



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

See
Calendar
Here

January 26, 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

SUNDAY, JANUARY 30, 2022, 11:00 AM
Veatch Sunday—See page 3 for details

TOUCHSTONES
Rev. Jennifer L. Brower

Veatch Sunday
If Only We Dare*

SUNDAY, FEBRUARY 6, 2022, 11:00 AM
Rev. Dr. Natalie Fenimore

Widening the Circle As a Unitarian Universalist community, we are called to be a community of care. The ministry of being more equitable, inclusive, and diverse is justice work—and it is also a spiritual practice. We can explore how our Unitarian Universalist Principles support us in widening our circle of concern.

Seating will be in the Worship Room and Art Gallery to maintain social distancing. The Choir will sing from the Social Hall. Registration required: [HERE](#).*

FRIDAY, FEBRUARY 11, 2022, 8:00 PM
Rev. Jennifer L. Brower



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

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

SUNDAY, FEBRUARY 13, 2022, 11:00 AM
Rev. Jaye Brooks

Love Trying Its Best What does it take to love our way through fear? The poet Amanda Gorman, in her book, *Call Us What We Carry*, acknowledges both the burdens of this time in history and the miracle of human resilience. The struggle continues. How do we open our hearts and let love try its best? *

* Worship Services are livestreamed until onsite Services begin again on February 6, 2022. Livestreams are available on uucsr.org/worship, [Facebook](#), and [YouTube](#). Closed captions and podcasts available afterward. Also aired on NSTV.



Recently, on a biting cold morning, I was out early to run errands. The first stop was in Glen Cove for a COVID test—a task that has become part of the routine chores for some of us. Like everyone else, I stood in line, separated by six feet, waiting to be admitted to the lab and bundled up in every warm thing I could think to put on that morning. My glasses fogged the instant I stepped into the building.

As a relatively new wearer of eyeglasses, I must admit that I have not mastered the fogging factor—no matter what I do with the mask nose piece. Eyeglasses and face masks are just a big drag! So whenever I don't really HAVE to see, I take my glasses off.

Later, I stopped into the drug store for a slew of things. Before going in, I ditched a couple of layers and my winter hat, hoping to minimize the fogging while indoors. And good thing, too... as the staff was operating with a skeleton crew and service was slow. Although the store staff and shoppers mostly kept their good cheer—a miracle these days—the register line moved at a glacial pace. By the time I'd made my purchases, I'd unzipped my coat, chatted with a bevy of strangers, checked out all of the strategically placed "impulse purchases" leading to the register and had taken my glasses off and put them back on a hundred times.

Everything rung up, I zipped out to my car and realized that I didn't know where my glasses were. First, I checked the top of my head—flipping them up onto my head has become a habit. Nope, nothing there. I checked the collar of my sweater. Nothing. I searched my coat pockets next. Nada. Then I looked inside my gloves, which were tucked in my coat pockets. (A glove doubles as an excellent eyeglass case.) I checked my bag from the store and then I checked all of these places again. I stood at the trunk of my car, patting myself down and wondering what I could have done with my glasses. I hoofed it back into the store.

continued on page 2

* The Shelter Rock Sunday Morning Experience is available online using just one link! Beginning at 10:30 AM, join via Zoom for meeting in the online lobby, then stay together for live Worship Service, followed by Coffee Hour. Join [HERE](#).

MILESTONES

We celebrate with... UUCSR members Karen Krieg and Dennis Belfiore who welcomed their first grandchild, Lukas David Belfiore, on December 15, 2021. Karen and Dennis' son and daughter-in-law, David and Maria Belfiore, are overjoyed and doing well.

THANK YOU

Having arrived home from the Glen Cover Center for Rehab on January 4 (the day before my 86th birthday), I feel truly blessed and thank the entire congregation for the outpouring of calls, cards, notes, flowers, emails, and treats that I have received to cheer me on as I continue the slow process to recover from my major leg surgery. Your expressions of love and caring have made each day a little easier.

Claire Bock

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.

Aging Gracefully Series

Sundays, February 20, March 20, April 3, and May 22 | 7:00 PM.

The UU Congregation at Bridgehampton is offering an information-full series of programs on Zoom regarding aging. Topics include:

- making financial decisions
- taking charge of your medical care
- caring for aging parents
- nurturing relationships.

Open to all Unitarian Universalists.

For further information plus Zoom links, visit uucsf.org.



TOUCHSTONES *continued from page 1*

Addressing the cashier and a woman who'd been on line a couple of people behind me, I explained that I had misplaced my glasses and asked if they had seen them. Almost simultaneously, both women said, "You're wearing them!"

Oy! My hands flew to my face. Yep, sure enough, there was a pair of glasses there. I started to laugh. The cashier and woman were laughing, too, and one said, simply, with a knowing look, "pandemic." Indeed, pandemic. Nothing and no one is quite right.

I laughed the whole way home, marveling that when I thought my glasses were lost, it didn't occur to me that I could see!

The past two years have taken their toll in ways great and small, funny and not the least bit funny. The litany of adaptations we have had to make—from the first days of living with COVID-19 until now—is long and includes every area of life. Nothing has gone untouched: our work lives, volunteer activities, family lives, religious observances, our school routines, recreational pursuits, the simple pleasure of getting together with family and friends, dating, meeting new people, where and how we exercise, shopping—all of it—and so we are wise to care for ourselves and each other by honoring how affected we feel, how affected we are, and naming what we need to do differently in order to keep our equilibrium.

Our being apart so much of the past two years has made it difficult for me and your other ministers to ask you regularly, "How are you?" "How goes it with your spirit—with your interior life?" "How are you doing with your daily, external life—managing your household, caring for children, partners, parents?" "How are you doing in school or at work?" We want to know. We are concerned.

As you are willing, we hope to companion you in processing the deep meanings of this pandemic experience, and to support you in making whatever adjustments you feel you need to make as we move through and eventually out of pandemic life. Although I keep losing my eyeglasses, the pandemic has brought such clarity to so many people—maybe you among them.

In these final months before my retirement in June, I do hope to hear from many of you. I hope we will speak about how you have been doing and what you hope for in the future. I hope we can sit down together in person. But I give thanks that Zoom allows us to see each other unmasked.

As I have recently learned that my UUCSR voicemail has not been working properly, please email pastoralcare@uucsr.org to set a time for us to talk. Or, if you cannot email, please phone Caring Coordinator Kimberly Rossiter at 516.472.2941.

With care,

Rev. Jennifer

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



A Message from the President

We have all had to make tough decisions lately. Holidays were quieter, dinners were smaller, and traveling was cautious. In the days after Christmas, my daughter and her fiancé made the decision to change their large indoor wedding for 180 people to an intimate party for 35. The venue didn't require the change, but as an epidemiologist working for the NIH,

my daughter decided to reimagine the wedding she had been planning for a year because it was the right thing to do. There was disappointment, of course, that the original vision for her wedding was not going to happen. We missed seeing all our friends and family in person but were able to offer the ceremony to watch on Zoom, making it a multiplatform celebration. And at the end of the day, we came away with everything that really mattered. The sweet spirit and quiet joy that comes whenever people say, "I love you," to one another was there in abundance.

At UUCSR, we are disappointed not to be back in person and onsite in a way that many of us hoped for months ago. The Worship Room will not be filled with 180 of us on Sunday morning but on February 6, we will celebrate Sunday Service together. We will miss seeing many of our friends who are not yet ready to come together in-person, but knowing that they are watching from home, those of us onsite should feel the love this congregation has for each other in abundance.

My daughter, like all new brides, is still glowing from the happiness of marrying her best friend. She is not thinking about what didn't happen, but is excited about what's next. When I look forward to the rest of 2022 at Shelter Rock, I am not going to dwell on what wasn't but what is coming, and be grateful for the community we share every day.

And in that spirit of gratitude, I want to say congratulations and thank you to Adam Barshak for his 10 years here at UUCSR. His leadership and guidance has been invaluable.

And enormous thanks and affection to Rev. Jennifer Brower who celebrates her 20 years at UUCSR this month. Her presence here has been a gift to us all.

End of the UUCSR PAUSE!

- The congregation has returned to its physical home! The buildings are now open Sunday–Thursday, 8:30 AM–4:30 PM. In addition, Tuesday and Thursday evenings are available for congregational events when scheduled one week in advance.
- Regular onsite Religious Education classes resume on Sunday, January 30, 2022.
- In-person Worship Services, with congregants in the Worship Room, Art Gallery, and Social Hall, begins Sunday, February 6, 2022, at 11:00 AM. Registration required: [HERE](#).

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



Veatch Sunday: A Longstanding Tradition at Shelter Rock

January 30, 2022, 11:00 AM

On this special day, the congregation gets to hear its Veatch grantees speak directly from the pulpit. Join the Veatch Board of Governors and staff for this year's livestreamed Veatch Sunday.

Worship Service | 11:00 AM | Livestreamed at uucsr.org/worship

United We Dream's Executive Director Greisa Martinez-Rosas and Make the Road New York's Co-Executive Director José Lopez will co-deliver a sermon entitled, "If Only We Dare." José and Greisa are examples of the impact of multigenerational leadership development, as they both began their work as very young members of their organizations and are now running two of the most powerful immigrant-led groups in the country. These two incredible movement leaders will show us how investing and listening to young people is critical to our present and our future.

Veatch Panel Discussion | 12:00 PM | [Register HERE](#) (or on uucsr.org calendar). After registering, you will receive a direct Zoom link to the Veatch Panel Discussion. Veatch Executive Director Joan Minieri will facilitate a conversation with Veatch grantees Greisa Martinez-Rosas from United We Dream and José Lopez from Make the Road New York. They'll share stories from their work and deepen our understanding of how their organizations 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 José respond. For the fullest experience of Veatch Sunday, we recommend viewing the Panel Discussion right after the Worship Service.

Please note that Veatch Sunday will be fully online. The Worship Service may be accessed on January 30, 2022 at 11:00 AM and thereafter at uucsr.org/worship. Please register for the panel discussion immediately following [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.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair



UUA GENERAL ASSEMBLY MULTIPLATFORM / PORTLAND • 2022

DAC 2022 General Assembly (GA) Update June 22–June 26, 2022

Tick-tock, the clock is running out! The deadline to submit your application to be a General Assembly 2022 Shelter Rock Delegate is February 1, 2022. There are eleven slots available (one for a youth delegate) and two additional (non-voting) slots for youth observers. A block of hotel rooms in Portland is being reserved for Shelter Rock delegates, Veatch attendees, ministers, and staff. 2022 promises to be a special GA—the first in-person gathering since 2019! And, online delegate status as approved by the UUA is available. Questions? Please contact DAC Chair Richard Bock at 516.922.6052 or rbock@optonline.net.

DAC welcomes Shelter Rock members to become more involved—join DAC and help to communicate what's happening in the local, county, state, and national UU world. Shelter Rock is not an isolated congregation hidden in the woods up a long driveway. UUCSR is not alone! The Unitarian Universalist Association of Congregations needs us to share the news. You may also help the Denominational Affairs Committee plan for GA 2023 in Pittsburgh, PA. Yes, it's a year away but planning is underway now for the future—especially budget items! Please reach out to get involved. Don't wait. Next meeting is February 1, 2022 at 7:30 PM via Zoom.

SOCIALLY RESPONSIBLE INVESTMENT (SRI) COMMITTEE *Leona Handelman, Chair*

The Socially Responsible Investment (SRI) Sub-Committee, which previously operated under the Endowment Committee, has been elevated to committee status at the January 9, 2022 Congregational Meeting, and now reports directly to the Board of Trustees of UUCSR.

The function of the SRI Committee (SRIC) remains the same: with the assistance of the UUCSR Director of Finance and the Social Justice Coordinator, the SRIC invests in organizations whose projects support the principles and values of the Unitarian Universalist Congregation at Shelter Rock.

NOMINATING COMMITTEE

Jessica Vega, Chair

Reminder to Submit Important Nominations

Members are reminded that the deadline to submit nominations for the upcoming open positions on the Board of Trustees, the Veatch Board of Governors, and the Nominating Committee is Sunday, January 30, 2022. Nominate another member or oneself—both are most ardently welcome.

Open positions on the Board of Trustees are for secretary, treasurer, and four term trustees. Open positions on the Veatch Board of Governors are for two governors. There are seven open positions on the Nominating Committee.

Nominations can be made online now by visiting uucsr.org/nominating. For complete information on the nominating process, including the responsibilities of the various open positions, members may log in to [MY UUCSR](https://uucsr.org), click on the Member Resources tab, then the 2021-12-29 Nominating Committee Packet.

Nominating Committee

Jessica Vega, chair

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

BOOKSTORE COMMITTEE

Shanti "Carole" Flot, Chair

Thursday, January 27, 2022 | 7:00 PM

All are welcome to brainstorm at the first post-pandemic and post-PAUSE Bookstore Committee meeting. Join via Zoom [HERE](#) or call 646.558.8656, Meeting ID: 875 4265 1909, Passcode: 685492. All are welcome.

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

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

Help raise funds to support NAMI and provide services to those with mental health struggles. Donate your gently worn shoes, or those shoes you bought and never wore. Drop off shoes to the canvas bin in the UUCSR Lower Lobby Monday–Thursday, 9:00 AM–4:00 PM. Drive ends Monday, January 31, 2022.



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



SOCIAL JUSTICE COORDINATOR

Claire Deroche



Beloved Conversations

In the Eighth Principle, we covenant “to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.” Addressing racism and other oppressions is both a personal, spiritual journey and a commitment

to addressing structural racism and other oppressions wherever we encounter them. “Beloved Conversations-Virtual (BCV),” an online course of the UU Meadville Lombard Theological School, is a Unitarian Universalist program that allows participants to discern in community how to meet this challenge.

BCV is divided into three phases: Within, Among, and Beyond. “[Within](#)” focuses on the internal work that each of us needs to do as we engage in deeper personal understanding, explorations of race and racism, extracting our souls and spirits from white supremacy culture, and work for racial justice. This work is different for white folks and for Black, Indigenous, and People of Color (BIPOC+) and will be done entirely in race-based caucuses.”

Last year, Rev. Jaye Brooks, and UUCSR member Lauren Furst participated in the fall “Within” Phase of BCV. Lauren wrote, “Beloved Conversations got me to see the world differently. It was a loving and eye-opening process that used written word (poetry, essays, articles), the spoken word (interviews, discussions, lectures), and music to help us recognize the role that white cruelty, greed, and inhumanity toward BIPOC people played in the creation and ongoing prosperity of this country, and to provide the tools we need to start dismantling white supremacy. Without Beloved Conversations, I know I would not have been as well prepared to undertake the work of racial justice.”

Rev. Jaye Brooks had this to say about the program: “The Beloved Conversations training encourages transformative conversations based on eye-opening course materials. I’m grateful to have had the experience.”

Registration for the spring semester of BCV “Within” Phase is open until Tuesday, February 22. You can learn more [here](#). Registration and pricing options can be found [here](#). The Racial Justice Sub-Committee is offering partial scholarships to members needing help. Please contact RJ Sub-Committee chair, Barry Nobel (barry@nobel.org) for information.

In the words of Janine Gelsinger, Beloved Conversations-Virtual Curriculum Design Team member, “Unlearning the ways dominant culture has expected me to be perfect and to always have the right answer has been lifelong work for me...but the flexibility, spaciousness, and joy I’ve found now is deliciously liberating.” Perhaps this is the experience you’ve been seeking to deepen your commitment to personal and societal liberation.

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Assisting Refugee Families: Upholding Humanity. The LI Interfaith Network Supporting Refugee Families offers several ways to assist. Volunteers who would like to be directly involved with the families need to attend a training session, have a background check, and provide proof of COVID vaccination. If this level of involvement interests you, please [click here](#). You can also help by donating any of the following: new bedding, including sheets (twin and queen), pillowcases and pillows, and blankets (twin and queen) and new bath towels, hand towels, wash cloths, and kitchen towels. Other items needed include new or gently used dishes, glasses, flatware, pots and pans, and cooking utensils. Also needed are toilet paper, feminine hygiene products, hand soap, dish soap, and laundry detergent. Items may be left in the bin marked Upholding Humanity in the Lower Lobby. Once we resume in person Worship on Sundays, the bin will be in the Main Lobby.

Friday Nights with the LGBTQ+ Group

6:30–8:00 PM

This informal gathering begins with a brief check-in and then facilitated conversation on a particular topic. Scheduled topics are 1/28, Communication; 2/4, Music; 2/11, Valentine’s Day; 2/18, Gender; and 2/25, Incarcerated LGBTQ People. Members of the LGBTQ+ community and their allies are welcome to participate. Join [HERE](#) or visit the [UUCSR calendar](#) to attend.

Thursday, January 27, 2022

Anti-Racism Book Club

5:30–6:30 pm | via Zoom Webinar

See details on page 6 of this Quest.

Saturday, January 29, 2022

Eyes on the Prize, Episode 2: Fighting Back (1957–1962)

1:30–3:00 PM Online Register in advance [HERE](#). After registering, you will receive an email with a direct link to participate. *Eyes on the Prize* tells the definitive story of the civil rights era. In episode 2, states’ rights loyalists and federal authorities collide in the 1957 battle to integrate Little Rock’s Central High School, and again in James Meredith’s 1962 challenge to segregation at the University of Mississippi. Both times, a Southern governor squares off with a US president, violence erupts—and integration is carried out. Sponsored by the Racial Justice Sub-Committee

Wednesday, February 2, 2022

Racial Justice Sub-Committee Online Meeting

3:00–4:30 PM | Join Zoom Meeting [HERE](#), or call 646 558 8656, Meeting ID: 831 0662 1384. New members are always welcome.

Wednesday, February 9, 2022

Social Justice Committee Online Meeting

7:00 PM | Join Zoom Meeting [HERE](#), or call 646 558 8656, Meeting ID: 830 8516 7083

Please contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.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 Thursday, 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.

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.

Young People’s Choir Rehearsals
Sundays, 10:15 AM | Veatch Ballroom

Anyone interested in performing with the Young People’s Choir (YPC) can join RE Music Specialist George Weisman most every Sunday. The YPC is just getting started on learning some new material so if you’ve been thinking about joining, now is a great time!

Please feel free to reach out to George at georgeweisman@gmail.com with any questions.

Looking forward to seeing you all then!

Black Lives, Black Loves Bedtime Stories!
Wednesday, February 2, 2022, 7:00 PM
[Live on Zoom HERE](#)

All are welcome to join UUCSR Lifespan Religious Education Coordinator Carson Jones for this special interactive storytime in honor of Black History Month and Valentine’s Day as he reads three family-friendly stories celebrating Black culture, Black artists, their love of family, and their love of self.

Parker Shines On

written by Parker Curry and Jessica Curry,
illustrated by Brittany Jackson

Hair Love

written by Matthew A. Cherry
illustrated by Vashti Harrison

Homemade Love

written by bell hooks
illustrated by Shane W. Evans

Valentine Fundraiser for Grades 6 and 7 Social Action Project!
Sunday, February 13, approximately 11:45 AM (following Worship)

All are invited to join us in support of our Grades 6 and 7 Questing Year class when they hold their first fundraiser for their Super-Secret Social Action Project. The class raises donations for relief organizations they choose and agree upon themselves, and the charities are revealed in their presentation at the Bridging ceremony in the spring. Come treat yourselves and your loved ones to homemade Valentine’s Day cards and baked goods all for a great cause!

LIFESPAN RELIGIOUS EDUCATION (RE) *continued from page 6*

Save-the-Date

RE on Ice!

Sunday, March 27, 2022 | 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 soon for information on registering your family.

ADULT PROGRAMS COMMITTEE



Dramatic Readings

Dramatic Readings

Saturday, February 19, 2022 | 6:00 PM

Reading not yet selected

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.

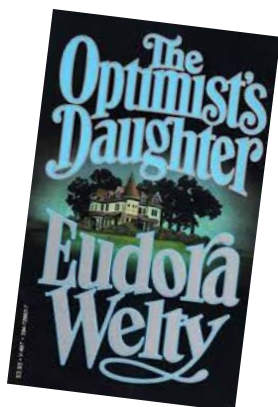
Live on Zoom [HERE](#).

Great Books Discussions

Friday, January 28, 2022 | 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



ADULT PROGRAMS COMMITTEE *continued from page 8*

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

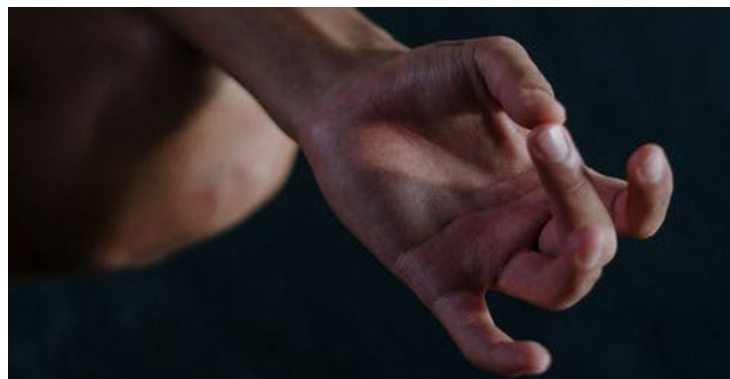
Questions? 516.459.6378 or mike.yogamike.mancini@gmail.com

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 (See 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



Women Talk Daytime

First and Third Thursdays | 3:00–5:00 PM

Sari Flesch, Facilitator

First Thursday monthly topic is always Current Events.

Topics for third Thursdays vary monthly.

On February 17, the group will consider, “Do you think that the cultural attitude in the US insinuates that women are less qualified or competent than men? Is that why women are paid 80 cents to the dollar that men are paid?”

Everyone is welcome to join Women Talk Daytime.

Join [HERE](#), Meeting ID: 991 3390 5618, Passcode: 11030

TGIF

Friday, 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's Film Discussion Series Returns in February!

Three Fridays monthly (second, third, fourth Fridays) | 7:30 PM

With new co-hosts Maria Ceraulo and Victoria Pilotti!

February 11: Watch *The Lost Daughter* in advance on Netflix.

February 18: Watch *Don't Look Up* available on Netflix.

Join Zoom meetings [HERE](#).



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

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

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

Women's History Month Breakfast and Worship Service

Sunday, March 6, 2022 | 9:00 AM Light Breakfast followed by 11:00 AM Worship Service. More information will follow.



Bridge

The song is stuck in my head:
“Bridge Over Troubled Waters.”

As I read about young impoverished mothers with no diapers, no formula, no money for rent, the song kept playing. Efforts to provide a minimum income for them for three years surely are a bridge to a future of opportunity, health, academic

success for the mothers and their children.

In July, 100 new mothers in Washington Heights, Harlem, and Inwood began receiving money from a program aptly called the Bridge Project—a \$16 million project. It gave \$500 to \$1000 per month to those families with incomes averaging \$14,500, well below the poverty line. Seventy percent had savings of less than \$100. The money was given with no strings attached.

You may remember Andrew Yang who introduced the idea of guaranteed minimum income during the presidential debates. A nonprofit he founded gave \$1000 apiece to 1000 Bronx families. Thankfully, his idea lives on with the Bridge Project.

What about providing a minimum income to young impoverished mothers? Some might say that these people shouldn't get a hand out. They think they should work for their money. If there are no restrictions, they might spend it on drugs or liquor. Would there be a return on the investment?

The troubled waters are documented by the Citizens' Committee for Children of New York City. They reported that more than one in four Black children in New York City live in poverty. One in three Hispanic children do as well. Particularly since Congress did not reach an agreement to extend the federal child tax credit, the need was exacerbated. The tax credit stopped giving families up to \$300 monthly per child.

Evidence points to the fact that money invested in the first few years of life results in better health, adult earnings, and academic success. I think one would agree that the money was well spent. One mother saved some of the money which came along when she was six months pregnant and on the verge of eviction. She was looking for shelters when the money came along, helping her to avoid homelessness. One mother was able to stop working three jobs to make ends meet. One will use it to go to nursing school. One can supplement her food stamp card.

The Bridge Project will continue sending this money for three years. We support aid to young impoverished mothers, somewhat calming the troubled waters of their lives. We are grateful for the bridge they can use for what seems most important to them.

MEN'S GROUP

Bernard FitzGerald, Jr., Chair



**New Monthly Series! TECH'n Talk
Tuesdays (February–June)
7:00 PM | VIA ZOOM**

Co-Leaders:
Herb Klitzner and Gerry Matusiewicz

Advisory Group: Doc Neil Tonnesen,
Marvin Brown, Claudia Barbey, Herb
Waldren, Rev. Jaye Brooks, Bernie
Fitzgerald



February 22, 2022

My Experience With Green Electric Cars
Herb Waldren

March 22, 2022

How I Became Interested in Science and Technology
Rev Jaye Brooks

April 19, 2022

Drones and Their Applications
Gerry Matusiewicz

May 17, 2022

“Artist and Technologist” Collaborations in the Mid-1960s:
Recollections on Billy Klüver’s Armory Show of Performance
Art and Environmental Soundscapes Technology facilitated by
Bell Labs
Marvin Brown

June 14, 2022

Longevity Research and Prospects
Herb Klitzner

GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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



It's Not Just That the Earth is Getting Hotter

The past decade has witnessed increasing global temperature, contributing to more intense and frequent storms, raging forest fires, drought, flooding, and sea level rise threatening coastal properties. Humanity’s increasing appetite for fossil fuels certainly drives the processes. However, the biosphere, the zone where earthly life dwells, is under attack from many other sources. A recent article in the journal, *Environmental Science and Technology*, entitled “Outside the Safe Operating Space of the Planetary Boundary for Novel Entities,” along with the United Nation’s 2019 publication, “Global Chemicals Outlook II,” detail contributions of humanity that are making our biosphere unsustainable for life as we know it. In 1962, Rachel Carson alerted us to the dangers of indiscriminate use of pesticides (DDT). Chemical companies demeaned and belittled her work. Where have we seen that playbook before? Oh yea, tobacco industry belittling news of health risk from smoking, and petroleum industry hiding effects of burning fossil fuels. We have numerous Federal and State watch dogs who are supposed to keep the public safe. Unfortunately, they are often conflicted in their mission as they look to protect the public while also protecting commercial interests.

In the 1970s, we were alerted to chlorofluorocarbons (CFCs) detrimental effect on the ozone layer that protects earth from UV radiation. Over 20 years later, regulations and directives to eliminate CFCs were and are still being codified. The monitoring and control of hundreds of thousands of man-made chemicals in the consumer and commercial stream remains problematic. Many have not been deemed safe to humans. Many have unintended victims—think Monarch butterflies and bees. Many chemicals persist in the environment for a really long time. Significant pharmaceuticals end up in our water ways. Overuse of antibiotics in livestock contributes to the development of antibiotic resistant bacteria. Car tire dust is disseminated heavily in urban areas contributing to air pollution health issues and significant mortality. Plastics, mostly derived from petroleum products, are a significant worldwide source of pollution, both in their manufacture and after use. Microscopic plastic particles get into the food chain and you, as do air born particles. Overuse of pesticides, herbicides, and habitat loss threatens bird life, bug life, and our lives. A billion acres of the world’s forests have been lost to logging, farming, and development since 1990.

The coal industry is another example where significant problems to the health of miners, the general public and our biosphere are well documented, yet remain under-addressed.

Electric cars and green energy are good starts but only represent a fraction of the protections needed for a healthy biosphere.

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

UUCSR Social Bridge Group
Thursdays beginning February 2 | 1:00-4:00 PM
Veatch Ballroom

Players with ranking of advanced beginners to intermediate are welcome to play with a variety of partners, depending upon the group's preferences.



Each table determines its own rules, such as score-keeping, using bid bones, rotating, etc. Lessons will be determined in the future based upon preferences, needs, and instructors' availability. Attendees must follow congregational COVID protocols regarding masks, distancing, etc. All are welcome.

Looking forward to the 2022 Shelter Rock Retreat?
Lake George, NY! Memorial Day Weekend: May 27-30, 2022

BUS TRIP!
ARE YOU ON IT?



SILVER BAY!
HERE WE COME!

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!



EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

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

THURSDAY, 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
7:00 PM, Bookstore Meeting

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
1:30 PM, *Eyes on the Prize*, Episode 2: Fighting Back (1957-1962) Online Program

SUNDAY, JANUARY 30, 2022

9:00 AM, Jazz Ensemble Rehearsal
10:15 AM, Young People's Choir Rehearsal, Veatch Patio, Ballroom
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *If Only We Dare*, led by the Veatch Program with guest speakers José Lopez and Greisa Martinez Rosas
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship, Chapel, Ballroom
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
2:00 PM, BOT/Staff Leadership Meeting, Office Conference Room
7:00 PM, BOT Agenda Planning Meeting
7:00 PM, Small Group Ministry-1st and 3rd Tuesday of the Month
7:30 PM, DAC Meeting
7:30 PM, President's Operations TF Mtg

WEDNESDAY, FEBRUARY 2, 2022

10:00 AM, Building Better Brain/Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
3:00 PM, SJC Racial Justice Online Sub-Committee Meeting
4:00 PM, Yoga for Joy and Balance with Beth
7:00 PM, Black Lives, Black Loves Bedtime Stories
7:00 PM, Publicity and Promotions Meeting
7:00 PM, Personnel Committee Meeting

THURSDAY, FEBRUARY 3, 2022

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
1:00 PM, Bridge Game Play, Veatch Ballroom

3:00 PM, Online Women Talk Daytime Mtg
5:30 PM, Anti-Racism Book Club Online Program

FRIDAY, FEBRUARY 4, 2022

12:00 PM, Great Books Discussion
4:00 PM, Community Conversations-Hadley House
6:30 PM, LGBTQ+ Online Gathering
7:00 PM, Women's Group TGIF-If Your T-Shirt Could Talk Online

SATURDAY, FEBRUARY 5, 2022

11:00 AM, Yoga on Zoom with Mike Mancini
1:30 PM, *Eyes on the Prize*, Episode 3: Ain't Scared of Your Jails (1960-1961) Online Program

SUNDAY, FEBRUARY 6, 2022

10:15 AM, Young People's Choir Rehearsal, Veatch Patio, Ballroom
10:30 AM, Sunday Morning Experience
11:00 AM, RE Our Whole Lives Double Session, RE Room 18
11:00 AM, Religious Education (RE) Classes, RE Wing
11:00 AM, Sunday Service: *Widening the Circle*, led by Rev. Dr. Natalie Fenimore, Worship Room, Art Gallery, Social Hall, Online
11:05 AM, Children's Worship, Veatch Patio, Chapel, Ballroom
11:45 AM, Conversations in the Chapel
12:30 PM, RE Grades 6 & 7 Questing Year Social Action Planning Retreat, RE Rm 16, 17
1:15 PM, Small Group Ministry-1st Sunday of the Month
4:00 PM, Transition Team Meeting

MONDAY, FEBRUARY 7, 2022

9:00 AM, Medical Qigong for Senior Health
6:30 PM, Dining Solo Together!
7:00 PM, RE Committee Meeting

TUESDAY, FEBRUARY 8, 2022

10:00 AM, Yoga on Zoom with Mike Mancini
2:00 PM, BOT/Staff Leadership Meeting, Office Conference Room
3:00 PM, Art Committee Meeting
4:00 PM, VBOG February Policy Meeting, Social Hall, Online
7:15 PM, Program Council Meeting (Multi platform), Veatch Conference Room, Online

WEDNESDAY, FEBRUARY 9, 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, Women's Group Online Board Meeting
4:00 PM, Yoga for Joy and Balance with Beth
6:00 PM, Ukulele Group Practice
7:00 PM, Social Justice Virtual Comm. Mtg

THURSDAY, FEBRUARY 10, 2022

9:30 AM, Yoga on Zoom with Mike Mancini
10:00 AM, Living Solo
1:00 PM, Bridge Game Play, Veatch Ballroom
5:30 PM, Anti-Racism Book Club Online

FRIDAY, FEBRUARY 11, 2022

12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Online Film Discussion: *The Lost Daughter*
8:00 PM, Soulful Sundown

SATURDAY, FEBRUARY 12, 2022

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

SUNDAY, FEBRUARY 13, 2022

9:00 AM, Small Group Ministry-2nd Sunday of the Month
9:30 AM, Choir Rehearsal, Social Hall
10:15 AM, Young People's Choir Rehearsal, Veatch Patio, Ballroom
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service: *"Love Trying Its Best,"* led by Rev. Jaye Brooks, Worship Room, Art Gallery, Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship, Veatch Patio, Chapel, Ballroom
11:45 AM, RE Grades 6 & 7 Questing Year Valentine Fundraiser, Main Lobby
11:45 AM, Conversations in the Chapel

DISCLAIMER:

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

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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.

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Next Quest: Wednesday, February 9, 2022 | Deadline for Content: Thursday, February 3, 2022

GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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 Tuesday, June 7 through Tuesday, 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 Tuesday, 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](#).

