



# 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.*



January 11, 2023  
Monthly Theme:  
**Finding Our Center**

## WORSHIP SERVICES

**FRIDAY, JANUARY 13, 2023, 7:30 PM**

Rev. Jaye Brooks



**Soulful Sundown** Rev. Brooks weaves spoken word with live music from the Cosmic Orchestra. Free Coffee House with special Guest Musical Artist Cassandra House will follow. All are welcome. \*

**SUNDAY, JANUARY 15, 2023, 11:00 AM**

Rev. Dr. Natalie Fenimore

**Preparing the Way for the Beloved Community** The Martin Luther King Center for Nonviolent Social Change was founded by Coretta Scott King in 1968. The King Center's mission is to empower people to create a just, humane, equitable, and peaceful world by applying Dr. King's nonviolent philosophy and methodology. Unitarian Universalists also seek to create the Beloved Community which Rev. Dr. King envisioned. What might be our philosophy and methodology which would empower us to move closer to this goal? \*

**SUNDAY, JANUARY 22, 2023, 11:00 AM**

Rev. Jaye Brooks

**The Human Spirit** How do we human beings "find our center" as this month's worship and learning theme suggests? This Sunday explores the human spirit and the yearning to be connected to something greater than ourselves. To honor the Lunar New Year, our RE children will appear after the service in dragon form. \*

\* UUCSR's Worship Services are onsite and livestreamed on [uucsr.org/worship](http://uucsr.org/worship), Facebook, and YouTube; available thereafter on the same platforms and as podcasts ([www.uucsr.org/podcast](http://www.uucsr.org/podcast)); also aired on NSTV.

## TOUCHSTONES

Rev. David Carl Olson



As a teenager, I loved that weekend when my Scout troop would have its winter campout. We'd pitch our tents in the snow, build an enormous fire, and spent what felt like forever considering the stars. With adults who clearly cared for us, we were wild boys released in our imaginations and restrained by the cold. (I can almost see my breath as I write this!)

On the night of the Winter Solstice, I walked on the grounds of the congregation. The moon was just a tiny sliver of itself. The air was cold and my heart was warm from the celebrating. These two extremes held my anticipation for the Christmas and New Year holidays that loomed. For a moment, it felt as if "all was right with the world."

In the northeast regions of the US, the cloud cover of the winter is especially dispersed. The condensation that hangs in the air around us is in part crystallized, and heavenly bodies twinkle especially. Being out-of-doors on a winter night opens me up to expansiveness as I look above. Being out-of-doors on a winter night causes me to walk more closely with kindred as I look around—even as I look at a campfire.

This time of year, this January when the hubbub of holidays slows, I find an opportunity for thinking and feeling deeply. Looking into the stars, sparking our imaginations, yes! And getting close to our kindred. Sharing stories. Taking time to speak from our lives, and to listen well. Learning the traditions of our community—and learning from those outside of us.

Later this month, we will offer an opportunity for a Fourth Friday experience that is meant to be a time to evoke our imaginations. We'll share a meal and a few songs, and then hear from members of our community who have been involved in Small Group Ministry. We'll break into smaller groups and practice listening deeply to each other. And, I hope, hear and speak words of encouragement and solidarity with each other. Maybe even touch the Universal Love that flows among us.

Look at the night sky, friends, that big bright moon with twinkling stars, and your very own breath in the cold. And think of the love you may share in this place.

## MINISTRY PROGRAMS

### Disoriented: An Oral History of the Covid Pandemic

Rev. Oscar Sinclair has created an oral history project to help members of religious congregations share their experiences during the Covid pandemic. He invites people to interview one another around six simple questions. The interviewees record their interaction, and the recordings are transcribed to create the script for an audio montage that captures a congregation's experience. When the montage is shared with their congregation, people begin to understand their shared story, their community's experience, strength, and hope.

Rev. Sinclair's work with the Unitarian Church of Lincoln, NE, forms the center of his doctor of ministry dissertation, now under consideration by Wesley Theological Seminary. In preparation for a larger dissemination of the project, Oscar will conduct the project at a congregation in Britain where he will spend a sabbatical. It is hoped that the project will also be conducted at UUCSR where Oscar once served as student minister. He plans to report on this three-congregation project at General Assembly in Pittsburgh, PA, in June 2023.

Members of the UU Congregation at Shelter Rock are invited to join the project after Sunday Services during late January and throughout February. Boxes containing full instructions and recorders will be available to be checked out for your use. Those interested in participating may email Rev. David Carl Olson at [dcolson@uucsr.org](mailto:dcolson@uucsr.org).

### Fourth Friday at the Rock: Soup, Song, and Sacred Conversations

Friday, January 27, 2023 | 6:30 PM

Join the small group ministry leaders for a light supper followed by singing and soul-deepening conversation.

## MILESTONES

**We mourn with...** UUCSR member Brian Muellers and his family. Brian's mother passed away on December 19, 2022. Condolences may be sent to Brian Muellers and Family, 12 Adams Place, Huntington, NY 11746

**We extend our sympathies to...** UUCSR member Vivian George on the loss of her long-time canine companion, Tucker. Condolences may be sent to Vivian George, 464 Main Street, Apt. 202, Port Washington, NY 11050

**We hold in our hearts...** UUCSR Member WinterFlower Regla Robinson at home recovering from surgery. Get well wishes may be sent to her home, 418 Walnut St, Hampton VA 23669

UUCSR offers transportation assistance to Worship Services for members who are unable to travel. Email [ministryteam@uucsr.org](mailto:ministryteam@uucsr.org), or call 516.472.2960 for an application.

## DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Barry Nobel, Chair



### Ukraine Update

The Unitarian Universalist Service Committee (UUSC) is an organization advancing human rights together with an international community of grassroots partners. They describe their work as "grounded in the belief that all people have inherent power and dignity," close to the first Principle of Unitarian Universalism.

UUSC operates in a crisis by:

1. Establishing and maintaining contact with people to determine the short and long-term needs of affected communities, and listening;
2. Finding groups to partner with on the ground;
3. Finding opportunities for research, education, and advocacy.

Recently, Executive Director Mary Katherine Morn explained how the term "crisis" covers many more years than commonly supposed, since there are long-term aftereffects. In Ukraine, this means years cleaning up rubble, rebuilding infrastructure, mending bodies and minds and lives, etc.

During this winter, Ukraine's most pressing needs include medicines, clean water, and shelter. There is little internet. Obtaining necessary supplies (such as generators) is difficult. The poor, rural, and undocumented are in the most dire straits. Aid groups report exhaustion and burnout among staff due to the stress of responding to daily emergencies. There is also some anger at some of the larger relief organizations due to a lack of transparency and unclear expectations.

UUSC is concentrating on the most vulnerable communities, including women and children, LGBTQ+, people with disabilities, minority groups such as Roma and Tatars, and non-Ukrainians, such as foreign students. UUSC staff met with feminist groups in Poland and, with their help, identified ten groups with whom UUSC can partner. The goal is to help fund these groups with unrestricted or general support grants (these provide the most flexibility) for about ten years, with long-term commitments. \$200,000 has been allocated this year.

These smaller groups are preferred. They are more flexible, they have fewer intermediaries so there can be direct communication with them, and a larger percentage of UUSC resources actually go towards immediate needs.

### Unitarian Universalist Office at the United Nations (UU@UN) News

UU@UN has announced that the 2023 Intergenerational Spring Seminar will take place April 1-3, 2023, with the theme "Demilitarization & Abolition: Resist Policing and Empire." This year's Spring Seminar will be held in-person in Minneapolis, MN, with online participation options.

# CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation

## The 5th Principle Is One of My Favorites

*The right of conscience and the use of the democratic process within our congregations and in society at large.*

Joining our right of conscience and use of the democratic process with the mission and vision of our Unitarian Universalist faith has always made me very proud. By declaring that we support every individual's own understanding of right and wrong, and belief in governance by the will of the people, Unitarian Universalists take an incredibly brave stand. For all our insistence on the inherent worth of every person and respect for their individual search for spiritual growth, we also put our trust in a process that depends on the will of the majority.

In the time since January 6, 2021, when democracy was literally under attack, our trust in this process is more important than ever. Our denomination encourages each individual to develop a personal faith. Our 5th Principle celebrates the power of the people. Our ability to bring these two visions together is at the core of UUCSR's success.

Our dedication to democracy has often felt frustrating to members of Shelter Rock when the work of the congregation seems to move slowly through committees or past the Board of Trustees. It can feel like creativity and passion are being stifled by the need to have the congregation weigh in and affirm action.

Our wealth allows us to look deeply into the future and dream big. It gives us a freedom to imagine a new and better world. Our faith demands that those ideas need support and affirmation by others before moving forward. And while taking the time to engage other members in our vision may seem stifling at times, the end result of seeking wide support, is what we stand for as UUs.

I am forever grateful for the passion of this congregation and am always amazed at the breadth of ideas that come from it. I hope that never changes and I am confident that our support for the democratic process will never dissuade any member from pushing their passion forward, even if that means taking the time to get committee buy-in and group engagement

As this new year begins, I want to applaud every member who has stepped up, come together, joined in, and worked hard to keep UUCSR vital and vibrant. I hope the constraints of democracy don't ever hold us back. New ideas are essential to our growth as a congregation and denomination. I encourage all members to initiate discussions at their committee meetings and during Sunday Café about their vision, hope, and passion for Shelter Rock. I hope all members feel free to engage board members and ministers in conversation about their ideas for our congregation. UU's have a reputation for wanting to talk out absolutely everything, then forming task forces to take that talk deeper, and finally engaging the rest of the congregation in even more meaningful conversation. It can feel slow and frustrating and I hope that never ever changes.

## Board of Trustees Agendas

### Tuesday, January 17, 2023

- 7:00 PM I. Opening Words: Ministers
- 7:05 PM II. December 2022 Minutes: Toni Logue, Secretary
- 7:10 PM III. Nominating Committee: Klaus Masuch, Chair
  - Trustee Recommendation
- 7:30 PM IV. Minister's Report: Rev. Dr. Natalie Fenimore, Rev. Jaye Brooks, Rev. David Carl Olson and Erol Delos Santos, Student Minister
  - Membership Update
  - Ministerial Transition Update
  - Healthy Relations Team Update
  - Veatch Structure Status
  - Bylaws Amendment Status
- 8:00 PM V. Member Participation & Engagement Discussion: Jana North, President
- 8:40 PM VI. President's Report: Jana North
  - January Congregational Meeting Recap
  - Board Retreat
  - Friday Evening Event Update
  - Sunday Café & Bagel Breakfast Update
    - Meal Policy
- 9:00 PM VII. Good of the Order: Jana North, President

### Thursday, January 19, 2023

- 7:00 PM I. Opening Words: Ministers
- 7:05 PM II. Virtual Accounting Firm (BST) Presentation: Miles Doherty, DOF
- 7:30 PM III. Art Committee: Paul Kopelow, Chair
  - Amended Art Scholarship Policy
- 7:50 PM IV. Socially Responsible Investment Committee: Leona Handelman, Chair
  - Inclusiv-Caprock Federal Credit Union Loan Recipient
- 8:10 PM V. Land Management Leadership Team: Carol Garbarino
  - Legal Counsel Amended Draft Sustainable Land Management Statement
- 8:30 PM VI. Committee Policy Drafting Task Force Update: Ursula Salamone/Aimee Ripley
- 8:40 PM VII. Committee/Teams Nominations: Jana North, President
  - CY23 Committee Chair/Member Nominations
- 9:00 PM VIII. Good of the Order: Jana North, President

## LOST AND FOUND



The UUCSR Lost and Found bin is located across from the Reception desk on the Lower Level.

Stop by to find things you may not have even known you lost!

## LAND MANAGEMENT LEADERSHIP TEAM (LMLT)

Carol Garbarino, Convener

*The New York Times* and *The Washington Post* ran articles recently following the conclusion of the UN Biodiversity Conference (COP15) in Montreal, held in December 2022. Nearly 200 countries met to address the fact that humans are making the earth unlivable for up to one million different species that now face extinction. The United States is one of the few non-signatories to this event and attended as an observer. How unfortunate!

The main causes of this mass extinction include over-development in the form of increased land taken for agriculture, cattle grazing, the development of cities, towns, and roads. Another human-created scourge—climate change—makes just living hard. Just living will continue to get harder. One of the major goals of this conference was to get signatory countries to commit to saving 30 percent of their land and water in its natural state by 2030. This will give wildlife in all the various ecosystems a chance to recover from the onslaught of human activity.

Let me bring the issue home. I've written before on the unique value of the UUCSR woodlands. Our woods moderate local climate; plants siphon atmospheric carbon to grow and release oxygen. The unpaved vegetated earth allows for precipitation to percolate to aquifers replenishing our water supply. Our woods are part of a mottled chain of woodland/open areas that exists on the North Shore of Long Island. This string of golf courses and woodlands act as corridors and places for wildlife to live. These spaces need active protection from development. In late 2021, the St. Ignatius Retreat House on Searingtown Road was sold to developers for \$36.5M. Since then, the Gold Coast mansion has been torn down, as have the towering trees on the 33-acre site. Forty-six homes are being built with a price tag aiming at \$4M each. Another green sanctuary has been lost to development.

Our woods need active protection and stewardship. We've begun by clearing invasive plants from 100 feet of the Great Lawn/forest perimeter. Many of the invasive plants were introduced as botanical specimens (burning bush) and ground cover (English ivy and pachysandra). As non-native plants, they are not a food source for native animals and insects. So they thrive covering the ground and shading out new native plant growth. Removal of non-native plants will be a recurring maintenance expense. Maintenance costs for buildings and grounds is budgeted and does not impact Veatch grants or UUCSR committee funding. Our Seventh Principle calls us to care for the interdependent web of all existence.

The Land Management Plan ([download available HERE](#)) recommends the hiring of a professional land manager. The successful candidate would plan and direct land management projects to their completion, choosing the proper vendors, overseeing their work, assisting in grant writing opportunities to help defray costs, and develop religious education programs.

We **CAN** conserve our small but important piece of our earth.

Stephen Ruocco for the Land Management Leadership Team

### Nature Walk

January 22, 2023 | 1:00 PM

Please register [HERE](#) or visit [uucsr.org/Jan22Walk](http://uucsr.org/Jan22Walk)



The Land Management Leadership Team is sponsoring special guided tours, weather permitting. On this day, members and friends of all ages will gather in the Main Lobby, then visit the vernal pond in Shelter Rock's woodlands. Along the way, well-informed guides will discuss native species, invasive species, wildlife, and the importance of watershed protection areas, among other topics. The easy walk last about two hours.

Please register for planning purposes and so that you may be informed in the event of schedule changes due weather.

## CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator



### UUCSR Online Congregational Directory

If you have not already received an invitation, watch your email for an invitation to the new Directory! Thus far, over 100 members have joined the Directory that makes it easy to stay in touch with fellow members, plus UUCSR staff. You, too, will soon be able to connect names with some faces, and call or email

using one-touch technology from your phone, tablet, or computer.

- The highly secure system uses NO users or passwords.
- Changes are instantly available and always up-to-date.
- Participation is completely controlled only by members.
- Preferences are easily selected and may always be changed:
- Your information will not appear unless you permit.

Please watch for an email and accept your invitation to participate in the online directory. If you'd like a fellow member to walk you through the sign-up process, assistance will be available in the Social Hall on Sunday, January 29, 2023, before and after Service. Or contact Jen Sappell ([jsappell@uucsr.org](mailto:jsappell@uucsr.org)).

## MEMBERSHIP COMMITTEE

Jeff Shiff, Chair

With great pleasure, I would like to formally welcome eleven new members who have just signed the membership book and three others who will be signing shortly:

Alain Beaudeau	Lisa Hilliard	Elise Sheridan
Chantal Beaudeau	Kenneth Jordan	James Sheridan
Donna Cattano	Clayton Martorella	Israel Simoes
Suzanne DeOliveira	Shirley Reinfelder	Mary Ulrich
Hal Hilliard	Fran Rinaldi	

Each new member brings to us some new flavor, a new energy, or a new thought. At Shelter Rock, we aspire to be a loving and spiritual community. Please join me in giving each new member a most sincere welcome!

The first new member introductions are below. More will follow in subsequent editions of *Quest*. Welcome all!



Donna Cattano

Donna is a native New Yorker and has been living in Williston Park for over three decades. She retired earlier this year from the United Nations as a communications officer and began looking into how she could enhance this new chapter of her life. She found UUCSR and one Sunday service in July was all it took for her to fall in love with the congregation and to want to get involved.

She is now a member of the Women's Group and also cooks for the INN. As an avid canasta and mahjong player, she enjoys Thursday afternoons at "Not Just Bridge" and coaches its growing canasta group. She brought her husband Israel Simões into the fold and both, as new members, look forward to contributing to UUCSR efforts and to building new friendships.



Israel Simões

Israel arrived in the US as a teenager from Portugal and spent most of his life on Long Island's East End. He was introduced to UUCSR through his wife, Donna Cattano, and was intrigued to learn more about Unitarian Universalism and the work of the congregation. He is looking forward to getting involved with the various activities and committees that relate to the grounds and to social justice.

Israel is an entrepreneur with businesses related to fine woodworking and furniture making, as well as landscaping and landscape design, his family's business. He has many interests and hobbies, which include fishing, traveling, world cultures, history, and ballroom dancing—which is how he and Donna met over 20 years ago.

## MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director



### Join the Choir for the Annual Music Sunday

Rehearsals begin  
Thursday, January 26, 2023  
7:30–8:30 PM  
Rehearsals in the Worship Room  
Masked and Social Distanced

Performance:  
Sunday, April 23, 2023, 11:00 AM



*Dona Nobis Pacem* by Ralph Vaughan Williams  
A Plea for Peace in a Time of War  
For Soprano and Baritone Soloists, Chorus, and Full Orchestra

When WWI broke out, the 42-year old British composer Ralph Vaughan Williams immediately volunteered for service as an ambulance driver on the front lines where he witnessed unspeakable carnage. He later served as an artillery officer, and the thundering of the machinery of war ultimately severely damaged his hearing. He was deeply affected by these experiences, and after the war, he turned to music to come to terms with all that he had seen. His journey toward healing was interrupted in the 1930s as he watched the rise of fascism with great alarm. Williams was particularly horrified by Italy's 1935 invasion of Ethiopia, and in 1936 he wrote his cantata, *Dona Nobis Pacem* (Give Us Peace).

Based on poems by Walt Whitman, political rhetoric, the Bible, and the Catholic Mass, this monumental work is a musical plea for peace.

Members of the congregation and the larger community are encouraged to join the UUCSR Choir as we prepare to sing this very moving work. Rehearsals will take place on Thursday evenings, 7:30–8:30 PM, commencing January 26, 2023.

Questions? Contact Music Director Stephen Michael Smith ([ssmith@uucsr.org](mailto:ssmith@uucsr.org)).

## SOCIAL JUSTICE COORDINATOR

Claire Deroche



### Who Are the Refugees Among Us?

At the heart of each of the major world religions, and ingrained in the teaching of many of the minor traditions, there is an instruction to welcome the stranger. Following this mandate has never been more important than now. According to the United Nations High Commission on Refugees ([UNHCR](#)), at the end of 2021, “89.3 million individuals

worldwide were forcibly displaced as a result of persecution, conflict, violence, human rights violations or events seriously disturbing public order.”

This global crisis is playing out here among us. Since the Russian invasion of Ukraine, [14,000 Ukrainians](#) have resettled in New York State with [2,111](#) of them coming to Long Island. Before their arrival, [2,700](#) refugees from Afghanistan sought refuge in New York with 47 of them coming to Long Island. And according to the New York State Office of Temporary and Disability Assistance ([OTDA](#)), during this period, refugees and asylees continued to arrive from other countries, including Burma, Democratic Republic of Congo, Syria, Somalia, Congo, Sudan, Honduras, El Salvador, Guinea, Russia, Uzbekistan, Venezuela, Cuba, and Haiti.

The size of the task of assisting this enormous multitude need not discourage us. As both Jewish and Islamic traditions tell us, “Whoever saves one life saves the world.”

To begin to address this need, in September 2021, the Social Justice Committee joined Upholding Humanity, a Long Island interfaith group formed specifically to address the resettlement of Afghan and Ukrainian refugees in our local communities. The faith communities that comprise Upholding Humanity are the Islamic Center of Long Island, Temple Sinai of Roslyn, Community Synagogue, St. John’s Episcopal Church, the UJA Federation of New York, and the UUCSR Social Justice Committee. Since its founding it has assisted in the resettlement of seven refugee families.

Over the course of several meetings, committee members considered the great need for support for refugees coming to Long Island. At its December meeting, the Social Justice Committee voted to start the process for a Crisis Grant for refugee resettlement on Long Island. In upcoming weeks, you’ll be asked by committee members to sign a petition in support of this request. When the committee has the signatures of 60 members, the petition will be submitted to the Board of Trustees. If the Board approves the request, an ad hoc group will be formed to vet possible organizations with the goal of presenting the application for a crisis grant for a vote by the Congregation. The need is great but remember: saving one life is saving the world.

## 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. Check the *Quest* newsletter for any schedule changes. Register with Jeannie Gross, [jgross@uucsr.org](mailto:jgross@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. Check-in is at 6:30 PM and gathering for facilitated conversation is at 7:00 PM. On January 13, Winterflower Robinson will facilitate the conversation on the question, “If you could travel back in time, which part of your life would you revisit and why?” On January 13, check-in will start at 6:00 PM and at 6:30 PM so that we may end at 7:15 PM to accommodate anyone going to Soulful Sundown. On January 20, Charlene Greenberg will lead a conversation on “What does food mean to you?” Join Zoom Meeting [HERE](#), or call 646 558 8656, Meeting ID: 940 8603 7651, Passcode: 290509

### Monday, January 16, 2023 | 7:00 PM

#### Social Justice Racial Justice Sub-Committee Meeting on Zoom

If you have not previously attended these meetings, please feel free to join. Join Zoom Meeting <https://us06web.zoom.us/j/87094584054> Meeting ID: 870 9458 4054 Dial by your location +1 646 558 8656 US (New York)

### Wednesday, January 18, 2023

#### 6:30 PM, Check-in, 7:00 PM Business Meeting | Zoom

#### Social Justice Committee Meeting

Newcomers are welcome.

Join Zoom Meeting [HERE](#), or call 646 558 8656, Meeting ID: 928 2583 9567

## CARING COMMITTEE

Suzanne Viverito, Chair

### Seasonal Birthday Celebrations Are Back!

Stop by the Social Hall after Service on Sunday, January 15, 2023, for cake and fruit to celebrate all of those with winter birthdays in December, January, or February.

All are welcome for a sweet treat!



## UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



### *From the Ground Up* Veatch Sunday January 29, 2023

Please be part of Veatch Sunday on January 29, a beloved and long-standing Shelter Rock tradition. Veatch Sunday offers a wonderful opportunity to hear directly from one of our over 180 Veatch grantees.

This year, the Veatch Board of Governors is excited to welcome Dorian Warren, co-president of Veatch grantee, Community Change, to deliver a sermon titled, *From the Ground Up: Building Our Multiracial Democracy*.

Dorian will speak about the ideals of our multiracial democracy—and how grassroots organizations like Community Change help build and support such a democracy. Dorian leads one of our country's most visionary institutions advocating for racial equity, worker rights, and social transformation.

After the sermon, please attend the Sunday Café sponsored by the Veatch Board of Governors. We will be enjoying delicious Greek food. Then, we will be able to continue the conversation with Dorian during the Veatch Annual Meeting. Be a part of this very special dialogue, which will provide another wonderful opportunity to ask questions and learn more about the important work of Community Change.

#### Veatch Sunday events:

- |             |  |
|-------------|--|
| 11 AM–12 PM | Worship Service with Veatch grantee Community Change Co-President Dorian Warren              |
| 12 PM–1 PM  | \$5 lunch sponsored by the Veatch Board of Governors   |
| 1 PM–2 pm   | Veatch Annual Meeting and discussion with Dorian Warren about building multiracial democracy |

This year, all Veatch Sunday events will be onsite and in-person on January 29. Livestream available at: [uucs.org/calendar](https://uucs.org/calendar). Please attend and bring a friend. All are welcome!

*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.*

## GREEN SANCTUARY COMMITTEE

Stephen Ruocco, Chair

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



### Smart Growth Conference

Under the leadership of Eric Alexander, Vision Long Island will hold the 20th Annual Smart Growth Conference in 2023. While the emphasis has been on communities and small business, environmental concerns have come to play a dominant role in recent years. This article is a synopsis of what I learned by attending workshops at the 2022 Smart Growth Conference.

Off-shore wind turbines will be online delivering 1,000 megawatts of electricity to Long Island by 2030. Lithium Battery facilities, with commensurate energy storage capacity, will be in place. Over time, off-shore wind power will increase five-fold.

We shall all be forced to transition to electric cars as automobile manufacturer's discontinue the production of gasoline and diesel vehicles. This means we need more electric charging stations. Accordingly, PSE&G will pay 90 percent of the cost to install any charging station that is available for public use. Next year, PSE&G will change its standard billing to be based on time of day use. (You can opt out to stay with current billing method.)

Over 30,000 homes on Long Island now have rooftop solar panels. It is projected that this will increase to 180,000 in the next three or four years. The full 30 percent federal tax credit has been reinstated to offset installation costs. More importantly, quality solar panels now degrade at a rate well below one percent a year. This means a rooftop system will deliver over 90 percent on its initial output throughout the typical life span of a roof.

Heat pumps are reversible air conditioners. One or more ductless air source units can effectively air condition your home or business all summer at an installation cost comparable to a typical central air system. The drawback of air source heat pumps is that they cannot heat your house when the outside temperature drops below a certain level. That minimum temperature is now single digits Fahrenheit, rendering these units adequate for Long Island.

New York City just passed an All-Electric Building law which applies to new construction. While comparable building practices have not been codified on Long Island, some builders are choosing to do the right thing. This was mentioned in a session on Affordable Housing. For these all-electric dwellings, air source heat pumps provide heating and hot water; induction stoves do the cooking. It is expected that purchase prices and maintenance of all-electric homes will be affordable.

Jim Peters for the Green Sanctuary Committee

## YOUTH PROGRAMS

Jamie Walowitz

Youth and Adult Faith Engagement Coordinator



### Donations Needed for Midnight Run

Join our Senior Seminar teens on their Midnight Run on Friday, February 10, 2023! Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those who are experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year where volunteers from churches, synagogues, schools, and other philanthropic groups distribute food, clothing, blankets, and other personal care items to those who are impoverished and/or experiencing homelessness on the streets of New York City.

We are asking for donations, volunteers to prepare food, sort clothing, compile toiletry kits, and volunteers who would like to join Senior Seminar teens on their mission in New York City. A donation bin is in the Main Lobby. A list of needed items to donate can be found [HERE](#)! You can contact the Youth and Adult Faith Engagement Coordinator Jamie Walowitz (516.472.2943 or [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org)) if you would like to volunteer or have any questions.

## ADULT PROGRAMS

Jamie Walowitz

Youth and Adult Faith Engagement Coordinator

### Medical Qi Gong for Senior Health | Mondays, 9:00–10:00 AM

\$50 for 5 classes, \$12 per drop-in class ([Register HERE](#) or email [tqh.Ashley@gmail.com](mailto:tqh.Ashley@gmail.com)).

By popular demand, Qigong instructor, Ashley Baldwin, continues leading classes. Start your week off by strengthening your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and falling safety skills, optimize lung capacity, bolster immunity, and promote energy flow to the internal organs.

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

## ADULT PROGRAMS

Jamie Walowitz

Youth and Adult Faith Engagement Coordinator

### 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.

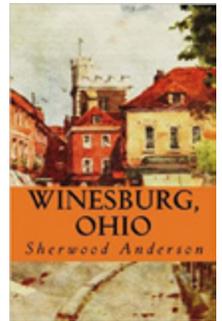
A new short story collection

begins January 13, 2023:

*Winesburg, Ohio: A Group of Tales of Ohio Small-Town Life*,

by Sherwood Anderson.

Available on Amazon as paperback, Kindle, and audiobook for purchase [HERE](#).



January 13 *The Book of the Grotesque, Hands, Paper Pills, Mother, and The Philosopher*

January 20 *Nobody Knows and Godliness: Parts 1–4*

January 27 *A Man of Ideas, Adventure, and Respectability*

February 3 *The Thinker, Tandy, The Strength of God, and The Teacher*

February 10 *Loneliness, An Awakening, and Queer*

February 17 *The Untold Lie, Drink, Death, Sophistication, and Departure*

Please contact Youth and Adult Faith Engagement Coordinator Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org)) to receive communications about Great Books.

Please e-mail Jamie Walowitz, at [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), if you would like to receive communications about Great Books.

### Dramatic Readings | Saturday, January 21, 2023 | 6:00–9:00 PM

*The Audience (Act II)*, 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.”

Please RSVP to Jamie Walowitz, the new Youth and Adult Faith Engagement Coordinator, at [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), if you would like a PDF of the play emailed to you or to receive a physical copy in the mail. Join Zoom Meeting [HERE](#). Or join via telephone: call 646.558.8656, Meeting ID: 817 7007 7772 Passcode: 798549

## RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

**UU Kids Connect: Game Time! Continues with MLK Day on Wednesday, January 18, 2023 | 6:30 PM | FREE!**

The third Wednesday of the month just got more exciting! Kids of all ages, from any congregation are welcome to come together for game time. Come make new UU friends from all over North America.

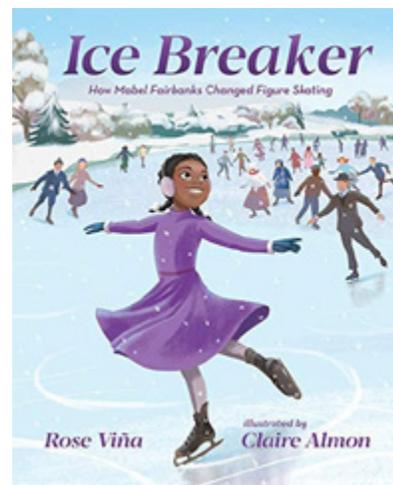
Game four is coming up when we'll continue our march for civil rights and building Beloved Community by playing 8th Principle Jenga! Registration is free and the fun is priceless. Join on Zoom. Please [Register Here](#) to receive the link and all UU Kids Connect updates.

UU Kids Connect is an intercongregational collective led by professional religious educators. Current leaders are Carson Jones (Shelter Rock, NY), Judith Hogan (UU Montclair, NJ), Jeanne Nametz (UU Ridgewood, NJ), Jennie Stillwell Belmonte (UU Somerset Hills, NJ), and Jil Novenski (Community Church, NY).

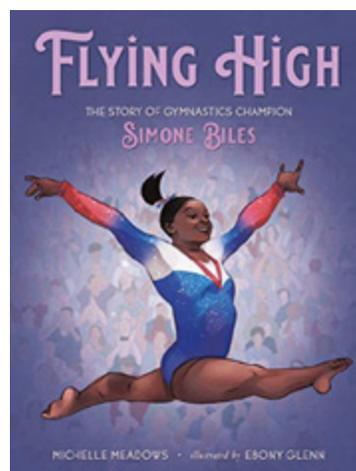
**Black Sports Legends Bedtime Stories! Wednesday, February 1, 2023 | 7:00 PM**  
[Live on Zoom HERE](#)

Continuing on the first Wednesday of each month!

All are welcome to join Carson Jones for this special interactive storytime as he reads three family-friendly stories celebrating Black Sports Legends.



*Ice Breaker:*  
*How Mabel Fairbanks Changed Figure Skating*  
written by Rose Viña  
illustrated by Claire Almon



*Flying High:*  
*The Story of Gymnastics Champion Simone Biles*  
written by Michelle Meadows  
illustrated by Ebony Glenn

# Game Night

## Is Back!

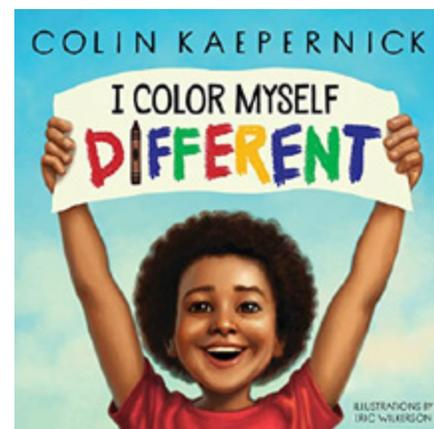
Fun for All Ages

**Friday, January 20  
6:00 PM | Room 10**

- ◆ Board games
- ◆ Video games
- ◆ Table tennis
- ◆ Foosball table

**Pizza dinner will be provided**

Please RSVP to Jeannie Gross,  
RE Administrative Assistant, at  
[jgross@uucsr.org](mailto:jgross@uucsr.org) with the number  
of guests and any dietary needs



*I Color Myself Different*  
written by  
Colin Kaepernick  
illustrated by  
Eric Wilkerson

## 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, January 20, 2023: *My Policeman* (Amazon Prime)**

The film is based on a 2012 novel and is about Tom, a policeman in 1950s Britain, his wife, a schoolteacher, and a lover, who disrupts their lives. Stars Harry Styles, Emma Corrin and David Dawson.

**Friday, January 27, 2023: *Lady Chatterley's Lover* (Netflix)**

Watch films in advance, then join Zoom for conversation [HERE](#)

## Book Series

All are welcome.

Third Fridays Monthly | 3:30 PM | Join [HERE](#).  
Please contact Sharyn Esposito to learn more.  
[sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960

January 20, 2023	<i>Search</i> by Michelle Huneven Discussion led by Patti Paris
February 17, 2023	<i>Rogues: True Stories of Grifters, Killers, Rebels and Crooks</i> , by Patrick Radden Keefe Discussion led by Ursala Salamone
March 17, 2023	<i>Finding Me: A Memoir</i> by Viola Davis Discussion led by Katherine Miller

Please visit [uucsr.org/wg](http://uucsr.org/wg) for additional details including a full list of titles, discussion leaders, and a printable flyer.

## Women Talk Daytime

Sandra Hazel Frank, facilitator

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

The first Tuesday of the month, the topic is Current Events.

The topic for January 17 will be Gender Issues as discussed societally today—anatomically. Also, Whatever Happened to the ERA (Equal Rights Amendment), the Glass Ceiling in Employment, and True Societal Equity for Women?

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 online [HERE](#).



### How Could You?

2022 is over! As you may be feeling, I am so grateful to see it end. All the illness, death, Covid, RSV, and the virulent flu. As grateful as I am, I'm aware of unfinished business that unconscionably inflicts enormous hardship on families and children.

The year ended without the 117th Congress extending the expanded child tax credit—unable, unwilling to make a deal to extend the program that kept more than 50 percent of children out of poverty! We know that the government has the power as it was very clearly demonstrated when Congress passed legislation allowing the Agriculture Department to give free meals to all students regardless of income. More money for families allowed them to buy more food. Although it was extended twice, Congress decided it was no longer necessary.

Revamping the child tax credit would have enabled more families to qualify. The program expired. Congress let it happen. How could they? Now, parents have to apply and schools need to adjudicate which families qualify—which children will eat. Some families can't afford even reduced-price meals and begin to rack up debt. This can lead to children being denied meals.

As a special educator, I encountered many hungry children. I heard other professionals questioning whether particular students should be permitted to have breakfast, even though they traveled long distances and couldn't eat breakfast at home. I asked how well could the children learn on an empty stomach.

As Pope Francis asked when referring to the struggle of migrants, do we inhabit a culture of indifference? He said he sees the faces of suffering. I don't think our Congress does. He said that the worst of this is that we are getting used to it—a grave disease. I suspect that Congress may be afflicted by the same disease.

Knowing that the child tax credit had such a profound impact on hunger, reducing food insufficiency for families with children, it pains me that so many again face this hardship. Since the payments ended a year ago, child poverty shot up by 41 percent.

Yet the culture of indifference is a disease that continues to afflict our lawmakers. We can be vocal. We can ask our legislators: How Could You?

## 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.

### Thursday, January 12, 2023

9:00 AM-9:00 PM, Building Hours  
1:00 PM, Not Just Bridge, Veatch Ballroom and Terrace Room  
7:00 PM, Member Resource Committee Meeting  
7:30 PM, Choir Rehearsal, Worship Room

### Friday, January 13, 2023

9:00 AM-9:00 PM, Building Hours  
12:00 PM, Great Books - *Sherwood Anderson's Winesburg, Ohio*  
6:00 PM, Friday Nights with the LGBTQ+ Group Gatherings Online  
7:30 PM, Soulful Sundown, Social Hall and Online

### Saturday, January 14, 2023

9:00 AM-9:00 PM, Building Hours  
10:00 AM, Caring Committee Online Meeting, Office Conference Room and online

### Sunday, January 15, 2023

9:00 AM-3:00 PM, Building Hours  
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall  
9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room  
10:00 AM, Choir Rehearsal, Worship Room  
10:00 AM, Nominating Committee Meeting, Office Conference 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, Worship Service: *Preparing the Way for the Beloved Community*, led by Rev. Dr. Natalie Fenimore, Worship Room  
11:05 AM, Children's Worship for All Ages: Peace In, Peace Out, Chapel  
12:00 PM, Caring Committee Winter Birthday Celebration, Social Hall  
12:00 PM, Sunday Cafe Sponsored by the Board of Trustees, Social Hall  
12:30 PM, RE Family Nature Walk with the Land Management Leadership Team, gather in RE Lobby  
12:45 PM, Men's Group Multiplatform Committee Meeting, Veatch Conference Room  
1:00 PM, Artist Reception: Alan Richards, The Human Condition, Art Gallery  
1:00 PM, Love & Stitches, RE Room 15  
5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

### Monday, January 16, 2023

8:00 AM, Building Closed-Martin Luther King Jr. Day Holiday  
9:00 AM, Medical Qigong for Senior Health  
7:00 PM, Care for the Caregiver  
7:00 PM, SJ Racial Justice Online Sub-Committee Meeting

### Tuesday, January 17, 2023

9:00 AM-4:30 PM, Building Hours  
12:00 PM, Women Talk Daytime Meeting - Multiplatform, 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

### Wednesday, January 18, 2023

9:00 AM-4:30 PM, Building Hours  
11:00 AM, Crafting for Sanity and Community Online Get-Together  
2:00 PM, Wednesday Conversations  
3:00 PM, Land Management Leadership Team  
6:30 PM, Social Justice Virtual Committee  
6:30 PM, UU Kids Connect: Game Time!  
7:00 PM, Green Sanctuary Online Committee

### Thursday, January 19, 2023

9:00 AM-9:00 PM, Building Hours  
1:00 PM, Not Just Bridge, Veatch Ballroom and Terrace Room  
7:00 PM, Board of Trustees Meeting  
7:30 PM, Choir Rehearsal, Worship Room

### Friday, January 20, 2023

9:00 AM-9:00 PM, Building Hours  
12:00 PM, Great Books - *Sherwood Anderson's Winesburg, Ohio*  
3:30 PM, WG Online Book Series Discussion  
6:00 PM, Game Night!, RE Room 10  
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online  
7:30 PM, Women's Group Online Film Discussion - *My Policeman*

### Saturday, January 21, 2023

9:00 AM-9:00 PM, Building Hours  
6:00 PM, Dramatic Readings: *The Audience* (Act II)  
6:00 PM, Senior Seminar Sleepover, Main Building

### Sunday, January 22, 2023

9:00 AM-3:00 PM, Building Hours  
9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall  
9:00 AM, 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, Feasts and Festivals: Lunar New Year Celebration, Main Lobby and RE Wing  
11:00 AM, Our Whole Lives Class for Grades 8-9, RE Room 18  
11:00 AM, Senior Seminar Youth Grp, RE Rm 6  
11:00 AM, Worship Service-*The Human Spirit* led by Rev. Jaye Brooks, Worship Room  
12:00 PM, Sunday Cafe, Social Hall  
1:00 PM, Nature Walk, Grounds

### Monday, January 23, 2023

9:00 AM-4:30 PM, Building Hours  
9:00 AM, Medical Qigong for Senior Health  
6:15 PM, Membership Meeting  
6:30 PM, Together to End Solitary Confinement Online Program

### Tuesday, January 24, 2023

9:00 AM-4:30 PM, Building Hours

### Wednesday, January 25, 2023

9:00 AM-4:30 PM, Building Hours  
11:00 AM, Crafting for Sanity and Community Online Get-Together  
2:00 PM, Wednesday Conversations  
5:30 PM, Ukulele Group Practice

### Thursday, January 26, 2023

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 Ballroom and Terrace Room  
6:00 PM, Bookstore Meeting  
7:30 PM, Choir Rehearsal, Worship Room

### Friday, January 27, 2023

9:00 AM-9:00 PM, Building Hours  
12:00 PM, Great Books - *Sherwood Anderson's Winesburg, Ohio*  
6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online  
6:30 PM, Fourth Friday at the Rock: Soup, Song, and Sacred Conversations  
7:30 PM, Women's Group Online Film Discussion - *Lady Chatterley's Lover*

### Saturday, January 28, 2023

9:00 AM-9:00 PM, Building Hours

*Quest* is published twice a month, except once each in July and August. Copies are available in the UUCSR Lobbies, <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](mailto:communications@uucsr.org)

**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.

# UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

## Lead Minister and Minister of Lifespan Religious Education

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

## Associate Minister for Congregational Life

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

## Developmental Minister

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

## Congregation Operations Administrator

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

## Executive Director, Veatch Program

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

## Music Director

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

## Lifespan Religious Education Coordinator

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

## Social Justice Coordinator

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

## Officers of the Congregation Members of the Board of Trustees

President: Jana North

Claudia Barbey

Aimee Vella Ripley

Vice President: Chris Hilke

Iliza Bartels

Ursula Salamone

Secretary: Toni Logue

Bill Carmody

Jane Weiler

Treasurer: Moin Haque

Bill Kahn

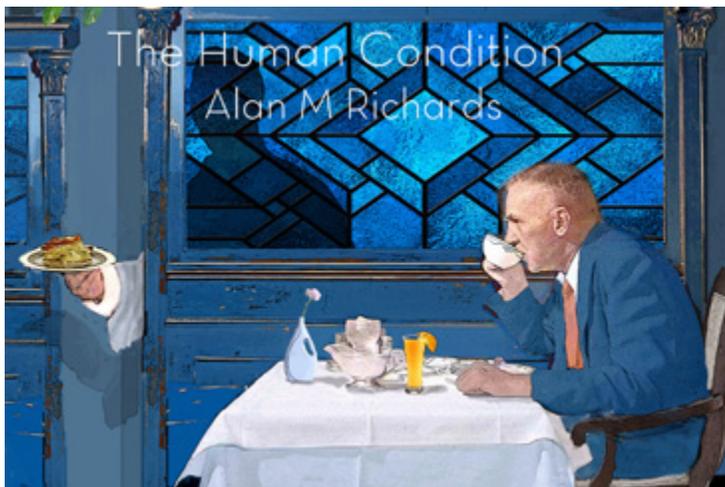
January 11, 2023

ADDRESS SERVICE REQUESTED  
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, January 25, 2023 | Deadline for Content: Thursday, January 19, 2023

## ART COMMITTEE

Paul Kopelow, Chair



### Alan M Richards: Artist's Statement

My work may be classified as photomontage. It uses multiple photographic images, segments of images, drawings, vectors, or clips that are fused to create a single composite image. The images may be playful, satirical, or of a more serious nature. I try to tell a story with each image. My artwork represents the human condition. It reflects how I view events and the interaction between people and the world.

My work is primarily based on photographic images. I either take the images myself, or I use found/vintage or other images combined with my images. The images are often supplemented by drawings to bring the various elements into a single image.

I look for the unusual in a person or persons. It's not whether a person is fat or skinny, one color or another, or any other physical attribute. It's a special aspect of an individual which makes them

## Art Exhibit

Through February 7, 2023

Reception:

Sunday, January 15, 2023 | 1–3 PM

All are welcome.

Shelter Rock Art Gallery is a mixed use space.  
Please call Elaine for best viewing hours  
(516.472.2933).

appear to me to be special. It's their human quality that attracts me.

I do not have a set pattern about how an image grows. I guess it is organic in that elements of the final image change over the time I'm working on the picture. Sometimes, an entire background will change or elements will be added or deleted. The end goal is to create an image with visual interest. I may start out with some notion of the potential look of the final piece, but that often changes as the piece progresses.

My background is not in the art world. By history, I have a background in science. In particular, I earned a PhD in hearing science and audiology from the City University of New York. I was a professor of hearing science at CUNY for nearly 30 years and had a private practice in audiology on the Upper East Side of Manhattan for over 30 years as well.