As Unitarian Universalists, we acknowledge that our tradition draws inspiration from many sources. It is this diversity of expression and thought that illuminates our lives.. There are also moments in which we are in need of a reminder that being in such a theologically diverse community requires a constant practice of humility, compassion and open-mindedness. In the words of one of the Senior Seminar youth, “If we take the time to work on ourselves individually while supporting one another through this transformation, our community will blossom into something beautiful.”

This morning’s service of Native American music, spoken word and ritual is offered to the members of our congregation by our Women’s Group. UUCSR member, WinterFlower Regla Robinson, a member of the Ramapough Lenape tribe, will lead this service.

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.

WORSHIP SERVICES

Friday, March 10, 2017
Dinner - 6:30 p.m., Worship - 7:30 p.m.,
Free Coffee House
Soulful Sundown
The Rev. Jennifer L. Brower

Special guest performer
Kate Copeland
SOULFUL SUNDOWN
Where music resides at the heart of religious experience

Sunday, March 12, 2017 - 11:00 a.m.
“A Lotus of Countless Petals”
Annual Youth Group Service

As Unitarian Universalists, we acknowledge that our tradition draws inspiration from many sources. It is this diversity of expression and thought that illuminates our lives. There are also moments in which we are in need of a reminder that being in such a theologically diverse community requires a constant practice of humility, compassion and open-mindedness. In the words of one of the Senior Seminar youth, “If we take the time to work on ourselves individually while supporting one another through this transformation, our community will blossom into something beautiful.”

Sunday, March 19, 2017 - 11:00 a.m.
“In The Circle We Are All Equal”
A Service in Celebration of Women’s History Month

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.

SHIELD ROCK VISION STATEMENT

TOUCHSTONES
The Rev. Jennifer L. Brower

Over the weekend, I officiated at a memorial service for an incredibly likable, intellectually gifted, athletic, not-yet-60 year-old scientist who lived life with gusto and good cheer – even while enduring complicated experimental treatments for the cancer that would take his life. He lived well and he died well. Hundreds of family members, friends, colleagues, fellow scientists, runners and others who knew him attended the service. It was a moving tribute to a life that ended too soon.

On the drive home it occurred to me that this likable scientist reminded me a great deal of a long-time friend of mine. It was a little strange, but I could easily imagine a similar memorial service for my friend. There would be friends from every life stage and colleagues who became dear friends – not to mention a pack of fellow athletes. It was both heart warming – to think that one day my dear friend will be remembered with such love – and heartbreaking! (Just for the record, my friend is fit as a fiddle and has no idea that I am thinking about his memorial service.)

I don’t really want to think about my friend dying. I don’t want to think about any of my friends or loved ones or myself exiting the life I know and understand. But pretending that we are not finite creatures doesn’t add to the living - and it sure doesn’t help in the process of dying.

Somewhere - I can’t now recall where - I read about a chaplain visiting with a woman who was actively dying. The chaplain asked the woman how she felt about dying, now that it was happening. In reply, the woman asked the chaplain, “How does it feel to pretend you’re not?”

The likeable scientist died well because he spoke openly with his loved ones, his medical team with me and others about living with an aggressive form of cancer and the inevitability of his death. Death is inevitable for us, too. Let’s not pretend otherwise.

Come, and participate in the next Death Cafe. Come speak with one of your ministers about dying – it can be so hard to wrap your mind around. Register for Facing Death with Life which begins March 9, 2017. Or join me for the next Ask the Undertaker this Wednesday, March 8, 2017 at noon. Joseph Velotti, Funeral Director of the Roslyn Heights Funeral Home, and I will answer any questions (within reason!) you want to have answered.

With care,
Rev. Jennifer L. Brower
Our Youth and Young Adult Coordinator, India Harris and I, accompanied our UUCSR Women's delegation to the International Unitarian Universalist Women's Convocation last month. The convocation's theme was “Weaving Global Partnerships...Forging a Just Future Together.” It was a wonderful event with women attending from around the world.

The programming was divided into five “streams”: economic opportunity, education, health and reproductive justice, leadership development, and violence prevention. There were excellent speakers in all these areas – and an opportunity to learn about how women around the world were working on these issues. The keynote speaker was the prominent author and teacher, Dr. bell hooks. The spirit of the convocation is well captured in the participant covenant:

We gather in affection and gratitude – We are women of progressive faith; We represent the broad diversity of human life, culture, and tradition; We celebrate life, love, work and community. We have important work to do – Learning, planning, and acting together, That all women may find new paths To health, education, security, livelihood, and leadership. We work together in right relationship – Speaking from personal experience with honesty and clarity, Listening to one another with open mind and open heart, Recognizing the diversity of our humanity as we work together. We will return to our communities with energy and commitment – Promising to act in ways that empower women, everywhere, Vowing to celebrate and sustain one another, Building a world of justice and peace.

NEIGHBORING FAITHS

March 12 – Purim is the celebration of Queen Esther’s saving of the Jewish people during the days of the Persian Empire. It is celebrated with feasting and rejoicing.

March 13 – Holi is the Hindu festival of colors marking the start of Spring. It also celebrates the victory of good, peace and love over evil.

March 17 – St. Patrick’s Day is the cultural and Christian religious celebration of the patron saint of Ireland – St. Patrick.

March 20 – The Vernal Equinox marking the beginning of Spring. Celebrated as a religious holiday by neo-pagans.

March 21 – Nowruz is the Persian New Year. It has roots in the ancient Zoroastrian religion of Persia and modern-day Iran.

Jazz Ensemble Rehearsal, 9:00 a.m., Ensemble Rehearsal Room Young Peoples Choir Rehearsal, 10:00 a.m., Choir Rehearsal Room Youth-Led Service, 11:00 a.m.; RE Classes, 11:20 a.m. Elementary OWL Class, 12:30 - 2:45 p.m., Room 4

Friday, March 17, 2017 RE Supper Club for RE Volunteers, with the Rev. Ned Wight, 7:00-9:30 p.m., Room 15

Sunday, March 19, 2017 Jazz Ensemble, 9:00 a.m., Ensemble Rehearsal Room, Young Peoples Choir Rehearsal, 10:00 a.m., Choir Rehearsal Room RE Classes, 11:00 a.m. Elementary OWL Class, 12:30 - 2:45 p.m., Room 4

Sunday, March 26, 2017 Jazz Ensemble, 9:00 a.m., Ensemble Rehearsal Room, Young Peoples Choir Rehearsal, 10:00 a.m., Choir Rehearsal Room RE Classes, 11:00 a.m. Elementary OWL Class, 12:30 p.m. - 2:45 p.m., Room 4

Sunday, April 2, 2017 Jazz Ensemble, 9:00 a.m., Ensemble Rehearsal Room, Young Peoples Choir Rehearsal, 10:00 a.m., Choir Rehearsal Room RE Classes, 11:00 a.m. Elementary OWL Class, 12:30 - 2:45 p.m., Room 4

Tuesday, April 4, 2017 RE Committee, 7:30 - 9:30 p.m., Veatch Conference Room
Every week, the Veatch Program staff are hearing from grantees around the country about the impact of the political climate on their communities. One story stood out this past week, and we want to share it directly with you.

Cristina Jimenez, Executive Director of United We Dream, joined us at the Congregation this past January as one of the panelists during Veatch Weekend. Cristina’s organization is the largest immigrant youth-led organization in the nation. Their powerful nonpartisan network is made up of over 100,000 immigrant youth. They organize and advocate for the dignity and fair treatment of immigrant youth and families, regardless of immigration status.

Below is an update about the impact of increased immigration enforcement on Cristina and her community, in her own words:

“In the last weeks, ... ICE agents have detained and deported 600+ immigrants, including workers, mothers, fathers, and DACA recipients—terrorizing and hurting immigrant families/communities across the country.

“Those of us who are immigrants are in fear that we could be next. I fear that my undocumented parents and DACAMENTED brother could be next. ICE raided people in Brooklyn, NYC, right next to Queens, where my family and I live. I’ve experienced so much trauma and pain that I’m exhausted, angry, and full of rage. And to top it all, yesterday 45 said that he believes its time for a ‘compromise’ on immigration reform. I JUST can’t.

“I’m not gonna lie—keeping my #HereToStay spirit has been difficult. But we cannot be fooled. When you see evil, believe it. 45 [the President] has already demonstrated how cruel his views on immigration are. All he has done is terrorize our communities since he was on the campaign trail, and he further criminalized our community and put us all at the risk of deportation with the immigration executive orders that he signed his first week in the White House.

“I know that as a movement, we won’t stop defending and fighting for our communities, and I’m down for the use of all of our sources of power: people, electoral, cooperation, economic, etc. However, I do worry that the narrative around the Day Without Immigrants minimizes our value to labor and exploitation. I still remember when as a 14-year-old, I accompanied my dad, an undocumented worker, to his job (a car wash), to demand that his boss pay back wages from weeks. As an undocumented young person, my body and soul would never forget the humiliation and powerlessness I felt when the owner of the car wash refused to pay him back. I had not discovered my own power and the power of organizing then so we just went home. So I worry that if we minimize our value as human beings to our labor, this would give space and cover to 45 [the President], the Congress, the chamber of commerce and other interests to promote a “legalization” and/or “worker programs” that would further legitimize the exploitation and abuse of immigrant labor.

“As a human being and an organizer who gained the courage to dream about the impossible in the movement, I dream of the day when immigrants and people of color would be valued because we are human beings, not because of our skills or labor.

“I dream of a new way of life—in this new way of life people would be free to move and return and those who make the choice to move or are forced to move would be loved and their lives would be valued, not because of their labor or skills, but because they are human beings. Because my life and the lives of my parents as immigrants and people of color are priceless.

“Thanks to my brothers and sisters…and others for encouraging me and creating the space to dream about this new way of life. #HereToStay”

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.

DON’T MISS THE BUS!

Join us for the semi-annual Veatch Program Bus Trip as we visit Community Voices Heard! Hear about how they are fighting for our families, communities, and more. CVH is a 23-year-old organization created by mostly women that had been shut out of the halls of power. Hear how 23 years later they are leading the way forward for economic justice.

Saturday, April 1, 8:30 a.m. to 2:30 p.m.

Bus leaves from UUCSR and travels to CVH’s office in East Harlem. Reserve your seat on the bus on the uucsr.org events page or contact Denise Centkowski (denise@veatch.org, 516.472.2924).
Juana is a 19 year old and an undocumented immigrant. Since I only met her for the first time on Wednesday and didn’t have time to get to know her, I don’t know the details of her journey to this country. She may be one of the thousands of unaccompanied minors who have come here to escape extreme violence, war, and almost certain death in their home countries. That this undocumented immigrant is here and had to report to an office did not surprise me. What did surprise me is the existence of the program that monitors her every move. I had never heard of ISAP.

Here’s what I have since learned. ISAP is one of three Alternatives to Detention (ATD) programs that the U.S. government runs. These programs monitor undocumented immigrants who are awaiting the resolution of their case in immigration court. Because the U.S. has detained so many undocumented immigrants, and detention centers are very costly, the government has sought other means to monitor these individuals.

Juana wears an ankle bracelet and has to report once a month to an office in Queens where she signs in. Because the program is run by a private contractor, BI Incorporated, the individual she reports to is not an agent of Immigration and Customs Enforcement (ICE.) The “Officer” is an employee of BI Inc., a wholly owned subsidiary of GEO, the global corporation that runs private prisons here and abroad. It seems that BI has a five-year contract, effective September 8, 2014, with expected annualized revenues of $47 million. Upon further investigation, I learned that although the Vera Institute, a not-for-profit research and grant-making organization addressing incarceration issues, had successfully piloted a 3-year ATD project that would have cost less, the contract went to BI Inc.

A recent study of ATDs by Rutgers University and the American Friends Service Committee entitled “Freed but not Free” concluded: “Finally, the stated goal of ISAP is to be a robust and intensive supervisory program with case management services including an individual service plan (ISP) and case specialists. However, the current model falls short of its intended format, which would provide a level of service that might actually be beneficial to participants. Instead, as we observed, an ISAP check-in lasts mere minutes and consists only of notifying ICE of the participant’s compliance and notifying the participant of his or her schedule of check-ins.” The study recommends that ATDs be run by community organizations so that there is no incentive for the government to keep people under supervision simply to fulfill the demands of a contract that it has already agreed to!

I could only conclude that as in so many other areas of life today, the Detention Industrial Complex has as many heads as Hydra. It will take the herculean effort of all of us to demand that people and not profit come first.

*Along with 7 other members of UUCSR, I received training to accompany undocumented immigrants to court and other mandated appointments with immigration services from LI Jobs with Justice. If you’d like to receive training, please let me know so I can alert you to the next workshop.

Sponsored by the Art Committee

**SoulCollage®**
Conducted by Veronica Schauder, LCSW

**Saturday, April 1, 2017**  
**10:00 AM - 1:00 PM in RE Room 15**

A fun, transformative tool to access your creativity and intuitive wisdom. Under the guidance of a trained facilitator and using images and patterns from old magazines, you will assemble a very personal series of collage cards.

**Questions? Elaine Corrao  
516.472.2933**

Attendance is limited to 20 paid participants  
$10/$15 Members/Non-Members payable upon registration.  
Fee includes all materials; special photos or images may be incorporated if desired.  
Register on the calendar at UUCSR.org or directly: http://bit.ly/2kCFSCg  
Bring your own lunch.  
Coffee, tea and cookies will be provided.
Refugee Resettlement:

The CoUUrage to Defy Hate Task Force invites all UUCSR members to join them in helping 2 families and 1 adult male, all from Afghanistan, to resettle on Long Island. The families arrived this week, and the single male has been living here for a while. In each instance, the male was an interpreter for the US military in Afghanistan and needed to leave the country for their own safety. The men all speak English, as do some of their family members. A high priority in their resettlement is to find jobs for the adults. They all have temporary housing. As soon as we have sufficient volunteer team leaders and team members, we will start addressing their needs for clothing and food, transportation to appointments, job interviews, and school registration. Please contact Social Justice Coordinator Claire Deroche immediately so we can begin to help these brave people! For detailed information about responsibilities of Team Leaders and Team Members, please see the flyer on the info table in the lobby.

SAVE THESE DATES:

• Tuesday, March 28 at 7:30 p.m. in the Worship Room
  Activist and Co-founder of Code Pink, Medea Benjamin will speak. Co-sponsored by the SR Forum, the SJ Committee, and LI Alliance for Peaceful Alternatives.

• Tuesday, May 2, 6:00 a.m. – 8:30 p.m., Albany NY
  Advocacy Day for the HALT Solitary Confinement Act. To register for a place in the UUCSR van and Advocacy Day at 7:30 p.m. in the Art Gallery, please contact Social Justice Coordinator Claire Deroche immediately. Space is limited!

Grocery Collection for Residents of United Veterans Beacon House, Freeport:

Twice each year the Social Justice Committee and Religious Education Families collect groceries for residents of UVBH in Freeport. On Sundays, March 5, 12, and 19, SJ Committee members will distribute grocery bags with shopping lists in the main lobby after worship. Grocery bags will also be distributed to children and youth in religious education classes. We invite you to shop for some of the items on the list and bring the full grocery bag to the main lobby on Sunday, March 26. If the artists in your household can decorate the bag, you’ll bring many smiles to the faces of the veterans in Freeport.

Sunday, March 12

Supporting Bus Transportation on Long Island: Please visit the Social Justice Table after Worship to sign letters to Governor Cuomo and Senate Majority Leader John Flanagan, asking them to increase funding for bus service in Nassau and Suffolk Counties.

Wednesday, March 15

Social Justice Climate Justice Task Force Meeting, 7:00 p.m. in the Art Gallery. The Task Force is making plans for 30 Days of Action for Climate Justice and the People’s Climate March in Washington, DC on April 29. Interested newcomers are always welcome.

CoUUrage to Defy Hate Task Force Meeting: 7:30 p.m. in the Office Conference Room. We will be reviewing our February 26 and March 4 and 5 events and organizing our refugee resettlement efforts.

Tuesday, March 21

Conference Call of the NY Interfaith Campaign Against Torture (NYICAT): 6:00 – 7:00 p.m. Call in number: 1.855.392.2520. When prompted, enter code 5471845#. Our special guest will be Regina Smith, a member of CAIC and a survivor of solitary confinement. If you intend to participate, please email cderoche@uucsr.org to receive the agenda prior to the call. Please note the new time.

OPPORTUNITIES FOR SHARING

Non-perishable food donations

Our donation drive continues and will next benefit the INN Soup Kitchen in Glen Cove. 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!) Thank you!

UUCSR Used Clothing Bin and Clothing Closet

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

Towels for the INN

New or gently used towels are needed at the Mary Brennan INN. There are two showers located there alongside 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.
The Ocean and Its Changing Face

The Ocean is a sacred part of our Earth. In fact, it covers over 71% of the earth’s surface. On Long Island it means there is access to many fine beaches. Long Beach, Lido Beach, Jones Beach, Rockaway Beach, etc., with their wonderful sea, sand and sky are a vacation land for many or a place to live. We also have another beach area for vacationers called Fire Island. Then there are our important barrier reefs which protect us. But what we no longer have is the Ocean of yesterday. All around the Earth, our Ocean and our beaches have become garbage dumps.

In the United States alone, there are 10 million tons of waste coming from our lands and hands that end up in our oceans. This is unparalleled. We have created Garbage Patches, such as the Great North Pacific Garbage Patch, soupy seas of plastic, which are the remnants of our throwaways. They are mainly plastic bottles and caps and, of course, the 100 billion plastic bags Americans use each year. These bags are generally used for about 12 minutes and discarded. However, they can live up to 1000 years after their use. Guess what happens to the marine life swimming among this debris?

Because our ocean currents have created these “plastic soups,” the small bits and pieces of plastics are carried about. The fish and turtles think they are something to eat and ingest them. Then we eat the fish. Even the mercury found in our tuna from toxic runoff and other modern day chemical processes isn’t viewed as bad as that. Yet, there is more to the tale. How we carelessly dispose of our drugs is another toxic scenario. When they end up in the drain, they also end up in our rivers and oceans. Now we have fish that have become androgynous—neither male nor female—or they have other reproductive problems. So people are eating “healthy” factory farmed fish. The tilapia and salmon which are favorites are not raised in good environments. They live in crowded conditions like our factory farmed animals, so their water is also fouled by lots of feces. Tilapia, for example, is a bottom feeder, and they eat this. Then we think a bigger genetically produced fish is the answer and will escape a bad watery environment. But what will they eat if they are bigger and everything else is being downsized and they need more food?

Our Ocean’s wild caught fish are diminishing rapidly. They are trapped in the net of toxins and plastics all marine life ingests. But what is causing another emerging problem, such as the the smaller size of lobsters? It is called global warming. As the oceans temperatures rise, many kinds of marine life suffer and die, not only the polar bears that search for food as the icebergs melt away. The rising water temperatures mean that the ocean is becoming more uninhabitable. Therefore, our coral reefs are being bleached to death and microscopic sea life is disappearing.

Lastly, let’s not forget our “Drill, baby, Drill” mentality. This man-made deep water industry has really changed our Ocean’s face. As fossil fuel corporations and nations everywhere drill for oil in our oceans, oil spills like the Gulf or BP in the Gulf of Mexico or the Exxon Valdez off Alaskan shores are soon forgotten. But many of us still remember how lovely shore birds and other fish were drenched in oil (an oil age tar and feathering) as they suffocated to death. Many of us know that the repair and restoration of these areas, the life and communities around them have fallen short.

What the Ocean has become is a vast garbage disposal system.

So how can we help our Ocean? On an individual basis we can get away from our major use of plastic bags and products encased in plastics. For example, we can use material that does no harm, such as bamboo—a fast growing tree. It has been made into bags and clothing. Or we can choose items that are long-lasting, reusable and recyclable in our new lifestyle. We can become stewards of our beaches to keep them cleaner by taking our own garbage away as we leave and cleaning up any other debris we find. Then the tides will not wash our garbage into the water.

What about helping marine life? The trash that chokes fish and dolphins and tangles our sea turtles can be helped. There are better and more sustainable methods of fishing available. However, they must be promoted and taught. Our maritime laws need to be more strongly enforced, so millions of fish known as bi-catch need not die. Thankfully, the United States has finally become a leader in marine resource management. We have enacted the Magnuson Stevens Fisher Act (MSA). This law allows us to take charge of 3.4 million square miles of open ocean. In 2006 the MSA was re-authorized to set and enforce science-based catch limits and to restore fish populations. But our sustainable fisheries have a long journey to address their shortfalls. Fortunately, there has also been a marked improvement in our bi-catch laws because of new equipment and methods. There are also annual laws that ban certain kinds of fishing, sizes of fish, and designate certain locations as off-limits until the fish populations have been restored. The management and enforcement of these changes will be an ongoing struggle.

Our Ocean is one of our greatest natural resources. With the iceberg meltdowns and rising temperatures, we are experiencing coastal problems affecting countries and cities worldwide. But it is the abuse of the creatures of the deep and the life around them that we can more easily address. Our Ocean and the life in them can thrive if we discontinue our bad habits and make better choices. That is why many of us collect beach debris on International Coastal Cleanup days, why we join organizations like the Ocean Conservancy and Greenpeace. That is why when we look out on the horizon at the Ocean, we want its beauty and sacredness to be respected. But first we think that our personal obligation is to clean up our actions and make choices to help restore the Ocean and all it offers.

Elaine Peters for the Green Sanctuary Committee

SHELTER ROCK BOOKSTORE

There are still a few “Intergalactic” necklaces and copies of the most sought-after books available.

WE LOOK FORWARD TO SEEING YOU!!!

The Bookstore is open every Sunday following services. Please stop by!

Elaine Peters for the Green Sanctuary Committee

SHELTER ROCK BOOKSTORE
DENOMINATIONAL AFFAIRS

UUA Presidential Candidates Forum Viewing

In partnership with the Central East Regional Group, the UU Congregation at Shelter Rock in Manhasset will open its doors as a viewing site for the UUA Presidential Candidates Forum from 10:00 a.m. to 11:30 a.m. on Saturday, April 1. Registration is not required and all are welcome to the Social Hall for this special opportunity.

MEMBERSHIP EVENTS

St. Patrick’s Lunch Bunch at Sullivan’s Quay Restaurant

Thursday, March 30, 1:00 p.m., $25/all inclusive, 541 Port Washington Blvd. Contact Ben Bortin (bbortin@uucsr.org or 516.472.2934 for details.

SPECIAL PROGRAM

The Roots of RADICAL HOSPITALITY
Tuesday, March 14, 7:30 p.m., Room 15

Following up on his sermon of December 4, the Rev. Ned Wight will team up with the Rev. Natalie Fenimore to explore more deeply the Benedictine practice of “radical hospitality” and how it can enrich our lives—as individuals and as a congregation.

We will delve into the roots of this practice in scripture, in the Benedictine monastic tradition, and in our own Unitarian and Universalist theologies. We will also determine ways in which we can practice radical hospitality more intentionally within our congregation and our community.

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

SILVER BAY RETREAT

Silver Bay All Congregation Retreat Registration Reminder

Don’t forget to send in your Silver Bay Retreat Registration forms in order to secure your room. Registration forms, Special Diet Request Forms, and Scholarship Forms were mailed to your homes, however we also have them available in the Main Lobby at the welcome desk or you can contact Sharyn, 516.472.2960, in the office for these forms.

REGISTRATION DEADLINE EXTENDED TO FRIDAY, MARCH 31.

CONGREGATIONAL MEETING NOTICES

On Sunday, March 19 at 1:00 p.m., a special Town Hall Meeting will be held in the Social Hall to discuss setting up Hadley House as a limited liability corporation (LLC).

A regular Congregational meeting is scheduled for Sunday, March 12 at 12:45 p.m.

NOTICE OF PROPOSED 2017-2018 BUDGET DISCUSSIONS

- Religious Education budget meeting is scheduled for Wednesday, March 7, 7:30 p.m. in the Art Gallery.
- Social Justice Committee Budget meeting: Wednesday, March 8 at 7:30 p.m. in the Art Gallery
- Men’s Group will be holding their budget meeting on Wednesday, March 8 at 7:00 p.m. in the Office Conference Room.
- Library Bookstore Committee will conduct their budget meeting on March 8 at 4:00 p.m. in the Bride’s Room.
- Shelter Rock Forum Committee will be discussing their 2017-2018 budget at their monthly meeting on Monday, March 13, in the Bride’s Room at 1:30 p.m.
- Caring Committee will discuss their budget on Tuesday, March 14 at 7:00 p.m. in the Veatch Conference Room.
- Veatch Program budget discussion Saturday, March 18, Social Hall during the BOG meeting 8:00 a.m. - 3:00 p.m.

UUA GENERAL ASSEMBLY

Registration is now open for the 2017 General Assembly, June 21-25 in New Orleans, Louisiana! Members of UUCSR are reminded that they may register on their own for the 2017 General Assembly. Please see uua.org for details. For questions, please contact Karin Belfiore, Chair of our Denominational Affairs Committee at uua.org.
**MILESTONES**

*We mourn the death of ...* long-time UUCSR member, Paulette Dundore. Paulette died peacefully on February 17, 2017 after a protracted period of declining health.

A memorial service will be held on Saturday, March 26, 2017 at 11:00 a.m. in the Chapel. As we grieve Paulette’s death we offer our heartfelt sympathies to Paulette’s daughter, Arielle Dundore - also a UUCSR member - and Paulette’s son Bruce and his family. Condolences may be sent to Arielle’s home address:

Ms. Arielle Dundore  
Glengariff Healthcare Center  
141 Dosoris Lane  
Glen Cove, NY 11542

*We offer our deepest sympathies to ...* UUCSR member Sarah Humphrey who is mourning the death of her husband, Tim Cohn. Tim died peacefully on February 20, 2017 at his home in Reston, Virginia. Tim’s loved ones were with him. A memorial service was held on March 4, 2017 in Virginia. Condolences may be sent to Sarah and Tim’s family at the Reston home:

Sarah Humphrey  
11611 Bromley Village Lane  
Reston, VA 20194

*We send warm wishes to ...* Patricia Houghton-Rones who was recently released from the hospital. We hope that her return to full health is swift and easy. Cards of encouragement may be sent to her home address:

Patricia Houghton-Rones  
1 Birchwood Court, Apt. 4L  
Mineola, NY 11501-4503

*We extend our care to ...* Lisa Armband who has recently completed radiation and chemotherapy treatment. We pray that the side effects diminish rapidly and that Lisa is soon restored to full health. Cards of encouragement may be sent to her home address:

Lisa Armband  
6 Primrose Drive  
New Hyde Park, NY 11040-0002

*We celebrate with ...* Sarah Dutille, a graduate of our Religious Education Program, the daughter of Lisa Armband, granddaughter of the late Henrietta Armband, who has become engaged to be married. Sarah and her betrothed, Dylan Rolleri, will be married in the spring of 2018. We wish the couple every joy as they prepare for married life.

*We offer our hearty congratulations to ...* Evelyn Napolin who welcomed her sixth (6th!) great-grandchild, Samuel Lion Guthrie, on November 3, 2016. Samuel and his family reside in Wilmington, Delaware. Welcome, Samuel, and blessings upon you and your family.

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**WOMEN’S GROUP**
Maria Ceraulo, Chair, Women’s Issues

**Women and Retirement - What Do You Worry About?**

Do you worry that you’ll run out of money in retirement? Do you worry that you won’t be able to manage the increasing costs of health care? A new study, “Women, Money and Power” from the Allianz Life Insurance Company of North America found that women as head of household increasingly report these worries.

There are more reasons to worry. Women have 25% less income in retirement than men. By age 80, it’s 44%! Women are 80% more likely than men to be impoverished at age 65. As they age to 75 or 79, they are three times more likely to fall below the poverty level, especially if they haven’t saved 20% more than men to cover medical bills.

Here are some reasons. Women earn less so they can only save less for retirement. Many women take time off to raise children or take care of other family members. They lose these years that could have helped add to their retirement nest egg. As women age, health care costs increase. Divorce often impoverishes women. The fact that women often put their own needs last negatively impacts their futures.

When women receive equal pay, paid medical leave, and credit for years spent raising families, have affordable and reproductive health care, they can possibly enjoy a well-deserved, more peaceful old age. We hope this will be true in the near future. It’s really very long overdue.

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**WOMEN’S GROUP CORDially Invites You**

**THE ANNUAL**

**WOMEN’S HISTORY MONTH**

**BREAKFAST & SERVICE**

*From Eleanor Roosevelt to Michelle Obama: First Ladies and Power*

Breakfast at 9:00 am, Sunday, March 19, 2017  
Veatch Ballroom  
The Rev. Natalie M. Fenimore, Guest Speaker

No charge to Women’s Group Members  
Guests $10.00K
dly RSVP on the Calendar of Events at UUCSR. org or to Sharyn sesposito@uucsr.org or 516.472.2960 by 5:00 p.m., Friday, March 17, 2017.

---

**WOMEN’S GROUP**
Maria Ceraulo, Chair, Women’s Issues

**Women’s History Month**

**Women’s Group cordially invites you**

**Breakfast & Service**

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Thank you all very much for the many cards, phone calls, visits, etc. during my recent hospitalization and rehab. I especially appreciate the wonderful Caring Committee!

Sincerely, Barbara Shea

On behalf of the staff of Doctors Without Borders/Médecins Sans Frontieres (MSF), I want to thank you for your generous gift of $2,806 raised during your 12/24/16 service. Our critical work to deliver emergency care to people caught in these crises would not be possible without your generous support. Thank you so much for joining us in our important lifesaving mission.

Sincerely, Jason Cone, Executive Director

We cannot begin to express our gratitude to you for generous gift of $1,205 raised at a Soulful Sundown service. Thank you for your sharing your passion, and supporting our mission of giving life to final dreams. Thank you for your commitment to and belief in the values of Dream Foundation and in the exceptional work of our staff, board and volunteers.

With gratitude, Kisa Heyer, Chief Executive Officer

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With gratitude, Kisa Heyer, Chief Executive Officer

**MUSIC, MUSIC, MUSIC**

**ORCHESTRA AT SHELTER ROCK**

Stephen Michael Smith, Conductor
Jennifer Ahn, Concertmaster

**CALL FOR STRING PLAYERS**

J. S. Bach - Mass in B Minor

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 rehearsals.

Rehearsals:
Thursday, April 6, 7:00 - 9:30 p.m.
Saturday, April 8, 11:00 a.m. - 1:30 p.m.

Performance:
Sunday, April 9, 10:00 a.m. call; 11:00 a.m. performance

Rehearsals and Performance at Unitarian Universalist Congregation at Shelter Rock

Music available in advance. Stands/lights provided. Please contact Sylvia Cordero-Skidmore, Orchestra Librarian at uumusic@uucsr.org.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, March 13, 2017</td>
<td>Shelter Rock Forum Meeting</td>
<td>1:30 PM</td>
<td>Bride'sRoom</td>
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<tr>
<td>Monday, March 14, 2017</td>
<td>Overeaters Anonymous</td>
<td>10:30 AM</td>
<td>VeatchBallroom</td>
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<tr>
<td>Wednesday, March 15, 2017</td>
<td>WG - Women Talk Daytime, Bridge Group, Personal Meditation, Leukemia/Lymphoma Soc.Mtg</td>
<td>12:00 PM</td>
<td>ArtGallery</td>
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<tr>
<td>Tuesday, March 16, 2017</td>
<td>Yoga, AA Meeting, Senior Staff Meeting, Personal Meditation, Green Sanctuary Comm. Mtg, Long Strange Trip, NAMI - Sibling Support Group, Facing Death with Life, Choir Rehearsal, Committee on Ministry</td>
<td>9:30 AM</td>
<td>ArtGallery</td>
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<tr>
<td>Friday, March 17, 2017</td>
<td>Tai Chi/Qi Gong, Bridge Lessons &amp; Game Play, Personal Meditation, Veatch BOG Meeting, RE Teacher Supper Club, WG - Book Series</td>
<td>10:15 AM</td>
<td>ArtGallery</td>
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<tr>
<td>Saturday, March 18, 2017</td>
<td>Veatch BOG Meeting, Caring Committee Retreat, INN Cooking</td>
<td>8:00 AM</td>
<td>VeatchTerraceRoom</td>
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<tr>
<td>Sunday, March 19, 2017</td>
<td>Great Books-SS Omnibus, Women’s Month Breakfast, Jazz Ensemble Rehearsal, Choir Rehearsal, Bagel Breakfast, Young People’s Choir Rehearsal, Worship Service</td>
<td>9:00 AM</td>
<td>RERoom4</td>
</tr>
<tr>
<td>Monday, March 20, 2017</td>
<td>Personal Meditation, Greyshers - Monday, Executive Committee Meeting, “Margaret’s War” Rehearsal, NAMI Relatives Support Group, Board of Trustee Meeting</td>
<td>4-7:00 PM</td>
<td>ArtGallery</td>
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</tbody>
</table>
PROGRAM ANNOUNCEMENTS
Please see uucsr.org for additional details on all programs.

T'ai Chi/Qi Gong 10:15 AM VeatchBallroom
Bridge Lessons & Game Play 1:00 PM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
Soulful Small Group 7:00 PM ReRoom15

Saturday, March 25, 2017
Quilting 10:00 AM Room204,205
Yoga 11:00 AM ArtGallery
Paulette Dundore Memorial 11:00 AM Chapel

Sunday, March 26, 2017
Great Books-SS Omnibus 9:00 AM RERoom4
SJC MH Monthly Meeting 9:00 AM VeatchConferenceRm
Jazz Ensemble Rehearsal 9:00 AM EnsembleRehearsalRm
Choir Rehearsal 10:00 AM WorshipRoom
Bagel Breakfast 10:00 AM SocialHall
Young People's Choir Rehears.10:00 AM ChoirRehearsalRoom
Worship Service 11:00 AM ArtGallery
RE Classes 11:00 AM REWing
Climate Justice Fair 12:00 PM ArtGallery,SocialHall
UU Cafe 12:00 PM SocialHall
Elementary OWL 12:30 PM RERoom4
Music Committee Meeting 12:45 PM Bride'sRoom
Finding Yr Place - Orientation 1:00 PM ReRoom15
Joan Weiss - Artist's Reception 1:00 PM ArtGallery
SGM Facilitators Meeting 1:00 PM OfficeConferenceRm
"Margaret's War" Rehearsal 2:00 PM Chapel

Monday, March 27, 2017
Personal Meditation 4-7:00 PM WorshipRoom
The NYS Assoc. for Infant MH 6:00 PM ArtGallery
Greysheeters - Monday 6:30 PM RERoom17
Interim Minister's Transition 7:30 PM Bride'sRoom

Tuesday, March 28, 2017
Overeaters Anonymous 10:30 AM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
Nar-ANON Meeting 6:30 PM RERoom19
4th Tuesday SGM Meeting 7:00 PM VeatchTerraceRoom
SR Forum: Medea Benjamin 7:30 PM ArtGallery
Worship Room, WorshipRoom
Wednesday, March 29, 2017
Bridge Group 1:00 PM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
"Margaret's War" Rehearsal 7:30 PM WorshipRoom
Willow Rehearsal 7:30 PM ChoirRehearsalRoom
INIS FADA-Zen Sitting Meditation 7:30 PM VeatchBallroom,TerraceRoom
Greysheeter - Wednesday 8:00 PM RERoom17

Thursday, March 30, 2017
Yoga 9:30 AM ArtGallery
AA Meeting 10:30 AM Room206,207
WG Equal Pay Day 12:00 PM SocialHall
Lunch Bunch 1:00 PM Offsite
Personal Meditation 4-7:00 PM WorshipRoom
Long Strange Trip 7:00 PM VeatchTerraceRoom
Facing Death with Life 7:30 PM RERoom16
Choir Rehearsal 7:30 PM ChoirRehearsalRoom

Friday, March 31, 2017
T'ai Chi/Qi Gong 10:15 AM ArtGallery
Bridge Lessons & Game Play 1:00 PM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
Veatch Bus Trip 8:45 AM Offsite
Quilting 10:00 AM Room204,205
Soul Collage 10:00 AM ReRoom15
UUA Presidential Candidates 10:00 AM SocialHall
Yoga 11:00 AM ArtGallery
Funeral Consumers Alliance 2:00 PM ArtGallery
SJC Concert to Benefit Refugee 7:00 PM SocialHall

Saturday, April 01, 2017
Veatch ConferenceRm
Great Books-SS Omnibus 9:00 AM ReRoom4
Jazz Ensemble Rehearsal 9:00 AM EnsembleRehearsalRm
Choir Rehearsal 10:00 AM WorshipRoom
Bagel Breakfast 10:00 AM SocialHall
Young People's Choir Rehearsal 10:00 AM ChoirRehearsalRoom
Worship Service 11:00 AM ArtGallery
RE Classes 11:00 AM REWing
Climate Justice Fair 12:00 PM ArtGallery,SocialHall
UU Cafe 12:00 PM SocialHall
Elementary OWL 12:30 PM RERoom4
Birthright UU 12:45 PM OfficeConferenceRm
"Margaret's War" Rehearsal 1:00 PM VeatchTerraceRoom
1st Sunday SGM Meeting 1:00 PM Bride'sRoom
Climate Justice Fair 1:15 PM WorshipRoom

Monday, April 03, 2017
Personal Meditation 4-7:00 PM WorshipRoom
Greysheeters - Monday 6:30 PM RERoom17
Common Read 7:30 PM ReRoom15

Tuesday, April 04, 2017
Overeaters Anonymous 10:30 AM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
Veatch BOG Meeting 5:30 PM VeatchBallroom
Nar-ANON Meeting 6:30 PM RERoom19
BOT - Agenda Planning Mtg 6:30 PM VeatchLibrary
NAMI Family to Family Classes 7:00 PM ReRoom15
Sex and Sexuality After 50 7:00 PM ArtGallery
RE Committee Meeting 7:30 PM VeatchConferenceRm
Sacred Story: Passover Easter 7:30 PM ReRoom16

Wednesday, April 05, 2017
WG - Women Talk Daytime 12:00 PM VeatchBallroom
Bridge Group 1:00 PM VeatchBallroom
Personal Meditation 4-7:00 PM WorshipRoom
Investment Committee 7:00 PM VeatchConferenceRm
"Margaret's War" Rehearsal 7:30 PM WorshipRoom
Membership Meeting 7:30 PM ArtGallery
Willow Rehearsal 7:30 PM ChoirRehearsalRoom
INIS FADA-Zen Sitting Meditation 7:30 PM VeatchBallroom, TerraceRoom
GGG Facilitators Meeting 7:30 PM ReRoom15
"Margaret's War" Rehearsal 7:30 PM Chapel

Thursday, April 06, 2017
INN Cooking 9:30 AM MainKitchen
Yoga 9:30 AM ArtGallery
AA Meeting 10:30 AM Room206,207
Personal Meditation 4-7:00 PM WorshipRoom
Sacred Story: Passover Easter 4:00 PM HH-CommunityRoom
Long Strange Trip 7:00 PM VeatchTerraceRoom
Facing Death with Life 7:30 PM VeatchLibrary
Choir Rehearsal 7:30 PM ChoirRehearsalRoom

March 7, 2017
Shelter Rock’s
PASSOVER

Tuesday, April 11, 2017, 5:30 p.m., Social Hall

$30 Members
$35 Non-Members
$15 Children (12 and under)

Register at uucsr.org or send your checks, payable to UUCSR, marked “Seder” to Sharyn by Friday, April 7, 2017.