



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

See
Calendar
Here



December 22, 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 24, 2021, 3:00 PM
The Shelter Rock Ministry Team

Family Christmas Eve Service: Joy to the World Enjoy this online holiday service from home or wherever you may be. For a special Zoom Watch Gathering, please join [HERE beginning at 2:45 PM.](#) *

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



Christmas Eve Carol Sing Come celebrate the joy of Christmas Eve with an outdoor Carol Sing at UUCSR! The Ministry Team and Music Director Stephen Michael Smith invite you to share the joy of the season as we sing carols under the stars and enjoy a candlelight “Silent Night.”

Bring friends and the whole family to the Veatch Courtyard. Although outdoors, masking will be required.

Please download the music and lyrics to your smartphone or tablet in advance [HERE](#) or view online [HERE](#). Livestreaming on [uucsr.org](#), [YouTube](#), and [Facebook](#) is planned. *

SUNDAY, DECEMBER 26, 2021, 11:00 AM
The Rev. Anthony Mtuswa Johnson, Guest Minister

Wisdom in Today's World This service asks; what is wisdom? How does it differ from knowledge? Is the difference worth discerning? This sermon will explore the landscape of the difference between knowledge and wisdom and how the difference plays out in our modern world. *

*True wisdom comes in understanding that sometimes, you are both the
prison and the key.* —Johnathan Jenar

TOUCHSTONES
Rev. Jennifer L. Brower



What a welcome relief it is that this holiday season we are less fearful, and know greater freedom to gather together—with friends and family—than was possible one year ago. Although we still need to be careful and practice safe protocols, how wonderful that we can revive some holiday traditions and share time—and space—with others! But, funny, even though there is so much to be glad about, so much to celebrate, this season, I am finding “the most wonderful time of the year” is falling shy of that sentiment. Maybe you feel it, too. Although we shouldn’t try to make every moment of our life a vision of “sweetness and light,” I think we may safely find or create some of the missing holiday magic without being pollyannaish!

Aware of the bit of “blah” that I feel, I hold out hope that a deeper peace or joy will be revealed. While I hope and wait, I am seeking out sources of inspiration—new as well as tried and true readings and music. I am looking for everyday miracles and marvels that show me the abundance of magic in this life.

Recently, a UUCSR member shared with me a video of the Jewish Hip Hop artist Nissim (meaning miracles) Black performing the feel-good song, “Change.” For you who might like Jewish Hip Hop (and won’t get hung up on the theology), I share it here: <https://youtu.be/NinkEVhCmc4>

One never knows where inspiration may be found!

And for all those who aren’t inspired by Jewish Hip Hop, I share Walt Whitman’s “Miracles,” in *Leaves of Grass*. These words touch my spirit, and provide grounding and uplift time and again.

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* Due to Covid and the High Community Transmission Plan for Reopening, Worship Services are livestreamed until large gatherings are deemed safe again. Livestreams 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! All are welcome to join 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 Hour until 12:30 PM.

Join Zoom Meeting online [HERE](#).
or call: 646.558.8656, Meeting ID: 829 6436 6095

MUSIC AND PERFORMING ARTS COMMITTEE
Katy Schall, Chair



2019 performance of George Frideric Handel's *Messiah*
featuring the Orchestra at Shelter Rock
and
conducted by Stephen Michael Smith
with the UUCSR Choir and Professional Soloists

Available on Demand!

You may sing along as loudly as you would like, whenever you like!

Available on:
uucsr.org/messiahsing | [Facebook](#) | [YouTube](#) | [Podcast](#)

TOUCHSTONES
continued from page 1

**Walt Whitman's "Miracles," in
*Leaves of Grass***



Why, who makes much of a miracle?
As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me riding in the car,
Or watch honey-bees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of stars shining so quiet and bright,
Or the exquisite delicate thin curve of the new moon in spring;
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.

To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.

To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the ships with men in them,
What stranger miracles are there?

May we each find a magical, marvelous moment, a special gift, to cherish throughout the year ahead. Wishing you and your loved ones all good things.

Yours in Faith,
Rev. Jennifer

FROM THE MINISTRY TEAM

If you have an urgent pastoral need between December 24, 2021 and January 3, 2022 (during or after regular business hours), please call Shelter Rock's live answering service at 516.795.0329. An operator will receive your request for care and a minister will respond to your call.

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



A Message from the President

I'm not at all sure how we got to December so fast, but here we are, facing the end of 2021. Despite the continuing threat of the pandemic, climate change, political upheaval, and holiday traffic on Northern Boulevard, I am optimistic about 2022.

In January, we will have the facilities staff to open the building for more hours, giving us the freedom to have night meetings for groups fewer than 25.

I encourage committees to try out the multi-platform equipment that will allow some members to meet onsite and connect with those members not yet able to be in the building.

The Reopening Task Force will be meeting early in January to assess the criteria for onsite worship and determine whether we can again come together in-person for Sunday Services. We will consider all the information available, but ultimately members will need to make their own personal decisions on what feels safe for them.

In January, the Board of Trustees will begin the work of creating a job description for an Interim Minister to start in July after Rev. Jennifer Brower retires. A Search Committee will be formed from members of the congregation in the next few months.

We will also be finalizing the guidelines of a new Crisis Grants Program which will allow the congregation to respond to future crises like the Covid-19 pandemic. The program will be entirely led by members of the congregation who will both identify a crisis and choose the organizations that will address it.

Conversations about the structure of the Veatch Program will begin to engage the entire congregation. The history of the Veatch Program, its position within the congregation, and our connection to all of the philanthropy at UUCSR will be part of a wide discussion.

Interviews with both staff and congregants are ongoing about a five-year Strategic Plan for the congregation. Members of the Task Force are reaching out across the congregation at committee meetings, as well as in individual conversations, to hear what you have to say about Shelter Rock.

I am both energized and exhausted by the amount of work going on at the congregation. I welcome any thoughts you have about all of this and hope you will reach out with ideas for the new year that is fast approaching.

May your holidays be safe and full of joy.

Notice of Congregational Hearing

Thursday, December 30, 2021, 10:00 AM, via Zoom Meeting

The purpose of the hearing is to review a proposed bylaws amendment as recommended by the Board of Trustees that has been placed on the January 9, 2022 Congregational Meeting agenda. That amendment would add the Socially Responsible Investment (SRI) Committee as a Standing Committee under section 8.4 of the Bylaws

Join Zoom Meeting [HERE](#) or from the link on [uucsr.org calendar](https://uucsr.org/calendar). Meeting ID: 872 0939 9887, Passcode: 047194, or call +1.646.558.8656

Notice of Congregational Meeting

Sunday, January 9, 2022, 1:00 PM, via Zoom Webinar

Please register in advance for this webinar [HERE](#) or on the [uucsr.org calendar](https://uucsr.org/calendar). After registering, you will receive a confirmation email containing information about joining the webinar.

Meeting Agenda

1:00 PM: Opening Words and Chalice Lighting

- I. Approval of Minutes from November 7, 2021 Meeting: Toni Logue, Secretary
- II. UUCSR Veatch Program: Corinne Hayden, Chair of Veatch Board Of Governors
- III. Bylaws Resolution: Jana North, President
- IV. Denominational Affairs Committee: Richard Bock, Chair
- V. Nominating Committee: Jessica Vega, Chair
- VI. Treasurer's Report: Brian Muellers
- VII. President's Report: Jana North
- VIII. Good of the Order

Closing Words

Adjournment

Notice of Building Closure

With increased gatherings expected over the holidays, the risk of Covid exposure is heightened. In an effort to limit potential Covid spread, the Congregation will be closed to members and staff Monday, December 27 through Wednesday, December 29, 2021.

Staff will observe a holiday on Monday, December 27. On December 28 and 29, office staff will work remotely and Facilities staff will be onsite for building maintenance and special projects.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

UUA GENERAL ASSEMBLY MULTIPLATFORM / PORTLAND • 2022



DAC 2022 GA UPDATE

On Thursday evening, December 16, the Board of Trustees unanimously approved the UUCSR 2022 General Assembly Guidelines and Application Form. Members interested in being considered for Delegate status to the 2022 UUA General Assembly in Portland, OR are asked to secure an application that can be found in the Main Lobby on the Welcome Desk, or submit an online application [HERE](#). You may also call Elaine Corrao at 516.472.2933 for assistance.

Detailed information regarding being a delegate is included in the revised and updated application packet. Members who wish to attend as online delegates are asked to complete the application and check that option on the application form. Any UUCSR members wishing to attend GA on their own are also asked to complete the application form and check the option "I wish to attend GA as a non-delegate."

Applications may be completed online or returned to a box on the Welcome Desk in the Main Lobby, or mailed or emailed to UUCSR, attention Elaine Corrao.

All Shelter Rock members who served as virtual GA delegates in 2020 or 2021 are eligible to be considered as in-person delegates in 2022.

Questions? Please contact Richard Bock at rbock@optonline.net or 516.922.6052.

MILESTONES

We mourn with... Mary Lou Nolan Kluger and her daughter Molly as they grieve the death of Mary Lou's son, Aaron Francis Kluger. Aaron died on December 14, 2021. Condolences may be sent to:

The Kluger Family
48 Mackey Avenue
Port Washington, NY 11050-3932

We mourn with... Gray Hirshfield and her family as they grieve the death of Gray's mother, Jean Hayes Gray. Jean died on December 14, 2021. Condolences have been requested via email only at: grayhirshfield@gmail.com.

We mourn with... Iris McKenna as she grieves the death of her mother, Irma Gruenwald. Irma died on December 16, 2021. Condolences may be sent to:

The McKenna Family
217 Roosevelt Avenue
Mineola, NY 11501-2924

We send healing wishes to... Claire Bock, who continues to heal from a leg fracture at the Glen Cove Nursing and Rehabilitation Center. Claire now welcomes calls at: 516.656.8000, Room 112A. Get well wishes may also be sent to her home:

Claire Bock
160 Radcliff Drive
East Norwich, NY 11732-1225

THANK YOUS

I am so grateful for the thoughtfulness of the Shelter Rock congregation, ministers, and my dear friends. The Caring Hearts Quilters sent a gorgeous quilt that has reminded me of my faith family during my recovery.

Thank you, sincerely,
Rosemary Lopez

I wish to thank you for your generous donations of turkeys and holiday gifts. For many years, the Unitarian Universalist Congregation has been a major supporter of the AIDS Center of Queens County and because of your kindness, we have been able to provide Thanksgiving turkeys and holidays gifts for the families of the clients we serve.

Sincerely,
Dawn Douglas Blackbourne
Associate Executive Director



Listening to Young Leaders: Veatch Sunday 2022

If Only We Dare

The Veatch Program's commitment to providing flexible grants for long-term organizing enables our nearly 200 grantees to weather unexpected crises, launch innovative leadership development programs, and sustain their organizing across generations. On Veatch Sunday, January 30, 2022, we will highlight two community organizers who have dedicated their lives to building and mobilizing multiple generations of leaders for social justice.

United We Dream's Executive Director Greisa Martinez-Rosas embodies what happens when flexible-funding resources and long-term support are offered to dynamic young leaders early in their development. You may recall Greisa from 2021's Veatch Sunday when she participated in our virtual [service with grantees from across the country](#).



Greisa Martinez-Rosas will be co-delivering the sermon on Veatch Sunday.

Greisa grew up with her family in Dallas, TX, after crossing the Rio Grande River from Mexico with her family at the age of 8-years-old. As an undocumented youth advocate calling for a path to citizenship, she credits her parent's sacrifices as one of the reasons she could ["believe in the American Dream."](#) Today she leads the largest immigrant, youth-led network in the country and her journey into leadership stands in the tradition of hundreds of civil rights leaders who got into "good trouble" at a young age, were supported in their leadership development, and grew into their power as social change leaders.

On Veatch Sunday, Greisa and Make the Road New York Co-Executive Director José Lopez, will co-deliver a sermon entitled *If Only We Dare*. They are both examples of the impact of multigenerational leadership development, as Jose also began his work in community organizing as a teenager and is now running one of the most powerful social justice organizations right here in New York, 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 listening to 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.

2022 Shelter Rock All-Congregation Retreat

returns to

Silver Bay on Beautiful Lake George, NY

Memorial Day Weekend: May 27–30, 2022

Registration will open early in 2022.
Will you be ready to reserve your spot in paradise?



MEMBERSHIP COORDINATOR

Abigail Highland

Welcome to Shelter Rock's Newest Members!

We welcomed 10 new members on December 12, 2021, in a New Member Ceremony during the Worship Service, and could not be happier to open our hearts to them! Check out the video of the Worship Service *Almighty Peace*, led by Rev. Jaye Brooks to see the ceremony (start at minute 28). Please join us in extending a warm welcome!

Abigail Highland, Membership Coordinator
Jeffrey Shiff, Membership Chair

New Members

Krista Citrolo (She/Her)

On being asked how she found Unitarian Universalism, Krista says "I forgot how I came upon the term "Unitarian" but I went to look up the ideology, having had no prior knowledge. I was so intrigued and drawn to the beliefs and Principles, focus on community service, openness, and understanding that I started watching recorded services on Zoom and reading the UUCSR newsletters to learn more."

Krista has lived in Port Washington for about a year, and grew up in the Great Neck area. She chose to become a member at Shelter Rock because of both the congregation's proximity to her home, and also because of the diverse leadership and beautiful grounds.

Krista's hobbies and interests include baking, hiking, and arts and crafts.

One of Krista's favorite quotes: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."—Maya Angelou

Fabrice Bukebuke

Fabrice has said that what led him to Unitarian Universalism was the search to grow in his faith among free thinkers because he was disappointed with the faith communities he had been part of in the past.

Currently living in Rwanda, Fabrice is originally from Burundi, where he first became involved in a Unitarian Universalist church.

Fabrice found Shelter Rock because of a video he saw on our Facebook page, entitled "We Need Not Think Alike To Love Alike." It inspired him deeply, and he is now looking forward to sharing experiences "with wise people like you are." He was involved in



the Inquirers program through the Fall and decided to become a member in November.

His hobbies and interests include learning from wise people, fighting solitude, and understanding with a deep conviction the meaning of LOVE; Love each other, Love of thy neighbor.

Flora Arango

Flora was born in Lima, Peru, and came to Great Neck in 1962. She identifies as 87 percent Inca Indian, and is a retired nurse.

Flora has a beautiful granddaughter who she hopes to share her journey with. Though Olivia had her naming ceremony at the Reconstructive Temple in Manhasset, both Flora and Olivia are excited to be at Shelter Rock to get to learn about all faiths.

Cynthia Lee (She/Her)

Cynthia Lee, who has lived in New York for her entire life, has been attending Shelter Rock for a couple of years. She found Unitarian Universalism in search for spiritual support, and found that the congregation met her needs. Cynthia says that the Shelter Rock values reflect the values of her own belief system.

Cynthia's hobbies include cooking whole plant-based foods, exercising, and meditating daily. Her interests include caring for others.

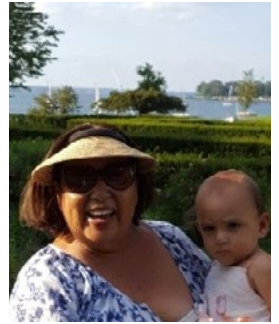
Cynthia's favorite quote: "Do unto others as you would have them do unto you."

Kelly Lennon (She/Her)

Kelly was raised Roman Catholic. Her father was an ordained Deacon, and she taught religious education. All of Kelly's children were altar servers, but she stopped attending Mass right after her youngest received Confirmation because she became disillusioned with the church itself. During last year's reckoning with social justice, Kelly felt she was missing a sense of community so she decided to look for a new church for that community.

Kelly says that she chose to join the congregation at Shelter Rock because she "feels so safe when I surround myself with like-hearted people."

She has lived in Glen Head, just a few miles northeast of UUCSR for about 20 years. Kelly was born and raised in Woodhaven, Queens.



MEMBERSHIP COORDINATOR

Abigail Highland

Kelly loves spending time with her family (husband Bill, 22-year-old twins Jake and Kristen, daughter Heather, 16, and dogs Luna and Finn). She likes to read (just finished Katie Couric's memoir and loved it), and watch TV (Ted Lasso is my absolute favorite show).

One of Kelly's favorite quotes: "Everything will be okay in the end. If it's not okay, it's not the end."

Giancarlo Lopez (They/Them/He/Him)

Giancarlo originally learned of Shelter Rock because they always passed UUCSR as a high school student at Saint Mary's in Manhasset. Giancarlo has now joined Shelter Rock in membership wanting a place to grow spiritually and to become a better human. He is looking to be challenged mentally and still receive support as a human trying to live with other humans.



Giancarlo is a writer, photographer, poet, and playwright. They are currently a theater major with a creative writing minor in NYC.

Giancarlo's favorite quote: "All the world's a stage, /And all the men and women merely players; /They have their exits and their entrances, /And one man in his time plays many parts, /His acts being seven ages." —William Shakespeare, *As You Like It*

Erik Lyngstad-Hughes

When Erik and his sister, Fiona, were young, their parents wanted them to grow up with a "spiritual home" and starting bringing them to Shelter Rock each Sunday. As he moved through the Religious Education program, Erik says he learned the value of living each day with the Seven Principles as a moral guide. Unitarian Universalism has taught him so much and brought some of the most amazing people he knows into his life, for which Erik is grateful every day.



Erik recently moved to start his first year as a student at the University of Vermont. He grew up not far from Shelter Rock, and chose to become a member before leaving for college.

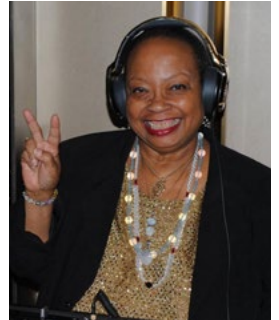
When asked why he wanted to be a member, Erik said, "Joining Shelter Rock seemed like a no-brainer for me. The UU community at Shelter Rock is like family, and becoming an official member solidifies my feeling that no matter where I go, I will have my UU family with me."

Erik is enjoying studying Russian language and music, and is pursuing a concentration in music technology and business. He likes to play the guitar and compose music in his free time.

Erik's favorite quote: "No matter where life takes me, find me with a smile." —Mac Miller

Sherdina Straughn

Sherdina joined Shelter Rock during the pandemic after having attended the congregation for music and other events before the lock down. She lives in Massapequa with her many animals; she has a love for cats and birds. Sherdina is a lifelong musician and a DJ.



A Message From the Membership Coordinator

If you are a current Shelter Rock member and have not yet made a pledge for the congregational year 2021–2022, AND/OR you have not made a payment of any amount toward your pledge, you must do so to remain on the membership rolls.

The deadline for uninterrupted renewal is December 31, 2021.

You may renew your membership now by clicking [HERE](#). If you prefer, you may mail a renewal form available for download [HERE](#). Any mailings must be postmarked by December 31, 2021.



Abigail Highland



If you have questions about pledging, please contact Sue Kimler at skimler@uucsr.org, or call 516.472.2919. If you have questions about membership, please contact Membership Coordinator Abigail Highland at ahighland@uucsr.org. Thank you.

SOCIAL JUSTICE COORDINATOR

Claire Deroche

Should the Worst Thing That a Person Has Done Forever Define Them?

What if that person is truly remorseful? What if the person has worked hard to become a better person? What if that person has proven that they have turned their life around? Should the worst thing that a person has done forever define them?

This is the question asked by the *New Yorker* short documentary, *The Interview*. Individuals who had been incarcerated, and after many years of repeated appearances before the NY State Parole Board, gained their freedom, speak about the experience in the interview. Their compelling testimony raises the question, “Is our society committed to perpetual punishment, or can we allow a person, who has done everything asked of them by way of rehabilitation, a second chance?”

Parole, when implemented fairly, is meant to break the cycle of perpetual punishment. Unfortunately, the parole system in New York State is one of the most racist, costly, and problem ridden in the country.

There are two bills now in the NYS Legislature that, when passed, will address this situation. Fair and Timely Parole (S.1415/A.4231), sponsored by Senator Gustavo Rivera and Assembly Member David Weprin, would ensure that incarcerated individuals, who are already parole-eligible, get a chance to appear before the parole board in a timely manner. It would also “change the standard of parole by centering release, not on the original crime, but on the person’s rehabilitation while incarcerated. In other words, parole commissioners would no longer be able to deny release based solely on the crime for which the person is convicted.” (Denial based solely on the crime for which a person was convicted is now standard procedure in New York State.)

Elder Parole (S15/A.3475), sponsored by Senator Brad Hoylman and Assembly Member Carmen De La Rosa, “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.” There are currently 1,000 individuals who would immediately become eligible for parole. These are individuals who were not given a death sentence, but because of advanced years and poor health will surely die in prison unless they are granted parole. Research shows that recidivism decreases as age increases. If the individual is not a threat to public safety, shouldn’t that person have the chance to apply for parole?

The Social Justice Committee has chosen Parole Justice as an area of focus for the current congregational year. Committee members are educating themselves on proposed bills and acting in concert with the Campaign for Parole Justice and Bend the Arc, a Jewish justice organization. They are participating in legislative visits, doing neighborhood canvassing, and attending rallies to gain support for the bills. If you would like to join the effort, contact committee member, Barry Nobel at barry@nobel.org. Barry is the point person for these activities.

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Help Afghan Refugees

Wednesday, December 22, 2021–Monday, January 10, 2022

Upholding Humanity, a LI Interfaith effort to support Afghan refugees, is collecting NEW winter clothing for those Afghans being housed on military bases. Their government allowances are insufficient to cover all needs. You can help by donating NEW items at the locations below. Donation sites will remain open until Monday, January 10, 2022.

The Community Synagogue, 9 AM–6:30 PM, Monday–Friday,
160 Middle Neck Rd, Sands Point, NY

Islamic Center of Long Island, 10 AM–2 PM, Monday–Thursday,
835 Brush Hollow Rd, Westbury, NY

Sid Jacobson JCC, 10 AM–4 PM, Monday–Friday, beginning on
January 3, 2022, 300 Forest Dr, Greenvale, NY

Temple Sinai, 9 AM–5 PM, Monday–Thursday; 9 AM–1 PM, Friday,
425 Roslyn Rd, Roslyn Heights, NY

All clothing and shoes must be BRAND NEW. Most needed are men’s pants (small and medium), men’s shoes (sizes 8–11), women’s shoes (sizes 6–8), men’s/women’s/children’s sweatpants, underwear (small and medium), sports bras (small and medium), men’s/women’s/children’s socks, children’s clothing (ages 4–12), children’s sneakers and boots (ages 4–12).

You can also donate through the Amazon wish list [HERE](#). (It is under the name Betty Brandel, Baby Registry.) Please be sure to scroll down and choose Temple Sinai of Roslyn, Attn: Rabbi Ilana Schachter’s Gift Registry Address as delivery address. (If you need help navigating the Amazon registry, contact Claire Deroche, at 516.238.2191 for assistance.) Please join us in helping Afghan refugees get the items they need as the winter weather quickly approaches. Head to a drop-off location near you or donate items directly off the Amazon wish list. Amazon wish list items will be sent directly to the donation site.

Thursday, December 23, 2021

Online, 6:30–7:30 PM

Together to End Solitary Confinement,
Join members of the Social Justice Committee to remember those suffering the torture of solitary confinement. Join the Zoom meeting [HERE](#). Meeting ID: 914 5526 0335 Passcode: 901854

Wednesday, January 5, 2022

Online, 3:00–4:30 PM

Online Racial Justice Subcommittee Meeting, New members are always welcome. Join Zoom meeting [HERE](#). Meeting ID: 831 0662 1384, or call 646.558.8656.

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

LONG ISLAND AREA COUNCIL OF UU CONGREGATIONS (LIAC)

Jubilee Three Anti-Racism Training: Learning Together About Systemic Racism

Hosted by the Long Island Area Council

January 14–16, 2022
Online

Trainers: Paula Cole Jones, Dr. Leon Spencer, Lutricia Callair



Do you wish to deepen your understanding of how race and ethnicity play out in our institutions and our daily lives? Are you ready to take a leading role to nurture a multicultural future in the face of opposing cultural currents?
If so, attend this life-changing weekend!



Goals:

- To develop a shared analysis of racism and its individual, institutional, and cultural manifestations
- To begin to apply this common understanding to the history, culture, and institutional structure of our society
- To envision the next steps in taking action.

REGISTRATION NOW OPEN [HERE](#)

50 percent discount off the regular \$160 fee for the first 35 members of LIAC congregations to register! See information on the registration form, including scholarship opportunities.

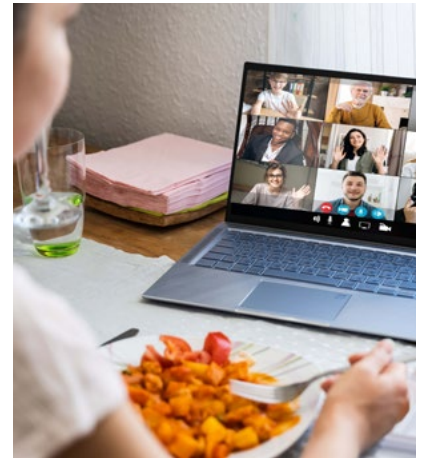
Training includes presentations, discussions, videos, exercises, and small-group work. It is open to anyone who wants to journey toward making a stand against racism. Program is not limited to Unitarian Universalists. All are welcome.

Questions? Mary Beth Guyther
LIAC Social Justice Coordinator
mbguyther@gmail.com

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

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 get-together 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

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 Wednesday, January 19, 2022.

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



LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



**Onsite Religious Education Classes
Return Following Holiday Break on
Sunday, January 9, 2022!**

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!

Do You Hear What I Hear?

'Tis the season for making lists and checking them twice. All sorts of lists: holiday wish lists, grocery lists, lists of the year's best films/books/songs, and so on. I'm a big list maker myself and being a known fan of music, movies, and musical theater, I'm often asked questions such as, "What are your Top 5 favorite films?" or "Who are the greatest bands of all-time?," and the most recent impossible-to-answer question, "What's your favorite Sondheim song?" Blessedly gone are the days when someone might ask, and I'm dating myself here, "What are your Desert Island books/movies/albums?" This question has virtually lost all meaning in the age of mobile phones, Kindles, and iPods, although the chances of finding reliable wi-fi or a charging station on a desert island are slim to none. Still, the sentiment remains—What are the pleasures of life you cannot live without?

These days, instead of my typical rote answer of, "There are too many," I turn to a spiritual practice that we often use in sharing circles and ask, "What is on your heart?" In other words, what are you carrying and most connecting to right now? It is similar to the philosophy behind the guidance we give to our young people when writing their Coming of Age Credo statements: If you took a snapshot of your beliefs—What's most important to you in this very moment—What would that look like?

So, here's an in-the-moment list I'm sharing with you all—the holiday songs that are most on my heart. All originals rather than versions of traditional carols, and all in the unique sound of the artists who created them. I offer this to you all in joy and gratitude, and in no particular order:

- "This Christmas" –Donny Hathaway
- "Hard Candy Christmas" –Dolly Parton
- "The Christians and the Pagans" –Dar Williams
- "Christmas Wrapping" –The Waitresses
- "River" –Joni Mitchell
- "Little Saint Nick" –The Beach Boys
- "Christmas in Hollis" –Run-DMC
- "Merry Xmas Everybody" –Slade

The beauty of this list is it could change by the time you're reading it. I don't view shifts in favor and belief as fickleness but as an openness to paying attention to something new. So, what are your most cherished holiday songs? Please write me at cjones@uucsr.org and let me know. I would love to expand my heart to include what's on yours.

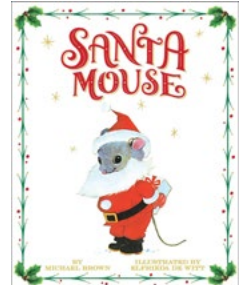
Hanukkah and Christmas Bedtime Stories!

Wednesday, December 22, 7:00 PM

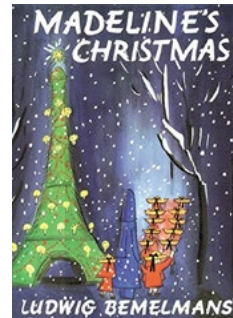
[Live on Zoom HERE](#)

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

Save the Date:

RE On Ice!

Sunday, February 6, 12:45–2:00 PM



FREE social event sponsored by the RE Committee featuring lunch and private ice time at the Port Washington Skating Center. Keep an eye out in January for information on registering your family.

ADULT PROGRAMS COMMITTEE

Dramatic Readings: *Laughter on the 23rd Floor*, by Neil Simon
Saturday, January 15, 2022, 6:00 PM, [Live on Zoom](#)
Meeting ID: 953 4647 4715, Passcode: 396210
Or call 1.646.558.8656

Inspired by the playwright's youthful experience as a staff writer on Sid Caesar's *Your Show of Shows*, with all the attendant comic drama as the harried writing staff frantically scrambles to top each other with gags while competing for the attention of star madman, Max Prince.

"Old style comedy: fast and furious," *The Wall Street Journal*
Please RSVP to Jessica Pond at jpond@uucsr.org if you would like a PDF of the play emailed to you, or a physical copy mailed to you.

Yoga for Joy and Balance with Beth
Wednesdays, 4:00-5:15 PM, [Live on Zoom](#)
(Wednesday, December 22 and 29, on break for holidays)

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
(Saturdays, December 25 and January 1, on break for holidays)
[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 Qi Gong for Senior Health—Balance!
Mondays, 9:00-10:00 AM
Instructor Ashley Baldwin leads Medical Qi Gong 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, directly from Thailand, to help you center your body and mind. Exercises are taught standing, with equally effective guidance for those who prefer to sit.
[Register HERE](#) or email tqh.Ashley@gmail.com

The Building A Better Brain for a Better Life Class Promoting a Sharper Brain and a Calmer Mind

with
Dr. Fern Engelson



Come join us for this unique class that combines lecture and movements taken from Western neuroscience and Eastern wisdom traditions and discover:

- Brain balancing exercises
- Gentle Qi Gong brain-strengthening movements
- Calming breathing and meditation techniques
- Self-massage and acupressure
- Healthy brain-supporting foods and herbs, essential oils, helpful tools, and so much more!

This class will help you to:

- Enhance your memory, focus, and concentration
- Calm your mind and lift your spirits
- Stave off a diagnosis of cognitive decline

The reality is that 1 in 9 people age 65 and older (11.3 percent) in the US has Alzheimer's dementia (Alzheimer's Association, 2021). The good news is that most of the risk factors (e.g., a sedentary lifestyle) are in our control and by tending to our brain, we can promote neuroplasticity and grow new and healthy brain cells, increasing our cognitive reserve and strengthening our resilience.

January 19, 26, and February 2, 9, 16, 23, 2022
10:00-11:15 AM on Zoom
Fee (per household):
UUCSR Members: \$72, Non-members: \$108

To Register: Contact Jessica Pond at 516.472.2914
For more info: Contact Dr. Fern Engelson at 516.621.0316

Dr. Fern Engelson has enjoyed her work as a chiropractor functional medicine practitioner and educator, and for the last ten years, as a Qi Gong instructor at Shelter Rock. Combining many years of studying Eastern and Western healing modalities, along with 35 years of clinical experience, Dr. Fern operates a private practice, and offers dynamic workshops and classes that foster an enhanced sense of vitality, strength, and inner peace.

YOUTH AND YOUNG ADULT PROGRAMS

Jessica Pond, Youth and Young Adult Faith Engagement Coordinator



The youth at UUCSR are incredibly motivated to give back and organize around social justice causes. On December 5, a group of 11 youth and their Religious Education (RE) teachers went to Target to shop for gifts to put under the Mitten Tree in the UUCSR Main Lobby. The youth broke off into teams to brainstorm gift ideas together as they navigated around the other holiday shoppers. So much thought and care went into each item they bought, and they were so satisfied and joyful as they filled the space under the tree with their gifts. Shelter Rock's youth truly embody our UU values in their compassion for others and their passion for giving back.



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

Going With the Flow in Winter

Friday, January 7, 2022, 7:00 PM

FREE and open to all

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

Are you feeling stressed out about short and cold winter days that interfere with our "back to normal" lives, especially as this pandemic seems endless?

Discover the Joys of Winter Through the Wisdom of Traditional Chinese Medicine



Traditional Chinese Medicine sees winter as an important time to rest and renew ourselves for the coming Spring and new life. Join Shelter Rock member Susan Roberts to learn how you can use winter's energy to transform stress into healing with special foods, attention to sleep habits, and a simple Qi Gong breathing technique that will put you "in the flow" with Winter's Water Energy for healing.

Program presenter Susan Robert's interest in traditional healing practices led to a masters in divinity at Harvard and study at the Institute of Integrative Nutrition. She continues with the study and practice of Traditional Chinese Medicine and Wu Ming Qi Gong taught by Grandmaster Nan Lu at the Tao of Healing Center in New York City. Her book about occupational therapy from the Traditional Chinese Medicine (TCM) perspective, *Sustainable Health: Simple Habits to Transform Your Life*, was published by WW Norton in 2019. She currently practices occupational therapy from a TCM perspective with private clients and teaches several Wu Ming Qi Gong movement practices.



WOMEN'S GROUP
Diane Mansell, Women's Group President



Book Series

Third Fridays Monthly | 3:30 PM | Join [HERE](#)

Please contact Sharyn Esposito to learn more
(sesposito@uucsr.org or 516.472.2960)

All are welcome.

January 21, 2022	<i>The Devil You Know</i> By Charles M. Blow Discussion led by Ursula Salamone
February 18, 2022	<i>Wish You Were Here</i> By Jodi Picoult Discussion led by Patti Paris
March 18, 2022	<i>Matrix</i> By Lauren Groff Discussion led by Maria Ceraulo
April 15, 2022	<i>A Slow Fire Burning</i> By Paula Hawkins Discussion led by Diane Mansell
May 20, 2022	<i>A Burning</i> By Megha Majumdar Discussion led by Judy Douenias
June 17, 2022	<i>The Cellist</i> By Daniel Silva Discussion led by Aida Nema

Women Talk Daytime

NEW DATE AND TIME:
First and Third Thursdays | 3:00-5:00 PM

First Thursday monthly topic is always Current Events.
Topics for third Thursdays monthly vary.
Everyone is welcome to join Women Talk Daytime.

Thursday, January 6, 2022 topic: Current Events
Thursday, January 20, 2022, Special Topic: Many women live alone and have very limited opportunity to meet or make new friends. What would you suggest to a friend in this situation? Join [HERE](#), Meeting ID: 991 3390 5618, Passcode: 11030

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



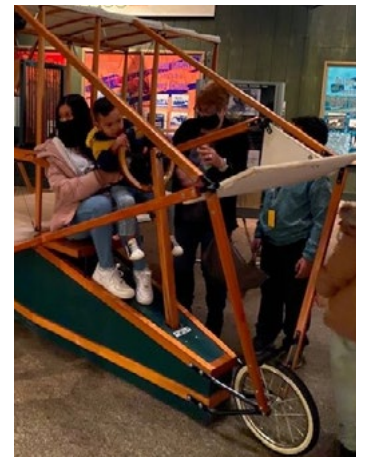
Another Field Trip

So here we are again, after all these years. Three of us—one husband and two retired Special Ed teachers—waiting to meet the children with their parents and caregivers at the Cradle of Aviation Museum. As we sat in our cars, waiting for the group to arrive, Katherine Miller and I remembered many trips we took with our special needs students. I reassured David that there wouldn't be a freezing cold tent waiting for us tonight—not to worry.

How did this happen and how is it related to UUCSR? For the last few years, the UUCSR Women's Group has been hosting the children and their mothers or caregivers at Shelter Rock for a day of cookie baking, lunch, craft making, a visit from Santa, and a gift. The children's moms have been impacted by the Criminal Justice system. Many of the children endured separations from their mothers when they were incarcerated. We have previously hosted two groups: Women's Opportunity and Rehabilitation Center (WORC) and New Hour for Women and Children

Due to COVID, it has not been possible to hold what has become an annual event. We tried to imagine another way to do something for them. We asked the organizations to ask the mothers how we could help. They mentioned the difficulty of doing anything with their children during the holiday season. Reuniting with their children, they had few resources. Therefore, we decided on the Cradle of Aviation for WORC due to its proximity to Hempstead. They were delighted!

On Saturday, December 17, 2021, it seemed as if we were on "just another field trip." Fifteen children with chaperones met at the Cradle of Aviation Museum. They went for a tour with plenty of opportunities to interact with materials—flight simulation on an early aviation device, sitting in the cockpit of part of a plane, etc. They had pizza for lunch, a movie about a trip to Mars, and a gift from the museum store. Katherine Miller's daughter arranged the trip with a member of the board at the museum. She covered the costs entirely.



We'd like to thank Margaret Murphy with her company, New York Staff Search, for her generosity and the Cradle of Aviation Museum, for hosting our group. Although it's been a number of years since we've been on trips like these, we're delighted to provide this experience for these children and their moms.

GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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

Stemming Nature's Losses

Among nature's current losses is our biodiversity. Its variety and variability of life on Earth is in peril. What exists is being polluted or destroyed. This includes fish in the sea, birds in the air, trees, forests, grasslands, fauna and flora, and even the water, air, and soil we depend upon. The question is, "How can humanity limit or prevent this destruction?"



Global warming is caused by fossil fuels releasing greenhouse gases into the atmosphere. The world wide community has called 1.5 degrees centigrade of global warming acceptable. This is unrealistic as projections suggest a 2 to 4 degree increase as we continue our dependence on fossil fuels. All life is being affected when we destroy land and sea to obtain it. The animal kingdom will go from "endangered" to "vulnerable" to extinct. The ivory-billed woodpecker was the most recent casualty made extinct on September 24, 2021. Habitat loss and fragmentation of land areas is responsible for this and the reduction of mature breeding animals.

The integrity of our wilderness and public lands should be addressed immediately in the United States through permanent protections. The polar bears' plight in the Arctic occurs as icebergs melt away because of global warming. There, the ecosystem has been threatened by proposed drilling for oil. In Alaska, we should halt logging in the Tongass, road-building, and unwarranted clear-cut-logging. In Wisconsin, the defense against toxic mines, such as the Back 40 Mine by the Menominee Indian River Tribe's river, must be prevented. All proposed copper-and-silver mines are dire threats to our rivers, lakes, and animals in those areas, as well as the people. Conservationists are struggling to win many of these battles in the courts.

Beneath our oceans, fossil fuel companies have been using seismic air-guns to explore. This has disrupted, injured, and killed marine life. The Endangered Species Act must be strengthened to add protections and enforce regulations. Eathjustice has implemented a Biodiversity Defense Program to focus on biodiversity loss and protections with legislation that stops habitat destruction and over-exploitation of wildfire areas.

Our assault on Bears Ears and Grand-Staircase Escalante national monuments is connected to mining and drilling interests plus the looting of archaeological sites. This is in the crosshairs as our current administration reviews the previous one's actions. Interior Secretary Deb Haaland recommends protections. To stem nature's losses and achieve a zero-carbon world, we must eliminate the destructive exploitation of nature.

Submitted by Elaine Peters for the Green Sanctuary Committee

HADLEY HOUSE

Residents' Association

Hadley House Welcomes December with a Flurry of Activity

We are surrounded by the festive decorations of an early Hanukkah season, soon to be complemented by Christmas displays and those for the New Year. We appreciate our neighbors who make things happen, and are thrilled to be back in our common areas with plans to celebrate the holidays together once again.



A lively Latke Party was enjoyed by all. We gathered to make snowflakes, which now float from the ceilings of Lobby and Lounge. They remind us how breathtakingly beautiful snow can be. The UUCSR's Men's Group graciously included Hadley House as one of the settings for their virtual Holiday Sing. Residents were invited to sit in and join the singing, led by Richard Bock and Barbara Singer. The Christmas Holiday Social is our Hadley House "family" gathering, as is the annual midnight New Year's Eve pajama party. Together we will sip bubbly and make a joyful noise as the ball drops in Times Square heralding 2022.

We like to keep things in perspective: taking care of family, helping to raise grandkids, staying healthy in the middle of a pandemic can be demanding. We maintain a positive outlook by developing and practicing skills and talents, and gathering to celebrate life and expand our minds.

Great Decisions, for instance, is a unique monthly program presented by resident Carol McHugh. We prepare by reading a comprehensive article on the topic to be discussed, this month *The Coldest War: Toward a Return to Great Power Competition in the Arctic*. The session began with an extraordinary film which revealed both the beauty of the Arctic as well as the emerging political and environmental challenges. We are grateful to be able to expand our knowledge of important issues in such a lively and interactive way.

May your December be merry, and may you, too, enjoy the spirit of the season.

Hadley House Quest Committee
Nancy Jacobson, Jerry Jalazo, Teddy Sklover, Barbara Singer,
Lilyan Strassman, Lois Wolfson

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 22, 2021

7:00 PM, Hanukkah & Christmas Bedtime Stories!

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*, Veatch Courtyard
6:30 PM, LGBTQ+ Online Gathering

SATURDAY, DECEMBER 25, 2021

Christmas Day

SUNDAY, DECEMBER 26, 2021

9:00 AM, Jazz Ensemble Rehearsal
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *Wisdom in Today's World*, led by guest minister Rev. Anthony Mtuaswa Johnson

MONDAY, DECEMBER 27, 2021

9:00 AM, Medical Qi Gong for Senior Health – Balance!
6:30 PM, Dining Solo Together!

TUESDAY, DECEMBER 28, 2021

10:00 AM, Yoga on Zoom with Mike Mancini
2:00 PM, Leadership Meeting, Office Conference Room
7:00 PM, Small Group Ministry–4th Tuesday of the Month
7:00 PM, Care for the Caregiver

WEDNESDAY, DECEMBER 29, 2021

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

THURSDAY, DECEMBER 30, 2021

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Congregational Hearing-Recommended Bylaws Changes
10:00 AM, Living Solo

FRIDAY, DECEMBER 31, 2021

6:30 PM, LGBTQ+ Online Gathering

SATURDAY, JANUARY 1, 2022

New Year's Day

SUNDAY, JANUARY 2, 2022

10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Worship Service: *Hinge of the New Year*, led by Rev. Jennifer Brower and members of UUCSR
1:15 PM, Small Group Ministry–1st Sunday of the Month

MONDAY, JANUARY 3, 2022

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

TUESDAY, JANUARY 4, 2022

10:00 AM, Yoga on Zoom with Mike Mancini
7:00 PM, Small Group Ministry–1st and 3rd Tuesday of the Month
7:00 PM, Agenda Planning Meeting, Veatch Library
7:30 PM, President's Operations Task Force Meeting, Veatch Library
7:30 PM, DAC Meeting, Office Conference Room

WEDNESDAY, JANUARY 5, 2022

12:30 PM, Bridge Game Play, Veatch Ballroom
2:00 PM, Wednesday Conversations
3:00 PM, SJC Racial Justice Online Subcommittee Meeting
4:00 PM, Yoga for Joy and Balance with Beth
7:00 PM, Publicity and Promotions Committee Meeting
7:00 PM, Personnel Committee Meeting

THURSDAY, JANUARY 6, 2022

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
3:00 PM, Women Talk Daytime

FRIDAY, JANUARY 7, 2022

4:00 PM, Community Conversations–Hadley House
6:30 PM, LGBTQ+ Online Gathering
7:00 PM, TGIF Going with the Flow in Winter, with Susan Roberts

SATURDAY, JANUARY 8, 2022

10:00 AM, Caring Committee Meeting
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, JANUARY 9, 2022

9:00 AM, Small Group Ministry–2nd Sunday of the Month
10:15 AM, Young People's Choir Rehearsal, Veatch Patio (pond side), Ballroom
10:30 AM, Sunday Morning Experience
10:40 AM, RE Volunteer Centering Circle, Chapel
11:00 AM, Sunday Worship
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship, Veatch Patio (pond side), Chapel
11:45 AM, Conversations in the Chapel, Chapel
1:00 PM, Congregational Meeting
5:00 PM, Soulful Salutations–Restorative Yoga & Yoga Nidra, enhanced by Live Music

MONDAY, JANUARY 10, 2022

9:00 AM, Medical Qi Gong for Senior Health
4:00 PM, Working Groups Task Force Mtg

5:00 PM, Veatch Engagement Ad Hoc Committee Meeting

6:30 PM, Dining Solo Together!

7:00 PM, RE Committee Meeting

7:00 PM, Worship Committee Meeting

TUESDAY, JANUARY 11, 2022

10:00 AM, Yoga on Zoom with Mike Mancini
2:00 PM, Leadership Meeting, Office Conference Room
3:00 PM, Art Committee Meeting, Office Conference Room, Zoom
7:30 PM, Program Council Meeting, Art Gallery

WEDNESDAY, JANUARY 12, 2022

12:30 PM, Bridge Game Play, Veatch Ballroom
2:00 PM, Wednesday Conversations
4:00 PM, Women's Group Board Meeting
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, JANUARY 13, 2022

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
1:00 PM, Worship Pod (Online)

FRIDAY, JANUARY 14, 2022

6:30 PM, LGBTQ+ Online Gathering
8:00 PM, *Soulful Sundown*, led by Rev. Jennifer Brower with the Cosmic Orchestra

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
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December 22, 2021

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Next Quest: Wednesday, January 12, 2022 | Deadline for Content: Thursday, January 6, 2022

