The Quest
UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
We aspire to be a loving, religious community where we can grow
spiritually and build a more just and joyful world.
—UUCSR Vision Statement

July 13, 2022

CONGREGATIONAL NEWS

It is our pleasure to announce that the Ministerial Search Committee recommended and the Board of Trustees approved the Rev. David Carl Olson as our contract Associate Minister for Congregational Life. Rev. Olson will begin ministry at UUCSR in the fall. He comes to us with 24 years of experience in Unitarian Universalist ministry—most recently as minister at the First Unitarian Church of Baltimore, MD.

Rev. Olson has a depth of experience and training in all areas of ministry. We are excited to have David share our future.

A graduate of Andover Newton Theological School, Rev. Olson has served UU congregations in Massachusetts, Michigan, and Maryland. He has a strong desire for a team setting, where he can work in collaboration with other ministers, staff, and lay leadership to fulfill the mission and vision of the community. He is committed to the 8th Principle and Welcoming Congregation mission.

He has demonstrated strong leadership in pastoral care ministry, and member engagement. He is a regular attendee of Faith Development Week at Star Island where he has met many of UUCSR’s Religious Education leaders and families.

Rev. Olson has an engaging worship style—enlivened by his theater and performance background. References describe David as creative, dynamic, energetic and collaborative.

Plans are being made for Rev. Olson’s arrival at UUCSR and opportunities for you to meet with the new Associate Minister for Congregational Life.

Jane Weiler
Chair, Ministerial Search Committee

Jana North
President, Unitarian Universalist Congregation at Shelter Rock

Rev. Dr. Natalie Fenimore
Lead Minister and Minister for Lifespan Religious Education

TOUCHSTONES
Rev. Dr. Natalie Fenimore

As we take our staycations and vacations—and the inevitable goes wrong and our idyllic holidays fall short, remember to embrace the continuing possibility of unexpected joy.

Think about these words:

“Gate A-4” by Naomi Shihab Nye

Wandering around the Albuquerque Airport Terminal, after learning my flight had been delayed four hours, I heard an announcement: “If anyone in the vicinity of Gate A-4 understands any Arabic, please come to the gate immediately.”

Well—one pauses these days. Gate A-4 was my own gate. I went there.

An older woman in full traditional Palestinian embroidered dress, just like my grandma wore, was crumpled to the floor, wailing. “Help,” said the flight agent. “Talk to her. What is her problem? We told her the flight was going to be late and she did this.”

I stooped to put my arm around the woman and spoke haltingly. “Shu-dow-a, Shu-bid-uck Habibti? Stani schway, Min fadlick, Shu-bit-se-wee?” The minute she heard any words she knew, however poorly used, she stopped crying. She thought the flight had been cancelled entirely. She needed to be in El Paso for major medical treatment the next day. I said, “No, we’re fine, you’ll get there, just later, who is picking you up? Let’s call him.”

We called her son, I spoke with him in English. I told him I would stay with his mother till we got on the plane and ride next to her. She talked to him. Then we called her other sons just for the fun of it. Then we called my dad and he and she spoke for a while in Arabic and found out, of course, that they had ten shared friends. Then I thought, just for the heck of it, why not call some Palestinian poets I know and let them chat with her? This all took up two hours.

She was laughing a lot by then. Telling of her life, patting my knee, answering questions. She had pulled a sack of homemade mamool cookies—little powdered sugar crumbly mounds stuffed with dates and nuts—from her bag—and was offering them to all the women at the gate. To my amazement, not a single woman declined one. It was like a sacrament. The traveler from Argentina, the mom from California, the lovely woman from Laredo—we were all covered with the same...
Unheard Voices

How often have we been denied the wisdom and creativity which come from marginalized voices/expressions? How might we make ourselves and our community more open?

The Annual Summer Orchestra Concert will follow the Worship Service and celebrates the "unheard voices" of three women composers for orchestra.*

See display ad on page 3 of this Quest.

*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.
powdered sugar. And smiling. There is no better cookie.

And then the airline broke out free apple juice from huge coolers and two little girls from our flight ran around serving it and they were covered with powdered sugar, too. And I noticed my new best friend—by now we were holding hands—had a potted plant poking out of her bag, some medicinal thing, with green furry leaves. Such an old country tradition. Always carry a plant. Always stay rooted to somewhere.

And I looked around that gate of late and weary ones and I thought, “This is the world I want to live in. The shared world. Not a single person in that gate—once the crying of confusion stopped—seemed apprehensive about any other person. They took the cookies. I wanted to hug all those other women, too.

This can still happen anywhere. Not everything is lost.
A Message from the President

Having just returned from General Assembly (GA) in Portland, OR, I am both energized by my experience there and disheartened over the recent events in this country. Seven years ago, I was also in Portland for GA and I felt lucky to be among Unitarian Universalists when we heard that the Supreme Court had voted to guarantee the right of same sex couples to marry. It was a happy and hopeful time.

This year during General Assembly, the Supreme Court struck down Roe vs Wade and while I was filled with disappointment and a lot of rage, I again felt lucky to be sitting in a convention center surrounded by Unitarian Universalists. It was both a comforting and supportive time.

We are all lucky to have one another in good times and in bad. In 2015, we celebrated our long fight for LGBTQ+ rights and remembered how 10 years earlier, on the day that same sex marriage became legal in Massachusetts, Unitarian Universalist Rev. William Sinkford officiated at the wedding of Hillary and Julie Goodridge, the lead couple in the lawsuit that led to the ruling. In 2022, Susan Frederick-Gray, after announcing the court’s decision that struck down a woman’s constitutional right to an abortion, urged the assembled UUs in Portland to not give in to hate and fear, but to move closer to one another and stand on the side of love.

That message became a rallying cry throughout the entire weekend. One of the most inspiring speakers was Rev. Jacqueline Duhart, the Director of Spiritual Care at Starr King School for the Ministry. She managed to almost blow the roof off the Portland Convention Center during the Service for the Living Tradition. Her message to all of us Radicals....to RISE UP because NOW IS THE MOMENT.

It would be easy to get depressed and defeated over what is surely a step back in the fight for women’s rights, but as Rev. Duhart said again and again, we need to rise up one more time and "harness love's power to stop oppression." This is not the time to stay silent, but now is the moment to make our voices heard, at marches and protests, and especially at the ballot box.

We talk a lot about seeing our faith in action and these are the times to put that to the test. Rise Up and Stand on the Side of Love and, as Ruth Bader Ginsberg said, "leave the world a little better for having lived:"

UUA General Assembly (GA) Update

It was an interesting event. First, celebrating the first General Assembly with in-person delegates since 2019 was quite different from any GA in the past. Everything was scaled back; there were NO evening events! Second, the 2022 GA was multi-platform. There were more online delegates than in-person delegates! Delegates did not have voting cards to wave in the air. Everything was done via cellphone, tablet, or computer, which completely eliminates any guesswork in voting.

The huge convention hall was filled with delegates, UUA Board and staff, and others; the Exhibit Hall was sparse with many fewer booths than in the past. It felt strange and unusual not seeing crowds of UUs roaming the Convention Center and hotel.

There were 1,776 delegates representing 597 congregations in the US, Mexico, Philippines, and Canada. Total attendance was 3,224.

Shelter Rock’s Denominational Affairs Committee (DAC) will begin planning for GA 2023 in Pittsburg, PA, in the fall under the leadership of new chair Barry Nobel. It appears that future General Assemblies will continue to be multi-platform, which eliminates the need for costly travel.

I look forward to planning for 2023 and hope you will consider joining to create a meaningful and memorable experience together with thousands of fellow Unitarian Universalists.

Richard Bock for the Denominational Affairs Committee

UU@UN Update

As yourUU@UN envoy, I attended the UUA Intergenerational Spring Seminar. The keynote speakers at this year’s Intergenerational Seminar were the Pacific Island Students Fighting Climate Change, a partner of UUSC. They told us of the unique Island nation of Vanuatu, which is sponsoring a United Nations General Assembly resolution. This would engage the International Court of Justice to issue an advisory opinion mandating that future generations have the human right for a safe and sustainable planet. You may view the Intergenerational Spring Seminar Keynote address to read about the Vanuatu initiative.

Solomon Yeo, age 26, is a member of the Pacific Island Students Fighting Climate Change. He is presently in New York and plans to work with the UN to get the motion passed in the General Assembly in its next session. The Vanuatu initiative is grounded in indigenous rights and the strong spiritual and material connection they have to the land.

If you agree with the Vanuatu initiative, please sign the UUSC’s petition at UUSC.org to encourage US leadership to vote "yes" on the resolution HERE.

Submitted by Janet Bendowitz, DAC Liaison to UU@UN
Sustaining Democracy in Oregon

Veatch Governors and staff recently visited grantees in the state of Oregon when we traveled to Portland to attend General Assembly. This was the first time since the pandemic began that we were able to meet with grantees in their communities. It is a heartening shift forward.

On June 24, we traveled to rural Woodburn, OR, to share a meal with members of Oregon's Farmworkers' Union, PCUN, and Capaces, all still reeling from the news that the Supreme Court had overturned Roe vs. Wade. What we experienced there points to the road ahead for the crucial work of locally-based organizing to sustain our democracy.

PCUN began in 1985 as a farmworkers union and is now the state's largest Latinx organization for low-wage workers. We met early founders as well as new leaders, including executive director Reyna Lopez, who grew up in the organization. We even got a walking tour of new business and housing development from Woodburn's Mayor, a longtime PCUN supporter. Maria Hinojos Pressey, PCUN staff member and young mother, inspired us with her story of winning a seat on her local school board.

Capaces Leadership Institute shares a courtyard and a long history with PCUN. Director Jaime Arredondo's next meeting after ours was with the local bank, to secure financing for 60 acres of organic farmland for a new cultural center for Capaces' programming with the indigenous community. The next generation will soon have a home to learn native farming practices and business skills, preserve language, and to continue to fight for the rights and recognition of farmworkers.

The Colors of Hydrogen

There has been frequent mention of the use of blue or green hydrogen to address climate change. There are yet more hydrogen colors as described below. Since pure hydrogen does not occur in nature, it must be produced by a chemical process. The simplest process is electrolysis. Here electrical energy is used to separate water, "H2O," into its component elements: hydrogen and oxygen. In theory, that energy is recovered when the hydrogen is used in a fuel cell to generate electricity. Basic physics dictates that the energy output cannot be greater than that used to produce the hydrogen.

If the input of energy to obtain the hydrogen is obtained from renewable sources like wind or solar, the hydrogen is called green. If electrical energy is obtained from the grid, without knowledge of its provenance, the hydrogen is yellow. In each case, the output energy is less than input.

Fuel cells, like batteries, store energy; they are not energy sources. Fossil fuels release their energy by burning. Ultimately, the sun is the source of that energy, accumulated over millions of years. We don't discuss the relative benefits of fuel cells versus batteries or where each should be used. We should support the development of green hydrogen when it used to store energy till needed.

An alternative to the above is blue or gray hydrogen. The process, called steam methane reforming (SMR), uses methane to produce carbon monoxide and hydrogen gas. A secondary reaction, which converts the carbon monoxide to carbon dioxide, yields more hydrogen. Regarding global warming, one molecule of methane yields one molecule of carbon dioxide. This is the same as the conventional burning of natural gas. The apparent advantage is that SMR yields more energy than conventional burning. In reality, this technology may just help keep us on fossil fuels with no benefit.

Lastly, there is turquoise hydrogen. The process is called methane pyrolysis. Methane is heated to decompose it into its constituent elements, carbon and hydrogen. The carbon is stored (sequestered) and no carbon dioxide is released into the atmosphere. Theoretically, the energy output is about half that obtained by the direct burning of methane.

For compact storage, it is useful to liquefy gases. But considerable energy is required to maintain these low temperatures. For methane, the critical temperature is minus 83 degrees centigrade; for hydrogen it is minus 240 degrees. For any color hydrogen, this is a problem.

Jim Peters for the Green Sanctuary Committee
Doing the Work of Racial Justice in a Post Roe World

It is no longer news that abortion has lost the protection of the Constitution of the United States. When the US Supreme Court handed down its decision on June 24, 2022, in Dobbs v. Jackson Women's Health Services, they struck a blow not only to reproductive justice but also to racial justice. In the words of Kimberlé Crenshaw, "Make no mistake: to rip vital abortion care out of the hands of millions of Americans who may need it is a devastating act of political violence. It will also be disproportionately lethal to Black and poor women who now will lose their already-limited access to abortions."

This Supreme Court decision is about more than access to abortion. Since the beginning of slavery in this country, race and reproduction have intersected. When American slave holders participated in the international slave trade, their ability to control women's reproduction was not as important. However, in 1808, when Congress forbade the further importation of enslaved persons, controlling women's reproduction became a matter of the utmost importance. According to Melissa Murray, a legal scholar and law professor at New York University, "Because the use of contraception and abortion to control reproduction had profound implications for property interests, slave owners sought to deter and punish efforts to prevent or terminate pregnancies."

To further link the right to your own body and racial justice, Murray continues by calling attention to the reconstruction amendments, especially the 14th, which "was about imbuing these newly freed persons with the basic rights that whites had come to expect, and that had been systemically denied enslaved people." She notes, "We've lost that thread."

While all people who can become pregnant will be affected by the Supreme Court's decision, Black women will be the most seriously affected. According to the Centers for Disease Control (CDC), they already bear the highest burden of infant mortality and maternal mortality. If Black women are denied access to life saving abortion care, advocates expect these rates to go up.

Of course, Black women do not experience these high rates of infant and maternal mortality in a vacuum. According to Black academic and activist, Barbary Ransby, "As Black feminists, we understand that not only is abortion a racial justice issue, but so is the right to have and parent children free of state-sanctioned and vigilante violence, free of heteropatriarchal and transphobic mandates, and free of the economic burdens caused by low wages, lack of affordable housing and child care, and lack of access to high-quality schools. Understanding that these are not separate struggles is what we mean by intersectionality."

Doing the work of racial justice in a post-Roe world demands that activists include reproductive rights in their agenda. In this work, Ransby suggests that activists would be well served by following the lead of Black organizations such as SisterSong, Black Women's Blueprint, and Black Feminist Future.
A Webinar Commemoration of the 77th Anniversary of the U.S. Atomic Bombings of Hiroshima and Nagasaki

Wednesday, August 3
7:30 PM
Register: uucsr.org/hiroshima
A link will be sent to your email.

“Choice is not between violence and nonviolence. It is either nonviolence or nonexistence.” ~ Martin Luther King, Jr.

IT IS TIME FOR ACTION, FOR ABOLITION, FOR PEACE.
IT IS TIME TO END RACISM, MILITARISM AND POVERTY.

Co-sponsors: Homecoming Farm • South Country Peace Group • Pax Christi Long Island
North Country Peace Group • Hofstra University’s Institute for Peace Studies

For info: UUCSR Social Justice Committee, cderoche@uucsr.org, 516.472-2977
Long Island Alliance for Peaceful Alternatives, longislandpeace@gmail.com, 516.252.2707
Peace Action New York State, info@panys.org, 646.723.1749

UUCSR Vision Statement
Unitarian Universalist Congregation at Shelter Rock
48 Shelter Rock Rd, Manhasset, NY 11030
uucsr.org | 516.627.6560 | 🌍

Long Island Alliance for Peaceful Alternatives
www.longislandpeace.org

Peace Action New York State
www.panys.org
**Women Talk Daytime**

Now multiplatform—onsite and online in the Veatch Conference Room and on Zoom first and third Tuesdays monthly at 12:30 PM.

Bring your lunch and coffee/tea will be provided.

The first Tuesday of the month the topic remains Current Events and on July 19, the topic will be

“In this time of great political divide how can we best handle philosophical disagreements? Or disagreements in general?”

Sandra Frank will be in-person as Women’s Group Board representative. You are welcome to join on Zoom. Companionship and compassion are what we bring to one another while we discuss matters together. Wisdom can be gained at Women Talk Daytime when our group of well-read intelligent women meet.

Come share your insights. We will all be together! Join the online session HERE.

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**Safe Center LI Program**

Earlier this year, the UUCSR Women's Group began a new endeavor with the Safe Center LI: "The Healthy Fresh Fruit and Vegetable Program.” It was started to provide fresh healthy food choices for clients residing at the various housing locations run by the Safe Center LI. The program has proven to be highly successful, and the Safe Center clients are grateful for donations of fresh produce.

Two months into the program, the facilitator from the Women's Group Board, Ruth Barrie, Hospitality Chair 2021-2022, approached the Men's Group to ask if they could co-sponsor the program and provide additional funds to support the program for the year. They were most generous and matched the Women's Group budget that was allocated for this program.

The Women's Group holds an Annual Election and Luncheon Meeting where a guest speaker is invited. To inform the Women's Group members about the program and to allow The Safe Center to explain their mission, Ruth invited Bridget Mantello, Director of Development for The Safe Center LI, to be the guest speaker. Attendees were happy to hear about program and felt enlightened about the work of the Safe Center LI.

We will continue the The Healthy Fresh Fruit and Vegetable Program in the new 2022–2023 Congregational Year and we are hoping to be able to increase funds so that we can supply an even larger quantity of fresh produce. Ruth will be reaching out to other committees to see if there is an interest in collaborating. If committees do not have funds to donate, there are alternative ways to volunteer. Please contact Ruth Barrie, Women’s Group Outreach Chair 2022-2023 (laddbidh@hotmail.com).
Women’s Group President Diane Mansell wrote,

“Join the Crusade! In a historic and far-reaching decision, the U.S. Supreme Court officially reversed Roe v. Wade, declaring that the constitutional right to abortion, upheld for nearly a half century, no longer exists. With the move, it hands the decision back to states, 26 of which are considered likely to ban the procedure. Accordingly, more than a quarter of the nation’s abortion clinics are expected to shut their doors in the coming weeks, as the effects of the massive ruling play out. But the exact way states and clinics will proceed remains to be seen.”

“A woman’s decision whether or not to bear a child is one of the most intimate and important she will ever make. Like choices about contraception, marriage, and child-rearing, the decision to continue or end a pregnancy should be left to the woman.”

“It is time to take action! We need all UUCSR members to support us in our fight to support women’s right to choose.”

Social Justice Coordinator Claire Deroche supplied the following:

Reproductive Justice Congregational Organizing Series for Teams
Side with Love’s UPLIFT Action Campaign

WANTED! Members to train to be a congregational team to respond to the Supreme Court’s decision regarding abortion.

Join the UUA Side With Love’s UPLIFT Action campaign for a three-part Reproductive Justice Congregational Organizing series. In congregational cohorts and a large group, attendees will:

- Session 1 Explore the role of congregations in post-Roe world
- Session 2 Spend time discerning risk and accessing courage
- Session 3 Make an organizing plan

All sessions are from 8:00–9:30 pm on Thursdays, July 21 and 28, and August 4, 2022. Participants commit to attending all three sessions. After the training, UUCSR members will continue the work. To register for EACH session, click on each training date: Thursday, July 21; Thursday, July 28; and Thursday, August 4.

Questions? Contact Social Justice Coordinator Claire Deroche at cderoche@uucsr.org

A Time to Grieve, A Time to Re-Commit
Excerpted from Reproductive Justice, UPLIFT Action, June 24, 2022

The Supreme Court of the United States handed down its decision in the Dobbs v. Jackson case. The final opinion effectively overturned Roe v. Wade and eliminated federal protections for abortion. Each state will now be able to independently regulate abortion, with at least 26 states poised to entirely ban abortion care beginning immediately.

We weep for the millions of people and families that will be harmed—physically, spiritually, financially, and emotionally—because of this decision. We mourn that this ruling rolls back many decades of advances for reproductive health, rights, and justice. And we sit with the numbness, despair, and anger we feel knowing that white Christian nationalist misogyny has won the day.

Whenever our movements experience a major defeat, we take a beat to discern what our next moves will be. We all have the right to grieve, to rage, to mourn when we lose—it’s what keeps us human, and reminds us why we keep fighting. (Sometimes this can look like mass protest, when we gather in the streets as a community together. Many communities are planning decision day #BansOffOurBodies marches or protests; find yours here.)

Then, when we’re ready to move back into action after a loss, we have to choose how to allocate our energy. In the weeks and months ahead, as we calibrate to the realities of living in a post-Roe United States, there will be concrete ways for our congregations to take on both harm reduction and liberatory imagination. Here are three things you can do right now to support both today:

- **Donate to your local abortion fund, and/or the National Network of Abortion Funds.** Abortion has never been universally accessible to people in the US, but the National Network of Abortion Funds and their local affiliates have been supporting those seeking abortion care for decades. From making clinic referrals to providing financial support for medical costs, travel, childcare, and more, we need robust abortion funds more than ever.

- **Make a plan to host a(nother) Reproductive Justice Sunday in your congregation.** Worship can be both a way of ministering to people’s hearts, and a component in mobilizing our communities for action. Click the link above to see the rich compendium of resources you can use for services in your congregation.

- **Join Side With Love’s UPLIFT Action campaign for our upcoming three-part Reproductive Justice Congregational Organizing series.** In congregational cohorts and a large group, we will train and plan for effective action. Please register above.

There is a role for all of us to play, starting right now. The fight is far from over.
Mid-Summer Night Fest

Enjoy a hot lobster or BBQ hot off the grill by Men’s Group grill masters!

Saturday, July 30, 2022

5 PM Music and Mingle
6 PM Dinner
Veatch Terrace

Live Music by
Any Given Sunday Band

Register: uucsr.org/lobster22

Lobster Dinner or non-lobster dinners available.
Limited to 100 paid registrants ONLY. No Exceptions.
Please bring hors d’oeuvres to share with 8.

**Lobster Dinner:** Member $35 | Non-Member $40
*Please bring a NUTCRACKER!*

**Non-Lobster Dinner (BBQ):** Member $25 | Non-Member $30
Children (10 and under/Non-Lobster): $15

Includes hot appetizers, salad, fresh corn on the cob, and more. Also includes beer, soda, wine, and dessert.

Must RSVP with payment by **Tuesday, July 26.**
Childcare available if requested by **Friday, July 15.**

Contact Sharyn sesposito@uucsr.org
or 516-472-2960 with questions.
Summer Vacation Bedtime Stories
(now on the 2nd Wednesday of the month)
Wednesday, July 13, 7:00 pm | Live on Zoom HERE

All are welcome to join Carson Jones for this special interactive story time as he reads three family-friendly stories celebrating summer vacation!

Roller Coaster, written and illustrated by Marla Frazee

Beach, written and illustrated by Elisha Cooper

The Moon Jumpers, written by Janice May Udry, illustrated by Maurice Sendak

Registration is NOW OPEN for our in-person and online RE Summer Programs!

Five Easy Peaces: An RE Outdoor Summer Program for All Ages 11:00 am, on Sundays, July 17, 24, 31, August 7, and 14 on the grounds at UUCSR.

Everything these days can feel like it’s 15 times harder to do, especially when it comes to finding moments of peace within ourselves and those around us... but it doesn’t have to be so difficult! This summer, we will explore some simple, joyful ways to make space for peace with one another in community.

Join us for five consecutive weeks of uplifting music, summertime fun, spirit-lifting activities, and surprises galore!

Please CLICK HERE to sign up and feel free to reach out to Carson at cjones@uucsr.org and Jess at jpond@uucsr.org with any questions.

UU Kids Connect Summer Drive-in Movie Matinees

Thursday beginning July 21, the inter-congregational team of UU religious educators invites you to the movies! Together each week, we will watch a much-loved family favorite film through the lens of our UU values followed by a lively chat. Get that popcorn apoppin’ and we’ll see you this summer... at the movies! Keep an eye out in the RE emails to register for all this and more soon.

Grants Available for UU Summer Camps

Are you looking for a fun, inclusive and spiritually nourishing place to send your kids to camp this summer? There are several Unitarian Universalist summer camps for children and youth, as well as camps for the whole family!

The UUCSR Religious Education program budget provides grants to children and youth to attend these camps. Every child/youth of a congregational member is eligible for a grant of 18 percent of standard enrollment costs towards one week of camp. If your child/youth will be attending a UU Camp or Conference Center this summer and would like to have a grant from UUCSR, please call Jessica Pond at 516.472.2914 or e-mail jpond@uucsr.org and let us know. UU camps include:

Star Island
Ferry Beach
The Mountain
Camp Unirondack
Clara Barton Camp
Murray Grove
The Rowe Center
UUMAC or other UU camp of your choice

Unfortunately, the Sophia Fahs Camp will not be able to operate this summer, and hopes to return in a future year. Please feel free to reach out to Carson Jones at cjones@uucsr.org or Jessica Pond at jpond@uucsr.org with any questions.
This workshop provides a “no judgement, no expectations” space to learn more about trusting your own creativity, as you reconnect to your inner artist.

Through the use of Intention, Journaling, and Guided Meditation, the process of painting can transform, expand, and enlighten your inner world.

You do NOT need to be an artist to participate in this workshop!

All you need is a willingness to learn something new about yourself, and a desire to play with paint. We hope you will join in this powerful experience of listening to your intuition and expressing your own truth.

**Intuitive Painting Workshop**

**Instructor:** Beth Costello

**Tuesday, August 16, 2022**

**10:00 AM–12:00 noon**

**Veatch House Ballroom**

**$10.00 fee**

Register online at uucsr.org/intuitiveart or with Elaine Corrao at 516.472.2933.

A supply list will be provided upon registration.

Bring your own brown bag lunch and picnic on the beautiful grounds afterward!

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**Medical Qi Gong for Senior Health**

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: *100 Best-Loved Poems*

Dover Thrift Edition
Edited by Philip Smith
Available on Amazon HERE.

Gather live on Zoom HERE.

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**Thank You, Rev. Jennifer Brower**

You may honor Rev. Jennifer Brower and her recently ended twenty years of ministry with your personal gift.

You may make a contribution in several ways:
- Visit www.uucsr.org/browergift online.
- You may use the QR code for easy access.
- Mail or deliver a check to the UUCSR Finance Office with “Rev. Brower Gift” in the memo line.

Donation collection ends July 31, 2022.
Bookstore Committee
Shanti Flot, Chair

Ware Lecture at UUA General Assembly.

Each year at the UUA General Assembly, the UUA President, in consultation with the General Assembly Planning Committee, invites a distinguished guest to address the General Assembly as the Ware Lecturer. Previous Ware Lecturers include Martin Luther King, Jr., Kurt Vonnegut, and Marian Wright Edelman. Recordings of their lectures are available on the uua.org website.

This year’s Ware Lecture was given by Dr. Ibram X. Kendri. He is the author of five straight #1 New York Times best sellers, including How to Be An Anti-Racist and the National Book Award-winning Stamped from the Beginning: A Definite History of Racist History. In 2020, Time Magazine named him one of the 100 most influential people in the world. His research puts into question the notion of a post-racial society and opens readers’ eyes to the reality of racism in America today.

(Adapted from UUA.org)

Submitted by Robin Finnan-Jones for the Bookstore Committee

Dr. Kendi’s two books mentioned above will be available in the Shelter Rock Bookstore in early fall.

Art Committee
Paul Kopelow, Chair

Congregational Art Show
August 14–September 14, 2022

DELIVERY
Sunday, August 7
12:00–1:30 PM | Art Gallery
Tuesday, August 9
1:00–2:30 PM | Art Gallery

RECEPTION
Sunday, August 14
1:00–3:00 PM | Art Gallery

PICK-UP
Wednesday, Sept. 14
9:00–11:00 AM | Art Gallery
Thursday, Sept. 15
7:00–8:00 PM | By appointment only

Registration Forms Available HERE and in the Lobby

Original paintings, collage, sculpture, photography, pen and ink, mixed media, prints, poetry (8½ by 11 format), and other creative works.

Refer to uucsr.org/art for details.

Regrettably, storage is not available post-show.

Please contact Elaine Corrao with questions or appointments (516.472.2933 or ecorrao@uucsr.org)

If you love books and/or meeting interesting people, you may love volunteering at the Bookstore in the Main Lobby following Sunday Worship Services. Responsibilities are light, but a commitment to be onsite at agreed-upon hours is necessary. If you are available on Sunday, July 14, 24, or 31, please contact Shanti Flot or Robin Finnan-Jones. You’ll be glad you did!
Wednesday, July 13, 2022
9:00 AM-9:30 PM, Building Hours
6:30 PM, Listening Session, Worship Room and Zoom
7:00 PM, Summer Orchestra Rehearsal, Social Hall
7:00 PM, Summer Vacation Bedtime Stories!

Thursday, July 14, 2022
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom
7:00 PM, Member Resource Committee Meeting

Friday, July 15, 2022
Building Closed
12:00 PM, Great Books Discussion
3:30 PM, WG Online Book Series Discussion
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Women’s Group Online Film Discussion - Ask for Jane

Sunday, July 17, 2022
9:00 AM-3:00 PM, Building Hours
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall, Social Hall
10:30 AM, Sunday Morning Experience
11:00 AM, Five Easy Peaces – An RE Outdoor Summer Program for All Ages, RE Room 15, Meadow, Playground
11:00 AM, Sunday Worship Service ReWinding Our Campus and Surrounding Community, led by Elaine Peters, Worship Room and Online
11:30 AM, Coffee Hour in the Social Hall
12:00 PM, Caring Committee Meeting, Veatch Patio and Ballroom
12:30 PM, Ethical Eating Seasonal Cooking Class, Veatch Kitchen

Monday, July 18, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health – Balance!

Tuesday, July 19, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
12:00 PM, Women Talk Daytime

Wednesday, July 20, 2022
9:00 AM-9:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
7:00 PM, Board of Trustees Meeting, Veatch Conference Room and Zoom
7:00 PM, Willow Rehearsal, Worship Room
7:00 PM, Social Justice Virtual Committee Meeting
7:00 PM, Summer Orchestra Rehearsal, Social Hall

Thursday, July 21, 2022
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom
6:00 PM, UU Kids Connect Summer Drive-in Movies!
8:00 PM, Side with Love’s UPLIFT Action Campaign Online

Friday, July 22, 2022
Building Closed
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Women’s Group Online Film Discussion - The Imitation Game

Saturday, July 23, 2022
5:00 PM, ME Mid-Summer Night Fest, Veatch House

Sunday, July 24, 2022
9:00 AM-3:00 PM, Building Hours
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall, Social Hall
10:30 AM, Sunday Morning Experience
11:00 AM, Five Easy Peaces – An RE Outdoor Summer Program for All Ages, RE Room 15, Meadow, Playground
11:00 AM, Sunday Worship Service: Summertime and the Living Is Interesting, led by Guest Minister Gordon Bailey, Worship Room and Online
11:30 AM, Coffee Hour in the Social Hall, Social Hall
1:00 PM, Love & Stitches, RE Room 9 and 15

Monday, July 25, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health – Balance!

Tuesday, July 26, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby

Wednesday, July 27, 2022
9:00 AM-9:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
7:00 PM, New Board Member Orientation
7:00 PM, Summer Orchestra Rehearsal, Worship Room and Social Hall

Thursday, July 28, 2022
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom
6:00 PM, UU Kids Connect Summer Drive-in Movies!
8:00 PM, Side with Love’s UPLIFT Action Campaign Online

Friday, July 29, 2022
Building Closed
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering

Saturday, July 30, 2022
5:00 PM, ME Mid-Summer Night Fest, Veatch House

Sunday, July 31, 2022
9:00 AM-3:00 PM, Building Hours
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall, Social Hall
10:30 AM, Sunday Morning Experience
11:00 AM, Five Easy Peaces – An RE Outdoor Summer Program for All Ages, RE Room 15, Meadow, Playground
11:00 AM, Sunday Worship Service: Unheard Voices, led by Rev. Dr. Natalie Fenimore, Worship Room and Online
11:30 AM, Coffee Hour in the Social Hall, Social Hall
1:00 PM, Orchestra at Shelter Rock Concert, Worship Room

**Monday, August 1, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health – Balance!

**Tuesday, August 2, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
9:00 AM, Tuesday INN Cooking (By Registration Only), Main Kitchen
12:00 PM, Women Talk Daytime Meeting - Multiplatform, Veatch Conference Room and Zoom

**Wednesday, August 3, 2022**
9:00 AM-4:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
3:00 PM, SJ Racial Justice Online Subcommittee Meeting
7:00 PM, Webinar Commemoration of the 77th Anniversary of Hiroshima

**Thursday, August 4, 2022**
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Soulful Sundown, led by Rev. Jaye Brooks

**Friday, August 5, 2022**
Building Closed
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering

**Sunday, August 7, 2022**
9:00 AM-3:00 PM, Building Hours
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall, Social Hall
10:30 AM, Sunday Morning Experience
11:00 AM Worship Service: Cassandra Montenegro, Guest Speaker
11:00 AM, Five Easy Peaces – An RE Outdoor Summer Program for All Ages,
RE Room 15, Meadow, Playground
11:30 AM, Coffee Hour in the Social Hall, Social Hall
12:00 PM, Congregational Art Show - Receiving Artwork, Art Gallery
1:00 PM, Love & Stitches, RE Rm 9, 15

**Monday, August 8, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health – Balance!

**Tuesday, August 9, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
1:00 PM, Congregational Art Show - Receiving Artwork, Art Gallery
3:00 PM, Art Committee Meeting, Office Conference Room and Zoom

**Wednesday, August 10, 2022**
9:00 AM-4:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations

**Thursday, August 11, 2022**
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom

**Friday, August 12, 2022**
Building Closed
12:00 PM, Great Books Discussion
6:30 PM, LGBTQ+ Online Gathering
7:30 PM, Soulful Sundown, led by Rev. Jaye Brooks

**Sunday, August 14, 2022**
9:00 AM-3:00 PM, Building Hours
9:30 AM, Childcare, RE Room 1 and 2
9:30 AM, Coffee Hour in the Social Hall, Social Hall
10:30 AM, Sunday Morning Experience
11:00 AM Worship Service: Rev. Jaye Brooks
11:00 AM, Five Easy Peaces – An RE Outdoor Summer Program for All Ages,
RE Room 15, Meadow, Playground
11:30 AM, Coffee Hour in the Social Hall, Social Hall
1:00 PM, Congregational Art Show - Reception, Art Gallery

**Monday, August 15, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health – Balance!

**Tuesday, August 16, 2022**
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
10:00 AM, Intuitive Painting Workshop, Veatch Patio and Ballroom
12:00 PM, Women Talk Daytime Meeting - Multiplatform, Veatch Conference Room and Zoom

**Wednesday, August 17, 2022**
9:00 AM-4:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
6:00 PM, Veatch Case Studies Team Meeting

**Thursday, August 18, 2022**
9:00 AM-4:30 PM, Building Hours
1:00 PM, Bridge Game Play, Veatch Ballroom
UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
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President: Jana North
Vice President: Chris Hilke
Secretary: Toni Logue
Treasurer: Moin Haque

Members of the Board of Trustees
Claudia Barbey
Iliza Bartels
Robin Finnan-Jones
Bill Kahn
Aimee Vella Ripley
Ursula Salamone
Jane Weiler

Enjoy Shelter Rock’s Grounds and Trails
July and August 2022 Hours

Mon, Tues, Thurs: 8:30 AM–5:00 PM
Wednesdays: 8:30 AM–9:00 PM
Sundays: 8:30 AM–3:00 PM

There is no access to buildings or grounds on Fridays and Saturdays.

* No Wednesday evening hours during August.