

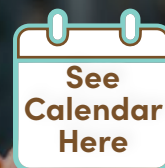


# The Quest

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



October 12, 2022

Monthly Theme:  
**Courage**

## WORSHIP SERVICES

**FRIDAY, OCTOBER 14, 2022, 7:30 PM**

Rev. David Carl Olson

**SOULFUL SUNDOWN**  
AT SHELTER ROCK  
WHERE MUSIC RESIDES AT THE HEART OF THE RELIGIOUS EXPERIENCE

**Soulful Sundown** A LIVE monthly collaboration between ministers and musicians (also available online). Rev. Olson will weave spoken word with music from the Cosmic Orchestra. Masks encouraged. Onsite-only Coffee House follows with Guest Musical Artist KJ Denhert. \*

**SUNDAY, OCTOBER 16, 2022, 11:00 AM**

Rev. Jaye Brooks

**How Annoying** One of the hallmarks of social life in America today is how many things out there are annoying. Confronting the myriad annoyances without losing it takes a remarkable level of centeredness. And maybe courage, which may be a strange character trait to associate with the ability to meet incoming annoyances with serenity. Even so, today's Worship Service explores the strange quality of courage in the face of annoyance. \*

**SUNDAY, OCTOBER 23, 2022, 11:00 AM**

Rev. David Carl Olson and Student Minister Erol Delos Santos

**The Courage To Feel** In a morning of emotional practice, we sing, we meditate, we reflect on our lives. "You have to accept what comes," Eleanor Roosevelt said, "and the only important thing is that you meet it with courage and with the best that you have to give." Associate Minister for Congregational Life Rev. David Carl Olson and Student Minister Erol Delos Santos lead us in a time of encouraging us to live our best, and to bless each other and the world. \*

\* **Worship Services are in-person AND livestreamed!** Masks are encouraged and required for singing. Livestreams available on [uucsr.org/worship](https://uucsr.org/worship), [Facebook](#), and [YouTube](#). 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](#).

## TOUCHSTONES

Rev. David Carl Olson



Transitions are challenging! Starting a new job, for example—or ending an old one—requires some perspective taking, and maybe even a little courage. Relationships have to be established, decisions have to be made, cultures have to be discovered... and one's sense of self needs to be kept intact!

Transitions are challenging because they are "dis-ordered." There is a logic to most stories: they have a beginning, a middle, and an end. We understand how they move from one moment to another. When there are plot twists and new characters and surprises along the way, we usually have a sense that those novelties are coherent with the story.

But transitions start with an end, and then have a messy middle, and finally a beginning of what is new. I made a decision, for example, that my call to ministry in Baltimore had come to an end. Discovering that end and communicating it well to my leadership and the larger congregation was how the transition began. It started with an end.

Then we had months of me tying up loose ends and saying goodbye—all the while discovering what might be next in my career. Finding this UU Congregation at Shelter Rock was a great joy. But it made the "messy middle" of my transition even more complicated.

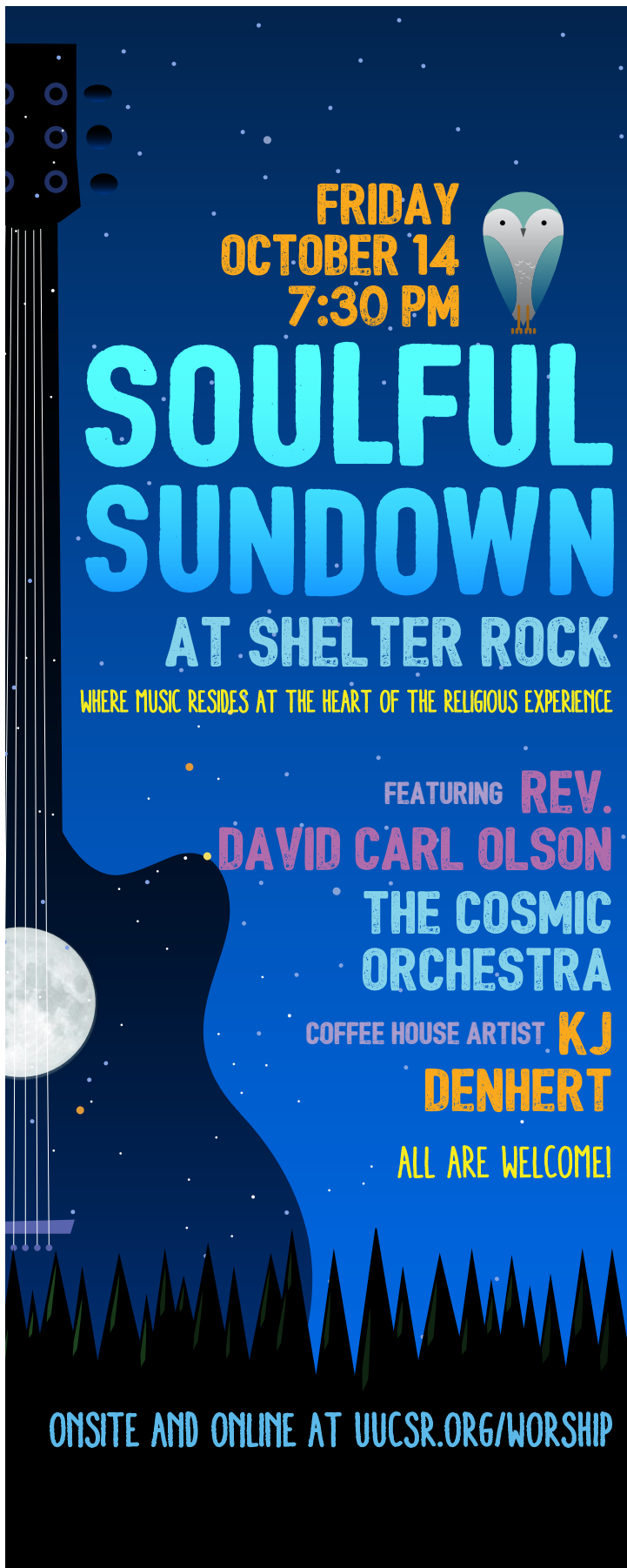
William Bridges calls this the neutral zone. This "messy middle" is the place where people have the courage to let go of any negativity about leaving the past behind, and the courage to have openness to the new things that they are discovering, the new situation they are entering.

An analogy is that it is like crossing the street. When you have stepped off the curb, you have declared an ending. Once in the street, you might find traffic coming from both directions. You might find people moving at different speeds. You might encounter things like kids on tricycles, middle-aged folk in compensatory sports cars, some people plodding along just two miles over the speed limit. (That's me.) You might encounter a tandem semi heading right at you. You might, yourself, be the non-attentive person who trips someone else up as they are trying to cross the

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## WORSHIP SERVICES

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**FRIDAY  
OCTOBER 14  
7:30 PM**

**SOULFUL  
SUNDOWN**

**AT SHELTER ROCK**

WHERE MUSIC RESIDES AT THE HEART OF THE RELIGIOUS EXPERIENCE

FEATURING **REV.  
DAVID CARL OLSON**

**THE COSMIC  
ORCHESTRA**

COFFEE HOUSE ARTIST **KJ  
DENHERT**

**ALL ARE WELCOME!**

**ONSITE AND ONLINE AT [UUCSR.ORG/WORSHIP](https://uucsr.org/worship)**

## TOUCHSTONES

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road, too. In this neutral zone, we need courage to observe, to step forward or backward as the circumstances change, and even to rest for a moment on the double yellow line at the center of the road.

Finally, one crosses the road and steps up on to the other side. There it is! That curb is the beginning that marks the end of the transition and the start of the new relationship, with new opportunities and even a few challenges that pertain to the new place.

This congregation that I am pledged to serve and am coming to love is in the midst of some transitions. Having an Associate Minister for Congregational Life is something new. I hope we are courageous in determining the contours of that office. We are also preparing to bring on a few new staff positions to fill gaps left by some resignations over the summer. This neutral zone we share allows us to let go and to move forward in hope—if we have the courage to do so. We meet this moment with the gifts of our faith: reason, compassion, equity, humility, justice. And a healthy reliance on our collective conscience.

It's fall, friends, a time of transition. It's fall, friends, a time for courage.

Yours in a faith that is liberal and liberating,

Rev. David Carl Olson  
Associate Minister for Congregational Life

## CARING COMMITTEE

Suzanne Viverito, Chair

**Living With Cancer** is an free online group that meets third Tuesdays monthly at 7:00 PM via Zoom. The program is led by Caron Hunter, a holistic health care provider and interfaith minister, as she facilitates and teaches a compassionate and empowering approach to healing. 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.



*Caron Hunter*

**Care for the Caregiver** is held on the third Monday monthly at 7:00 PM. Those who care for anyone navigating the physical/emotional/mental challenges of caregiving are welcome to this free online confidential group, led by Caron Hunter.

Pre-registration is required for the programs above. Please contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960).

## MINISTERS AT UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK



**Rev. Dr. Natalie Fenimore**  
**Lead Minister and Minister of Lifespan Religious Education**

Called by the congregation in 2013 and reporting to the UUCSR Board of Trustees, Rev. Dr. Fenimore is responsible for the overall conduct of ministry at the congregation. As a teaching and preaching minister, Rev. Dr. Fenimore also has primary

responsibility for leading the development of the mission and vision for Lifespan Religious Education. In addition, there is a focus on worship and social justice. She is ministerial liaison to the Veatch Program at Shelter Rock and supports the UUCSR Program Council. In coordination with the Congregation Operations Administrator, she provides support to the UUCSR Board of Trustees and lay leadership.

Rev. Dr. Fenimore has office hours Sunday–Thursday. Call for an appointment or drop by.

([nfenimore@uucsr.org](mailto:nfenimore@uucsr.org), 516.472.2918)



**Rev. David Carl Olson**  
**Associate Minister for Congregational Life**

Rev. Olson begins in the new role as Associate Minister for Congregational Life with a focus on the coordination of pastoral care and community building. Rev. Olson will work closely with the Caring Committee and will be involved in programs, projects,

and events which nourish congregational life. He will join the other ministers as a worship leader on Sundays and Fridays. Rev. Olson has been a Unitarian Universalist minister for 25 years and comes to UUCSR after ministries at the Community Church of Boston (Unitarian Universalist), Unitarian Universalist Church of Flint Michigan, and First Unitarian Church of Baltimore. Rev. Olson comes to our community with extensive experience in music and community organizing. He begins at UUCSR with a two-year contract which may be extended indefinitely.

Dr. David Carl Olson will announce office hours shortly.

([dcolson@uucsr.org](mailto:dcolson@uucsr.org), 516.472. 2917)

UUCSR offers transportation assistance to Worship Services for members who are unable to travel due to physical or financial limitations. Email [ministryteam@uucsr.org](mailto:ministryteam@uucsr.org), or call 516.472.2941 for an application.



**Rev. Jaye Brooks**  
**Developmental Minister**

As a developmental minister, Rev. Brooks, has been working with UUCSR's Board of Trustees, ministers, staff, and lay leadership on governance and organizational structure, membership, strategic direction, and reconsideration of the role of money in congregational life. She leads one

Worship Service per month and facilitates the weekly Wednesday Conversations reflection group.

Rev. Jaye Brooks has office hours on Tuesday, Wednesday, and Thursday afternoons or at other times by appointment; making an appointment in advance is always a good idea, but not required. ([jbrooks@uucsr.org](mailto:jbrooks@uucsr.org), 516.472.2916)



**Erol Delos Santos**  
**Student Minister**

Erol Delos Santos joined UUCSR as a student minister in September 2022. He is a second-year Masters of Divinity student at Union Theological Seminary, where he majors in ministerial leadership and chaplaincy. He is embraced in love, care, and sponsorship at his home congregation, the Fourth Universalist Society in upper westside

Manhattan. Currently, he lives in Harlem with his husband, Stephen and cat, Nikki. As part of his studies, Erol will take part in all areas of congregational life as a learning experience.

Erol Delos Santos will announce office hours shortly.

([edelosantos@uucsr.org](mailto:edelosantos@uucsr.org), 516.472.2955)

### CALL TO SUPPORT UUCSR'S TEACHING MISSION

#### Our Student Minister Needs You

UUCSR has a great history as a teaching congregation that supports the growth and learning of ministerial interns. As part this commitment, members of the congregation are invited to join the Student Ministers/Intern Committee.

The committee members will meet with the student and Rev. Dr. Fenimore to assist and assess the progress toward established learning goals. The committee also completes the required forms for the UUA Ministerial Fellowship Committee.

Interested? Contact Rev. Dr. Fenimore at [nfenimore@uucsr.org](mailto:nfenimore@uucsr.org).



## CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation

### Board of Trustees Agenda Tuesday, October 18, 2022

- 7:00 PM I. Opening Words: Ministers  
7:05 PM II. September 2022 Minutes: Toni Logue, Secretary  
7:10 PM III. Minister's Report: Rev. Dr. Natalie Fenimore, Rev. Jaye Brooks, Rev. David Carl Olson  
• Guidelines for Ministerial Departure: Rev. Dr. Natalie Fenimore  
7:40 PM IV. Shelter Rock Road Survey Results: Adam Barshak, COA  
8:00 PM V. Retreat Recap and Next Steps: Rev. Jaye Brooks  
8:30 PM VI. President's Report: Jana North  
• November Congregational Meeting Agenda  
• Sunday Café Update  
• All Congregation Retreat Survey Update  
9:00 PM VII. Good of the Order: Jana North, President

### Board of Trustees Agenda Thursday, October 20, 2022

- 7:00 PM I. Opening Words: Ministers  
7:05 PM II. OCIO Semi-Annual Presentation: Peter Glennon, SEI Account Manager  
7:30 PM III. Endowment Committee: Carole Alexander, Chair  
• CY24 Endowment Spending Limit  
7:50 PM IV. Socially Responsible Investment Committee: Leona Handelman, Chair  
• Inclusiv-\$1,000,000 Across four Certificates of Deposit  
8:10 PM V. Royalties  
• Royalties Background Presentation: Adam Barshak, COA  
• Discussion on Use of Unplanned Royalty Revenue Resulting from Ukraine War: Jana North, President  
8:40 PM VI. Committee/Teams Nominations: Jana North, President  
• CY23 Committee Chair/Member Nominations  
9:00 PM VII. Good of the Order: Jana North, President

## UUCSR PROGRAM HOURS

Monday, Tuesday, Wednesday	9:00 AM–4:30 PM
Thursday, Friday, Saturday	9:00 AM–9:00 PM
Sunday	9:00 AM–3:00 PM

Hours may vary based upon special programming or other considerations. Daily property hours are available at [uucsr.org/calendar](https://uucsr.org/calendar).

Online programming via Zoom or other teleconferencing service may occur outside of normal property hours.

## CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



### A Message from the President

At the Homecoming Picnic, so many of you came up to me and said how nice it was to “be back” at UUCSR. In this multi-platform, partly virtual, Covid-looming world, what does being back really mean?

For some, it may mean Sunday Service in the Worship Room and a bite to eat in the Social Hall afterwards before admiring the new artwork in the Gallery.

For others, it may mean welcoming the kids back to the RE wing and taking a walk around the new patio and oval pathway in the upper meadow.

I hope it also means reconnecting to the mission and vision of Shelter Rock by joining some of the many activities and committees that are just beginning this year, too. You only need to read the calendar to see how many different ways there are for you to get involved. There are a variety of opportunities at UUCSR for you to be part of worship, social justice, finance, music, and membership among many others. I urge you to let me know where you might want to be involved and I will be sure to have someone connect with you to talk about how best that could work.

Not every connection needs to be as a member of a committee. There are events all year long starting with the Homecoming Picnic and ending with the All-Congregation Retreat for literally everyone at UUCSR.

The Board of Trustees is looking at the structure and governance of all the committees and groups at Shelter Rock to see if there is a better way to serve the needs and wants of the congregation. Not everyone wants to commit to the day-to-day business of the congregation but there are so many other opportunities to live our faith.

Committees and groups of the congregation are now hosting the after-Sunday Service lunches. It will be a time for those members to work together in community, organizing, and serving a meal to the rest of us. It is also a time for you to ask them about their group's activities and events and maybe sign up to help. We hope that the Social Hall during Sunday lunch will be a place of meeting, greeting, and learning. Even if you don't want lunch, come sit at a table, and join in the conversation.

In past columns, I have also talked about Friday nights at Shelter Rock which many members want to see as a time for more spiritual and friendship-building activities. In addition to Soulful Sundown and Coffee house that will continue every second Friday of the month, we are looking for ideas from you, the congregation, about what you would like to see scheduled. Nothing can truly grow at UUCSR without you stepping in and stepping up and I look forward to seeing how much we can do together.

## MILESTONES

**We sending healing thoughts to...** UUCSR member Claire Bock as she recovers from the first of two laser cataract surgeries. Please, no visitors at this time, but calls and cards are welcome.

160 Radcliff Dr, East Norwich, NY 11732-1225

**We send our best wishes to...** Rhonda Kessler who has relocated to Florida. Rhonda is now an active member at the First Unitarian Universalist Congregation of the Palm Beaches and will also maintain her membership at Shelter Rock. She welcomes staying in touch with her fellow congregants at Shelter Rock.

9845 San Luca St, Lake Worth, FL 33467

**We send congratulations to...** UUCSR members Lauren Furst and Peter Koos on the marriage of their granddaughter, Jacqueline Koos, to Ben Steinman on September 17, 2022. Rev. Jennifer Brower officiated at a ceremony overlooking the Hudson River.

**We send birthday wishes to...** UUCSR member Olive Jordan who turns 104 on October 13. We wish the happiest of birthdays to Olive!

## THANK YOU

### Homecoming Picnic 2022

The weather was perfect; blue skies and warm temperatures to welcome everyone back to the Congregational Year at Shelter Rock. I have said, on many occasions, it takes a village to host a Homecoming Picnic. How true it was for our 33rd anniversary Homecoming Picnic. We set up three dozen tables on the Veatch House lawn. We served our hamburgers, veggie burgers, and hot dogs! The sides were delicious! Watermelon, cookies, and ices for desserts. Cold drinks! Wow! And you, our congregation, came and celebrated. On behalf of the Homecoming Picnic Planning Team, I wish to extend special thanks to all who helped make the 2022 Homecoming Picnic one of the best ever! Thank you to everyone!

Richard Bock

2022 Homecoming Picnic Coordinator

SUNDAY MORNING  
**EXPERIENCE**  
LIVE ON ZOOM

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

Join using just one link for Sunday Morning Experience, 10:30 AM. At 11:00 AM, the Worship Service is livestreamed and shared in the Zoom room. Afterward, stay on with new and old friends during online Coffee Hour until 12:30 PM. Join Zoom meeting online [HERE](#), or call: 646.558.8656, Meeting ID: 829 6436 6095

SPONSORED BY UUCSR WOMEN'S GROUP  
Diane Mansell, Chair

**LWW** **Candidate Forums**

In person

**Thursday, Oct 13 @5:45 – 9:00 pm**  
48 Shelter Rock Road

Submit questions  
before the forum

### US Congress, NYS Senate & Assembly

Light snacks will be available from 5:30 PM—no food no drink will be allowed in the Worship Room.

5:45 NYS Senate District 7

**Anna Kaplan**

**Jack Martins**

7 pm NYS Assembly District 16

**Vibhuti Jha**

**Gina Sillitti**

8 pm US Congress District 3

**George Santos**

**Robert Zimmerman**

Candidates will answer questions submitted in person during the Forum and in advance. The forum will be recorded and broadcast LIVE by North Shore TV over Cablevision channel 20 and Verizon channel 37 beginning at 5:45 PM.

**League of Women Voters of  
Port Washington–Manhasset**  
Learn more: [LWVofPWM.org](http://LWVofPWM.org)

## SPECIAL OPPORTUNITY TO PLAY IN DIRT

### Daffodil Bulb Planting Party

Saturday, October 22, 2022

4:00–5:30 PM | Meet in Main Lobby

UUCSR will supply daffodils and other bulbs to plant along the walkways leading to the front entrance of UUCSR.

It will be easy, fun, and, eventually, beautiful. Bring your friends, gloves, and your favorite trowel, if you have one. UUCSR will have extras to share, plus water and snacks.



## UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



### NY Veatch Grantees Demonstrate How To Treat Migrants and Asylum Seekers with Dignity

Over the last several months, conservative [governors in several southern states](#) have transported thousands of migrants from Central and South America to states in the north. Over 17,000 immigrants have arrived this way in New York State alone. Conservative leaders are

sending these migrants—many of whom have traveled up to 3,000 miles by foot to cross into the United States after fleeing poverty, persecution, and violence in their home countries—to states such as New York, using their suffering to make a political point. Nonetheless, Veatch grantees like [Make the Road NY](#) have stepped up to meet the needs of these new arrivals.

Staff and members of Make the Road NY, among other grassroots groups in the state, are mobilizing to greet and welcome the immigrants at bus terminals; offer resources, cash, and even cell phones to help with their transition to the city; and continue to fight for long-term reforms and structural changes to the country's immigration system. On the federal level, Make the Road NY is fighting for a pathway to citizenship for the 11 million immigrants already living in the US and for fixes to the asylum process. At the state level, Make the Road is pushing for additional resources for housing and legal needs.

Perhaps most importantly, however, Make the Road NY is demonstrating how to treat new arrivals with care and compassion. The long-term funding that Veatch provides means our grantees carry out this critical work not just during times of immediate need, but year-round, as they train, uplift, and support grassroots leaders—including new immigrants, undocumented workers, parents, and young people—to organize for change. They are building a world in which every person is treated with the dignity and respect they deserve.

*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.*



*Members of Make the RoadNY at Port Authority Terminal in New York City last month, waiting for migrants bused from Texas.*

## MEMBERSHIP COMMITTEE

Jeff Shiff, Chair

### Inquirers Newcomers Program for Visitors, Newcomers, and New Members

It is always so exciting to announce the fall lineup for the Inquirers Series. This is especially true this year as participants will be able to meet and interact with our newest minister Rev. David Carl Olson. Rev. Olson has an extensive and rich background which includes experience in music and the performing arts.

The Inquirers Series is an ongoing series of short conversations about our congregation and Unitarian Universalism designed specifically for visitors and newcomers. Inquirers helps to explain congregational life at Shelter Rock, get newcomers connected with different leaders, and offer a grounding in Unitarian Universalist values.

An array of leaders, staff members, and ministers will lead the conversations about different program areas. Those who are serious about joining the congregation should note that you need to attend at least two sessions, plus the final session, "Expectations of Membership." This way, we can be sure you can make an informed decision. A new member ceremony will be held in December.

My wife and I joined this congregation nearly 15 years ago and have found the experience very rewarding. It was truly mind opening, and the friends we have made have enriched our lives. Hopefully you will also find your home here with us.

The fall schedule of the Inquirers Series is below. All sessions are held following Sunday Services in Room 4 of the Religious Education wing. I very much look forward to meeting with you. Each new member brings to us something very special and something of value that helps us grow spiritually as a community as we aspire to become more loving, inclusive, and thoughtful.

- **October 16, 2022 | 12:00–1:00 PM**  
UU Questions and Answers and a Brief History  
Rev. Jaye Brooks
- **October 23, 2022 | 12:00–1:00 PM**  
Pastoral Care and Rites of Passage  
Rev. David Carl Olson
- **October 30, 2022 | 12:00–1:00 PM**  
Social Justice and Action  
Claire Deroche
- **November 13, 2022 | 12:00–1:30 PM**  
Worship and Music  
Stephen Michael Smith  
Faith Development for Children and Youth  
Carson Jones
- **November 20, 2022 | 12-1:00 PM**  
Expectations of Membership  
Rev. Dr. Natalie Fenimore

If you have any questions, feel free to contact me at [jeffreysriff@gmail.com](mailto:jeffreysriff@gmail.com) or more simply by phone (516.305.3334).



## SOCIAL JUSTICE COORDINATOR

Claire Deroche



### Promise the Children

Unitarian Universalists are known for supporting a variety of social justice issues and responding by organizing groups to sustain their efforts. Among these groups is an organization that advocates for the needs of children: [Promise the Children](#).

The UU Service Committee founded Promise the Children in 1997 to increase preschool programs in the Commonwealth of Massachusetts. Buoyed by the success of that campaign, the organization sought and gained status as a 501(c)3 educational charity to advocate for government programs that would keep children and their families out of poverty and homelessness. Since 2014, they have taken on the issues of universal early education and childcare for all, especially low-income families.

Most recently, [Promise the Children](#) has been advocating for the passage of H.R. 7076: Supporting Children's Mental Health Care Access Act of 2022. This bill "would increase access to mental health care services and provide direct funding to schools for mental health promotion and suicide prevention."

There has always been a need for more funding for mental health services for all people. The pandemic has only heightened that need, especially for children who, according to the [US Surgeon General](#), are facing a mental health crisis situation.

In his [directive of December 7, 2021](#), Surgeon General Dr. Vivek Murthy outlined the scope of the problem. "The pandemic added to the pre-existing challenges that America's youth faced. It disrupted the lives of children and adolescents, such as in-person schooling, in-person social opportunities with peers and mentors, access to health care and social services, food, housing, and the health of their caregivers. The pandemic's negative impacts most heavily affected those who were vulnerable to begin with, such as youth with disabilities, racial and ethnic minorities, LGBTQ+ youth, low-income youth, youth in rural areas, youth in immigrant households, youth involved with the child welfare or juvenile justice systems, and homeless youth. This Fall, a coalition of the nation's leading experts in pediatric health declared a national emergency exit disclaimer icon in child and adolescent mental health."

Promise the Children has made it easy for concerned citizens to take action. [Click here](#) to contact your US Representative to let them know that passing this legislation is important to you. Promise the children that you will do this!

## SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

### Cooking for Guests of Interfaith Nutrition Network (INN) Shelters

On first Wednesdays and fourth Thursdays of the month from 9:00 AM–12:30 PM, volunteers gather in the UUCSR Main Kitchen to cook nutritious meals delivered to three INN shelters. Register with Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org)).

### Supporting Those Experiencing Hunger

The Social Justice Committee invites you to bring donations of non-perishable food items to the red basket inside the Main Lobby. The congregational pantry by the kitchen door is for anyone in need. Once that pantry is stocked, we donate to local food pantries.

### Friday Nights with the LGBTQ+ Group on Zoom

LGBTQ+ Sub-Committee sponsors weekly get-togethers on Friday nights. On October 14, there will be open discussion. On October 21, the conversation will center on "Places I Have Lived: The Good, The Bad, and The Ugly," led by Charlene Greenberg. Visit <https://uucsr.org/calendar/> for the Friday you wish to attend. Check in: 6:30 PM. Facilitated conversation: 7:00–8:00 PM except the second Friday of the month, when check-in is at 6:00 PM. Conversation is from 6:30–7:20 PM to permit attendance at *Soulful Sundown*.

### Saturday, October 15, 2022 | Roosevelt Community Garden

**Volunteer Opportunity** 10:00 AM–12:00 PM at 59 E. Fulton Ave, Roosevelt, NY 11575. Connect with people from the community while helping with the garden. Children are welcome. Register with Claire Deroche at [cderoche@uucsr.org](mailto:cderoche@uucsr.org). Organized by the UUCSR Racial Justice Sub-Committee. *See details on this Quest back cover.*

### Saturday, October 15, 2022

**Anti-Racism Film Screening and Discussion Online**, Session 3, 1:00–3:00 PM on Zoom, *Why Hasn't the Black Middle Class Grown? Racism. Still a Brother: Inside the Negro Middle Class* (Part 2). [Register once for any or all sessions here](#). Facilitators Marvin Brown and Jim Smith discuss themes of the video, with Marvin sharing his lived experience. Sponsored by the SJ Racial Justice Sub-Committee

### Monday, October 17, 2022

**Racial Justice Sub-Committee Meeting**, 7:00 PM on Zoom. The Sub-Committee has changed from an afternoon to an evening meeting in the hopes of better accommodating members' schedules. Please join us if this work interests you. Join [Zoom Meeting here](#), Meeting ID: 821 3238 1519, or call 646.931.3860.

### Wednesday, October 19, 2022

**Social Justice Committee Meeting**, 6:30 PM for check-in and 7:00 PM for business meeting on Zoom. Newcomers are welcome. [Join here](#). Meeting ID: 928 2583 9567 Or call 646.558.8656

### Sunday, October 23, 2022

*Stranger at the Gate*, a film produced and directed by Joshua Seftel, followed by conversation with Mr. Seftel, 1:00–3:00 PM in the Worship Room. FREE. Registration encouraged [HERE](#). Co-sponsored by the Islamic Center of Long Island, Temple Sinai of Roslyn, and the UUCSR SJ Racial Justice Sub-Committee. *See details on page 9.*

## SOCIALLY RESPONSIBLE INVESTMENT (SRI) COMMITTEE

Leona Handelman, Chair



### Socially Responsible Investment (SRI) Committee News

On behalf of UUCSR, the SRI Committee, with the support of the Board of Trustees, has invested in two agricultural Community Development Financial Institutions (CDFI organizations): Iroquois Valley Farms and Foodshed Capital.

Iroquois Valley Farms is an organic farmland real estate investment trust that works with mission-driven investors to provide organic and regenerative farmers land security through long-term leases and mortgages. Although its first investments were in Iroquois County IL, they have grown to include many midwestern counties, the southwestern US, and one farm in New York State. Farmers are given support and direction while they expand their farms and follow a protocol to convert to organic farming. Iroquois Valley Farms is committed to social responsibility, environmental soundness, and economic viability. With their support, farmers are regenerating the land, the food system, and the farm economy.

Foodshed Capital was founded in 2019 to provide financial stewardship to small family farms and businesses in Virginia and the southeastern US. Before farmers can sell at local farmers' markets, a farmer needs land, but not every farmer has the same purchasing power. Navigating the farm funding landscape can be extremely challenging, especially for owners of small, family farms. Foodshed Capital lends to and supports farmers who are disenfranchised from the traditional financial system including low-income/low-asset individuals and families, Black and brown families, women and non-binary people, immigrants and indigenous communities (BIPOC farmers). Foodshed's Black Farmer Equity Fund offers zero percent unsecured loan capital for Black farmers. Farmers also receive technical assistance, and bookkeeping, marketing, and product development assistance at no or low cost.

The SRI Committee seeks out and reviews organizations that share our Unitarian Universalist values and Principles and is committed to investing where there is need.

To learn more or become involved in the SRI Committee, please attend the next meeting on Wednesday, October 12, 2022, at 5:00 PM. Visit [uucsr.org/calendar](https://uucsr.org/calendar) for details.

Note: Descriptive text contained in the article above was obtained directly from the respective websites.

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

Sandra Hazel Frank, Chair

The Social Justice Mental Health Sub-Committee invites you to the screening of the film

# ORCHESTRATING CHANGE

FOLLOWED BY Q&A

SUNDAY, OCTOBER 16, 2022  
1 PM | FREE | CHAPEL



**ORCHESTRATING CHANGE** tells the inspiring story of Me2/Orchestra, the only orchestra in the world created by and for people living with mental illness and those who support them. The orchestra's mission is to erase the stigmatization of people living with mental illness through the creation of beautiful music, community, compassion and understanding...one concert at a time. Most important, it is changing the lives of the musicians and audiences in ways they never imagined.

The film culminates in an extraordinary concert that is a triumph—for Me2/Orchestra's conductor and co-founder, Ronald Braunstein, who lives with bipolar disorder and thought he might never conduct again, and for the musicians, their families and the audience.

No Registration Required

Questions? Contact Sharyn Esposito  
[sesposito@uucsr.org](mailto:sesposito@uucsr.org)



**Unitarian Universalist**  
Congregation at Shelter Rock  
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# STRANGER AT THE GATE

New Yorker Documentary  
and 2022 Tribeca Festival

SUNDAY, OCTOBER 23, 2022 | FREE  
1-3 PM | FREE | WORSHIP ROOM



featuring  
**JOSHUA SEFTEL**  
Emmy Award-winning  
Director *ONSITE*

Joshua Seftel's films include *Taking On The Kennedys* (POV), Peabody-Finalist *Secret Life of Muslims*, IDA Award-winning *The Many Sad Fates of Mr. Toledano* (NYTimes Op-Docs), and political satire *WAR, INC.* (Tribeca) starring John Cusack, Marisa Tomei, Hilary Duff, and Ben Kingsley.

A United States Marine plots a terrorist attack on a small-town American mosque. His plan takes an unexpected turn when he comes face-to-face with the people he sets out to kill. The film challenges people to rethink their assumptions and misconceptions about Muslims.

Q & A with Joshua Seftel follows. All welcome.

**REGISTER HERE**  
[uucsr.org/Stranger](https://uucsr.org/Stranger)



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

## Megadrought and Climate Change

Megadrought is a severe drought lasting more than two decades. In our era of climate change, this has become more common. It has already affected 10 US states as well as northern Mexico. It is linked to temperatures caused by fossil fuels releasing greenhouse gases into the atmosphere. Consequently, the megadrought footprint is everywhere.

As temperatures rise to triple digits in the Northwestern US, it has already killed more than one billion marine animals in the Salish Sea. Since 2000, the high temperatures and drought in the Southwest have stressed all wildlife and ecosystems there. During last June in Arizona, birds fell from the sky from heat exhaustion and raptors abandoned their nests. The drought that began in 2000 continues to stress wildlife in the Southwest. Plants wither, entire landscapes dry up, and animals die. Wildfires out West have emerged engulfing entire forest areas and landscapes. On June 29, a heat wave lasted an entire month from the Yukon to Northern California and western Montana. There were 600 heat-related deaths reported by the Centers for Disease Control. Recently, there were more than 1,700 heat-related deaths in Spain and Portugal.

This "extreme heat is more deadly for humans than any other type of natural disaster," said the National Wildlife Federation Chief Scientist Bruce Stein. He added that animals usually die, but have many techniques to avoid over heating: sweating, panting, shade, and changing their foraging time from either late to early. Fish, however, get cooked in rivers. Only 2.6 percent of juvenile salmon survived last summer in California's Sacramento River. Humans are luckier with air-conditioning, shady areas, and water to drink or cool themselves. They can survive, but those without these aids cannot.

Still it is up to humans to help our animals and ecosystems survive megadroughts. Fortunately, three-quarters of all water resources in the US are on private land. The farmers and ranchers own them and want to help. The US National Resources Conservation Service (NRCS) is teaching them how to keep their water longer. Creating low-tech structures like beaver dams create ponds, recharge flood plains, and slow water flow from seasonal springs. Strategically mound and mud tree branches help to spread water across meadows. Hand-built restoration like this is cheap compared to high-tech, engineered ones. Nature becomes the ruler of restoration.

But until we stop leasing land to fossil fuel companies, an overheated planet that lacks biodiversity will become a barren one.

*Elaine Peters for the Green Sanctuary Committee*

*Author's note: We are finally getting the rains that have eluded us on Long Island after our drought; it is yet another example of the negative effects of climate change.*



# RE Halloween Party

**Saturday, October 29, 2022  
6-9 PM**

**In the Enchanted Veatch House  
at UU Congregation at Shelter Rock**

**Dinner will be served!**

**Games! • Crafts! • Goodies! • Fun!**  
**Spooky fun for all ages!**  
**Guests are welcome!**

**\$5 suggested donation**

Please RSVP to Carson Jones ([cjones@uucsr.org](mailto:cjones@uucsr.org))



## **Halloween Bedtime Stories!**

Wednesday, October 26, 7:00 PM

[Live on Zoom HERE](#)

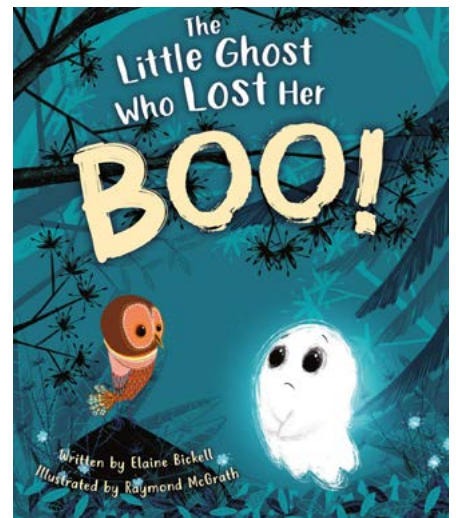
All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for this special interactive storytime as he reads three, family-friendly stories celebrating Halloween!

*Halloween is Coming!*  
written by Cal Everett and  
illustrated by Lenny Wen



*Hardly Haunted*  
written and illustrated by  
Jessie Sima

*The Little Ghost Who Lost  
Her BOO!*  
written by Elaine Bickell  
and illustrated by  
Raymond McGrath



## ADULT PROGRAMS

### Dramatic Readings | Saturday, October 15, 2022 | 6:00–9:00 PM

*45 Seconds from Broadway* by Neil Simon

About the play: "From America's master of Contemporary Broadway Comedy, here is another revealing comedy behind the scenes in the entertainment world, this time near the heart of the theatre district. *45 Seconds from Broadway* takes place in the legendary Polish Tea Room on New York's 47th Street. Here Broadway theatre personalities washed-up and on-the-rise, gather to schmooz even as they lose. This touching valentine to New York offers great acting roles as Neil Simon continues his exploration of the foibles and funny in the human comedy."

Join Zoom Meeting [HERE](#). Please note the new Zoom link!

Or join via telephone: call 646.558.8656

Meeting ID: 817 7007 7772 Passcode: 798549

Please RSVP to Carson Jones at [cjones@uucsr.org](mailto:cjones@uucsr.org) if you would like a PDF of the play emailed to you..

### 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.

The new anthology for the next few months is *Great Conversations 3*, available through the [Great Books Store](#)

October 14	<i>Six Characters in Search of an Author</i> , by Luigi Pirandello
October 21	<i>The Open Boat</i> , by Stephen Crane
October 28	<i>Death in the Woods</i> , by Sherwood Anderson
November 4	<i>The Garden of Forking Paths</i> , by Jorge Luis Borges
November 11	<i>Introduction to the Second Sex</i> , by Simone de Beauvoir
November 18	<i>An Interest in Life</i> , by Grace Paley
November 25	No session for Thanksgiving weekend
December 2	<i>Selected Poems</i> , by Wislawa Szymborska
December 9	<i>The Body of the Condemned</i> , by Michel Foucault
December 16	<i>Interpreter of Maladies</i> , by Jhumpa Lahiri

Please e-mail Carson Jones at [cjones@uucsr.org](mailto:cjones@uucsr.org) if you would like to receive email notifications about Great Books Discussions.

### Medical Qi Gong for Senior Health | Mondays, 9:00–10:00 AM \$50 for 5 classes, \$12 per drop-in class ([See info HERE](#))

Instructor Ashley Baldwin offers online classes that strengthen your balance and overall body confidence! Exercises are taught standing, with equally effective guidance for those who prefer to sit. Ashley Zooms in every Monday morning to help you center your body and mind, directly from Thailand. [Register HERE](#) or email [tqh.Ashley@gmail.com](mailto:tqh.Ashley@gmail.com)

### The Building a Better Brain for a Better Life Class

A Holistic Approach to Strengthening the Brain and Calming the Mind

Come join a vital and self-empowering class led by Dr. Fern Engelson to learn how to strengthen and protect your brain for now and for the future. In this unique class, the wisdom of Western Neuroscience is combined with the wisdom of Ancient Eastern Healing Traditions. Together practice specific breathing techniques, meditations, and movements (all adaptable) that are designed to grow new and healthy brain cells, sharpening our memory and focus, and helping to stave off a diagnosis of cognitive decline and dementia. In addition, these practices will also support our immune and respiratory systems!

*The sad reality is that 1 in 9 people age 65 and older in the US has Alzheimer's dementia (Alzheimer's Association, 2021). The good news is that most risk factors (such as a sedentary lifestyle) are in our control, and research has shown that it's never too early or too late to start caring for and strengthening our brain.*

All are welcome for the full 6-week series, taught over Zoom: November 2, 9, 16, 30, December 7, 14, 2022, 10:00–11:00 AM  
Members: \$72, Non-members: \$108 (per household)  
For more info, contact Dr. Fern Engelson (516.621.0316)  
To Register, contact Carson Jones (516.472.2915)

In addition, Dr. Fern is offering a solo virtual Workshop, The 10 Key Steps to a Healthier Brain  
Wednesday, October 19, 10:00–11:00 AM (FREE) [HERE](#)

Recently retired from private practice, Dr. Fern Engelson has enjoyed her work as a Chiropractor, Certified Functional Medicine Practitioner, Educator, and for 15 years as a Qi Gong Instructor (the past 12 years at UUCSR). Drawing from her years of studying Eastern and Western healing modalities along with 35 years of clinical experience, Dr. Fern has created dynamic wellness workshops and classes, including the well-received Building a Better Brain for a Better Life Class. Influenced by both her grandparents' and parents' diagnoses of dementia, Dr. Fern is especially passionate about studying, practicing, and sharing simple and effective lifestyle interventions that can decrease the risk of cognitive decline and dementia.

*Of all the lifestyle changes that have been studied, taking regular physical exercise appears to be one of the best things that you can do to reduce your risk of getting dementia.*  
Alzheimer's Society, 2022



## WOMEN'S GROUP

Diane Mansell, Women's Group President

### Women's Film Discussion Series

Third and Fourth Fridays monthly | 7:30 PM

With co-hosts Maria Ceraulo and  
Victoria Pilotti, Center for the Women of New York

Friday, October 21: *The Crown* (Netflix), Season 1 Episodes 3 & 4  
Friday, October 28: *Pieces of a Woman* (Netflix)

Watch the films in advance, then join Zoom meetings for lively  
conversation [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

October 21, 2022	<b><i>The Only Woman in the Room</i></b> by Marie Benedict Discussion led by Diane Mansell
November 18, 2022	<b><i>Bewilderment</i></b> by Richard Powers Discussion led by Maria Ceraulo
December 16, 2022	<b><i>Personal Librarian</i></b> by Marie Benedict Discussion led by Aida Nema

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 Talk Daytime

Sandra Hazel Frank, facilitator

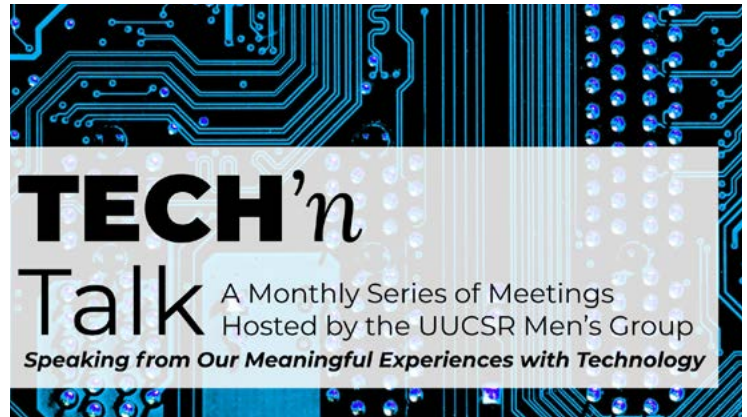
Onsite in the Veatch Conference Room and online on Zoom  
First and third Tuesdays monthly at 12:00 Noon.  
Bring your lunch and coffee/tea will be provided.

The first Tuesday of the month the topic is Current Events.  
On October 18, topic will be "Feminism as it pertains to ground  
rules in domestic relationships. How to create realistic equity in  
the partnership including responsibility for parenting and creature  
comforts such as cooking, cleaning, and doing laundry."  
You are welcome to join the online session [HERE](#).

Companionship and compassion are what we bring  
to one another through conversation.  
Come share your insights.  
We will all be together!

## MEN'S AND WOMEN'S GROUPS

Co-Sponsors



Tuesday, October 18, 2022 | 7:00 PM

**How the Internet can help, not hurt, the development of people  
through well-designed websites offering tools, teachers, and  
companions**

The Internet gets blamed, and sometimes rightly so, for the ill  
effects of social media and for websites that mislead and harm  
their viewers. But there is a different side to the internet as  
well, with websites that empower their viewers to make positive  
changes in their lives and to reach their full potential.

Garrett Lang, founder of [Free Thinker Institute \(FTI\)](#), will join Tech  
'n Talk to talk about what inspired him to create the website and  
to describe how it works and how it has helped people. Tech 'n  
Talk participants will see a demonstration of the website (which is  
free to use) and get some tips on how to use its lecture tools from  
experts and its vibrant online global community.

We'll also touch on two other well-known websites, including  
[ClearerThinking.org](#) that has a range of tools that help you change  
habits, set goals, and be happier in your decision choices; and  
Byron Katie's, [TheWork.com](#), that helps you with the inner work to  
find opportunities in what is already around you and the hand you  
have been dealt by life.

Join via Zoom [HERE](#)

Or join via telephone: 646.558.8656

Meeting ID: 829 6783 9221 Passcode: 058360

#### UPCOMING:

**Tuesday, November 1, 2022 | 7:00 PM**

**Discussion of a Survey of our Congregation's Youth and Young  
Adults Technology Interests and Attitudes.** Led by educator Wally  
Brown with contributor Young Adult member Matthew Koos.

**Tuesday, December 13, 2022 | 7:00 PM**

**The James Webb Space Telescope:** physics/cosmology and  
the spiritual dimensions, presented by Fred Cadieu. Many  
astronomical pictures.

**Tuesday, January 10, 2023**

**Artificial Intelligence: Gifts and Problems,** by Gerry Matusiewicz  
and Herb Klitzner

**MEN'S GROUP**  
Larry Hass, Chair

## ROCKIN' HALLOWEEN PARTY

**Saturday, October 22, 2022**

6:30–9:00 PM • Social Hall

Delicious dinner & desserts • Beverages

Rockin' dancing • Great company

## ANNUAL COSTUME CONTEST

Prizes for First, Second, and Third Place

**LIVE MUSIC:  
THE ANY  
GIVEN SUNDAY  
BAND**

**Register: [uucsr.org/Halloween2022](https://uucsr.org/Halloween2022)**

or pay at the door.

**\$30 per person**—with no costume

**\$25 per person**—with costume

Childcare will ONLY be available if  
requested by Monday, October 17.

**Questions? Contact Sharyn:**

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



**MEMBER EVENTS COMMITTEE**  
Katina Manko-Mitchell, Chair

## NOT JUST BRIDGE



**Thursdays • Veatch House Ballroom  
1:00 PM until 3:00 PM or until "Game Over"**

UUCSR bridge players welcome game players of all kinds to join them on Thursday afternoons. Canasta, Mah Jong, Scrabble, etc. are all welcome. Please bring a full complement of players for any game other than bridge. All are welcome.



Bridge  
lessons will  
begin soon.  
Stay tuned!



**Unitarian Universalist**  
Congregation at Shelter Rock  
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If there are any questions,  
please contact Carla at [Stargatecd@aol.com](mailto:Stargatecd@aol.com).

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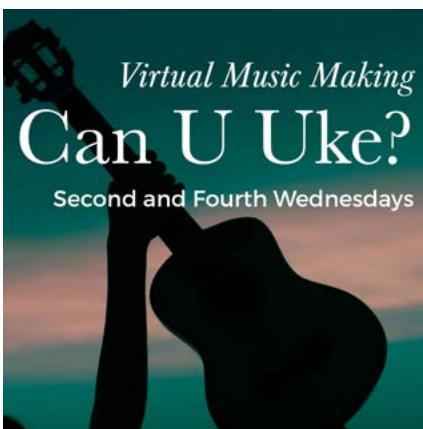
## MUSIC AND PERFORMING ARTS COMMITTEE

Katy Schall, Chair

### Calling All Instrumentals!

The Shelter Rock Jazz Ensemble invites all instrumentalists to join in a season of fellowship, learning, and groove! The Jazz Ensemble rehearses weekly on Sunday mornings at 9:00 AM, and performs at the Service about once per month, playing jazz classics by legends such as Miles Davis, John Coltrane, and Duke Ellington. No previous experience with jazz or improvisation required—you'll learn all you need to know by being in rehearsal with us. A couple of years experience on your instrument, as well as the ability to read music, is helpful, but not required. Please contact Dan Pratt at 347.249.6984 or [dpratt@uucsr.org](mailto:dpratt@uucsr.org) if interested.

You've certainly seen what we do; now be a part of the fun!



### Can U Uke?

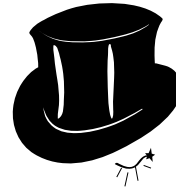
The UUCSR Uke Group strums again!! Join online via Zoom at 6:00 PM on the 2nd and 4th Wednesdays of each month.

Right now, this is NOT a teaching class, so it's important to have some knowledge of basic chords and strumming. Everyone

has the opportunity to present songs of their choice which we as a group can learn. The idea is to have FUN, maybe learn a new song or two, new chords, and strumming techniques

If you are interested, please email Steven Schwartz, Worship Coordinator ([sschwartz@uucsr.org](mailto:sschwartz@uucsr.org)). Questions? Please contact Charlene Greenberg ([cdgsoph@gmail.com](mailto:cdgsoph@gmail.com)).

### Cabaret XX Tickets Available



20<sup>TH</sup> ANNUAL  
**CABARET**

AT THE ROCK

with Richard Bock as Music Director

Saturday, November 5, 2022 | 7:00 PM | \$20

Two dozen acts are currently regularly rehearsing for the twentieth anniversary Cabaret at the Rock! Music, Dance, and more, hosted by Master of Ceremonies Karin Lyngstad-Hughes, are on tap. Refreshments will be served in the Social Hall transformed into a lively nightclub setting.

Cabaret at the Rock is the annual fundraiser to support the Edward Miller Memorial Music Scholarship Fund.

Founded by the Music Committee of the Unitarian Universalist Congregation at Shelter Rock (UUCSR) in June, 2004, the Edward Miller Memorial Scholarship Fund honors the memory of Edward Miller (1943–1997), UUCSR Music Director and life-long music educator. Stipends, in an amount determined each year by the Music and Performing Arts Committee, are used to further recipients' music education. Nassau Music Educators Association (NMEA) partners with UUCSR to administer the application and selection process.

Thus far, over thirty scholarships have been awarded to senior high school students located within Nassau County. Recently, former scholarship winners performed in the Orchestra at Shelter Rock's Annual Summer Concert. Come out for an evening of camaraderie and entertainment, or simply donate to the Cabaret fundraiser.

Tickets available (and donations maybe be made) at [www.uucsr.org/2022Cabaret](http://www.uucsr.org/2022Cabaret) and at the door. A simple, unedited Cabaret video will be available on Youtube (without the party atmosphere) in late November.



Selected Edward Miller Memorial Scholarship Fund Winners



## 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, October 12, 2022

5:00 PM, Socially Responsible Investment (SRI) Committee  
6:00 PM, Ukulele Group Practice  
7:00 PM, Land Management Leadership Team Meeting  
7:30 PM, Cabaret Rehearsal, HH Community Rm  
7:30 PM, Nominating Committee Meeting

### Thursday, October 13, 2022

9:00 AM–9:00 PM, Program Hours  
1:00 PM, Bridge Game Play, Veatch Ballroom  
5:30 PM, League of Women Voters Candidate Forum, Worship Room and North Shore TV  
7:00 PM, Member Resource Committee Meeting  
7:30 PM, Choir Rehearsal, Social Hall  
7:30 PM, Nar-Anon, RE Room 19

### Friday, October 14, 2022

9:00 AM–9:00 PM, Program Hours  
12:00 PM, Great Books - Great Conversations 3  
6:00 PM, Friday Nights with the LGBTQ+ Group Online  
7:30 PM, *Soulful Sundown* Led by Rev. David Carl Olson, Social Hall

### Saturday, October 15, 2022

9:00 AM–9:00 PM, Program Hours  
10:00 AM, Volunteer at the Roosevelt Community Garden, Offsite  
12:00 PM, Celebration of Carol Rothbell's Life, Worship Room  
1:00 PM, *Why Hasn't the Black Middle Class Grown?: Racism - Still a Brother: Inside the Negro Middle Class* (Part 2)  
6:00 PM, Dramatic Readings

### Sunday, October 16, 2022

9:00 AM–9:00 PM, Program Hours  
9:00 AM, Shelter Rock Jazz Ensemble Rehearsals, Choir Rehearsal Room  
9:30 AM, Coffee Hour, 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, Religious Education (RE) Classes, RE Wing  
11:00 AM, Sunday Worship Service: *How Annoying*, led by Rev. Jaye Brooks, Worship Room  
11:30 AM, Coffee Hour, Social Hall  
12:00 PM, Inquirers Session 1: UU Q&A & Brief History, RE Room 4  
12:00 PM, SJC Mental Health Table NAMI Walk, Social Hall  
12:00 PM, Sunday Cafe Sponsored by the BOT, Social Hall  
12:45 PM, Men's Group Multiplatform Committee Meeting, Veatch Conference Room and Online  
1:00 PM, Love & Stitches, RE Room 15  
1:00 PM, Screening of *Orchestrating Change* followed by Q&A, Chapel

### Monday, October 17, 2022

9:00 AM–9:00 PM, Program Hours  
9:00 AM, Medical Qigong for Senior Health  
6:15 PM, Membership Meeting  
7:00 PM, Care for the Caregiver  
7:00 PM, SJ Racial Justice Online Sub-Committee Meeting  
7:30 PM, Cabaret Rehearsal, HH Community Rm

### Tuesday, October 18, 2022

9:00 AM–4:30 PM, Program Hours  
9:00 AM, Community Supported Agriculture (CSA) Program, LL Lobby  
11:00 AM, Bylaws Committee Meeting, Office Conference Room  
12:00 PM, Women Talk Daytime Meeting - Multiplatform, Veatch Conference Room and Online  
1:30 PM, VBOG Policy Meeting, Social Hall and Online  
3:00 PM, Online NAMI Criminal Justice Meeting  
5:30 PM, Candidate Forum, League of Women Voters, Worship Room  
7:00 PM, Board of Trustees Meeting  
7:00 PM, Living With Cancer  
7:00 PM, Tech 'n Talk Program - How the Internet can help, not hurt, the development of people through well-designed websites offering tools, teachers, and companions.

### Wednesday, October 19, 2022

9:00 AM–4:30 PM, Program Hours  
10:00 AM, Intro to Building a Better Brain for a Better Life  
11:00 AM, Crafting for Sanity and Community Online Get-Together  
2:00 PM, Wednesday Conversations  
6:30 PM, Social Justice Virtual Committee Meeting  
6:30 PM, UU Kids Connect: Game Time!  
7:00 PM, Green Sanctuary Committee Meeting  
7:30 PM, Cabaret Rehearsal, HH Community Room

### Thursday, October 20, 2022

9:00 AM–9:00 PM, Program Hours  
1:00 PM, Bridge Game Play, Veatch Ballroom  
7:00 PM, Board of Trustees Meeting, Veatch Conference Room and Online  
7:30 PM, Choir Rehearsal, Social Hall  
7:30 PM, Nar-Anon, RE Room 19

### Friday, October 21, 2022

9:00 AM–9:00 PM, Program Hours  
12:00 PM, Great Books - Great Conversations 3  
3:30 PM, WG Online Book Series Discussion  
6:30 PM, Friday Nights with the LGBTQ+ Group Online  
7:30 PM, Women's Group Online Film Discussion - The Crown Season 1 Episodes 3 & 4

### Saturday, October 22, 2022

9:00 AM–9:00 PM, Program Hours  
1:00 PM, *Why Hasn't the Black Middle Class Grown?: Racism - Against all odds: The Fight for a Black Middle Class*

4:00 PM, Bulb Planting Party, Main Lobby Entrance  
6:30 PM, Men's Group Rockin' Halloween Party, Social Hall

### Sunday, October 23, 2022

9:00 AM–3:00 PM, Program Hours  
9:00 AM, Shelter Rock Jazz Ensemble Rehearsals, Choir Rehearsal Room  
9:30 AM, Coffee Hour, 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 Worship: *The Courage To Feel*, led by Rev. David Carl Olson and Erol Delos Santos  
11:00 AM, Religious Education Classes, RE Wing  
11:05 AM, Children's Worship: *Peace In, Peace Out*, Chapel  
11:30 AM, Coffee Hour, Social Hall  
12:00 PM, Inquirers Group: Pastoral Care and Rites of Passage, RE Room 4  
12:00 PM, SJC Mental Health Table NAMI Walk, Social Hall  
1:00 PM, Screening of *Stranger at the Gate* followed by Q&A with Director Joshua Seftel, Worship Room  
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music  
6:30 PM, Together to End Solitary Confinement Online Program

### Monday, October 24, 2022

9:00 AM–4:30 PM, Program Hours  
9:00 AM, Medical Qigong for Senior Health  
7:30 PM, Cabaret Rehearsal, HH Community Rm

#### 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)

# UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

48 Shelter Rock Rd, Manhasset, NY 11030 | 516.627.6560 | [uucsr.org](http://uucsr.org) / [uucsr@uucsr.org](mailto:uucsr@uucsr.org)

Lead Minister and Minister of Lifespan Religious Education

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

Associate Minister for Congregational Life

Rev. David Carl Olson ([dcolson@uucsr.org](mailto:dcolson@uucsr.org))

Developmental Minister

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

Congregation Operations Administrator

Adam Barshak ([abarshak@uucsr.org](mailto:abarshak@uucsr.org))

Executive Director, Veatch Program

Joan Minieri ([joan@veatch.org](mailto:joan@veatch.org))

Music Director

Stephen Michael Smith ([ssmith@uucsr.org](mailto:ssmith@uucsr.org))

Lifespan Religious Education Coordinator

Carson Jones ([cjones@uucsr.org](mailto:cjones@uucsr.org))

Social Justice Coordinator

Claire Deroche ([cderoche@uucsr.org](mailto:cderoche@uucsr.org))

## Officers of the Congregation

President: Jana North

Vice President: Chris Hilke

Secretary: Toni Logue

Treasurer: Moin Haque

## Members of the Board of Trustees

Claudia Barbey

Iliza Bartels

Bill Kahn

Aimee Vella Ripley

Ursula Salamone

Jane Weiler

October 12, 2022

ADDRESS SERVICE REQUESTED  
FIRST CLASS MAIL DATED MATERIAL

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

## ROOSEVELT COMMUNITY GARDEN

Growing food, educating the community, and connecting people  
to enhance our quality of life and for a sustainable future.

### *Putting Our Garden to Bed*

Saturday, October 15, 10:00–12:00 PM

Roosevelt Community Garden

59 E. Fulton Ave, Roosevelt, NY 11575

*Led by Master Gardeners Kathy Gaffney and Audrey Thomas, CCE Nassau*

Volunteer with other Shelter Rock members and friends to connect with people from the local community while helping with common areas of the garden. Together, we'll enjoy hot cocoa and pumpkin bread as we harvest the remaining crops, remove diseased plants and fallen fruit, plant garlic for next year's harvest, and cover crops to improve the soil for next season.

- Children accompanied by adults are welcome
- Register with Claire Deroche at [cderoche@uucsr.org](mailto:cderoche@uucsr.org)
- Organized by the UUCSR Racial Justice Sub-Committee