I wonder, how many people are living differently because they came to our congregation? Have you felt changed by membership at UUCSR? How do you live differently as a result of your ever-deepening Unitarian Universalist identity?

If you are still figuring that out, how do you desire to be changed by your membership and involvement at UUCSR? How do you believe that Unitarian Universalism and UUCSR can support you in your spiritual, religious, moral, ethical and relational growth?

Now, it may feel like I am asking these questions at a lousy time. You might be thinking that summer is a terrible time for “heavy” questions. After all, it’s hot! Who wants to do much at all? It is “other time;” time for rest and relaxation - not work! And this may seem like work. But what better time is there than when we are able to pause, take a deep breath, and give unhurried thought to the kind of life we craft? Why not use this season, when the congregational pace is slower, to take stock of things and reflect upon where we spend our time, effort and energy?

When we are resting, on vacation, out of our normal habitat or routine, there is more room in our lives to listen for the still small voice within, guiding us to our truest selves.

In this summer season, we can explore how we have already been changed by our having come to UUCSR and set our intentions for the coming year – for ourselves or for our families.

As we prepare to enter a transitional period with a transitional minister, when we will join together in congregational discernment, asking how lives are changed by the Unitarian Universalist Congregation at Shelter Rock, I invite you to begin your work of personal discernment.

Your ministers are here to support you. Don’t hesitate to reach out to us. We believe in UUCSR’s capacity for greatness and in yours.

Yours in Faith,
Rev. Jennifer L. Brower
Although congregational activity cools during the summer, capital projects heat up. Currently the Veatch House is going through the final stages of its heating and ventilation system upgrades. In FY15, the Veatch House was connected to the main building’s new air conditioning chillers and in FY16 a new boiler was installed. Starting in July, new fan coil units and thermostats will be installed in each room on the main floor to allow for localized temperature control. I am sure the knocking sound of the steam going through the pipes and the need to bundle up or unbundle clothing to respond to the building’s all or nothing temperature will not be missed; although I think it gave the building an oddly unique character. Further work on the Veatch House roof will also take place this summer with the north facing slate roof scheduled for replacement in late August. We have gradually replaced the slate and copper flashing throughout the building’s many roofs over the last three years.

In the main building, several lighting upgrades will be taking place. New LED lights will be placed in all the religious education classrooms with motion detector switches to ensure conservation of energy when the rooms are not in use. Additionally, to enhance luminosity and ensure energy efficiency, new LED lighting will be installed in the stone stairwell from the main floor to the lower level, as well as replacement of ceiling lights and sconces in the Ministers and Music wings. The exterior of the main building is getting upgraded as well, with regrading and repaving of the religious education wing and main parking lots starting at the end of August after the departure of North Shore Early Childhood Center at the end of their lease.

The congregation’s technology is going through a transition as well. Although I have never been able to juggle physical objects, I have learned to juggle many projects and, with the support of outsourced vendors and our staff, having been doing so with three interrelated technology systems. We are in the process of enhancing our calendaring program, membership database, and website. All are interconnected yet separate systems. The goal is to provide congregational information to members and the community in a more streamlined fashion, allow members direct control over their membership profile so they can be better served and allow for electronic management of congregational participation and outreach. In addition to the connection points between these systems, some of their development is also based on new branding concepts resulting from a marketing research project completed in FY16 that I will now provide an update.

Austin and Williams was hired in FY16 to assist the congregation, under the leadership of the Publicity and Promotions committee, with developing branding concepts to enhance community awareness of the congregation and the denomination at large. Extensive discovery work was done with in person interviews and a focus group of UUCSR members, as well as the same with members of another UU congregation in the region and local residents who have no religious affiliation. This work resulted in findings and recommendations encapsulated in a 170+ page presentation to the Board of Trustees, the Publicity and Promotions and Membership Committees. Although there are varied opinions on the report, there is certainly agreement that making a 3-hour presentation is a feat of incredible stamina. Wanting to share the information with the congregation, yet recognizing that the full presentation would be too much to expect members to sift through, an executive summary has been prepared and is available in the MY UUCSR section of our website for your review. For those who are adventurous enough, a link to the full presentation has been made available there as well. Austin & Williams as well as EPOCH5, a PR firm, have been retained for FY17 to support new marketing, advertising and public relations initiatives; with the latter solely focused on our giving programs. Communications staff and the Publicity & Promotions Community look forward to engaging the congregation on new design concepts and other initiatives where appropriate.

I hope everyone is enjoying their summer and look forward to providing updates in the August Quest edition.

SAVE THE DATE
Shelter Rock’s 28th Anniversary
HOMECOMING PICNIC
SUNDAY, SEPTEMBER 18, 2016; 12:30 P.M.
After Worship Service — Rain or Shine
Volunteers are needed! Contact Elaine Corrao at ecorrao@uucsr.org or call 516.627.6560 ext. 2933
**Supreme Court Upholds Protections for Domestic Workers**

Back in 1975, the U.S. Department of Labor ruled that home care workers were “companions” (like babysitters), rather than workers who would be covered by minimum wage or overtime laws. In 2015 — 40 years later — President Obama’s Labor Department issued new rules that gave home care workers both minimum wage and overtime protection under the Fair Labor Standards Act. This change was upheld by a three-judge panel of the U.S. Court of Appeals for the District of Columbia Circuit in August 2015, but later appealed to the U.S. Supreme Court.

In late June 2016, the U.S. Supreme Court declined to consider Home Care Association of America v. Weil, which was advanced by home care employers—many of them for-profit entities—to keep from having to pay home care workers the minimum wage and overtime pay. This decision allows the Labor Department’s rules of 2015 to stand. This is a tremendous victory for the members and supporters of Veatch grantees National Domestic Workers Alliance and Jobs with Justice, whose directors Ai-jen Poo and Sarita Gupta (respectively) are co-leaders of the Caring Across Generations Campaign that the congregation heard about at Veatch Sunday in 2013. The goals of this Campaign are to improve working conditions for domestic workers, upgrade their training, and ensure that the increasing number of aging or disabled Americans who need capable and properly trained caregivers will be able to find them.

As a New York Times editorial on July 3 observed, “The new federal rules are in addition to state labor laws that protect home care workers in 21 states. These regulations are desperately needed. The elderly and disabled clientele of the home care industry is a large, growing and vulnerable group. The home care industry, while vast, is not growing fast enough to meet the demand of an aging population. Granting home care workers basic labor protections is a vital first step in ensuring quality care.”

Caring Across Generations is a long-term campaign. Veatch grantees will continue their work on the front lines of advocacy and organizing for domestic workers, most of whom are immigrants and/or women of color. It is gratifying for these grantees to be able to mark a victory along the way—a victory that markedly improves the economic situation for thousands of low-wage homecare workers.

**Response to Violence**

The Ministry Team joins the nation in shock and sadness as we endure the continuing violent deaths of African-Americans in encounters with police. We now also face the tragic shootings of police officers in Dallas which threatens to further escalate a breakdown of our social contract.

All of these incidents call for our concern, our compassion, our understanding and our grief. Each of these violent incidents is personal and individual, involving the loss of life of individuals and the pain of their families and loved ones. Our thoughts and prayers go out to each of these families.

We urge you to find ways to assist as you can: There are trusted charities which are accepting donations to the families of all those killed. There are UU resources to draw upon at http://www.uua.org/worship/collections/black-lives-matter. There are UU groups such as Black Lives of UU that are providing leadership to address long-standing injustices. There are community groups working for positive change. There are peaceful protests and rallies to join.

These deaths also raise larger societal issues: racism, power and the uses of power, stereotypes, prejudices, and societal mistrust. These issues and others must be addressed, even as we try to move forward in ways that de-escalate violence.

As Unitarian Universalists, let us all renew our commitment to continue to work for justice and peace.

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**Back to School Supplies Drive**

Benefiting children in Hempstead who are in need of this help. We hope to deliver 10 new backpacks filled with new school supplies to Rev. Reginald Benjamin, organizer.

Post-its listing needed items are available in the lobby. Please choose as many cards as you can respond to and bring the items to the congregation when you come on Sundays.

A specially marked box is available for your donations in the main lobby.

This drive is ongoing through Sunday, August 14
Why GMO Labeling is Long Past Due

There are big differences between GMO and non-GMO foods. GMOs mean a modified food or organism has been injected into plant DNA. This is not cross-pollination, but the injection of an animal's DNA into “seeds.” The GMO seeds then, when planted, must be raised with more toxic chemicals, such as the pesticide RoundUp. This is a glyphosate, a strong toxin. Its use in growing GMO foods is linked to the current widespread immune problems, autism and allergies many of our children are experiencing. They are also less nutritious. Sadly, our food comes from GMO corn, soy, sugar beet crops we grow, and is in our canola oil, corn syrup, and the sugar found in products on our shelves. Just take a look at and see how they are listed in 90% of our products!

Another vital fact is that GMO seeds are not perennial. New ones must be made every year. They are terminator seeds, not like the non-GMO ones that can be saved and come back year after year. (In fact, that is why many home gardeners notice lettuce and tomatoes that just pop up each year.) Unfortunately, more and more chemicals of higher strength are needed to grow GMO seeds. Monsanto, the agro-tech company responsible for manufacturing these seeds, has been putting these farmers out of business. This company sues farmers if their GMO seeds land in their fields. They say they are stealing their product. Remember this! A farmer tills his land, uses cover crops and crop rotation to restore the land. GMO seeds do not require this-only chemicals and pesticides, so they harm it. They are a monoculture that destroys diversity. Also, when pesticides like RoundUp are used, they are toxic, and are not safe for birds, bees, and plant life. That means we and our children are also being harmed.

Unfortunately, the U.S. agenda promotes bio-technology only for profit, not for people's safety and welfare. Our government usually spends from $3 billion to $5 billion a year on GMO crops. In fact, the Food & Drug Administration is run by former Monsanto employees. In fact, GMO crops have a reduced yield compared to nature’s own seeds. In fact, natural seeds are more resistant to droughts. Hidden from the public is the fact that over 64 countries throughout the world have the GMO labels on their foods when our brands are shipped there. Otherwise, they are generally rejected by these governments.

New York State and many other states in the United States want GMO labeling now. We want the transparency that the FDA denies us. We want to make choices; organic food, local farms and farmers treating growing food sustainably and animals treated humanely. It is up to us to advocate for choices with the appropriate corporate entities. We have a right to know what’s in our foods as well as how they are grown. That is why GMO labeling is long past due. Call your senator/representative for GMO labeling now.

Elaine Peters for the Green Sanctuary Committee
The 2016 UU General Assembly was held in Columbus, Ohio from June 22 through June 26. Since I had already committed to reading at my nephew Chris’ wedding in Portland, Maine, I did not attend GA. Therefore, I’m making up for being absent by watching videos available on-line of many of the events. I began with the video of “State of Emergence: Faith Filled People Rally for Racial Justice, General Assembly 2016” available at http://www.uua.org/multiculturalism/ga/emergence

The rally was this year’s public witness event, a standard on the GA schedule. GA participants join together with members of the local community to call attention to an urgent social justice issue. Representatives of this year’s local organizations included Rev. Lane Campbell, minister of religious education at First Unitarian Universalist Church of Columbus, OH, and organizer for the UU Justice Organization and Showing up for Racial Justice; Malaya Davis, statewide racial justice organizer for Ohio Student Association; and Rev. Dr. Susan K. Smith, former pastor of Advent United Church of Christ of Columbus, OH and organizer with the People’s Justice Project. Rev. Sekou and the Holy Ghost provided the stirring music.

This year’s event was a spirited gathering of many of the leaders of today’s movement for racial justice. In his opening remarks, Rev. Peter Morales began by naming the violent racial injustices in our country at this time. Then he shouted out, “I’ve had enough.” He called for a renewed commitment to standing on the side of love with members of other faiths to demand justice. Rev. Morales welcomed to the stage Rev. John Dorhauer, General Minister and President, United Church of Christ; Rabbi Rick Jacobs, President, Union for Reform Judaism; and Naeem Baig, President, Islamic Circle of North America. Each faith leader reflected on the need for racial justice from his own faith tradition, and then echoed Rev. Morales: “We’ve had enough!”

Alicia Garza, a co-founder of Black Lives Matter, could not be present in person. Her stirring words were read by Monica Raye Simpson, executive director of SisterSong, the National Women of Color Reproductive Justice Collective (http://www.sistersong.net/).

Rev. Campbell issued a heartfelt charge to those assembled: “I heard a call for white people to take risks, to tell the truth, to reach out to those we know and those we don’t know, to continually invite other white people into this important movement for racial justice.”

It was Rev. Dr. William J. Barber, II, leader of the Moral Mondays, Forward Together, and NAACP NC who brought the audience to its feet even before he had spoken a word. Rev. Barber is familiar to many Unitarian Universalists who have collaborated with him in the Moral Mondays Movement in North Carolina and heard him speak in other venues. Well versed in UU history, he reminded the audience of the response of UU ministers to Martin Luther King, Jr’s call to come to Selma. He is a powerful orator, and I urge you to listen to his words.

The rally ended with a call for a commitment “not to a moment, but a movement.” Rev. Cheryl M. Walker, UU Fellowship Wilmington and UU Ministers Association issued an impassioned plea that we work for justice for every community touched by oppression and fear. If you weren’t able to make it to Columbus, I urge you to view these videos and catch the message and the spirit of GA 2016.
MEMBERSHIP MATTERS
Ben Bortin, Membership Coordinator

We’ve certainly experienced some sad losses to death in recent months, among them Tony Sarola, Craig Jennings, and Brian Foley. Most recently, I am sorry for the demise of Harvey Cohen, lawyer, lacrosse coach, and very beloved father, and congregant since 1963. Harvey frequently attended the monthly “Lunch Bunch” program and he will be missed.

On a happier note, I offer these introductions of recent members to our community, and I join all here in welcoming them heartily. Both of these people have been members for eight months, but have not been presented yet in these pages. Yana Farrally-Plourde was introduced in a lobby diorama, but not in the Quest (his wife Elaine was). I am pleased to offer a summary interview of Yana.

Yana Farrally-Plourde
Yana grew up in Portland, Maine, in a Protestant Congregational church. He was confirmed there, but was going at the initiative of his grandparents. He loved playing Clarence Darrow in the play, Inherit the Wind. As he became acquainted with “misdeeds of the church,” he moved in an agnostic direction.

He has always had a passion for snowboarding and skateboarding. He worked at a snow and skateboard shop in Vermont, as well as a skateboard company in Port Washington. Yana has lived in New Zealand, the Fiji Islands, Colorado, and with his family, four years in Costa Rica, running the biggest surfing camp in the Americas. He is also interested in art and design, and affordable housing, and has been married to Elaine since 1990. We heartily welcome them, and their son Shepard to our congregation.

The following introduction was composed by Martha Chimienti.

Christine Hilke
Christ was born in St. Paul, Minnesota, and has been a life-long UU. Her mother was originally a German Lutheran who became interested in Unitarian Universalism after she discovered the Rev. Arthur Foote while she was in college.

Christ’s main passion is her family. She recently relocated from Philadelphia to Port Washington with her husband, Cliff, a critical care anaesthesiologist, teacher and research physician. They have three daughters, who currently share an apartment in Manhattan. Linus, their dog, is another important member of their family. Chris loves all animals but is especially interested in the training of service dogs, such as those given to prisoners as part of the “Puppies Behind Bars” initiative. Chris has had academic training in design and has worked on projects including the preservation of a historic museum. She is interested in floral design and gardening and is currently enrolled in a gardening class at Hofstra. We are very happy to have Yana and Chris as a new addition to our UUCSR family.

ANNUAL REPORT CORRECTION

Membership Committee voting members Vic and Roz Weit were inadvertently omitted from the Annual Report. Apologies to them, and thanks to them for their faithful contribution to that committee!

MILESTONES

We offer our heartfelt condolences to... Jim and Anne Marie Ansel and their family as they mourn the death of Jim’s mother Rose Wukowitz. Expressions of sympathy may be sent to the Ansel home: 69 Fairview Avenue, Port Washington, NY 11050

We extend our deepest sympathies and care to... Irene Craft who was hospitalized briefly and who is mourning the death of her sister, Marion Gallagher, who was also a resident at Hadley House. Cards may be sent to Irene’s home: 464 Main Street Manhasset, NY 11050

We hold in our hearts... Claire Bock, who is hospitalized with cardiac issues. We hope for Claire’s swift recovery, and for strength for Claire’s husband, Richard, as he cares for Claire. Cards are welcome; no calls or visits, please. 160 Radcliff Drive, East Norwich, NY, 11732

THANK YOUS

Hadley House Residents’ Association “The Hadley House Residents Association thanks the Board of Trustees and the Hadley House Transition Force for working collaboratively with our representatives to craft and approve an equitable revised Hadley House Rent and Subsidy policy.”

With great appreciation I thank the Rev. Natalie Fenimore for her kind and considerate words. I thank the Caring Committee for the lovely flowers. I thank the Custodial Staff for the perfect setup. I thank Stehen Michael Smith for the providing the talented singing of Leah Wooley on short notice. The Memorial Service, for my mother, was by all of you, made a joyful celebration.

Jim Ansel

RE ANNOUNCEMENTS

Registration for the 2016-17 Religious Education Program is now open online by going to the UUCSR website, clicking “Learn” at the top, and clicking “Register here” under Religious Education.

You may also register your children who are entering Kindergarten through Grade 6 for our summer program, Arts and Nature at the Rock, using the same form. The summer program began July 10 and drop-ins accompanied by parent are welcome!

ART COMMITTEE

This year the Congregational Art Show is in November. If you are interested in exhibiting, you might want to start thinking about up to four pieces to display. There will be a section for young people over eight years old, too. Please contact Brigitte Mueller, chair of the Art Committee for details.
Mid Summer Night’s Annual Lobster Fest

Saturday, August 6, 2016

6:00 p.m. Cocktail hour
7:00 p.m. Dinner

Veatch House
Patio & Ballroom
(Social Hall if inclement weather)

Guest Musicians
Catherine Ripley
Dexter Wells

Please bring hors d’oeuvres for 8 and a NUTCRACKER!

Lobster Dinner or non-lobster dinners available.
Limit to 125 Participants – First come and paid – first served.
No exceptions – no payment at the door.

Member - $32.00 | Non-Member - $37.00
Non-Lobster Dinner Member - $16.00 | Non- Member - $21.00
Children’s Meal (Non-Lobster) | $5

Helpers are needed to volunteer!
Contact Sharyn at sesposito@uucsr.org or call 516-472-2960
RSVP and PAY by end of day
Wednesday, August 3rd. NO PAYMENTS AT DOOR WILL BE ACCEPTED – No exceptions made.
Postscript to the 2016 General Assembly

Each year at General Assembly, Shelter Rock’ Denominational Affairs Committee reserves a suite at the headquarters GA hotel. The Shelter Rock Suite allows our Veatch Program Executive Director, Veatch Governors and staff attendees the opportunity to meet with current and potential grantees during the five day event; and it also provides hospitality space for our delegates and attendees to gather and review the day’s events and share experiences. At the end of the conference, there are often left-over snacks and supplies that need meaningful distribution. Columbus, Ohio was no exception; we contacted the local UU church, made arrangements for pick-up, and received the following response as to how our donation was distributed:

Dear Richard,

Further to our phone conversation just now, I’m pleased to advise the “disposition” of the snacks, drinks and other things that you had asked me to find “good homes” for at the end of GA this weekend.

I’m pleased to report that all of it, I expect, is being put to good use in a number of different ways:

On arriving at our church with the boxes, I discussed with our Office Manager and here’s where everything is going:

• By a great synchronicity, there was a meeting going on that day of African American UU ministers who had attended GA and who were using our Fellowship Hall to conduct their event. They were offered any of the snacks and soft drinks that they might wish to consume in the course of their meeting.

• Our Office Manager called the coordinator of a program called “Feed my Sheep” which takes food and other items to Mineral, Ohio - an impoverished area in Appalachia - every Monday, so some will find its way there,

• Our church serves meals at a homeless shelter first and third Fridays, so all of the plastic ware, napkins and plates will be used there as they are needed,

• The juices and any remaining snacks will be made available to church members on a “first come first served basis” (as is our custom with random food leftovers) in the Kitchen.

• The beer and wine we are distributing outside of the church to members on an informal case-by-case basis so as not to be seen as an “official” action of the church.

We appreciated the opportunity to assist UUCSR in disposing of unused, but useful leftovers from your hospitality suite, and certainly hope that the event was as positive and fruitful for all of you as it was for us, the attendees and delegates to the GA.

Best Wishes,

Michael Greenman
First Unitarian Universalist Church of Columbus

Richard Bock and Barbara Grosmark
Denominational Affairs Committee
General Assembly 2016
Woman’s Health v. Hellerstedt

What’s been called a huge moment for women’s rights is about to be decided by the Supreme Court. It’s about a contemptible Texas law shutting down women’s health care providers. If the Courts uphold this law, consequences will be devastating for women. Thirty-four of Texas’ 40 providers will be forced to close, leaving nearly 1 million women over 150 miles away from a provider. This is a brutal attack on the health of women, a fundamental right. We urge you to speak out and stand up for women’s fundamental right to health care. With no majority on the court, it’s very likely that the Texas ruling will stand. We cannot let this happen. Urge your state and federal lawmakers to speak out for reproductive rights. Go to reproductiverights.org to lend your support.

It’s Nuns on the Bus – On the Move Again

You may remember that Simone Campbell spoke at our General Assembly. She has also spoken at conventions in the past reminding us that we are our brothers’ and sisters’ keepers. I remember it well. It was a dynamite speech. Simone Campbell and the nuns on the bus will call on elected officials to “Mend the Gaps” in income and wealth inequality in our nation. They will visit Wisconsin, Illinois, Missouri, Indiana, Ohio, New York, Vermont, New Hampshire, Massachusetts, Rhode Island, Connecticut, New Jersey and Pennsylvania. They’re going to both conventions to educate people and provide a strategy to bridge the gaps. There are seven areas they will address: living wages, tax justice, family friendly workplaces, democracy, healthcare, citizenship and housing. Their goal is to collect stories of people living in the gaps and what they are doing to mend them. They want to share these stories with elected officials and candidates. You can have input or make a donation by contacting them at www.nunsonthebus.org. We will follow them and their activities and wish them every success.

Sexual Assault Victims Rights

The Senate unanimously approved a bill that would establish a set of rights for victims. When you learn of the rights they are trying to codify, you may be shocked to learn of all the rights that are glaringly absent. Those rights that are currently absent include:

- Victims are not notified of the results of rape kit tests or of any DNA matches, and they do not have the right to have evidence preserved. Victims are not notified whether toxicology reports indicate whether they had been given a date-rape drug.

- Victims do not have the codified right to be given these exams free of charge. Victims do not have the right to have rape kits preserved without charge for 20 years or until the statute of limitations expires.

In addition to the bill, the Senate Judiciary Committee recently approved a criminal justice bill that would eliminate the heavy backlog of rape kits awaiting testing. There are hundreds of thousands of them untested in police stations and crime labs. Imagine having to undergo the assault of rape, endure the exam, not have results, not have evidence preserved AND have to pay for it! The failure to process rape kits ensures the freedom of the perpetrator who can rape over and over again!

Current efforts may have been precipitated by the case against Bill Cosby that WILL PROCEED. In addition, a young woman wrote to her Senator when she learned that her rape kit would be discarded within months under Massachusetts law. We stand with the victims and know that our criminal justice system can do better than this. In the age of mass incarceration, it’s simply unacceptable that we allow rapists to be free while innocents are locked in solitary confinement in our jails and prisons. Not only can we do better than this, we absolutely must. We encourage you to support this new bill.
Yoga has returned to Shelter Rock! Two different summer session series on Saturdays and Wednesdays. Next class is Wednesday, July 13, 9:30 - 10:30 a.m. in the Ballroom. Please pick up a flyer in the lobby for more information.

Bridge and Game Play, Wednesday, July 13, 12:30 – 5:00 p.m.

Inisfada Zen Sitting Meditation, Wednesday, July 13, 7:30 – 9:00 p.m., Veatch Ballroom

Bridge and Game Play, Friday, July 15 1:00 – 4:00 p.m., Ballroom, Library and Terrace. Lessons will be held on this date.

Cooking for Interfaith Nutrition Network (INN) Guests, Saturday, July 16, 9:30 a.m. – 12:30 p.m., Main Kitchen. Contact John Ryan at 516.487.5571 for information.

Yoga - Summer Session, Saturday, July 16, 11:00 a.m. – 12:00 noon, Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Yoga - Summer Session, Wednesday, July 20, 9:30 – 10:30 a.m., Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Women's Group - Women's Talk Daytime, Wednesday, July 20, 12:00 – 2:00 p.m., Social Hall.

Yoga - Summer Session, Saturday, July 23, 11:00 a.m. – 12:00 noon, Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Expeditions “Once upon a Mattress”, Saturday, July 23, 8:00 p.m., Jeanne Rimsky Theater at the Landmark on Main Street Port Washington, NY. Optional: Meet for dinner at Guajiro (new Cuban restaurant) 95 Manorhaven Blvd., Port Washington, 6:00 p.m. Contact Ben Bortin for additional information, bbortin@uucsr.org

Yoga - Summer Session, Wednesday, July 27, 9:30 – 10:30 a.m., Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Watercolors with Jan Guarino, Friday, July 29, 12:00 – 3:00 p.m., Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Yoga - Summer Session, Saturday, July 30, 11:00 a.m. – 12:00 noon, Art Gallery. Registration information and a full list of dates and times are available on the Events Calendar at uucsr.org.

Moms Across America presented by Green Sanctuary Committee, Saturday, July 30, 7:30 p.m., Discussion will address GMO’s, environmental toxins, health effects on children. Free to all. Refreshments will be served.

Annual Summer Concert, Sunday, July 31, 1:00 p.m., Stephen Michael Smith, Director, Premier Performance featuring Evan Solomon. Reception will follow. Members $8, Public $10.

Ethical Eating Group Demonstration in the Veatch Kitchen, Sunday, July 31, 1:00 - 3:00 p.m. Sponsored by the Social Justice Committee.
<table>
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<tr>
<th>Date</th>
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| Wednesday, July 13, 2016 | 9:30 AM Yoga  
1:00 PM Bridge Group  
2:00 PM Custodial Staff Meeting  
4:00 PM Library/Bookstore Committee  
5:00 PM Executive Committee Mtg.  
6:30 PM Whole Family Support Group  
7:00 PM Orchestra at SR Rehearsal  
7:00 PM Spons. Grp-Climate Lobby  
7:30 PM INISFADA-Zen Sitting Med.  
7:30 PM Special Board of Trustees Mtg. |
| Saturday, July 16, 2016   | 9:00 AM Inn Cooking - Saturday  
10:00 AM Quilting  
11:00 AM Yoga |
| Sunday, July 17, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Arts & Nature at the Rock  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
12:30 PM Orchestra at SR Concert  
1:00 PM Art Committee Meeting  
1:00 PM Ethical Eating Cooking  
2:00 PM Orchestra Reception |
| Friday, July 15, 2016   | 1:00 PM Bridge & Game Play |
| Tuesday, July 19, 2016  | 9:30 AM Yoga  
12:00 PM WG - Women Talk Daytime  
1:00 PM Bridge Group  
6:00 PM Workshop  
6:30 PM Investment Committee  
7:00 PM Orchestra at SR Rehearsal  
7:30 PM Committee on Ministry |
| Wednesday, July 20, 2016 | 9:30 AM Yoga  
12:00 PM WG - Women Talk Daytime  
1:00 PM Bridge Group  
6:00 PM Workshop  
6:30 PM Investment Committee  
7:00 PM Orchestra at SR Rehearsal  
7:30 PM Committee on Ministry |
| Friday, July 22, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, July 23, 2016 | 10:00 AM Quilting  
11:00 AM Yoga  
7:00 PM Pledge Recognition Dinner |
| Sunday, July 24, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Arts & Nature at the Rock  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
11:15 AM MH Lunch Retreat  
12:30 PM Love & Stitches Craft Group |
| Tuesday, July 26, 2016  | 9:30 AM Yoga  
1:00 PM Bridge Group  
6:30 PM Whole Family Support Group  
7:00 PM Orchestra Dress Rehearsal |
| Friday, July 29, 2016 | 12:00 PM Plein Air Painting Class |
| Wednesday, July 27, 2016 | 9:30 AM Yoga  
1:00 PM Bridge Group  
6:30 PM NAMI Support Group  
7:00 PM Orchestra Dress Rehearsal |
| Friday, July 30, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, July 30, 2016 | 10:00 AM Quilting  
7:00 PM Moms Across America |
| Sunday, July 31, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Arts & Nature at the Rock  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
12:30 PM Orchestra at SR Concert  
1:00 PM Art Committee Meeting  
7:00 PM Observe of Hiroshima |
| Tuesday, August 02, 2016 | 1:00 PM Bridge & Game Play |
| Wednesday, August 03, 2016 | 9:30 AM Yoga  
12:00 PM WG - Women Talk Daytime  
1:00 PM Bridge Group  
7:00 PM SRI Committee Meeting  
7:30 PM Observance of Hiroshima |
| Friday, August 05, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, August 06, 2016 | 10:00 AM Quilting  
6:00 PM Lobster Fest |
| Sunday, August 07, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Arts & Nature at the Rock  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
12:30 PM Love & Stitches Craft Group |
| Tuesday, August 09, 2016 | 9:30 AM Yoga  
1:00 PM Bridge Group  
6:30 PM Whole Family Support Group |
| Wednesday, August 10, 2016 | 9:30 AM Yoga  
1:00 PM Bridge Group  
6:30 PM Whole Family Support Group |
| Friday, August 12, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, August 13, 2016 | 9:00 AM SNUUC Freeport-Mindfulness Meditation Retreat  
10:00 AM Quilting |
| Sunday, August 14, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Arts & Nature at the Rock  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
1:00 PM Adoption Triad Childcare  
1:00 PM Adoption Triad Ministry |
| Tuesday, August 16, 2016 | 1:00 PM Bridge & Game Play |
| Wednesday, August 17, 2016 | 12:00 PM WG - Women Talk Daytime  
1:00 PM Bridge Group  
6:00 PM Social Justice Comm. Retreat  
6:30 PM Investment Committee  
7:00 PM Sponsored Group-Citizens Climate Lobby  
7:30 PM INISFADA-Zen Sitting Med. |
| Friday, August 19, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, August 20, 2016 | 9:00 AM Inn Cooking - Saturday  
10:00 AM Quilting |
| Sunday, August 21, 2016 | 9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe  
12:30 PM Love & Stitches Craft Group |
| Tuesday, August 23, 2016 | 1:00 PM Bridge & Game Play |
| Wednesday, August 24, 2016 | 1:00 PM Bridge Group  
6:30 PM NAMI Support Group |
| Friday, August 26, 2016 | 1:00 PM Bridge & Game Play |
| Saturday, August 27, 2016 | 10:00 AM Quilting |
| Sunday, August 28, 2016 | 8:45 AM WG - Board Meeting  
9:00 AM Music Rehearsal  
9:00 AM Bagel Breakfast  
10:00 AM Worship Service  
11:00 AM Lite UU Cafe |
| Tuesday, August 30, 2016 | 1:00 PM Bridge Group  
2:00 PM Custodial Staff Meeting  
7:00 PM Family Support Group |
| Wednesday, August 31, 2016 | 1:00 PM Bridge Group  
2:00 PM Custodial Staff Meeting  
7:00 PM Family Support Group |
A FAREWELL CONCERT and RECEPTION HONORING PIANIST, EVAN SOLOMON

SUMMER concert

SUNDAY, JULY 31; 1 PM

THE ORCHESTRA at SHELTER ROCK
Stephen Michael Smith, Music Director

Hugo Alfven  Midsommarvarka (Swedish Rhapsody)

Virgil Thompson Symphony No 1

Gerald Busby Concerto for Orchestra and Piano

(PREMIERE PERFORMANCE - with an introduction by the composer)

featuring pianist, Evan Solomon

Tickets available at the door: UUCSR Members $8; General Public $10

A reception to honor Evan Solomon’s many years of making music at UUCSR will follow the performance.