

The Quest

Unitarian Universalist Congregation at Shelter Rock



December 8, 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: Opening to Joy

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. *

SUNDAY, DECEMBER 12, 2021, 11:00 AM The Rev. Jaye Brooks

Amazing Peace 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 19, 2021, 11:00 AM The Rev. Dr. Natalie Fenimore

Gather 'Round the Manger The First Graders will present their Nativity Play at this Family Holiday Service. *

TUESDAY, DECEMBER 21, 2021, 3:30 PM The Rev. Dr. Natalie Fenimore and Susan Roberts

Winter Solstice Service onsite, and outdoors 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. *

FRIDAY, DECEMBER 24, 2021, 3:00 PM The Shelter Rock Ministry Team

Christmas Eve Family Service broadcast via Zoom for viewing together. Enjoy this online holiday service from home or wherever you may be. *

FRIDAY, DECEMBER 24, 2021, 5:00 PM The Shelter Rock Ministry Team

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. *

TOUCHSTONESRev. Dr. Natalie M. Fenimore



Each year as the winter holidays approach—and that is seemingly earlier and earlier each year—I revisit a long cherished resource, the book, *Unplug the Christmas Machine*, by Jo Robinson and Jean Staeheli. In this book, the authors propose a "Christmas Pledge" which can be adapted to any holiday celebration. The Pledge is this:

Believing in the true spirit of

Christmas [the holiday], I commit myself to:

- 1. Remember those people who truly need my gifts
- 2. Express my love in more direct ways than gifts
- 3. Examine my holiday activities in the light of my deepest values
- 4. Be a peacemaker within my circle of family and friends
- 5. Rededicate myself to my spiritual growth

This pledge reminds me to consider the gifts I give and the gift of myself which I can offer. I can give things but I can also give the gift of presence and attentiveness and concern.

I can remember to express love with words and actions; remember that love is a verb.

I am reminded that there will be less stress and more enjoyment in the season if I can let go of activities which I only see as obligations, and commit to activities and events which bring meaning, hope, and joy. I can pledge to try to be of service to another person; try to do some small part of healing the world.

I can let peace begin with me; let peace begin at home. I don't need to win every argument, settle every score, or engage in every disagreement during a holiday gathering.

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* Due to COVID and the High Community Transmission Plan for Reopening, Worship Services are live-streamed from the Worship Room until large gatherings are deemed safe again. Live-streams available on uucsr.org/worship, Facebook, and YouTube. Closed captions and podcasts available afterward. Also aired on NSTV.

MEMBERSHIP COORDINATOR Abigail Highland



Every Sunday, Live on Zoom 10:30 AM-12:30 PM

Join just one link for the full Sunday Morning Experience! We welcome all on Zoom starting at 10:30 am to greet each other in the online lobby. At 11:00 am, the Worship Service is livestreamed and shared in the Zoom room for a group-watch. Once the Service has concluded, connect with new and old friends in large and small groups during online Coffee H our until 12:30 pm.

Join Zoom Meeting online <u>HERE.</u> or call: 646.558.8656, Meeting ID: 829 6436 6095

HOLIDAY EVENTS



Saturday, December 11, 6:30 PM

Men's Group Online Holiday Sing-Along and Entertainment

Sunday, December 12, 2:00 PM

Messiah Sing 2019—Rebroadcast in its entirety! See adjacent column.

Friday, December 17, 7:00 PM

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

Wednesday, December 22, 7:00 PM

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

TOUCHSTONES continued from page 1

Remember the value of being a nonjudgmental, listening presence. Can I find ways to hold onto my own truth and integrity in peaceful ways? Take a walk when things get tense or when I need alone time, or to find a space to sing my own song. Reflection time is essential. As is time for rest and renewal. Connect to the spirit, nourish the soul: meditate, pray, sing, dance, nap, kiss a baby (of any age), pet a puppy, curl up with a cat, have a cup of tea, watch an old holiday movie... Look around and find the light in the darkness.

May you "Unplug" and enjoy a holiday season of meaning and wonder and joy.

Rev. Dr. Natalie Fenimore

MUSIC AND PERFORMING ARTS COMMITTEE
Katy Schall, Chair



Featuring the Orchestra at Shelter Rock conducted by Stephen Michael Smith with the UUCSR Choir and Professional Soloists

Sunday, December 12, 2021 2:00-3:30 PM

Please watch Handel's Messiah. Sing along as loudly as you would like.

Available on <u>uucsr.org/featured-events</u>, <u>uucsr.org/calendar</u>, Facebook and YouTube. Also as podcast.

CONGREGATIONAL AFFAIRS Jana North, President of the Congregation



A Message from the President

Two weeks ago, it was disappointing to have to announce that UUCSR would return to online Worship Services due to the increase in Covid transmissions which put Nassau County back into the CDC's HIGH category. I was also surprised when a member of the congregation then expressed disappointment that UUCSR would be closed.

UUCSR is definitely not closed! We are carrying on all the business, many of the events, and most importantly, most of the spiritual gatherings that all our members depend upon. You only have to look at the calendar in the *Quest* to see that we are definitely NOT CLOSED.

Although the Sunday Worship Services will not have onsite attendance for the foreseeable future because the transmission rate is so high, the building and grounds remain open daily Sundays through Wednesdays and can hold many small meetings and gatherings. RE will continue onsite in small groups. The Holiday Decorations Party took place onsite on December 5, and the Mitten Tree is standing tall in the Main Lobby waiting for your generous gifts (by December 12). Committees who can meet during the day in groups of 25 or fewer are encouraged to come together in-person and use the multi-platform technology which is now available to reach those not yet ready to meet onsite.

And while you are in the building, please stop to visit with Elaine and Jen and Tammy and all the staff who have been working in the building for these many, many months. Keep some distance and stay masked but a quick thank you for all they have done would be greatly appreciated.

And don't forget to congratulate Sue Kimler on her 35-year anniversary at UUCSR!

It is wonderful to see each other face-to-face, or mask-to-mask, and although the next three Sunday Services look to be virtual, there will be opportunities to gather together in-person:

- Tuesday, December 21 is the Winter Solstice and there will be an onsite outdoor Service at 3:30 pm. It will also be live-streamed for those at home.
- Friday, December 24 is Christmas Eve and there will be a Carol Service onsite and outdoors at 5:00 pm, also live-streamed and preceded by the Family Service at 3:00 pm via Zoom.

So although UUCSR is still being cautious and careful in how we gather together indoors in large numbers, we are certainly not closed. Please come by and pick a mitten off the Mitten Tree, take a walk down to the pond, or just say hello to the people who have supported us all for these many months. And I hope to see many of you on December 21 and 24, mask-to-mask.

Board Of Trustees Agendas

Tuesday, December 14, 2021

7:00 PM I. Opening Words: Ministers / Jana North7:05 PM II. Audit Committee: Maria Doyle, Chair and Jen Katz,Partner, RSM

• CY21 Audit

7:40 PM III. Minutes: Toni Logue, Secretary

• November 2021 Board Meeting Minutes

7:50 PM IV. Minister's Report: Rev. Jaye Brooks,

Rev. Jennifer Brower, Rev. Dr. Natalie Fenimore

• Minister's Calendar Year 2022 Housing Allowance

8:10 PM V. Task Force and Ad Hoc Committee Reports

- Crisis Grants Policy Task Force: Brian Muellers, Treasurer o Draft Policy Discussion
 - 8th Principle Task Force: Claudia Barbey
 - Futures Ad Hoc Committee: Brigitte Mueller and Toni Logue, Secretary
 - Reopening Task Force: Adam Barshak, COA
 - Strategic Planning Task Force: Jana North, President
 - Veatch Structure Engagement Task Force: Jana North, President
- Working Groups Task Force: Chris Hilke, Vice President 8:40 PM VI. President's Report: Jana North
 - January 9, 2022 Congregational Meeting Agenda o Approval of SRI Charge for Bylaws Amendment
 - January Retreat
 - Status Update on Independent Report on OCIO Performance
- President's Operating Task Force-November Meeting Review 9:00 PM VII. Good of the Order: Jana North, President

Thursday, December 16, 2021

7:00 PM I. Opening Words/Check-In: Ministers/Jana North 7:05 PM II. CY22 Membership/Pledge Update: Brian Muellers, Treasurer and Rev. Jaye Brooks

7:15 PM III. Denominational Affairs Committee:

Richard Bock, Chair

• General Assembly Guidelines and In Person and Virtual Application

7:40 PM IV. Publicity & Promotions Committee: Scott Barbey, Chair

• Revised Quest Guidelines

8:10 PM V. Veatch Board of Governors: Corinne Hayden, Chair

• To Approve Veatch Staff Remote/Hybrid Workplan

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

DENOMINATIONAL AFFAIRS COMMITTEE (DAC) Richard Bock, Chair



Long Island Area Council (LIAC) News

• LIAC is sponsoring a contest in three categories: K–6 and 7–12 students, plus a third for young adults on the theme of "Why Teaching Diversity, Equity and Inclusion Matters to Me." Submissions may be essays, memes, artwork, or videos. Details and the deadline for submissions will be

coming soon. First prize in each category will be \$500.

• LIAC will pay half of the \$170 registration fee for the first 35 UUs who register for Paula Cole Jones' January 14–16 Jubilee Three Anti-Racism Training on Zoom. Register HERE.

General Assembly (GA) 101-Part 3, Onsite and Online

All members of UUCSR interested in being considered for delegate status for General Assembly 2022 are required to complete an Application that will be available online and in the Main Lobby the week of December 20, 2021. All firsttime attendees are eligible for 100 percent funding for GA Registration. In addition, UUCSR's GA Delegates receive funding for transportation, housing, and food expenses. Delegates must have been a member of UUCSR for three years (waived for Youth Delegate/Observer). Two members of the same household may not be delegates, nor 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 a member of the congregation (a) registered in the Religious Education (RE) program, and (b) recommended by the Minister of Lifespan Religious Education and/or the RE Committee. 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 includes:

- a) Evidence of participation in Congregational life by attending Sunday Worship Services, serving on committees or boards, and additional participation.
- b) Evidence of interest in the denomination by attending denominational activities, LIAC, and/or other UU-related organizations.

Delegates are expected to attend all five days of GA—beginning with the Opening Ceremony, all General Sessions, miniassemblies (as necessary), and other related sessions including the final General Session and Closing Ceremony. DAC will provide several orientation/training sessions for delegates.

Questions: please contact Richard Bock at 516.922.6052 or rbock@optonline.net.

MILESTONES

We mourn with... Rebecca and Brian Muellers and their children as they grieve the death of Rebecca's father, Donald Angelbeck. Donald died on November 24, 2021. Condolences may be sent to: The Muellers Family, 12 Adams Place, Huntington Station, NY 11746-2002

We send healing wishes to... Claire Bock, who is currently in the Glen Cove Center Nursing and Rehabilitation Center following a leg fracture. No calls or visitors, please. Get well wishes may be sent to: Claire Bock, 160 Radcliff Drive, East Norwich, NY 11732-1225

Congratulations to... Jan Klebukowski who took first place in the Collage Category and second place in both the Colored Drawing Category and the Monochromatic Drawing categories at the Glen Cove Veterans Administrative 2021 Creative Arts Festival.

We celebrate with... Capt. Hugh Stephens and MaryAnn Zappulla who welcomed Hugh's third great-grandchild, Theodore Randall Stephens, on November 30, 2021. Parents Christina and Kirk Stephens, Jr. are overjoyed.

Congratulations to... Gail Koelln who recently wrote and illustrated a children's book about parrot conservation called, What Would the Parrot Say? The book is being published through One Earth Conservation.

MINISTRY PROGRAMS

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.

Dining Solo Together!
Mondays, 6:30–8:00 PM
Sandra Hazel Frank, Facilitator

All who dine at home solo are invited to attend this Friendship Ministry. While titled "Dining Solo," eating isn't imperative to participate. Dining Solo Together is an online informal gettogether where we can feel comfortable, share conversation, and get to know each other. The group can choose to discuss specific

topics in the course of conversation, if desired.

Dining Solo Together is a friendship opportunity for all. You are welcome to spend some time together in community to break up what may seem like endless hours between sunset and bedtime. Try it! Join Zoom Meeting HERE or on uucsr.org/calendar. Also by phone: 646 558 8656, Meeting ID: 889 8899 0398, Passcode: 91841

DEVELOPMENTAL MINISTRY HIGHLIGHTS The Rev. Jaye Brooks



One of the questions I hear frequently, now that Rev. Jennifer Brower has announced that she will retire on June 30, 2022, is: "What's next?" This is a question that the Board and ministers have considered in consultation with the UUA Transitions Office. When a long-serving minister retires from a congregation, it's usual to seek an interim minister to take on the role for a two-year period.

To access the biggest pool of potential interim ministers, UUCSR will follow the UUA's Interim Search process. The search for an interim minister is a relatively swift process. The timeline in the adjacent column shows the preliminary work of the Board and ministers—discerning the role and responsibilities of the interim position—and, in consultation with members, developing a clear job description.

The Board will do some of the preliminary thinking at its January 22 retreat and then engage with members of the congregation. It's helpful that this year the Ministry Team is testing the Workplan that the Board and Ministers developed last year; the Workplan reflects a great deal of collaborative thought about the responsibilities of each minister.

Under UUCSR's Bylaws, the Board will appoint a seven-member Interim Search Committee—probably in March 2022. The committee will submit the UUA application, job description, and compensation information to the UUA Transitions Office.

The UUA gives to all ministers who inquire (via the UUA's Ministerial Transitions website) the information submitted by UUCSR's Interim Search Committee. On May 2, 2022, the UUA will send our Search Committee a list of ministers interested in the interim position. A swift round of interviewing ensues, followed by the extension of an offer on May 18. After a background check and contract-signing, the Interim Minister's name will be announced to the congregation.

THANK YOUS

I enjoyed visiting Shelter Rock in October, and UU Ministry for Earth is lucky to have champions like you! Thank you for your precious gift to support our work! Sending well wishes for a restorative end of year!

David Lawlor, co-director, UU Ministry for Earth.

Thank you to the congregation for hosting the RE Holiday Decorations Party despite the massive obstacles presented by the recent High Covid Transmission numbers. It was a great success because of the love and support by parents, youth, staff, teachers, musicians, and others.

Grateful always, Barbara Dilsner

Interim Search for August 2022 Start



Discernment

Fall 2021

The Board consults with UUCSR Ministers and members to develop the title and responsibilities of the Interim position to be filled when Rev. Jennifer Brower retires on June 30, 2022. This may be a good time to experiment with an Associate or Assistant Minister in the Ministry structure.



Job Description

Jan-Feb 2022

Using a team or task force including UUCSR members, the Board develops a job description for the Interim Minister position. The Interim role is time-limited (usually two years) and the Interim Minister cannot stay on.



In accordance with Bylaws Section 7.3(B), the Board appoints an Interim Search Committee of seven members (no more than two may be members of the Board). UUCSR's application to the UUA Transitions Office is due by April 21, 2022.



Search & Decision

May 2022

By the end of May 2022, UUCSR will know who will be Interim Minister after Rev. Brower's retirement.

SOCIAL JUSTICE COORDINATOR Claire Deroche

All Human, All Equal

On December 10 each year, the world observes Human Rights Day in recognition of the signing of the International Declaration of Human Rights on that date in 1948. For a world worn out by the death and destruction of two world wars, this document provided a way forward, an affirmation of hope that humans could create a world with peace and well-being for all. As an aspirational document, it draws its strength from the fact that it has inspired "more than 60 human rights instruments which together constitute an international standard of human rights."

Among the 30 rights enumerated in the International Declaration, Article 14 seems to be particularly relevant today: "Everyone has the right to seek and to enjoy in other countries asylum from persecution."

As migrants are on the move around the world, the daily news is filled with the dangers they face and the difficulties they encounter as they exercise this basic right. Unfortunately, the policies of the present administration are compounding the risks faced by migrants at our southern border.

Immigrant advocates and public health officials are voicing their opposition to the enforcement of <u>Title 42</u>, a section of US law which "allows the US President to prohibit the entry of people or property into the United States whenever the Surgeon General determines that there is a serious danger of the introduction of communicable disease." This article was invoked by the <u>previous administration</u> to allow the immediate deportation of migrants arriving at the southern border.

The Biden administration is continuing the enforcement of Title 42 even though <u>public health experts</u> have spoken publicly against this policy. According to these experts, there are safe, alternative ways to allow entry to migrants seeking asylum during a pandemic without endangering public health.

Immigrant advocates are also publicly decrying the enforcement of Title 42. As I write this, a group of Catholic nuns is holding a rally across the street from the White House demanding the cessation of this policy which goes against the internationally recognized right "to seek and to enjoy in other countries asylum from persecution."

This situation provides an opportunity for each of us to speak out in defense of human rights. If you are concerned about Title 42 and wish to communicate those concerns, click <u>HERE</u> to send an email to President Biden using a quick and easy form set up by the Catholic School Social Justice Lobby NETWORK.

As we celebrate Human Rights Day 2021, let us remember the words of Ban Ki-moon, former Secretary General of the UN: "Migration is an expression of the human aspiration for dignity, safety, and a better future. It is part of the social fabric, part of our very make-up as a human family."

SOCIAL JUSTICE ANNOUNCEMENTS Claire Deroche, Social Justice Coordinator

Human Rights Day Webinar

Thursday, December 10, 2021, 1:00 PM

Sponsored by the National Religious Campaign Against Torture (NRCAT). Zoom panelists will include members of the newly launched US Prisons Program Advisory Council who are leading efforts to uphold human rights in their respective advocacy spaces and learn more about NRCAT's work for the preservation of human rights in the coming year.

The conversation will be led by the Director of NRCAT's US Prisons Program and solitary survivor himself, Johnny Perez. Other participants include:

- Ceyenne Doroshow, Founder and Executive Director, Gays and Lesbians Living in a Transgender Society (GLITS) (New York)
- Steven Mangual, Justice Advocate Coordinator, Latino Justice PRLDEF Southeast Region (Florida)
- Kimberly Jenkins-Snodgrass, Vice Chairperson, Interfaith Action for Human Rights (Virginia)
- Jack Morris, Lead Community Health Worker/Coordinator, St. John's Well Child & Family Center (California)

This year marks the 73rd anniversary of the adoption of the Universal Declaration of Human Rights by the United Nations General Assembly, which declares that "All human beings are born free and equal in dignity and human rights." Register HERE. UUCSR is a member of NRCAT.

Saturday and Sunday, December 11 and 12, 2021 COMPASS

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

Worthy Now Prison Ministry Network Send Holiday Messages to the Incarcerated

The UU Church of the Larger Fellowship (CLF) has a ministry to people in prison who have embraced Unitarian Universalism. They need volunteers to send holiday greetings to these individuals. If you'd like to participate, please click <u>HERE</u>. Scroll down and click on Holiday Messages Guidelines and on Holiday Messages Sign Up. All information to ensure successful delivery is provided.



Together to End Solitary Confinement, Online Event Thursday, December 23, 2021, 6:30-7:30 PM

Join members of the Social Justice Committee to remember those suffering the torture of solitary confinement. Join Zoom Meeting 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.

Unitarian Universalist Association and UUCSR Social Justice Committee

Compass: Navigating the Paths to Liberation

With so much uncertainty in the 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.

This event is for lay leaders, religious professionals, adults, youth, members of congregations, and anyone who is interested 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. Rising Appalachia (Trio) will be sharing their wisdom and performing a concert at Compass.

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

Register here. Registration fees are on a sliding scale, from \$25 to \$60, based on 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).

MENTAL HEALTH SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE Sandra Hazel Frank, Chair

National Alliance on Mental Illness (NAMI) Queens/Nassau 2nd Annual Shoe Drive

Help raise funds to support NAMI and provide services to those with mental health struggles. Donate your gently worn shoes, or those shoes you bought and never wore. Drop off shoes to the canvas bin in the UUCSR Lower Lobby Monday-Wednesday, 9:00 AM-4:00 PM. Drive ends Monday, December 22, 2021.

Questions? Please contact 516.343.6761 or jgarfinkel@namiqn.org.

MENTAL HEALTH SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE AND WOMEN'S GROUP TGIF, Co-Sponsors

Going with the Flow in Winter Presented by Susan Roberts Friday, January 7, 2022, 7:00 PM

Join Zoom Meeting HERE, or join via phone: +1 646 558 8656 Meeting ID: 879 2853 5529, Passcode: 11030



UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK Eileen Jamison, Program Director



Make the Road New York Fights and Wins Big for Excluded Workers

Earlier this year, a coalition of Veatch grantees in New York led by Make the Road New York, won a massive victory—a \$2.1 billion Fund for Excluded Workers, by far the largest such fund in the country providing financial relief to undocumented workers excluded from unemployed insurance and federal stimulus funds

throughout the pandemic. This past October, the *New York Times* reported that the Fund has so far benefited an astounding 128,000 families across the state, each of whom were eligible for up to \$15,600.

However, the Fund is no longer accepting new applications, with thousands of eligible families yet to receive relief. Fortunately, as the *Times* notes, Make the Road New York and its partners—which include many Veatch grantees such as <u>VOCAL-NY</u>, <u>ALIGN</u>, <u>Northwest Bronx Community and Clergy Coalition</u>, and <u>New York Communities for Change</u>—is once again helping lead efforts to support these workers, many of whom are still struggling from the economic fallout from the pandemic. These organizations are collectively demanding that New York Governor Kathy Hochul include \$3 billion for the Excluded Workers Fund in the next budget.

On Veatch Sunday,
January 30, 2022, Make
the Road New York CoExecutive Director José
Lopez, one of the key
leaders in this campaign,
will co-deliver a sermon
entitled, *If Only We*Dare with United
We Dream Executive

Director Greisa Martinez-Rosas, another Veatch grantee. José and Greisa are examples



José Lopez (in front of banner) at a Make the Road New York rally

of the impact of multigenerational leadership development, as they began their work in community organizing as youth leaders and are now running two of the most powerful social justice organizations long-supported by the Veatch Program. Join the Veatch Board of Governors and staff as we hear two incredible movement leaders speak from the pulpit, share stories from their work, and show us how investing in young people is critical to our present and our future.

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.

LIFESPAN RELIGIOUS EDUCATION (RE) Carson Jones, Lifespan Religious Education Coordinator



Onsite Religious Education Classes Continue on Sunday, December 12!

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

UU Kids Connect Monthly Gathering Spaces Continue Thursday, December 16

Welcome to a World of Possibility! Last month, we packed our bags for our journey, and this month we will be Choosing Companions through playing games, singing songs, and deciding together all the qualities we value most in those with whom we travel.

This fall, UU Kids Connect is the place to be for kids in grades K-8 who want to meet new friends from new 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 safer online space for social support and spiritual development as kids journey forward through their years.

The UUKC GATHERINGS happen every third Thursday of the month from 7:00-8:00 PM. We meet online and hold space for kids to share their journeys, their favorite things, play games, and experience the support of their faith network in action.

Registration is FREE and open <u>HERE!</u> Please feel free to reach out to Carson Jones at <u>cjones@uucsr.org</u> with any questions.

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



Reflections on Advent: A Season of Waiting Led by Rev. Dr. Natalie Fenimore Wednesday, December 15, 2021 7:00-8:30 PM

Live on Zoom Meeting ID: 814 3267 0903, Passcode: 319144

Since ancient times, the dark of winter has been a time of stillness and reflection. Advent is a time of expectant waiting and preparation beginning the four Sundays before Christmas. Join in a discussion of the practice of Advent.

Soulful Songs and Stories

This holiday season, consider the gifts to accept (the gift you are, the gifts you have). The featured song is "Dummy Juggler," by Al Carmines, with stories and quotes by Richard Rohr, Jack Kornfeld, and others. Stories by Walt Whitman, Malcolm X, and Diana Butler Bass warn about things masquerading as gifts that you probably should reject. You can also consider the holy right here, right now, in song (a flash mob and two Playing For



Change videos) and in a traditional story, "The Rabbi's Gift."

Inclusion is part of the story and spirit of the season, and five jazz greats tell us how jazz includes, contrasted with examples of how dogma excludes. Judy Collins leads us out by singing, "Open the door and come on in / I'm so glad to see you my friend." Have this PDF emailed to you on December 17 by registering with Jessica Pond (JPond@uucsr.org). Find past PDFs at www.j.mp/uucsrsss.

Alice Giordano and Steve Marston

Yoga for Joy and Balance with Beth Wednesdays 4:00-5:15 PM 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

Live on Zoom Meeting ID: 574 999 9276 Password: 000815

The cost is \$5 for UUCSR members and \$7 for non-members. You may pay Mike through PayPal (PayPal.me/yogamike), Venmo (Michael-Mancini-55), or mail him a check: Mike Mancini, 99-40 63rd Rd, Apt 14P, Rego Park NY 11314

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

Medical QiGong for Senior Health—Balance! Every Monday from 9:00-10:00 AM

Instructor Ashley Baldwin leads Medical Qigong classes \$50 for 5 classes, \$12 per drop-in class

Start your week by strengthening your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and safe falling skills, optimize lung capacity, bolster immunity, and promote energy flow to the internal organs. Ashley Zooms 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.

Register HERE or email 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*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 regisration is not required.

December 8, 2021

WOMEN'S GROUP Maria Ceraulo, Chair, Women's Issues

The First Lady of Civil Rights

In her heels, pillbox hat, and pointedly obscure countenance, she waited on line to ask for an application to register to vote. After receiving it from the white clerk, she completed the civics test. After waiting on line again, she submitted her application to the clerk. Without looking at it, the clerk told her she failed. When asked for the corrected exam so she could correct any mistakes, she was refused. She got on line again, completed another application, noticing the white folks who paid their \$1.50 and got their registrations without difficulty. She submitted the application again and was told she failed again. A third time, the clerk looked right at her while she crumpled the application and threw it in the trash. The last time she tried, she handed a copy of the application with the questions and answers to the clerk, telling her that she would only give her the original while she kept the copy. At that point, the clerk asked her boss and Rosa got her registration after paying \$12.50 for all the years she was eligible and didn't vote. Each time she was denied, I felt the outrage rise. For me, it was one thing to know about the injustice, yet another to experience it with her.

Viscerally, I felt what it was like to use the bus. Rosa waited on line, paid her fare, and had to leave the bus to go outside toward the back entrance where she could then enter when the driver opened the door. In the pouring rain, she waited but the driver didn't open the door. Catching her umbrella in the door he jammed shut, he left her standing there to walk 5 miles home.

Is it visceral for you yet?

Most of the above details came from a livestream film history program: *The Rosa Parks Story.* Rosa Louise McCauley Parks (February 4, 1913–October 24, 2005) was an American activist in the civil rights movement best known for her role in the Montgomery bus boycott. The United States Congress has called her "the first lady of civil rights" and "the mother of the freedom movement."

She refused to get off the bus. Although her husband accused the NAACP of setting her up to do this, they replied that it was her that was leading them. Although terrified, she did it with dignity, courage, grace, and resolve.

Her defiance inspired the black community to boycott the Montgomery buses for over a year. Rosa Parks' case resulted in a 1956 Supreme Court decision that bus segregation is unconstitutional under the Equal Protection Clause of the 14th Amendment to the US Constitution.

Wouldn't it be great if we could say that there are no longer so many road blocks facing those who wish to vote, or to access their basic rights? December 1 was 66 years since her famous act of defiance. We at UUCSR can be inspired by her courageous stand as we work to counter voter suppression in America.

GREEN SANCTUARY COMMITTEE Stephen Ruocco, Chair

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

Air Source Heat Pumps

Geothermal heat pump systems are familiar to most people. They are expensive due to the required



network of underground pipes outside the house in addition to the installation of venting ducts inside the house delivering heat to each room.

As a less expensive alternative, member Herb Waldren, installed an air source heat pump in his house that draws air from above the ground. In appearance, the system looks like a typical home air conditioning system. If fact, a heat pump is just an air conditioner working in reverse. As in an air conditioner, a refrigerant is repeatedly evaporated and compressed alternately absorbing and releasing heat. The difference is that for a heat pump, the heat is released inside the house. Air source heat pumps can comfortably heat a home when outside temperatures are as low as 17 degrees Fahrenheit.

Living on Long Island, we have seen the effects of climate change, increasing the severity of storms and floods. We should stop using fossil fuels to heat our homes. Fuel pumps, whether ground or air source, are the sensible alternative.

Electricity is required to operate the heat pump and, at present, that electrical power is generated by burning natural gas. But heat pumps are so efficient that the required electrical energy may be as little as one sixth of the BTUs of home heating you receive. The seasonal energy efficiency rating (SEER) you see on air conditioning units is reflective of this multiplier effect. Additionally, as we transition away from fossil fuels to renewables to generate electricity, the benefit will be greater.

Installation costs for heat pumps vary widely: from a split ventless unit accommodating a single room to a whole house system such as Herb Waldren has. A list of authorized installers is available from PSEG Home Comfort Program.

Weighing against the obvious benefits to the environment, we pay several times more for a unit of electrical energy than we do for an equivalent amount of energy obtained by burning natural gas. You can compensate for much of this by opting for time of use rates from PSEG. Better still, you can install solar panels on the roof of your house. A four to five kilowatt system of panels will offset most or all of the electrical costs for a heat pump.

If you would like more information about heat pumps, contact Herb Waldren or Jim Peters.

Submitted by Herb Waldren and Jim Peters for the Green Sanctuary Committee

EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

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

WEDNESDAY, DECEMBER 8, 2021

4:00 PM, Women's Group Online Board Meeting

4:00 PM, Yoga for Joy and Balance with Beth 6:00 PM, Ukulele Group Practice

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 1:00 PM, Human Rights Day Webinar sponsored by the National Religious Campaign Against Torture (NRCAT) 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

6:30 PM, Men's Group Online Holiday Sing-Along and Entertainment

SUNDAY, DECEMBER 12, 2021

9:00 AM, Jazz Ensemble Rehearsal 9:00 AM, Small Group Ministry-2nd Sunday of the Month

9:30 AM, Choir Rehearsal

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, RE Our Whole Lives Double Session, RE Room 18

11:00 AM, Religious Education (RE) Classes, RE Wing

11:00 AM, Sunday Service: Amazing Peace, led by Rev. Jaye Brooks

11:05 AM, Children's Worship, Veatch Ballroom

11:45 AM, Conversations in the Chapel, Chapel

12:00 PM, COMPASS–Navigating the Paths to Liberation Together as Unitarian Universalists

2:00 PM, Messiah Sing: Rebroadcast of 2019 Performance

5:00 PM, Soulful Salutations–Restorative Yoga & Yoga Nidra enhanced by Live Music

MONDAY, DECEMBER 13, 2021

9:00 AM, Medical Qigong for Senior Health – Balance!

6:30 PM, Dining Solo Together!

7:00 PM, RE Committee Meeting

7:00 PM, Worship Committee Meeting

7:15 PM, Program Council Meeting

7:30 PM, Finance Committee Meeting

TUESDAY, DECEMBER 14, 2021

9:30 AM, Early Winter CSA–Community Supported Agriculture Program , LL Lobby 10:00 AM, Yoga on Zoom with Mike Mancini 2:00 PM, Leadership Meeting, Office Conference Room

3:00 PM, Art Committee Meeting 7:00 PM, Board of Trustees Meeting

WEDNESDAY, DECEMBER 15, 2021

9:15 AM, Wednesday INN Cooking (By Registration Only), Main Kitchen

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

12:30 PM, Bridge Game Play, Veatch Ballroom 1:00 PM, Online Women Talk Daytime Meeting

2:00 PM, Wednesday Conversations 4:00 PM, Yoga for Joy and Balance with Beth 7:00 PM, *Reflections on Advent: A Season of Waiting*, led by Rev. Dr. Natalie Fenimore

7:00 PM, Green Sanctuary Online Committee Meeting

7:00 PM, Social Justice Virtual Committee Meeting

THURSDAY, DECEMBER 16, 2021

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

12:30 PM, 8th Principle Task Force Meeting 7:00 PM, Board of Trustees Meeting 7:00 PM, UU Kids Connect Monthly Gathering Space

FRIDAY, DECEMBER 17, 2021

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

SATURDAY, DECEMBER 18, 2021

11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, DECEMBER 19, 2021

9:00 AM, Jazz Ensemble Rehearsal

9:30 AM, Choir Rehearsal

9:30 AM, Childcare, RE Room 1 and 2

10:30 AM, Sunday Morning Experience

11:00 AM, Sunday Service: *Gather 'Round the Manger*, led by Rev. Dr. Natalie Fenimore and First Graders

1:00 PM, Our Whole Lives for K-1 Class, RE Room 7

MONDAY, DECEMBER 20, 2021

9:00 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

TUESDAY, DECEMBER 21, 2021

9:30 AM, Early Winter CSA–Community Supported Agriculture Program, Lower Lobby 10:00 AM, Yoga on Zoom with Mike Mancini 3:00 PM, Online NAMI Criminal Justice Meeting

3:30 PM, *Winter Solstice Service*: led by Rev. Dr. Natalie Fenimore and Susan Roberts, Main Lobby Lawn

7:00 PM, Small Group Ministry–1st and 3rd Tuesday of the Month

7:00 PM, Living With Cancer

WEDNESDAY, DECEMBER 22, 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

6:00 PM, Ukulele Group Practice

7:00 PM, Hanukkah & Christmas Bedtime Stories!

7:00 PM, Mental Health Sub-Committee Online Meeting

THURSDAY, DECEMBER 23, 2021

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

6:30 PM, Together to End Solitary Confinement Online Program

FRIDAY, DECEMBER 24, 2021

3:00 PM, *Christmas Eve Family Service*, led by the Shelter Rock Ministry Team

5:00 PM, *Christmas Eve Carol Sing*, Main Lobby Lawn

6:30 PM, LGBTQ+ Online Gathering

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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December 8, 2021

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Members of the Board of Trustees Terry Bain **Brigitte Mueller** Claudia Barbey Marsha Stone Iliza Bartels Jane Weiler Robin Finnan-Jones Maryann Zappulla

ADDRESS SERVICE REQUESTED FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, December 22, 2021 | Deadline for Content: Thursday, December 16, 2021

MEMBER EVENTS COMMITTEE Allisa Howe, Chair

Looking forward to the 2022 Shelter Rock Retreat?

Silver Bay on Beautiful Lake George, NY!

Memorial Day Weekend: May 27-30, 2022





Intergenerational • Inspirational • Memorable • Sing-Alongs • Campfires • Relaxing Downtime • Gorgeous Views New Friends • Old Friends • Crafts • Services • Intellectual Programs • Fun • Talent Shows • Music • Nature

> Who danced to "Old Time Rock and Roll?" Did you guess Rev. Ned Wight? Yes, Rev. Ned looked, well..., he looked like Tom Cruise!

> > Mark your calendar and be ready for a time to remember!

The Quest December 8, 2021