Worship Services

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

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

Soulful Sundown  Erol Delos Santos weaves spoken word with music from the Cosmic Orchestra. Special Guest Musical Artist Jesse Terry will be featured in an onsite-only coffee house following. Coffee, tea, cookies. All are welcome. FREE and open to all. *

SUNDAY, NOVEMBER 13, 2022, 11:00 AM
Rev. Jaye Brooks

The Same Ax Twice  Change is remarkable in the way it leaves us different and yet, at heart, still the same person. But human change is also complex—the way anything is complex when human beings are involved. Howard Mansfield's insightful 2001 book, The Same Ax, Twice, explores how the restoration of things—like an old ax with a new handle—involves both change and stability. What about people? How do we retain stability while allowing change to equip us for better, values-based living?

SUNDAY, NOVEMBER 20, 2022, 11:00 AM
The UUCSR Ministers

A Great Plenty  The annual multigenerational celebration of the Thanksgiving holiday is a Family Service. We will have music from the Young Peoples Choir, Jazz Ensemble, and Adult Choir. We will once again have a time to come together and tell about the bread which nourishes us. Bring bread to share in the Social Hall after the worship service. Guest at Your Table Boxes from the Unitarian Universalist Service Committee will be distributed.

* 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.

TOUCHSTONES
Rev. Dr. Natalie Fenimore

All that you touch, you change.
All that you change, changes you.
The only lasting truth is change.
— Octavia Butler

It has been a time of great change. Change is, of course, always happening but the changes around us these days have been hard to ignore.

With the pandemic seeming to enter an endemic stage, we continue to try to find our “normal.”

Bagels are back on Sunday morning, and the after-worship Sunday Lunch Fellowship as well.

Worship is indoors and there may be a time when we are not masking to sing.

The children are in the Religious Education Wing—and they had a lively Halloween Party in the Veatch House as in years past.

We are settling back in—

But wait. Not so fast—

Remember all the Family Religious Education Events on the great lawn at UUCSR during the building closure and the Ice Skating Party?

Remember that we arranged for delivery of Thanksgiving Meals to homebound members last year?

Remember that we sang outdoors under the stars last Christmas Eve—it was beautiful—should we do that again?

Remember that some people, who could not join us in person before the pandemic, joined us once we committed to being on Zoom?

We have changed. We have changed some of the things that we do—and mostly for the better. Yet, as I learned in seminary, all change brings grief—and then perhaps celebration.

Continued on page 2
Bagel Breakfast Is Back!
Sundays, 9:00–10:30 AM

Every Sunday 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.

Sundays at Shelter Rock

It is still a challenge to think through what traditions to hold onto and what to let go. It means we have to really wrestle with the meaning and purpose of this community of faith and fellowship. What is UUCSR to do and be—and become?

The Unitarian Universalist Congregation at Shelter Rock must change—it must renew itself continually as a living community must.

But what does not change is a commitment to being a community of loving hearts, helping hands, and truth-seeking minds.

We are not a community which is standing still. As the Universalists say, "We do not stand, we move."

We move forward in gratitude for our ever-deepening connections.

Rev. Dr. Natalie Fenimore

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

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). Details regarding menu and cost is publicized on the UUCSR calendar and in the Sunday morning eblast.

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.

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.

In the News

Asking the Clergy
November 3, 2022 | Published by Newsday
By Associate Minister for Congregational Life
Rev. David Carl Olson

What Do Houses of Worship Owe Their Community?

Religion includes a call to the development of character. This happens individually through study and devotion, of course, but is best refined congregationally through public service. Starting in the congregation, we provide a helping hand where it is needed. Then together, in ways that seek to transform, we serve by shortening the distance between our congregation and the communities where we live our public lives. We learn to identify with the community, to know its heart—joys and woes, assets and deficits. We apply that collective character that we’ve developed. We show leadership by making stronger connections within the community and even make a civic demand.

Rep. John Lewis urged us, “Get in trouble, necessary trouble, and help redeem the soul of America.” It is the faith that we practice—of seeing our interconnectedness and the inherent worth of each person—that allows us to engage the community not as outside agitators, but as community members and community leaders. Community members not afraid to make a little good trouble, community members willing to do our part in implementing what we demand.
Online, Interactive Membership Directory

The hard copy Membership Handbook for 2022–2023 has been distributed before and after Worship Services on recent Sundays. Now that it has been produced, it is already outdated!

But there is great news! A highly secure, interactive directory built into the UUCSR membership database is in the process of rollout.

- Changes are instantly available and always up to date.
- Participation is controlled by individual members.
- Emails or phone calls can be initiated by one-touch on enabled devices such a mobile phone or computer
- Preferences are easily selected and may always be changed:
  - Opt-in or opt-out of the directory
  - Permissions to list address, email address(es), phone(s)
  - Nicknames
  - Family household names
  - Household members
  - Permission to list birthday months/dates in monthly member blasts

Please watch for an email and accept your invitation to participate in the online directory. The invitations will be rolled out slowly over the course of the next several weeks so we may provide prompt assistance, if desired. Your information will not appear until you accept, and your preferences will not display until you accept them.

Transgender Day of Remembrance (TDOR)

Sunday, November 20, 2022 | 2:00 pm
In-Person: UU Fellowship of Stony Brook, 380 Nicolls Rd, Setauket

Gender Equality New York’s (GENY’s) Executive Director, Juli Grey-Owens will be the keynote speaker. This annual event, which includes community speakers and artistic performances, is a memorial to those we’ve lost to anti-transgender hate crimes this year.

Through the vigil, we express love and respect for our people in the face of national indifference and hatred. We publicly mourn and honor the lives of our community members who might otherwise be forgotten.

We honor those we have lost because of transphobia and hate as we “Say Their Names!”
**A Message From the President**

As President of UUCSR, I am part of an email group in which Central East Region (CER) presidents can ask questions of each other, make observations about their congregations, and reveal issues and concerns they have as Unitarian Universalists. It has been a lifeline for our congregations during the pandemic to exchange questions and comments about Covid precautions such as when to close, when to ask for proof of vaccination, when to mask and how, and when to return to onsite activities. Often the conversations were around the need for changes to the sanctuary to allow distancing, installing air filtration systems, and improving AV for hybrid services. It was reassuring to know that everyone was struggling with the same tough issues we were through that difficult time.

Now that we are moving back to “normal,” the subjects of membership and volunteerism have been the focus of many of the emails. Since the pandemic, it has been a real struggle for all the congregations, ours included, to find our way back to connecting as a religious community. Many congregations are facing a year with too many volunteer opportunities and not enough members to fill them. Key committees are without a chair and are more and more dependent on older members to fill empty slots when those members are feeling burnt out and asking, “Where is the new leadership?”

A key question asked by one congregation is, “Have you considered letting go of some committees?”

Since the pandemic, it has been a real struggle at UUCSR to interest members in the committee work that is the backbone of this congregation. The Financial Development Committee and Shelter Rock Forum have been discontinued because there has been no interest by members to keep them going. Their work during the pledge drive and planning social justice presentations will hopefully be picked up by other groups. But there is a real possibility that more committees we cannot fill by member volunteers will simply cease or merge with other committees. Audit, Finance, and Member Development are three important committees that need support from members now so we can move forward as a congregation this year. Please read through the description of all the committees in the brand new Membership Handbook available at Shelter Rock or online, and consider joining.

When we were in Covid lockdown and dependent on Zoom to keep us connected, members kept our community together by meeting in small virtual groups. That was a wonderful development that has happily continued within our congregation. But committee work is also an important piece of UUCSR membership. However, understanding that interest in committee work is waning, the Board of Trustees is working on ways to reimagine and restructure the governance of our congregation to make it easier for members to be part of what committees do without having to give up so much of their time to do it.

It is clear that the way we have always done business may be too cumbersome going into the future. Work on this important change has already begun at UUCSR, and a BOT task force will be reaching out to members for their input.

It is clear that all the CER congregations are facing this same dilemma. This will be a year when many changes will be discussed and tried. Until that work is done, we need you all to step into committee work with the open mind and the energy that Shelter Rock members have always brought to everything they do.

The strength of our religious community depends on it.

**DENOMINATIONAL AFFAIRS COMMITTEE (DAC)**

Barry Nobel, Chair

**The Unitarian Universalist Association (UUA) Is Proposing Significant Changes to Article II of the UUA Bylaws**

This is the article that currently includes:
- a list of the seven Principles of the Association of UU congregations,
- a list of the six Sources of the Association,
- the Purposes of the Association,
- statements of inclusion and of freedom of belief.

Article II articulates the covenant at the heart of the Association of Unitarian Universalist Congregations! Learn more and find registration links for informative Zoom sessions [HERE](#).

All Unitarian Universalists are invited to provide feedback. Members’ input is critical in deciding what changes will be made to the beliefs of our religion! To view the Draft Article II, click [HERE](#). Share your feedback with the Commission through an online form [HERE](#).

All are encouraged to take an active part in this historic process.
Inquirers Session #4 | Sunday, November 13, 2022 12:00-1:30 pm | Religious Education (RE) | Room 10 All are welcome.

This informative session is focused on the worship and music communities at Shelter Rock. Lifespan Religious Coordinator Carson Jones will present Faith Exploration For All Ages, and Music Director Stephen Michael Smith will discuss worship and music.

“Teach Your Children,” by Crosby, Stills, Nash, and Young, includes the line, “You who are on the road, must have a code that you can live by.” Graham Nash reflected on their song, “If we don’t start teaching our children a better way of dealing with each other, humanity will never succeed.” At Shelter Rock, Carson Jones, along with many supporting volunteers, operates an RE program that helps prepare the next generation to become thoughtful, compassionate, and intelligent members of our society.

I was raised as a Reform Jewish person, but never really believed in all that I was taught. I never felt comfortable wearing a yamaka. Many of my neighborhood friends were Christian, and I wanted to play with them after school instead of going to Hebrew School. One day, my friend Billy asked me if I would take a bus with him to go into town for some fun. My Mother said, “No. He’s not like us.” I felt angry with that response. It just didn’t make sense.

My father, on the other hand, did something very special that I will always remember. When I was a little older, we were sitting as a family in a restaurant, and I kept looking at someone at a neighboring table eating a lobster. My Father looked at me and said, “You know, you can have that!” (Kosher foods do not include crustaceans.) I did not choose the lobster on the menu that night. But my father’s message was loud and clear! At that moment in time, he gave me permission and the freedom to seek truth and to lead my life as I saw fit. That simple statement was an enormous gift to me.

Later in life, I discovered Unitarian Universalism. One of our Principles is the interdependent web of all existence. Another Principle is respect for the inherent worth and dignity of every person. At Shelter Rock, I meet people of all backgrounds who share common beliefs in the Principles that guide our daily lives. We have a basic covenant that focuses on loving others, searching for truth and meaning, and serving those in need. Whether one chooses to believe in a higher power or God like figure is up to every person as they seek what is true and meaningful in their own lives.

All newcomers and any interested members are invited to join this special combined Inquirers session to learn about both religious education and music programs at Shelter Rock.

If you have any questions about the Inquirers Series or about membership at UUCSR, you can reach me at jeffreyshiff@gmail.com or call my cell phone (516.305.3334).

November 9, 2022

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

The Cornucopia Myth

The general principles of the current environmental movement were first set forth in William Vogt’s 1948 book, Road to Survival. In fact, this book was the inspiration for Rachel Carson’s Silent Spring and Paul Ehrlich’s The Population Bomb.

Vogt wrote that a dramatic reduction in fertility and economic activity driven by capitalism were required for the human race to survive. Specifically, he warned of the eminent threat of the human race exceeding the carrying capacity of the planet.

These ideas were not well-received by big business or many religious leaders. There was also scientific evidence that challenged Vogt’s ideas. Warren Weaver, the scientist who first coined the term “molecular biology,” challenged Vogt’s estimate of carrying capacity, at least concerning energy. Weaver showed that the solar energy reaching the US from the Sun each day was about 300 thousand gigawatt-hours. For comparison, as a nation, we currently use about 10 thousand gigawatt-hours a day. Caloric food intake per day is about 3 kilowatt-hours per person.

Then there was the “green revolution,” a term first coined in 1968. Hybrid varieties of wheat and maize were developed that vastly increased both potential and actual yield. The development of hearty hybrid rice followed in the 1960s. The development of synthetic fertilizer by the Haber-Bosch process was part and parcel of the green revolution. The use of synthetic fertilizer doubled food production worldwide.

Now we have genetically modified organisms (GMOs) and work is underway to develop so called C 4 rice which would undergo a more efficient photosynthesis process. For comparison, crabgrass is C 4, but ordinary Kentucky or fescue grass is not. The expectation of continued technological advances, akin to the green revolution, is called techno-optimism; its adherents are called cornucopians.

A Vogtian would argue that this is wishful thinking, as well as offering an alternative. Wheat is not C 4, but maize is. It is wasteful that much maize is grown to produce ethanol to inefficiently power vehicles. We feed maize to livestock that have natural grass diets to produce more red meat than we should consume. There are tubers like cassava (yuca) with per acre yields that are 10 to 40 times as great as cereals. The same is true for some fruits including apple and papaya, as well as certain nuts.

In fact, nature does provide a horn of plenty. We just have to seek it out.

Jim Peters for the Green Sanctuary Committee

November 9, 2022
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
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.
College Bound

Sunday night, October 30, was Historically Black Colleges and Universities (HBCU) night at the Manhasset-Great Neck Economic Opportunity Council, Inc. (MGNEOC) in Spinney Hill. As the program began, audience members were asked to imagine that they were attending a college homecoming and were in the “yard,” the name given to the quad at each college. Imagining wasn’t difficult because members of the Freeport High School Marching Band, complete with color guard, kicked off the event.

Emcee Tiffanie Gentles kept the program, which combined information about several HBCUs, personal testimony from graduates, and a fashion show of Spinney Hill children and youth dressed in the colors of each university, moving. Those universities included Grambling State University (founded 1901), Hampton University (founded 1868), Morgan State University (founded 1867), North Carolina Central University (founded 1909), Bowie State University (founded 1865), and North Carolina A&T State University (1890). These are only five of the 118 colleges and universities listed by HBCUconnect.com.

Graduates of each university shared facts about their school, names of other notable graduates, and personal reflections on their time there. But it was the “models,” dressed in the colors of each school, who stole the show! From the petite 4- and 5-year-olds to the high school students, they brought each institution of higher learning to life in living color!

This program was a fundraiser for a spring trip that the EOC is planning for their high school students. They want to give them the opportunity to see some of these universities for themselves so that they can imagine themselves as college students.

On Sunday, November 13, 2022, the Social Justice Committee is sponsoring the Shelter Rock Sunday Café lunch. It will be a fundraiser for the spring college trip that the EOC is planning. Representatives from the EOC will have a table in the social hall so that you can meet them and learn more about the many programs offered to the children and young people of Spinney Hill. There are also volunteer opportunities for UUCSR members who would like to become involved with this community organization that is working hard to make a difference in its members lives.

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, November 11, we will check in at 6:00 PM and then have conversation until 7:15 PM to permit attendance at Soulful Sundown. On Friday, November 18, we will check in at 6:30 PM, followed by facilitated conversation from 7:00–8:00 PM. The topic will be, “Cars: My First Car, Funny Stories, What I Named My Car, Etc.”

Wednesday, November 16, 2022 | 12 noon–2:00 PM | Offsite Rally for Climate Justice

This November, NY Renews, a statewide coalition is launching their campaign for the Climate, Jobs, and Justice Package, a platform that will further climate and environmental justice. Their package focuses on funding the state’s environmental justice and decarbonization goals, established by law in the 2019 Climate Leadership and Community Protection Act (CLCPA). To get their campaign off to a strong start, they are planning a day of action on Wednesday, November 16, 2022. On Long Island, they will gather at 12 noon at Cleveland Ave Park, 100 Cleveland Avenue, Freeport, NY 11520. To attend with other UUCSR members, register HERE. If five or more register, we will use the congregational van. Otherwise, we can carpool.

Wednesday, November 16, 2022
6:30 PM Check-In | 7:00 PM Business Meeting via Zoom
Social Justice Committee Meeting

Newcomers are welcome. Join HERE. Meeting ID: 928 2583 9567, or call +1.646.558.8656

Saturday, November 19, 2022 | 9:30 AM–12:00 PM | Art Gallery Holiday Cards for People in Prison

For many, the holiday season can be a particularly lonely time. Those who are experiencing incarceration are often particularly vulnerable to isolation and loneliness. Come to the UUCSR Art Gallery to write cards to a few people in NY State Prisons. Cards and names and addresses provided. We have a special mailbox for the return address. You sign only your first name. Register HERE for this event. Alternatively, you can join the Prison Ministry of the UU Church of the Larger Fellowship and send an email card to incarcerated UUs. Click HERE for directions.
The Power of Collaboration Across Social Justice Movements

Recently, Maritza Silva Farrell, executive director of ALIGN NY, a Veatch grantee working at the intersection of the labor and environmental movements, appeared as a guest on Power Station, a podcast that explores efforts to create change in overlooked and underinvested communities. She speaks at length about the decades-long organizing efforts by ALIGN NY that led to major policy changes in New York, including a 2019 bill that completely restructured the city’s systems for handling commercial waste in New York City. Maritza emphasized the importance of collaborating across grassroots organizing sectors to make large-scale, systemic changes like this possible.

“We had to engage environmental justice organizations that have been bearing the brunt of the waste in their neighborhoods—and workers who are the ones who picked up the garbage in our neighborhoods in those commercial sites and businesses, who were also mistreated by their employers,” Maritza said. “There is a way to reform a system that can align and address everybody’s problems.”

The resulting law—which awards contracts to handle commercial waste according to a new set of strict environmental and labor practices—is now looked to as an example of how labor and environmental organizers can work together to “make sure the right regulations are in place, informed by the people and their constituents,” Maritza said. Without collaborating in this way, we run the risk of allowing “folks who don’t believe in racial justice, climate justice or economic justice to continue to win and oppress our communities.”

Martiza’s words hold particular resonance for us now, as we continue to assess the results of this week’s elections—and look for the best ways to create systemic and transformational change in the future. I encourage you to read more about this conversation here and then give the entire podcast episode a listen here. For more updates, be sure to subscribe to Veatch News Updates here.
The RE Art Exhibition returns to the Art Gallery this December with works of art created entirely by the children and youth in Religious Education!

Some pieces are being made in RE classes, and we also want to display any artwork made at home or in school. All forms of art are welcome: paintings, illustrations, sculptures, photography, models, pottery, knitting, embroidery, fashion design, animation and other digital creations, musical compositions (audio or video)...you name it!

Please look out for tables in the RE Lobby on Sundays or e-mail Carson Jones at cjones@uucsr.org to Arrange Submissions

All masterpieces need to be brought in by Friday December 2, 2022

The exhibit will have its opening reception on Sunday December 4, 2022
Harvest Moon Bedtime Stories!
Wednesday, November 9, 2022 | 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

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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.

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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

November 11  *Introduction to the Second Sex*, by Simone de Beauvoir
November 18  *An Interest in Life*, by Grace Paley
November 25  No session for Thanksgiving weekend
December 2  *Selected Poems*, by Wislawa Szymborska
December 9  *The Body of the Condemned*, by Michel Foucault
December 16  *Interpreter of Maladies*, by Jhumpa Lahiri
December 23  No session for Christmas weekend
December 30  No session for New Year’s weekend
January 6  *Six Characters in Search of an Author*, by Luigi Pirandello

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

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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 tgh.Ashley@gmail.com
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, November 18: The Good Nurse (Netflix)
Friday, November 25: The Dressmaker (Amazon Prime)

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

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<td>Bewilderment</td>
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Please visit uucsr.org/wg for additional details including a full list of titles, discussion leaders, and a printable flyer.

Barbara Allan

“Bravo, Barbara!” “Outstanding!” “You’re an inspiration!” Well, these comments weren’t directed at a famous actress, a newly elected woman, or even a female athlete. They were sent to Barbara Allan. Why?

Barbara is a person with a harrowing and inspiring story. After her alcoholic, abusive, mentally ill husband shot his father, she was catapulted into the world of criminal justice. With two babies and without his income for support, she not only survived but managed to start an organization for families impacted by the criminal justice system: Prison Families Anonymous. Provided seed money from the UUCSR Veatch program, Barbara began to provide support for countless families!

Why did she receive these accolades? It’s more than 50 years later and her book, Doing Our Time on the Outside, was used to tell the story of her life and many experiences of others in the play: Shared Sentences, by Emily Joy Weiner. It premiered at Houses on the Moon, 122 Community Center in New York City and will run until November 12, 2022. Tickets are available HERE.

Impacted by the criminal justice system, Emily herself sought out Barbara and her group for support. She interviewed Barbara, and others whose lives were forever changed by having a loved one incarcerated. The play includes true stories of a trans man, a daughter whose dying father is serving a life sentence, and a parent of a special needs child. Believe it or not, you may find yourself laughing, as well as shedding a tear or two.

Groups of people who gratefully do not have such challenges in their lives have advised the public, “Don’t miss it.” They have/touted great acting and writing, describing the experience as truly profound and relevant.

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.
Olive Jordan

Olive (Ollie) Jordan, the oldest resident at Hadley House, gently passed away on October 17, just after her 104th birthday. She was warm and friendly, truly ready for life everyday. Spry and outgoing, she shared her wisdom about healthful eating and exercise, perhaps among the secrets of her long life. Even at 98, she enjoyed demonstrating her nimbleness with amazing yoga positions. Ollie was a treasure, an inspiration to us all.

She was a modern woman, ahead of her time. After raising her children, she realized her dream of achieving a college degree. Then she explored the world as a travel agent, finding interesting companions everywhere. Mastering bridge at 92, she played with friends regularly until her late 90s.

On October 28, residents gathered in the Hadley House Lounge to honor Ollie’s memory. We were joined by her two sons, Ken and Ed, and her granddaughter Andrea. Many warm remembrances were offered. Ed shared how, after his wife died, Ollie moved in to provide support for the family and help raise his four-year-old daughter. Andrea spoke of how Ollie introduced her to art and music and inspired her to believe that all things are possible, to which she attributes her self confidence.

As you can see from the picture above, Ollie eagerly participated in Hadley House events. On Halloween, she often dressed as a wizard. Ollie was with us in spirit as we continued the tradition of our Halloween celebration this year with a Costume Pizza Party and entertaining movie.

We love you Ollie and will never, ever forget our 104-year-old dear friend!

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

If there are any questions, please contact Carla at Stargated@aol.com.
Wednesday, November 9, 2022
6:00 PM, Ukulele Group Practice
7:00 PM, Harvest Moon Bedtime Stories!
7:00 PM, Land Management Leadership Mtg

Thursday, November 10, 2022
9:00 AM-9:00 PM, Building Hours
1:00 PM, Not Just Bridge, Veatch House
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
6:00 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:30 PM, Soulful Sundown, Social Hall and Online

Saturday, November 12, 2022
9:00 AM-9:00 PM, Building Hours
10:00 AM, Caring Committee Meeting

Sunday, November 13, 2022
9:00 AM-3:00 PM, Building Hours
9:00 AM, Bagel Breakfast and Coffee Hour, Social Hall
9:00 AM, Shelter Rock Jazz Ensemble Rehearsal, Choir Rehearsal Room
10:00 AM, Choir Rehearsal, Worship Room
10:00 AM, Young People's Choir Rehearsal, Chapel
10:30 AM, RE Art Show Submission, RE Lobby
10:45 AM, Sunday Morning Experience
11:00 AM, Sunday Worship: The Same Ax Twice, led by Rev. Jaye Brooks, Worship Room and Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship for All Ages: Peace In, Peace Out, Chapel
11:45 AM, Sunday Cafe Sponsored by the Social Justice Committee, Social Hall
12:00 PM, Inquirers Group: Faith Development for Children & Youth/Worship and Music, RE Room 10
12:30 PM, Nominating Committee Meeting, Office Conference Room and online
1:00 PM, Ethical Eating Presents Mindful Meditation led by Hildur Palsdottir followed by Food Class by Ethical Eating, Veatch House
1:00 PM, Love & Stitches, RE Room 15
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

Monday, November 14, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, November 15, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
12:00 PM, Women Talk Daytime Meeting - , Veatch Conference Room and Online
3:00 PM, Online NAMI Criminal Justice Meeting
7:00 PM, Board of Trustees Meeting
7:00 PM, Living With Cancer
7:30 PM, DAC Meeting

Wednesday, November 16, 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
6:30 PM, Social Justice Virtual Comm Meeting
6:30 PM, UU Kids Connect: Game Time!
7:00 PM, Green Sanctuary Committee Meeting

Thursday, November 17, 2022
9:00 AM-9:00 PM, Building Hours
9:00 AM, Thursday INN Cooking (By Registration Only), Main Kitchen
1:00 PM, Not Just Bridge, Veatch House
6:00 PM, Bookstore Meeting
7:00 PM, Board of Trustees Meeting
7:30 PM, Choir Rehearsal, Social Hall

Friday, November 18, 2022
9:00 AM-9:00 PM, Building Hours
12:00 PM, Great Books - Great Conversations
3:30 PM, WG Online Book Series Discussion
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:30 PM, Women's Group Online Film Discussion - The Good Nurse

Saturday, November 19, 2022
9:00 AM-9:00 PM, Building Hours
9:30 AM, Together to End Solitary Vigil and Holiday Card Writing to People in Prison, Worship Room, Art Gallery Onsite only
6:00 PM, Dramatic Readings

Sunday, November 20, 2022
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall
9:00 AM-3:00 PM, Building Hours
9:00 AM, Shelter Rock Jazz Ensemble rehearsal, Choir Rehearsal Room
10:00 AM, Choir Rehearsal, Worship Room
10:00 AM, Young People's Choir Rehearsal, Chapel
10:30 AM, RE Art Show Submission, RE Lobby
10:45 AM, Sunday Morning Experience
11:00 AM, Sunday Worship: The Same Ax Twice, led by Rev. Jaye Brooks, Worship Room and Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children's Worship for All Ages: Peace In, Peace Out, Chapel
11:45 AM, Sunday Cafe Sponsored by the Social Justice Committee, Social Hall
12:00 PM, Inquirers Group: Faith Development for Children & Youth/Worship and Music, RE Room 10
12:30 PM, Nominating Committee Meeting, Office Conference Room and online
1:00 PM, Ethical Eating Presents Mindful Meditation led by Hildur Palsdottir followed by Food Class by Ethical Eating, Veatch House
1:00 PM, Love & Stitches, RE Room 15
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

Monday, November 21, 2022
9:00 AM-9:00 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, November 22, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
1:30 PM, VBOG November Grants Meeting

Wednesday, November 23, 2022
9:00 AM-4:30 PM, Building Hours
11:00 AM, Crafting for Sanity and Community Online Get-Together
2:00 PM, Wednesday Conversations
6:00 PM, Ukulele Group Practice

Thursday, November 24, 2022
BUILDING (MOSTLY) CLOSED-Thanksgiving
12:00 PM, Thanksgiving Celebration, Social Hall

Friday, November 25, 2022
8:00 AM, BUILDING CLOSED-Thanksgiving Friday Holiday
12:00 PM, Great Books - Great Conversations
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online
7:30 PM, Women's Group Online Film Discussion - The Dressmaker

Saturday, November 26, 2022
9:00 AM-9:00 PM, Building Hours

Sunday, November 27, 2022
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall
9:00 AM-3:00 PM, Building Hours
9:00 AM, Shelter Rock Jazz Ensemble rehearsal, Choir Rehearsal Room
10:00 AM, Choir Rehearsal, Worship Room
10:45 AM, Sunday Morning Experience
11:00 AM, Sunday Worship led by Erol Delos Santos, Worship Room and Online
12:30 PM, Olive Jordan Celebration of Life, Worship Room
1:00 PM, Love & Stitches, RE Room 15

Monday, November 28, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, November 29, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
7:00 PM, BOT Agenda Planning Meeting
7:30 PM, President's Operation Task Force (POT) Meeting

Wednesday, November 30, 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

Thursday, December 1, 2022
9:00 AM-9:00 PM, Building Hours
1:00 PM, Not Just Bridge, Veatch House
7:30 PM, Choir Rehearsal, Social Hall
Event Announcements

All programs are online unless noted otherwise. Please see uucsr.org/calendar for additional details. See liacuu.org for other area congregations.

Friday, December 2, 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

Saturday, December 3, 2022
9:00 AM- 9:00 PM, Building Hours

Sunday, December 4, 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 rehearsal, Worship 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, Sunday Worship: What Wondrous Love, led by Rev. Jay Brooks, Worship Room and Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children’s Worship for All Ages: Peace In, Peace Out, Chapel
12:00 PM, Sunday Cafe hosted by RE Committee, Social Hall
12:30 PM, RE Holiday Decorations Party, Social Hall
1:00 PM, Love & Stitches, RE Room 15
1:00 PM, RE Exhibit - Reception, Art Gallery
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

Monday, December 5, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, December 6, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
12:00 PM, Women Talk Daytime Meeting - Multiplatform, Veatch Conference Room and online

Wednesday, December 7, 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
7:30 PM, RE Committee Meeting

Thursday, December 8, 2022
9:00 AM- 9:00 PM, Building Hours
1:00 PM, Not Just Bridge, Veatch House
7:00 PM, Member Resource Committee Meeting
7:30 PM, Messiah Sing Rehearsal, Worship Rm

Friday, December 9, 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, Social Hall and online

Saturday, December 10, 2022
9:00 AM- 9:00 PM, Building Hours
10:00 AM, Caring Committee Meeting
10:00 AM, Cookie Baking with New Hour and WORC, Main Kitchen, Social Hall
11:00 AM, Messiah Sing Rehearsal, Worship Room

Saturday, December 11, 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 rehearsal, Choir Rehearsal Room
9:30 AM, New Member Book Signing Ceremony, Veatch House
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: Star of Wonder, led by Rev. Jaye Brooks, Worship Room and Online
11:00 AM, Religious Education (RE) Classes, RE Wing
11:05 AM, Children’s Worship for All Ages: Peace In, Peace Out, Chapel
12:00 PM, Sunday Cafe hosted by Membership Committee, Social Hall
1:00 PM, Love & Stitches, RE Room 15
2:00 PM, Messiah Sing, Worship Room

Monday, December 12, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, Medical Qigong for Senior Health

Tuesday, December 13, 2022
9:00 AM-4:30 PM, Building Hours
9:00 AM, CSA - Community Supported Agriculture Program, LL Lobby
3:00 PM, Art Committee Meeting
7:00 PM, Board of Trustees Meeting, Veatch Conference Room and online
7:00 PM, Tech’n Talk Program - The James Webb Space Telescope
7:30 PM, DAC Meeting

Wednesday, December 14, 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, Hanukkah & Christmas Bedtime Stories!

Thursday, December 15, 2022
9:00 AM- 9:00 PM, Building Hours
1:00 PM, Not Just Bridge, Veatch House
7:00 PM, Board of Trustees Meeting, Veatch Conference Room and Online
7:30 PM, Choir Rehearsal, Social Hall

Friday, December 16, 2022
9:00 AM- 9:00 PM, Building 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 Gatherings Online
7:30 PM, Women’s Group Online Film Discussion - All Quiet on the Western Front

Saturday, December 17, 2022
9:00 AM- 9:00 PM, Building Hours
6:00 PM, Dramatic Readings
7:00 PM, Men’s Group Holiday Sing-Along & Dessert Tasting Party, Art Gallery

Sunday, December 18, 2022
9:00 AM-3:00 PM, Building Hours
9:00 AM, Bagels & Coffee Hour, Social Hall
9:00 AM, Shelter Rock Jazz Ensemble rehearsal, 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, Sunday Worship: Holiday Service, led by UUCSR Ministers, Worship Room and Online
12:00 PM, Sunday Cafe hosted by Music Committee, Social Hall
12:45 PM, Men’s Group Multiplatform Committee Meeting, Veatch Conference Room
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, and Jessica K. Vega.

Quest Guidelines: http://j.mp/quest-gl

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

November 9, 2022
15
Meditation by Rev. Dr. Natalie Fenimore

Change

The Seasons Change

We can see the leaves change

but not the way the roots are moving, not the bulbs
growing through the cold months.

We can see our own exterior change

but do we notice the changes inside us?

Can we take the time to explore the changes in our own

minds and hearts?

In this season of change.

November 2022

change