salutations—Restorative Yoga & Yoga Nidra enhanced by Live Music

**SUNDAY, OCTOBER 24, 2021**
- 9:00 AM, Jazz Ensemble Rehearsal, Veatch Patio (pond side)
- 9:30 AM, Choir Rehearsal, Main Lobby Lawn and Meadow
- 10:15 AM, Young People’s Choir Rehearsal, Veatch Patio (pond side)
- 10:40 AM, The Welcome Space
- 11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
- 11:00 AM, Sunday Service: The Art of Gathering, Main Lobby Lawn and Meadow
- 11:05 AM, Children’s Worship, Veatch Patio (pond side)
- 11:45 AM, Coffee Hour
- 12:30 PM, RE Our Whole Lives Double Session, RE Room 18
- 12:45 PM, Men’s Group Committee Hybrid Meeting, Veatch Conference Room, Zoom
- 1:00 PM, Inquirers Session 4; Worship, Music, and the Congregational Year, Office Conference Room, Tent, Zoom
- 1:00 PM, Our Whole Lives for K-1 Class, RE Room 7

**MONDAY, OCTOBER 25, 2021**
- 9:30 AM, Medical Qigong for Senior Health—Balance!
- 6:30 PM, Dining Solo Together!
- 7:30 PM, Finance Committee Meeting

**TUESDAY, OCTOBER 26, 2021**
- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 10:00 AM, Caring Hearts Quilters, 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
- 6:00 PM, Ukulele Practice

**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

**SATURDAY, OCTOBER 30, 2021**
- 11:00 AM, Yoga on Zoom with Mike Mancini
- 10:00 AM, RE Halloween Party, Veatch Grounds
- 1:00 PM, Men’s Group Rockin’ Halloween Tailgate Party, Main Parking Lot
- 5:00 PM, Soulful Salutations—Restorative Yoga & Yoga Nidra enhanced by Live Music

**SUNDAY, OCTOBER 31, 2021**
- 9:30 AM, Choir Rehearsal, Main Lobby Lawn and Meadow
- 10:15 AM, Young People’s Choir Rehearsal, Veatch Patio (pond side)
- 10:40 AM, The Welcome Space
- 11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
- 11:00 AM, Sunday Service: Stronger, Kinder, Braver, Wiser, Main Lobby Lawn and Meadow
- 11:05 AM, Children’s Worship, Veatch Patio (pond side)
- 11:45 AM, Coffee Hour

**MONDAY, NOVEMBER 1, 2021**
- 9:30 AM, Medical Qigong for Senior Health—Balance!
- 6:30 PM, Dining Solo Together!
- 7:00 PM, RE Committee Meeting

**TUESDAY, NOVEMBER 2, 2021**
- 10:00 AM, CSA—Community Supported Agriculture Program, Offsite
- 10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
- 7:00 PM, Small Group Ministry—1st and 3rd Tuesday of the Month
- 7:30 PM, DAC Meeting, Office Conference Room
**WEDNESDAY, NOVEMBER 3, 2021**
11:00 AM, Crafting for Sanity and Community Zoom Get–Together
12:30 PM, Virtual Women Talk Daytime Zoom Meeting
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, NOVEMBER 4, 2021**
9:00 AM, Thursday INN Cooking, Main Kitchen
9:30 AM, Yoga with Mike Mancini
10:00 AM, Living Solo

**FRIDAY, NOVEMBER 5, 2021**
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Zoom Gathering
7:00 PM, TGIF: Trivia Night

**SATURDAY, NOVEMBER 6, 2021**
10:00 AM, Widening the Welcome Workshop
11:00 AM, Yoga with Mike Mancini

**SUNDAY, NOVEMBER 7, 2021**
9:30 AM, Childcare, RE Room 1 and 2
10:15 AM, Young People’s Choir Rehearsal, Veatch Patio (pond side)
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship
11:05 AM, Children’s Worship, Veatch Patio (pond side)
11:45 AM, Coffee Hour
12:00 PM, Congregational Meeting, Social Hall
1:00 PM, Reception—Suburban Art League, Art Gallery
1:15 PM, Small Group Ministry—1st Sunday of the Month

**MONDAY, NOVEMBER 8, 2021**
9:30 AM, Medical Qigong for Senior Health–Balance!
6:30 PM, Dining Solo Together!
7:00 PM, Worship Committee Meeting

**TUESDAY, NOVEMBER 9, 2021**
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
3:00 PM, Art Committee Meeting, Office Conference Room
4:00 PM, VBOG November Grants Meeting, Art Gallery, Art Gallery Terrace
5:30 PM, Program Council Meeting, Gallery

**WEDNESDAY, NOVEMBER 10, 2021**
11:00 AM, Crafting for Sanity and Community Zoom Get–Together

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**THURSDAY, NOVEMBER 11, 2021**
Veterans Day: Regular programming and staff hours in effect
9:30 AM, Yoga with Mike Mancini
10:00 AM, Living Solo

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

**SATURDAY, NOVEMBER 13, 2021**
10:00 AM, Caring Committee Meeting
11:00 AM, Yoga with Mike Mancini
1:30 PM, The Myth of Thanksgiving: Native Americans perspectives on The Pilgrims

**SUNDAY, NOVEMBER 14, 2021**
9:30 AM, Small Group Ministry—2nd Sunday of the Month
10:15 AM, Young People’s Choir Rehearsal, Veatch Patio (pond side)
11:00 AM, Religious Education (RE) Classes, RE Wing and Grounds
11:00 AM, Sunday Worship
11:05 AM, Children’s Worship, Veatch Patio (pond side)
11:45 AM, Coffee Hour
12:30 PM, RE Our Whole Lives Double Session, RE Room 18
1:00 PM, Inquirers Session 5: Pastoral Care and Small Group Ministry, Office Conference Room, Tent, Zoom
7:00 PM, Soulful Salutations—Restorative Yoga & Yoga Nidra enhanced by Live Music

**MONDAY, NOVEMBER 15, 2021**
9:30 AM, Medical Qigong for Senior Health–Balance!
5:45 PM, Membership Committee Meeting
6:30 PM, Dining Solo Together!
7:00 PM, Strategic Plan Task Force Meeting
7:00 PM, Social Justice Virtual Meeting

**TUESDAY, NOVEMBER 16, 2021**
10:00 AM, CSA—Community Supported Agriculture Program, Offsite
10:00 AM, Outdoor Yoga with Mike Mancini, Veatch Lawn and Zoom
7:00 PM, Board of Trustees Meeting, Veatch Ballroom and Zoom
7:00 PM, Living With Cancer
7:00 PM, Small Group Ministry—1st and 3rd Tuesday of the Month

**WEDNESDAY, NOVEMBER 17, 2021**
11:00 AM, Crafting for Sanity and Community Zoom Get–Together
12:30 PM, Virtual Women Talk Daytime Zoom Meeting
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth
7:00 PM, Bedtime Stories

**THURSDAY, NOVEMBER 18, 2021**
9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:00 PM, Board of Trustees Meeting, Veatch Ballroom and Zoom

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

**SATURDAY, NOVEMBER 20, 2021**
11:00 AM, Yoga on Zoom with Mike Mancini
1:00 PM, CURED Documentary & Virtual Discussion
6:00 PM, Dramatic Readings

**SUNDAY, NOVEMBER 21, 2021**
9:30 AM, Childcare, RE Room 1 and 2
10:40 AM, The Welcome Space
11:00 AM, Sunday Worship
11:45 AM, Coffee Hour

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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/, and via email. Sign up for email at https://uucsr.org/on-demand. The Quest Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. The Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

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

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**DISCLAIMER:** Quest may include views or opinions that do not necessarily reflect official policy, views of the respective boards or committees, or editorial staff.
The Quest

October 13, 2021

Next Quest: Wednesday, October 27, 2021 | Deadline for Content: Thursday, October 21, 2021

The Quest

October 13, 2021

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
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Members of the Board of Trustees
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Iliza Bartels
Robin Finman-Jones
Brigitte Mueller
Marsha Stone
Jane Weiler
Maryann Zappulla

RESIDENTS CAN DROP OFF SHARPS & PHARMACEUTICAL WASTE AT THE DISTRICT’S CONTACTLESS DRIVE-THRU

SUNDAY, OCTOBER 24, 2021
10:30 AM - 1:30 PM
236 EAST SHORE ROAD, GREAT NECK

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US AT INFO@GNWPCD.NET OR 516-482-0238.