Celebrating 75 Years of Religious Education

Unitarian Universalist Congregation at Shelter Rock
ADULT PROGRAM OFFERINGS
FALL | WINTER 2016-2017

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Roslyn Weit
Victor Weit
Latifa Woodhouse
Welcome to another year of Adult Program Offerings at the Unitarian Universalist Congregation at Shelter Rock

This year we are celebrating 75 years as a congregation as well as 75 years of adult education, programs and events! We have an exciting array of programming coming this Winter and Spring 2017.

Throughout the year, a variety of Adult Program Offerings are offered to

• enhance our spiritual growth,

• deepen our interconnection with our congregational community,

• encourage service to the community at large,

• engage in intellectual discussions and

• be introduced to new learning opportunities and experiences of fellowship.

The Adult Programs Committee encourages anyone who may be interested in bringing a program to the congregation to reach out to our committee members. Also, if you are interested in learning more about the work of the Adult Programs committee or in serving on the committee please feel free to come to one of our monthly meetings which is held the third Monday at 7 p.m. (Always check UUCSR calendar for meeting changes.)

May we all kindle the flame of love, insight and tolerance in each other and in the world-at-large!

Marcelo Da Silva
Chair of Adult Programs Committee

Live as if you were to die tomorrow.
Learn as if you were to live forever.

MAHATMA GANDHI
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Note: For a full spectrum of programs including social Justice, please go to uucsr.org
UU Bible Study

Sacred Story: Passover and Easter

In 2017, Passover begins at sundown on Monday, April 10, and Easter falls on Sunday, April 16—within the eight days of Passover. Interim Senior Minister Ned Wight and Ministerial Intern Oscar Sinclair will offer this exploration of the origins, practices and meanings of these holy days within the Jewish and Christian traditions. We will examine Biblical texts and the worship practices that have evolved over centuries as Passover and Easter have assumed central, defining roles in these two faiths. We will also consider ways in which the events of Christian “holy week” incorporate practices like foot-washing and sharing bread and wine that originated with Passover. This session will be excellent preparation for this year's Seder, Maundy Thursday, Good Friday and Easter morning services at UUCSR.

Tuesday, March 28, 7:30 p.m. at UUCSR, Room 15, Thursday, March 30, 4:00 p.m. at Hadley House

For further information please contact assistant Lea Titza at ltitza@uucsr.org or 516.472.2975.

UU History and Theology

A Path To Membership

This four-part series is a helpful orientation to the unique Unitarian Universalist way of being religious and to being a member in this congregation. UU history, theology, and polity will be discussed as well as expectations of members of the congregation. The Revs. Jennifer Brower, Minister of Pastoral Care, Natalie Fenimore, Minister of Lifespan Religious Education and Ned Wight, Interim Senior Minister, and lay leaders of the congregation are the presenters.
The orientation series is a requirement for congregational membership.

Please register with Ben Bortin, Membership Coordinator, and let him know if you need childcare. Ben can be reached at bbortin@uucsr.org or 516.472.2934.

Sundays, 1:00 – 2:30 p.m., Feb 26 - Art Gallery; March 5 - Room 15; March 19 - Veatch Ballroom; April 9 - Art Gallery.

**Birthright UU: Calling all lifelong Unitarian Universalists!**

We often talk about our early experiences in our given faith traditions and what it means to become a Unitarian Universalist. We hear less about what it means to be brought up as a Unitarian Universalist. As adults, we don’t often have an opportunity to reflect upon what we bring to this world as long time UUs.

- How have we woven together the traditions and teachings of our youth with our need to adapt to the changes that Unitarian Universalism asks of us?

- What challenges did we face as children being raised in a lesser known faith?

- How has being brought up UU informed our life choices and social attitudes as adults?

- What perspectives and gifts do we possess that we can share with others in our UU community?

We are looking to connect with any of our members who had the unique experience of being raised in the extraordinary faith community of Unitarian Universalism. We want to hear and share stories and experiences as well as find ways to be of service to our Shelter Rock congregation. Please join us and celebrate your birthright as a Unitarian Universalist!

Sundays, 12:45 p.m., Office Conference Room – January 8, 2017, February 5, March 5, April 2, – Bring your lunch.

The classes will be facilitated by Lauren Furst, a lifelong UU and UUCSR member. For more information email Lauren at 1stkoos@optonline.net or call 516.526.4909.

**Common Read: The Third Reconstruction**

Rev. Ned Wight will facilitate a discussion of The Third Reconstruction: How a Moral Movement is Overcoming the Politics of Division and Fear by William J. Barber II (with Jonathan Wilson-Hartgrove). Published by our very own UUA Beacon Press, this provocative book is particularly timely as divide-and-conquer politics are exacerbating racial strife and economic inequality. Rev. Barber offers an impassioned, historically grounded argument that Moral Mondays are hard evidence of an embryonic Third Reconstruction in America. Books will be available for purchase at UUCSR in January.

Monday, April 3, 7:30 p.m., Room 15

For further information please contact assistant Lea Titza at ltitza@uucsr.org or 516.472.2975.

*The Common Read will also be offered during Silver Bay (May 26-28), UUCSR’s congregational retreat.*
Video Series: The Long Strange Trip
This year, the Reverend Jennifer L. Brower will show - on a recurring basis - the video series, The Long Strange Trip, a six-part history of Unitarian and Universalist thought from the beginning of the Christian era to what we know today as Unitarian Universalism. Each disc is approximately one hour in length and is Close-captioned. Following the video, a brief discussion will be held.

For questions or RSVPs please contact Kimberly Rossiter at krossiter@uucsr.org or 516.472.2941.

The first showings of the congregational year will be held on Thursdays, 7:00 - 8:30 p.m. Veatch Terrace Room, March 2, 9, 16, 23, 30 and April 6

Margaret’s War
A play written by UUCSR member Wolston Brown inspired by the heroic activities of Margaret Pohek who worked to secure the entry to the U.S. of Jewish children in 1939. Margaret was a Unitarian minister, a member of the UUCSR (Plandome) congregation and a resident of Hadley House.

For further information please contact RE assistant Carson Jones at cjones@uucsr.org or 516.472.2915.

Two performances: Friday – Saturday April 28-29, 2017 at 7:30 p.m. To pre-order tickets: $10 for members or $15 for non-members; Tickets can be purchased thru the UUCSR website.

Ralph Waldo Emerson & Walt Whitman: Spiritual Masters of the 19th Century
Walt Whitman responded to Ralph Waldo Emerson’s call for a true American poet. This class will read excerpts from both writers to appreciate what they added to religion in America, exemplified mainly by today’s Unitarian Universalism.

Led by Arthur Rifkin, MD, a member of UUCSR, a semi-retired psychiatrist with a private practice. His career has been in clinical work, research and serving as a faculty member in several universities and schools of medicine.

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

Wednesdays, 7:30-9:30 p.m., Veatch Library; January 18, February 15, March 15, April 26.

The Roots of Radical Hospitality
Following up on his sermon of December 4, Rev. Ned Wight will team up with Rev. Natalie Fenimore to explore more deeply the Benedictine practice of “radical hospitality” and how it can enrich our lives—as individuals and as a congregation. We will delve into the roots of this practice in scripture, in the Benedictine monastic tradition, and in our own Unitarian and Universalist theologies. We will also determine ways in which we can practice radical hospitality more intentionally within our congregation and our community.

Tuesday, March 14, 7:30 p.m., Room 15

For further information please contact assistant Lea Titza at ltitza@uucsr.org or 516.472.2975.
**Personal Growth**

**Dramatic Readings**

Join us in our continuing venture in reading plays: some old, some new, comedy, drama, farce. Copies are distributed and parts are chosen by participants at the event so no need for preparation. After the reading we discuss the play, the author, relevance and interpretation. If you don’t want to be an actor, come anyway to share in the discussion. Play titles are announced in Happenings and the Quest. Suggested donation is $10 per person per session and that includes a pot luck dinner and beverages. If you bring food to share suggested donation is $5. Registration is required so we can provide the right number of copies of the play for the evening. Maximum number of participants is 20.

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

**Saturdays, January 14, 2017, February 18, March 18, April 15, May 20. 5:00-10:00 p.m. in the Art Gallery except for May 20 which will be in the Veatch Ballroom.**

**Great Books Discussion**

All readings will be from the Great Books Foundation’s “Short Story Omnibus”. Organized by Bob Nuxoll, the group will rotate turns leading discussions with members volunteering to lead when the readings reflect their area of expertise, interest, or passion.

**Sunday Mornings at 9:00 a.m. in RE Room 4**

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

**November 27**  The Black Cat, Edgar Allan Poe

**December 4**  The Real Thing, Henry James

**December 11**  A Lady with a Dog, Anton Chekhov

**December 18**  The Yellow Wallpaper, Charlotte Perkins Gilman

**December 25**  No meeting

**January 1**  No Meeting

**January 8**  Her First Ball, Katherine Mansfield

**January 15**  Indian Camp, Ernest Hemingway

**January 22**  The Diver, V.S. Pritchett

**January 29**  Gimpel the Fool, Isaac Bashevis Singer

**February 5**  The Wall, Jean-Paul Sartre

**February 12**  The Country Husband, John Cheever

**February 19**  No Meeting

**February 26**  The Ledge, Lawrence Sargent Hall

**March 5**  Looking for Mr. Green, Saul Bellow

**March 12**  Sonny’s Blues, James Baldwin

**March 19**  Argument and Persuasion, Donald Hall

**March 26**  The Professor’s Houses, Ursula K. LeGuin
April 2  Lost in the Funhouse, John Barth
April 9  Tomorrow and tomorrow and so forth, John Updike
April 16  No Meeting
April 23  Cathedral - Raymond Carver
April 30  The Man from Mars, Margaret Atwood
May 7  TBD or makeup of missed reading
May 14  No Meeting
May 21  TBD or makeup of missed reading

Movie Night

Sustenance: Food and Spirituality Movie Series

In many cultures food is not just food. The act of preparing a meal, of gathering to eat together includes feelings of comfort and care, of family, community, and tradition. Gather to watch movies and explore the intersection of food and spirituality at Movie Night with Rev. Natalie Fenimore.

Fridays, 7:30 – 10:00 p.m., RE Room 15; Feb 3, March 3, ** April 7 and May 5. (** Art Gallery),

February 3, 2017 - The Lunch Box

A mistaken lunch box delivery in Mumbai, India, connects Ila, a neglected housewife, to Saajan, a lonely man on the verge of retirement.

March 3, 2017 - Babette’s Feast (in collaboration with Women’s Group “TGIF”)

Two pious elderly sisters allow their cook to create a “real French dinner” for their isolated Danish community.

April 7, 2017 - Jiro Dreams of Sushi

The story of 85 year old Jiro Ono, considered the world’s greatest sushi chef.

May 5, 2017 - Willy Wonka and the Chocolate Factory

Charlie receives a golden ticket to enter the mysterious Willy Wonka’s candy factory. Starring the late Gene Wilder.

Pastoral Care

Contemplative Practice

After working, schooling or tending to the needs of others, we each need a spiritual practice. which call us back to our center – a time to be still and breathe deeply, to attune our awareness within and beyond – a practice that gives us the grounding to go forward with the tasks of life with renewed energy (hopefully greater clarity) and purpose.

To support our members, friends and visitors in their spiritual self-care, we continue to provide evening meditation hours in the Worship Room.

The Worship Room* will be available for contemplative practice Monday through Friday from 4:00 p.m. – 7:15 p.m. Registration is not necessary.
*In the event that the Worship Room is occupied for the evening, the centering practice will be held in another appropriate space. Location changes will be included in the weekly UUCSR Happenings email.

**Death Café**

**LIFE IS SHORT... ENJOY THE TIME YOU HAVE!**

At Death Café, people discuss death while sipping tea and eating cake. A Death Café is a group-directed, casual discussion of death without an agenda or objective in an accessible, respectful, and confidential space. It is a discussion group, rather than a grief support or counseling session, to increase awareness of death to help people make the most of their finite lives.

Admission is free, but you must register with Kimberly Rossiter, Assistant to the Ministers at 516.472.2941 or krossiter@uucsr.org. Facilitated by Betty Gold and Diana Wolfson. For more information about Death Cafes, please go to deathcafe.com.

**Sundays, 1:00 p.m., January 29 in Art Gallery; April 30, Veatch Ballroom**

**Facing Death With Life**

A UUA program (part of the Tapestry of Faith series): “Facing Death with Life” is an eight session program that offers a process of personal reflection, learning and spiritual growth while focusing on death and dying. The program invites participants to experience death and dying as a natural part of life, including the preparation, death, the grieving, and the living on.

Led by Betty Gold and Diana Wolfson (who is certified in “Integrative Thanatology” from The New York Open Center’s Art of Dying Institute). Both Betty and Diana are involved in leading UUCSR’s Death Café. For a more detailed description of program go to www.uua.org/re/tapestry/adults/facing-death.

**The program dates are: Thursdays, March 9, 16, 23, 30, April 6, April 13, April 20, and April 27, 7:30-9:30p.m. in Room 16.**

**Soulful Small Group**

Soulful Small Group is a new hybrid ministry, bringing together elements of our Small Group Ministry and the music of Soulful Sundown. This small group is intended to provide Soulful Sundown participants and others another way to “work” on their spiritual lives and connect with Unitarian Universalism and others at UUCSR and to explore the spiritual relevance and personal meaning found in a variety of songs. One song will be chosen for each month’s reflection and discussion. Facilitators are the Reverend Jennifer L. Brower, UUCSR members Alice Giordano and Angela Cesa and Ministerial Intern, Oscar Sinclair.

To inquire or register, please contact Kimberly Rossiter, Assistant to the Ministers, krossiter@uucsr.org or by telephone at (516) 472-2941.

**Fourth Friday of every month, 7:00 – 8:30 p.m,: January 27, 2017, February 24, March 24, April 28, May 19 in Room 16.**
**Soulful Sundown**

Soulful Sundown: where music resides at the heart of the religious experience. Soulful Sundown is a monthly, hand-clapping, toe-tapping evening worship service in which dancing is strongly encouraged (but not required).

Led by the Reverend Jennifer L. Brower and the Cosmic Orchestra, it is held on the second Friday of each month from September through July.

Soulful Sundown includes a light meal at a low cost, a worship service weaving together the spoken word and music and a coffee house for people of all-ages. The coffee house features a different singer/songwriter each month.

Childcare is available. UUCSR members, friends and newcomers are welcome. Dinner begins at 6:30 p.m. in the Social Hall, worship at 7:30 p.m. in the Worship Room and the coffee house in the Art Gallery or Social Hall after worship. Registration is not necessary.

**UPCOMING PERFORMERS INCLUDE:**
- January 13, Performer Mike DelGuidice
- February 10, Performer Dave Murphy
- March 10, Performer Kate Copeland
- April 14, Performer KJ Denhert
- May 12, Performer Lucy Kaplansky
- June 9, Performer TBA
- July 14, Performer TBA

**Small Group Ministry**

A great way to “work” on your spiritual life that isn’t work! Small Group Ministry is a gathering of no more than 12 people who meet at the same time each month to discuss topics that are often not discussed—wonder, fear, faith and more. This ministry allows participants the opportunity to explore their personal beliefs while getting to know one another—it’s that simple. There are no other agendas, no homework, nothing to do but show up and give yourself the gift of two hours each month. Small Group Ministry Facilitators are all Shelter Rock members who receive specialized training for this ministry.

There are daytime as well as evening meetings. Pre-registration is required. Childcare is available if requested one week in advance.

**1st Sunday SGM Meeting - Bride’s Room at 1:00 p.m. to 3:00 p.m., Sunday, January 08, 2017, February 05, March 05, April 02**

SGM Facilitators: Jean Judd & Carla Drezner

*Please NOTE May & June’s dates are subject to change due to Congregational meetings.*

These two 2nd Wednesday SGM groups have recently been changed to accommodate extra congregation members wanting to join our UUCSR, SGM family.

**2nd Wednesday SGM Meeting (New room) in RE Room 16 at 7:30 p.m. - 9:30 p.m., January 11, 2017, February 08, March 08, April 12, May 10, June 14**

SGM Facilitator: Betty Gold - **Space available,** if you are interested in joining, please email Lea Titza, SGM Liaison at ltitza@uucsr.org

**New additional 2nd Wednesday SGM meeting in RE Room 19 at 7:30 p.m. - 9:30 p.m., January 11,**
2017, February 08, March 08, April 12, May 10, June 14

SGM Facilitator: Diana Wolfson - **Space available, if you are interested in joining, please email Lea Titza, SGM Liaison at ltitza@uucsr.org

2nd Sunday SGM – Early AM meeting in the Office Conference Room at 8:30 a.m. - 10:30 a.m., January 08, 2017, February 12, March 12, April 09, May 14, June 11,

SGM Facilitators: John Tilton & Lynn Smith - **Space available, if you are interested in joining, please email Lea Titza, SGM Liaison at ltitza@uucsr.org

3rd Sunday SGM Meeting in the Bride’s Room at (new time) 1:00 p.m. - 3:00 p.m., January 15, 2017, February 19, March 19, April 16, May 21, June 18

SGM Facilitators: Cello Da Silva & Patti Paris

4th Tuesday SGM Meeting in the Veatch Terrace Room at (new time) 7:15 p.m. – 9:15 p.m. January 24, February 28, March 28, April 25, May 23, June 27

SGM Facilitators: Sandra Frank & Rhonda Kessler

NOTE: **Additional, OFF-SITE SGM meetings – these two meetings take place at Hadley House:

2nd Wednesday SGM Meeting at Hadley House at 1:00 p.m. - 3:00 p.m. January 11, 2017, February 8, March 8, April 12, May 10, June 14

SGM Facilitator: Alan Gold

3rd Friday SGM Meeting at Hadley House at 1:00 p.m. - 3:00 p.m., January 20, 2017, February 17, March 17, April 21, May 19, Friday, June 16

SGM Facilitator: Herb Waldren

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**Spiritual Practice**

**Inisfada Sitting Zen Meditation**

The practice of zen sitting meditation as a spiritual universal focus is a technique for opening our minds and spirits to universal insights and awareness that we are all One. This is achieved by sitting together in silence and quieting our minds to the present moment and to each other.

Zen meditation sessions include: silent sitting and walking meditative periods, readings of the zen masters, and listening to guest speakers. Participants enjoy peace and serenity by quieting the mind in today’s busy and hectic world. The group becomes a healing community. Led by Joanne Miller/Vicki Spielman.

**Please note:** newcomers are welcome at 7:15 p.m. for preliminary instructions. Doors close at 7:30 p.m. Doors re-open for latecomers again at 7:50 p.m.
Every Wednesday, 7:30 – 9:00 p.m. in Veatch Ballroom and Terrace Room.

**Spiritual Partnership**

Spiritual Partnership is just that: two people who commit to meeting on a regular basis for the purpose of encouraging each other in their spiritual growth. Spiritual partnership is a way to develop a new kind of relationship with a fellow member and a deeper relationship with oneself and one’s God. Those interested in exploring Spiritual Partnership should contact the Reverend Jennifer L. Brower, Minister for Pastoral Care. Prior to their first meeting, Spiritual Partners will establish a covenant, articulating their expectations and the length of the partnership.

**Tai Chi and QiGong**

Discover how the practice of Tai Chi and Qigong promote a sense of well-being by awakening the body’s natural healing ability. Tai Chi is a practice of graceful, centering movements that strengthen the body, sharpens the brain, calms the mind and lifts the spirit. This particular form of Tai Chi is beneficial in reducing the inflammation of arthritis; being gentle on the body and designed to improve balance and coordination. We will warm-up with Qigong exercises, combining graceful slow movements with stress reducing breathing and meditative practices.

Instructor Fern Cameron has been a chiropractor for the past twenty-five years and enjoys sharing the ancient and Empowering healing practices of Tai Chi and Qigong. Fern is certified as a Tai Chi Easy Practice Leader and specializes in Tai Chi for arthritis.

This is an intermediate level group that meets Fridays from 10:15-11:30 a.m. in the Art Gallery unless otherwise noted.

- March 17, March 24 (Ballroom), March 31, April 7, April 21, April 28 (Ballroom), May 5, May 12, May 19, June 2

**UUCSR members $8, non-members $14. Maximum number of participants is twenty.**

Please call or email Carson Jones, RE assistant at cjones@uucsr.org Or 516.472.2915 to register and call Fern, 516.621.0316 to discuss your hopes for the course and answer any questions.

**Yoga**

Mike Mancini, Certified Yoga Instructor leads yoga classes on Saturdays and Thursday mornings.

**Saturday classes are 11am and start on January 7, 2017, all classes in the Art Gallery except March 11, Ballroom, April 8, Social Hall, June 3, in Room 4.**

- January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29.

No registration required. Cost: $5 per class for members and $7 for non-members payable to instructor. Please contact Carson Jones at cjones@uucsr.org if you have any questions.
Member Events

**Bridge**
Weekly Bridge Group and Bridge Lessons and Game Play Group for all Skill Levels

**WEDNESDAYS BRIDGE GROUP**
Weekly games for all skill levels. The Bridge Program continues weekly, unless otherwise noted. Newcomers are welcome to join in on the game play at any time. Registration is not necessary for this FREE program, Wednesdays in Veatch Ballroom.

**FRIDAY BRIDGE LESSONS & GAME PLAY**
Weekly games and lessons for all skill levels. Paul Drezner will lead classes on Fridays. The Bridge Lesson and Game Play continues weekly, unless otherwise noted. Newcomers are welcome to join at any point.

Bridge lessons are held concurrently with and followed by Bridge and other games. All are welcome to stay as long as they wish from 1:00 to 4:00 p.m. Registration is not necessary for this FREE program. 1:00 – 4:00 p.m., Veatch House Ballroom, Library and lessons in Terrace Room.

**BEGINNER LESSONS**
1:00 – 2:00 P.M. - TERRACE ROOM

Intermediate and Advanced Lessons – 2:00 – 3:00 p.m. – Terrace Room

Recreational Bridge & Game Play is also available at 1:00 – 4:00 p.m. in the Ballroom and Library. For more information contact Paul or Carla Drezner at stargateCD@aol.com

**Expeditions**
Monthly expeditions to museums, plays, concerts, and parks are planned throughout the year. These are open to all members and friends of the congregation. Past expeditions have included visits to the Museum of Jewish Heritage, NY Botanical Gardens, and the Egyptian display at the Metropolitan Museum. Check the welcome desk in the lobby for current expeditions flyers and sign-up sheets. Cost varies per event. Occasionally transportation is provided utilizing the UUCSR van.

Contact Ben Bortin at bbortin@uucsr.org or call 516.472.2934 with any questions or suggestions.

**Lunch Bunch**
Join us for lunch at a different restaurant every month. We have enjoyed a variety of cuisines while strengthening bonds among our members. Check the welcome desk in the lobby for monthly Lunch Bunch flyers and sign-up sheets. Cost varies per event. Meet and pay at the restaurant.

Contact Ben Bortin at bbortin@uucsr.org or call 516.472.2934 with any questions or suggestions.