

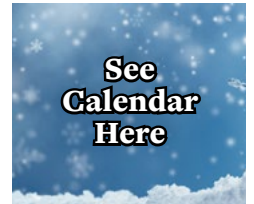


The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

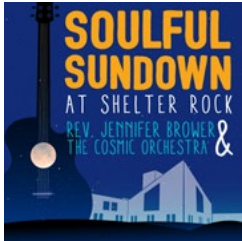
January 12, 2022

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:
Living with Intention

FRIDAY, JANUARY 14, 2022, 8:00 PM
Rev. Jennifer L. Brower



Soulful Sundown Contemporary evening Service, with spoken word by the Rev. Jennifer L. Brower and music from the Cosmic Orchestra.

Where music resides at the heart of religious experience. All are welcome!

SUNDAY, JANUARY 16, 2022, 11:00 AM
Rev. Dr. Natalie Fenimore and Young Adults

The Arc of the Moral Universe Rev. Dr. Martin Luther King, Jr. (1929–1968) quoted the Unitarian minister, Theodore Parker (1810–1860), when he said, “the Arc of the Universe is long, but it bends toward justice.” Our UU communities have long embraced a commitment to taking this long journey towards building a more just, peaceful, and loving world. Our young adults incorporate the quest for justice and inclusion into their spiritual lives—come hear their words on this connection.

SUNDAY, JANUARY 23, 2022, 11:00 AM
Janine Gelsinger, Guest Worship Leader

Justice as a Spiritual Practice As Unitarian Universalists, we see our justice work as living our values into the world. We covenant that “service is our prayer.” What might it look like to create a Spiritual Practice of justice work? The special guest for this Service is Janine Gelsinger, the Executive Director of UUJAZ (Unitarian Universalist Justice Arizona, the state action network) and a member of the Beloved Conversations Virtual Curriculum Design Team at Meadville Lombard. As she shares about her life and the path that led her to this role, she’ll invite us to consider our relationship with social justice activism, as well as spiritual practice, and suggest a way to have the two meet in a daily ritual.

SUNDAY, JANUARY 30, 2022, 11:00 AM
Veatch Sunday—See page 5 for details

* Worship Services are livestreamed until large gatherings are deemed safe again. Livestreams are available on uucsr.org/worship, [Facebook](https://www.facebook.com/uucsr), and [YouTube](https://www.youtube.com/uucsr). Closed captions and podcasts available afterward. Also aired on NSTV.

TOUCHSTONES
Rev. Jaye Brooks



Living with Intention

January is often a time when people make resolutions about how they will change their lives in the new year. This month, when our learning and worship theme is “Living with Intention,” it’s easy to see the link between resolutions and intention. And that link brings me to the inspiration for one of my new year’s resolutions.

I’ve been reading *The Extended Mind*, by Annie Murphy Paul. Each chapter focuses on a way that we can use practices of the body to expand the brain’s ability to think. One of these practices—movement—is the basis of my resolution for 2022.

Now, full disclosure: I often resolve to move more. I have a spotty track record: some years of more movement and some of less. But this year, the new idea I bring to my resolution is the mind-body relationship and the consequences of movement. In a nutshell, the recommendation is to take a movement break instead of a coffee break.

Annie Murphy Paul populates her chapter on movement with studies, anecdotes, and quotes from famous thinkers to illustrate her point. Thoreau said, “How vain it is to sit down to write when you have not stood up to live!” Movement at a gentle pace encourages creativity and supplies energy.

Now, some of us are less mobile than others. But that’s not necessarily a barrier to introducing more movement into our lives.

One experiment in creative thinking placed some students inside a large walled area—a “box”—while others sat outside. Those who were literally “outside the box” offered a longer list of creative answers to test questions. Paul hypothesizes that physically inhabiting a metaphor can help us think more creatively and comprehend more completely. Children who got out of their seats to act out the text they were reading doubled their comprehension scores.

continued on page 2

MEMBERSHIP COORDINATOR

Abigail Highland



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

Join using 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

MILESTONES

We mourn with... Christina and Steve Richer and their children as they grieve the death of Steve's father, David Barry Richer. David died on January 7, 2022. Condolences may be sent to: The Richer Family, 3 Saint Marks Pl, Roslyn Heights, NY 11577-1051

We mourn with... Leyla and Rob Hoell and their children as they grieve the death of Leyla's father, James Lon Edwards. James died on January 8, 2022. Condolences may be sent to: The Hoell Family, 16 Club Road, Sea Cliff, NY 11579

FROM THE MINISTRY TEAM

Caring Ministries at UUCSR

UUCSR offers members support through a variety of programs. Please reach out to Caring Coordinator Kimberly Rossiter at krossiter@uucsr.org or 516.472.2941 to let her know about any pastoral care needs you may have; she will facilitate care with the Ministry Team and Caring Committee. For pastoral emergencies after regular business hours, please call the live answering service at 516.795.0329. The operator will contact the minister on call.

TOUCHSTONES

continued from page 1

We adults spend a lot of time in front of screens these days, more-or-less locked in a static position. What might it do for us—not just our brains, but our spirits—if we took more movement breaks? If we unchained ourselves from computers and other devices, not just for a morning walk, but at frequent intervals throughout the day?

I'm working on "interrupting" my day more often to throw a ball for my dog. He loves it.

I love it, too.

With hope and a sense of possibility,
Rev. Jaye

WORSHIP COMMITTEE

Meg Cohen, Chair

Worship Pods for All

Are you interested in participating in a different form of worship? You are welcome!

The Worship Committee laments not being able to meet in person for Sunday Services. The outgrowth of this concern is Worship Pods, a small-group Worship opportunity.

This is an opportunity to be together in a special online space.

Worship Pods are a reflective and personal experience. All are welcome.

Worship Pod facilitators offer opening and closing words and individuals contribute reflections related to the topic of the month.

Online Worship Pods for January are:

- Thursday, January 13, 1:00 PM, hosted by Carol McHugh OR
- Sunday, January 16, 1:00 PM, hosted by Riki Birk

Join [HERE](#). For more information, please contact Klaus Masuch (516.647.4600) or Riki Birk (516.248.0212).



CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



A Message from the President

After two long years of closings, then openings, and then closings again, the start of a brand new year felt like it might signal a reboot.

But what January 1 has brought, instead, is a rise in daily Covid transmission cases in Nassau County from under 100 to over 3,000.

We are not rebooting. We are pausing.

We are all going to take a deep, long, cleansing breath, and pause.

With Covid cases skyrocketing, Shelter Rock is going to pause for two weeks. Business of the congregation will continue virtually, but the building will be closed and all in-person member activities will pause temporarily. We hope that this break in onsite activity during the most contagious time following the holidays will limit the spread among our members and staff.

It's a new year and our instinct is to get back to "normal." We want to make plans to be together on Sundays. We want to rush towards one another, but instead we are going to pause and distance ourselves. Again.

This will not be a year of quickly returning to what we remember. It is going to be a time for reimagining what's coming, and for stepping carefully and deliberately into what is next.

As we move beyond this two week pause, there will again be onsite, in-person meetings, events, and services at Shelter Rock which may not look entirely familiar, but will keep us in beloved community with one another.

*Even if we never get back to normal,
someday we can venture beyond it,
to leave the known and take the first steps.
So let us not return to what was normal,
but reach toward what is next.*

—Amanda Gorman
excerpted from "New Day's Lyric"

Board of Trustees Agendas

Tuesday, January 18, 2022

7:00 PM I. Opening Words: Ministers/Jana North

7:05 PM II. Minutes: Toni Logue, Secretary

- December 2021 Board Meeting Minutes

7:15 PM III. Membership Discussion: Jana North, President

- CY22 Membership Number as of December 31, 2021: Rev. Jaye Brooks

7:45 PM IV. Minister's Report: Rev. Jaye Brooks, Rev. Jennifer Brower and Rev. Dr. Natalie Fenimore

- Status of CY23 Ministerial Intern
- Colloquy Updates
- Pastoral Care Ministry Transition

8:15 PM V. Task Force and Ad Hoc Committee Reports

- Crisis Grants Policy Task Force: Brian Muellers, Treasurer
- 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 Recap
- January Retreat
- Veatch Hybrid Staffing Plan-Next Steps
- President's Operating Task Force-January Meeting Review

9:00 PM VII. Good of the Order: Jana North, President

Thursday, January 20, 2022

7:00 PM I. Opening Words/Check-In: Ministers/Jana North

7:05 PM II. Political Statements & Lobbying Policy: Charlie Strain, Farrell Fritz

7:25 PM III. Personnel Committee: Marilyn Fischell, Chair

- Coordinator Goals

7:50 PM IV. Publicity & Promotions Committee:

Scott Barbey, Chair

- Revised Quest Guidelines

8:20 PM V. Religious Education and Youth and Adult Faith

Engagement Coordinator Presentations: Carson Jones and Jessica Pond

9:00 PM VI. Good of the Order: Jana North, President

PAUSE NOTICE

- The Shelter Rock property will be temporarily closed for onsite programming through Sunday, January 23, 2022. All office staff will work from home and continue to be available to assist members remotely. Some members of the facilities staff may be in the building to carry out necessary maintenance tasks.
- Beginning Monday, January 24, 2022, the congregation will add an additional open day per week with a transition to a Monday-Thursday schedule, including two open evenings per week: Tuesdays and Thursdays.
- Regular onsite Religious Education classes will resume on Sunday, January 30, 2022.
- In-person Worship Services, with congregants in the Worship Room, are planned to begin Sunday, February 6, 2022, at 11:00 AM.

CONGREGATION OPERATIONS ADMINISTRATOR

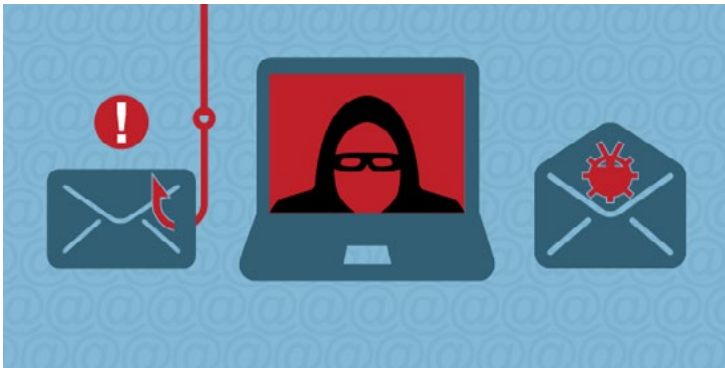
Adam Barshak



Phishing: Don't Take the Bait!

As a result of the pandemic, a greater number of people are engaging digitally given reduced opportunities to physically be present with each other. Although this has allowed people to remain connected, it has also given perpetrators a greater opportunity to catch people in an email or text scam.

In the past we have alerted members of phishing campaigns. Phishing is the name for emails (or texts or phone calls) that pretend to be from someone trusted. Often gift cards or cash are requested, but sometimes, a recipient is invited to click a link or open an attachment that can trigger malicious code.



A good rule of thumb is, if you're not expecting a request from someone, to reach out to the sender through another channel (call, text, or visit website). If you have been the recipient of a phishing email related to UUCSR, please forward the email to UUCSR Congregation Operations Administrator Adam Barshak (abarshak@uucsr.org).

Scammers often also spoof phone numbers to trick you into answering or responding to a call or text. Remember that government agencies will never call you to ask for personal information or money. Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.

Consider changing your password, which is recommended regularly, whether or not you've received a phishing attempt. If you provided financial information to anyone who you now suspect of phishing, contact your bank or credit card company for guidance.

Please be reassured that the MYUUCSR database and website (uucsr.org) are both fully secure. If you have any questions, please contact Communications Manager Jennifer Sappell (jsappell@uucsr.org, 516.472.2980). Calls will be returned. Thank you.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair



UUA GENERAL ASSEMBLY

MULTIPLATFORM / PORTLAND • 2022

Plans are under way to send eleven Shelter Rock delegates to Portland, OR, in June to attend the annual General Assembly. [Members may download the packet, and submit a digital or hard copy application form.](#) Information about both in-person and online participation may be found in the packet and on the UUA website. Questions? Please contact DAC Chair Richard Bock at rbock@optonline.net or 516.922.6052.

Long Island Area Council (LIAC) Updates

Long Island Advocates for Police Accountability (LIAFPA) and LIAC held a Zoom screening of the documentary, *Racially Charged: America's Misdemeanor Problem*, on January 10. The film exposes how our country's history of racial injustice has evolved into an abuse of criminal justice power in which millions of mostly poor people of color are abused. The film was followed by a discussion led by advocates and experts. email LIAC Social Justice Coordinator Mary Beth Guyther at mbguyther@gmail.com for information.

In the wake of several rallies by the white supremacist group Proud Boys and various hate crimes in Long Island communities, LIAC unanimously signed on to an anti-hate proclamation at its December 19 meeting. The proclamation was issued three days earlier by the LIAFPA group and many allies at a press conference in Centerport. It came after incidents involving hate mail to LGBTQ+ people, the defacing of a Muslim-owned shop, display of a Confederate flag and nooses in several places, the beating of Hispanic workers, use of a swastika and racist graffiti, the dumping of human feces at a mosque in Hicksville, the ransacking of Jewish houses of worship in Long Beach, and other incidents.

The People's Public Proclamation Against Hate says that "Hate has no home on Long Island." It adds, "Be it further resolved that: We will all use our respective positions, powers, and offices to eradicate hate on Long Island and create welcoming communities."

Submitted by UUCSR Representatives to LIAC
Lynn and Jim Smith

For complete December, 2021 LIAC updates, please visit uucsr.org/dac.

NOMINATING COMMITTEE

Jessica Vega, Chair

NOW Is the Time To Make Nominations

Each January, members have the opportunity to impact the life of the congregation by making nominations to fill open positions on the Board of Trustees, the Veatch Board of Governors, and the Nominating Committee. Members can play a vital role in the heart and soul of the congregation by nominating members, including themselves, to fill the open positions.

The open positions on the Board of Trustees are for secretary, treasurer, and four term trustees. The open positions on the Veatch Board of Governors are for two governors. There are seven open positions on the Nominating Committee. Board positions begin July 1, 2022. Nominating Committee members serve from Annual Meeting to Annual Meeting.

The Nominating Committee Packet of materials previously e-mailed to members contains important information about the nominating process. The Packet can be accessed by logging in to [MYUUCSR](#) and clicking on the Member Resources tab.

Materials in the Packet include:

- Introductory Letter
- Chart showing the Open Positions
- Guidelines and Criteria on nominee qualifications and the nominating process
- Responsibilities, Time Commitments, and Expectations for open positions
- Candidate Nomination Forms

While Nomination Forms can be printed out and mailed or dropped off at UUCSR, *the much-preferred method for submitting nominations is online* [HERE](#). Members may also go to: uucsr.org/nominating and click "Make a Nomination."

The deadline for submitting all nominations is Sunday, January 30, 2022.

It is hoped that members will take the time to carefully consider members, including themselves, who would be good fits to serve on the Board of Trustees, the Veatch Board of Governors, or the Nominating Committee, and then make thoughtful nominations accordingly.

Nominating Committee:

Jessica Vega, chair
Jerry Jalazo
Mary Lardner
Karin Lyngstad-Hughes
Harriet McKenna
Catherine Ripley
Heidi Warm, carryover

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Eileen Jamison, Program Director



Young People Are Our Present and Our Future

When Greisa Martinez-Rosas and Jose Lopez began their work as young community organizers, they had no idea that one day they would run two of the most powerful immigrant-led organizations long-supported by the Veatch Program, [United We Dream](#) and [Make the Road New York](#). Look at them now! Their stories show us the impact that can exist if we choose to listen to, empower, and support young people in their work.

On January 30, 2022, UUCSR's annual Veatch Sunday Worship Service at 11:00 AM will feature a sermon by Greisa and Jose entitled, *If Only We Dare*.

Following the Service, at 12:00 PM, congregants may meet and hear from Greisa and Jose in a panel discussion. They'll share stories from their work and deepen our understanding of how United We Dream and Make the Road New York are building power to make change, while addressing crisis after crisis in immigrant communities. At the end of the program, there will be an opportunity for congregants to ask questions and hear Greisa and Jose respond.

Please note that Veatch Sunday will be fully online due to heightened COVID risk. The Worship Service may be accessed on January 30, 2022, 11:00 AM and thereafter at uucsr.org/worship. Please register for the panel discussion [HERE](#).

If you have any questions about Veatch Sunday, please contact Veatch Program Director Eileen Jamison, at eileen@veatch.org or 516.366.9180.



Greisa and Jose will speak on Veatch Sunday on January 30, 2022.

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.

SOCIAL JUSTICE COORDINATOR

Claire Deroche



It Takes a Village...

Assisting refugees fleeing violence in their home countries is nothing new for Unitarian Universalists. In 1939, even before the UUA existed, Unitarian minister Waitstill Sharp and his wife Martha, undertook a [dangerous mission](#) to Europe that ultimately saved 1,000 lives from death at the hands of the Nazis. They were answering the call of church leader, Everett Baker to assist the large Unitarian community in Czechoslovakia on the eve of World War II. This effort provided the foundation for today's UU Service Committee.

Over the decades, Unitarian Universalists have continued to assist refugees, responding to the everchanging circumstances that cause people to make the decision to leave behind everything to seek safety in another country. According to UNHCR, the United Nations Refugee Agency, today there are [84 million](#) forcibly displaced persons worldwide. Among those displaced persons are 95,000 refugees from Afghanistan who are being resettled in the USA. Many aided the US military during the war in their country. They have been carefully vetted and have had a long and perilous journey to reach safety. On Long Island, we have the opportunity to assist a number of these families.

At its December meeting, members of the Social Justice Committee voted unanimously to support the resettlement efforts of Upholding Humanity (UH), a Long Island interfaith group formed specifically to address the resettlement of Afghan refugees in our local communities. The Social Justice Committee wants to enlist the help of all congregants.

UH has received word from [HIAS \(Hebrew Immigrant Aid Society\)](#) that two families that UH will sponsor will be arriving in the next few weeks. The UH steering committee has been identifying possible housing. Prior to the family's arrival, we will receive more information about the composition of the families. Then we will have a better idea of the furnishings, household items, clothing, and food that we will need.

UUCSR congregants can assist by supporting the effort financially. In January and February, the Sunday collection will go towards this resettlement project. The steering committee of UH will be setting up online opportunities to purchase bedding and towels which need to be new. Other items like furniture, pots and pans, and dishes can be gently used. Please look around and see what you might contribute. Then watch the *Quest* for further information about how UH will collect the needed items.

Beyond the material items needed to set up a house, the Afghan family members will need orientation to their new community and English language instruction. Volunteers who would like to be involved at this level need to attend a training session, have a background check, and provide proof of vaccination against the

COVID virus. If this level of involvement interests you, please click [HERE](#) and complete the online volunteer form. We can't all risk our lives for refugees like the Sharps, but we can help the refugees in our midst. This is our chance. Let's each do what we can!

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator



Monday, January 17, 2022

7:00–8:00 PM | Online via Zoom Webinar

***Eyes on the Prize*: Episode 1, “Awakenings”**

In recognition of the birthday of Rev. Dr. Martin Luther King, Jr., the Racial Justice Sub-Committee invites you to join them for a screening of *Eyes on the Prize*: Episode 1, “Awakenings.” This award-winning documentary series was directed by Henry Hampton, Director of Information for the UU Association from 1963–1968. A witness to the violent attack on peaceful marchers at Selma, Henry recognized his calling to document the civil rights struggle from the point of view of the courageous Black people and their White allies, most unknown to the wider public, who waged the fight for civil rights. Episode 1 focuses on the murder of Emmet Till and the galvanizing force his death became for the struggle and the Montgomery Bus Boycott. Preregister [HERE](#) or on the uucs.org calendar. After registering, you will receive a confirmation email containing a direct link to the program.

Wednesday, January 26, 2022

7:00–9:00 PM | Online via Zoom

Mental Health Sub-Committee Meeting

Join members who are working to reduce the stigma associated with mental illness. Join [HERE](#) or via link on the calendar at uucs.org. Alternatively, you may join by telephone: 1.646.558.8656 Meeting ID: 850 8298 2237 Passcode: 371388

Thursday, January 27, 2022

5:30–6:30 pm | via Zoom Webinar

Anti-Racism Book Club

See details on page 7 of this *Quest*.

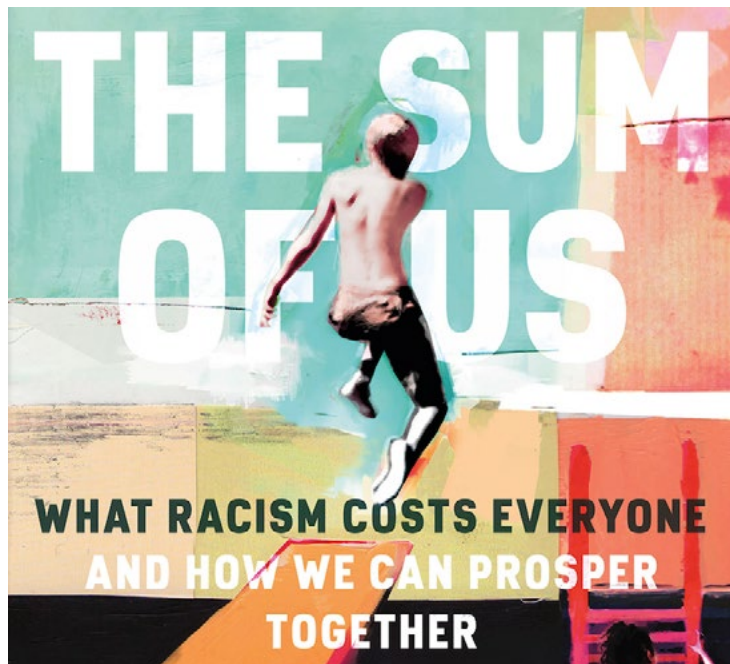
Please contact Social Justice Coordinator Claire Deroche at cderoche@uucs.org or 516.238.6191 with questions or comments.

**RACIAL JUSTICE SUB-COMMITTEE OF THE SOCIAL
JUSTICE COMMITTEE AND THE EIGHTH PRINCIPLE
TASK FORCE OF THE BOARD OF TRUSTEES**

Anti-Racism Book Club

Thursdays beginning January 27, 2022

5:30–6:30 PM | Online via Zoom



A new, online book club devoted to reading and discussing books about combatting racism is set to begin on January 27. The first book is *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together*, by Heather McGhee.

According to a review on Goodreads, “McGhee marshals economic and sociological research to paint a story of racism’s costs, but at the heart of the book are the humble stories of people yearning to be part of a better America, including white supremacy’s collateral victims: white people themselves. With startling empathy, this heartfelt message from a Black woman to a multiracial America leaves us with a new vision for a future in which we finally realize that life can be more than a zero-sum game.”

To encourage sharing by all attendees, the group will be limited to 12 participants who commit to reading the assigned chapters and attending all the discussions. Discussion dates and chapter assignments for *The Sum of Us* are:

1. January 27, Chapters 1 and 2
2. February 3, Chapters 3 and 4
3. February 10, Chapters 5 and 6
4. February 17, Chapters 7 and 8
5. February 24, Chapters 9 and 10

The discussion will be led by Patti Paris, librarian and experienced facilitator of book conversations. Registration required [HERE](#). After you register, watch for an email with a direct link to the discussion group on Zoom. The link will be the same for each session. All are welcome.

**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 (see times on registration form)

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](#)

Fifty 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

LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



Onsite Religious Education Classes Return on Sunday, January 30, 2022!

Please register your children for 2021–2022 Religious Education programming by going to www.uucsr.org/RE and receive communications about all the exciting events planned. Please join on Zoom during the pause!

Online Young People's Choir Rehearsals Sundays, 10:00 AM | Live on Zoom

Anyone interested in performing with the Young People's Choir (YPC) can join RE Music Specialist George Weisman most every Sunday. Right now, all rehearsals are on Zoom, Sundays through January 23, at 10:00 AM. The YPC is just getting started on learning some new material, so if you've been thinking about joining now is a great time! Join [HERE](#) or from the uucsr.org calendar.

Please feel free to reach out to George at georgeweisman@gmail.com with any questions. Looking forward to seeing you all then!

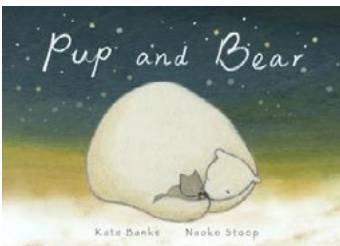
New Beginnings, Found Families Bedtime Stories! Wednesday, January 19, 2022, 7:00 PM [Live on Zoom HERE](#)

All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for this interactive storytime as he reads three, family-friendly stories celebrating new beginnings and found families!

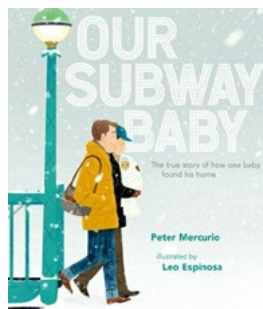
The Sloth Who Came to Stay
written by Margaret Wild
illustrated by Vivienne To



Pup and Bear
written by Kate Banks
illustrated by Naoko Stoop



Our Subway Baby
written by Peter Mercurio
illustrated by Leo Espinosa



UU Kids Connect Monthly Gathering Spaces Continue Thursday, January 20, 2022



Welcome to a World of Possibility!

Last month, we chose companions for our journey, and this month, we will be Naming Our Guides through trust exercises and playing games to figure out what inspires us most!

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 safe 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'll 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 [HERE](#)!

MINISTERIAL PROGRAM

Soulful Salutations—Restorative Yoga & Yoga Nidra enhanced by Live Music

Special Date: Sunday, January 23, 2022 | 5:00 PM | FREE
Restorative Yoga & Yoga Nidra are deep relaxation practices to settle the nervous system and restore it back to its known place of serenity and balance. These gentle yoga practices are perfect for those who have never done yoga before, as well as those with yoga experience. For info, visit uucsr.org/calendar

ADULT PROGRAMS COMMITTEE

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 Qi Gong for Senior Health—Balance!

Mondays, 9:00-10:00 AM

Instructor Ashley Baldwin leads Medical Qi Gong classes
\$50/5 classes, \$12/drop-in class
(Payment info on registration form)

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



NEW IN JANUARY AND FEBRUARY! 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.

**Tuesdays, 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.

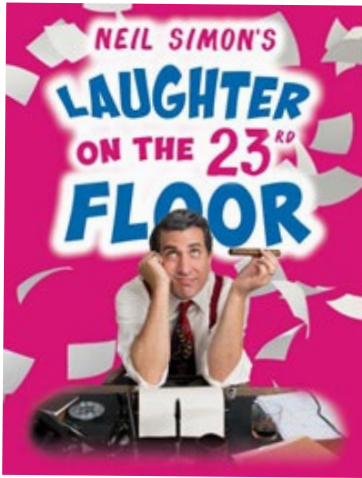


Dramatic Readings

Dramatic Readings

Laughter on the 23rd Floor, by Neil Simon
Saturday, January 15, 2022 | 6:00 PM

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.



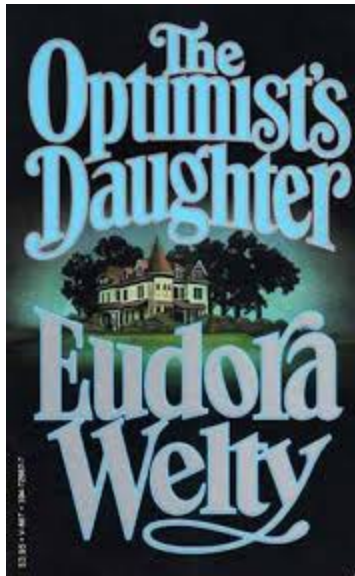
"Old style comedy: fast and furious"—*The Wall Street Journal*

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.

Live on Zoom [HERE](#).

Great Books Discussions

Fridays, 12:00–1:30 PM



Come together for conversation that is also a fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. All are welcome.

Reading for January: *The Optimist's Daughter*, by Eudora Welty

Live on Zoom [HERE](#). Meeting ID: 304 658 664 Passcode: 608118

Soulful Songs and Stories



"Goldilocks God: not too small, not too big, just right" was inspired by an email exchange between Rev. Dr. Natalie Fenimore and Steve Marston.

PDF #43 touches on not recognizing the holy within (and, consequently not seeing it in others) to the deification of yourself and others like you (which contributes to classism, sexism, and racism). Songs are performed by Gregory Porter, Leonard Cohen, Dan'yelle Williamson, Jon Batiste, Ntozake Shange, and others. Storytellers include Hannah Berkowitz, Wilbur Rees, Anna Della Subin, Ronald Reagan, Mark Twain, and Kahlil Gibran.

Look for the PDF in your inbox on Friday, January 21. Not on the mailing list? Call Jessica Pond at 516.472.2914 or send her an email: JPond@uucsr.org. You can access past PDFs at www.j.mp/uucsrsss.

Alice Giordano and Steve Marston

YOUTH AND YOUNG ADULT PROGRAMS

Jessica Pond, Youth and Adult Faith Engagement Coordinator



Online Young Adult Meet-Up on Zoom
Sunday, January 16, 2022 | 12:00-1:00 PM on Zoom

Come meet with the Youth and Adult Faith Engagement Coordinator Jessica Pond, after the Young Adult Service! Bring your coffee, tea, or other brunch-y beverages for some casual discussion.

Join Zoom Meeting [HERE](#) or visit uucsr.calendar.
Also available by telephone: 1.646.558.8656
Meeting ID: 835 9981 0181 Passcode: 753150



ONLINE YOUNG ADULT MEET-UP
12 PM VIA ZOOM

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

WG
WOMEN'S GROUP
Book Series

All are welcome.

Third Fridays Monthly | 3:30 pm | Join [HERE](#).
Please contact Sharyn Esposito to learn more.
sesposito@uucsr.org or 516.472.2960

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

Please visit uucsr.org/wg for additional details including a full list of titles, discussion leaders, and a printable flyer.

TGIF



February 4, 2022 | 7:00 PM
If Your T-shirt Could Talk!



Come wearing your favorite t-shirt and join members of the Women's Group to share the story behind your t-shirt. You can bring more than one t-shirt! Have fun as we reminisce on the stories behind acquiring our shirts.

Be sure to wear your most special t-shirt; there will be a vote for a winner at the end of the evening. Model your shirt and become T-shirt Queen or King!

Join via Zoom [HERE](#).

Women Talk Daytime

NEW DAY AND TIME:
First and Third Thursdays | 3:00-5:00 PM
Sari Flesch, Facilitator

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

Thursday, January 20, 2022, 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



Don't Get Old

"Whatever you do. Don't get old."
These words came from my dad—very late in his life. I used to reply, "Thanks for that, dad. What would you like me to do?" We'd then laugh and move on.

Now, some might think I'm at that place: Old (not letting the number out just yet). Conceding that I am at that space in time, I realize anew that I'm truly one of the lucky older women. After a long career, I'm fortunate to be retired with a pension, a home, and health insurance.

My situation is not one that would make one dread getting old. However, a recent AARP study revealed that 30 percent of women vs. 20 percent of men over 65 worry about their financial situation. Although they live longer, women face a more difficult road in retirement—more likely to encounter illness, disability, and the need for long-term care.

The Urban Institute reports that women are more likely to experience poverty in retirement, particularly if they are older, unmarried, or of color. If Black, the rate topped 20 percent. Many live on Social Security alone with less than \$1200 per month in benefits and no pension.

Many other factors impact older women. Those who have raised children experience what economists have called the "motherhood penalty" where they have fewer years in the workplace because of raising their children. They can never make up for those deficits. "Gray divorces" (people over 50) doubled between 1990 and 2010—now one in three are gray. Women may be emotionally better off, but devastated financially. Their standard of living fell by 45 percent. One might truly agree with my dad. Getting old is hardly a reward for hard work.

What can we do to help? We can advocate to change eligibility requirements for Social Security that were written in the 1930s. A divorced woman's benefit is half what a widowed spouse can get. Caregiver credits could help compensate for lost years spent caring for children, parents, etc. The golden years can be anticipated with hope and joy.

As UUs, we can be proud of Hadley House, where the majority of residents are women. Older members and relatives with varying levels of needs, means, and abilities can live independently. They may have peace of mind as they can live in community with many other UUs.

Growing old doesn't have to be filled with dread. Hopefully there will be more Hadley Houses.

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



Committing To Sustainable Connections

Every living thing on earth is facing an unavoidable climate crisis today.

Unpredictable weather events have led to catastrophes of survival and also to a recognition of environmental racism. People of color and low income suffer the most: limited access to fresh food, proximity to polluting industries, and inadequate tree canopy to protect from soaring temperatures. However, all of us can address these problems by committing to specific actions.

Youth-based environmental education is integrated into our UU Religious Education program. In *UU World*, the section called “Families: Weave A Tapestry of Faith” often depicts the ongoing changes in nature. Our children learn that just as they grow and change, the world around them does similarly. This kind of education shows them that our earth used to be healthier and what they can do to remedy it. The National Wildlife Federation’s “Earth Tomorrow” is a program teaching youth similar lessons.

Based in Atlanta, Georgia, “Earth Tomorrow” is celebrating 20 years of youth-based environment education. More than 5,000 people of color have participated. They engage in environmental service-learning projects, career programs, and leadership skills. Classes are held on food sustainability, urban ecosystems, climate change, environmental justice, and college and career preparation. Our RE classes cover similar topics at different grade levels. The inter-connectedness of all living things becomes part of their spiritual grounding.

Many of us already “Reduce, Reuse, Recycle, and Repurpose.” We eliminate single-use plastics, such as beverage containers, straws, food wrappings, and we choose sustainable substitutes. We limit unnecessary purchases and donate or repurpose items, etc. Our consumerism is harmful when we let companies control our choices from how food is grown to toys we must have. Zero-waste groups are proliferating to curb these products. More involvement is needed. Please visit sc.org/gn-zero-waste.

Other areas of concern include our fossil fuel infrastructure which is poisoning us and should be retired. Clean-renewable energy sources such as electric cars, buses, delivery vans, trucks, and LEDs are available. As UUs, we should be climate activists and learn more about fighting environmental racism. The Black Indigenous and People of Color (BIPOC) Caucus focuses on the toxic environments faced by economically marginalized and people of color. Updates at bit.ly/bipocclimate. Urge the UUA to address more of these climate issues. Adults need to become educated activists committed to sustainable connections just like our children.

Submitted by Elaine Peters for the Green Sanctuary Committee

Community Supported Agriculture (CSA) Shares Available

Participation in a CSA means a connection to your food, farmers, and community. It means weekly organic local vegetables and fruits delivered from your local farm to your local community. Join the Sang Lee Farm CSA at Shelter Rock and cut out the middle-man for a very special connection to the earth!



What Exactly Is Community Supported Agriculture?

CSA is a model in which consumers buy shares of a farm’s harvest in advance of the growing season, either in one lump sum or in installments. Annual cost depends on the length of the harvest season and the variety, quantity, and quality of products provided. Farmers derive an immediate income to begin their season. By paying at the beginning of the season, CSA members share in the risk of production and relieve the farmer of much of the time and cost needed for marketing. This allows the farmer to concentrate on good land stewardship and growing high quality food.

The CSA concept was originated in Japan in the 1960s by a group of women concerned with the use of pesticides, the increase in processed and imported food, and the loss of farmers and farmland. By the early 1970s, farmers and consumers in several European countries, concerned about the industrialization of their food system, created the CSA model that we know today. Today the number of CSAs in the United States is in the tens of thousands and growing.

Sign-ups for the CSA program with Shelter Rock’s partner Sang Lee Farms in Peconic, Long Island have begun.

- Great fresh-picked, clean, organic vegetables and fruits
- Half and full shares
- Perks and options for Early Bird sign-ups
- 24-week program runs weekly June 7 through November 15
- emails the evening before each delivery with recipes, information, and storage tips
- Payment options

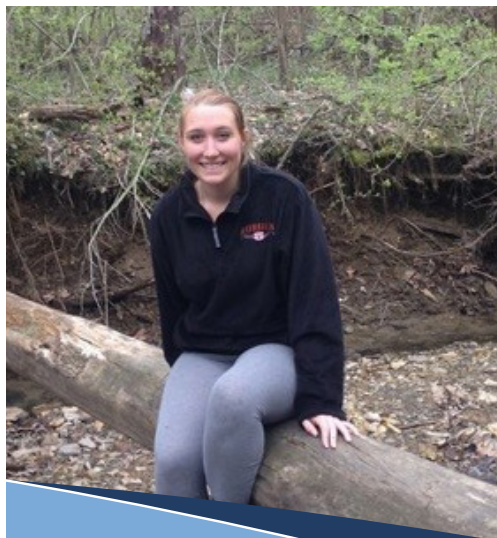
For an introduction to Sang Lee’s CSA, learn more [HERE](#).

Sign up by March 1 to get any and all Early Bird options and perks. Read more about the CSA program and get pricing for both half and full shares [HERE](#).





North Hempstead Supervisor Jennifer DeSena and the Town Board present a virtual workshop:



WHAT'S YOUR CLIMATE STORY?

January 26 from 6:30 – 8 p.m. via Zoom

“The Climate Stories Project” links people around the globe by spotlighting how Climate Change is showing up in their local community through personal stories. Together we will examine what we care most about in our community, how it is threatened by Climate Change, and how we can contribute to a positive way forward. Stories from this workshop will be part of the Town of North Hempstead’s Public Engagement Plan to reduce greenhouse gas emissions and adapt to a changing climate.

Everyone welcome - families, educators, students, civics, local businesses, and more!

The Climate Stories Project encourages people across the globe to participate.

*Certificate of Participation to be issued upon request.

TO REGISTER VISIT

NorthHempsteadNY.gov/ClimateAction



CLIMATE STORIES PROJECT

An Educational and Artistic Forum for Sharing Personal Stories about Climate Change

Virtual Music Making

Can U Uke?

Want to learn to play the ukulele?

Do you already play and are looking
for a uke group to join?

Either way, come jam with us!

The ukulele is fun, entertaining,
and easy to learn.

We meet 6-7 PM on the second
and fourth Wednesdays
monthly via Zoom. There is
no instructor, so there is no
fee. Many are intermediate or
advanced players who are glad
to help beginners get started
strumming, toe tapping, and
maybe even singing along.
Open to all members and non-
members. The only requirement
is your own ukulele, Internet
access, and a way to save or print
the songs to be emailed to you.

To join, email Erin at
worshipcoordinator@uucsr.org.
Please provide your name, email
address, and telephone number,
so you can be added to the
group email list!

Questions? Charlene Greenberg
516.507.4313 cdgsoph@gmail.com

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 31, 2022.

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



30 DAYS OF LOVE 2022 *A public advocacy campaign sponsored by UUA*



Monday, January 17, 2022–Monday, February 14, 2022
30 Days of Love is an annual celebration that runs approximately
from Martin Luther King, Jr. Day in January through Valentine's
Day in February. It is an opportunity to collectively nurture our
spirits, deepen our understanding, and take action on our values
for collective liberation.

In 2022, 30 Days of Love will focus on Side With Love's four
intersectional priorities, with special opportunities weekly.

- Week One: January 17 - 23 – Reproductive, Gender, & LGBTQIA+ Justice
- Week Two: January 24 - 30 – Democracy & Voting Rights
- Week Three: January 31 - February 6 – Decriminalization & Racial Justice
- Week Four: February 7 - 14 – Climate Justice

Visit [Side with Love](#) for opportunity details.

EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

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

WEDNESDAY, JANUARY 12, 2022

4:00 PM, Women's Group Online Board Mtg
4:00 PM, Yoga for Joy and Balance with Beth
6:00 PM, Ukulele Group Practice
7:00 PM, Social Justice Virtual Committee Meeting

THURSDAY, JANUARY 13, 2022

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
1:00 PM, Worship Pod
7:30 PM, Choir Zoom Check-in

FRIDAY, JANUARY 14, 2022

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
8:00 PM, Soulful Sundown

SATURDAY, JANUARY 15, 2022

11:00 AM, Yoga on Zoom with Mike Mancini
6:00 PM, Dramatic Readings

SUNDAY, JANUARY 16, 2022

9:00 AM, Jazz Ensemble Rehearsal
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *The Arc of the Moral Universe*, led by Rev. Dr. Natalie Fenimore and Young Adults
12:00 PM, Online Young Adult Meet-Up
1:00 PM, Worship Pod
4:00 PM, Rev. Brooks Colloquy Committee Meeting

MONDAY, JANUARY 17, 2022

BUILDING CLOSED-Martin Luther King Jr. Day Holiday
9:00 AM, Medical Qigong for Senior Health - Balance!
7:00 PM, *Eyes on the Prize*: Episode 1, Awakenings

TUESDAY, JANUARY 18, 2022

10:00 AM, Yoga on Zoom with Mike Mancini
3:00 PM, Online NAMI Criminal Justice Mtg
7:00 PM, Board of Trustees Meeting
7:00 PM, Small Group Ministry - 1st and 3rd Tuesday of the Month
7:00 PM, Living With Cancer

WEDNESDAY, JANUARY 19, 2022

10:00 AM, Building a Better Brain for a Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth
6:30 PM, Futures Ad Hoc Committee Facilitator Training
7:00 PM, New Beginnings, Found Families Bedtime Stories

THURSDAY, JANUARY 20, 2022

9:30 AM, Yoga on Zoom with Mike Mancini

10:00 AM, Living Solo

3:00 PM, Online Women Talk Daytime Mtg
7:00 PM, Board of Trustees Meeting
7:00 PM, UU Kids Connect Monthly Gathering Space

FRIDAY, JANUARY 21, 2022

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

SATURDAY, JANUARY 22, 2022

9:00 AM, Board of Trustees Retreat
11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, JANUARY 23, 2022

9:00 AM, Jazz Ensemble Rehearsal
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *Justice as a Spiritual Practice*, led by Janine Gelsinger, Guest Worship Leader
12:00 PM, Online Children's Worship for All Ages
12:45 PM, Men's Group Online Meeting
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music
NOTE DATE CHANGE
6:30 PM, Together to End Solitary Confinement Online Program

MONDAY, JANUARY 24, 2022

9:00 AM, Medical Qigong for Senior Health
5:45 PM, Membership Committee January Business Meeting
6:30 PM, Dining Solo Together!
6:30 PM, Finance Committee Meeting

TUESDAY, JANUARY 25, 2022

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

WEDNESDAY, JANUARY 26, 2022

9:15 AM, Wednesday INN Cooking (By Registration Only), Main Kitchen
10:00 AM, Building a Better Brain for a Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
1:030 PM, Bridge Game Play, Veatch Ballroom
2:00 PM, Wednesday Conversations
4:00 PM, Yoga for Joy and Balance with Beth
6:00 PM, Ukulele Group Practice
6:00 PM, Men's Group Meeting with Speaker, Veatch Ballroom
7:00 PM, Mental Health Sub-Committee Online Meeting

THURSDAY, JANUARY 27, 2022

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

5:30 PM, Anti-Racism Book Club Online Program

FRIDAY, JANUARY 28, 2022

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

SATURDAY, JANUARY 29, 2022

11:00 AM, Yoga on Zoom with Mike Mancini

SUNDAY, JANUARY 30, 2022

9:00 AM, Jazz Ensemble Rehearsal
10:15 AM, Young People's Choir Rehearsal, Veatch Ballroom, Veatch Patio
10:30 AM, Sunday Morning Experience
11:00 AM, Religious Education (RE) Classes, RE Wing
11:00 AM, Sunday Service: *If Only We Dare*, led by the Veatch Program
11:05 AM, Children's Worship, Chapel
12:00 PM, Veatch Sunday Annual Meeting and Panel Discussion with Grantees

MONDAY, JANUARY 31, 2022

9:00 AM, Medical Qigong for Senior Health
6:30 PM, Dining Solo Together!
7:00 PM, Strategic Plan Task Force Meeting

TUESDAY, FEBRUARY 1, 2022

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

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](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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January 12, 2022

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Vice President: Chris Hilke

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FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, January 26, 2022 | Deadline for Content: Thursday, January 20, 2022

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

Would you like to make memories that last a lifetime?
You can with your Shelter Rock family at fabulous Silver Bay!

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