



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.

—SHELTER ROCK VISION STATEMENT

November 8, 2016



WORSHIP SERVICES

Friday, November 11, 2016

Dinner - 6:30 p.m., Worship - 7:30 p.m., Free Coffee House

Soulful Sundown

The Rev. Jennifer L Brower

Contemporary Worship Service for all ages led by the Rev. Jennifer Brower. \$4 dinner at 6:30 p.m. Contemporary Worship with a full band at 7:30 p.m. Featured performer at the free coffee house afterward is singer/songwriter Brad Cole. All are welcome.

Sunday, November 13, 2016 - 11:00 a.m.

"Until Day Breaks"

The Rev. Dan Hotchkiss

What does it feel like to engage in "adaptive work" together as a congregation? This is work that begins when you realize that some of what you have taken for granted no longer holds. The mission has changed, the environment has changed, or the flow of money has changed. At such times, organizational life is not primarily concerned with finding efficient ways of accomplishing known goals, but struggling steadily and courageously with what is unknown, while managing the anxiety such work produces.

Saturday, November 19, 2016 - 7:00 p.m.

"Long Island Transgender Day of Remembrance"

Please join us as we gather together to honor the Transgender lives lost this past year to hate and violence. The Transgender Day of Remembrance was set aside to memorialize those who were killed due to anti-transgender hatred or prejudice.

Sunday, November 20, 2016 - 11:00 a.m.

"A Thousand Thanks: Our Annual Family Thanksgiving Service"

The Ministry Team

Bread is called "the staff of life"—a basic food that feeds and sustains people throughout the world. At this season of gratitude, we acknowledge this gift from the earth and invite you to bring bread that represents your family traditions to share during UU Café. Each family will be able to say a few words about the bread they have brought—reminding us all of the wonderful diversity of our congregation. Expanding our vision beyond our own walls, we will also introduce the UU Service Committee's Guest at Your Table boxes, featuring displays assembled by "The Questing Year" grade 6 class.

TOUCHSTONES

Rev. Natalie M. Fenimore

Minister for Lifespan Religious Education

Over the Columbus Day Weekend, I traveled to the Annual UUCSR Youth Retreat at Greenkill Y Camp in Huguenot, NY. Each year our 7-12th graders come together to deepen their relationships. They play together in the beauty of the changing season alongside a lake. And I have a great time getting to know them – and having it confirmed, year after year, that our youth embody our Unitarian Universalist Principles. Our youth led inspiring worship and small groups, and were incredibly inclusive and welcoming to everyone. They know how to build community.



One of our commitments as a congregation is to make places and spaces for ongoing spiritual and personal exploration – for all ages. Our children and youth have a schedule of classes and activities that have been developed by and for them – adults are asked to build their own plan. Sometimes it isn't clear how an adult might make a plan for spiritual growth and deepening; there are many paths possible. Sometime there can seem to be too many good things to choose from. For any one person - some roads are unproductive or dead ends or rocky. Often lives just get too busy and it seems impossible to find time to participate. But the ministerial team, our lay leaders, and your fellow congregants are here to talk it out together – to share experiences and clarify directions, classes, programs, experiences that can enrich lives.

As we continue to journey together. I share these words from Rev. Tess Baumberger:

As companions on this journey, we share the milestones we meet along the way. Individual moments of joy and sorrow become shared moments of comfort and celebration.

We Travel This Road Together

We share this journey across differences of belief and opinion. Because we value diversity and care for one another.

We Travel This Road Together

Today as we take this next steps, let us notice our fellow travelers: The burdens they carry, the songs that inspire their hearts.

We Travel This Road Together

VEATCH VIEWS

Denise Centowski



Recap of FY17 October Grants Meeting

At their grants meeting on October 25, 2016, the Veatch Board of Governors approved 38 grants totalling \$1,610,000. The Veatch Program supports organizations working in low-income communities and communities of color. Every meeting of the Veatch Board of Governors, the Program Officers highlight the work of several of our grantees.

This past meeting, we heard about the work of the Ella Baker Center (EBC), which is named after Ella Baker, a brilliant, black hero of the civil rights movement. Following in her footsteps, the Ella Baker Center builds the power of black, brown, and poor people to break the cycles of incarceration and poverty and create safe, healthy, and strong communities. EBC organizes to prevent voter suppression, improve the treatment of immigrants, and advocate for youth who have been unfairly arrested. Over the last several years, the Ella Baker Center won the closure of 5 out of 8 youth prison facilities. EBC also worked to promote Proposition 47 in California, which has been a key piece of legislation to re-appropriate funds that were for county jails, that would have just been returned to police, to now be used toward community healing and restoration processes.

The Ella Baker Center is able to accomplish these victories because of the long-term, general support of this congregation through the grants of the Veatch Program. Veatch grantees make real changes in the world and are a living testament to faith in action. For more information on the Ella Baker Center visit them online at www.ellabakercenter.org/our-victories.

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.

LARGE GRANTS ADVISORY GROUP

SPECIAL NOTICE

There is an opening for a three-year term as member-at-large on the Large Grants Advisory Group. Applications are available from Executive Assistant Tammy Weil, tweil@uucsr.org or by calling 516.472.2913. Completed applications should be submitted to the Secretary of the Board of Trustees on or before the application deadline, November 11, 2016. The Board of Trustees will consider all complete applications and make its decisions at a November Board Meeting. The Board of Trustees will notify the applicant who has been selected to serve. The term of office begins immediately.

The "Dots" are Here...

Please join us in the Social Hall on 11/13 and 11/20 to cast your 3 choices for the categories you would like to see considered for a Large Grant. Your participation and opinion is highly valued. Thank you!

DENOMINATIONAL AFFAIRS

Defying Gravity

Let me take this opportunity to thank the UU Congregation at Shelter Rock for supporting this amazing event – What an act of generosity leading to greater vitality of our congregations and larger faith!

Dan Hotchkiss is a renowned expert on congregational life, and his afternoon workshop is designed with the leaders of larger congregations in mind. I do hope you'll take advantage of this wonderful opportunity. He'll also be preaching on Sunday, November 13. We are offering \$10 off registration for UUCSR members. Hope to see you there!

In service,
Andrea Lerner
Congregational Life | Central East Region



Defying Gravity...

Together We're Unlimited!

A joint program offered by the UU Congregation at Shelter Rock and the UU District of Metro NY

Saturday November 12, 2016 9:30 a.m. - 5:00 p.m. Entire UUCSR Campus

Coffee and bagels at 9:00 am; program starts at 9:30 am. Registration \$35 – Lunch included; scholarships available
UUCSR Members Receive \$10 Off

MUSIC, MUSIC, MUSIC

The UUCSR Choir is gearing up for two major musical events this year, our Annual Messiah Sing and Music Sunday, and we invite interested singers to join us.

Messiah Sing: If you would like to brush up on your Messiah choruses, join the choir on Thursday evenings when we devote the second half of our rehearsals to rehearsing the choruses. Work on Messiah begins around 8:50 p.m. and we finish at 9:30 p.m.

Music Sunday: This year, our Music Sunday offering will be selections from Bach's monumental B Minor Mass. Beginning in January, the first hour of each Thursday evening rehearsal (beginning at 7:30 p.m.) will be devoted to learning the Bach. Interested singers are welcome to join us just for Music Sunday - no commitment to singing at the regular Sunday morning services is necessary. However, this music is challenging, so attending Thursday evening rehearsals is essential if you would like to sing for Music Sunday. Music Sunday is April 9.

G. F. Handel messiah

December 11, 2016
1:30 p.m.
Worship Room

A Holiday Community Sing with
Professional soloists, symphony
orchestra and organ.

Stephen Michael Smith
Conductor

\$8 Non- members/\$5 Members; under 18 yrs old free

Transportation Assistance

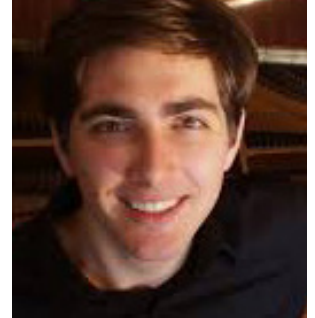
UUCSR offers transportation assistance to Sunday Worship and Soulful Sundown services for members who are unable to travel due to physical or financial limitations. Contact Kimberly Rossiter, assistant to the ministers, at krossiter@uucsr.org or 516.472.2941 for an application.

NEW MUSICAL ARTISTS

Meet Our New Musical Artists At Shelter Rock

It is with great pleasure that I introduce you to two new members of our musical staff at Shelter Rock: Nathaniel LaNasa, Keyboard Artist/ Accompanist and John Kun Park, Tenor Section Leader and Soloist of our UUCSR choir.

Pianist Nathaniel LaNasa has performed at Carnegie Hall, Benaroya Hall, Alice Tully Hall, Aspen Music Festival, Institute and Festival for Contemporary Performance, Bowdoin Music Festival, Miller Theater and the Museum of Modern Art. He has presented many premieres, including three concerti and several works dedicated to him. He has appeared as soloist with the New Juilliard Ensemble, Tactus New Music Ensemble, MSM's Composers' Orchestra, and other ensembles. For his performance of Berg's *Kammerkonzert*, the New York Times praised "the stormy lyricism conjured by pianist Nathaniel LaNasa" and the Portland Press-Herald lauded his "definitive interpretation" of George Crumb's *Vox Balanæ* at the Gamper Festival. For his performances of the works of Tobias Picker as soloist and as a member of the Tobias Picker Ensemble, Nathaniel was recognized for his "poise and elegance" and his "deft sense of precision."



Nathaniel completed his undergraduate degree at the Manhattan School of Music, studying with André-Michel Schub. He completed his masters degree at the Juilliard School as a Teaching Fellow, where he studied with Julian Martin. He has also studied with Deirdre O'Donohue and has coached with Jeffrey Kahane, Yoheved Kaplinsky and John O'Connor. He currently studies with Robert Durso.



Tenor John Kun Park studies at the Mannes School of Music in New York City. A native of Los Angeles, John has been specifically applauded for his selfless performances, holding nothing back with his full and generous voice, armed with his rich artistry and heart-rending expressivity. The most recent professional engagement for John was Don Jose in *Carmen* with Italy's Trentino Music Festival, having covered the role earlier in the year with Venture Opera, and appeared in the final round of the Joy in Singing competition. John has appeared as Lt. Pinkerton - *Madama Butterfly*, Des Grieux - *Manon*, Eisenstein - *Die Fledermaus*, *Le Prince Charmant* - Cendrillon, and Lysander - *A Midsummer Night's Dream*. Upcoming engagements include Anatol in Mannes Opera's Spring production of Samuel Barber's *Vanessa*.



Find us on Facebook

JEANNE NAMETZ

Religious Education Coordinator



Celtic Spirituality: the Spiral of Life

Having recently left the season that honors the dead (Halloween, Dia de los Muertos) we are now entering the season of diminishing light. The diminishing light creates a natural tendency to turn inward and to ponder light and darkness in our own internal world. One rich tradition that informs both honoring the dead and our relationship to the light and dark is Celtic spirituality.

Celtic Spirituality represents the spiritual practices and beliefs of the Celts, an ancient tribal people, Teutonic in origin, who came to settle Ireland, parts of England, Wales and France. They remain bound together through language, music and spirituality. Celtic spirituality is an earth-centered spiritual path. Early Irish Christianity, outside of the Roman empire and the Roman church was a blend of pagan and Christian beliefs. Even the stories of Saints Patrick and Bridget are blends of historical facts and pagan mythology.

Early Christian Celtic Spirituality, well outside the physical realm of Rome, was a combination of "empire building" Celtic saints who built cathedrals and established faith communities and radical mystics who were often followed to remote places where many communal societies sprung up. These Celtic mystics and their communities bear a striking resemblance to the early desert fathers (and mothers), early Christian hermits and monks who lived mainly in the Scetes desert of Egypt beginning around the third century AD. The desert monastic communities that grew out these desert communities became the model for Christian monasticism. The central precepts of Celtic Spirituality can inform at least two of our UU Principles the acceptance of one another and the honoring of the interdependent web of life of all.

- The principles of acceptance of one another and honoring diversity start with the belief in many wisdom traditions that opposites can co-exist. Different peoples can co-exist, conflicting emotions can exist, and different solutions to problems can exist. Ancient Celts experience the co-existence of opposites as a natural and dynamic force in the universe.

- Respect for the interdependent web of life held by UUs is a fundamental belief in Celtic thinking. Many Celtic spiritual beliefs are out-pictured in their landscape. Visit any Celtic area and you will find standing stones, stone circles, fairy forts. All of these sacred sites are doorways into the sacred, into the internal world. In fact, in Celtic thinking the external and internal world are one!

There are many myths in the Celtic tradition that illustrate the web of life and what can happen when the web is separated or torn asunder. The Celtic spiral is the representation of this web and the co-existence of opposites.

- While UUs believe in the use of reason, the Celtic way uses a wisdom tradition found in many ancient cultures- that of inverted logic. These koan-like proverbs challenge the inquirer...Here are three Celtic proverbs: "It is a long road that has no turning" "We owe the grave many a day" and "Two shorten the road."

- Finally, the Celts believed that the dead remain close to us in life. While UUs use memory to invoke presence of a departed loved one, the Celtic way does not really see a separation between the living and the dead. Like many other ancient societies, death is simply a different state of being.

John O'Donohue, author, poet and mystic writes: "When the soul leaves the body, it is no longer under the burden and control of space and time. The soul is free; distance and separation hinder it no more. The dead are our nearest neighbors; they are all around us. Meister Eckhart, the German mystic, was once asked, Where does the soul of a person go when the person dies? He said, no place. Where else would the soul be going? The soul of the person goes no place because there is no place else to go. This suggests that the dead are here with us, in the air that we are moving through all the time. The only difference between us and the dead is that they are now in an invisible form. You cannot see them with the human eye. But you can sense the presence of those you love who have died. With the refinement of your soul, you can sense them. You feel that they are near"

So, as we move from the season of honoring the departed and move into the season of diminishing light let us find inspiration in an ancient wisdom tradition that celebrates the web of life, encourages difference and using logic to navigate our inner world. Go Raibh Mile Maith Agat! (That You May Have a Thousand Good Things)!

THE REV. NATALIE M. FENIMORE

Lifespan Religious Education

Neighboring Faiths

If the learned and worldly-wise men of this age were to allow mankind to inhale the fragrance of fellowship and love, every understanding heart would apprehend the meaning of true liberty, and discover the secret of undisturbed peace and composure. – Baha'u'llah (1817 – 1892)

November 11-12: Birth of Baha'u'llah

The Bahai faith was founded by The Bab, Herald of the Bahai faith, and Baha'u'llah, The Divine Messenger, in 19th century Iran. Bahai's seek to promote education, peace and global prosperity. Bahai faith is monotheistic and emphasizes spiritual unity of all humankind.

November 14: Guru Nanak Birthday

Celebration of the life of Guru Nanak founder of the Sikh faith. Sikhism is a monotheistic faith founded in India during the 15th century. Sikhs try to practice meditation on the name of the one Creator, seek unity and equality of all humankind, and engage in selfless service and honest conduct. Kirtan is the musical expression of Sikh meditation.

INDIA HARRIS

Youth and Young Adult program Coordinator

India Harris, is interviewing Youth and Young Adults in the congregation about their experiences in congregational leadership. This interview is with RE teacher Charlie Arrowood.

Charlie Arrowood has been a member of UUCSR for almost two years, along with wife Michelle Arrowood and their two young children. This will be Charlie's second year serving in the Religious Education (RE) community as a Senior Seminar/youth advisor. "Teaching in RE is a good stepping stone for young adults to shift from members of the youth community into leaders. It provides a relatable and welcoming community as well as the responsibilities that come with being an RE volunteer," Charlie said as we discussed their participation in congregational life and leadership. Finding community is a motivating factor for folks of all ages when joining a congregation, especially when starting a family. As the parent of two young children, Charlie was interested in working with the youth to better understand their perspectives about having grown up in the UU/Shelter Rock community, and to explore and support their growth at a "fun and interesting age." Charlie echoed the sentiment of many adults in Unitarian Universalism: "Senior Seminar (Youth Group) is great because the youth make you think about things in a different way while facilitating potentially difficult discussions in a respectful environment. It's wonderful that they have a space to discuss topics that young people are generally not asked about, and it is so reassuring to hear their wisdom!" Charlie has also appreciated the opportunity to model healthy adult relationships with our young people by listening and challenging them in conversation and class activities. Serving in this leadership role has not only encouraged Charlie to delve deeper into the community, but also to encourage their friends to visit UUCSR. "Being a leader at Shelter Rock has made me feel like an ambassador for the congregation and helped me to explain to people what Unitarian Universalism is about."

RE ANNOUNCEMENTS

Sunday, November 13, 2016

- Mitten Tree begins!
- RE Volunteer Breakfast and Worship, 9:00 a.m., Room 15
- RE classes at 11:00 a.m.
- Grade 4 Parent Meeting, 12:00 p.m., Room 12
- Grade 6 Sandwich Sale Fundraiser, 12:00 p.m., Social Hall

Sunday, November 20, 2016

- Thanksgiving Family Service, 11:00 a.m., Worship Room (Childcare available)
- Childcare for Congregational Meeting, 12:45 p.m., Room 2

Mitten Tree: The Annual Mitten Tree is your opportunity to give! Many mittens will hang from a tree in the lobby with boy/girl and their age written on it. We invite you to take a mitten home and return with a gift by Sunday, December 4. All gifts go to children of families receiving services from the AIDS Center of Queens County.

Young Peoples Choir (YPC) The YPC practices at 10:00 a.m. Sunday mornings and performs at some multigenerational and Family Services. (Rehearsing in the Chapel until further notice.) Contact George Weisman if your child is interested in joining.

MEMBERSHIP

Ben Bortin, Membership Coordinator

Membership Matters

It's been six months since the following two people joined this congregation, but we honor their decision and welcome them as heartily now as when they signed the Membership Book. Here are brief introductions to Marvin Brown and Diane Haney.



Marvin Brown

Marvin Brown was born in Queens, New York. Both his mother and father were of the Black Southern Baptist tradition. By the age of roughly fourteen, Marvin realized this religious tradition was not only discordant with his personality but, "scary" and absent of reason. He had the opportunity to hear Algernon Black of New York's Ethical Culture Society, which Marvin believed was the foundation of his application as a Conscientious Objector in 1967-68.

A graduate at the City College Campus in Manhattan with a Fine Arts Major, Marvin's art has been exhibited worldwide including the Museum of Modern Art, the Metropolitan Museum of Art, and the British Museum. He has taught at Brown University, the University of California at Berkeley, and City College. One of his pieces has been on view recently at the Shirley Fiterman Art Center in Manhattan at its American Abstract Artists exhibit.

In addition to being an artist professionally, Marvin has been interested in tennis, sailing, deep woods hiking, and foreign travel.

He served on the Board of the UU Hollis congregation, and now resides in Hadley House. He joined this congregation on May 14th of this year. Welcome Marvin!

Diane Haney

Diane grew up in Ohio and Michigan, the daughter of a professor of general science, for many years at Michigan State. After marrying her husband John, she moved to Colorado, Illinois, and finally New York. She has a liberal Protestant background, but considers herself an atheist, and appreciates the open religious atmosphere here that allows for outlooks such as hers.

She appreciates the ways in which this congregation is involved in the community, and has been attending Social Justice Committee meetings here for some time.

Diane loves theater and music, and along with her husband, may have attended as many as 600 operas! She also is a reader. Diane joined this past April 24th. A warm welcome to her!

I also want to issue a general, ongoing invitation to anyone who has a question about the congregational program, or wants to enrich or deepen your involvement in this beloved community, to be in touch with me. That means 516.472.2934, or BBortin@uucsr.org.

Good wishes on the fall season.

SOCIAL JUSTICE COORDINATOR

Claire Deroche

STOP THE HATE: Protect and Support our Transgender and Gender Non-Conforming Family

On Saturday, November 19 at 7:00 p.m. in the UUCSR Worship Room, the Social Justice Committee will host the Long Island Transgender Day of Remembrance. The Transgender Day of Remembrance (TDOR) was started by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence that year and began an important memorial that has become the annual Transgender Day of Remembrance.

On Long Island, the LI Transgender Advocacy Coalition (LITAC) holds this service annually to remind us that it is very dangerous to be transgender in our society. We will speak the names of victims of anti-transgender bias and violence as an act of defiance of the hatred that has taken their lives, in the hopes that our own commitment to actions to promote non-discrimination will be renewed.

The Action of Immediate Witness, "Stop the Hate: Protect and Support our Transgender and Gender Non-Conforming Family," passed at the 2016 General Assembly, reminds us of the importance and necessity of our taking action. According to "Injustice at Every Turn," a 2011 nationwide survey of transgender and gender non-conforming people, they face "overwhelming discrimination across multiple major areas of their lives: education, employment, health, family life, housing, and public accommodations." It is no surprise that "all of the discrimination, harassment and increased risk of physical, sexual and psychological violence that transgender and gender non-conforming people suffer contribute to a shockingly high rate of attempted suicide - a rate ten times higher than the average for the general population." Like so many injustices in our society, violence against transgender and gender non-conforming individuals strikes people of color, especially transwomen, in disproportionate numbers.

It is not easy to take in this situation of discrimination, hatred, and violence. That's why, in doing some research for this piece, my spirit was renewed when I found this page on the NY Times website: "Transgender Lives, Your Stories." <http://tinyurl.com/pehqskv> Scrolling through, I saw photos and read stories of transgender individuals who have not only survived, but who in spite of a lot of self-doubt, misunderstanding, and struggle, have created happy and fulfilling lives for themselves.

I hope you will join us in the Worship Room on Saturday, November 19 at 7:00 p.m. to participate in this ritual of defiance against the hatred that has taken so many lives. Our Interim Senior Minister, Rev. Ned Wight will take part, and Willow Interfaith Women's Choir will sing. We will also hear from local transgender women and men, and speak the names of those who have been murdered in the past 12 months. It's a time for us to show our commitment to our Unitarian Universalist Principles, especially our First Principle - The inherent worth and dignity of every person; our Second Principle - Justice, equity and compassion in human relations; and our Sixth Principle - The goal of world community with peace, liberty, and justice for all. The service will be followed by a reception in the Art Gallery. Please join us!

SOCIAL JUSTICE ANNOUNCEMENTS

Holiday Turkeys for Our Neighbors in Need: The Social Justice Committee has begun its drive to collect \$5,000 to provide holiday turkeys for the guests of the North Shore INN Soup Kitchen in Glen Cove and the families served by the AIDS Center of Queens County. To make a donation, please stop by the table in the main lobby after worship or drop a check made out to UUCSR with Holiday Turkeys in the memo line in the collection plate. A \$30 donation will provide for a family, but donations in any amount are welcome.

Climate Justice Taskforce Book Discussion Series: This year the Taskforce has chosen 3 novels on the topic of climate change and its effects on life on earth. Flyers with information about the series are available in the lobby, and books may be purchased by contacting Sharyn Esposito at 516.472.2960 or sesposito@uucsr.org.

Social Justice Committee Meeting: Wednesday, November 9 at 7:30 p.m. in the Art Gallery. New members are always welcome. Our guest speakers at the November meeting will be Dr. Homer Venters, MD, chief medical officer for the Division of Correctional Health Services at NYC Health + Hospitals, and Randi Sinnreich, LMSW, Director, Transitional Service Projects, Division of Correctional Health Services. We've invited them to discuss possible programs that we could support to improve services at the Nassau County Jail.

Cooking for Interfaith Nutrition Network (INN) Guests: Saturday, November 19, 2016, 9:30 a.m. - 12:30 p.m. in the Main Kitchen. Contact John Ryan at 516.487.5571 for information.

Together to End Solitary Confinement: Tuesday, November 22. Vigil at 6:30 p.m. followed by a screening and discussion of *A Nation of Women Behind Bars* with Diane Sawyer. Advocates for ending prolonged solitary confinement gather on the 23rd of every month, remembering those who are in segregated confinement 23 hours a day. Because of the Thanksgiving holiday, we are anticipating the "Together to End Solitary" observance by one day. We have also changed the location. We will meet in the Chapel, which is in the RE wing of UUCSR. Sponsored by the Social Justice Committee of the UU Congregation at Shelter Rock.

OPPORTUNITIES FOR SHARING

Non-perishable food donations: Our non-perishable food collection this month will benefit the food pantry of the AIDS Center of Queens County (ACQC). Suggested items: boxes of cold cereal; canned meats and fish with pop tops: tuna, chicken, salmon, sardines; peanut butter; and soups with pop tops. (Plastic jars, only, please!) When we reach 500 pounds, we'll make the donation! Thank you!

UUCSR Used Clothing Bin and Clothing Closet: Please place items for children and adults (in well-secured bags) in the bin designated "Donations of Gently Used Clothing and Shoes," located in the entryway to the coatroom. Items hanging in the back corner of the coat room are available to all; you are welcome to take anything you need. The bulk of the clothing will continue to benefit the United Veterans Beacon House. If you have any questions about donations or how to donate other items, please contact Social Justice Coordinator Claire Deroche at 516.472.2977 or cderoche@uucsr.org.

GREEN SANCTUARY COMMITTEE

Thanksgiving: Feast or Famine?

Most of us look forward to Thanksgiving. It is holiday that is celebrated in honor of the détente between the colonists and the Indians. It is not generally viewed as religious, but many households and faith communities do have prayers. These are prayers of gratitude. At dinner, we share the bounty before us. We are gathered with relatives and friends from near or far. But the sad fact is that there are millions of people all over the world and in the United States who go hungry every day. They use the words "food insecure" today, which smooths over the rough edges of being hungry or starving.

Here on Long Island alone, one in nine people are at risk of hunger on a daily basis. This includes all kinds of people, such as senior citizens, veterans, the homeless, and 89,000 children. So while there are those who can afford to cook a delicious variety of meals, others will not even have a meal without outside help. Thankfully, there are organizations like Long Island Cares, Island Harvest, the Interfaith Nutrition Network, the Long Island Council of Churches that address this problem through a variety of ways.

Donations of money to these organizations is essential. This means we are feeding families and all those others who need assistance. At UUCSR, for example, we collect monetary donations for meals-with or without the trimmings. These donations are spent on supplying the "food insecure" people with a holiday meal. Other charitable organizations supply turkeys that have been donated by local supermarkets like Stop and Shop, Fairway, and Shop Rite.

In addition, hands-on-help at soup kitchens and shelters ramps

up with new, additional volunteers who prepare, cook, and serve the holiday meals. At the center is turkey, along with a variety of side dishes that can include mashed potatoes, yams, cranberries, corn bread, etc. and perhaps, a slice of pumpkin pie for dessert. It is too bad that ears of corn, which the Pilgrims and Indians ate, are rarely seen because our GMO corn is raised mainly for factory-farmed cows.

Being hungry is unfortunately a fact of life for far too many people. It can happen to anyone as the result of losses: unemployment, death of a breadwinner, mental illness, government programs that cut off recipients (like curtailing SNAP and Food Stamps) to spend dollars elsewhere. Our private agencies are struggling to meet the demand of those who are in need all year long. That is why so many pantries have sprung up in church basements, or food drives are being carried out at mosques, synagogues and other temples.

However, this kind of assistance for our hungry neighbors should be more than holiday awareness; it should be a year-long effort to give the gift of Thanksgiving. We should be pushing our representatives to strengthen the laws to make food access easier for those who earn far too little and for those who are experiencing bad times. Starting with our lunch programs in school, we should demand healthier food and help children to learn why it is important to make healthier choices. We can deliver a message to legislators that drinking good water from fountains or glasses offers more benefits than the sugary drinks. The point is to see the feast we have before us and express gratitude for what food choices we can make everyday and support those endeavors that help others to be able to do the same. Happy Thanksgiving!

MERCHANTS OF DOUBT

A FILM BY ROBERT KENNER

A SONY PICTURES CLASSICS RELEASE



Presented by
The Green Sanctuary Committee of UUCSR

Tuesday
December 6, 2016
7:30 p.m.; Art Gallery
Free to all
Refreshments served

WOMEN'S GROUP

Maria Ceraulo, Women's Issues

Missing Women's Voices

Have you ever felt that your voice just sat there - almost like nothing was said? Toni Carter, elected to the Board of Commissioners in Ramsey County, Minnesota said she did. Even with this feeling, however, she developed strategies to accomplish her goals anyway.



Many of us, I'm sure, have remained silent when we were in the minority in public places as well as in our own personal lives. When attempting to be heard, many of us have been interrupted over and over again.

It's been found that when they have seats at tables of power, women speak less, make fewer motions and are subject to negative interruptions. They take up just a quarter to a third of discussion time where policy is discussed and decisions made, except when they are in the majority. Because of this, democratic institutions may not accurately reflect the will of the people.

A study from Princeton and Brigham Young University in 2015 called "The Silent Sex: Gender, Deliberation and Institutions" reported that women are not confident that what they have to say is valued. Power is still reserved for men. When men were outnumbered, their participation did not suffer. This study indicated that women's participation can be increased. Public institutions can adopt rules to ensure equal floor time and to monitor negative interruptions that cut off women's voices.

Let's speak up, whether we're in the majority or not. Let's work toward limiting negative interruptions when women speak. The will of all of us needs to be reflected in all decisions -public and private.

Burkini, Bikini - Too Much, Too Little?

I can't get these pictures out of my head. There were three police officers standing around a seated woman on a crowded beach in Nice, France. One officer, hands on hips, while the other two were opposite as they forced the seated woman to remove her shirt while other people on the beach looked on. She was wearing too much. It seems that France has banned burkini swimsuits designed to accommodate Islamic modesty codes. The other picture showed a police officer issuing a woman a ticket for wearing a bikini on a beach at Rimini, Italy in 1957, when revealing swimwear was prohibited. She was wearing too little.

One wonders why governments are concerned about women's beach attire. Why aren't they occupied with prosecuting the perpetrators of sexual assault or the huge money-making sex traffickers? In France, burkinis were said to be symbols of Islamic extremism and could create risks of disrupting public order. In Italy, it was immodest to cover too little. Shouldn't women be free to wear what they want? Looks like too much control over too little - with humiliation for women as an outcome. Although a French court has lifted the ban on burkinis in one town, a freshman Islamic woman in college feels unwelcome, an object that was banned. She feels the world's hatred coating her "like a second skin." Some might contend that that these laws were passed "for our own good." We don't think so. Three men forcing a woman to take off her Burkini top is way too much power and control over a woman sitting on the ground on a crowded beach in Nice.

CLEANING OUT?? Let us help you! Women's Group Holiday Sale is Collecting Jewelry & trinkets. The proceeds of the Holiday Sale will be donated to the Boys & Girls Club in Hempstead. Please leave your contributions with Sharyn in the Staff Office. Thank you.

Women's Group TGIF presents: "Best Night Sleep Of Your Life" a workshop on health, yoga, stress and the power of music, chant and sound on the human body from two-time Grammy nominee and Professor of Yoga, Dalien, aka 13 Hands. Friday, December 2, 7:30 p.m., Art Gallery.

****Relocated / All Day Event Replacing Annual Weekend* Saturday, November 12, 2016**

The Unitarian Universalist Women's Association of NY Metro District Annual Weekend Renewal at St. Josephat's Retreat House has been **REPLACED** with an all-day event in the Veatch House at the Unitarian Universalist Congregation at Shelter Rock at 48 Shelter Rock Road, Manhasset, NY.

It will begin at 8:30 a.m. in the Veatch House Ballroom. The event will feature Brenda Shoshanna (please see her flyer explaining the program) offering "Steppingstones to Happiness."

There will be a continental breakfast when you arrive. (Coffee, tea, soft drinks, nibbles/snacks all day)

The day will begin with opening words and a service by Rev. Sophia-Adele Donham. Followed by part one of Brenda's program, lunch, our annual walk on the beautiful UUCSR acreage, then part two of Brenda's program.

We'll take a short break to do whatever you wish before serving dinner, then an entertaining performance by the wonderful WILLOW choir. The evening program will be led by Kim Fraczek, as well as a time for sharing and closing circle.

Please contact Sandra Frank with any questions at sanwin@optonline.net

WINTER COAT DRIVE

Winter Coat Drive, Sponsored by Green Sanctuary Committee

Annual Winter Coat Drive will be accepting coats in good condition for all ages until November 21, 2016. There will be a large box near the coat room where we will be collecting the coats. Donations will go to the Mary Brennan INN, which is part of the Interfaith Nutrition Network.

MILESTONES

We mourn the death of... long-time UUCSR member Dorothy (Dottie) Lombardy. Dottie died peacefully on November 1, 2016, surrounded by her loved ones. A memorial service to celebrate her life will be held at UUCSR. A date has not yet been set. Condolences may be sent to Dottie's children, Diane, Doreen, Richard and Brian and her larger family by way of Dottie's address:

The Family of Dorothy Lombardy
88 Prospect Avenue, Douglaston, N.Y. 11363

THANK YOU

Grocery Collection for Veterans: Thank you to all who made this year's Thanksgiving grocery collection for the residents of the United Veterans Beacon House in Freeport a success. The non-perishable food items for both daily and Thanksgiving use as well as the household supplies you provided will make life a little easier for the recipients. They will also be delighted with the many colorful designs on the bags. Thanks once again for your generosity! The Social Justice Committee

HADLEY HOUSE

Thanksgiving at Hadley House

It has become the tradition of the Caring Committee to sponsor a Thanksgiving day feast at Hadley House. The occasion will include residents of HH and members of the Unitarian Universalist Congregation at Shelter Rock who would appreciate being together on Thanksgiving. Planning and preparing for this communal event is shared by the residents and the congregation at large. At this time, we are asking you to consider volunteering your time on Thanksgiving day or one day prior to participate in this meaningful endeavor. We also will need donations of prepared food items. If you can help to host at Hadley House or cook, please contact Rhonda Kessler, Caring Committee Chair, 516.629.6757.

MINISTRY

Gathering for Affirmation and Healing

Wednesday, November 9, 4:00 – 7:00 p.m. in the Worship Room

The nation will soon experience one of its quadrennial exercises in democracy, voting for national, state and local leaders. Like most elections, this one has been fractious and divisive; many citizens have expressed anger and frustration throughout months of campaigning. As UUs who affirm and promote "the use of the democratic process in our congregations and in society at large" as one of our seven principles, we champion the capacity of democratic decision-making to empower citizens and advance justice.

Consistent with requests from some members of the congregation for a "healing space" in the aftermath of this election, the Worship Room will be open on Wednesday, November 9, between 4:00 p.m. and 7:00 p.m. for a time of contemplation with periods of silence, music and readings. Members of the Ministry Team will provide leadership for this quiet time, as well as a chance for those who wish to express their thoughts to do so in a separate designated space for dialogue. All are welcome. Please plan to drop by the Congregation on Wednesday any time between 4:00 and 7:00 p.m. if your spirit would benefit from coming together with others from your faith community to lift up the possibility of affirming our interconnection with one another across partisan or ideological differences.

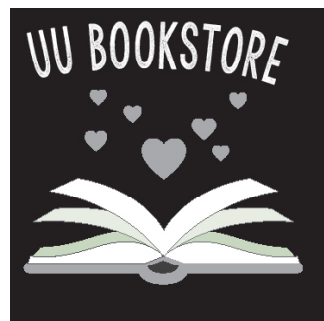
MENTAL HEALTH

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common:

- One in five American adults experienced a mental health issue
- One in ten young people experienced a period of major depression
- One in twenty-five Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.



The Holiday Season has already begun with the Indian Festival of Lights. To honor this ancient holiday and the many others to soon be celebrated soon, the Bookstore Committee invites you to, first, see the lovely jewelry, clothing, small and large gifts and lively books we have in stock. Also, we are willing to accept orders if a deposit is placed with your order. Looking forward to seeing YOU!!!

PROGRAM ANNOUNCEMENTS

Please see page 4 for Lifespan Religious Education Adults Programs. Please see uucsr.org for additional details on all programs.

Wednesday, November 9, 2016

Resilience - NEW DETAILS! 7:00 p.m., Room 19. Questions contact Carson Jones at cjones@uucsr.org or 516.472.2915.

Bridge Group, 1:00 p.m., Veatch Ballroom

Gathering for Affirmation and Healing All welcome between 4:00-7:00 p.m. in the Worship Room. The election campaign has been fractious and divisive with many citizens expressing anger and frustration. As UUs who affirm and promote "the use of the democratic process in our congregations and in society at large" as one of our seven principles, we champion the capacity of democratic decision-making to empower citizens and advance justice. This will be a time of contemplation with periods of silence, music and readings. The Ministry Team will provide leadership, as well as a chance for those who wish to express their thoughts.

Inisfada Zen Sitting Meditation, 7:30 p.m., Veatch Ballroom

Thursday, November 10, 2016

Yoga, 9:30 a.m., Art Gallery

Choir Rehearsal, 7:30 p.m., Choir Rehearsal Room

Friday, November 11, 2016

Tai Chi/Qi Gong, 10:15 a.m., Art Gallery

Bridge, Lessons and Game Play will not be held this week and will resume next Friday, November 18

Soulful Sundown, Worship for all ages led by the Rev. Jennifer Brower. \$4 dinner at 6:30 p.m. Contemporary Worship with a full band at 7:30 p.m. Featured performer at the free coffee house afterward is singer/songwriter Brad Cole, hosted by Michael Visceglia. All are welcome.



Saturday, November 12, 2016

UUWA Renewal Day **RELOCATED / ALL DAY EVENT REPLACING ANNUAL WEEKEND** 8:30 a.m., Veatch House. The UU Women's Association of NY Metro District Annual Weekend Renewal at St. Josephat's Retreat House has been REPLACED with an all-day event in the Veatch House. The event features Brenda Shoshanna, with opening words and a service by Rev. Sophia-Adele Donham. The evening program features a presentation led by Kim Fraczek and includes a performance by the WILLOW choir as well as a closing circle and sharing. Please contact Sandra Frank with questions at sanwin@optonline.net.

Defying Gravity 2016 - Leadership Day, 9:30 a.m. - 5:00 p.m., Main Building. UUCSR Members Receive \$10 Off. A joint program offered by UUCSR and the UU District of Metro NY. This multi-track conference provides specific skills instruction tailored to cover the link between leadership and your personal spiritual growth. Keynote - Governance By Partnership - The Rev. Dan Hotchkiss.

All info here: <http://tinyurl.com/defyinggravity2016>

Register: <https://uua.wufoo.com/forms/defying-gravity-2016/>

Yoga, 11:00 a.m., Room 4 (New location)

Sunday, November 13, 2016

Great Books-Imperfect Ideal: Utopian & Dystopian Visions: *Time Capsule Found on the Dead Planet* by Margaret Atwood & *Silent Spring* by Rachel Carson, 9:00 a.m., RE Room 4

Jazz Ensemble Rehearsal, a multigenerational ensemble that practices before Worship and RE from 9:00-10:15 a.m. in the music rehearsal room, and performs at some worship services. (PLEASE NOTE the new time) Contact Stephen Michael Smith, our Music Director, at ssmith@uucsr.org if you or your child are interested in joining.

Bagel Breakfast, 10:00 a.m., Social Hall

Choir Rehearsal, 10:00 a.m., Worship Room

How and Why Do Unitarian Universalists Talk About the Bible? Feel free to bring your own lunch. 12:30 p.m., Bride's Room.

Orientation Session #4, 1:00 p.m., Art Gallery

A Guided Walk at UUCSR, Meet in the Lobby at 1:00 p.m. for a tour of the beautiful grounds at UUCSR led by Dana Gumb. Sponsored by the Building and Grounds and Green Sanctuary Committees. Contact Ben Bortin (bbortin@uucsr.org or 516.472.2934).

Monday, November 14, 2016

Being White in the Black Lives Matter Movement, 7:00 p.m., Art Gallery. Led by Oscar Sinclair, Ministerial Intern. Second of four sessions crafted to explore what this means and what white people can do to effectively support the Black Lives Matter movement.



Tuesday, November 15, 2016

Expedition to Whitney Museum - Meet at the Whitney Museum, 99 Gansevoort Street, NYC, a few blocks from the 14th street stop of the A, C, and E lines, at 10:00 a.m. Lunch at "No Title Cafe" in the Whitney. Those who wish can visit the High Line after lunch. Call Ben Bortin for details, BBortin@uucsr.org, 516.472.2934.

Winston Churchill, A one-man play presented by Bob Nuxoll and Adult Programs, concludes with a Q&A first as Churchill and then Bob gives his own opinions. 7:30 p.m., Art Gallery. Contact Carson Jones (cjones@uucsr.org or 516.472.2915).

Wednesday, November 16, 2016

Women's Group Women Talk Daytime, 12 noon. All are welcome. Bring your lunch to the Art Gallery for casual

conversation and camaraderie.

InisFada: Zen Sitting Meditation, 7:30 – 9:00 p.m., Veatch Ballroom

Post-Election Supper, presented by the League of Women Voters of Nassau County, 7:00 p.m., Social Hall, \$20. Enjoy a light meal and lively discussion with commentary by esteemed Hofstra Professor, Dr. Meena Bose. Reservations are required. Visit uucsr.org or call 516.431.1628 for information.

Emerson and Whitman, Spiritual Masters of the 19th Century, presented by Dr. Arthur Rifkin, MD, a member of the Congregation and semi-retired psychiatrist. 7:30 p.m., Veatch House Library

Thursday, November 17, 2016

Yoga, 9:30 a.m., Art Gallery

Friday, November 18, 2016

Tai Chi/Qi Gong, 10:15 a.m., Art Gallery

Summer Reading Book Discussion, *John Quincy Adams: American Visionary*, led by the Rev. Natalie Fenimore, Both readers and those interested are welcome. 3:00 p.m., Hadley House Community Room.

Soulful Small Group, Register with Kimberly Rossiter (krossiter@uucsr.org, 516.472.2941) This is the second of a new monthly, year-long program. 7:00 p.m., RE Rooms 14 and 16.

Women's Group Book Series, 7:30 p.m., Art Gallery. *The Nightingale* by Kristin Hannah will be topic of discussion led by Renée Silver.

Saturday, November 19, 2016

Yoga, 11:00 a.m. - 12:00 noon, Art Gallery

Dramatic Readings, 5:00 – 10:00 p.m., Veatch Ballroom **Please note different location**

Long Island Transgender Day of Remembrance, 7:00 p.m. Worship Room. Reception will follow in the Art Gallery. Visit uucsr.org or contact Claire Deroche for additional information.

Sunday, November 20, 2016

Jazz Ensemble Rehearsal, a multigenerational ensemble that practices before Worship and RE from 9:00-10:15 a.m. in the music rehearsal room, and performs at some worship services. (PLEASE NOTE the new time) Contact Stephen Michael Smith, our Music Director, at ssmith@uucsr.org if you or your child are interested in joining.

Great Books: Short Story Omnibus (Reading TBA) 9:00 a.m., RE Room 4

Monday, November 21, 2016

Being White in the Black Lives Matter Movement, 7:00 p.m., Art Gallery. Led by Oscar Sinclair, Ministerial Intern. Third of four sessions crafted to explore what this means and what white people can do to effectively support the Black Lives Matter movement.

Tuesday, November 22, 2016

Join the Together Campaign vigil to remember those in solitary confinement, followed by a TV documentary by Diane Sawyer, *A Nation of Women Behind Bars*. 6:30 p.m., New location:

Chapel, RE Wing

Adult Programs Meeting, 7:00 p.m. Veatch Conference Room

InisFada: Zen Sitting Meditation, 7:30 p.m., Veatch Ballroom

Wednesday, November 30, 2016

Resilience - 7:00 p.m., Room 19. Questions contact Carson Jones at cjones@uucsr.org or 516.472.2915.

Friday, December 2, 2016

Best Night Sleep of Your Life, workshop presented by Women's Group TGIF, 7:30 p.m., Art Gallery. \$15/\$20 Members/Non-Members. Light refreshments and childcare available. Contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Sunday, December 4, 2016

Jazz Ensemble Rehearsal, a multigenerational ensemble that practices before Worship and RE from 9:00-10:15 a.m. in the music rehearsal room, and performs at some worship services. (PLEASE NOTE the new time) Contact Stephen Michael Smith, our Music Director, at ssmith@uucsr.org if you or your child are interested in joining.

Holiday Sale - following Worship, Main Lobby, sponsored by the Women's Group. Contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960) to donate new or gently used items or to volunteer in any way.

Unitarian Universalist Birthright Join us monthly to celebrate your experiences, traditions and more as a lifelong Unitarian Universalist, 12:30 p.m., Bring your lunch to the Office Conference Room.

Peter Yarrow in Concert, 3:00 p.m., Worship Room, see ad on back page.

Tuesday, December 6, 2016

Advent in Scripture and Tradition, 7:30 p.m., RE Room 15. Led by Oscar Sinclair, Ministerial Intern. For further information, contact Lea Titza at ltitza@uucsr.org or 516.472.2975.

Climate Justice Task Force Book Discussion Series: Odds Against Tomorrow by Nathaniel Rich, 7:30 p.m., Art Gallery. Copies of the book are available from Sharyn Esposito in the UUCSR office for the discounted price of \$11. Contact Sharyn at 516.472.2960 or sesposito@uucsr.org.

Merchants of Doubt, is a film presented by the Green Sanctuary Committee, 7:30 p.m. Art Gallery. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities on the products we buy.

The Green Sanctuary Committee presents

MERCHANTS OF DOUBT

A FILM BY ROBERT KENNER

Free to all • Refreshments served

Wednesday, December 7, 2016

Resilience - 7:00 p.m., Room 19. Questions? Contact Carson Jones at cjones@uucsr.org or 516.472.2915

Minister for Pastoral Care:

Rev. Jennifer L. Brower (jbrower@uucsr.org)

Minister of Lifespan Religious Education:

Rev. Natalie M. Fenimore (nfenimore@uucsr.org)

Interim Senior Minister:

Rev. Ned Wight (nwight@uucsr.org)

Congregation Operations Administrator:

Adam Barshak (abarshak@uucsr.org)

Veatch Executive Director:

Joan Minieri (joan@veatch.org)

Music Director:

Stephen Michael Smith (ssmith@uucsr.org)

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Ben Bortin (bbortin@uucsr.org)

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India Harris (iharris@uucsr.org)

Social Justice Coordinator:

Claire Deroche (cderoche@uucsr.org)

Ministerial Intern:

Oscar Sinclair (osinclair@uucsr.org)

Officers of the Congregation:

President: Arnold Babel

Vice President: Klaus Masuch

Secretary: John Ryan

Treasurer: Paul Drezner

Members of the Board of Trustees:

Vince Chimienti	Barry Nobel
Edwin Frank	Nina Weber
Diane Lombardy	Latifa Woodhouse
Tara Miner	

Next Quest: Tuesday, November 22, 2016 | Deadline for Content: Thursday, November 17, 2016

Presented by Adult Programs, Shelter Rock Forum, Social Justice, Membership, Member Events, Music, Women's Group of UUCSR

SEE THE ICONIC PETER YARROW

of Peter, Paul and Mary Live in Concert!

Join UUCSR for a performance by
Peter Yarrow of the legendary folk music
trio – and lifelong crusaders for social
justice and equality.

Sunday, December 4 at 3 p.m.

Purchase Tickets:

uucsryarrow.com

Adults \$30 | Seniors 60+ \$25

Students \$25 | 12 and Under Free

A special treat is in store for all who attend:
the acclaimed all female acapella choir Willow
will open the concert.

Refreshments will be available during intermission.

*Net proceeds
donated to
the Leukemia &
Lymphoma
Society in memory
of Mary Travers.*

