



# The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

February 23, 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*

See  
Calendar  
Here

MONTHLY THEME:  
Widening the Circle

**SUNDAY, FEBRUARY 27, 2022, 11:00 AM**  
*Rev. Lauren Smith, Guest Minister*

**The Day We Are Given** In today's service, we reflect on the days we have been given, our complicated lives, our moment in history and the seeds of joy that abide here. The service is an invitation to accept the gift of the day we have been given, with all the beauty and challenge that we find here, and to meet our days with gratitude, resourcefulness, generosity, and love. \*

**SUNDAY, MARCH 6, 2022, 11:00 AM**  
*Rev. Dr. Natalie Fenimore and UUCSR Women's Group*

**Women's Renewal** Come explore stories of women's wisdom, growth, and renewal as they age. We'll share some life lessons of older women and reflect on the many gifts which they offer. \*

**FRIDAY, MARCH 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, MARCH 13, 2022, 11:00 AM**  
*Rev. Jaye Brooks*

**Roots and Wings** In Unitarian Universalism, the idea of "Renewing Faith" (this month's learning and worship theme) isn't so much about reviving faith of a particular style and description. Instead, it's more about understanding the roots that have supported faith thus far and spreading the wings that take us to a new place of understanding. \*

\* **Worship Services** are in-person, onsite, AND livestreamed! Livestreams are available on [uucsr.org/worship](https://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.

**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](#).

**TOUCHSTONES**  
*Rev. Jaye Brooks*



## Widening the Circle

In this month when our worship theme is "Widening the Circle," a story caught my eye. Snowboarder Brian Paupaw, who is Black, created the [Hoods to Woods Foundation](#) to introduce inner-city kids to the sport he loves. Paupaw and Foundation co-founder Omar Diaz both grew up in underserved New York City neighborhoods. They hope that

sharing their passion for the outdoors can have a positive impact on kids, who, for the most part, are children of color.

The program takes kids from the city to a ski area so they can learn to snowboard. According to the National Ski Areas Association, nearly 90 percent of visitors to ski resorts are white. When NPR reported last week on Brian Paupaw and the Foundation's effort, the story was shared widely on social media.

My son Kevin shared the story with me, along with a screenshot of some of the comments. Kevin summed them up this way: "How to tell if someone is racist." No guesswork required. I sometimes delude myself that unapologetic racist comments are a thing of the past. These took my breath away.

Why does the idea of Black youngsters learning to snowboard prompt such vitriol? Are there spaces, as [author Claudia Rankine suggests](#), that are perceived as reserved for whites, so that the presence of people of color is not only an intrusion, but a subtraction from previously uncontested power and privilege?

I think about how to welcome and empower all people in our Unitarian Universalist community, and I keep coming back to my need to understand the deeply embedded assumptions baked into American society and my own worldview. It's those assumptions that lead to "microaggressions" of comment or inattention.

But here's the thing: the theology and philosophy of Unitarian Universalism bid us to cultivate a community that is truly welcoming (even if imperfect). We are building the Beloved Community. It's not built yet—but it grows more beautiful each time we widen the circle.

## CONGREGATIONAL AFFAIRS

*Jana North, President of the Congregation*



### A Message From the President

It has been nine months since I became the President of UUCSR and I'd like to talk about burnout. I am not yet burned out, but I will admit that I am feeling a bit singed around the edges. I knew that there would be frustrating days along with the good times, but I am learning that while Zoom has had the capacity to keep us connected during

the pandemic, it has also allowed us to schedule meeting, after meeting, after meeting.

Members can now jump from one Zoom to another all day long, and there seems to be an expectation that if we are home, there's no "good" reason not to click on the link. I have often seen members "jump" into meetings as others end, or "jump" off as another meeting starts. This kind of back-to-back meeting schedule does not seem to bring out our best work. I fear it is putting a strain on the most active of our members.

We have great privilege at Shelter Rock and therefore great responsibilities. I do not diminish the important work that has to get done every day. For the past two years, the committees have had the herculean task of running UUCSR without actually being at UUCSR.

I applaud the dedication of this congregation every day, but it does beg the question: Are so many meetings helping or hurting us?

*continued on next column*

I wonder if we are taking enough time to look at the big picture, have the deeper discussions, explore creative possibilities, or to simply enjoy each other's company, and maybe just laugh at the craziness of the world we live in. During Strategic Planning conversations, I have heard from every section of our congregation that members want more time to just be Unitarian Universalists.

We have all come to Shelter Rock because we want to live our Principles, but we stay because we connect to one another on a deeper level. We are not just the stewards of the business of UUCSR, we are also in religious community. Meetings are an important and necessary part of Shelter Rock, but we should all try to set aside time together to talk about vision, mission, connection, and maybe laugh a little bit about the insanity of life.

### Notice of Congregational Meeting

Sunday, March 20, 2022 | Multiplatform Meeting | 1:00 PM

#### Meeting Agenda

#### Opening Words and Chalice Lighting

- I. Approval of Minutes of January 9, 2022 Meeting
- II. Fiscal Year 2022/2023 Budget Preliminary Report
- III. Crisis Grants Policy
- IV. President's Report
- V. Good of the Order

#### Closing Words

#### Adjournment

## WORSHIP COMMITTEE

*Meg Cohen, Chair*

### February Shelter Rock Worship Pod

Sunday, February 27, 2022 | 12:30 PM

Office Conference Room and Zoom

Join the Worship Committee for a worshipful moment together. The time begins with chalice lighting, then a question related to "Widening the Circle," time for sharing personal experiences, thoughts related to the question, and, finally, closing words.

This is worship—listening with our hearts to our inner voices and the voices around us. While it is an opportunity to share, the focus is on being in the experience of worship together without comment or discussion.

This is a multiplatform worship experience. Those who wish to participate onsite are welcome in the Office Conference Room. Those joining via Zoom will join through the large screen and video camera. Join Zoom [HERE](#) or visit [uucsr.org/calendar](https://uucsr.org/calendar).

## MILESTONES

Through this newsletter, *Quest*, the Unitarian Universalist Congregation at Shelter Rock marks the milestones in the lives of members. Milestones include the celebration of rites of passage: Infant Dedications, Coming of Age, weddings, and funerals.

But there are many other meaningful, memorable moments from our daily lives that can be shared and honored within the religious community. Milestones include the events that challenge us or bring sorrow, those that inspire hope, call forth our prayers and bring us joy. Everything from getting a first driver's license, to a first or next job, the loss of a job, acquiring a home, moving to a new home, welcoming a child or grandchild, celebrating a retirement, marking an anniversary of any sort, and more.

We hope you will choose to share your milestones with the ministers and members of the UU Congregation at Shelter Rock. Please email [ministryteam@uucsr.org](mailto:ministryteam@uucsr.org).

**CARING COMMITTEE**  
*WinterFlower Regla Robinson, Chair*

**Dining Solo Together...** has moved to Wednesdays at 6:30 PM. Physical distancing can be isolating and hard on our emotional well-being. Brighten your evening by connecting with others who are in the same situation. All are welcome to join as they are able via Zoom [HERE](#).

**Care for the Caregiver...** has moved to the third Monday monthly at 7:00 PM. The next session will be on Monday, March 21, 2022. Those who care for anyone navigating the physical/emotional/mental challenges of caregiving are welcome to this online confidential group. Join Caron Hunter, a holistic health care provider and interfaith minister, as she facilitates and teaches a compassionate and empowering approach to healing. Pre-registration by email to [krossiter@uucsr.org](mailto:krossiter@uucsr.org).

**Living With Cancer...** is an online group that meets third Tuesdays monthly at 7:00 PM via Zoom. The next session will be Tuesday, March 15, 2022 led by Caron Hunter. People who have had or are currently struggling with the challenges of a cancer diagnosis may join a safe, confidential group where members can share their experiences with others who understand the intricacies of life alongside treatment. In this supportive environment, we lift each other up, learn tools for coping with stress, meditate together, and open a prayerful spirit within ourselves to encourage healing. Pre-registration by email to [krossiter@uucsr.org](mailto:krossiter@uucsr.org).

**Living Solo...** is an ongoing online group meeting every Thursday at 11:00 AM, to replace feelings of isolation with camaraderie and companionship through intentional community. Brighten your day by connecting with others who are in the same situation. All are welcome to join as they are able via Zoom [HERE](#).

**AD HOC FUTURES COMMITTEE**  
*Diane Cohen, Chair*



**You Are Invited!**  
**Planning for the Future**

As we move forward in beloved community, we will be hosting small group “Futures Conversations” about creating our future together in our loving religious home. We will explore ways to stay in close connection with one another, sharing our ideas about various ways, both onsite and online.

The preliminary schedule of conversations is as follows, barring any intercession of Covid: Please click to register for one option only. Contact Tammy Weil with questions or concerns ([tweil@uucsr.org](mailto:tweil@uucsr.org) or 516.472.2913).

Sunday, February 27	12:45 PM	Onsite and Zoom
Monday, February 28	7:00 PM	Zoom
Thursday, March 3	2:00 PM	Onsite and Zoom
Sunday, March 6	12:45 PM	Onsite and Zoom
Monday, March 7	7:00 PM	Zoom
Wednesday, March 9	7:00 PM	Zoom

**MEMBERSHIP COORDINATOR**  
*Abigail Highland*



**Inquirers Returns**

Last fall, Shelter Rock piloted its first-ever series of the Inquirers Program for Newcomers. Now, we return to offer more sessions for newcomers! The Inquirers Program gives those new to the congregation a sample of every part of congregational life.

Inquirers is also the first step on your path to Membership at the congregation. Drop-in sessions will begin in March, so be sure to keep an eye out in the *Quest* and on the UUCSR Calendar for more information. If you're interested in learning more about Inquirers, email Abigail Highland at [ahighland@uucsr.org](mailto:ahighland@uucsr.org). All are welcome!

**Watch For the New Membership Portal!**

After a long period of research, the congregation has decided to move its Membership Database to a new and innovative platform, Planning Center Online. With the change will come a new user-friendly Membership Portal! Look for member emails starting March 1, 2022, about how to access the portal, where you will find your personal giving history, where to find your Member-only Resources, and how to make edits to your personal information.

**Welcoming on Sundays**

Now that we are able to meet again in-person for Sunday Worship Services, we could use your friendly presence to welcome folks as they arrive! Are you interested in becoming a trained greeter? Email [Membership Coordinator Abigail Highland](mailto:Membership Coordinator Abigail Highland). If you've greeted before and would like to sign up for a Sunday slot, click [HERE](#) to sign up.

## UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

*Domenico Romero, Senior Program Officer*



### In Honor of Black History Month: Faith in Florida

UUCSR members know well, as demonstrated in the [adoption of the 8th Principle to build a Beloved Community](#), it is necessary to work for racial justice, equity, and inclusion. This Black History Month gives us an opportunity to learn more about how we are doing that through the Veatch Program's

support to organizations committed to racial justice. An example of this is the work of [Faith in Florida](#).

The mission of Faith in Florida is to build a multicultural, nonpartisan network of local congregations and community organizations to address systemic racial and economic issues that cause poverty for families. With multiple religious denominations and faith traditions represented, Faith in Florida provides a prophetic voice on civic engagement, healthcare expansion, economic equity, fair immigration policies, and criminal justice reform. Faith in Florida is part of the national federation of Veatch grantee, Faith In Action, which provides training and funding support while also creating a platform for its state-level affiliates to have an impact in federal policy.

Established in 2012, it now has a growing presence in more than half of the counties in Florida. Faith in Florida builds the power of communities of color through a combination of mobilizing immigrant and Black constituencies to advocate for their rights, educating white constituencies about the challenges faced by people of color in the state, and encouraging them to be active allies in that struggle. They are registering and mobilizing thousands of voters through the Souls to the Polls program, ensuring that those most impacted by injustice make their voices heard through the democratic system. Faith in Florida played a significant role in the passage of Amendment 4 in Florida in 2018, [refranchising](#) thousands of Black voters who had paid their debt to society but were still barred from exercising their civil rights.

I encourage you to [check out this video](#) in which three pastors from the Faith in Florida board share stories of their impact. As the organization has framed its month of action: Black History is American History. We honor the work of Faith in Florida and the over 180 Veatch grantees who are putting the 8th Principle into action every day.

*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 COMMITTEE AND UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK, co-sponsors

### UUCSR SPRING SERIES

## Multiracial Democracy Under Attack:

White nationalist threats, attacks on voting rights, and what we can do to defend a democracy that works for all.

1. Understanding the current state of our democracy and the challenges it faces. Starting on Monday, February 28, 2022, view the [series' page](#) featuring resources including:

- Report: *Assessing the Threat of White Nationalism in New York State and Recommendations*
- Panel: *Why Teaching Diversity, Equity, and Inclusion in Our Schools Is So Important*
- Video: Eric Ward, on the threat that White Nationalism represents to Democracy.

2. Protecting voter rights / democracy as the antithesis of authoritarianism. Thursday, March 24, 2022, 7:00 PM. Zoom Panel Discussion

3. Robby Jones' *White Too Long*. Thursday, May 5, 2022, 7:00 PM. Zoom Book Talk

## SOCIAL JUSTICE COMMITTEE

*Susan Roberts, Chair*

### Join the Wednesday INN Volunteer Cooks: Make a Difference

Do you like to cook? You can help cook in Shelter Rock's commercial kitchen for those in need on the fourth Wednesday of each month at 9:00 AM. Volunteers are needed to prepare meals for three sites run by the Interfaith Nutrition Network (INN): Oscar Romero INN (15 individuals), the Donald Axinn INN (23 individuals) and the Edna Moran INN (26 family members). Please call Sharyn (516.472.2960) to register to be one of nine cooks.

Cooks must show a vaccination card or have a negative Covid test three days prior to cooking. Thank you!



## DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

*Richard Bock, Chair*

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

Congratulations to nine Shelter Rock members who were appointed to represent UUCSR at the 2022 UUA General Assembly in Portland, OR, in June. Six will be attending in-person: Richard Bock, Jana North, Chris Hilke, Meg Cohen, Rick Schwartz, and Rhonda Kessler. Attending as online delegates are Barry Nobel, Jeff Shiff, and Robin Finnan-Jones. DAC will offer Zoom orientation meetings to prepare all delegates for the event.

UUCSR's Board of Trustees has reaffirmed the DAC policy to cover 100 percent of the GA registration fee for all delegates plus rental expense for accessibility mobility scooters, if needed.

All non-delegates are welcome to attend as much or as little of GA as desired. Visit [www.uua.org/ga](http://www.uua.org/ga) for information on the variety of events available from the comfort of one's home computer.

### Long Island Area Council (LIAC) News

Rev. Linda Anderson President, LIAC

Mary Beth Guyther, LIAC Social Justice Coordinator

LIAC signed on to a letter from the UUA urging President Joe Biden to take action to keep fossil fuel in the ground, declare a climate emergency, and launch a sustainable energy revolution.

### LIAC Roundtable 8th Principle Group

Wednesday, March 2, 2022 | 7:00 PM | Zoom

Are you interested in a sub-group of the LIAC Social Justice Roundtable to help each other along on the paths of the 8th Principle? On Long Island, some congregations have passed it and wonder what to do now. Others are studying it with a view toward a vote in the spring, while others are just at the starting point. A LIAC sub-group could examine the 8th Principle as a community of congregations so that we may benefit from each other's wisdom and experience and spark inspiration. Register in advance [HERE](#). For further information [contact Mary Beth Guyther](#).

### Coming of Age (COA)

The LIAC Board approved a plan to run five sessions indoors at the Garden City UU on March 19, April 2 and 23, and May 7 and 21, with a recognition ceremony on June 4. There will be no sleepover and no trip to Boston. The leaders will be David Silver, Patrick MacDevitt, and Joanne Polichetti. The Board also approved junior and senior Our Whole Lives (OWL) programs in the fall and is looking for program leaders.

### Annual Dinner

Due to the pandemic, the dinner is cancelled for the second straight year. A sub-committee is working on the possibility of hosting a Zoom Worship Service around Earth Day (April 22) to help us all throw off the gloom of isolation and inspire action.

Jim and Lynn Smith, UUCSR Liaisons to LIAC

## GREEN SANCTUARY COMMITTEE

*Stephen Ruocco, Chair*

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

### Eco-Anxiety

A new catchword, "eco-anxiety," means significant increase in fear about climate change and the current and future environmental harm it poses to the earth. Sweeping systemic changes are needed as the COP26 summit (UN Climate Change Conference in Glasgow) acknowledged. But ridding our world of greenhouse gases may not be viewed realistically. International agreements and technologies advancing clean energies and infrastructure by 2 percent require newer investments. This, According to the International Energy Agency, would require us to spend just 2 percent of our annual GDP over what we do now to achieve a net-zero carbon economy.



The above calculations are based on the cost of transforming the energy and transportation sectors plus land use, forestry, and agriculture and behavioral changes in food and consumption. The latter is the easiest; offering electrical cars, trucks, buses, eating less meat and more vegetables, buying fewer clothes, possibly ending up in landfills. The real change involves committing to clean, renewable energy, such as offshore wind and land turbines. The United States has only one offshore wind energy farm, but a \$70 billion market is on the way. This can generate more than 2,000 GW of capacity per year. That is nearly double the nation's current electricity. New York State is paving the way for offshore wind projects; one will be located 60 miles east of Montauk Point and another will be located 14 miles from Jones Beach State Park. Under active development state-wide, we are a beacon for other states nationwide to follow and get us off fossil fuels.

Nationwide, the investment in solar energy has been steadily rising. Long Island leads this state on solar arrays, as home owners tire of rising pollution and high electric and gas bills. Schools and houses of worship have installed them. UUCSR has a 101 KW system acknowledging our commitment toward sustainable initiatives. Unfortunately, carbon capture efforts are almost invisible in the US and will not address the billions of tons of CO<sub>2</sub> being released each year. What is required would be an annual global investment that increases our gross domestic product (GDP) on clean energy to 2 percent.

Thus, we shouldn't feel anxious and defeated thinking it's too late. The money is here in our country. Increase taxes fairly, cut military budgets, stop food wastage, and slash the direct subsidies of \$500 billion annually to the fossil fuel industry along with ending the \$1.4 trillion in profits stashed offshore by corporations. Then the pledge to make positive changes may become reality.

Elaine Peters for the Green Sanctuary Committee

## SOCIAL JUSTICE COMMITTEE

*Susan Roberts, Chair*



### Postcard Prayers

This fall, the Social Justice Committee decided to focus on two issues: voting rights and criminal legal reform. Both of these issues are interconnected with the goals of three sub-committees: Racial Justice; LGBTQ+; and Mental Health. Social Justice Coordinator Claire Deroche works full time helping us to find the methods, organizations, and actions that will prove most

productive in addressing these social justice issues.

Last month, my wife, Marsha, and I sat together at our kitchen table and hand wrote 100 postcards to black voters in Houston, TX. The postcards provided information about how to vote early and why it was important that they vote in their primary election on March 1. We did this through the [Center for Common Ground's Reclaim Our Vote](#) program.

Voters were all ages from 21 to their 80s. Lots of them had similar addresses in what looked like large apartment houses. Some appeared to be private homes. We urged them all to vote early because "voting rights, Covid, their aging electric grid, and threats to family farming" hang in the balance of this year's important primary. After the first 30, I got curious about the "why" and "how" of this messaging, so I started investigating what might be going on.

Texans have lost the ability to vote in former 24/7 early voting sites and drive through polling places. [Approximately 40 percent of applications for mail-in ballots have been flagged for problems.](#)

Following the same word for word script, I had time to imagine each voter, whom we addressed by first and last name. I hoped they might look twice at these colorful postcards and feel some of the loving energy behind the hand-lettered messages. With each one, I imagined them going to the polls to "vote early" with "5 friends." I prayed that each individual's vote would count. The writing of cards became a spiritual exercise, a true experience of "service is our prayer."

It got me out of my privileged white New Yorker bubble and gave me a chance to imagine the issues faced in other parts of the country. I'll be checking the Texas primary results with a personal interest, now.

If you feel sad that you missed getting in on this spiritual practice, don't despair. There will be [upcoming opportunities to write to Black voters in North Carolina, Georgia, and Alabama.](#) Stay tuned by getting on the [Social Justice Committee mailing list.](#)

And invite five friends to join you!

## SOCIAL JUSTICE ANNOUNCEMENTS

*Claire Deroche, Social Justice Coordinator*

**Assisting Refugee Families** Work with Upholding Humanity continues. You can help by donating new twin and queen bedding: sheets and pillowcases, pillows, blankets, new bath towels, hand towels, wash cloths, and kitchen towels. Also new or gently used dishes, glasses, flatware, pots and pans, and utensils. Also helpful: toilet paper, feminine hygiene products, soaps, and laundry detergent. Please deliver to bins in the upper, lower, and RE Lobbies. If you have other items such as lamps or furniture, contact [Social Justice Coordinator Claire Deroche](#).

**Friday, February 25, 2022 | 6:30 pm Gather | 7:00 PM Program**  
**Friday Night Weekly Get-Together LGBTQ+ Sub-Committee**  
Informal gathering with facilitated conversation on a specific topic. On February 25, topic is Incarcerated LGBTQ People. LGBTQ+ community and their allies are welcome. Visit [uucsr.org/calendar](https://uucsr.org/calendar) for the Friday you wish to attend and follow the link.

**Thursdays, February 24 and March 10, 2022 | 5:30-6:30 PM**  
**Anti-Racism Book Club:** Racial Justice Sub-Committee and the Eighth Principle Task Force invite you to join an online book club devoted to combating racism. On February 24, the group will complete *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together*, by Heather McGhee with a discussion of chapters 9 and 10. After a one-week break, the group will resume on March 10 with the book, *White Too Long*, by Robert P. Jones. The discussion will be led by Patti Paris, librarian and experienced facilitator of book conversations. Registration required [HERE](#). Sponsored by the Racial Justice Sub-Committee and the Eighth Principle Implementation Task Force.

**Thursday, February 24, 2022 | 7:00-8:00 PM | Online Program**  
**Legislative Workshop** Review the NYS legislative process, spotlight bills supported by the NYUU Justice State Advocacy Network, and take action together. Register [HERE](#). Facilitated by NYUJ Organizer Kamila Jacob. UUCSR is a member of NYUJ.

**Saturday, February 26, 2022 | 1:30-3:00 PM | Online Program**  
**Eyes on the Prize, Episode 6: Bridge to Freedom (1965)**  
The definitive story of the civil rights era. In this final episode of part 1, we see how a decade of lessons is applied in the climactic and bloody march from Selma to Montgomery, Alabama. A major victory is won when the federal Voting Rights Bill passes, but civil rights leaders know they have new challenges ahead. Register in advance [HERE](#). Sponsored by the Racial Justice Sub-Committee.

**Wednesday, March 2, 2022 | 3:00-4:30 PM | Online Meeting**  
**Racial Justice Sub-Committee Meeting** New members are always welcome. Join [HERE or call](#) +1 646 558 8656, Meeting ID: 831 0662 1384

**Saturday, March 12, 2022 | 1:30-3:30 PM | Online Watch Party**  
**My Name is Pauli Murray** 90-minute documentary on the life and ideas of a non-binary Black lawyer, Episcopal priest, activist, and poet who influenced both Ruth Bader Ginsburg and Thurgood Marshall. Register [HERE](#). Co-sponsored by LGBTQ+ and Racial Justice Sub-Committees.



On Sunday, February 13, 2022, Senior Seminar Advisors and Youth delivered furniture to an Afghan refugee family in Hicksville. Liam Saavedra, Aiden Saavedra, and Elijah Pulga were happy to team up to assemble this crib for the baby of the family.

### MENTAL HEALTH SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

*Sandra Hazel Frank, Chair*



A live, theatrical, dramatic performance  
and program on the topic of  
Eating Disorders

Wednesday, March 9, 2022 | 6:00–7:30 PM

Join Hofstra University Student Wellness Committee, Psychiatry Interest Group and Osler Society as Actress Anna Snapp performs her one woman show, a verbatim theater piece about eating disorders. Anna will share stories through portrayal of a diverse group of individuals suffering from eating disorders.

Q&A following the performance with Anna Snapp and Victor Fornari, MD.

Zucker School of Medicine | Hofstra University/Northwell Health  
500 Hofstra University, Room W134, Hempstead, NY 11549  
or participate via Zoom. | All are welcome; no fee to attend.  
Advance registration required. | [RSVP HERE](#)

## Soulful Salutations Restorative Yoga & Yoga Nidra

Enhanced by Live Music

Friday, February 25, 2022

7 PM via Zoom

FREE

Led by Denise DeLuca Music by Ben Wisch

### ADULT PROGRAMS COMMITTEE

Yoga for Joy and Balance with Beth

Wednesdays, 4:00–5:15 PM | No class March 9 | [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 and checks should be addressed to:

North Shore Soup Kitchen/NOSH ([NorthShoreSoupKitchen.org](http://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](mailto:bfedirko@optonline.net)

Medical Qi Gong for Senior Health—Balance!

Mondays, 9:00–10:00 AM

By popular demand, Qigong instructor, Ashley Baldwin continues offering classes that strengthen your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and falling safety skills, optimize lung capacity, bolster immunity, and promote energy flow to the internal organs. Ashley Zooms in every Monday morning directly from Thailand.

\$50/5 classes, \$12/drop-in class (See registration form)

[Register HERE](#) or email [tqh.Ashley@gmail.com](mailto:tqh.Ashley@gmail.com)

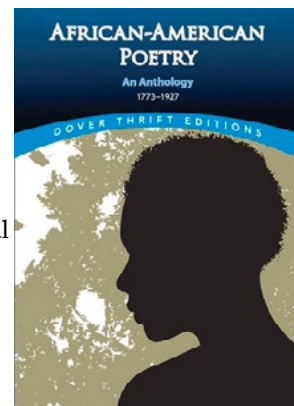
Great Books Discussions

Fridays | 12:00–1:30 PM

Live on Zoom [HERE](#).

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

Reading: *African-American Poetry: An Anthology, 1773–1927*  
(Dover Thrift Ed.) Available [HERE](#).



## LIFESPAN RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



### Onsite Religious Education Classes Resume on March 6 Following Winter Break

Please register your family for 2021–2022 Religious Education programming by going to [www.uucsr.org/RE](http://www.uucsr.org/RE) and receive communications about all the exciting events planned.

### Young People's Choir Rehearsals Sundays, 10:00 AM | Chapel

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](mailto:georgeweisman@gmail.com) with any questions.

### Embodying Wholeness—Children's Worship for All Ages

On Sundays at 11:05 AM, RE classes are welcomed into Children's Worship, now back in the Chapel for the first time in almost two years! Any parents/caregivers who wish to join us are more than welcome to do so!

Sunday, March 6: Grades 4–6

Sunday, March 13: Butterflies, Kindergarten, Grades 1–3

Carson Jones and George Weisman lead this service to explore this year's RE theme, "Embodying Wholeness." Through story, movement, and music, celebrate together how it feels to live into our whole selves.

In this month's Children's Worship story, meet Pilar, a talented young ballerina who begins her Friday brimming with confidence because a ballet class day is always a good day. But when she realizes the try-outs for the winter dance recital are tomorrow, Pilar is so nervous that every little thing starts going sideways. Come find out what helps Pilar get her to the big audition and how she overcomes her worries in *Pilar's Worries*, by Victoria M. Sanchez and Jess Golden.

Then share what helps renew our sense of wholeness when things make us anxious. George will perform an introspective anthem from *Dear Evan Hansen*.

Looking forward to experiencing the wholeness of community with you all.

### Women's Firsts Bedtime Stories!

Wednesday, March 2, 2022 | 7:00 PM | Live on Zoom [HERE](#).

All are welcome to join Carson Jones for this special interactive storytime in honor of Women's History Month, as he reads three family-friendly stories celebrating the amazing women who were the first to accomplish their goals in such areas of expertise as music, sports, and aviation!

*Drum Dream Girl*

Written by Margarita Engle

Illustrated by Rafael López



*There Goes Patti McGee!*

Written by Tootie

Nienow

Illustrated by

Erika Medina



*Aim for the Skies*

Written by Aimée Bissonette

Illustrated by Doris Ettlinger



Collection underway in Main Lobby. Especially needed are socks, clothing, toiletries, etc. See [uucsr.org/calendar](http://uucsr.org/calendar) for details or contact Jessica Pond ([jpond@uucsr.org](mailto:jpond@uucsr.org) or 516.472.2914).

RE on Ice! | Sunday, March 27, 2022 | 12:45–2:00 PM



FREE social event sponsored by the RE Committee featuring lunch, skate rental, and private ice time at the Port Washington Skating Center. 70 Seaview Blvd, Port Washington, NY 11050.

Never skated? No worries! An instructor is there to help! Not into skating? That's cool! Come enjoy lunch and good company! RSVP [HERE](#). Contact Carson Jones at [cjones@uucsr.org](mailto:cjones@uucsr.org) or Jessica Pond at [jpond@uucsr.org](mailto:jpond@uucsr.org) with any questions.

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

## Women's Film Discussion Series

**Third and Fourth (or fifth if occurs) Fridays monthly | 7:30 PM**

With new co-hosts Maria Ceraulo and  
Victoria Pilotti, Center for the Women of New York.  
February 25: Watch *Don't Look Up*, available on Netflix.  
March 18: *The Hand of God*, available on Netflix.

## 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 March 3, 2022: Current Events.

On March 17, 2022: the group ponders, "In retrospect,  
are you happy that you were born a female,  
or would you have preferred the male gender?"

Everyone is welcome to join Women Talk Daytime.

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

## TGIF

**Friday, March 4, 2022 | 7:00 PM**

**Memory Lane: Cherished Items**

What objects hold a place in your heart?

Come share your memories!

Let us know what items you can't part with and why.

Join via Zoom [HERE](#).



## Book Series

**All are welcome.**

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

Please contact Sharyn Esposito to learn more.

[sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960

March 18, 2022	<i>Matrix</i> By Lauren Groff Discussion led by Maria Ceraulo
April 15, 2022	<i>A Slow Fire Burning</i> By Paula Hawkins Discussion led by Diane Mansell

Please visit [uucsr.org/wg](http://uucsr.org/wg) for additional details including a full list of titles, discussion leaders, and a printable flyer.

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



## Red Light, Green Light

I'm remembering the old children's game of Red Light, Green Light-1, 2, 3. After saying, "Red Light, Green Light-1, 2, 3," the children stop to avoid moving because that would cause them to be "out." Long ago, I used the colors of the traffic light to teach my sixth-graders how to multiply three-digit numbers.

First the green, then yellow, then red.

This idea of colors as indications of wanted or unwanted contact has now surfaced at a conference in San Francisco. People wore wrist bands and/or buttons to indicate what they were comfortable with in terms of touch. Green: OK to hug. Yellow: Let's do the elbow/fist bump. Red: Let's wave hello.

This idea had me wondering about how many times women may have backed away, when they could, from unwanted physical contact. It seems it's not understood that touching is not welcome without explicit consent. The state trouper might not have felt violated by alleged unwanted touching from our Governor. It might have visually demonstrated that the trouper did not welcome touch. She might not have "misconstrued" his behavior. He might not, and, of course, should not have initiated any contact at all.

Ms. magazine reported that after months of negotiations, a bipartisan group of senators announced they had reached a deal to reauthorize the Violence Against Women Act (VAWA)—which has been expired since December 2018. It's astounding that, in the face of the rise in domestic violence during the Covid epidemic, the Act has been EXPIRED for about 4 years. Has it really been a green light since 2018 for inflicting violence on women?

The wrist bands may seem silly in the face of what so many women experience. However, if the workplace honors individual preferences, the idea that women's rights are valid and worthy of support may cross over into the home, changing the culture into one of respect instead of disregard and contempt. Violence against women has to be a glaring RED LIGHT. It must mean STOP.

The Violence Against Women Act needs to be in force and enforced. The green light needs to be given to safety and respect for all. It's not a child's game.

## March is Women's History Month

**Sunday, March 6, 2022 | Worship Service titled, *Women's Renewal* | 11:00 AM**

Led by Rev. Dr. Natalie Fenimore and members of the Women's Group.

Come explore stories of women's wisdom, growth, and renewal as they age.

We'll share some of the life lessons of older women and reflect on the many gifts which they offer.

Tailgate Coffee Hour hosted by the Women's Group will follow Service with hot beverages and individually wrapped snacks.

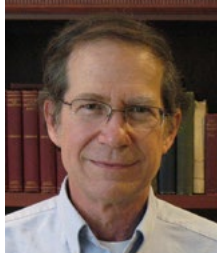
## MEN'S GROUP

*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

Visit [uucsr.org/men'sgroup](https://uucsr.org/men'sgroup) for info.



**March 22, 2022**

How I Became Interested in Science and Technology:  
Rev. Jaye Brooks shares her story—not because it's unique,  
but because it isn't. Let's celebrate all the influences in our  
lives that lead us toward curiosity and new learning.

**April 19, 2022**

Drones and their Applications  
Gerry Matusiewicz

**May 17, 2022**

"Art 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

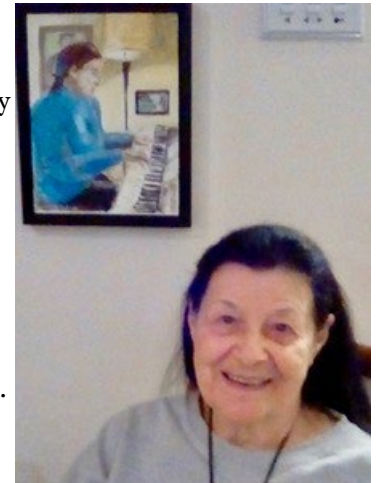
## HADLEY HOUSE HAPPENINGS

*Residents' Association*

### Happy to Hibernate?

How quiet has it been? "The highlight of my day is the trip to the mailbox!" comments Lois Wolfson. The quiet in the House after the holidays was welcome for some who appreciated the rest and time to center again. As we approach the two-year mark of our Covid existence, the passage of time has taken on a "Twilight Zone" uncertainty. Phrases like, "What day is this?" or "It can't be Monday again," or "When is that meeting?" have become part of our Hadley House lexicon. And yet time is also marked here by the consistent and anticipated change of seasons as well as by the consistent and anticipated changes in the look of our Lobby. Halloween decorations were replaced by Thanksgiving and then Hanukkah/Christmas. By the time you read this, our Valentine decorations will have yielded to St. Patrick's Day, and so it goes. The steady, certain rhythm of Hadley House keeps us grounded through these uncertain times.

A great pleasure this month was acknowledging the 100th birthday of Arline Senft! We are still basking in the glow of her joy in being remembered with cards and flowers. We look forward to a spring celebration with her in our Garden. Looking more like 70 years old, in some measure she reflects the magic of Hadley House—privacy when you want it, community support when you need it, and living among friends. We appreciate her presence and gifts to all residents, with her wonderful piano performances and participation with us in our programs.



With Covid's cautious lockdown, we all feel the sting! Doc Tonnesen, eager for fun, wanted to present his promised BBQ-in-the-Snow. With blizzard winds blowing the snow horizontally, he was persuaded to wait for a "friendlier" snow. Instead, Doc organized a gathering to view the Super Bowl on our big screen in the Lounge, which was a first in months for many of us. It drew a group of residents and guests who howled and cheered the winners!

Having decorated our welcoming Lobby with holiday hearts, we celebrate with loving thoughts the dignity and worth of all human beings! Here at Hadley House our caring community is looking forward to the resumption, in the near future, of our many wonderful in-person activities.

*If Winter comes, can Spring be far behind?* —Percy Bysshe Shelley

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

## 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, FEBRUARY 23, 2022

6:00 PM, Ukulele Group Practice  
6:30 PM, Together to End Solitary Confinement Online Program  
6:30 PM, Dining Solo Together!  
7:00 PM, Bookstore Meeting  
7:00 PM, Mental Health Sub-Committee Online Meeting

### THURSDAY, FEBRUARY 24, 2022

8:00 AM–5:00 PM, Building Hours  
10:00 AM, Living Solo  
1:00 PM, Bridge Game Play, Veatch Ballroom  
5:30 PM, Anti-Racism Book Club  
7:00 PM, Program Council Budget Meeting  
7:00 PM, Legislative Workshop, Offsite  
7:30 PM, Music & Performing Arts Committee Meeting (Budgeting)

### FRIDAY, FEBRUARY 25, 2022

12:00 PM, Great Books Discussion  
6:30 PM, LGBTQ+ Online Gathering  
7:00 PM, Soulful Salutations-Restorative Yoga & Yoga Nidra enhanced by Live Music NOTE DATE CHANGE  
7:30 PM, Film Discussion-*Don't Look Up*

### SATURDAY, FEBRUARY 26, 2022

1:30 PM, *Eyes on the Prize, Episode 6: Bridge to Freedom* (1965)

### SUNDAY, FEBRUARY 27, 2022

9:00 AM, Jazz Ensemble Rehearsal, Veatch Ballroom  
9:30 AM, Choir Rehearsal, Social Hall  
9:30 AM, Childcare, RE Room 1, 2  
10:30 AM, Sunday Morning Experience  
11:00 AM, Sunday Service: *The Day We Have Been Given*, led by guest minister Rev. Lauren Smith, Worship Room, Art Gallery, Social Hall, online  
11:30 AM, Tailgate Coffee Hour after service, Main Kitchen  
11:45 AM, Coffee Hour  
12:30 PM, Worship Pod (In Person and Zoom), Office Conference Room and Online  
12:45 PM, Futures Conversation, Multiple onsite spaces and online  
2:00 PM, Men's Group Online Committee Meeting

### MONDAY, FEBRUARY 28, 2022

8:00 AM–5:00 PM, Building Hours  
9:00 AM, Medical Qigong for Senior Health – Balance!  
1:00 PM, Strategic Plan Task Force Meeting, Office Conference Room  
5:45 PM, Membership Committee Monthly Meeting  
5:45 PM, Membership February Business Mtg  
7:00 PM, Futures Conversation

### TUESDAY, MARCH 1, 2022

8:00 AM–9:30 PM, Building Hours

2:00 PM, BOT/Staff Leadership Meeting, Office Conference Room  
3:00 PM, Art Committee Meeting  
7:00 PM, Small Group Ministry-1st and 3rd Tuesday of the Month  
7:00 PM, BOT Agenda Planning Meeting, Veatch Library  
7:30 PM, President's Operations Taskforce Meeting, Veatch Library  
7:30 PM, DAC Meeting, Office Conference Room

### WEDNESDAY, MARCH 2, 2022

8:00 AM–5:00 PM, Building Hours, Building Hours  
11:00 AM, Crafting for Sanity and Community Online Get-Together  
2:00 PM, Wednesday Conversations  
3:00 PM, SJC Racial Justice Online Subcommittee Meeting  
4:00 PM, Women's Group Online Board Mtg  
4:00 PM, Yoga for Joy and Balance with Beth  
6:30 PM, Dining Solo Together!  
7:00 PM, Women's Firsts Bedtime Stories  
7:00 PM, Publicity and Promotions Committee Meeting  
7:00 PM, Member Events Committee Budget Meeting  
7:00 PM, Personnel Committee Meeting

### THURSDAY, MARCH 3, 2022

8:00 AM–9:30 PM, Building Hours  
10:00 AM, Living Solo  
1:00 PM, Bridge Game Play, Veatch Ballroom  
2:00 PM, Futures Conversation, Multiple onsite spaces and online  
3:00 PM, Online Women Talk Daytime Mtg

### FRIDAY, MARCH 4, 2022

12:00 PM, Great Books Discussion  
4:00 PM, Community Conversations-Hadley House  
6:30 PM, LGBTQ+ Online Gathering  
7:00 PM, TGIF Online-Memory Lane: Cherished Items

### SUNDAY, MARCH 6, 2022

9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room  
9:30 AM, Choir Rehearsal, Social Hall  
10:00 AM, Young People's Choir Rehearsal, Chapel  
10:30 AM, Sunday Morning Experience  
10:40 AM, RE Volunteer Centering Circle, Chapel  
11:00 AM, Religious Education (RE) Classes, RE Wing  
11:00 AM, RE Our Whole Lives Double Session, RE Room 18  
11:00 AM, Sunday Service: *Women's Renewal* led by Rev. Dr. Natalie Fenimore and the UUCSR Women's Group, Worship Room, Art Gallery, Social Hall, online  
11:05 AM, Children's Worship, Chapel  
11:30 AM, UUCSR Tailgate Coffee Hour after

Service, Main Parking Lot  
11:45 AM, (RE) Conversations in the Chapel, Chapel  
11:45 AM, Coffee Hour  
12:45 PM, Futures Conversation, Multiple onsite spaces and online  
1:15 PM, Small Group Ministry-1st Sunday of the Month  
4:00 PM, Transition Team Meeting

### MONDAY, MARCH 7, 2022

8:00 AM–5:00 PM, Building Hours  
9:00 AM, Medical Qigong for Senior Health – Balance!  
6:30 PM, Finance Committee Meeting  
7:00 PM, Futures Conversation  
7:00 PM, RE Committee Meeting

### TUESDAY, MARCH 8, 2022

8:00 AM–9:30 PM, Building Hours  
2:00 PM, BOT/Staff Leadership Meeting, Office Conference Room  
7:15 PM, Program Council Meeting (Multiplatform), Veatch Conference Room

### WEDNESDAY, MARCH 9, 2022

8:00 AM–5:00 PM, Building Hours  
11:00 AM, Crafting for Sanity and Community Online Get-Together  
2:00 PM, Wednesday Conversations  
6:00 PM, Ukulele Group Practice  
6:30 PM, Dining Solo Together!  
7:00 PM, Social Justice Virtual Committee Meeting  
7:00 PM, Futures Conversation

#### DISCLAIMER:

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

*The Quest* is published twice a month, except once each in July and August.

Copies are available in the UUCSR Lower Lobby, <https://uucsr.org/on-demand/quest-newsletter>, and via email. Sign up for email at <https://uucsr.org/on-demand>.

*The Quest* Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. *The Quest* is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

Submissions: [communications@uucsr.org](mailto:communications@uucsr.org)

*Quest* Guidelines: <http://j.mp/quest-gl>

## UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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Rev. Jaye Brooks ([jbrooks@uucsr.org](mailto:jbrooks@uucsr.org))

February 23, 2022

### Minister for Pastoral Care

Rev. Jennifer L. Brower ([jbrower@uucsr.org](mailto:jbrower@uucsr.org))

### Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore ([nfenimore@uucsr.org](mailto:nfenimore@uucsr.org))

### Congregation Operations Administrator

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### Veatch Executive Director

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Abigail Highland ([ahighland@uucsr.org](mailto:ahighland@uucsr.org))

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**Vice President:** Chris Hilke

**Secretary:** Toni Logue

**Treasurer:** Brian Muellers

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ADDRESS SERVICE REQUESTED  
FIRST CLASS MAIL DATED MATERIAL

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

## GREEN SANCTUARY COMMITTEE

*Stephen Ruocco, Chair*



### Community Supported Agriculture (CSA) Shares Available

Participation in a CSA means a connection to local food, farmers, and community. It means weekly organic 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!

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](#).

## MEMBER EVENTS COMMITTEE

*Alissa Howe, Chair*



Memorial Day weekend 2022 is a weekend of peace, love, and fun for all ages at the UUCSR All-Congregation Retreat, once again at Silver Bay. Meaningful Worship Services, combined and separate parent and family programs featuring, sing-alongs at the campfire, and the annual Talent Show for all ages on the big stage, are all planned. Learn more at [uucsr.org/2022SilverBay](http://uucsr.org/2022SilverBay).



Now on Thursdays | 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. 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.