



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK



November 24, 2021

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:
Holding History

THURSDAY, NOVEMBER 25, 2021, 1:00 PM
Caring Committee, WinterFlower Robinson, Chair

Thanksgiving In the spirit of unity and fellowship, join in gratitude and celebration for a Shelter Rock Thanksgiving with songs, socializing, and a holiday blessing. Register for Zoom [HERE](#).

SUNDAY, NOVEMBER 28, 2021, 11:00 AM
Cassandra Montenegro, Guest Worship Leader

(Un)Tethered to History: Poetry, Art & Teresa of Avila Some of us may be feeling a bit untethered, disconnected from one another, from our families, and even from parts of ourselves. Join divinity student Cassandra Montenegro to explore how the poetry of Saint Teresa of Avila continues to inspire the artists among and within us. *

Buildings and Grounds CLOSED Sunday, November 28, 2021

SUNDAY, DECEMBER 5, 2021, 11:00 AM
The Rev. Dr. Natalie Fenimore

Hanukkah, the Hebrew word for “dedication,” is the Jewish Festival of Lights. The miracle of Hanukkah is that only one vial of oil was found for the rededication, with just enough oil to illuminate the Temple for one day, and yet it lasted for eight full days. The annual celebration of Hanukkah is a remembrance of this miracle. What miracles surround you? What lights do you find, or make in your lives? *

FRIDAY, DECEMBER 10, 2021, 8:00 PM
Rev. Jennifer Brower

Soulful Sundown: A Season of Music, Magic, and Memories No matter what we might say about the winter holiday season, and we might have a lot to say... one of the great gifts of the holidays is the music. Tonight, members of the Cosmic Orchestra share the holiday music that has been most meaningful and moving for them. *Join us. We'll miss you if you are not there.* [Join here.](#) *

More Services and Holiday Events on page 2

* Due to heightened COVID risk, and the Substantial Community Transmission Plan for Reopening, **Worship Services will occur online only until gathering is deemed safe again.** Live-streams available on uucsr.org/worship, [Facebook](#), and [YouTube](#). Closed captions and podcasts are available afterward. Also aired on NSTV.

TOUCHSTONES
Rev. Jaye Brooks



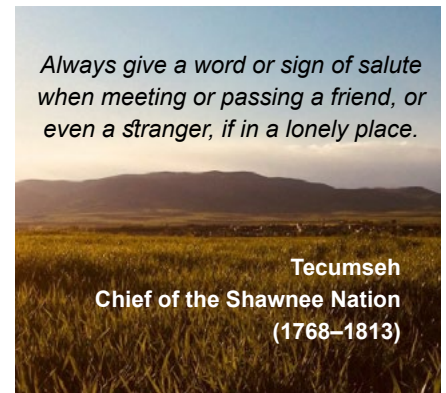
My son Kevin was ten years old when we moved to a new place. On one of those early days when everything was unknown and the learning curve was steep, I drove our car slowly down Main Street. As another car passed going the other way, I nodded and gave a small wave.

“Do you know that person?” my son asked in astonishment.

“No, not at all,” I said.

“Then why did you nod and wave?” he wondered.

I hadn’t actually thought about it before. Yet nodding and waving to an unknown neighbor was as natural and human as enjoying the sun on a beautiful day. I tried to explain this gesture of congenial connection. It was, I told my curious child, an expression of my willingness to know the passing stranger—to know and be known.



We are all connected. A spirit of open and genuine warmth, of hopeful friendliness, of anticipatory connection should be at the heart of the Thanksgiving holiday. My family, like many others, has a tradition of inviting relative strangers to break bread together around the Thanksgiving table. As a child, I heard the stories of newcomers to our neighborhood and often to our nation. As an adult, I welcomed other newcomers to share the bounty, not just of meal but of human connection.

Today, we are more aware of the fraught history of the American colonists’ mistreatment of the continent’s indigenous people.

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UPCOMING WORSHIP SERVICES AND HOLIDAY EVENTS

Saturday, December 11, 6:30 PM

Men's Group Online Holiday Sing-Along Get-Together

Sunday, December 12, 11:00 AM

Worship Service: *Amazing Peace*, led by Rev. Jaye Brooks

In this season of many holidays, a recurring theme is peace—both inner peace and peace in the world. The human longing for peace may seem small and muted in a world filled with war-clamor and hostility. Yet peace is real, if often distant; each of us has the capacity to experience peace and birth it into the world. *

Sunday, December 12, 2:00 PM

Messiah Sing 2019—Rebroadcast in its entirety! *

Friday, December 17, 7:00 PM

Soulful Songs and Stories. *Please see page 9 for information.*

Sunday, December 19, 11:00 AM

Worship Service: *Gather Round the Manger*, led by Rev. Dr. Natalie Fenimore. The First Graders will present their Nativity Play at this Family Holiday Service. *

Tuesday, December 21, 3:30 PM onsite, outdoors, live-streamed

Winter Solstice Service, led by Rev. Dr. Natalie Fenimore and Susan Roberts on the shortest day of the year, the deepest night. It also is the beginning of longer days and more light celebrated by many cultures and faith traditions. Join us to gather outdoors.

Wednesday, December 22, 7:00 PM

Hanukkah and Christmas Bedtime Stories! *Please see page 8 for information.* *

Friday, December 24, Broadcast at 3:00 PM

Zoom gathering for viewing together. Christmas Eve Family Service, led by the Shelter Rock Ministry Team. This service will be fully online. Enjoy this holiday service from home or wherever you may be. *

Friday, December 24, 5:00 PM

Christmas Eve Carol Sing—onsite, outdoors under the stars with candle-lighting. Come celebrate the joy of Christmas Eve with an outdoor Carol Sing at UUCSR! Live-streamed on uucsr.org, YouTube and Facebook. *

Friday, December 31, 9:30–11:00 PM

Online New Year's Eve Party

A Non-Traditional UUCSR New Year's Eve Celebration

Be entertained online by your hosts Maria and Frank Doyle

* Due to heightened COVID risk, and the Substantial Community Transmission Plan for Reopening, **Worship Services will occur online only until gathering is deemed safe again.** Live-streams available on uucsr.org/worship, [Facebook](#), and [YouTube](#). Closed captions and podcasts are available afterward. Also aired on NSTV.

TOUCHSTONES *continued from page 1*

I wonder if Thanksgiving itself might best be reduced to its name: a time for giving thanks. But on reflection, I do believe that the whole sad truth must remain part of the day's story—of our story—as a somber reminder of the ways we Unitarian Universalists covenant not to behave.

And I remind myself that we who inhabit this century can live so as to redeem the past. When my son, now an adult, walks down the sidewalk, he nods a greeting to someone passing by—someone he doesn't know, but to whom he nonetheless offers that simple gesture of connection, of humanity, of hope. I give thanks.

Happy Thanksgiving to you and your beloveds—and to all the neighbors we haven't yet met.

MEMBERSHIP COORDINATOR *Abigail Highland*



NEW: Every Sunday, Live on Zoom

10:30 AM–12:30 PM

Join online for an interactive Sunday Morning Experience. We welcome all with an interactive space at 10:30 AM. The live-streamed Worship Service is shared via Zoom starting at 11:00 AM. Once the Service has concluded, connect in the virtual Coffee Hour until 12:30 PM.

Helpful Reminders:

- Please stay aware of your microphone and sound. You will come into Zoom muted. Please stay on mute while the service is being shared.
- Use the Chat to reflect on the Service. Any inappropriate commenters will be removed from the Zoom meeting. Hosts can see all comments.
- If you leave your device, please turn off your camera and microphone.
- Be respectful and welcoming!

Join Zoom Meeting online [HERE](#)

Meeting ID: 829 6436 6095

or

Dial by your location: .646.558.8656, Meeting ID: 829 6436 6095

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation
and the UUCSR Ministry Team



A Message Regarding Reopening

When the COVID-19 transmission numbers were solidly in the SUBSTANTIAL range of under 100 cases per day in Nassau County, we were able to plan to be onsite for Sunday services on November 7 and November 14. Unfortunately, the transmission rate rose to over 137 cases in mid-November and that pushed us back into the HIGH range

of transmission. According to the safety protocols outlined in our Reopening Plans, UUCSR reverted back to restrictions on Worship Services and other onsite programming.

As of Sunday, November 21, there are no indoor Worship Service with members in attendance until transmission rates diminish. The ministers will live-stream Worship Services from the Worship Hall. Music Director Stephen Michael Smith and limited numbers of musicians will provide live music.

We returned to limiting occupancy to no more than 25 for all rooms and continue to require masks, distancing, and proof of vaccination or a negative COVID test when in the building. The days and hours of operation remain unchanged: Mondays, Tuesdays, and Wednesdays, 8:00 AM–5:00 PM, and Sundays, 8:30 AM–4:00 PM.

The Sunday Service on November 28 was always intended to be online. We will be looking for a decline in the transmission numbers to determine whether we can return to an onsite Sunday Worship Service on December 5. We are all hopeful that the current rise in COVID cases in Nassau County will not last, and that December will allow us to come together as a congregation in person and onsite again.

Jana North, UUCSR President on behalf of the Board of Trustees
Rev. Dr. Natalie Fenimore
Rev. Jennifer Brower
Rev. Jaye Brooks

EMPLOYMENT OPPORTUNITIES

Open UUCSR Staff Positions

Facilities Supervisor
Full- and Part-time Facilities Technicians
Administrative Assistant

If you know anyone who is seeking fulfilling employment, Shelter Rock is hiring! Please send résumés to hr@uucsr.org.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



Veatch Joins National Youth Power Pledge

Young people are our present and our future; this is as true in social justice organizing as it is in every area of life. We are excited to announce that the [Funders' Collaborative on Youth Organizing \(FCYO\)](#) is a new Veatch grantee that is building power and strategizing for change with youth leaders nationwide. FCYO's Youth

Power Pledge brings funders together with youth organizers from New York, Miami, Philadelphia, Los Angeles, and across the country to make sure they have the resources and infrastructure needed to fight and win.

Young people are fired up. They are fighting for climate justice, public safety, affordable housing, and the right to an education. With our commitment to the Youth Power Pledge, Veatch is a partner in mobilizing \$25 million in new funds over the next three years to support young people to lead the way forward.

FCYO's Co-Executive Director Eric Braxton told *Giving Compass* that youth organizing is “massively underfunded” in the United States—with less than 1 percent of all funding provided to youth development allocated to organizing. This is true despite the clear successes of young people dedicated to this work. Braxton emphasized that youth organizers and protestors mobilized by high profile events such as the killing of George Floyd and school shootings are not “rabble-rousers” but that “young people go through cycles of analysis, preparation, action, and reflection.”

For Veatch, the Youth Power Pledge is a partnership that offers a learning opportunity. And it provides a way for us to lead with our values of providing long-term support without strings, trusting youth organizers to decide what their communities need and to lead their own organizations.

We will be lifting up the power of young people on Veatch Sunday, January 30, 2022. Please mark your calendars for this special day, and stay tuned for stories we will be sharing here about the work and impact of youth at the frontlines of change.



Members of [Power U](#), a Veatch grantee partner through FCYO that organizes youth in Miami.

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.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

Denominational Affairs Update

I am pleased to share with you the news that our Unitarian Universalist Association (UUA) recently announced that the 2022 General Assembly, scheduled for Portland, OR, June 22 through June 26, 2022, will be an in-person event! Shelter Rock members who wish to attend the 2022 GA on their own may register at generalassembly@uua.org; Shelter Rock's delegates will be registered by the finance office. (Specific details may be found on the UUCSR GA Application and Guidelines, available soon.)

General Assembly (GA) 101-Part 2

Members of UUCSR interested in being considered for Delegate status are required to complete an application that will be available in late December. UUCSR's GA Delegates receive 50 percent funding for transportation, housing, and a food expense allowance set by DAC and the UUCSR Congregation Operations Administrator, and affirmed by the Board of Trustees. Shelter Rock's Delegates must have been a member of UUCSR for at least three years. The requirement commences June 1, three years prior to the submission of an application. Youth delegates and youth observers must be members of UUCSR, but the three-year requirement is waived. Two members of the same household attending GA may not be Delegates. Two members of the same household may not receive funding; however, one member may be funded as a Delegate and another funded as a Youth Delegate or Youth Observer. A Youth Delegate/Observer is defined as a member of the congregation (a) registered in the UUCSR Religious Education (RE) program, and (b) recommended by the Minister of Lifespan Religious Education and/or the RE Committee to serve as a Youth Delegate/Observer. No more than one Youth Delegate/Observer may be funded from the same household. A youth not in the RE program shall have the opportunity to be a Youth Delegate/Observer upon application to the RE Committee or the Denominational Affairs Committee.

Other criteria for selection as a UUCSR Delegate include:

- Evidence of participation in Congregational life by attending Sunday Worship Services, serving on committees or boards, and participating in Congregational Meetings, etc.
- Evidence of interest in the denomination by attending denominational-related activities at UUCSR, the Long Island Area Council (LIAC), and/or regional and other UU-related organizations.

Every effort will be made to recommend candidates who have never, or seldom, been funded to attend GA. It has been the policy of the Denominational Affairs Committee not to recommend a member to Delegate status who has been funded as a Delegate in the past three years; however, our guidelines have been modified and those members who were UUCSR Virtual Delegates in 2020 or 2021 ARE eligible to be considered to be Delegates for GA 2022 in Portland, OR. Any UUCSR member attending GA for the first time is eligible for 100 percent funding for GA Registration.

Next time, I will review what is expected of GA Delegates.

MILESTONES

We share the sad news... of the death of UUCSR member Dr. Mary Kathleen (Kathy) O'Loughlin. Kathy died on Sunday, November 14, 2021, of ovarian cancer. She was 73 years of age. Expressions of sympathy may be sent to:

Eddie O'Loughlin
73 Gristmill Lane
Manhasset, NY 11030-1109

We congratulate... UUCSR Religious Education alumnus Matthew Jalazo on his efforts to promote awareness of the importance of early cancer screenings. To date, he has raised over \$11,000 for a national virtual walk to be held on December 4, 2021. Details are available [HERE](#).

THANK YOU

It is with gratitude that we thank the congregation for their condolences in person, via phone, email, and cards on the loss of Steve's brother, Norman Marston.

Steve Marston and Heidi Warm

On behalf of Central Nassau Guidance and Counseling Services and the communities of people we serve who are overcoming mental health distress and substance use disorders, I thank you sincerely for the catalytic \$50,000 donation you made to our organization at one of the most stressful times in Long Island's history.

Jeffery Friedman, CEO

CARING COMMITTEE

WinterFlower Regla Robinson, Chair



Greetings from the Caring Committee!

The most-asked questions I hear about the committee are: *What do you do?*
How do we reach you?

We are here to support you in challenging times and celebrate with you in times of joy. Our caring hands and hearts are open. We can assist with homemade meals after a surgery or illness, send cards, or hand-crafted gifts in both times of hardship and times of joy, or simply give a call to members who are in need of more connection.

We can be reached by contacting Caring Coordinator Kimberly Rossiter (krossiter@uucsr.org) or Caring Chair WinterFlower Robinson (WinterFloweruucsr@yahoo.com). We are looking for members to be a part of our team; all are welcome. Be a part of the UUCSR caring circle.

WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues

The Oldest and the Sickest

Would one ever think that there would be a need for a geriatrician in a jail? When thinking of jails, most of us might imagine them filled with young people—not the old. One might suspect that this job would not be a high priority for a professional woman.

A featured article in the *New York Times* related that there is indeed a need for a geriatrician in the jail at Rikers Island. Dr. Rachael Bedard actually inquired about and actively sought this population. The response was a job at Rikers. That job led to one as Director of Geriatrics and Complex Care Services for New York City's jail system—the only one in the nation. Her work led to the release of more than 150 gravely ill detainees.

Dr. Bedard's insights are the subject of this article. She learned that as jail population decreased, the number of detainees 55 or over increased from 4 percent to about 10 percent. Without access to the care they need, they are six times as likely to die while incarcerated.

It may be less of a surprise that a woman is caring for the old and the sick when one considers that women are often the caregivers of the world. They forfeit their social lives and advancement in their careers as they take time to care for their children, their parents, or older relatives. The sandwich generation takes care of all. Women often bear the brunt. Home health aides that take care of the ill are poorly paid and yet do "essential" work. In this case, a woman who is a doctor actually cared enough to enquire about the need for medical care for the oldest and the sickest on Rikers. Because she cared, she now runs the program. We applaud her work and recognize and celebrate all the caregivers of the world.

Carrying what she calls a "greater sense of their suffering," Dr. Bedard supports Elder Parole. Elder Parole would allow incarcerated people aged 55 and older who have already served 15 or more years a chance to go before the Parole Board for a hearing. It reminds us that it is very often that women who are sensitive to need, have compassion, and the will to address it.

There have been 14 deaths in New York City jails this year. Correctional Health has been limited in treating people due to insufficient or nonfunctional security. We applaud the courage, commitment, compassion, and skill that is demonstrated by Dr. Rachael Bedard as she cares for the gravely ill on Rikers Island. We're glad she cared enough. We are reminded that the number of incarcerated women has increased exponentially. As women, we care about them, and the old and the sick. We urge you to care enough to join Dr. Bedard and support legislation to release aging people from prison and grant them the possibility of parole.

Editor's Note: UUCSR Social Justice Committee is currently addressing parole reform issues, and UUCSR Women's Group is actively involved with groups that work with incarcerated women and their children.

MEN'S GROUP

Bernard Fitzgerald, Jr., Chair



Technology and the Men's Group: Promoting Discussion and Serving as a Catalyst

Technology is in the news. In every direction we turn, we see its examples and predictions of coming opportunities and hazards. Today, technology is tied to incredible inventiveness but if used negligently or malevolently, a particular technology can lead to serious consequences. Human control usually lags behind technology innovation.

Most of us have heard about artificial intelligence (AI). AI skills include pattern-matching and pattern-finding, such as detecting cancer in cell images, and using facial recognition for security but sometimes also in surveillance. Other disciplines and devices we might hear of include 3D-printing (automated building of fairly complex objects), drones, nanotechnology (using very small tools, some the size of a segment of DNA), videoconferencing (such as Zoom software), personalized medicine, personal science and self-tracking, and social robotics (robots that make efforts to help people be comfortable around them). Some methods can be used in combination.

The Men's Group has a few members with technology and science backgrounds, including these areas: technology for blind people, computer hardware design, electronic communications services, drone operation, art technology, environmental science, business information technology (IT), and medicine. We like to discuss common interests and current topics from time to time.

As part of this interest, we would like to explore, at least speculatively, how a few of these advanced technologies might be applied now or at a future time to congregational life at UUCSR, working collaboratively, as appropriate. We intend to organize an open monthly Chat Group on Technology.

This tool-exploration might include some form of AI to do pattern-finding within membership data or using an AI assistant to analyze our social media and other data. We want to learn what benefits these tools might provide.

The Men's Group has begun to contact technologists in the Unitarian Universalist world to learn about possible AI uses in congregations and other questions. We believe that a congregation of our resources and character should seek to learn about new advanced technologies through discussion, inquiry, and where possible, modest experimental projects.

We look forward to sharing our efforts with interested people in the congregation. If interested, please contact Men's Group Chair Bernard (Bernie) Fitzgerald, Jr., at 718.986.5469 or fitzspeaker@aol.com.

Herb Klitzner for the Men's Group

SOCIAL JUSTICE COORDINATOR

Claire Deroche



Transgender Awareness

Recently, the LGBTQ+ Sub-Committee of the Social Justice Committee participated in Transgender Day of Remembrance. This observance occurs every year on or about November 20. It is a day when the Transgender community and their allies gather to remember all the Trans individuals

who lost their lives to an act of violence in the past year.

To prepare for and be part of this observance is both a heart-wrenching and necessary experience. The Human Rights Campaign, one of several organizations that gather information on these deaths, reported the deaths of at least [47 Trans and non-binary individuals](#), the majority of them Black and Latinx Transgender women, since November 20, 2020. They emphasized that these are the deaths that we know about. Many of these deaths go unreported or misreported.



Transgender Day of Remembrance is an opportunity to examine our own attitudes and remember the ways that we might support this community. First, those of us outside the community need to educate ourselves. I found some good resources while doing research for this column. One is this article in *Time* magazine, [“Why It’s Best to Avoid the Word Transgendered.”](#) Getting the vocabulary right is a good place to start. Continuing on the theme of vocabulary, [The Transgender Media Reference Guide](#), by the organization, [GLAAD](#) is also very helpful.

Beyond self-education, allies must be ready to take action. [LaLa B Zannell](#), Transgender rights advocate, puts it this way: “The best thing for you to do is to show up as common neighbors and call out transphobia when it happens in your neighborhood, for you to not misgender trans people, for you to honor and protect the ones that are in your neighborhood, for you to go to your schools and tell schools that you don’t mind that trans folks go there, and that they need safe spaces to go to the bathroom, and that they’re allowed to play in sports, and that they’re allowed to go to the prom as their authentic selves. You show up to your job, and you say, ‘In this space, we’re going to hire trans people. We’re not going to allow transphobia. We’re not going to discriminate against people.’ And when you see violence happening, you don’t just pull out your phone and record, but you actually be a

bystander to end the violence against trans women of color.”

Finally, the [UU Association](#) has a wealth of resources including partner organizations that we can support financially. When the Congregation affirmed the Eighth Principle in May 2021, it committed “to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.” Transphobia is one of those oppressions. How will we act to dismantle Transphobia in the coming year? Lives are depending on our response.

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Wednesday, December 1, 2021

3:00–4:30 PM

Racial Justice Sub-Committee Online Meeting

Join Zoom Meeting <https://uso6web.zoom.us/j/83106621384> or
Dial by your location +1 646 558 8656, Meeting ID: 831 0662 1384

Saturday, December 4, 2021

1:30–3:30 PM

“Write For Rights” Online Program

Join a community of advocates to participate with Amnesty International in writing letters to free political prisoners. Register [HERE](#) for this program. After registering, you will receive a confirmation email containing information about joining the program and how to participate in this letter-writing project. Sponsored by the Social Justice Committee. Visit uucsr.org webpage [HERE](#) and column on page 7 for additional information.

New Blanket Collection

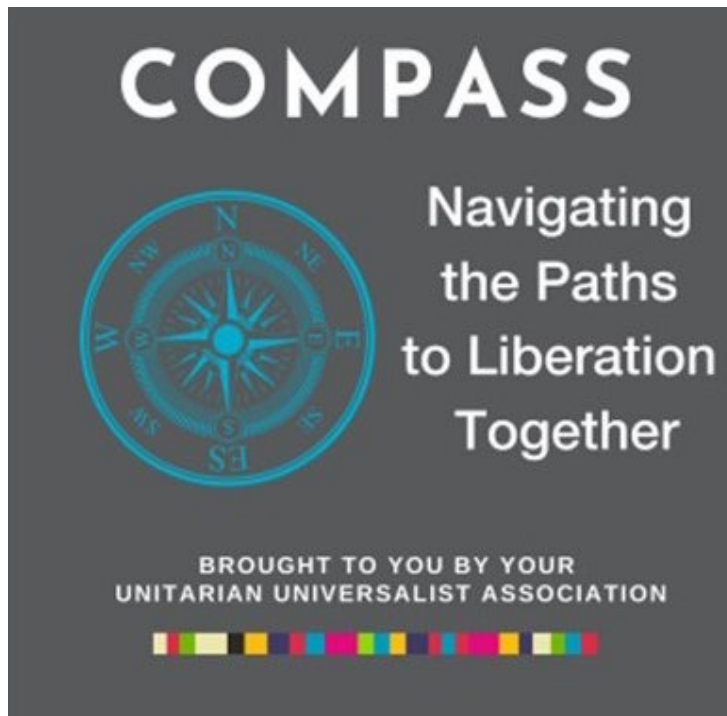
The Social Justice Committee is joining with St. Paul’s AME Zion Church in Great Neck, a member of the LI Coalition of Interfaith Partners, to collect new, warm winter blankets for residents of Glory House Recovery, Inc. The organization, based in Hempstead, is committed to enhance the spiritual, mental, and physical development of its participants while engaging them in activities that promote wellness, in a drug-free environment. We are collecting new twin and full-size blankets only. Please bring them to the specially marked bin in the Lower Lobby near the administrative offices, Sunday through Wednesday when the congregation is open. The last day to donate is Wednesday, December 8.

Saturday and Sunday, December 11 and 12, 2021

COMPASS

See column on page 7 of this Quest for detailed program information.

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



With so much uncertainty in the wider world, sometimes it can be hard to find one's bearings. Join us to find our collective "compass" as we explore interdependence as a path to wholeness at a two-day online conference that will bring together Unitarian Universalists from across the country to deepen their relationships with one another and to explore our shared theology as Unitarian Universalists.

*Will you join this exploration?
Will you be a member of Team Shelter Rock?*

This event is for lay leaders, religious professionals, adults, youth, members of congregations, and anyone who is interested in diving into an exploration of interdependence in UU theology and practice. UUCSR members who lead boards and committees are especially encouraged to participate. There will be the opportunity to caucus in identity groups: Black, Indigenous, and People of Color, White, LGBTQ, Trans, and People with Disabilities.

Saturday December 11, 2021

Beginning at: 1:00 PM ET
Ending at: 9:00 PM ET

Sunday December 12, 2021

Beginning at: 12:00 PM ET
Ending at: 4:30 PM ET

Rising Appalachia (Trio) will be sharing their wisdom and performing a concert at Compass.

[Register here.](#) Registration fees are on a sliding scale, from \$25 to \$60, based on your assessment of your ability to pay. Those who pay at the highest level are making a donation to help those in financial need for this event. Please inform Claire Deroche (cderoche@uucsr.org) of your registration so that you may receive further information. For more information, contact Kathy Charles (KCharles@uua.org).



**Saturday, December 4, 2021
1:30–3:30 PM**

Every December, people around the world write millions of letters, emails, tweets, Facebook posts, and postcards in support of those whose human rights are under attack. Write for Rights has helped transform the lives of more than 100 people since 2001, freeing them from torture, harassment, or unjust imprisonment. You can be a part of the project!

This year, Amnesty International is calling for justice for 10 more brave individuals and groups, including a citizen journalist imprisoned in China for reporting on COVID-19, an environmental activist imprisoned in Guatemala for campaigning against the destruction of one of his country's sacred rivers, a teenage journalist from the occupied West Bank, and a Mexican women's rights activist who survived a police shooting.

Join a community of advocates to participate in Amnesty International's "Write for Rights" online program to write letters to free political prisoners. Register [HERE](#). After registering, you will receive a confirmation email containing information about joining the program and how to participate in the letter-writing project.

**YOUR VOICE HAS
POWER**



**Following Thanksgiving Break,
Onsite Religious Education Classes
Resume on Sunday, December 5!**

If you have not done so already,
please register for 2021–22 Religious
Education programming by going
to www.uucsr.org/RE and receive
communications about all the
exciting events planned!

**Embodying Wholeness—Children's Onsite Worship for All
Ages**

On Sundays at 11:05 AM, RE classes are welcomed into Children's
Worship in the Veatch Ballroom. Any parents/caregivers who wish
to join are more than welcome to do so!

Sunday, December 5: Butterflies & Kindergarten, Grades 1–3
Sunday, December 12: Grades 4–6

Carson Jones and George Weisman lead these services in which
this year's RE theme, Embodying Wholeness, is explored.
Through story, movement, and song, we celebrate together how it
feels to live into our whole selves.

This month's story, *I'm Stretched!*, by Julia Cook and Stephanie
Dehennin, introduces us to a young girl (and her pet hedgehog!)
as she seeks to find ways to manage the stresses of her super-
busy, over-scheduled life.

We have some great suggestions of names for our very own
plushie RE hedgehog, and we'll continue to collect ideas this
month following the story. Then George will sing a gentle anthem
by Olivia Newton-John. Looking forward to experiencing the
wholeness of community with you all.

**The beloved tradition of the Mitten Tree holiday gift drive is
back onsite this year!**

The collection of unwrapped toys, games,
and gift cards is for the families served by
the AIDS Center of Queens County (ACQC).
This year, there will be donations to 187
children and youth, ranging from newborns
to age 18. Please visit the Mitten Tree in the
Main Lobby, Monday–Wednesday, 8:00 AM–
5:00 PM and Sunday 8:30 AM–4:00 PM to select
mittens labeled with the ages of children
for whom you wish to buy gifts, or contact
Jessica Pond (jpond@uucsr.org) to reserve
mittens in advance. Please bring in your unwrapped gifts labeled
with mittens you chose and place them under the Mitten Tree
no later than, Sunday, December 12. Thank you all for including
families in need in your holiday shopping!



**RE Holiday
Decorations Party**

Sunday, December 5
12:30–2:00 PM



Join us for an afternoon of seasonal crafts, festive music, cocoa
and cookies, and a visit from Santa! Free of charge and guests are
welcome!

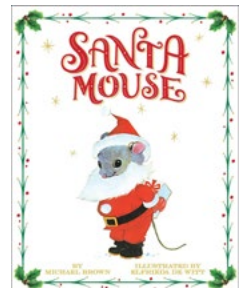
Hanukkah and Christmas Bedtime Stories!

Wednesday, December 22, 7:00 PM

[Live on Zoom HERE](#)

All are welcome to join Carson Jones, UUCSR Lifespan Religious
Education Coordinator, for this interactive storytime as he reads
three family-friendly stories celebrating Hanukkah and Christmas.

Santa Mouse, written by Michael Brown,
illustrated by Elfrieda De Witt



*Queen of the Hanukkah
Dosas*, written by
Pamela Ehrenberg,
illustrated
by Anjan Sarkar



Madeline's Christmas
written and illustrated
by Ludwig Bemelmans

ADULT PROGRAMS COMMITTEE

Yoga for Joy and Balance with Beth

Wednesdays 4:00-5:15 PM

(Wednesday, November 24 on break for Thanksgiving)

[Live on Zoom](#)

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

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

North Shore Soup Kitchen/NOSH (NorthShoreSoupKitchen.org)

PO Box 168, Glen Cove, NY 11542

Please indicate Yoga/Beth Fedirko in the memo.

Contact details for questions:

Beth Fedirko, 516.297.1042 or bfedirko@optonline.net

Yoga with Mike Mancini

Tuesdays, 10:00 AM,

Thursdays, 9:30 AM,

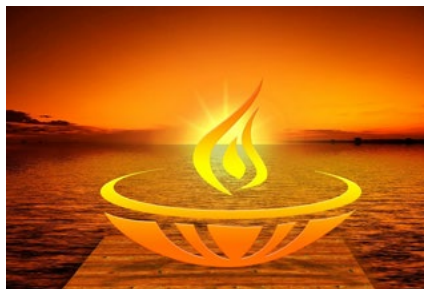
Saturdays, 11:00 AM

(Thursday,
November 25 on break
for Thanksgiving)

[Live on Zoom HERE.](#)

Meeting ID: 574 999 9276

Password: 000815



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

You may pay Mike through PayPal ([Paypal.me/yogamike](https://www.paypal.me/yogamike)), Venmo (Michael-Mancini-55), or mail him a check: Mike Mancini, 99-40 63rd Rd, Apt 14P, Rego Park NY 11314

Questions? 516.459.6378 or mike.yogamike.mancini@gmail.com

Medical QiGong for Senior Health—Balance!

By popular demand, Qigong instructor Ashley Baldwin continues leading classes every Monday from 9:00-10:00 AM

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

[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 in every Monday morning to help you center your body and mind, directly from Thailand.

Exercises are taught standing, with equally effective guidance for those who prefer to sit.

Questions? email Ashley at tqh.Ashley@gmail.com.

Great Books—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.

Source: *Great Books Foundation Science Fiction Omnibus*

November 26: Thanksgiving weekend, no discussion

December 3: *Face Value*, by Karen Joy Fowler

December 10: *Even the Queen*, by Connie Willis

December 17: *Mortimer Gray's History of Death*, by Brian Stableford

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

Soulful Songs and Stories



Until the magic resumes when you share your stories face-to-face, sign up to have PDFs chock full of Soulful Songs and Stories emailed to you on the third Friday of the month, the day we would normally meet. You can see November's "Pants on Fire: Can You or Kant You?" (about whether lying is black and white or 50 shades of gray) at www.j.mp/uucsrsss. If you register with Jessica Pond (JPond@uucsr.org), you can get "The Gift You Are/the Gifts You Have/the Gifts to Dismiss," on December 17, 2021. The featured song is "Dummy Juggler," by Al Carmines, with stories and more music to illustrate what Rabbi Jonathan Sacks says is the supreme religious challenge: to see God's image in one who is not in our image.

Alice Giordano and Steve Marston

WOMEN'S GROUP

Diane Mansell, Women's Group President

T.G.I.F.

Online Holiday Baking with Amy and Verna Livingston

You are invited!

Friday, December 3, 2021 | 7:00 PM

Register in advance [HERE](#)

After registering, you will receive a confirmation email with a direct link to participate PLUS an ingredient list if you want to bake along. You are welcome to bake with the Livingstons or just have fun watching. It will be fun either way!



MENTAL HEALTH SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Sandra Hazel Frank, Chair



Experiencing the Winter Blues?
Tuesday, December 7, 2021
4:00–5:00 PM

Join National Alliance on Mental Illness (NAMI-NYS) for a panel discussion on the “Winter Blues” and Seasonal Affective Disorder. Get more information [HERE](#). [Register Now!](#)

Seasonal Affective Disorder (SAD)

“What?,” you say going into holiday season. “It’s Winter Blues.” But as many of us know, that can happen as we get deeper into a season of gray skies and cold air. Below is information about SAD affecting some of us.

SAD is a type of depression sometimes called seasonal because symptoms such as feeling sad, losing interest, or pleasure in activities, appetite changes, fatigue, trouble concentrating, and making decisions, etc. most often occur during the winter months when there is less sunlight. While the cause of SAD is not entirely clear, it is a complex disorder resulting from a combination of factors. A 2020 study estimates that SAD affects .5 to 2.4 percent of the population.

Researchers believe that reduced sunlight may trigger the onset of symptoms since it can disrupt a body’s internal clock, the circadian rhythm. The seasonal change with less sunlight can also lower the body’s serotonin levels, altering mood, and disrupt the body’s melatonin levels which can impact sleep patterns.

Studies on Bright Light Therapy (BLT) and SAD

Great news for those experiencing SAD is that continued research is proving that consistent use of bright light therapy is an effective treatment. One study examining SAD patients who underwent BLT found an immediate improvement in mood in as little as 20 minutes and greater improvement with 40 minutes of exposure.

Another BLT study showed remission of SAD symptoms and an “antidepressant effect” over placebo after 3 weeks of regular light-therapy treatments. A longer study that tracked SAD patients undergoing BLT for short-term (2–8 weeks) and long-term (fall and winter months for 3–6 years) treatment found that “light therapy yields about 75 percent clinical remissions” and was as effective as an antidepressant.

In recent years, BLT has also shown benefits for a number of additional mood disorders believed to be impacted by disruption to a patient’s circadian rhythm such as ADHD, insomnia, and dementia, as well as bipolar disorder and some forms of depression.

GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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

Coyotes Among Us

Our woodland, approximately 75 acres, is a unique gem. These woods are a place for spiritual renewal and support an intricate web of life. Our neighbor, The Greentree Foundation, has over 400 wooded acres. Add to that two adjoining golf courses and we have the largest forest in Nassau County. Five farms occupied the combined property before 1900, so it is a young woodland. This green oasis is home or stopping point for over 60 bird species. Deer make themselves at home here, too. So has a pair of coyotes. A consortium of coyote experts have been monitoring this pair for over a year. We have four “critter cams” on the trail. They are triggered by motion day and night. This spring, the coyotes birthed four pups that will become self-sufficient before new pups are born next spring.



The adjacent photo was captured recently. It shows a diligent mom keeping track of her brood. By nature, coyotes are timid, intelligent, adaptable omnivores. Their diet keeps rodent populations in check. Coyotes occupy much of North American suburban and urban environments, including New York City’s Central Park. Presumably traveling to Long Island via railway bridges or swimming, they have been populating the Island over the past ten-plus years.



The congregation’s safety is a primary focus, so here are some tips: stay on the trail; check for ticks after walking the woods; and watch for poison ivy. It is very unlikely that you will come face-to-face with a coyote. They hear your footfall from great distance and look to avoid human contact. In my year-and-a-half monitoring the UUCSR coyotes, I had one shadow of a glimpse of one during the summer. Hofstra Professor of Biology Lisa Filippi also had a single, brief sighting. If you come across a coyote, act big, hands up, and yell to scare it off. Throw sticks or stones. Don’t leave food or food wrappers where coyotes can get them. Keep coyotes wild and fearful of humans. Food and even water can be an attractant. Walk dogs on a leash no longer than six feet in length. Keep cats indoors or in a secured place.

By the way, outdoor and feral cats are hunters too, killing an estimated 2.4 billion birds in the US each year. Cat food put outdoors also attracts coyotes. Enrico Nardone of Seatuck (our forest bird surveyor) provides some excellent resources on coexisting with coyotes. Visit Seatuck’s website [HERE](#), or at the NYSDEC site [HERE](#).

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.

THURSDAY, NOVEMBER 25, 2021

8:00 AM, Building Closed-Thanksgiving Day Holiday
1:00 PM, UUCSR Online Thanksgiving

FRIDAY, NOVEMBER 26, 2021

8:00 AM, Building Closed-Thanksgiving Friday Holiday
6:30 PM, LGBTQ+ Online Gathering

SATURDAY, NOVEMBER 27, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, NOVEMBER 28, 2021

Entire Building and Grounds Closed
9:00 AM, Jazz Ensemble Rehearsal
9:30 AM, Choir Rehearsal, Art Gallery
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *(Un)Tethered to History: Poetry, Art, & Teresa of Avila*, led by Guest Worship Leader Cassandra Montenegro
1:00 PM, Men's Group Online Committee Meeting

MONDAY, NOVEMBER 29, 2021

9:00 AM, Medical Qigong for Senior Health – Balance!
6:30 PM, Dining Solo Together!
7:00 PM, Veatch Engagement Subgroup Mtg

TUESDAY, NOVEMBER 30, 2021

9:30 AM, Early Winter CSA–Community Supported Agriculture Program, LL Lobby
10:00 AM, Yoga on Zoom with Mike Mancini
7:00 PM, Agenda Planning Meeting
7:30 PM, President's Operations Task Force

WEDNESDAY, DECEMBER 1, 2021

11:00 AM, Crafting for Sanity and Community Online Get-Together
12:30 PM, Bridge Game Play, Veatch Ballroom
12:30 PM, Online Women Talk Daytime Mtg
2:00 PM, Wednesday Conversations
3:00 PM, SJC Racial Justice Online Meeting
4:00 PM, Yoga for Joy and Balance with Beth
7:00 PM, Publicity and Promotions Committee
7:00 PM, Personnel Committee Meeting

THURSDAY, DECEMBER 2, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
7:30 PM, Meeting w/Crisis Grants Task Force

FRIDAY, DECEMBER 3, 2021

12:00 PM, Great Books Discussion
6:30 PM, CURED Open Discussion–LGBTQ+ Gathering
7:00 PM, Online Holiday Dessert Baking with Amy & Verna Livingston

SATURDAY, DECEMBER 4, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

1:30 PM, Write For Rights Online Program

SUNDAY, DECEMBER 5, 2021

9:00 AM, Jazz Ensemble Rehearsal, Ballroom
9:30 AM, Choir Rehearsal, Art Gallery
10:15 AM, Young People's Choir Rehearsal, Veatch Patio, Ballroom
10:30 AM, Sunday Morning Experience
10:40 AM, RE Volunteer Centering Circle, Chapel
11:00 AM, Sunday Service: *Hanukkah*, led by Rev. Dr. Natalie Fenimore, Worship Room
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship, Veatch Patio, Ballroom
11:45 AM, Conversations in the Chapel
12:30 PM, RE Holiday Decorations Party, SH
12:45 PM, Inquirers Session 7: Membership at Shelter Rock, Chapel and Zoom
1:15 PM, Small Group Ministry–1st Sunday of the Month
2:00 PM, Our Whole Lives for K-1, RE Room 7
4:00 PM, Transition Team Meeting

MONDAY, DECEMBER 6, 2021

9:00 AM, Medical Qigong for Senior Health
6:30 PM, Dining Solo Together!

TUESDAY, DECEMBER 7, 2021

9:30 AM, Early Winter CSA–Community Supported Agriculture Program, LL Lobby
10:00 AM, Yoga on Zoom with Mike Mancini
4:00 PM, VBOG December Policy Meeting
4:00 PM, NAMI-NYS Discussion on Winter Blues & Seasonal Affective Disorder, Offsite
7:00 PM, Small Group Ministry –1st and 3rd Tuesday of the Month
7:30 PM, DAC Meeting

WEDNESDAY, DECEMBER 8, 2021

11:00 AM, Crafting for Sanity and Community Online Get-Together
12:30 PM, Bridge Game Play, Veatch Ballroom
2:00 PM, Wednesday Conversations
4:00 PM, Women's Group Online Board Mtg
4:00 PM, Yoga for Joy and Balance with Beth
6:00 PM, Ukulele Group Practice
7:00 PM, Social Justice Virtual Committee Meeting

THURSDAY, DECEMBER 9, 2021

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

FRIDAY, DECEMBER 10, 2021

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
8:00 PM, *Soulful Sundown*, led by Rev. Jennifer L. Brower & The Cosmic Orchestra

SATURDAY, DECEMBER 11, 2021

10:00 AM, Caring Committee Meeting
11:00 AM, Yoga on Zoom with Mike Mancini
1:00 PM, COMPASS–Navigating the Paths to Liberation Together as Unitarian Universalists, Offsite
6:30 PM, Men's Group Online Holiday Sing-Along

SUNDAY, DECEMBER 12, 2021

9:00 AM, Small Group Ministry–2nd Sunday of the Month
9:30 AM, Choir Rehearsal, Art Gallery
10:00 AM, New Member Ceremony, SH
10:15 AM, Young People's Choir Rehearsal, Veatch Patio and Ballroom
10:30 AM, Sunday Morning Experience
10:40 AM, RE Volunteer Centering Circle, Chapel
11:00 AM, Sunday Service: *Amazing Peace*, led by Rev. Jaye Brooks, Worship Room
11:00 AM, RE Our Whole Lives Double Session, RE Room 18
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship, Veatch Patio and Ballroom
11:45 AM, Conversations in the Chapel
12:00 PM, COMPASS –Navigating the Paths to Liberation Together as Unitarian Universalists, Offsite
2:00 PM, Messiah Sing: Rebroadcast of 2019 Performance

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 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>

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November 24, 2021

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Next Quest: Wednesday, December 8, 2021 | Deadline for Content: Thursday, December 2, 2021

MEMBER EVENTS COMMITTEE

Alissa Howe, Chair

Looking Forward to the 2022 All-Congregation Retreat!



When? Where? Intergenerational?

Answers to these questions and much more interesting information, facts, and legends to be shared in the upcoming weeks.

For instance, do you know which minister danced to “Old Time Rock & Roll,” sliding on stage in his shirt and socks, just as Tom Cruise did in the movie *Risky Business*?

“...Old time rock and roll
That kinda music just soothes the soul...”