



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 26, 2022

Monthly Theme:

Courage

WORSHIP SERVICES

SUNDAY, OCTOBER 30, 2022, 11:00 AM

Erol Delos Santos, Student Minister

That Which Shelters All In a time where information is available to us in an instant, we often don't dwell in the uncomfortable space of the unknown. The truth is that there are limitless possibilities in 'not knowing'. Imagination thrives in the fertile grounds of mystery. There is something sacred in the secrets of the world around us. Come reflect on the courage required to be curious, to be contemplative, and to remain lost but seeking. *

SUNDAY, NOVEMBER 6, 2022, 11:00 AM

Rev. Dr. Natalie Fenimore

Change the Story During November, we will celebrate Thanksgiving and many people will tell the story of the "Pilgrims and Indians." The story is based in truth but has gained mythic status. There is, of course, more than one perspective in the story and more than one way to tell any story. How can we/should we change the story to be more inclusive? *

*** Worship Services are in-person AND livestreamed!** Masks are encouraged and required for singing. Livestreams available on uucsr.org/worship, [Facebook](#), and [YouTube](#). Podcasts available afterward. **The Sunday Morning Experience is available online using just one link!** Beginning at 10:45 AM, join via Zoom, then stay for live Worship Service and Coffee Hour. Join [HERE](#).

New Start and Ending Times Announced



Every Sunday | 10:45 AM–12:15 PM | Join using just one link. Worship Service is livestreamed and shared in the Zoom room. Afterward, stay on during online Coffee Hour. Join [HERE](#), or call: 646.558.8656, Meeting ID: 829 6436 6095

TOUCHSTONES

Rev. Jaye Brooks



Where Are We in the Story?

My arrival at Shelter Rock in August 2019, in the pre-pandemic era, marked the beginning of this congregation's developmental ministry. Shelter Rock's goals for the next 3–5 years were to clarify strategic direction; engage members more deeply, and welcome newcomers more effectively; improve organizational structure and governance; and consider the role of money in congregational life.

No small agenda.

Despite the pandemic—and, in some ways, because of it—members here have examined the purpose of this congregation. The question became, "What really matters?" In the Purpose Conversations two years ago, members identified community, spiritual deepening, and service as the deeper purposes for which they join in this religious community.

Over the past year, a group of members met with other groups in the congregation and staff seeking to create a strategic plan that would guide the programs and activities here in ways that fulfill these purposes. The Board approved a [Five-Year Strategic Plan](#) and has shared it with the congregation for comment. This plan will provide the strategic direction for the coming five years. That's one goal nearly met.

Since March 2020—the start of the pandemic—the Membership Committee has worked to create an atmosphere of hospitality and learning for newcomers with the Inquirers Series and the Sunday Morning Experience online Zoom gathering to watch Sunday Worship Service online. The ministers have introduced programs that engage members in spiritual deepening and opportunities for learning and community-building. That's another goal, still in process, but well underway.

As for organizational structure and governance—a year ago the Board proposed a pilot project to clarify the role of the ministers and their relationship to the Board, naming Rev. Dr. Natalie Fenimore Lead Minister with clearly stated responsibility,

Continued on page 2

FRIDAY, NOVEMBER 11, 2022, 7:30 PM
Erol Delos Santos, Student Minister

TOUCHSTONES
continued from page 1

FRIDAY
NOVEMBER 11
7:30 PM

**SOULFUL
SUNDOWN**

AT SHELTER ROCK

WHERE MUSIC RESIDES AT THE HEART OF THE RELIGIOUS EXPERIENCE

FEATURING **EROL
DELOS SANTOS**

**THE COSMIC
ORCHESTRA**

COFFEE HOUSE ARTIST **JESSE
TERRY**

ALL ARE WELCOME!

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

authority, and accountability. The membership approved the appropriate additional compensation. The next step would be to convert the pilot project to a continuing leadership structure. The Board would need to recommend this change to the congregation for approval, and that may happen in January.

Another aspect of organizational structure relates to the committees, many of which are already using a more team-based structure that offers volunteer engagement in smaller portions to a wider segment of the congregation. The Board has been in discussion with the program committee chairs about what those changes might look like—and is seeking at-large members for a policy-drafting group to create a framework for restructuring our committees in a manner that meets with the agreement of committees, Board, and ministers. Ideally this framework would be in a policy document rather than in the Bylaws, allowing more flexibility and responsiveness to change.

So: governance and organizational structure goals are also well underway.

In all of these developments, there is an underlying theme: Shelter Rock's purpose. Rooted in the Purpose Conversations, the ideas that have emerged during the first three years of developmental ministry are centered on the membership's longing for a loving religious community that encourages their spiritual growth and that lets them serve the needs of the local community, just as Veatch grants support good works on a national scale.

Where are we in the story? Though institutional change is slow, Shelter Rock is well along in its progress toward a congregational life that is more heart-centered, clearer in its direction, more certain in purpose. And the invitation is there, for every member, to engage with others in ways that create community, inspire spiritual growth, and build a more just and joyful world.

With hope,
Rev. Jaye Brooks

ART COMMITTEE
Paul Kopelow, Chair

Shelter Rock Art Gallery Exhibit

Creative Currents

Works by Students of Ellen Hallie Schiff

Reception:
Sunday, October 30, 2022 | 1–3 pm
Now on exhibit through Tuesday,
November 29, 2022
Please call Elaine for best viewing hours.
516.472.2933



New, by Patti Paris

MILESTONES

We grieve the death of... Shelter Rock member Allan Fishkind. Allan died on Wednesday, September 21, 2022, at 80 years of age. His family will celebrate the lives of Allan and his wife, Joan Smith, near the Hudson River in early November. Condolences may be sent to:

Scott Fishkind and Family
2 Main Street, New Hamburg, NY 12590

We mourn the loss of... UUCSR member Olive Jordan who died on Monday, October 17, 2022. She was 104 years old. A Celebration of Life will be held at 12:30 PM on Sunday, November 27, 2022 in the UUCSR Worship Room. Cards of condolence may be sent to Olive's family in care of:

Ed Jordan
153 Ash St, Floral Park, NY 11001

We share the sad news of... the death of father-in-law of Shelter Rock member Claudia Barbey. Adrien Barbey died on Friday, September 9, 2022. He was 87 years of age. He is survived by Barbara, his wife of 62 years and by their children, Paul (Susan), Scott (Claudia), Suzanne Terwilliger (John), and many other family members. Expressions of sympathy may be sent to:

Claudia and Scott Barbey
4 Doxey Dr, Glen Cove, NY 11542

MESSAGE FROM THE MINISTERS

This week marks the Hindu holiday festival of Diwali—The Festival of Lights—which symbolizes the victory of good over evil, knowledge over ignorance.

Hindus will come together with family and friends to celebrate with prayer, fireworks, and special sweets. Everywhere there will be the light of clay lamps (deepsa), representing the spiritual inner light that protects from spiritual darkens. Happy Diwali!



CONGREGATIONAL NEWS

Bagel Breakfast is Back! Sundays, 9:00–10:30 AM

Every Sunday beginning October 30, 2022, you can, once again, stop by the Social Hall for a bagel breakfast for just \$1! Coffee and tea are FREE. Remember: No food or drink is permitted in the Worship Room.

Sunday Fellowship Hour After Worship Service Every Sunday

Let's break bread together after Worship in a UU way with Coffee Hour and Sunday Café in the Social Hall.

Sunday Café by Committee is an all-new luncheon series following Worship Services. Each week, a different group offers a special meal at a moderate cost (projected to be \$5-\$7). Occasionally, groups may organize lunches as fundraisers for special causes (maximum \$10).



You may always count on a simple meal that will carry you through the afternoon! Coffee and tea always available at no charge. All are welcome.

2022-2023 Membership Handbooks

Handbooks are now available on Sundays in the Main Lobby before and after Worship Services, one per UUCSR member household. Also available weekdays from the offices. Corrections and/or updates may be made on MYUUCSR, on forms in the Main Lobby, or by contacting Jen Sappell (jsappell@uucsr.org, 516.472.2980).

The Handbook contents (Directory, Bylaws, and Who's Who on Committees) are also available on MYUUCSR Resources.

Please watch for an online, interactive directory to be available soon. An app is also planned for rollout in the new year.

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

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



A Message from the President

Strategic Planning is a process in which an organization's leaders define their vision for the future and identify their organization's goals and objectives. Over the last twelve months, a Task Force organized by the Board of Trustees has developed a five-year Strategic Plan for UUCSR based on a year of conversations and interviews with members from every area of the congregation. All of their comments

and ideas were then incorporated into the three focus areas identified by the congregation during our Purpose Conversations:

Community | Spirituality | Service

Developing Friday night programming to promote community and spirituality was an idea that excited many of the members we spoke with last year. Community outreach could also bring in a service component that would strengthen our relationships with local social justice organizations by including them in our Friday night events as well.

Members were interested in Saturday programming for youth and young adults that would take advantage of the 100 acres of beautiful grounds at Shelter Rock and would give RE families and other members more time to be together. Educational and creative activities using this enormous resource of ours would build community and grow spirituality in all of us.

Making our committees more flexible and creative and allowing them to have a more diverse and multigenerational membership furthers UUCSR's mission and vision which was a priority for many

we spoke to. Simplifying our policies, governance, and bylaws would clarify responsibility, authority, and accountability, in every area of congregational life.

Encouraging volunteerism and limiting our dependence on staff during events that are meant to build community was also an often repeated comment during the Strategic Plan conversations last year. Sunday lunches and Friday night dinners hosted, prepared and served by members, for members, is a way for all of us to come together in religious community and completely reflects our mission and vision.

Now that the Strategic Plan has been formulated, the next step is its implementation. The Board of Trustees is now working with the ministers to collect ideas from the congregation for Friday night events that will build community and grow spirituality as well as offer opportunities to be of service. Programming on the grounds has already begun through the Buildings & Grounds and Green Sanctuary Committees. Governance work on restructuring our committees will begin as soon as two at-large members volunteer to join a new Task Force started by the BOT. The BOT has also reintroduced Sunday lunch for the congregation at the Sunday Café by Committee. This will be run solely by member volunteers who can use it as a time to publicize the outstanding work of their committees.

The Strategic Plan is your plan as you all described it to the Task Force last year. The BOT, ministers, and staff will help implement the different pieces of it in the years to come, but it can only be truly successful if the entire congregation supports it with their ideas and their presence. If you have ideas for Friday nights, Saturday afternoons, want to sponsor a Sunday lunch, or are interested in joining any BOT Task Force or congregational committee, let me know. I'm excited by what the next few years at UUCSR will look like.

CONGREGATIONAL MEETING NOTICE

Sunday, November 6, 2022, 1:00 PM
Onsite, In-Person in the Worship Room and Online via Zoom

All are welcome to attend Congregational Meetings.
UUCSR members are eligible to vote.

To attend the online webinar format, please [register in advance HERE](#). After registering, you will receive a confirmation email containing a direct link to join the webinar.

Meeting Agenda:

- Approval of Minutes
- CY 23/24 Overall Spending Limit Resolution
- Treasurer's Report: Unaudited CY22 Year End Financials
- Nominating Criteria
- Strategic Plan
- President's Report



DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Barry Nobel, Chair

You Can Be Involved in Denominational Activities!

The Committee is working to complete the guidelines for UUCSR members' participation in the Unitarian Universalist Association's General Assembly (GA), June 21–June 25, 2023, in Pittsburgh, PA. Members who have been members for three or more years can participate as delegates to GA, officially representing our congregation, but any member can participate as a non-delegate. Members can participate in-person by traveling to Pittsburgh, or, remotely, on their computer or other device. The committee and UUCSR staff will stand ready to assist any member who wishes to access GA either online, or in making hotel and travel arrangements.

Delegates who attended the 2022 GA in Portland, OR, have submitted meaningful reports on their experiences. These have been compiled and are now available at the Welcoming Desk, or [online HERE](#).

The UUA has been considering several issues. At GA, delegates will select a new UUA president, consider the future of GA, and, most importantly, consider Unitarian Universalist purposes and Principles, the heart of our religion. Shelter Rock delegates will have several opportunities for pre-GA orientation meetings to prepare for the 2023 General Assembly.

Our religion is changing! The original purposes and Principles were based on compromises that were made between Unitarians and Universalists in 1961 to form a new religion, and they have been changed many times since then. These are found in Article 2 of the UUA bylaws, which also require us to re-examine and possibly revise those bylaws at least every 15 years. Since the last revision took place in 1987, we are long overdue.

In 2017, suggested changes included the First and Fifth Principles, plus consideration of the Eighth Principle, which many UU congregations have already adopted, including UUCSR—we adopted it unanimously in May 2022:

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse and multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions

The UUA Board of Trustees charged the Article 2 Study Commission to do a full review. Article 2 states our reason for existing and the covenants of how we relate to each other. In other words, what we think of as our religion might be changing.

All Unitarian Universalists are invited to provide feedback. The next round of feedback will occur in November. Your input as a member of UUCSR is critical in deciding what changes will be made to the beliefs of our religion. Enroll by e-mailing Rev. Marcus Fogliano at changemanager@uua.org. For more information, [click here](#). To review the draft Article, [click HERE](#).

MEMBERSHIP COMMITTEE

Jeff Shiff, Chair

Inquirers Session with Claire Deroche Sunday, October 30, 2022 | 12:00–1:00 PM

Claire Deroche has worked for social Justice at UUCSR for the past 15 years. With her support, the Social Justice Committee and its three sub-committees have been involved in many projects, often working with other groups to help serve human need in our own community, statewide, or on a national level.

I wanted to know more about who Claire really is as a person, so I informally interviewed her. You may be amazed to learn about her background and how she became involved in serving others.

Originally raised in Portland, ME, Claire grew up Catholic and was educated by the Sisters of Mercy from kindergarten through college. She was a practicing nun for 32 years, first as a Sister of Mercy and then as a Maryknoll Sister. As a Maryknoll missionary, she spent six years in Bolivia working amongst the Aymara people. Because the headquarters of the Maryknoll Sisters are in New York, she eventually settled here, and moved to the NY metro area after leaving the order in 2000.

Catholic social justice teaching, especially those of the Latin American Bishops who promoted the Base Christian Community movement, has shaped her understanding of how to accompany those who are poor and dispossessed. When working for justice, we need to follow the lead of those on the margins of society.

All her experiences from childhood on led her to realize that we must work for the liberation of all peoples, especially those whom society leaves behind. When I asked Claire what she thought was the most personally meaningful project she has ever been involved with, she reflected upon her interests in reforming the prison system. With the Social Justice Committee and other members of UUCSR, she worked with the Campaign for Alternatives to Isolated Confinement. She strongly believes that solitary confinement is inhumane and needs to be abolished.

For those of you who are interested in social justice and action, please join the Sunday, October 30 Inquirers session to hear much more about the Social Justice Committee's current activities, and find out how you can get involved to help others and make this a world more just and a better place to live.

If you have further questions about the Inquirers Series or about becoming a member of this congregation, contact me at jeffreysriff@gmail.com or just call 516.305.3334.

Special, One-Time ONLINE Inquirers Session Wednesday, November 2, 2022 | 7:00 PM

Session 1 ONLINE will be a Q&A with Rev. Jaye Brooks and conversation about the history of Unitarian Universalism. [Join Zoom HERE](#) or call 646 558 8656, Meeting ID: 860 0568 0402
Passcode: 471294

Thanksgiving Dinner at Shelter Rock

Thursday, November 24, 2022

12:00-3:00 PM

In the spirit of unity and fellowship, the Caring Committee invites members and friends to join in gratitude and celebration at an in-person dinner together

**Join us for a Thanksgiving celebration with traditional foods, plus entertainment
Traditional, vegetarian, and vegan options
BYO beer and wine permitted
All are welcome to the feast!**

**Please bring an appetizer or dessert to share
Food donations for the pantry will also be gratefully accepted**

Financial assistance available upon request

Adults \$15 | Children \$10 | Due in advance

Register by Thursday, November 17

Questions?

Contact Sharyn Esposito
(sesposito@uucsr.org or 516.472.2960)

Register Here

www.uucsr.org/22Thanks



Cabaret XX Tickets Available



20TH ANNUAL
CABARET

AT THE ROCK

with Richard Bock as Music Director

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

Come out for an evening of camaraderie and entertainment, or simply donate to the Cabaret fundraiser.

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 in June, 2004, the Edward Miller Memorial Scholarship Fund honors the memory of Edward Miller (1943–1997), UUCSR Music Director and lifelong 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.

Tickets available (and donations maybe be made) at 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

George Frideric Handel

Messiah Sing

CALL FOR
ORCHESTRAL MUSICIANS

The Orchestra at Shelter Rock
Stephen Michael Smith, Conductor

Rehearsals:

Thursday, December 8

7:30 – 9:00 PM

Saturday, December 10

11:00 AM – 1:00 PM

Performance:

Sunday, December 11, 2022

1:00 PM call

2:00 PM performance

Rehearsals and performances at
UUCSR

48 Shelter Rock Road, Manhasset

Music will be available in advance.
Music stands and lights provided.
Please contact Orchestra Librarian
Sylvia Cordero-Skidmore
at UUMusic@uucsr.org
to reserve a seat.

SOCIAL JUSTICE COORDINATOR

Claire Deroche

Are You Ready To Vote?

Although election day is Tuesday, November 8, the mid-term elections have already started. While early voting in New York State doesn't begin until October 29, in other states it is already underway. Lawn signs for the candidates are seen everywhere, and the media are saturated with their ads. It's time to get ready to cast our votes.

There are many ways to get the information you need to complete your ballot as a responsible citizen, and [Vote411](#) is certainly among the best. The site is sponsored by the League of Women Voters Education Fund. Here you will find everything you need to know about voting in New York State.

You can "See What's on Your Ballot," "Check Your Voter Registration," "Find Your Polling Place," and "Discover Upcoming Debates In Your Area." By entering your address, you can see a personalized version of the ballot.

Each year the League of Women Voters (LWV) Education Fund poses a series of questions to the candidates. At [Vote411](#) you can see the questions and their answers. If your candidates participated in a debate, you can view the video of the event. If all this information isn't enough, there's even a page with such topics as "Eligibility Requirements," "Time Off for Voting," "Provisions for Voters with Disabilities," "Candidate Debates and Forums," and "Campaign Finance Information."

One of the most important sections on the website is the "Clean Water, Clean Air, Green Jobs Environmental Bond Act" section. The ballot language is: "To address and combat the impact of climate change and damage to the environment, the Clean Water, Clean Air, and Green Jobs Environmental Bond Act of 2022 authorizes the sale of state bonds up to four billion two hundred million dollars to fund environmental protection, natural restoration, resiliency, and clean energy projects. Shall the Environmental Bond Act of 2022 be approved?" On the [website](#) you will find an explanation and the pros and cons of the act. There is also a recording of a [webinar](#) that provides a deep dive into the details of the bond act.

If you would prefer a printout of all this information, you can download the "[2022 Voters Guide, Part II, Candidate Information.](#)" The guide also includes information about the bond act.

The Clean Water, Clean Air, and Green Jobs Environmental Bond Act of 2022 is a statewide initiative. Depending on where you live there may be other local bond initiatives. Please be sure to check both sides of your ballot. Last year many voters failed to do this, and important measures failed.

If you still have unanswered questions, there's also helpful information at the website of the [New York State Board of Elections](#). Whatever route you choose, don't forget to vote!

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Cooking Meals for Guests of the Shelters Run by the Interfaith Nutrition Network (INN)

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

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

The UUCSR LGBTQ+ Sub-Committee sponsors a weekly get-together on Friday nights for its members and allies. On Friday, October 28, the topic will be Halloween and on November 4, the conversation will center on entertainment on TV, cable, and streaming services. To join the meeting go to <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 and conversation is from 6:30– 7:20 PM to permit attendance at Soulful Sundown.

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Sponsored by Green Sanctuary Committee

Community Supported Agriculture (CSA) Early Winter Shares Available

Participation in a CSA means a connection to local food, farmers, and community. It means weekly organic vegetables and fruits delivered from your local farm to your local community. Join the Sang Lee Farm CSA at Shelter Rock for a very special connection to the earth. Get the freshest veggies from fields, greenhouses, and coolers during a time when most farms have closed for the season.

5 weeks (November 22–December 20, 2022), Tuesday pick ups only
\$220 (equivalent to \$45 per week)
8–10 different vegetables per week.
Fruit share and/ or cheese shares available at additional cost.

Visit Sang Lee Farm [for more information and to signup HERE](#)



UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

As Election Day Approaches, Veatch Grantees Are Fighting for Our Democracy

This year, perhaps more than any other, the future of our democracy is on the ballot as Election Day approaches—the organizing and political education that Veatch grantees are doing on the ground, not just during election cycles, but each and every day of the year, is more important than ever.

To help grassroots groups, advocates and voters track hard-right candidates running for office this year, Veatch grantee [Political Research Associates](#), which studies the far right, published an [interactive map](#) tracking 274 candidates that represent the “insurrectionist edge” of American politics. The group also holds conferences and discussions to help make sense of these races, as well as all attacks on multiracial and inclusive democracy.

[Faith in Florida](#) is hosting early voting events in the state, and offering rides to poll sites to those who need them. The group is also hosting voter education workshops, where its members can learn about the local issues at stake in the upcoming elections, as well forums with candidates, at the local level, in low-income districts across the state.

The [Ohio Organizing Collaborative](#) has expanded its successful voter engagement work this year, with a focus on “relational organizing”—an approach that engages leaders with longstanding ties within communities to connect with low-propensity voters. Preliminary data this year found that 90 percent of the people the organization’s relational canvasses reach rarely, if ever, vote. These tend to be young people of color who, once contacted through relationship canvasses, are more likely to vote afterwards



Members of the Ohio Organizing Collaborative engaged in electoral canvassing

These represent just a fraction of the non-partisan civic engagement that Veatch grantees are working on, at the local, state and federal level, to turn out underrepresented communities at the polls, counteract voter suppression, and ensure candidates are accountable to the communities they hope to represent. Sign up for [Veatch News Updates](#) for more detailed information on the work of Veatch grantees to protect our democracy, engage underrepresented communities in our elections, and more.

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.

ETHICAL EATING GROUP SPONSORED BY THE SOCIAL JUSTICE COMMITTEE

ETHICAL EATING

presents

MINDFUL MEDITATION

Please bring a yoga mat or blanket

VEATCH BALLROOM | 1:00 PM
SUNDAY, NOVEMBER 13, 2022

featuring
HILDUR PALSDOTTIR
leading meditation



Plant Based Cooking Class led by Leslee Rabb and Tracie Pulga follows in Veatch Kitchen at 1:40 PM

We will be using seasonal, organic, plant-based choices.
Be prepared to participate.
Children welcome.
\$5 donations to defray expenses will be appreciated.

**PLEASE NOTIFY LESLEE RABB
(LESLEER@OPTONLINE.NET)
OR TRACIE PULGA
(YOURLIFESTYLEVITALITY@GMAIL.COM)
IF YOU HAVE ANY FOOD ALLERGIES.**



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

48 Shelter Rock Road, Manhasset, NY 11030 | uucsr.org | 516.627.6560 | 8



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)



Halloween Bedtime Stories! Wednesday, October 26, 7:00 PM

[Live on Zoom HERE](#)

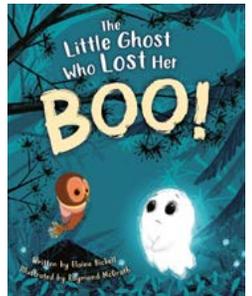
All are welcome to join Carson Jones, UUCSR Lifespan Religious Education Coordinator, for this special interactive storytime as he reads three, family-friendly stories celebrating Halloween!

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



Hardly Haunted
written and
illustrated
by Jessie Sima

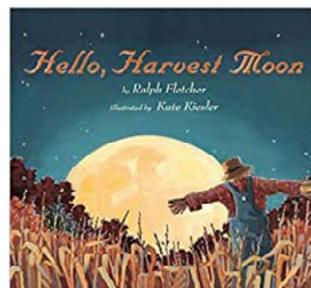
The Little Ghost Who Lost Her BOO!
written by Elaine Bickell and illustrated by
Raymond McGrath



Harvest Moon Bedtime Stories! Wednesday, November 9 at 7:00 PM

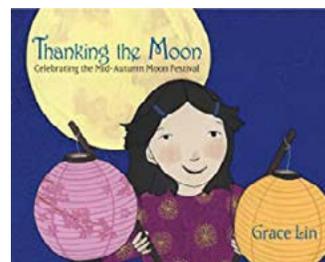
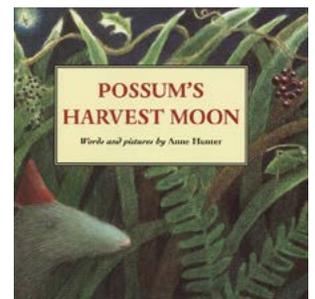
[Live on Zoom HERE](#)

Join Carson Jones for special interactive storytime as he reads three family-friendly stories celebrating the harvest moon!



Hello, Harvest Moon
written by Ralph Fletcher
illustrated by Kate Kiesler

Possum's Harvest Moon
written and illustrated
by Anne Hunter



Thanking the Moon
written and illustrated
by Grace Lin

ADULT PROGRAMS

Dramatic Readings | Saturday, November 20, 2022 | 6:00–9:00 PM *The Audience*, by Peter Morgan

About the play: “For sixty years Elizabeth II met each of her twelve Prime Ministers in a weekly audience at Buckingham Palace. Both parties have an unspoken agreement never to repeat what is said, not even to their spouses. The Audience breaks this contract of silence and imagines a series of pivotal meetings between the Downing Street incumbents and their Queen.”

Join Zoom Meeting [HERE](#).

Or join via telephone: call 646.558.8656

Meeting ID: 817 7007 7772 Passcode: 798549

Please RSVP to Carson Jones at cjones@uucsr.org by November 9, 2022, 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. [Live on Zoom HERE](#). All are welcome.

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

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
December 23	No session for Christmas weekend
December 30	No session for New Year's weekend
January 6	<i>Six Characters in Search of an Author</i> , by Luigi Pirandello

Please e-mail Carson Jones at 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

The Building a Better Brain for a Better Life Class

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, we will combine the wisdom of Western neuroscience with the wisdom of ancient Eastern healing traditions.

Together, we will practice specific breathing techniques, meditations, and movements (all adaptable) that are designed to grow new and healthy brain cells, sharpening our memory and helping us 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 to join the full 6-week series, taught over Zoom: Wednesdays, 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 (cjones@uucsr.org)

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 twelve 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 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 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 or 516.472.2960

November 18, 2022	<i>Bewilderment</i> by Richard Powers Discussion led by Maria Ceraulo
December 16, 2022	<i>Personal Librarian</i> by Marie Benedict Discussion led by Aida Nema
January 20, 2023	<i>Search</i> by Michelle Huneven Discussion led by Patti Paris

Please visit 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 November 15, the topic will be "What effect women's quest for equity (usually labeled feminism) has had on the role of males in our society. How can we best support boys to achieve a more gender equal society where males are not dominant?"

Wisdom, companionship, and compassion are what we bring to one another through conversation. Come share your insights. We will all be together! You are welcome to attend in person at UUCSR or join the online session [HERE](#).



Just When I Thought..

Just when I thought there would be no one with a uterus in New York who would be impacted by the Supreme Court's decision to overturn 50 years of established precedent, stealing our Constitutional right to choose, I was wrong. Even though we live in a place where our rights are protected, it was

discovered that a section of the Town Code for the town of North Hempstead placed unlawful barriers between women and their right to have an abortion. Although some expected that these provisions were unenforceable, nevertheless, they were repealed this August with a unanimous vote. We have to learn a tough lesson that we can't sit back and expect that things will be ok here. We have to learn it over and over again.

Just when I thought that this has been taken care of, that these old restrictive laws were rescinded in the Town of North Hempstead, and unenforceable anyway, I learned that many are still viable in other municipalities on Long Island.

Just when I breathed a little easier, thinking that the restrictions in these other municipalities were ancient and probably would be rescinded, the *New York Times* reported that a judge ruled that an abortion law written in 1864 must be enforced! Although the president of Planned Parenthood in Arizona claimed that "no archaic law should dictate our reproductive freedom," abortion remains unavailable.

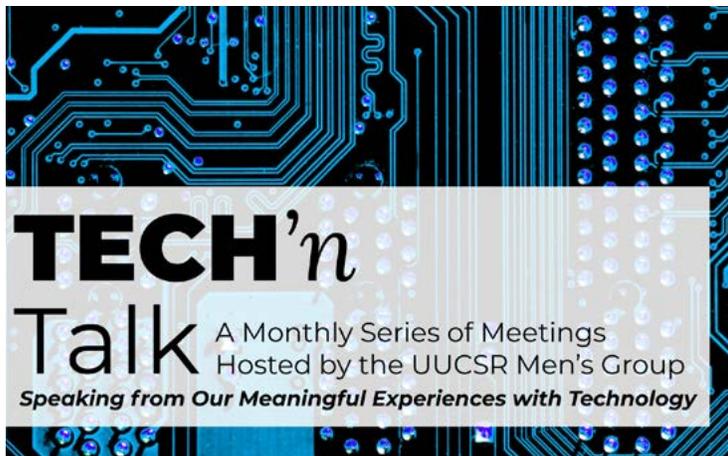
In a *CBS Mornings* interview, Hillary Clinton said, "women are going to die." What could be more dire? She warned about other efforts by this court to turn back the clock on civil rights and gay rights and other women's rights that will follow. Overturning *Roe v. Wade* is only the beginning. Again, we must be ever vigilant and active to protect our rights as women.

So that we don't despair, the UU Side with Love Reproductive Justice is organizing. Our LIAC SJ Coordinator is considering how to involve more, possibly having a teach-in about the NYS landscape and how NY UU congregations could help.

Just when I thought this issue would completely overtake my optimistic outlook, I felt encouraged by the work of our faith and urge you to join me and the Women's Group as we partner with the UU Side with Love Reproductive Justice group in their efforts to address and respond to this devastating decision of the Supreme Court.

To quote Rep. John Lewis: "Do not get lost in a sea of despair."

MEN'S AND WOMEN'S GROUPS Co-Sponsors



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 members Wally Brown and Claudia Barbey

The Men's Group has utilized the congregation's new membership database, with help from Claudia Barbey, to survey the congregation's Youth and Young Adult (Y/YA) attitudes toward computer technology, including technology's long-term promise and problems, and its day-to-day utility.

The survey consists of questions contributed primarily by members of the Tech 'n Talk congregation-wide Advisory Group, supplemented by Carson Jones, Lifespan Religious Education (LRE) Coordinator. It was generated in the interest of developing closer ties with the Y/YA community, relative to possible future programs centered on technology issues and opportunities. It is an experiment, an initial step in a dialogue, and reflects the interest of Tech 'n Talk and the RE program in exploring related opportunities.

Times are changing. YA participation as leadership is increasing. And video tools are helping to close the gap between YA members and the congregation's committees and focus. We want to ride on and contribute to this wave of change.

Join via Zoom [HERE](#)

Or join via telephone: 646.558.8656

Meeting ID: 829 6783 9221 Passcode: 058360

UPCOMING:

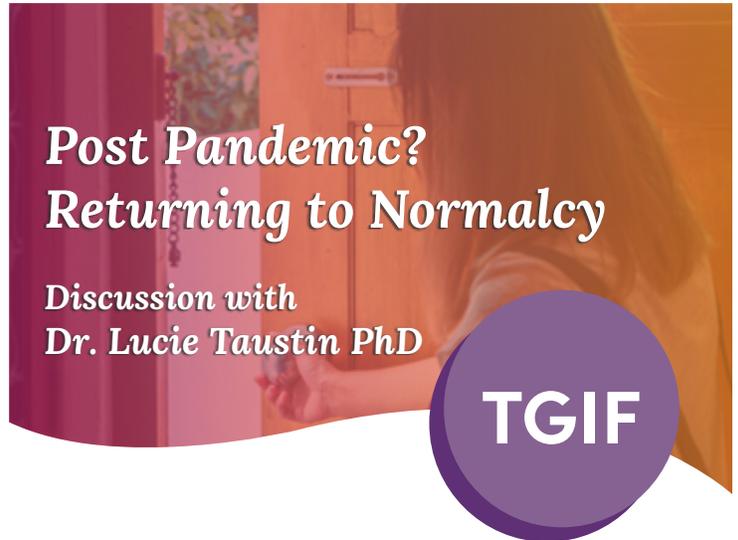
Tuesday, December 13, 2022 | 7:00 PM

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

MENTAL HEALTH SUB-COMMITTEE OF THE SOCIAL JUSTICE COMMITTEE and WOMEN'S GROUP, Co-Sponsors



Post Pandemic? Returning to Normalcy

Discussion with
Dr. Lucie Taustin PhD

TGIF

Friday, November 4, 2022

7 PM
via Zoom

Discussion with Dr. Lucie Taustin, PhD

A discussion about the anxiety we feel about re-entering the outside world and questioning whether or not we and our families are safe.

NO REGISTRATION NECESSARY

[Click HERE to join Zoom](#)

or see [UUCSR Events Calendar](#) for link

Dr. Lucie Taustin, PhD is a NYS licensed/certified (Clinical) Psychologist, Psychoanalyst, Hypnotherapist, and RN, with nearly four decades of varied experience.



Unitarian Universalist
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Questions? Contact Sharyn

516.472.2960 or sesposito@uucsr.org

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GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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



The Newest Trend in Architecture

Modern architects are combating global warming in a way most people would not consider. Rather than gentrify by demolishing whole buildings or neighborhoods, or restoring old buildings like preservationists, the newest trend suggests, "sustainability is to make things already existing last longer." One predominant reason is construction companies' carbon footprint caused by greenhouse gases.

The construction industry produces almost a quarter of global gas emissions. These occur in the form of operational and embodied carbon. Operational refers to running and maintaining buildings: lights, heating ventilation, elevators, etc. Embodied refers to carbon expenditure in the extraction. This includes production, transportation of materials, the fabrication and demolition of structures. Cement alone accounts for eight percent of greenhouse gases. Emissions and air pollutants from diesel powered machinery, such as backhoes and excavators, and heavy-duty vehicles exacerbate the problem.

Mining raw materials for construction always damages our ecosystem. These newly built structures spread out can create a heat-island effect. This destroys wild life habitats as does building close to riverbanks. For example, California residents who live in fire zones are now at risk of losing their homes. The current imperative is to limit any building or rebuilding in high risk areas. That is also why Lacaton and Vassal, Parisian architects, won the Pritzker Prize in 2021. Their idea is as follows: "...instead of demolishing, we should work with what already exists."

This approach in construction is to transform existing buildings. It is much less costly than demolishing and rebuilding. They take existing buildings and transform them into housing units by using what is already planned there. Everything is sustainably designed, such as opening darkened areas with light, adding prefabricated extensions, gardens, etc. This approach also offers the doorway to new energies like solar and wind which shrink any environmental footprint. Adaptive reuse buildings offer challenges, but Lacaton says, "Demolition is a waste of energy, of materials, a waste of history," as they restore old buildings and use recycled materials.

There are 2.4 trillion square feet of buildings planned in developing countries. Our planet will not have enough space. Recently, the construction of "green" new building (net-zero-energy and zero-waste) became part of the construction industry's aims. This is based on the old strategy: keep on building, but do it better, not use what already exists. To halt the construction industry's carbon emissions and preserve space, we should garner support and hire other architects who will adopt this new architectural trend.

Elaine Peters for the Green Sanctuary Committee

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!



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If there are any questions,
please contact Carla at Stargatecd@aol.com.

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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 26, 2022

9:00 AM–4:30 PM, Building Hours
6:00 PM, Ukulele Group Practice
7:00 PM, Halloween Bedtime Stories
7:00 PM, Land Management Leadership Team Meeting
7:30 PM, Cabaret Rehearsal, HH Community Room

Thursday, October 27, 2022

9:00 AM–9:00 PM, Building Hours
4:00 AM, Dick Wolfe Series Production Company, Multiple Areas
9:00 AM, Thursday INN Cooking (By Registration Only), Main Kitchen
1:00 PM, Not Just Bridge, Veatch Ballroom
6:00 PM, Bookstore Meeting
7:30 PM, Choir Rehearsal, Social Hall

Friday, October 28, 2022

9:00 AM–9:00 PM, Building Hours
7:00 AM, Dick Wolfe Series Production Company, Veatch Parking Lot
9:00 AM, RE Halloween Party Set-up (plus pizza party), Veatch House
12:00 PM, Great Books - Great Conversations 3
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:30 PM, Women's Group Online Film Discussion - Pieces of Her,

Saturday, October 29, 2022

9:00 AM–9:00 PM, Building Hours
6:00 PM, RE Halloween Party, Veatch House

Sunday, October 30, 2022

9:00 AM–3:00 PM, Building Hours
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall
9:00 AM, Shelter Rock Jazz Ensemble Rehearsals, Choir Rehearsal Room
9:00 AM, Women's Group Board Meeting - Multiplatform, Veatch Conference Room and Online
10:00 AM, Choir Rehearsal, Worship Room
10:00 AM, Young People's Choir Rehearsal, Chapel
10:45 AM, Sunday Morning Experience
11:00 AM, Sunday Worship Service, *That Which Shelters All*, led by Erol Delos Santos, Worship Room and Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:45 AM, Sunday Cafe, Social Hall
12:00 PM, Inquirers Session 3: Social Justice & Community Service, RE Room 10
12:00 PM, The Questing Year Halloween Mask Fundraiser, Main Lobby
1:00 PM, Creative Cross Currents (Ellen Hallie Schiff and Students) - Reception, Art Gallery
1:00 PM, Love & Stitches, RE Room 15

Monday, October 31, 2022

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

Tuesday, November 1, 2022

9:00 AM–4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture 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
7:00 PM, BOT Agenda Planning Meeting
7:00 PM, Tech 'n Talk Program - Discussion of a Survey of our Congregation's Youth and Young Adults Technology Interests and Attitudes
7:30 PM, President's Operation Task Force (POT) Meeting,

Wednesday, November 2, 2022

9:00 AM–4:30 PM, Building Hours
9:00 AM, Wednesday INN Cooking (By Registration Only), Main Kitchen
10:00 AM, Building a Better Brain for a Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
7:00 PM, Inquirers Session 1: Q & A with Rev. Brooks - Online Only
7:30 PM, Cabaret Rehearsal, HH Community Room

Thursday, November 3, 2022

9:00 AM–9:00 PM, Building Hours
10:00 AM, Personnel Committee Meeting, Office Conference Room and Online
10:00 AM, Personnel Committee Meeting
1:00 PM, Not Just Bridge, Veatch Ballroom
7:30 PM, Choir Rehearsal, Social Hall

Friday, November 4, 2022

9:00 AM–9:00 PM, Building Hours
12:00 PM, Great Books - Great Conversations 3
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:00 PM, TGIF - Post Pandemic? Returning to Normalcy with Dr. Lucie Taustin, PhD,

Saturday, November 5, 2022

9:00 AM–9:00 PM, Building Hours
7:00 PM, Cabaret, Social Hall

Sunday, November 6, 2022

9:00 AM–3:00 PM, Building Hours
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall
9:00 AM, Shelter Rock Jazz Ensemble Rehearsals, Choir Rehearsal Room
10:00 AM, Choir Rehearsal, Worship Room
10:00 AM, Young People's Choir Rehearsal, Chapel
10:45 AM, Sunday Morning Experience
11:00 AM, Religious Education (RE) Classes, RE Wing
11:00 AM, Sunday Worship Service, *Change the Story*, led by Rev. Dr. Natalie Fenimore, Worship Room and Online
11:45 AM, Sunday Cafe, Social Hall,
1:00 PM Congregational Meeting, Worship Room and Online

Monday, November 7, 2022

9:00 AM–4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, November 8, 2022

9:00 AM–4:30 PM, Building Hours
9:00 AM, CSA, Lower Lobby
3:00 PM, Art Committee Meeting
7:00 PM, RE Committee Meeting
7:15 PM, Program Council Meeting

Wednesday, November 9, 2022

9:00 AM–4:30 PM, Building Hours
10:00 AM, Building a Better Brain for a Better Life
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
6:00 PM, Ukulele Group Practice
7:00 PM, Harvest Moon Bedtime Stories!

Thursday, November 10, 2022

9:00 AM–9:00 PM, Building Hours
1:00 PM, Not Just Bridge, Veatch Ballroom
7:00 PM, Member Resource Committee Meeting
7:30 PM, Choir Rehearsal, Social Hall

Friday, November 11, 2022

9:00 AM–9:00 PM, Building Hours
12:00 PM, Great Books - Great Conversations 3
6:00 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:30 PM, *Soulful Sundown*, led by Erol Delos Santos, Social Hall and Online

Saturday, November 12, 2022

9:00 AM–9:00 PM, Building Hours
10:00 AM, Caring Committee Meeting,

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>.

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

Submissions: communications@uucsr.org

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

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October 26, 2022

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

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

Enjoy Shelter Rock's Grounds and Trails

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

Please note that **GATES CLOSE** at the closing times above.