

December 6, 2016

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

WORSHIP SERVICES

Friday, December 9, 2016 Dinner - 6:30 p.m., Worship - 7:30 p.m., Free Coffee House Soulhul Sundown

The Rev. Jennifer L Brower

Dinner at 6:30, Service at 7:30, Coffee House at 8:30 featuring Willy Porter and Carmen Nickerson. Come nurture your spirit with dinner, lively worship for all ages, and inspirational music.

> Sunday, December 11, 2016 - 11:00 a.m. "What Are UUs to Make of the Holidays?" The Rev. Ned Wight

For many of us, the end of the year arrives with an array of activities and expectations that can leave us frenzied and exhausted. We know that in our various spiritual traditions, there is much to observe—and even celebrate--at this time of year: Advent, Christmas, Kwanzaa, Hanukkah, Solstice. In the midst of our hectic lives, how might we rediscover the "holy days" at the heart of the winter holidays? At this service, we also welcome new members to our congregation.

> Sunday, December 18, 2016 - 11:00 a.m. "Let There Be Light" The Ministry Team

At this Holiday Family Service, we will enjoy stories of the season, including the Nativity Play presented annually by the First Grade Class and a cautionary Hanukkah story. The Annual Holiday Decorating and Crafts Party will follow the service.

Wednesday, December 21, 2016 - 11:00 a.m., RE Wing Chapel "Service Marking the Winter Solstice" Oscar Sinclair, Ministerial Intern

In the Northern Hemisphere, the Winter Solstice is the longest night and shortest day of the year. This day has long been one for introspection, reflection and celebration focusing on the cycles of the natural world and the significance of darkness and light in our lives. This service invites us all to observe the Solstice by coming together in community.

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TOUCHSTONES

The Ministry Team

Looking Back... Looking Ahead

As we look back over our first 75 years as a congregation, we acknowledge that all of us stand on the shoulders of those who have gone before. We are grateful for our forebears' vision, stamina and perseverance--attending countless meetings, participating in animated discussions, and making the momentous decisions that have brought us all to this time and place.

Throughout these decades, worship has anchored and sustained this congregation. At this season of winter holidays and holy days, we have numerous opportunities to worship together—to reflect on what is of greatest "worth" to us as individuals and as a community of faith. On December 24, our 5 and 7 p.m. services will mark both Christmas Eve and the first night of Hanukkah. We will be drawing from readings and music that have been part of the life of this congregation over its first 75 years. As a "preview of coming attractions," here are a few excerpts of readings that have inspired us—and will continue to do so as we look ahead to our next 75 years:

"Blessed are they who have faith enough to contemplate a world of peace and justice in the midst of present wrong and strife ... Blessed are they who have greatness enough to become at times as a little child . . . Blessed are they who have zest enough to take delight in simple things." (Litany, 1956)

"Christmas is the time when people seem different, when the hard shell breaks open and new hope is felt. Christmas is the time to expect the unexpected, to find love where there was thought to be none." Rev. David P. Osborn (1980s)

"Let us remember that the great and holy may sometimes be found in unlikely and unaccustomed places, and that from humble beginnings a child may come who carries within the seeds of greatness and of a great light. Help us remember that in each one of us burns the unquenchable and eternal light which lights everyone who comes into the world." (1999)

Looking forward to greeting you in person to wish you Happy Holidays.

Your Ministry Team--Ned, Jennifer, Natalie and Oscar

December 6, 2016

Saturday, December 24, 2016 - 5:00 p.m. & 7:00 p.m, "Christmas Eve and First Night of Hanukkah"

The Ministry Team

This year Christmas Eve and the first night of Hanukkah both fall on December 24. This presents us with an exceptional opportunity to lift up the powerful narratives behind these two religious festivals and to celebrate in story, song and ritual our Unitarian Universalist commitment to the power of love and beauty to draw us together as a faith community and as a human family. 5:00 p.m. Family Service, 7:00 p.m. Service

Sunday, December 25, 2016 - 11:00 a.m., "What now?" A Dialogue Sermon
The Rev. Ned Wight and Oscar Sinclair

As we come down the home stretch of 2016, some of us are breathing heavily, some of us are breathing a sigh of relief, and some of us are holding our breath. It's been quite a year! Ned and Oscar will exchange some wit and wisdom about the year that is rapidly coming to a close, in hopes of providing encouragement for continuing the journey into the new year. There will also be great music from our choir soloists.

Sunday, January 1, 2017 - 11:00 a.m., "Resolutions" New Year's Day Service The Ministry Team

Those brave and stalwart enough to make it to the congregation on New Year's Morning, will be rewarded with more music from the choir soloists and an invitation to consider resolutions that will make 2017 a year of purpose and joy!

HOLIDAY HOURS AND CLOSURES

Friday, December 23

Building closed for staff observation of the Christmas Eve holiday

Saturday, December 24

Building to open at 1:00 p.m. to prepare for evening Worship services

Sunday, December 25

Building to close at 2:00 p.m. after morning Worship service

Monday, December 26

Building closed for staff observation of the Christmas Day holiday

Friday, December 30

Building closed for staff observation of the New Year's Eve holiday

Saturday, December 31

Building to open at 1:00 p.m. to prepare for the evening New Year's Eve party

Sunday, January 1

Building to close at 2:00 p.m. after morning Worship service

Monday, January 2

Building closed for staff observation of the New Year's Day holiday

VEATCH VIEWS

Faron McI urkin



Hello friends and colleagues,

It has been great getting to meet so many members of the congregation as I settle into my role of Program Officer at the Veatch program. I have appreciated getting to learn more about the history of the Veatch program and its role in upholding the values that Unitarian Universalists hold so dear. In these uncertain times it is comforting to know

that Veatch has stood true to those values through thick and thin. This commitment has made possible so much of the incredible work that is happening today.

Like many of you, I have been trying to get a handle on the outcome of the election and its implications. One of the many issues that may be scrutinized in the next few years is reproductive rights. In light of this, I would like to introduce you to Forward Together. Forward Together was founded in 1989, in the wake of the Webster v. Reproductive Health Services decision, to encourage an Asian voice in the pro-choice movement. Since then, Forward Together has become a national leader in the rethinking of woman's role in society and the way we define family. Their mission is to ensure that women, youth, and families have the power and resources they need to reach their full potential.

Forward Together has engaged over 15,000 people in kitchen table conversations in order to raise their voices in setting a woman's economic agenda. Many of these conversations are taking place in immigrant, indigenous and rural communities where people have long felt that their voices go unheard by those in power. Through community meetings, public events, online actions and door-to-door conversations, Forward Together is ensuring that the voices of women, most impacted by economic injustice, are heard on reproductive justice issues, including raising the minimum wage, education and Medicaid access.

Just this year, Forward Together played a key role in the successful campaign to repeal the Maximum Family Grant rule, a California law that is intended to control impoverished parents' choices about the size of their families by limiting their social safety net. In coalition with other Veatch grantees, Forward Together also played a key role in passage of the Domestic Workers Bill of Rights which affords respect, recognition, and inclusion in labor protections for domestic workers.

For more information please visit forwardtogether.org

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

Joan Minieri



On Solid Ground
Our Faith in Justice

January will be a special month for UU Veatch Program.

On January 8 we invite you to join us for Veatch Sunday and the Annual Meeting of the Veatch Board of Governors. Between now and then, you will receive a copy of the 2016 Veatch Annual Report, entitled, "On Solid Ground: Our Faith in Justice."

That will also be the theme of the Veatch Sunday service, featuring Veatch Program grantees. Stories will be shared about some of the work of our impressive grantee leaders.

At 12:45 p.m. on January 8, following UU Café, we will open the Veatch Board of Governors Annual Meeting with a conversation with Veatch Program grantees about their work and what it means during this moment, as well as discuss the reasons why providing the kind of long-term support for social change, which has been the hallmark of the UU Veatch Program at Shelter Rock for over five decades, is crucial to the work they do. Following the conversation with our grantees, you are invited to join the Board of Governors to continue the discussion of our work over the past year and in the year ahead.

SAVE THE DATE:

Sunday, January 8. 2017

11:00 a.m.-12:00 p.m. Worship Service with Veatch grantees

Worship Room

12:00 p.m. – 12:45 p.m. UU C

12:45 p.m.- 2:30 p.m.

UU Café, Social Hall

Veatch Board of Governors Annual Meeting featuring a panel discussion

with Veatch grantees, Social Hall

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.

POINSETTIA DEDICATIONS

If you would like to have a poinsettia dedicated to the memory of a loved one at our Holiday Services, please send a

check for \$25 and the name of the person to be memorialized to the office, attention "Kimberly," by December 15, 2016.

Please write "Poinsettia" in the memo.
Please contact Kimberly Rossiter,
Minister's Assistant, with any questions
at krossiter@uucsr.org



LARGE GRANTS

Large Grants Followed the Dots!

Thank you, from the LGAG, to all who used the Dot Boards to participate in this 10th year of the Large Grants Program. We had a larger response than ever before, as well as very positive feedback. Your enthusiasm for selecting funding areas has given us a great start.

The Large Grants Program is an important part of our philanthropy at UUCSR. It is the only program where grantees are selected completely by the congregation, using a democratic process. Over the years, the Program has awarded \$9.3M dollars.

Managing the voting process is the LGAG, or Large Grants Advisory Group --a combination of Veatch Governors, BOG Trustees and at-large members. This year, the LGAG introduced the Dot Boards as a replacement for the post-its that had been used in the past. The Dot Boards listed 25 previously popular categories, and the number of grants each had received. They were introduced in October after service and members could suggest new categories. Five were added to the Dot Boards.

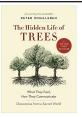
For five Sundays, the LGAG helped members select Funding Areas by placing dots. The two categories that exceeded the 40 dot limit (the board had to be extended!), had been popular, but never awarded any grants. These were Gun Control and Climate Change. We were also delighted that one of our new categories—Teens and Substance Abuse—was among the top winners.

Everyone is encouraged to come to the Congregational meeting on January 22, 2017, where you will vote and choose the three categories for which six organizations will eventually receive \$100,000 grants. At the same time, a Large Grant Crisis Grant for Haiti has been approved by the BOT and will appear for a yes or no vote.

This is your program, and we want to make it work for you. Feedback is always appreciated.

Carole Alexander, Chair, Large Grants Advisory Group LGAG members: Katie Kurjakovic, Mary Lardner, Vic Weil, Ed Frank, Janet Bendowitz, Thelma Fellows and Nina Dobris

The Large Grants Program of UUCSR provides support for efforts within the religious and spiritual missioin of the congregation where their purposes are best served by outside agencies acting under the Large Grants Program and the Congregation.



The Hidden Life of TREES

by Peter Wohlleben

Critics praised this book as "A paradigm-smashing chronicle of joyous entanglement that will make you acknowledge your own entanglement in the ancient and ever-new web of being." We think that you, too, will feel "After learning about the complex

life of trees, a walk in the woods will never be the same again."

We are ordering a few copies at \$17 each, if you'd like to have one for yourself or as a gift, please let us know.

Bookstore hours Sunday from noon to 1 p.m. We have jewelry, clothing, and, of course, BOOKS that we hope will please you!

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THE REV. NATALIE M. FENIMORE

Lifespan Religious Education

Hanukkah, Christmas and Interfaith Families

This year, for the first time since 2005, the first night of Hanukkah and Christmas day are both December 25. Interfaith families in particular may find these dual holiday celebrations challenging. Celebrate both, neither, some of one, some of the other? There is no one right way – it is a personal family decision. However, our Unitarian Universalist faith makes room for both of the religious and cultural traditions represented by Christmas and Hanukkah.

Many people engage with the dual holidays as "Chrismukkah" – that is a mash-up, a merging of Jewish and Christian traditions. This can be fun for some, confusing for some – and inadvertently insulting to others. It is best to talk to friends and family directly to determine their feelings about the merging of traditions when you celebrate with them.

Children often enjoy ritual and the feeling that their parents are equal partners in the family culture. So many interfaith families try to celebrate both holidays in their home. Another option is to celebrate one faith tradition in your home – and visit the other – enjoy the other tradition at the homes of friends, and in public celebrations. You might choose to share the holidays with those who practice a faith or are from a culture where neither Hanukkah or Christmas are celebrated. You can make a space for broad interfaith conversations and celebrations.

The holiday season is also a time when many opportunities for giving, caring and service are available for all ages. By participating in service to others the central message of Judaism and Christianity is lifted-up in the midst of a season that can often become too much about the commercial messages.

The Holiday Blues

The "Holiday Blues" can strike at any age. Both young and old feel loss and grief when facing the holidays without a loved one.

Children can sometimes feel overwhelmed and anxious about the many demands of the season but not be sure how to express these feelings in a season of "joy." Please seek out the company of friends and speak with a member of the Ministerial Team if you find that you or your child are struggling in this holiday season.

NEIGHBORING FAITHS

December 8, Bodhi Day: Celebrating the day the Buddha experienced enlightenment while sitting under a Bodhi tree

December 12, Mawlid on Nabi: Muslims celebrate the birthday of the Prophet Muhammad

December 22, Winter Solstice (Yule): Wiccan/Pagan, pre-Christian European celebration of the longest and darkest day of the year; last feast day before the deep winter begins. Celebration of the beginning of the Earth's long turning towards spring.

December 25 – January 1, 2017, Hanukkah: Jewish commemoration of the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Syrian Empire. It is observed for eight nights. It is also called the festival of Lights.

December 25, Christmas: Celebration of the birth of Jesus. It is a Christian religious holiday. It is also a cultural tradition in many countries, with gift-giving, song, family gatherings and reflection.

RE ANNOUNCEMENTS

Guest at Your Table boxes can be returned and placed under Holiday Tree in lobby!

Young Peoples Choir (YPC) The YPC welcomes children who love to sing. The choir practices at 10am Sunday mornings and performs at some multigenerational and Family Services. PLEASE NOTE that the YPC will be rehearsing in the Chapel until further notice. Please contact George Weisman, our RE Music Specialist at GeorgeWeisman@gmail.com if your child is interested in joining.

JAZZ ENSEMBLE is a multigenerational ensemble that practices before Worship and RE from 9:00-10:15am 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.

December 11, 2016

Jazz Ensemble, 9am, Choir Rehearsal Room Children's Choir, 10am, Children's Chapel RE classes, 11am

December 17, 2016

Nativity Play Rehearsal, Worship Hall, 8:30- 11:30am, Breakfast included

December 18, 2016

Jazz Ensemble, 9am, Choir Rehearsal Room Children's Choir, 10am, Children's Chapel Nativity Play Rehearsal, Worship Hall, 9:15- 10:00am No RE Classes, Family Service: Let There Be Light Holiday Decorations Party, Social Hall, 12:30pm, \$5 per person, \$20 maximum per family

A UU Advent Calendar by Ralph Yeager Roberts



Unitarian Universalists we hold the season of Advent as journey of expectation and hope as we move through changing the of the seasons, many celebrations of Light and the current world events. As a people of faith,

you are invited to participate in the Original Unitarian Universalist Calendar by Ralph Yeager Roberts. Go to uu_advent_calendar_page-a-day.pdf to either assemble the calendar or print each day's activity. May your holidays be blessed!

MEMBERSHIP

Ben Bortin, Membership Coordinator

Whether the holiday and festival you celebrate is Hanukkah (beginning the evening of December 24), or Kwanzaa, (Dec. 26 to January 1), the winter solstice (December 21), or Christmas (December 25), a very warm holiday greeting, as the temperatures cool! Whatever your tradition, whatever your beliefs, I hope that beauty, kindness, and joy are at the heart and soul of your holiday season.



It is an added gift that some sixteen new members have been welcomed into the congregation.

It also is nearly the time that, alas, too many people allow their official UUCSR membership status to lapse at the stroke of midnight, December 31. I hope to do what I can to head that off.

This column is devoted to the "how to's" of membership — how to become a member, how to maintain membership, and how to renew membership.

First, on how to become a member of the congregation...

One needs to enroll in Orientation sessions, of which there are four. The next will take place February 26, March 5, March 19, and March 26, with an alternate date, April 9.

All are Sunday afternoons, 1:00-2:30 p.m., with child care provided if needed. If, at the conclusion of those Orientations, one feels in agreement with the principles and values of Unitarian Universalism and this congregation, one can sign the Membership Book. (And we rejoice!) An initial pledge and payment on the pledge, or a ministerial waiver, enables one to become a voting member within 60 days.

Also, one must be at least sixteen, and for youth members, who have grown up with UUism, the Orientation requirement is waived.

Second, how to maintain membership...

For the second fiscal year, and every fiscal year after that (with the fiscal year beginning July 1), one must make a pledge and payment thereon before January 1 of the following calendar year. (If you haven't done so for the current fiscal year, 2016-17, or are not sure if you've done so, check with Sue Kimler, SKimler@uucsr. org, 516.472.2919, or me, BBortin@uucsr.org, and 516.472.2934 this month!)

Third, how to renew membership...

If membership lapses, renew it merely by making a pledge and payment on it, and wait sixty days.

A January UUCSR trip to
The Metropolitan Museum of Art
The Max Beckmann visiting exhibit
Friday – Jan. 6

Meet in museum lobby at Noon – Lunch to Follow

SOCIAL JUSTICE COORDINATOR

Claire Deroche

Write for Rights

On December 10 each year, the world observes Human Rights Day. We celebrate the signing of the Universal Declaration of Human Rights adopted by the United Nations General Assembly in 1948. In 30 articles, the declaration guarantees a broad spectrum of economic, social, cultural, political and civil rights.

We will observe Human Rights Day at UUCSR on Sunday, December 11. The Social Justice Committee is sponsoring an Amnesty International Write for Rights Event. Members Patricia Spencer and Jim Smith will staff a table in the social hall during UU Café. There you will have the opportunity to write a letter to ask a government to free a political prisoner. "What difference can a letter make?" you might ask. A lot! Here are a few of Amnesty International's success stories.

Jenni Williams of Zimbabwe has endured numerous arrests and beatings for standing up for the rights of her people to free speech and assembly and the fulfillment of basic needs such as food and education. As Executive Director of WOZA, Women of Zimbabwe Arise, she has been an inspiration to many. In her own words she speaks of how Amnesty International saved her life: "I am alive today, after 33 arrests, because members of Amnesty International spoke out for me. Amnesty International is our big sister. When I'm in prison, if I know that someone, my big sister, is shouting for me, telling people about me, then I feel less distressed, less frightened and less alone."

Birtukan Mideska of Ethiopia was sentenced to life in prison for the peaceful exercise of her right to freedom of expression and association. Because thousands of people from around the world petitioned the government for her release, she left prison after 2 years. Once free, Birtukan wrote: "Thank you for your hard work and your campaigns to secure my release from prison... Your letters, phone calls, and petitions were my protection during the months I spent in solitary confinement. You were my voice when I had none."

On December 11 we will have the opportunity to petition for the release of 12 individuals. Among them is Fomusoh Ivo Feh of Cameroon who forwarded a sarcastic text to a friend. The forwarded text joked that even Boko Haram (an armed group), wouldn't hire you unless you passed five high school subjects. He faces 20 years in prison.

Another prisoner of conscience we will petition for is Johan Teterissa of Indonesia. This teacher was tortured and jailed for waving a flag that was unacceptable to the government. Already he has spent 10 years of a 15-year sentence in prison.

These and the ten other individuals, who make up this year's campaign, have been beaten, arrested, tortured, and held in prison for exercising their basic human rights. By writing letters for these individuals, you will be joining with thousands of people in over 100 countries who are speaking up for human rights. In fact, you'll be joining the biggest grassroots human rights event in the world. Please take a moment after lunch and before the "Messiah Sing" to be an advocate for human rights. (Each participant will receive a pocket sized edition of the Universal Declaration of Human Rights.) Your letter will help save a life.

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SOCIAL JUSTICE ANNOUNCEMENTS

Holiday Meals: On Sundays from December 4 through December 18, the Social Justice Committee will continue its collection of donations to provide roaster chickens for the guests of the North Shore INN Soup Kitchen and the AIDS Center of Queens County. To make a donation, please stop by the table in the Social Hall after worship or drop a check made out to UUCSR with Holiday Meals in the memo line in the collection plate.

Gifts for Children in Hempstead: Rev. Reginald Benjamin organizes a Christmas party with gifts for 1,000 children from families in need in Hempstead. The Social Justice Committee is collecting unwrapped gifts for children ages infant through 18. Please leave your gift in the bin by the tree in the main lobby before December 21. If you would like to volunteer to help wrap the gifts at Rev. Benjamin's church in Hempstead on Wednesday, December 21 from 6 p.m. – 9:00 p.m., please contact social justice coordinator, Claire Deroche at 516.472.2977 or cderoche@uucsr.org for further information.

Guest at Your Table Boxes: Please bring your box with your donation to the Christmas Eve or Christmas Day services, and place it under the tree in the chancel. Don't forget to complete the panel on the side of the box. All donations benefit the UU Service Committee, our human rights organization. UUCSR matches any gift of \$125 or more.

Jobs with Justice Human Rights Day Labor-Faith Prayer Brunch, Friday, December 9, Riverhead, NY, 10:00 a.m. – 12 noon. If you are interested in attending with members of the Social Justice Committee, please register at: https://longislandjwj.org/prayer-brunch/. If you want to car pool, please contact Social Justice Coordinator Claire Deroche no later than Thursday, December 8 at noon.

Write for Rights, Sunday, December 11, Social Hall, 12:15 p.m. – 1:15 p.m.. We will observe Human Rights Day at UUCSR on Sunday, December 11. The Social Justice Committee is sponsoring an Amnesty International Write for Rights Event. Members Patricia Spencer and Jim Smith will staff a table in the social hall during UU Café. There, you will have the opportunity to write a letter to ask a government to free a political prisoner.

Cooking for Interfaith Nutrition Network (INN) Guests, Saturday, December 17, 2016, 9:30 a.m. - 12:30 p.m. in the Main Kitchen. Contact John Ryan at 516.487.5571 for information.

CoUUrage to Defy Hate Task Force Meeting, Monday, December 19 at 7:30 p.m., Veatch House Conference Room: This task force continues to plan the congregational response to hate begun with the screening of the documentary, Defying Hate: The Sharps' War. For further information, contact social justice coordinator, Claire Deroche at 516.472.2977 or cderoche@uucsr.org

Conference Call "Ending Prolonged Solitary Confinement": Tuesday, December 20 from 6:00 p.m. – 7:00 p.m.. Call in number: 1-855.392.2520. When prompted, enter code 5471845#. If you intend to participate, please email cderoche@uucsr.org to receive the agenda prior to the call. Please note the new time.

Climate Justice Task Force Meeting, Wednesday, December 21 at 7:00 p.m. in the Art Gallery. Members of this task force are currently planning events for 2017 to advance a response to climate change.

Together to End Solitary Confinement, Friday, December 23. Vigil at 6:30 p.m. in the Worship Room followed by a screening and discussion of Prison Kids: Juvenile Justice in America. Advocates for ending prolonged solitary confinement gather on the 23rd of every month, remembering those who are in segregated confinement 23 hours a day. For our action this month, we will sign new year's cards for individuals on death row.

Climate Justice Taskforce Book Discussion Series, Tuesday, January 17, 2017 at 7:30 p.m. in the Art Gallery: The second discussion of the book, Memory of Water by Emmi Itäranta, will take place on Tuesday, January 17. Mary Tomaselli, adult educator from Queens College, will lead the discussion. 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.

OPPORTUNITIES FOR SHARING

Non-perishable food donations: Our non-perishable food collection will benefit the food pantry Long Island Council of Churches in Freeport. 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!)

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.

MENTAL HEALTH SUBCOMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Mental Health Myth #3

All crazy behavior can be ascribed to mental illness... or drugs.

First of all, "crazy" is in the eye of the beholder and varies from culture to culture. In Brazil, for example, people who like to read rather than watch television with others are considered odd and suspect, possibly sociopathic because they're perceived as unfriendly. On the other hand, some might consider staring at a lighted box for hours on end to be, well, crazy.

Some "crazy behavior" stems from physical illness. A good example is diabetes; extremely low blood sugar can cause delirium and behavior very like that of intoxication. More than one diabetic has died because an unsuspecting police officer threw them in a drunk tank instead of seeking medical treatment.

GREEN SANCTUARY COMMITTEE

A New Generation of Holiday Meals

Holiday meals are changing. The traditional meat oriented dinner is rapidly being replaced by either vegetarian or vegan ones. The old fashioned feast with family and friends still exists, but the number of attendees and types of dishes served vary considerably. What accounts for this change is our health perspective. In other words, we still enjoy holiday gatherings where we share food, but what we cook and serve depends upon our outlook. Ethical eating is becoming more mainstream when shopping. Organic versus non-organic And genetically engineered foods (GMOs) demands close attention, especially in the reading of labels on canned and packaged foods. The main food chef in modern times may have changed from all women cooking the meal to a male or female dominated kitchen. Of course, a potluck feast allows for a diversity of cooks; even children may contribute desserts like cookies, cakes, or puddings.

The long time traditional meal is composed of turkey, ham, fish, or a roast of some kind as a center piece. Then there are usually several side dishes that can include yams, mashed potatoes, corn, string beans, peas, or a cranberry compote of some sort. Corn on the cob which was available when the Pilgrims and Indians enjoyed what we call Thanksgiving today is rarely eaten. Most of our corn crop is grown from GMO seeds and is used to feed cows, not people. So as many of us know, this past summer there were few ears of corn to be seen in markets. Of course, we do have yellow and green squash as substitutes. Apples in season can be made into pies or beverages. Cool or hot, apple cider, spiked or not, makes for a good way to savor our Fall apple harvest.

The vegetarian meal is, of course, replete with vegetables. They can be stir fried, boiled, steamed, or baked depending upon the recipe. The main course can be a casserole dish using a vegetable with pasta, potatoes or rice. To any of these we can add a great sauce or cheeses and to the rice any types of beans that are favored by

the cook. Vegetarian dishes whether the main course or as sides are nicely partnered with a starch: brown rice and cabbage, pasta with a creamy or tomato based covering; otherwise, we recommend a baked butternut squash with lentils and chestnuts plus filling soups, such as coconut with tomato sauce or a creamed cauliflower or broccoli one. Another favorite holiday dish consists of chestnuts, spinach and blue cheeses wrapped in a flaky butter pastry. Of course, rolls or breads can be used at all the holiday meals with butter or other substitutes.

Spices are one of those accents any holiday meal deserves. They will add pizazz. With vegan cuisine this is especially effective. Tofu and soy based dishes utilize spices, fruits and nuts in lieu of the dairy, eggs, and animal content found elsewhere. For example, instead of braised veal osso buco, as a substitute there is a carrot, mushroom osso buco nicely spiced. One truly delicious main vegan holiday dish is Gardein Holiday Roast. This consists of stuffed wild rice in combination with cranberries. Stir fry dishes are easy with eggplant and tomatoes or other vegetables used over quinoa, rice, couscous, pasta, very suitable as side or main dishes. Besides yams with cinnamon or other flavors, mashed potatoes with rice milk can please the children. For coffee drinkers there is soy milk available and herbal teas to please the palate.

This new generation of holiday meals can seem exciting or daunting. Cooking a good meal and preparing a feast like atmosphere require some skill and lots of heart. If we want to celebrate in the home, this takes time, effort and energy like most worthwhile things. However, if we decide to relax like a king or queen choosing to eat dinner out is another fine option. Just pick a favorite restaurant or be adventurous and go out to one never been to before. Our only suggestion beforehand is to go online and peruse the menu and price. We all want to try to avoid indigestion, so don't overeat wherever this holiday celebration takes place. Elaine Peters for the Green Sanctuary Committee

UUCSR OPEN AUDITIONS

Men, Women and Girls, Actors, Understudies and Backstage People Needed for

"Margaret's War"

A drama of Holocaust rescue based on the life of a former UUCSR member.

Have fun and get experience with a professional Director and other professionals.

PERFORMANCES: April 28, 29, 2017
REHEARSALS start in February
Auditions: Tuesday, Wednesday
January 10 and 11, 7:30 p.m.
For sample scripts contact Carson at cjones@uucsr.org
or call 516.472.2915

NYS VAN DRIVER CERTIFICATION

A special class is available for members to learn to drive the 15 passenger congregational van on approved congregational outings. The course information is available in the MYUUCSR section of the uucsr.org website. The training program includes National Safety Council approved training, an online defensive driving course (which can reduce your collision insurance costs), road test and screening of driving record for traffic infractions. Adrian Rivera, Director of Facilities will conduct the class on Sunday, Dec. 11, 2016 at 9:00 a.m. Please register with Tammy Weil at tweil@uucsr.org.



December 6, 2016 7

WOMEN'S GROUP

Maria Ceraulo, Women's Issues

Keep Going

The following quote, attributed to Harriet Tubman, provided some inspiration for many of us at the NOW New York State Annual Conference on Saturday, November 19, 2016.

"If you hear the dogs, keep going. If you see the torches in the woods, keep going. If there's shouting after you, keep going. Don't ever stop. Keep going. If you want the taste of freedom, keep going."



Part of a full house at Hofstra, a number of UUs we're In attendance. At the time, many of us were reeling from the results of the Presidential election.



UUCSR member, Lisa Simon, Social Justice Chair, with UU Women's Group contingent to NOW New York State Conference on November 19, 2016 at Hofstra University. Photo credit: Newsday.

This convention was well organized - one of the best conventions I can remember. The women were strong, chanting, carrying signs and pledging the following ten points (see sidebar.) Now don't you think you could commit to take action on all of these? I know I can.

There definitely was an energized bunch, waving signs, chanting that we will not accept hatred, bigotry, misogyny. NOW will hold elected officials accountable. They will shore up their infrastructure so they can provide direction for their constituents. They demand that Steve Bannon sees the door. They asked that we reach all women not in the room. I hope all of you will reach the women not reading this-the other women in your lives. We need to build bridges and break barriers by working to be ambassadors of healing and respect.

For me, it was what I needed. There's comfort in being with like minded people. The convention was jammed with veteran activists, young women and those who woke up after the election. All of them needed a way to move forward when it seems we've gone so far backward.

NOW is working on organizing the Women's March in Washington DC. We continue to monitor developments. Last check indicated there was no permit yet. Without one, it may be wiser to attend the one in New York City. If you are interested in DC, you can take a survey to indicate interest so the needs of each neighborhood can be assessed. You can go to: https://goo.gl/forms/vXVms402BonTwxM03. In the mean time, remember Harriet Tubman and "Keep Going".

TEN EMPOWERING POINTS

- 1. Advance equality and justice for all people.
- 2. Hold our elected leaders accountable and demand they denounce racism, sexism, and bigotry.
- 3. Stand up for reproductive justice and access to healthcare.
- 4. Protect free speech and preserve our right to speak out.
- 5. Take on the economic inequality that drives our division.
- 6. Dismantle toxic masculinity and rape culture in one generation.
- 7. Demand that law enforcement, public institutions, and our communities Take Rape Seriously.
- 8. Elect pro women's rights and pro-choice leaders.
- 9. Challenge myself to learn, listen, speak up, and engage as an activist, ally, and witness.
- 10. Ensure New York remains an inclusive safe haven for women, girls, people of color, LBGQ individuals, immigrants, those with disabilities, and all Americans.



THANK YOU

Our Abundant Gratitude For Those Who Care!



I am so genuinely happy for the success of Thanksgiving at Hadley House this year!! It took many weeks of planning and coordination prior to the occasion, with the help of my expert liaison Aida Nema, resident of Hadley House. Aida was organized, responsive and incredibly helpful to me in all

aspects of planning. Neither of us could be present for the festivities, but the feedback was wonderful. I was thrilled by how it all came together with the help of so many. Special thanks go to Renee Silver, our coordinator, Robin Finnan-Jones, and Frank Teltsch who were there for the duration of the day. Riki Birk offered her guidance with the many years she has been participating and her two children; Jenny and Mike and Mike's girlfriend pitched in, as well, all contributing their time prior to their own Thanksgiving dinner. Martha and Vince Chimienti, graciously delivered the turkeys from lavaronne Bros. in New Hyde Park. We also had the cooperative efforts of Hadley House residents and their families! In particular, I'd like to thank Irene Craft's son and daughter in law, Bob Dixon, Vivian George's son and Elizabeth Buchart, Elaine Robbin's attendant, who were all especially helpful.

Our special acknowledgement goes to Monica Schlichting and the Girl Scout troop who set up the tables so beautifully and also offered to stay longer to receive food donations, as well. Renee added a special touch to each table with festive floral arrangements. It was neat seeing it all come together when I stopped by just before the guests arrived!

We had so many delectable dishes which were contributed by the following individuals: Thanks goes to: Judith Wylie-Rosett, Robin Finnan-Jones, Jean Smith, Jessica Vega, Ruth Weiss, Karin Lyngstat-Hughs, Carol McHugh, Louise Sarola, Martha Chimienti, Jean Smith, Ben Bortin, Ellen Foster, Peter Koos, Lillian Strassman, Lisa Simon, Giuseppina Iorfino, Lee Geisen, Kate Ehrlers, and Barbara Shea and myself.

Kudos to Ben Bortin, too, who was a key player in helping to transport food, beverages and containers to Hadley House for us! Most of all, my appreciation to Reverend Jennifer Brower, for your professional guidance and to Kimberly Rossiter, our Assistant to the Ministers, for all your support with mailings and phone calls! You're the best!

I am reminded of the ongoing generosity and love exemplified by our community on this special day! I hope for many more years of participation.

Warmly,

Rhonda Kessler, Chair of Caring Committee

I want to thank all of the members of the Caring Committee for the beautiful quilted bag they sent me after my recent hospitalization. It is absolutely gorgeous and I will treasure it always as a symbol of your kindness and concern. Thank you.

Sincerely, Barbara Shea **Our annual winter coat drive** was once again a success. We have been able to collect 40 warm coats which have been donated to the Mary Brennan Inn. Thanks to all contributors.

Elaine Peters for the Green Sanctuary Committee

To the Shoppers from the Residents of United Veterans House, Freeport: Well, once again you have done a splendid job. Thank you so much for your food drive. Our larder will be stocked for quite a while!

Residents of United Veterans House, Freeport

My heart is overflowing with love and gratitude for the outpouring of support, hope and prayers for my recovery. The power of prayer must really work because I feel stronger every day. Thanks to the caring quilters, I have been enjoying the stunning quilt which you all made for me. It is museum quality and worthy of the Whitney museum. I cannot thank you enough to express my appreciation for this magnificent art work. Renee, I used your quilted bag daily and love it!

The flowers, and abundance of inspirational cards have uplifted my spirits and continually remind me what an important part of my life is UUCSR.

Thank you all for giving me hope!!!
Dotty Prunhuber

I would most like to thank all of the people who helped following my recent hospitalization. You were so kind to reach out to me. Thank you too for the flowers that were sent by the Caring Committee.

> Sincerely, Pat Houghton-Rones

MILESTONES

The ministers of UUCSR share the sad news... of the death of our long-term member Barbara Laurence

Barbara died on Wednesday, November 30, 2016. The cause of death was heart failure. We hold Barbara's husband, Michael, sons, Erik and Trevor and their larger family in our hearts and minds. A memorial service will be held at UUCSR. A date has not yet been set.

Condolences may be sent to the Laurence family 3 Small Lane, Port Washington, NY 11050

We send our care to... Lisa Armband who is working on the practice of patience while her body heals from surgery. Boredom and restlessness have set in... Cards are welcome.

We hold in our hearts and minds... Tim Cohn, husband of Sarah Humphrey, as he navigates the twists and turns of treatment for lymphoma. May Sarah and Tim feel our encouragement and care.

We celebrate with... Carolyn Greene, elder daughter of Barbara and Andy Greene who, was married on December 3, 2016 to Adam Stoddard. As Carolyn and Adam begin their married life, we offer our congratulations and wish them every blessing.

December 6, 2016

PROGRAM ANNOUNCEMENTS

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

Tuesday, December 6, 2016

Green Sanctuary Film: Merchants of Doubt, 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. Learn more at uucsr.org.

Grieving During The Holiday Season, 7:30 p.m., Veatch House Terrace Room. Facing the holiday season without a loved one can feel overwhelming. If you are mourning and wondering how you will find your way through this season, come join us. We are strengthened by the companionship of others. Led by UUCSR member, Angela Cesa, a professional Chaplain who has served for many years as a chaplain in our congregation. RSVP to Kimberly Rossiter by Monday, December 5, 2016 via email or 516.472.2941.

Wednesday, December 7, 2016

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

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

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

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

Thursday, December 8, 2016

Yoga, Art Gallery, 9:30 – 10:30 a.m.

Lunch Bunch Holiday Luncheon, 1:00 p.m., Toscanini Ristorante Italiano, 179 Main St, Port Washington, NY 11050. \$35 All inclusive. Toscanini sponsors one child each year to obtain the Gift of Life and Health Care at Saint Francis. RSVP with Ben Bortin via email or 516.472.2934, or sign at the Welcome Desk by Tuesday, December 6. See the flyer.

Messiah Sing Dress Rehearsal, 7:00 p.m., Worship Room **Choir Rehearsal,** 7:30 p.m., Choir Rehearsal Room

UUCSR Airing On PATV In December



Cablevision Channel 20 / Verizon Channel 37 - in the incorporated Villages of Great Neck/ North Shore: Flower Hill, Great Neck, Great Neck Estates, Great Neck Plaza, Kensington, Kings Point, Lake Success, Munsey Park, North Hills, Plandome, Plandome Manor, Plandome

Heights, Russell Gardens, Saddle Rock, Thomaston

Live Stream same dates/times available on PATV for those who do not get their station can be found at **patv.org/livestream**. During the month of December, PATV (Public Access TV) will be airing Shelter Rock special events on Cablevision. See below for the program dates and times:

"How Would America Be Changed by a More Right Wing Government" Saturdays, Sundays and Wednesdays at 3:00 p.m.

"Breaking the Political Glass Ceiling" Tuesdays at 9:00 p.m. Find previously shown programs on PATV's On Demand Link, patv.org/a1 programs/programs-on-demand.

Friday, December 9, 2016

Tai Chi/Qi Gong, Art Gallery, 10:15 – 11:30 a.m.

Jobs with Justice Human Rights Day Labor-Faith Prayer Brunch, Riverhead, NY, 10 a.m. – 12:00 noon. If you are interested in attending with members of the Social Justice Committee, register here: longislandjwj.org/prayer-brunch. If you want to car pool, please contact Social Justice Coordinator, Claire Deroche, via email or at 516.472.2977 no later than Thursday, December 8 at noon.

Bridge, Lessons and Game Play 1:00 p.m., Ballroom. Bridge Lessons will be held.

Soulful Sundown. Evening supper, service, and coffee house beginning at 6:30 p.m. Service at 7:30 p.m. with The Rev. Jennifer L. Brower. Special coffeehouse performer Willy Porter and Carmen Nickerson. John Platt, host.

Saturday, December 10, 2016

Love and Stitches Craft Group, 9:00 a.m., Veatch House Ballroom

Quilting Group, 10:00 a.m., Rooms 204 and 205. Newcomers please contact Kimberly Rossiter, Assistant to the Ministers, via email for more information.

Yoga, Social Hall, 11:00 a.m. - 12:00 noon

Messiah Sing Orchestra Rehearsal, 11:00 a.m., Art Gallery, Worship Room

Religious Education (RE) Volunteer Holiday Party, 7:00 p.m., Art Gallery, Social Hall

Sunday, December 11, 2016

Small Group Ministry - Second Sunday Meeting, 8:30 a.m., Office Conference Room

Worship Committee Meeting 9:00 a.m., Brides Room

Great Books: Short Story Omnibus – A Lady with a Dog by Anton Chekov, 9:00 – 10:30 a.m., Room 4 (New book available for \$35 cash or check at the session, or by contacting Carson Jones at cjones@uucsr.org)

Jazz Ensemble Rehearsal, 9:00 a.m., Music Rehearsal Room.

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

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

Young Peoples Choir Rehearsal, 10:00 a.m., Chapel

UU Cafe, 12:00 p.m., Social Hall

Write for Rights, Social Hall, 12:15 p.m. – 1:15 p.m. We will observe Human Rights Day at UUCSR on Sunday, December 11.

The Social Justice Committee is sponsoring an Amnesty International Write for Rights Event. Members Patricia Spencer and Jim Smith will staff a table in the social hall during UU Café. There, you will have the opportunity to write a letter to ask a government to free a political prisoner.

Adoption Triad Ministry, 1:00 p.m., RE Room 15

G. F. Handel's MESSIAH: A Holiday Community Sing, 1:30 p.m., Worship Room. with professional soloists, symphony orchestra and organ. Stephen Michael Smith, Conductor. Audience is invited to sing along or just to listen. Vocal scores available for singers. \$8 Non-members/\$5 Members; under 18 years old free.

Green Sanctuary Film: Merchants of Doubt, 7:00 p.m., Hadley House Community Room. Special Showing, full details available on the online calendar.

Wednesday, December 14, 2016

Bridge Group, 1:00 p.m. -4:00 p.m., Veatch Ballroom

Ralph Waldo Emerson & Walt Whitman: Spiritual Masters of the 19th Century, Veatch Library, 7:30-9:30 p.m.

Small Group Ministry - Second Wednesday Meeting, 7:30 p.m., RE Room 16 and 19

Thursday, December 15, 2016

Yoga, Art Gallery, 9:30-11:00 a.m.

Green Sanctuary Committee Mtg, 7:00 p.m., Staff Lunchroom

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

COM meeting, 7:30 p.m., RE Room 19

Friday, December 16, 2016

Tai Chi/Qi Gong, Art Gallery, 10:15 – 11:30 a.m.

Soulful Small Group, RE Rooms 14,16, 7:00 p.m/

Women's Group Book Series, 7:30 p.m., Art Gallery. A Fall of Marigolds by Susan Meissner will be topic of discussion led by Renée Silver.

Saturday, December 17, 2016

Quilting Group, 10:00 a.m., Rooms 204 and 205.

Tai Chi/Qi Gong, Art Gallery, 11:00 a.m.

Midnight Run, 6:30-9:30 p.m. Prepwork, Social Hall, 10:00 p.m. - 1:00 a.m. Run in Manhattan

Men's Group Sing-Along, 7:00 p.m.-10:00 p.m., Art Gallery

Sunday, December 18, 2016

Great Books: Short Story Omnibus – The Yellow Wallpaper by Charlotte Perkins Gilman, 9:00 – 10:30 a.m., Room 4 (New book available for \$35 cash or check at the session, or by contacting Carson Jones at cjones@uucsr.org)

Jazz Ensemble Rehearsal, 9:00 a.m., Music Rehearsal Room.

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

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

Young Peoples Choir Rehearsal, 10:00 a.m., Chapel

UU Cafe, 12:45 p.m., Social Hall

RE Holiday Party, 12:30 p.m., Social Hall, \$5 per person, \$20 max.

Small Group Ministry - Third Sunday Meeting, 1:30 p.m., Brides Room

An Open Letter To The Residents Of Hadley House

Dear Hadley House Resident,

Allow me to introduce myself. I am a Term Trustee on the Board, but I am not now speaking for the Board, although I suspect other trustees would agree with many of the ideas I am about to express. Also, I am not on the Housing Board, the Hadley House Task Force, or any other group associated with Hadley House, although I personally know and love many of you, have attended events at Hadley, and I have been instrumental in bringing events to Hadley (namely Cabaret). I have been listening to what our lawyers have to say, and what many of you have to say, both at our recent Congregational Meeting, at Board of Trustees meetings, and in private conversations with some of you.

First off, I noticed that much discussion at the Congregational Meeting revolved around issues that have already been decided. The new rental policy and the new subsidy policy are fixed, and they are not going to be changed in this time frame.

The only issue of importance at this time is the proposed change in the governance of Hadley House. In considering this issue I place the health of our Congregation foremost. It is the Board of Trustee's duty to protect the Congregation as a whole. In protecting the Congregation, we will also be protecting Hadley House and its residents. It is therefore important that you understand the proposal completely, and try to evaluate it in the context of our Congregation, and not just as residents of Hadley House.

I will not restate the advantages of the proposed change here. However, I have good reason to believe that your relationship to the Congregation will not change under the new regime. Life will go on as usual at your beloved Hadley House.

Your new HH Board of Managers will be appointed by your Board of Trustees. While there can be no resident member of this new Board, there is no reason to exclude non-voting resident representation, and there is no reason for their meetings to be closed except in exceptional circumstances. In addition, there is no reason the new Board of Managers cannot take advice and recommendations from the Residents' Association. The Board of Managers must, as the current Housing Board, work for your benefit. The Board of Trustees will encourage open lines of communication between the Residents' Association, the Board of Managers, and the Board of Trustees. The Board of Trustees will know if there is a problem with any decision of the Board of Managers, and since members of the Board of Managers serve at the pleasure of the Board of Trustees, they can be removed and replaced. The residents will continue to have excellent representation. In addition, residents will continue to be served by your social worker and building management company.

Since the only owner of the Hadley House LLC will be UUCSR, our spiritual and emotional connection will also be unchanged. Pastoral services of our ministers will continue to be available to you. You will continue to enjoy fellowship, love and concern from all of UUCSR, and we will continue to share many events that stimulate our mutual search for knowledge and life's pleasures.

So I close with this appeal to you: please do not fear this proposed change in governance. It will protect the entire Congregation and all its members, including you, and it will mean NO CHANGE in the actual relationship of Hadley House residents to the rest of UUCSR.

Yours Sincerely, Barry Nobel

December 6, 2016

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December 6, 2016

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President: Arnold Babel Vice President: Klaus Masuch Secretary: John Ryan Treasurér: Paul Drezner

Members of the Board of Trustees:

Vince Chimienti Marilyn Fischell Edwin Frank Tara Miner

Barry Nobel Vic Weit Latifa Woodhouse

Next Quest: Tuesday, January 10, 2016 | Deadline for Content: Thursday, January 6, 2016

REJOICE WITH HANDEL'S MESSIAH!

Join UUCSR for G.F. Handel's Messiah, a community sing conducted by Stephen Michael Smith.

A Community Holiday Sing Sunday, December 11 1:30 p.m.

Purchase tickets at the door.

\$5 Members / \$8 Non-Members Free/18 and under.

