**SUNDAY, MAY 22, 2022, 11:00 AM**  
Rev. Dr. Natalie Fenimore

**Coming of Age**  
Annually, the 8th-grade Coming of Age Religious Education class has a year to learn about and reflect about their own place in Unitarian Universalism. They write their Statements of Beliefs—Credo Statements—and present them to the congregation in this Worship Service. We will hear from our curious, talented, and challenging, young people. Due to the pandemic, those who were the 8th-graders during the pandemic closure have been invited to participate in this service. *

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**SUNDAY, MAY 29, 2022, 11:00 AM**  
Rev. Jennifer Brower

**Memorial Day**  
While many members of the congregation are on retreat together at Silver Bay, we will gather at UUCSR for a service of song and spoken word. As we honor Memorial Day and our nation’s fallen soldiers, we will reflect upon the ways that each of us might serve life and humankind in creating peace. Come, bring a reading or your thoughts to share. Choral music will be provided by the UUCSR Quartet.

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**SUNDAY, JUNE 5, 2022, 11:00 AM**  
Rev. Dr. Natalie Fenimore

**Celebration and Appreciation**  
We gather in community to celebrate the ministry of the Rev. Jennifer Brower. Rev. Brower is retiring from UUCSR after 20 years as Minister for Pastoral Care. Come be part of this service filled with memories, and well wishes. The service will include a child dedication. *

Everyone is invited to join a reception and lunch after the Worship Service, sponsored by the UUCSR Board of Trustees. The UUCSR Annual Meeting (both onsite and online) follows at 1:30 pm. Please see page 2 of this Quest for details.

*Worship Services are in-person, AND livestreamed! Masks are encouraged and required for singing. Livestreams available on uucsr.org/worship, Facebook, and YouTube. Closed captions and podcasts available afterward.  
The Sunday Morning Experience is available online using just one link! Beginning at 10:30 am, join via Zoom, then stay for live Worship Service and Coffee Hour. Join HERE.*

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**TOUCHSTONES**  
Rev. Jaye Brooks

**The Beauty of Loving Religious Community**

I’ve been noticing lately how many things are converging in a good way.

The Strategic Planning Team is nearing completion of a draft plan that soon will be shared widely for consultation and comment—and that, at its heart, would focus congregational life on the important purposes our members identified last year: community, spirituality, and service.

The Board and, most recently, the Program Council have begun discussing how flexibility and creativity in the structure of committees and groups could help energize and revitalize congregational life.

The 8th Principle Task Force has recommended to the Board, almost simultaneously with discussions among Board and Program Council, that our 30 pages of Bylaws be replaced with a simpler, human-friendly framework-style of Bylaws that the UUA recommends.

These discussions and shifts in perspective all stem from the desire at the inception of Shelter Rock’s Developmental Ministry—to create together a more heart-centered congregational life. This month, our learning and worship theme is Nurturing Beauty. To me, that's what ministry is all about. It also what we've been doing.

Continued on page 2
In loving religious community, we humans find connections that enhance our humanity and courage that encourages spiritual growth. We yearn—and learn—to act for justice and find opportunities for humanitarian service. The beauty of loving religious community is both an aspiration and, in the nurturing of it, the reality.

Looking back on nearly three years of Developmental Ministry at Shelter Rock, I see with surprise and gratitude that even under pandemic conditions we have been nurturing each other toward the beauty of heart-centered, vital, and deeply engaged congregational life.

Perhaps it is the light (and sometimes the glimmer of tears) in the eyes of people greeting each other in shared physical space after months of separation. Perhaps it is the laughter and tears—often simultaneously—of members of an online reflection group as they share stories and insights. Perhaps it is the patience and persistence of leaders who have kept us connected and directed through a preposterous pandemic.

The beauty you have nurtured is emerging. It’s glimmering on the edge of sight. It’s rising from the deep hope in your spirits. Your love, your determination, your heartfelt promise: all converging with purpose and possibility.

Rev. Jaye Brooks

I want to thank the congregation and the Caring Committee for the beautiful flowers sent to me. I would also like to thank all who sent cards of caring. I am most grateful.

Henriette (Jetty) Purohit

The 23rd Memorial Day Weekend tradition at gorgeous Silver Bay on Lake George in the Adirondacks is Friday, May 27–Monday, May 30, 2022. Several spots are available. Contact Sharyn Esposito at 516.472.2980.

Reservation DEADLINE is Friday, May 20, 2022

* Worship Services are in-person, AND livestreamed! Masks are encouraged and required for singing. Livestreams available on uucsr.org/worship, Facebook, and YouTube. Closed captions and podcasts available afterward.

The Sunday Morning Experience is available online using just one link! Beginning at 10:30 am, join via Zoom, then stay for live Worship Service and Coffee Hour. Join HERE.
Thank You, Rev. Jennifer Brower
Paul Carbone, Angela Cesa, Melinda Nasti

a farewell to
The Rev. Jennifer Brower
UPON HER RETIREMENT AFTER MINISTERING TO
OUR CONGREGATION FOR OVER 20 YEARS
Sunday, June 5

11:00 AM
Worship Service: Celebration and Appreciation
We will gather in community to celebrate the ministry of the Rev. Jennifer Brower upon her retirement from UUCSR after 20 years as Minister for Pastoral Care. Come be part of this service filled with memories, well wishes.

12:00 PM
Light Lunch & Farewell Reception
Courtesy of the Board of Trustees

1:00 PM
Celebratory Toast

1:30 PM
UUCSR Annual Meeting
Onsite and Online

REGISTER TODAY
1. RSVP for reception here: www.uucsr.org/farewell
2. Sign up to attend Annual Meeting ONLINE here.
No advance registration necessary for in-person attendance.

Congregational Affairs
Jana North, President of the Congregation

A Message from the President

I was recently asked by Rev. Susan Frederick-Gray, President of the UUA, “What brings me JOY?” I’ve been a Unitarian Universalist for 30 years, so she isn’t the first person to ask me that.

It is a question that is often used in UU circles to promote a deeper conversation before a meeting. I have used it myself as a check in at Program Council so it surprised me that when she asked, I had no answer.

I am not by nature an unhappy person and have actually been accused of finding too much humor in almost everything. But for some reason, when Rev. Frederick-Gray said the word ‘JOY’, it stopped me. I certainly find great delight in my grandchild, who is, of course, the most beautiful and brilliant child ever born. And like everyone else, I take more than a little pleasure in the coming of spring, which has bloomed spectacularly here in the northeast. But to me, the word ‘JOY’ feels deep and, dare I say, spiritual.

There are many definitions of the word ‘JOY’: pleasure, satisfaction, contentment, and happiness.

But like a true UU, I searched through all the definitions of the word ‘JOY’ until I found one that truly resonated with me.

“‘JOY is a feeling of elation that may be triggered by witnessing or achieving selflessness.”

Selflessness is a difficult concept for intellectual and independent Unitarian Universalists to fully embrace. It means leaving our ego and pride “at the door” and anticipating other’s needs before our own. And although achieving selflessness in myself is a work in progress, I certainly have witnessed many acts of selflessness: in the aid workers in the Ukraine; in the health workers in Covid ICUs; and in the security guards at the Capitol on January 6, 2021. And I have seen it often in touching acts of kindness at Shelter Rock: in an email or telephone call that acknowledges good effort and offers thanks; in a willingness to take on the work of the congregation before even being asked; and in extraordinary demonstrations of empathy for another’s daily struggle.

As Unitarian Universalists, we talk about ‘JOY all the time; wanting it, giving it, showing it, and feeling it. I think at our core, we can be truly selfless and therefore incredibly joyful. So now, a few days later, I finally have an answer for Rev. Susan Frederick-Gray.

Shelter Rock brings me ‘JOY.

UUCSR Vision
We aspire to be a loving, religious community where we can grow spiritually and build a more just and joyful world.
The Quest

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)
Richard Bock, Chair

UU@UN Report

I am delighted to tell you about the local hosting of the UU@UN Intergenerational Spring Seminar which was held at UUCSR on April 24, 2022. We had an illuminating and motivating in-person presentation on “Displacement: Climate Justice” given by two representatives from the Citizens’ Climate Lobby, Nadine Kadell Sapirman and Ann Perry (photo right). They outlined how we can use the power of our faith and create political action by lobbying our elected officials to enact a carbon fee and dividend policy. This would be collected by the government and distributed evenly to all households.

The stated US goal is to reduce carbon emissions in half by 2030—but there is currently no legislation to achieve this! One way that we can move towards this is by sending postcards and emails and making calls to elected officials. Consider writing to President Joseph Biden, White House, 1600 Pennsylvania Avenue, Washington D.C. 20500 about climate policy with messages such as:

- Climate change is a key issue for me. I support your goal of reducing greenhouse gases by 50 percent by 2030. A rising price on carbon pollution will help meet that goal.
- I care deeply about climate change and want to see the U.S. get off fossil fuels and quickly move to a clean energy economy. A price on carbon emissions is a key to your meeting your goal of 50 percent reduction by 2030.
- Thank you for setting a goal of reducing US carbon emissions by 50 percent by 2030. Current policies won’t get us there. I strongly support a rising price on carbon pollution with money returned to American households (carbon cashback)
- I encourage you to join the Citizens Climate Lobby organization, as I have.

The afternoon was concluded, along with Green Sanctuary participants, with a self-healing walk amongst our wooded acres. As we reflected on the value of trees to our climate, environment, and sense of wellbeing. I invite you to also explore this wooded space that can speak to our hearts and minister to our bodies and souls.

Submitted by Janet Bendowitz, DAC Liaison to UU@UN

PARTNER CHURCH PROGRAM
A Program of Denominational Affairs Committee
Richard Bock, Chair

Partner Church Auction
Sunday, June 19, 2022 | 1:00 PM | Social Hall

HELP SUPPORT UKRAINIAN REFUGEES
PARTNER CHURCH AUCTION

Donate and/or Buy! You’ll Make a Difference!

The Auction, sponsored by the Denominational Affairs Committee to benefit our partner church in Csikszereda, Romania, will provide ALL proceeds go directly to members of Csikszereda’s church in their efforts to assist Ukrainian refugees fleeing the war who need food, clothing, and other necessities. We have 19 items so far, including two hours of piano music, an afternoon of sailing, a drum kit, and a flat-screen TV. But much more is needed!

Are you currently involved in spring cleaning? Are you planning to move and don’t wish to take that beautiful twelve-piece setting of rare dinnerware? Want to find a home for your Steinway concert grand? You get the idea! Right now, we have a great start on auction items—some donated by a generous neighbor selling their home and wishing to find a place for things that will not work in their new house. Please look around—check your attic, garage, basement...

Are you willing to cook a gourmet meal for four? Six? Eight? Sail completely around Long Island on a sunny summer afternoon? Having a party and wish for two hours of LIVE cocktail piano music? (That’s one of the auction items!) Please think about a short description of your donation, and a minimum bid/value on your item for the auctioneer.

Need help getting your donation to Shelter Rock? Please email Barry Nobel at barry@nobel.org or call 516.318.2740 or 516.570.2154.

Thank you for helping to make this event special and supporting UUCSR’s Partner Church!
ANNUAL SUMMER CONCERT

Call for Musicians
The Orchestra at Shelter Rock
Stephen Michael Smith, Conductor

Rehearsals
WEDNESDAY EVENINGS
7 - 9PM
July 6, 13, 20, 27

Concert
SUNDAY, July 31
Noon call
1PM Concert

Venue
Unitarian Universalist Congregation at Shelter Rock
48 Shelter Rock Road
Manhasset, NY 11030
Fully air conditioned, HEPA-filtered air circulation,
free parking, stands/lights provided

Tentative Repertoire
Louise Ferrenc, Margaret Bonds, Florence Price

REGISTER NOW TO RESERVE A SEAT!
Contact Orchestra Librarian: Sylvia Cordero-Skidmore
at uumusic@uucsr.org or (516) 659-5598
Music will be sent prior to the first rehearsal.

MUSIC AND PERFORMING ARTS COMMITTEE
Katy Schall, Chair

Year End Choir Reception
Thursday, May 19, 2022 | 7:30–9:00 PM
Art Gallery

A Special Farewell to Maria and Frank Doyle to wish them well as they embark on the next phase of their lives.

Members of the UUCSR community are cordially invited to attend. No reservations required.

Music Scholarship Winner Chosen

The Edward Miller Memorial Music Scholarship was founded in 2004 to honor the memory of Shelter Rock’s former music director.

Each year, the scholarship has helped deserving seniors graduating from high schools in Nassau County to pursue their dreams. It is funded through the annual Cabaret at the Rock fundraising event. Scholarship recipients are chosen by the Scholarship Committee of the Nassau Music Educators Association.

This year, we are delighted to award $1200 to singer and violinist Sofia Varone of West Hempstead High School.

Sofia has graciously accepted our invitation to participate in the UUCSR Worship Service on June 12, 2022.
The EOC Spring Gala will take place on Thursday, June 2, 2022 at 6:00 pm at Leonard’s Palazzo in Great Neck.

Click here to buy a ticket or choose among other options to be part of the Spring Gala. The Social Justice Committee invites you to join them in supporting this worthwhile organization!

Assisting Refugee Families  
Volunteers are desperately needed to drive volunteers to appointments and to check out possible rental apartments. COVID precautions are observed. When contacted by the Upholding Humanity Volunteer Coordinator Maddy Donath you can always say “no.” You could also ask to go with another volunteer. If you’d like to try, click here and complete the form. Helping a refugee is a very rewarding experience. Don’t miss it.

Cooking meals for guests of the shelters run by the Interfaith Nutrition Network (INN). First Tuesdays of the month and fourth Thursdays of the month, 9:00 AM–12:30 PM. Volunteers gather in the UUCSR Main Kitchen to cook nutritious meals that are delivered to three INN shelters. Register with Sharyn Esposito at sesposito@uucsr.org

Supporting Those Facing Hunger  
The Social Justice Committee invites you to bring donations of non-perishable food items and leave them in the red basket by the main entrance. Members will stock the congregational pantry by the kitchen door for anyone in need. Once the congregational pantry is stocked, we will donate items to local food pantries.

Roosevelt Community Garden  
Volunteer at the Roosevelt Community Garden One Saturday a month from 10:00 AM – 12:00 PM. Connect with people from the local community while offering help with the common areas of the garden. May 21, June 18, July 23, August 20, September 17, and October 15. The garden is located at 59 E. Fulton Avenue, Roosevelt, New York 11575. Register with Claire Deroche at cderoche@uucsr.org

Wednesday, May 18, 2022  
Social Justice Committee Online Meeting  
6:30 PM check-in and conversation, 7:00 PM meeting. Please note the date change to the third Wednesday of the month. Zoom link is the same: https://us06web.zoom.us/j/92825839567 Meeting ID: 928 2583 9567 Or call: 646.558.8656.

Fridays, May 20 and May 27 2022  
Friday Nights with the LGBTQ+ Group  
The UUCSR LGBTQ+ Sub-Committee sponsors a weekly get-together on Friday nights from 6:30 – 8:00 PM. This is an informal gathering where participants check-in from 6:30 – 7:00 PM and then engage in facilitated conversation on a topic from 7:00 to 8:00 PM. The topic for May 20 is “What are you afraid of?” Members of the LGBTQ+ community and their allies are welcome to participate. To join any LGBTQ+ meeting, go to https://uucsr.org/calendar/ for the Friday you wish to attend.

Sunday, May 22, 2022  
Coffee Hour at 11:30 AM | Social Hall  
Meet Board Members and Staff of the Manhasset/Great Neck Economic Opportunity Council (EOC) and learn about their programs for children, youth, and adults. The Social Justice Committee is meeting with them monthly to discover ways that UUCSR members can become involved in the life of the Spinney Hill community.
Veatch Grantee Speaks Out on the Importance of Roe v. Wade

In the wake of the strong reaction to the news that the Supreme Court is poised to overturn the constitutional right to abortion, I want to share with you more information about our new grantee, the Women’s Diversity Network (WDN), based here on Long Island. (See Quest April 6, 2022, page 6, for an introduction to WDN.)

The Women’s Diversity Network supports the leadership of women and gender-expansive people to change the conditions that deteriorate maternal mortality and reproductive health. Last week, their CEO and Founder, Shanequa Levin, issued a poignant statement about how an overturn of Roe v. Wade would lead to higher maternal mortality rates. Shanequa’s work points to the disproportionate impact of maternal mortality on Black and brown people on Long Island.

Levin shared alarming statistics, including “The US has the highest maternal mortality rate among any industrialized and/or developed country... even worse than some less-developed countries... 17 to 19 percent of maternal mortality resulted from unauthorized/unqualified/illegal abortion based on studies done for specific years from 1945 all the way up to the 1960s.” She argued that by overturning the constitutional right to abortion it would “catapult the USA back in a time-capsule to the 1960s and earlier...” where many women, desperate to end their pregnancies, accessed such abortions and died from injury and infection.

Should Roe v. Wade be overturned, there is a strong reproductive rights movement ready to fight back, indeed they already are. According to Levin, data shows that even the general public does not want to end the constitutional right to abortion. She says “unwanted pregnancy impacts women of all cultures and financial statuses, hence it’s no surprise that about 69 percent oppose overturning Roe v. Wade.”

The Women’s Diversity Network is combating high maternal mortality rates right here on Long Island. I urge you to learn more about how Women’s Diversity Network is addressing this issue right in our backyard by checking out their website at www.womensdiversitynetwork.org.

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.
Memorial Day—We Remember

On Memorial Day in 2020, residents gathered in front of Hadley House at 3 PM to participate in Taps Across America. Hadley House resident Doug Hyer played Taps and some of us sang, followed by the group sharing the names of those they knew who died in military service. It was a moving experience, and we will participate again this year.

Barbara Singer

It was Memorial Day on beautiful Lake George. Someone announced, “All who have served in the military, please rise.” Shelly jumped to his feet, proud of his two years in the Army. He used to say, “If they could make a soldier out of me, they could make a soldier out of anyone.” Pleased that the barracks were biracial, he enjoyed wrestling with some African American “brothers” almost every night. They named him their “Brother from another Mother!” Shelly cherished this experience that only the Army could provide.

Lilyan Strassman

Our family hero was Officer Othon Valant (1921–1973), a Cuban-American, now buried at Arlington National Cemetery. Memorial Day brings his image back to me. He was humble, strong, impeccably uniformed—the soldier with the shiny boots. A Command Sargent Major in the Air Force, he served for 32 years, and was decorated many times by General Westmoreland.

Nancy Keegan

As a teenager during the Second World War, my parents and I listened on our short-wave radio to the voices of American prisoners of war, then wrote to their families to inform them that their loved ones were alive. We honor their valor on Memorial Day.

Teddy Sklover

Uncle Abe—the Uncle I never knew. I am sure we met in 1942 when I was but a toddler and he was going off to war. He was killed in North Africa. By chance or destiny, I have the America flag that draped his coffin. I often think of him, and when home, display his flag on my balcony at Hadley House on Memorial Day in his honor. I sometimes think of him having kept my son Major Matthew Jalazo safe in Iraq and Afghanistan.

Jerry Jalazo

Visiting a US Military Cemetery in Holland, I came to understand the huge loss of American soldiers and the deeply felt gratitude expressed, even seventy years later, by the Dutch for the support and sacrifice of US servicemen in defeating Hitler. The Dutch were engaged in a life and death battle in which half perished. I gazed at the many rows of alabaster crosses with names chiseled on each. I was deeply moved by the Dutch devotion to maintaining the memory of our fallen soldiers.

Nancy Jacobson

On Memorial Day, I think of John McCrae’s poem, “In Flanders Fields,” and especially the final lines. It calls to us to remember our wartime dead and their ultimate sacrifice.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Lois Wolfson

Submitted by Hadley House Residents’ Association Quest Committee
COMEDY NIGHT AT THE ROCK

Saturday, June 4, 2022
7:30 PM | Social Hall

Featuring ERIC LYDEN

Known for “Comics Unleashed with Byron Allen” and “Gotham Comedy Live” in NYC, and several of his spot-on celebrity impressions can be heard on TV and radio nationwide. Act is Rated PG-13

Comedy Night Emcee RICHARD BOCK

UUCSR COMEDIC TALENT WANTED
Do you know a few jokes, have a skit or sing a funny song!
Contact Richard Bock to get a time slot at 516.922.6052

Wine, beer, beverages, hot and cold appetizers, and dessert will be served.

JOIN US FOR A NIGHT OF LAUGHTER!
$25 in advance | $30 at the door
uucsr.org/comedy
The Present of Unitarian Universalism

Whenever I hear someone call our young people “the future of Unitarian Universalism,” I find myself having to be that guy and respond by saying, “Yes, and...our young people are the present of Unitarian Universalism.” Indeed, we all are. Our First UU Principle calls upon us to affirm and promote the inherent worth and dignity of all people, therefore I believe that by extension the faith formation journeys of people of all ages carry the same inherent value in equal measure. We are a religion that listens and learns and gleans wisdom from everyone, be they a minister or a Kindergartener in an RE class.

Of course, me being me, my meaning of the “present” of Unitarian Universalism is a double entendre. The presence of young people in our faith and in our congregations is a gift. Again, we all are a gift to one another. It is my hope that we treat each other as such, and that we are grateful. The world is full of places to be and things to do, and making time to be together in building Beloved Community is a choice. Let us cherish those who choose to be here and rejoice in each other’s companionship.

On Sunday, May 22, we are being given the gift of hearing from some of our young people in their Coming of Age worship service. While we listen to these 13- and 14-year-olds share their Credo statements (“credo” being Latin for “I believe”), I invite you to receive with open hearts and open minds, and later to reflect on what you believe and also what it means to be “of age.” Aren’t we always coming of age? Entering new, exciting, and sometimes scary stages of life? Since Credos are only meant to be a time capsule of what we believe in this very moment, accordingly, we owe it to ourselves to expand the parameters for coming of age and revisit our beliefs openly and often. As lifelong learners, justice seekers, and people of faith in a living tradition, the very evolution of Unitarian Universalism depends upon being present.

Car Wash Fundraiser to Support Ukraine on Sunday, June 5, 2022!

Lower Parking Lot starting at 10:00 AM. Please come support the fundraising of the children and youth in RE at Shelter Rock AND get your car washed! Drop off your car with the RE volunteers before the Worship Service on Sunday, June 5, and pick it up clean afterwards. All proceeds will go to support Ukraine.

Thank you all so much for coming out to contribute to the social action of our young people and additional donations can be made by credit card at this link.

The Present of Unitarian Universalism

RE (and more) Programming through June!

This is it! All the awesome activities, ceremonies, and Religious Education Classes for children and youth through the rest of this congregational year in one handy-dandy spot! All programs are onsite at UUCSR unless otherwise indicated.

Keep an eye out for more details on our exciting events, the summer program, and next year, and if you have not yet registered your family for the 2021–22 RE year, please do so by going to www.uucsr.org/RE.

Thursday, May 19, 2022

UU Kids Connect for Grades K–8, 7:00 PM, via Zoom (Register HERE)

Saturday, May 21, 2022

Coming of Age Service Rehearsal, 12:00 PM
Coming of Age Family Service and Reception, 5:00 PM

Sunday, May 22, 2022

Coming of Age Rehearsal Breakfast, 9:00 AM
Coming of Age Worship Service, 11:00 AM
Coming of Age Luncheon, 12:00 PM

Friday, May 27–Monday, May 30, 2022

All-Congregation Retreat

Wednesday, June 1, 2022

Pride without Prejudice Bedtime Stories, 7:00 pm, via Zoom
See more below.

Sunday, June 5, 2022

Young People’s Choir Rehearsal, 10:00 AM, Chapel
RE Car Wash Fundraiser, 10:00 AM, Lower Parking Lot
Grades 3 and 4 Eighth Principle Workshop, 11:00 AM, Room 15

Monday, June 6, 2022

RE Committee Meeting, 7:00 PM

Sunday, June 12, 2022

Bridging Worship Service, 11:00 AM, Worship Room
Bridging Picnic, 12:00 PM, Lawn and Meadow

Pride without Prejudice Bedtime Stories!

Wednesday, June 1, 2022 | 7:00 PM | Live on Zoom HERE.

All are welcome to join Carson Jones for this special interactive storytime as he reads three family-friendly stories celebrating LGBTQIA Pride:

Worm Loves Worm, written by J.J Austrian, illustrated by Mike Curato
And Tango Makes Three, written by Justin Richardson and Peter Parnell, illustrated by Henry Cole
Mama and Mommy and Me in the Middle, written by Nina LaCour, illustrated by Kaylani Juanita
Yoga for Joy and Balance with Beth | Wednesdays, 4:00–5:15 PM
No Class May 18, and 25, 2022 | Live on Zoom HERE.
This class incorporates techniques of Kundalini Yoga, breath work, meditation, and energy modalities. No experience necessary.
Cost: $28 for 4 classes (use any time). First time attendees: no charge. Checks should be addressed to: North Shore Soup Kitchen. All proceeds will be donated to North Shore Soup Kitchen (NorthShoreSoupKitchen.org). Mail checks to: Beth Fedirko, 77 Glen Ave., Sea Cliff, NY 11579. Questions? Beth Fedirko, 516.297.1042 or bfedirko@optonline.net

Medical Qi Gong for Senior Health | 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

Great Books Discussions | Fridays | 12:00–1:30 PM
Come together for conversation that is also a fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. All are welcome.

Reading: The Greatest Short Stories of Anton Chekhov: A Collection of Fifty Stories, translated by Constance Garnett
Available on Amazon HERE.
Gather live on Zoom HERE.

Soulful Songs and Stories
Without spiritual roots, “beloved community” is just a pseudo-religious cliché to hide behind while we do what we always did to get what we always got. We’ll examine this in songs that include “You’ve Really Got a Hold on Me,” “Ain’t Nothing like the Real Thing,” “Hungry Heart,” “There is a Balm in Gilead,” “You Are My Sunshine,” and stories from bell hooks, Jacqui Lewis, James Wood, Danielle Tcholakian, David Hayward, Martin Buber, and others. There are also two pages of cartoons to add truthiness and levity to the mix.

Look for the PDF in your inbox on May 20, if you’ve registered. If you’d like to get on the mailing list, call Jessica Pond at 516.472.2914 or send her an email: JPond@uucsr.org. Enjoy past PDFs at www.j.mp/uucsrss

Alice Giordano and Steve Marston
This article demonstrates the congregation’s stewardship of the earth and commitment to the Seventh Principle.

Planning Lawns and Gardens

Every year there are fewer and fewer pollinators. Bees, butterflies, and other wildlife are disappearing as too many people destroy their lawns and do not plant native, nurturing, plants. The lawn issue can be remedied more easily than the growing of plants for a garden. But by following better ways to have a good lawn and great garden, every person and creature can benefit while we reaffirm our connection to a replenished environment and Earth.

Mowing lawns every week is a no-no. In fact, as spring arrives, it is more beneficial to leave them alone. For one month, allow the dandelions, clover, and other pollen producing flowering plants grow. These attract pollinators. Afterward become a lazy lawn mower—every two weeks. Leave at least two or three inches of growth, which is very helpful to attracting pollinators and growing deep grass roots so less watering is needed. Also, avoid chemical products; nitrogen laden fertilizers, insecticides, and herbicides all kill plants and beneficial insects. There are many organic products on the market available to choose from in a good nursery.

The hiring of the right lawn company can be a challenge in order to have sustainable maintenance. First, insist on lawn mowing that is minimal and choose an organic lawn company. That means no high powered mower. It means the use of a carbon-neutral push one or a mulch mower. This will chop the grass clippings which can be returned to the soil enriching it. That is why we should never put grass clippings in a plastic bag, sent to a landfill where they will not decompose. Also, consider planting native grasses or sedges—not traditional turf. They will become host plants for butterflies and other beneficial insects. Finally, join in “No Mow May,” quite a popular trend in New England.

The National Wildlife Federation has been building a legacy for years. A new one is called the Wildlife Native Plant Collective. In 2021, they supplied 4,200 gardens across the East Coast of the US with 27,000 native plants, introducing “keystone” ones. These are power plants that can reverse the loss of biodiversity and nourish ecosystems. Trees are primary to this effort. For example, one acorn can become a white oak tree, nurturing 952 caterpillar species which are primary food for songbirds. Moreover, trees enrich the soil, secure water sheds, and store carbon dioxide. So consider planting a tree, a keystone plant, along with your sustainable lawn.

Elaine Peters for the Green Sanctuary Committee

Note: This spring, two large parcels of meadow at UUCSR have been designated as No-Mow areas. During the month of May, both areas on the western edge of UUCSRs are being left unmowed to let plants flower and go to seed for benefit of pollinators.
UUA and UUCSR Common Read  
*Defund Fear: Safety Without Policing, Prisons, and Punishment*  
by Zach Norris, Published by Beacon Press (2020)

I looked up at the top self in the Bookstore and at the title of the UUA and UUCSR’s Common Read: *Defund Fear*. I wondered what the heck this meant. How in the world could we defund FEAR?! The subtitle stated: *Safety Without Policing, Prisons,* and *Punishment*. The Introduction and first chapter provide a synopsis that I share in the hope that it excites discussion.

Norris states that there is a fear-based way and a care-based way. The fear-based model is based on a US vs Them mindset that extends beyond politics (Democrats vs Republicans), race (white vs people of color), and class (rich vs poor). (p.9).

Norris explains that the fear-based model defines safety only in terms of being free from crime and criminals, which is limited, and limiting. Thus, as he states, we end up with a criminal legal system that holds close to seven million adult Americans in jail, in prison, on parole, or on probation. Norris goes on to explain that with or without literal incarceration, millions of people are cast as others and bad guys. This includes many children having trouble focusing in school, people who have high levels of anxiety and depression that pushes them to suicide, and many who miss paychecks, get evicted, and have to sleep in a car. (p.9)

Norris states that the moment has come to go from Fear to Caring. That we need to take action toward a culture of caring and policies of caring. We need to shift our focus from individual criminals and what qualifies as crimes, to what actually causes most suffering and damage. (p.10)

Norris states that a culture of care prevents many harms from happening in the first place by investing in a social safety net, by building our capacity to relate to one another across different relationships, and by increasing our sense of “skin in the game” with more engagement on every level, within neighborhoods, and within our democracy and society. (pp10-11)

Care-based safety, he says also means that we address harms in ways that hold people accountable and bring about healing through accountability. (p11)

Fear-based money can be reallocated to the Culture of Caring and used as investments in programs and services that keep us healthy and safe. (p 11)

Finally, Norris states that a care-based model of safety includes all the things that create and maintain stability and well-being on the level of the individual, the family, the community. Young people are given the opportunity to become engaged and empathetic participants in their communities. Everyone learns to truly look out for one another. (p. 11)

Robin Finnan-Jones, Ed.D

**Denominational Affairs and Green Sanctuary Committees**

Reduced dependence on oil can reduce political power. See DAC column on page 4 of this Quest for suggested letter content.

**WANT TO HELP UKRAINE?**

**ASK THE PRESIDENT TO SUPPORT CLEAN ENERGY TODAY!**

Remember The UUCSR Bookstore is open and back in business! Books, gifts, jewelery, and more await! Stop by after Sunday Worship Services right off of the Main Lobby.

Also remember that at least two volunteers are needed in the bookstore every Sunday. Please consider contributing an hour or two every now and then. Please contact Shanti Flot at 917.660.0497 or cafcaf11@hotmail.com. Thank you.
Women's Film Discussion Series

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

With co-hosts Maria Ceraulo and Victoria Pilotti, Center for the Women of New York
Watch the film before the film discussion and join in on a lively conversation.
May 20: Inventing Anna
May 27: The Unforgivable, starring Sandra Bullock
Both available on Netflix
Join Zoom meetings HERE

Women’s Group
Maria Ceraulo, Chair, Women’s Issues

Hear Her
“Listen, Listen! Why won’t you listen to me?” How many times have women used these words, asking to be heard? Hear Her is a Center for Disease Control (CDC) campaign to provide resources and tool kits to advance Maternal Health. Vice President Kamala Harris set up the first White House Day of Action on Maternal Health and promoted the Black Maternal Health Momnibus Act. The week of April 11–17 was set aside to mark Black Women’s Maternal Health.

All this attention to maternal health, or more precisely the lack of it, was precipitated by very disturbing statistics on the sharp rise in maternal deaths since 2020. The Center for Disease Control noted that 60 percent of these deaths were preventable. Their report shows that the maternal death rate for Black mothers is three times higher than for white mothers. Racism is responsible here. It’s not only morally reprehensible, but it’s also a public health threat.

The National Library of Medicine also reported that Black maternal mortality is higher than for white women. It is a crisis. The library actually needed to suggest that obstetric providers engage Black patients with respect—as if it might be a novel idea. They advocated for providing continuity of care and compassion. It’s quite astounding that respect and compassion need to be promoted in medical care at all.

With the Hear Her campaign, the CDC works to raise awareness of potentially life-threatening warning signs during and after pregnancy and improve communication between patients and their healthcare providers. The CDC promotes listening to women. They know their own bodies better than anyone and can tell when something doesn’t seem right. They need to be heard.

Located here on Long Island, the Women’s Diversity Network listens and works to improve maternal and infant health. Through the years, the Women’s Group has partnered with and hosted them. Later they became a Veatch grantee. Their website notes that the United States maternal mortality rate ranks 47th among developed nations, and it’s even worse for women of color. We need to hear and listen to women. We need to provide health care and intervene when women notice unwelcome changes in their pregnancies.

The Eighth Principle calls us to build a diverse multicultural beloved community by actions that dismantle racism and other oppressions. Here are some prime opportunities. We can support the Women’s Diversity Network, the CDC Hear Her campaign by advocating for legislation like the Women’s Health Protection Act which was blocked by the Senate. We can support steps taken to ensure access to reproductive health care and reduce inequities in New York State. We can support the expansion of Medicaid which will save up to 14,000 lives. We can commit to listen and HEAR HER.

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Women Talk Daytime

We heard you! We are now multiplatform—in-person at UUCSR in the Veatch Conference Room and on Zoom the first and third Tuesday of each month at 12:30 PM. You can bring your lunch and coffee/tea will be provided. On June 7, the topic remains Current Events and on June 21, the topic will be “What is the greatest risk you took in your life? Sandra Frank will be in-person as Women’s Group Board representative and Sari Flesch will be online as facilitator; all will be together. Join the online session HERE.

Women’s Group Annual Election & Luncheon Meeting

Sunday, June 26, 2022 | 12:30 PM

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

ANN JULIANO JAWIN HONOR
Please see back cover of this Quest for information.
**Wednesday, May 18, 2022**
6:30 PM, Dining Solo Together!
7:00 PM, Green Sanctuary Online Committee Meeting
7:00 PM, Social Justice Virtual Comm Mtg

**Thursday, May 19, 2022**
10:00 AM, Living Solo
1:00 PM, Bridge Game Play, Art Gallery
7:00 PM, Board of Trustees Meeting
7:00 PM, UU Kids Connect Monthly Gathering Space

**Friday, May 20, 2022**
12:00 PM, Great Books Discussion
3:30 PM, WG Online Book Series
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Women’s Group Online Film Discussion: *Inventing Anna*
7:30 PM, Year-End Choir Reception, Gallery

**Saturday, May 21, 2022**
5:00 PM, Coming of Age Family Service & Reception, Chapel and Veatch House

**Sunday, May 22, 2022**
9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall
10:00 AM, Choir Rehearsal, Worship Room
10:00 AM, Young People’s Choir Rehearsal, Chapel
10:30 AM, Sunday Morning Experience
11:00 AM, Sunday Service *Coming of Age* led by Rev. Dr. Natalie Fenimore, Worship Room, Online
11:30 AM, Coffee Hour in the Social Hall
11:45 AM, Coffee Hour
12:00 PM, Congregational Luncheon for Coming of Age Celebration, Social Hall
12:30 PM, Worship Pod Meeting, Veatch Conference Room, Online
12:45 PM, Men’s Group Multiplatform Committee Meeting, Office Conference Room, Online
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

**Monday, May 23, 2022**
9:00 AM, Medical Qigong for Senior Health
6:30 PM, Together to End Solitary Confinement Online Program

**Tuesday, May 24, 2022**
7:00 PM, Small Group Ministry - 4th Tuesday of the Month
7:30 PM, Climate Action Series: Soil-nation (Please see page 22 of this Quest.)

**Wednesday, May 25, 2022**
10:00 AM, Building a Better Brain for a Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
11:00 AM, Land Management Meeting,
Office Conference Room, Online
2:00 PM, Wednesday Conversations
6:00 PM, Ukulele Group Practice
6:30 PM, Dining Solo Together!
7:00 PM, Mental Health Sub-Committee Online Meeting

**Thursday, May 26, 2022**
9:00 AM, Thursday INN Cooking (By Registration Only), Main Kitchen
10:00 AM, Living Solo
1:00 PM, Bridge Game Play, Ballroom

**Friday, May 27, 2022**
Morning departure to Silver Bay All-Congregation Retreat
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Women’s Group Online Film Discussion: *The Unforgivable*

**Saturday, May 28, 2022**
All day, Silver Bay All-Congregation Retreat

**Sunday, May 29, 2022**
All day, Silver Bay All-Congregation Retreat
9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall
10:00 AM, Choir Rehearsal, Worship Room
10:30 AM, Sunday Morning Experience
11:00 AM, Memorial Day Sunday Worship Service, Worship Room and online, led by Rev. Jennifer Brower
11:30 AM, Coffee Hour in the Social Hall
11:45 AM, Coffee Hour

**Monday, May 30, 2022**
8:00 AM, BUILDING CLOSED-Memorial Day
9:00 AM, Medical Qigong for Senior Health Late afternoon return from Silver Bay All-Congregation Retreat

**Tuesday, May 31, 2022**
2:00 PM, BOT/Staff Leadership Meeting, Office Conference Room
7:00 PM, BOT Agenda Planning Meeting, Veatch Library
7:30 PM, President’s Operations Task Force Meeting, Veatch Library

**Wednesday, June 1, 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
3:00 PM, SJC Racial Justice Online Sub-Committee Meeting
4:00 PM, Yoga for Joy and Balance with Beth
6:30 PM, Dining Solo Together!
7:00 PM, Bedtime Stories
7:00 PM, Publicity and Promotions Committee Meeting

**Thursday, June 2, 2022**
10:00 AM, Living Solo
6:00 PM, EOC Gala (Please see page 7.)

**Friday, June 3, 2022**
12:00 PM, Great Books Discussion
4:00 PM, Community Conversations - Hadley House
6:30 PM, LGBTQ+ Online Gathering

**Saturday, June 4, 2022**
7:30 PM, Comedy Night, Social Hall

**Sunday, June 5, 2022**
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall
10:00 AM, RE Car Wash, Lower Parking Lot
10:00 AM, Young People’s Choir, Chapel
10:30 AM, Sunday Morning Experience
11:00 AM, Celebration and Appreciation Sunday Worship Service, Worship Room and online, led by Rev. Dr. Natalie Fenimore
11:00 AM, RE Grades 3 and 4 Eighth Principle Workshop, RE Room 15
11:30 AM, Coffee Hour in the Social Hall
11:45 AM, Coffee Hour
12:00 PM, Lunch and Rev. Jennifer Brower Farewell Reception, Social Hall
1:30 PM, Annual Congregational Meeting, Worship Room
4:00 PM, Transition Team Meeting

**Monday, June 6, 2022**
9:00 AM, Medical Qigong for Senior Health
3:00 PM, Small Group Ministry - Stephen Ruocco Group
7:00 PM, RE Committee Meeting

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

The Quest is published twice a month, except once each in July and August. Copies are available in the UUCSR Lower Lobby, [https://uucsr.org/on-demand/quest-newsletter](https://uucsr.org/on-demand/quest-newsletter), and via email. Sign up for email at [https://uucsr.org/on-demand](https://uucsr.org/on-demand). The Quest Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. The Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega. Submissions: communications@uucsr.org Quest Guidelines: [http://j.mp/quest-ql](http://j.mp/quest-ql)
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Officers of the Congregation
President: Jana North
Vice President: Chris Hilke
Secretary: Toni Logue
Treasurer: Brian Muellers

Members of the Board of Trustees
Terry Bain
Claudia Barbey
Iliza Bartels
Toni Logue
Toni Logue
Marsha Stone
Jane Weiler
Maryann Zappulla

Next Quest: Wednesday, June 8, 2022 | Deadline for Content: Thursday, June 2, 2022

BOARD OF TRUSTEES
Jana North, President of the Congregation

Board of Trustees Agenda
Tuesday, May 17, 2022

7:00 PM I. Opening Words: Ministers
7:05 PM II. Consent Agenda Items
• April 2022 Minutes
• Ad Hoc Committee and Task Force Reports
  • 8th Principle Task Force
  • Futures Ad Hoc Committee
  • Reopening Task Force
  • Strategic Planning Task Force
  • Veatch Structure Engagement Group
  • Working Groups Task Force
• Letter of Agreement on Emergency Egress Road
7:15 PM III. Rev. Brower Minister Emerita Resolution
7:20 PM IV. Rev. Brower’s Pastoral Care/Retirement Transition Team Report
7:45 PM V. Treasurer’s Report CY22 Q3 Financials
8:05 PM VI. Minister’s Report
• CY23 Membership Drive Update
• CY23 Ministerial Intern Update
• April Retreat Recap-Next Steps
• Approval of Resolutions and Policies as Recommended at the April 20, 2022 Board Mini-Retreat
8:50 PM VII. President’s Report
• June Congregational Meeting Agenda
• Royalty Powers of Attorney
• President’s Operation Task Force (POT) Update
• Task Force Update
9:00 PM VIII. Good of the Order

Board of Trustees Agenda
Thursday, May 19, 2022

7:00 PM I. Opening Words/Check-in: Ministers
7:05 PM II. Endowment Committee
• Resolution on Crisis Grants Policy Funding Mechanism on Endowment
7:30 PM III. Socially Responsible Investing Committee
• Updated Charge
• $250,000 Loan-Capital Good Fund
• $400,000 Investment in Iroquois Valley REIT
8:00 PM IV. Ukraine Crisis Grants Task Force
• Resolution on Grantee Recommendations
8:20 PM V. Ministerial Search Committee Update
8:40 PM VI. Member Resource Committee
• CY23 Committee Chairs and Members
9:00 PM VII. Good of the Order

In Honor of Ann Juliano Jawin
Founder of the Center for The Women of NY

YOU ARE INVITED TO STREET PLANTING AND TREE PLANTING CEREMONY

233RD STREET, DOUGLASVILLE, NY 11303
INTERSECTION OF 23RD ST. AND 91ST AVE WILL BE PLANTED

Ann Jawin Way
SATURDAY, MAY 21, 2022 11:30AM