



# 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

January 24, 2017



## WORSHIP SERVICES

**Sunday, January 29, 2017 - 11:00 a.m.**  
**"Begin As We Wish to Continue"**  
The Rev. Natalie M. Fenimore

Longtime Unitarian Universalist religious educator Pat Ellenwood is famous for asking that we take some time at the start of our work to consider what we can do to make our work sustainable and rewarding over the long haul – "Begin as you wish to continue..." she says. This Lunar New Year Sunday also marks a week since Inauguration weekend – there are many beginnings to consider. How do we mark these beginnings? How do we begin in a way that makes our work sustainable – and rewarding – for the long haul? Our Third Grade Chinese Dragon will enter at the end of the service in celebration of Lunar New Year.

**Sunday, February 5, 2017 - 11:00 a.m.**  
**"Living Purposefully"**  
The Rev. Ned Wight

A number of years ago, megachurch pastor Rick Warren wrote the best-selling books *The Purpose-Driven Church* and *The Purpose-Driven Life*. Whatever we might think about Rev. Warren's massive California church or his theology, the idea of linking our lives to a clearer and deeper sense of purpose makes good sense—not only for us as individuals, but also for us as members of the Shelter Rock congregation. In the midst of this first year of interim ministry, Ned asks what it would look like to shape our program life in FY18 more intentionally around our core congregational purposes.

**Friday, February 10, 2017**  
**Dinner - 6:30 p.m., Worship - 7:30 p.m.,**  
**Free Coffee House**  
*Soulful Sundown*  
Oscar Sinclair, Ministerial Intern

Dinner at 6:30, Service at 7:30, Coffee House at 8:30 featuring special guest performer Dave Murphy. Give yourself the gift of lively contemporary worship, and inspirational music at this regular second-Friday very special program.

**Sunday, February 12, 2017 - 11:00 a.m.**  
**"What's Love Got To Do With It"**  
The Rev. Natalie M. Fenimore



Love in its many incarnations are at the core of human relationships. But what does "love" have to do with our congregational life? How do we experience and define love in ways that enable us to sustain our community of faith? This service will be followed by a Valentine's Reception for the congregation by the Board of Trustees and a Congregational Meeting.

**Sunday, February 19, 2017 - 11:00 a.m.**  
**"Cultivating Empathy"**  
The Rev. Ned Wight

UU ministerial colleague Nathan Walker, executive director for the Religious Freedom Center of the Newseum Institute in Washington, DC, has written a provocative book entitled *Cultivating Empathy: The Worth and Dignity of Every Person—Without Exception*. Drawing from his years as a parish minister in Staten Island and Philadelphia, Rev. Walker challenges us all to resist "otherizing" people by either demonizing or romanticizing them. He challenges us to use our moral imagination as an everyday spiritual practice to increase our capacity to approach others with empathy—and to find our relationships transformed in the process.

### 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](mailto:krossiter@uucsr.org) or 516.472.2941 for an application.

# TOUCHSTONES

The Rev. Ned Wight, Interim Senior Minister



Last fall, I began an exploration of purpose:

“For what purpose does our congregation exist?”

In that Touchstones column, I referenced our congregational by-laws, which specified the following purposes:

- To act according to UU principles
- To let others know about these principles
- To create a place for unfettered thinking about “the study and practice of liberal religion”
- To be as inclusive of human differences as possible
- To develop “the higher life” of our members
- To build “a better community and world”

Section 1.2 of Article I of the by-laws goes on to say more about our purposes and how we should try to advance them:

“To this end, it shall endeavor to: Increase the sensitivity and awareness of all members to conditions prevalent in the community and the world; and encourage all members to exercise their rights as individuals and citizens to effect changes dictated by their values and beliefs.”

In other words, UUCSR is charged with directing its members’ attention and awareness to what’s happening both within our walls and in the wider world, and to encourage members to be active change agents as engaged individuals and citizens.

“It shall be a fellowship dedicated to the principle of the free mind and spirit in religion. It shall practice the democratic process to:

- Foster a cooperative and supportive community among its members;
- Nurture each person’s quest for understanding, fulfillment, and uniqueness and thereby affirm the dignity, the creativity, and the supreme worth of each human being;
- Celebrate and share in the unfolding joy and mystery of life;
- Conduct worship services and a religious education program for children, young people, and adults, which will assist members in their quest for personal growth, spirituality, and values; and
- Utilize the resources of the Congregation, human and material, to improve conditions in the community and in the world.”

As a free religious body, governed through democratic decision-making, UUCSR aspires to be a community of cooperation and mutual support, nurturing individual worth, dignity and fulfillment, celebrating the “joy and mystery of life,” conducting worship and education to serve personal and spiritual growth, and using congregational resources to improve the community and the world.

“To this end it shall endeavor to raise funds for and fund other charitable and religious activities consistent with the purposes of the Congregation as set forth in these Bylaws and designed to achieve the Congregation’s religious, philosophical and ethical principles.”

And finally, in the service of these purposes, UUCSR is to steward money to support charitable and religious activities that advance its aspirations and principles.

So, to the bullet list above, we can add the following:

- To direct our attention to what’s happening both within our walls and in the wider world
- To be active change agents as engaged individuals and citizens
- To practice democratic decision-making, cooperation and mutual support
- To nurture individual worth, dignity and fulfillment
- To celebrate the “joy and mystery of life”
- To conduct worship and education serving personal and spiritual growth
- To use congregational resources to improve the community and the world, including stewarding money to support charitable and religious activities that advance congregational aspirations and principles.

Our purpose is multi-faceted, difficult to express adequately in a single sentence. Nevertheless, our bullet list offers us a roadmap to follow as we seek to realize our forebears’ dreams and hopes about the added value that UUCSR might bring to the world. In the days and years ahead, may we do what we can to follow this roadmap with as much creativity, enthusiasm and zeal as we can muster.

Cheer and blessings,  
Rev. Ned

## DEATH CAFÉ



The goals of the International Death Café are to increase an awareness of death to help people make the most of their finite lives. It is a safe, nurturing, accessible, and non-ideological group... it is not for the support of recent grief, but a place where people can explore their questions and ideas.

To see more about the movement, you can go to [deathcafe.com](http://deathcafe.com). Coffee and cake will be served to sweeten the conversation.

Death Café will be meeting Sunday, January 29, at 1:00 p.m. in the Art Gallery. Betty Gold and Diana Wolfson will be coordinators. Please reserve your spot by calling or emailing Kimberly Rossiter at 516.472.2941 or [krossiter@uucsr.org](mailto:krossiter@uucsr.org)

## CONGREGATIONAL OPERATIONS ADMINISTRATOR

Adam Barshak



In recent articles I have shared plans for expanding the congregation's community awareness. In addition to a change in advertising philosophy that includes a growth in digital communication, administration recognized the need to revitalize the congregation's website to be more inviting to guests. On Tuesday, January 17, a new UUCSR.org website was launched with minimal fanfare. Some members noticed the change and have provided

constructive feedback on both its aesthetics and functionality. This article is to serve as official notification to the congregation of the revised site. Administration welcomes member feedback. You will note that the site is simpler in design with less clutter so that a guest or member can more easily find the path towards relevant information. From a functionality standpoint, the events section has been enhanced to not only show the calendar of activities in multiple views, but now has the ability to register members and guests.

The site still has a "MY UUCSR" section, where members can access congregational documents, pledge information and view their member profile. New functionality allows members to update their contact information directly on the site, eliminating the need to contact the staff to do so on their behalf. Further, members can manage information on their skills and interests so that staff and committees can best serve members. Another key feature is the ability to make a contribution via bank account transfer. Previously all online pledging was through a credit card. The MY UUCSR section is actually a new membership database that members enter by clicking on the MY UUCSR link. Within the next week, members will receive an email with a link to the database to register their login and password.

Future enhancements to the website / database that will roll out over the next year include but are not limited to online attendance tracking, acceptance of credit card payments at an event via mobile card reader, a confidential pastoral care section to allow the ministers to provide greater support to members in need and an online membership directory. Administration looks forward to working with the membership to further enhance the website and database in order to best support the congregation's activities.



**SAVE  
THE DATE:**  
**Saturday, May 13, 2017**  
**75th Anniversary Gala**

UUCSR'S  
Anniversary

*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.*

## VEATCH VIEWS

Marjona Jones, Program Officer



### Where Do Your Tomatoes Come From?

We want to start this column by congratulating the Social Justice Committee and the UUCSR Board of Trustees for approving a shareholders' resolution urging Wendy's fast food restaurants to join the Fair Food Program. The Fair Food Program was started by Veatch Program grantee, Coalition of Immokalee Workers

(CIW). It is a unique partnership between farmers and farmworkers that ensures a fair wage, increases worker protections, and ensures humane working conditions. The Fair Food Program has been called "the best work-place monitoring program" in the U.S. by the New York Times and "one of the great human rights success stories of our day" by the Washington Post. Wendy's joining the Fair Food Program would mean \$.01 more per bushel of tomatoes per agricultural worker. A small increase results in real financial sustainability for workers. Wendy's and Publix Supermarkets have not joined the Fair Food Program that represents 90% of the tomato industry in Florida. Both have gone out of their way to avoid the program and support growers who suppress wages and have inhumane working conditions. This resolution is a tactic used by groups like CIW to raise working conditions awareness with investors.

### Slave-like Conditions in the 21st Century

The horrible working conditions of agricultural workers date back to slavery. Agricultural workers remain amongst the most vulnerable and exploited workers in the United States. Farm workers often live in extreme poverty, women are faced with sexual harassment and there are well documented cases of modern-day slavery. CIW has been organizing since the late 1990's to eradicate these slave-like conditions in the 21st century.

### Living Our Values in a New Era of Fear

More members of immigrant communities are turning to groups like CIW in this time of uncertainty and fear. Since the November election there has been a dramatic increase in hate crimes targeting agricultural workers. President-elect Trump's comments about Mexico and vowing to build a wall has resulted in real terror in immigrant communities. We have heard from CIW and other groups that represent targeted communities that people are afraid of their families being ripped apart, afraid they will lose their livelihood, and afraid for their lives. People are organizing for better working conditions and for protection and support.

We are in a new era, there is no doubt that this last presidential election is having an impact in our communities. The strength and growth of groups like CIW is dependent on the continued support of UUCSR through the Veatch Program. Consistent support for CIW is a wonderful example of living our principles and responsible stewardship of UUCSR resources.

## LIFESPAN RELIGIOUS EDUCATION

Jeanne Nametz, Religious Education (RE) Coordinator



You may have noticed copies of the new Winter/Spring 2017 Adult Program Offerings in our front lobby. Check out the various programs offered within UU Bible Study, UU History and Theology, Personal Growth, Pastoral Care, and Spiritual Practice.

I would like to highlight some of our new programs:

- This year's book discussion of the UU Common Read: "The Third Reconstruction: How a Moral Movement is Overcoming the Politics of Division and Fear" by Rev. William J. Barber, III. Published by our very own UUA Beacon Press, this promises to be a dynamic evening as participants explore this provocative book in which Rev. Barber offers an impassioned, historically grounded argument that Moral Mondays are hard evidence of an emerging Third Reconstruction in America. Books are available for purchase and all are invited whether you have read the book or not!
- "The Roots of Radical Hospitality" presented by the Revs. Ned Wight and Natalie Fenimore will explore the Benedictine practice of "radical hospitality" and how it can enrich our lives as individuals and as a congregation. Participants will leave with practical ways to practice radical hospitality more intentionally within our congregation and our community.
- "Sacred Story: Passover and Easter" presented by Rev. Ned Wight and Oscar Sinclair, Ministerial Intern, Sacred Story is an exploration of the origins of Passover and Easter. Participants will examine Biblical texts and worship practices that have evolved over centuries as these holy days have assumed central, defining roles in these two faiths. An excellent preparation for this year's Seder, Maundy Thursday, Good Friday, and Easter morning services at UUCSR!
- "Facing Death with Life" is an eight-session program that offers a process of personal reflection, learning, and spiritual growth while focusing on death and dying. Led by Betty Gold and Diana Wolfson (facilitators of UUCSR Death Cafes).

For dates and times, please pick up an Adult Programs Booklet on the flyers table or the RE Welcome Desk. Child Care is available for any Adult Programs with two weeks advance notice. Please contact Carson Jones, RE Administrative Assistant to arrange for child care at [cjones@uucsr.org](mailto:cjones@uucsr.org) or 516.472.2915.

As our RE Adult Programs Committee Chair Marcelo Da Silva likes to say: "May we all kindle the flame of love, insight and tolerance in each other and in the world-at-large."

Blessings

## DENOMINATIONAL AFFAIRS



### UUA GENERAL ASSEMBLY

Applications are now being accepted for General Assembly 2017 in New Orleans, Louisiana. GA is the annual gathering of Unitarian Universalists from all across North America.

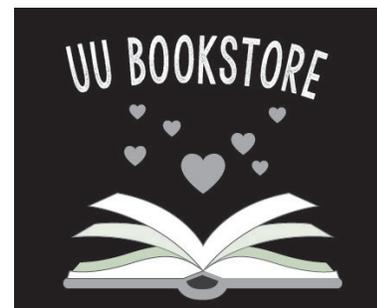
It will take place from June 21 through June 25. Those individuals who have been members of UUCSR for the past 3 years; in good standing, are invited to apply to represent our congregation as delegates. Delegates become informed about issues facing the UUA this year and travel to GA to discuss and vote on these issues. If selected as a delegate, registration fees, travel expenses, lodging costs and a food voucher will be provided by the congregation to enable participation. Applications are available near the reception desk in the lobby. All applications are due by Feb. 1, 2017.

## CONGREGATIONAL AFFAIRS

### Budget discussion notices:

Program Council	Saturday, February 4, 2017
Women's Group	Saturday, February 25, 2017 Veatch Conference Room, 1:00 p.m.

## SHELTER ROCK BOOKSTORE



**Come One! Come All!**

*We have a good assortment of terrific books and lots of lovely jewelry. Categories that will serve very nicely for Lunar New Year and for Valentine's Day. Have fun choosing the perfect gift!*

## MEMBERSHIP MATTERS

Ben Bortin, Membership Coordinator

First a couple of practical matters --- for anyone whose membership lapsed January first, renewal of membership is very easy...make a pledge and initial payment on it, toward the 2016-17 operating budget, or receive a ministerial waiver. You're immediately a "pending member," and an official member in 60 days.



As well, the Membership Committee will be highlighting the Newcomers Table at the café more prominently than in the past, with a table toward the entrance to the Social Hall, and balloons or other conspicuous highlighting.

Second, and more sweepingly, is it important to be a Unitarian Universalist, now and in general?

The answer is decidedly yes, in my view, and here are some reasons. Amid our wondrous diversity, we Unitarian Universalists hold these beliefs in common, which makes this tradition distinctive on the religious landscape, and a vitally important voice.

We believe, first, in the free expression of beliefs, religious and social, without fear of censure and reprisal.

We also believe in the worth and dignity of every human being. No idea or ideology, to paraphrase the Reformation leader, Sebastian Castellio, is worth the loss of a single human life.

We believe in a life of learning, that human curiosity and inquiry will yield insights which will be transformative, infinitely exciting, and enduringly invaluable. Scientific advance and the use of reason need not be at odds with religious and spiritual life.

We believe in good deeds, rather than creeds. We believe that our religious values should be expressed in ethical action, helping to address human need, and working toward a world of peace, liberty, and justice for all.

We believe in the treasure that is our natural environment, the inter-dependent web of all existence. We believe in safeguarding our fragile home against the assaults of pollution, irreversible degradation, and the dangers of a changing climate.

And we believe in love, humanity's greatest achievement, and life's most precious gift.

These religious principles and values have carried us from 16th Century Transylvania, the first country of size to declare official religious toleration, to 19th century Baltimore, Maryland, where William Ellery Channing became the first minister to declare himself a Unitarian, to a movement which extends from the Philippines, to India, to north Africa, to the Americas.

In our congregation are people of Hindu, Muslim, Jewish, Catholic,

Protestant, and humanist background; there are people attracted to Buddhism, Taoism, and agnosticism.

At the Newcomers Table at the café this past week were a person from Czechoslovakia, another from Bulgaria, another from Russia, and another from Afghanistan. There are also members originally from Egypt, France, Colombia, and China, among other countries.

If you know of any people who might be interested in our cherished values and our congregation, people of any background or faith of origin, let them know of the upcoming Newcomer Orientations, February 26, March 5, March 19, and April 9.

Let us safeguard our seasoned, liberal religious community and movement, keeping it caring and prophetic, a center for radical hospitality.

What is my UU "elevator speech?" It's nine words, derived from the late Harry Scholefield, UU minister in San Francisco many years... "The freedom to think, and the courage to love."

We welcome all seekers who are ready to embrace these values. And let us resolve, in word and in deed, to support, to trumpet, and to implement our cherished principles in hard times as well as good, in the days, months, and years ahead!

Shalom

## MILESTONES

**We celebrate with...** Karen and Mark Hartman who are thrilled to welcome their first grandchild (and their daughter Katie's first nephew) Roland Carrio Hartman. Roland was born January 7, 2017 to Marissa Carr and David Hartman. The proud parents live in Brooklyn. We offer our congratulations and blessings upon Marissa, David and Roland.

## MUSIC, MUSIC, MUSIC

**Join the choir for Music Sunday 2017 and sing selections from BACH'S monumental B MINOR MASS.**

Often cited as Bach's greatest musical work and considered to be one of the most significant musical compositions of all time, J. S. Bach's Mass in B Minor is a masterpiece of human achievement and artistic vision. Singers who would like to join the UUCSR Choir to learn and perform this monumental work of art are invited to attend Thursday evening rehearsals, 7:00 - 8:00 p.m. Musical scores will be provided. Join us for a journey which has will enrich your life. The performance with full orchestra will take place on Sunday, April 9 as part of the morning worship service.

## SOCIAL JUSTICE COORDINATOR

Claire Deroche

### Be Part of the Solution

One of the gravest situations facing humankind today is the global refugee crisis. According to the United Nations High Commissioner for Refugees, more than 65 million people, half of them children, have left their home countries in search of safety and freedom from war, violence, and persecution. This constitutes the greatest mass migration since World War II and is a world-wide crisis with people on the move on nearly every continent. While refugees from Syria are most often in the headlines because of the protracted armed conflict there, the crisis has affected Colombians and Congolese, Sudanese and Somalis, Palestinians and the People of Myanmar, to name a few of the millions caught in this crisis.



Responding to the crises of refugees is nothing new for Unitarian Universalists. The actions of Waitstill and Martha Sharp, so brilliantly portrayed in the documentary, *Defying the Nazis: The Sharps' War*, provide inspiration for our response today. Surely the Sharps were just as bewildered when faced with the flood of humanity needing to escape the Nazis as we sometimes feel today when confronted with the plight of so many persecuted people on the march. This did not stop them from responding. Neither should it stop us.

Since the premiere of the film, *Defying the Nazis: The Sharps' War*, the Social Justice CoUUrage to Defy Hate Task Force has continued to meet and plan ways that we can respond to the many manifestations of discrimination, bigotry, and hate so common today. On Sunday, February 5 at 1:00 pm in the Worship Room, the Task Force will present *The Global Refugee Crisis: How We Can Make a Difference*. We will explore the dimensions of the current refugee crisis and then hear from Carmen Maquilon, Director of Catholic Charities Immigrant Services/Refugee Resettlement for the Diocese of Rockville Center since 2004. From her we will learn the process by which refugees are accepted into the United States and how Americans can help them resettle. A reception in the Art Gallery will follow the program.

I hope many of our members as well as friends from the local community will take advantage of this opportunity to learn how we might be part of the solution to the refugee crisis by reaching out to those in need of welcome and help in beginning a new life in a strange place.



## SOCIAL JUSTICE ANNOUNCEMENTS

### 30 Days of Love:

**From Martin Luther King Jr.'s birthday to Valentine's Day**, Unitarian Universalists across the country are invited to observe 30 Days of Love. This year the CoUUrage to Defy Hate Task Force has prepared a calendar with suggested actions to defy hate and promote love for each of the 30 Days! Calendars are available in the lobby and on page 11. Please join our effort to create a more just and joyful world!

### Saturday, January 28

**Cooking for Interfaith Nutrition Network (INN) Guests**, Saturday, January 28, 9:30 a.m. - 12:30 p.m. in the Main Kitchen. Contact John Ryan at 516.487.5571 for information.

### Sunday, January 29

**Healthful Eating with Matt Korsky**, 1:00 p.m. - 3:00 p.m., Veatch House Ballroom. Matt is an educator with the Ethical Choices Program. He will discuss obesity, diabetes, heart disease and other ailments that can be lifestyle related, plus the connection between diet and health and how dietary choices can help prevent or relieve disease. Please contact Leslee Rabb at [lesleer@optonline.net](mailto:lesleer@optonline.net) or Tracie Pulga at [yourlifestylevitality@gmail.com](mailto:yourlifestylevitality@gmail.com) with any questions. Sponsored by the Social Justice Ethical Eating Group.

### Thursday, February 2

Cooking for the Guests of the Interfaith Nutrition Network (INN): Thursday, February 2 from 9:30 a.m. - 12:30 p.m., Main Kitchen. Meals cooked will be delivered to three shelters run by the INN. For further information, contact Verna Livingston, 516.883.7999.

### Sunday, February 5

**The Global Refugee Crisis: How We Can Make a Difference**, Sunday, February 5 from 1:00 p.m. - 4:00 p.m. in the Worship Room and Art Gallery. The CoUUrage to Defy Hate Task Force has planned this program to provide information on the global refugee crisis and how we as a congregation might sponsor a refugee family. We will view the video, "The Global Refugee Crisis" by Share America. Our guest speaker will be Carmen Maquilon, Director of Catholic Charities Immigrant Services/Refugee Resettlement, Diocese of Rockville Center since 2004. She will guide us through the refugee resettlement process, share a film on the US Immigration vetting process for refugees, explain the responsibilities of a sponsoring organization, and more. A reception in the Art Gallery will follow.

### OPPORTUNITIES FOR SHARING

Our non-perishable food collection will benefit the food pantry Long Island Council of Churches in Freeport. Suggested items: cereal; canned meats, fish and soups with pop tops, peanut butter (plastic jars, only, please!). If we each bring one item every Sunday, we'll be able to deliver this food that much more quickly. Hungry Long Islanders are counting on you. Thank you!

## GREEN SANCTUARY COMMITTEE

### Clean Water for Suffolk and Nassau

Long island is having water problems just like the rest of the country. Ours, however, are not the result of extreme drought or floods yet. They are founded on inefficient water use and pollution. In Suffolk County they have lagged in protecting the bays and drinking water. Nitrogen pollution has been rampant. This comes from an overload of fertilizer use, watershed problems, septic tank failures, atmospheric nitrogen and animal waste. Nitrogen has caused brown tides and other related water problems, resulting in the closing of many beaches and the dying of fish and shellfish. Finally, it is being addressed. This past summer, Suffolk's legislators took an important first step. They passed a law to remove excessive nitrogen from their waste-water. Simply put, it has now become legal for homeowners to install nitrogen-reducing septic systems.

Suffolk County could no longer fight the green-algae blooms from excessive nitrogen that forced the closure of more than 20 ponds in 2016. With the help and guidance of The Nature Conservancy and other members of the Long Island Clean Water Partnership, Suffolk County's Health Department will start phasing in new state of the art home septic systems. There are currently over 360,00 residential cesspools and conventional systems located there. These could be upgraded with proper certification. That means Suffolk will employ the professionals needed to install and maintain the systems. That means there will be training programs for these positions which are now available throughout the county. Since 2015, there have been several brands of nitrogen-reducing septic systems tested. The approval of some models for homeowners is underway. The funding needed for homeowners to do their share will be available through low interest loans, grants or a portion of the cost. But what is really needed are more sewer lines which Sen. Chuck Schumer is asking for.

In Nassau County, the problem of protecting our aquifers is more dependent on what waste and chemicals are entering the sewers. There are thousands of pipelines coming from old water treatment plants where natural gas used in the process. This is often inefficient because of broken valves. The pipes are more than 100 years old. This means more than 100,00 gallons of water are lost every day. The plants work under a pump and process system to keep the water moving. But the problem of cutting nitrogen pollution depends not only on whether good pipe lines really exist (or perhaps none at all in some areas), but how homeowners treat their lawns and gardens. The storm water runoff problem exists largely on the South Shore of Nassau County. Its runoff also includes pesticides used to make garden areas and grasses insect free. Unless homeowners turn to more organic or low nitrogen-laden fertilizers, the pollution of potable water sources-aquifers, bays, and estuaries will continue. The use of VOCs in paint and pharmaceutical castoffs also is a problem. This results in all kinds of restrictions that are finally emerging. One reason is that the fishing industry is suffering. Shellfish, smaller fish and smaller unhealthy populations are the results. Many of Nassau's beaches are becoming too unhealthy to swim in with some closings.

Since the water in Nassau comes from aquifers, the withdrawal (use) versus discharge into the groundwater present the question of whether the cycle of use and loss is sustainable.

However, there is one plan in place. David Berg of the Long Island Nitrogen Action Plan (LINAP) has received 5 million dollars from New York State to study the nitrogen loads in Nassau and Suffolk Counties. Hired experts will then develop strategies to reduce nitrogen loads. The question they seek to answer is: What amount of nitrogen can be released into our waterways without impacting them? Obviously, we must do something in the meantime. Most of the current garden products used in our golf courses, in agriculture, and on our landscapes are laden with nitrogen. This must be changed. Our water use has been profligate up until recent times. Only recently has Scott's eliminated phosphorus in lawn products. This company is also introducing grass products needing less water. It's a start. We have other solutions: Wastewater reuse is one. This water can be used on a golf course, not put into an estuary. Homeowners can collect water in rain barrels for gardening. These and other water-saving products are readily available. Finally, a new system called Blossom has arrived. It measures moisture on soil so that homeowners can alter the schedule to halt over-watering of lawns. The solutions are in front of us. It is up to all of us who live in Suffolk and Nassau Counties to become proactive and convince our legislators and the agricultural industry to do the right thing as well.

*Elaine Peters for the Green Sanctuary Committee*

## REPURPOSING. RECYCLING. REBUILDING.

### Towels for the INN

New or gently used towels are needed at the Mary Brennan INN. There are two showers located there besides the soup kitchen. Approximately 10,000 towels are needed each year in order to provide this service. Your donation of towels can help them out.

They will be accepted until March 16. Please see box in lobby by coat room for donations.

Thanks for your help and contribution.

## MENTAL HEALTH SUBCOMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

### MYTH: *Being suicidal means I'm crazy.*

Suicidal feelings are most often symptoms of depression or a related mood disorder. Feeling suicidal does not make you any more or less crazy than anybody else. Suicidal feelings go away once you begin to receive adequate care for your depression or other mood disorder. That's why it is so tragic when people actually succeed in taking their own lives. Had the person been receiving adequate treatment, they could be alive and feeling much less depressed and suicidal.

## WOMEN'S GROUP

Maria Ceraulo, Chair, Women's Issues

### Women in Prison

About a month ago, I attended a vigil that's held on the 23rd of each month where we state the names of 23 people in solitary confinement, light a candle for each, hoping that somehow they'll know that someone cares, hopes and advocates for their humane treatment. This is an activity of the Social Justice Committee to mark the 23 of 24 hours a day that people are kept in solitary confinement for days, weeks, years and even decades. Up to this date, we focused on men. I knew about mass incarceration, solitary confinement, detention centers, the new Jim Crow. I didn't know about the numbers of women in jails, prisons and in solitary. Some research revealed more shocking details.



According to The Sentencing Project, the number of women in prison has been increasing at a rate 50% higher than men since 1980. Their statistics show that in 1980, 13,258 were in state and federal prisons. In 2014, the number is 106,232. 24% were convicted of a drug offense compared to 15% of males. 28% were convicted of a property crime, while only 19% males. Astounding! Their histories include physical and sexual abuse, HIV and substance abuse. It's difficult to imagine the enormity of challenges their children and families face.

To say that our correctional system is in need of reform is an understatement. Some reform is happening. Private corporations are profiting from this practice. They were being phased out at least in New York. Now that our elections are over, their stock rose 50%. It seems the path of reform will be even more challenging than before. I urge you to join us on the 23rd of each month and to support all prison reform efforts.

### Lady Liberty as a Black Woman

A new commemorative gold coin will be released in April by the United States Mint. It will be the first time she hasn't been white on our nation's currency. It will be 24 karats and have a face value of \$100.00. It will mark the 225th anniversary of the Mint's coin production. In the future, it's expected that there will be Asian, Hispanic and Indian ones.

At a time of increased anxiety regarding race, immigrants and refugees, it's heartening that Lady Liberty, a gift from France that stands in New York Harbor, will begin to reflect the diversity that is America. Although this coin will not be in circulation, Harriet Tubman will appear on the \$20 bill, and it will be. Other civil rights leaders will be added to the \$5 and \$10 bills. After long underrepresentation, we look forward to and appreciate the inclusion of women on our currency.

### Right in Our Own Backyard

Just in case you thought it only happened in third world countries, here's a very unfortunate wake up call. The New Hyde Park Patch reported that search warrants were executed at two Nassau massage parlors in New Hyde Park! A New Hyde Park woman and her mother were arrested for running sex trafficking businesses. They recruited women, advertised sexual services online, set up appointments, and transported women.

A group called "AG Healey's Victim Services Division" says it is working to be sure the ten victims have assistance and services they need.

Join the Women's Group to Honor the Month

## FEBRUARY IS THE MONTH OF



**FEBRUARY 3, 7:30 p.m., ART GALLERY**

**JOIN us in MUSIC & SONG  
with FRANK & HEATHER**

**BRING A POEM TO SHARE!**

Enjoy coffee, wine, & chocolates

**Contribution: \$5 Members, \$10 Non-Members**

RSVP by January 25, contact: Sharyn at [sesposito@uucsr.org](mailto:sesposito@uucsr.org) or call 516.472.2960 Babysitting available - Notify by January 25

**2017-2018 Women's Group Budget Planning meeting  
Saturday, February 25, Veatch Conference Room, 1:00 p.m.**

# PROGRAM ANNOUNCEMENTS

Please see [uucsr.org](http://uucsr.org) for additional details on all programs.

## Tuesday, January 24, 2017

Veatch BOG Meeting 5:30 PM Art Gallery  
O/U Nar-ANON Meeting 6:30 PM RE Room 19  
4th Tuesday SGM Meeting 7:00 PM Veatch Terrace Room

## Wednesday, January 25, 2017

Bridge Group 1:00 PM Veatch Ballroom  
OCIO Selection Task Force Meeting 6:30 PM Veatch  
Conference Room  
NAMI Family Support Group 7:00 PM Re Room 15  
SJC Nassau County Jail Project 7:00 PM Office Conference  
Room  
O/U Willow Rehearsal 7:30 PM Choir Rehearsal Room  
INIS FADA-Zen Sitting Meditation 7:30 PM Veatch Ballroom,  
Terrace Room  
O/U Greysheete - Wednesday 8:00 PM RE Room 17

## Thursday, January 26, 2017

Yoga 9:30 AM Art Gallery  
O/U AA Meeting 10:30 AM Room 206, 207  
NAMI Relatives Support Group 7:00 PM RE Room 17  
Choir Rehearsal 7:30 PM Choir Rehearsal Room

## Friday, January 27, 2017

Bridge Lessons & Game Play 1:00 PM Veatch Ballroom,  
Terrace  
Soulful Small Group 7:00 PM RE Room 4

## Saturday, January 28, 2017

Board of Trustees Retreat 9:00 AM Veatch Ballroom  
Inn Cooking - Saturday 9:00 AM Main Kitchen  
Yoga 11:00 AM RE Room 4  
ALS Memorial Service 11:00 AM Chapel, Worship  
Room  
Music Among Us - Rehearsal 1:00 PM Social Hall

## Sunday, January 29, 2017

Great Books-Short Story Omnibus 9:00 AM RE Room 4  
Jazz Ensemble Rehearsal 9:00 AM Ensemble Rehearsal  
Room  
Choir Rehearsal 10:00 AM Worship Room  
Bagel Breakfast 10:00 AM Main Kitchen, Social  
Hall  
Young People's Choir Rehearsal/Children's Chapel 10:00 AM  
Chapel  
RE Classes 11:00 AM RE Wing  
Grade 7 Drum Circle Rehearsal 11:00 AM Choir Rehearsal  
Room  
Worship Service 11:00 AM Art Gallery, Worship  
Room  
UU Cafe 12:00 PM Main Kitchen, Social  
Hall  
RE Parent Session: Grades 7 and 8 12:30 PM RE Rm 10,14,15,19

SJC Ethical Eating Speaker - Matt Korsky 1:00 PM Veatch  
Ballroom

Death Cafe 1:00 PM Art Gallery

Music Among Us - Concert 1:00 PM Social Hall

## Monday, January 30, 2017

O/U Greysheeters - Monday 6:30 PM RE Room 17  
Adult Programs Meeting 7:30 PM Art Gallery  
Tuesday, January 31, 2017  
O/U Overeaters Anonymous 10:30 AM Veatch  
Ballroom  
O/U Nar-ANON Meeting 6:30 PM RE Room 19  
Nominating Committee Meeting 7:30 PM Veatch Library

## Wednesday, February 01, 2017

WG - Women Talk Daytime 12:00 PM Art Gallery  
Bridge Group 1:00 PM Veatch Ballroom  
SRI Committee Meeting 7:00 PM Veatch Conference  
Room  
Membership Meeting 7:30 PM Art Gallery  
O/U Willow Rehearsal 7:30 PM Choir Rehearsal Room  
INIS FADA-Zen Sitting Meditation 7:30 PM Veatch Ballroom,  
Veatch Terrace Room  
O/U Greysheete - Wednesday 8:00 PM RE Room 17

## Thursday, February 02, 2017

Yoga 9:30 AM Art Gallery  
INN Cooking - Thursday 9:30 AM Main Kitchen  
O/U AA Meeting 10:30 AM Room 206,  
207  
Personnel Committee Meeting 7:30 PM Veatch Library  
Choir Rehearsal 7:30 PM Choir Rehearsal Room

## Friday, February 03, 2017

Bridge Lessons & Game Play 1:00 PM Veatch Ballroom,  
Terrace  
WG - TGIF Love, Love, Love 7:30 PM Art Gallery  
Friday Movie Night - "The Lunch Box" 7:30 PM Re Room 15

## Saturday, February 04, 2017

Yoga 11:00 AM Art Gallery

## Sunday, February 05, 2017

RE Breakfast & Worship 8:30 AM Re Room 15  
WG Board Meeting 8:45 AM Veatch Conference  
Room  
Great Books-Short Story Omnibus 9:00 AM RE Room 4  
Jazz Ensemble Rehearsal 9:00 AM Ensemble Rehearsal  
Room  
Choir Rehearsal 10:00 AM Worship  
Room  
Bagel Breakfast 10:00 AM Main Kitchen,  
Social Hall

# PROGRAM ANNOUNCEMENTS

Please see [uucsr.org](http://uucsr.org) for additional details on all programs.

Young People's Choir Rehearsal	10:00 AM Chapel
RE Classes	11:00 AM RE Wing
Worship Service	11:00 AM Worship Room
UU Cafe	12:00 PM Main Kitchen, Social Hall
Love & Stitches Craft Group	12:30 PM Room 204,205, 208
Elementary OWL Parent Meeting	12:30 PM Re Room 15
Groundhog Day/Youth Lounge Open House	12:30 PM RE Rm 10
Birtheright UU- Calling all lifelong Unitarians	12:45 PM Office Conference Room
1st Sunday SGM Meeting	1:00 PM Bride's Room
SJC The Global Refugee Crisis: How We Can Make A Difference	1:00 PM Art Gallery, Main Lobby, Worship Room
MG Super Bowl Feast	5:30 PM Art Gallery, Main Kitchen, Social Hall

## Monday, February 06, 2017

O/U Greysheeters - Monday	6:30 PM RE Room 17
SJC CoUUrage to Defy Hate Taskforce	7:00 PM Office Conf. Rm

## Tuesday, February 07, 2017

O/U Overeaters Anonymous	10:30 AM Veatch Ballroom
Veatch BOG Meeting	5:30 PM Art Gallery
BOT - Agenda Planning Meeting	6:30 PM Veatch Library
O/U Nar-ANON Meeting	6:30 PM RE Room 19
RE Committee Meeting	7:30 PM Veatch Conference Room
GS Saving the Planet One Bite at a Time Film	7:30 PM Social Hall
Publicity and Promotions Committee Meeting	7:30 PM Veatch Terrace Room

## Wednesday, February 08, 2017

Reach Out America	12:30 PM Social Hall
Bridge Group	1:00 PM Veatch Ballroom
Library/Bookstore Committee Meeting	4:00 PM Bride's Room
NAMI Family Support Group	7:00 PM Re Room 15
O/U Willow Rehearsal	7:30 PM Choir Rehearsal Room
INISFADA-Zen Sitting Meditation	7:30 PM Veatch Ballroom, Terrace Room
Food & Water Watch Meeting	7:30 PM Veatch Conference Room
Social Justice Committee Meeting	7:30 PM Art Gallery
Additional 2nd Wednesday SGM meeting	7:30 PM RE Room 19
2nd Wednesday SGM Meeting	7:30 PM RE Room 16
O/U Greysheeters - Wednesday	8:00 PM RE Room 17

## Thursday, February 09, 2017

Yoga	9:30 AM Art Gallery
O/U AA Meeting	10:30 AM Room 206, 207
NAMI Families of Young Adults Support Grp	7:00 PM RE Rm 17
Finance Committee Meeting	7:30 PM Office Conf. Room

Choir Rehearsal	7:30 PM Choir Rehearsal Room
-----------------	------------------------------

## Friday, February 10, 2017

Bridge Lessons & Game Play	1:00 PM Veatch Ballroom, Terrace
Soulful Sundown	6:30 PM Gallery, Social Hall, Worship Room

## Saturday, February 11, 2017

Love & Stitches Craft Group	9:00 AM Veatch Ballroom
Yoga	11:00 AM Art Gallery
Ethical Eating Events	2:00 PM Art Gallery
2nd Sunday SGM	8:30 AM Office Conf. Room
Great Books-Short Story Omnibus	9:00 AM RE Room 4

## Sunday, February 12, 2017

Jazz Ensemble Rehearsal	9:00 AM Ensemble Rehearsal Room (formerly Senior Seminar Room)
Worship Committee Meeting	9:00 AM Bride's Room
Choir Rehearsal	10:00 AM Worship Room
Bagel Breakfast	10:00 AM Social Hall
Young People's Choir Rehearsal	10:00 AM Chapel
RE Classes	11:00 AM RE Wing
Worship Service	11:00 AM Worship Room
6th Grade Valentine Sale	12:00 PM Main Lobby
Holiday Open House	12:30 PM Lobby, Social Hall
Art Committee Meeting	12:30 PM Staff Lunchroom
RE Parent Session: Grades 4-6	12:30 PM RE Room 15
Congregational Meeting	12:30 PM Worship Room

## Monday, February 13, 2017

Shelter Rock Forum Meeting	1:30 PM Bride's Room
O/U Greysheeters - Monday	6:30 PM RE Room 17
Building & Grounds Meeting	7:30 PM Office Conf. Room
Program Council Meeting	7:30 PM Veatch Ballroom
Large Grants Advisory Group Meeting	7:30 PM Veatch Library
Nominating Committee Meeting	7:30 PM Veatch Oval Room

## Tuesday, February 14, 2017

O/U Overeaters Anonymous	10:30 AM Veatch Ballroom
O/U Nar-ANON Meeting	6:30 PM RE Room 19
Caring Committee Meeting	7:00 PM Veatch Conference Room

## Wednesday, February 15, 2017

WG - Women Talk Daytime	12:00 PM Social Hall
Bridge Group	1:00 PM Veatch Ballroom
O/U Leukemia/Lymphoma Society Meeting	6:00 PM RE Rm 16
Climate Justice Taskforce Meeting	7:00 PM Art Gallery
O/U Willow Rehearsal	7:30 PM Choir Rehearsal Room
INISFADA-Zen Sitting Meditation	7:30 PM Veatch Ballroom, Trc.
Emerson & Whitman Spiritual Masters of the 19th Century	7:30

## 30 Days of Love 2017: A UUCSR CoUURage to Defy Hate Project

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Jan 16, Day 1.</b>  <b>Martin Luther King Jr. Day</b>                      Read MLK's Letter from a Birmingham jail. What is its relevance for us today?  <a href="http://tinyurl.com/z4kwufg">http://tinyurl.com/z4kwufg</a></p>	<p><b>Jan 17, Day 2.</b>                      Find common ground with someone you usually disagree with and have a conversation</p>	<p><b>Jan 18, Day 3.</b>                      Go to <a href="http://www.change.org">www.change.org</a> and sign a petition for a cause you care about</p>	<p><b>Jan 19, Day 4.</b>                      Learn about the global refugee crisis at <a href="http://www.unhcr.org/">http://www.unhcr.org/</a></p>	<p><b>Jan 20, Day 5.</b>                      Thank someone who helps you in a store or other place of business</p>	<p><b>Jan 21, Day 6.</b>                      Donate to an organization assisting refugees</p>	<p><b>Jan 22, Day 7.</b>                      Attend the Congregational Meeting and vote for Large Grants that will help those in need.</p>
<p><b>Jan 23, Day 8.</b>                      Light a candle to express the hope you have for the world</p>	<p><b>Jan 24, Day 9.</b>                      Decide on your own act of love for today! Share it with someone.</p>	<p><b>Jan 25, Day 10.</b>                      Seek out an organization dedicated to defying hate and join it</p>	<p><b>Jan 26, Day 11.</b>                      Read about the French volunteer who is defying hate and risking prison to help refugees  <a href="http://tinyurl.com/z5yo9lp">http://tinyurl.com/z5yo9lp</a></p>	<p><b>Jan 27, Day 12.</b>                      Do a secret act of kindness</p>	<p><b>Jan 28, Day 13.</b>                      Make a promise to yourself to bring a non-perishable food item for the donation bin every time you come to UUCSR</p>	<p><b>Jan 29, Day 14.</b>                      Introduce yourself to a new member of the congregation</p>
<p><b>Jan 30, Day 15.</b>                      Reconnect with an old friend</p>	<p><b>Jan 31, Day 16.</b>                      Have a judgment free day with everyone you meet</p>	<p><b>Feb 1, Day 17.</b>                      Learn about a culture or religion different from yours</p>	<p><b>Feb 2, Day 18.</b>                      Say "I love you" to someone</p>	<p><b>Feb 3, Day 19.</b>                      Contact your state legislators and ask them to co-sponsor the HALT Solitary Confinement Act: <a href="http://assembly.state.ny.us/nysenate.gov">assembly.state.ny.us; nysenate.gov</a></p>	<p><b>Feb 4, Day 20.</b>                      Apologize to someone you have wronged.</p>	<p><b>Feb 5, Day 21.</b>                      Attend "The Global Refugee Crisis: How We Can Make a Difference"                      Worship Room                      1:00 pm – 3:00 pm</p>
<p><b>Feb 6, Day 22.</b>                      Learn how to be an "upstander" when you see acts of bullying, bias, and prejudice at <a href="http://tinyurl.com/h3dwary">http://tinyurl.com/h3dwary</a></p>	<p><b>Feb 7, Day 23.</b>                      Join Amnesty International and advocate for political prisoners  <a href="https://www.amnesty.org/en/">https://www.amnesty.org/en/</a></p>	<p><b>Feb 8, Day 24.</b>                      Do something that requires courage</p>	<p><b>Feb 9, Day 25.</b>                      Decide on your own act of love for today! Share it with someone.</p>	<p><b>Feb 10, Day 26.</b>                      Attend a service at a community of faith not your own</p>	<p><b>Feb 11, Day 27.</b>                      Send an email to Representative Peter King at <a href="http://www.peteking.house.gov">http://www.peteking.house.gov</a> urging him to work for compassionate immigration reform</p>	<p><b>Feb 12, Day 28.</b>                      Make it a point to have lunch today with someone you don't know</p>
<p><b>Feb 13, Day 29.</b>                      Find common ground with someone you often disagree with</p>	<p><b>Feb 14, Day 30.</b>  <b>Valentine's Day</b>                      Take some time for yourself to reflect on how you are becoming a more loving person</p>					

**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 (nwright@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)

**Membership & Volunteer Coordinator:**

Ben Bortin (bbortin@uucsr.org)

**Religious Education Coordinator:**

Jeanne Nametz (jnametz@uucsr.org)

**Youth & Young Adult Program Coordinator:**

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  
Marilyn Fischell Rebecca Smith  
Edwin Frank Vic Weit  
Tara Miner Latifa Woodhouse

**Presorted  
First Class Mail  
U.S. Postage Paid  
Lindenhurst, NY  
Permit No. 57**

ADDRESS SERVICE REQUESTED  
**FIRST CLASS MAIL DATED MATERIAL**

**Next Quest: Tuesday, February 7, 2017 | Deadline for Content: Thursday, February 2, 2017**



**MUSIC  
AMONG US**

**SUNDAY, JANUARY 29  
1:00 p.m. Social Hall**



**2017  
SUPER BOWL**

**Men's Group Presents**

**Super Bowl  
Sunday Feast**

**Watch the Super Bowl - Sunday, February 5, 2017  
5:30 - 10:00 p.m. Social Hall**

Mahjong and Bridge Games too!

Hot food, salad, sandwiches, snacks, desserts and beverages  
**\*\$20 for members \*\$25 for non-member guests**

**BE PART OF THE  
GLOBAL REFUGEE  
SOLUTION**

*Hosted by  
the CoUrage  
to Defy Hate  
Task Force*

**The Global Refugee Crisis:  
How We Can Make a Difference**

Sunday, February 5  
1 p.m., Worship Room

Learn more about the refugee acceptance process and how you can help ease families' transitions from Carmen Maquilon, the director of Catholic Charities Immigrant Services/Refugee Resettlement at this special UUCSR presentation.

**ADMISSION  
IS FREE**

**ALL ARE WELCOME!**

