Celebrating Worth and Dignity For All

Unitarian Universalist Congregation at Shelter Rock
ADULT PROGRAM OFFERINGS
FALL | WINTER 2017-2018

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Welcome to another year of Adult Program Offerings at the Unitarian Universalist Congregation at Shelter Rock

Throughout the year, a variety of Adult Program Offerings are offered to

• Enhance spiritual growth and deepen our Unitarian Universalist faith,

• deepen our interconnection with our congregational community and other faith communities,

• engage in intellectual discussions and

• be introduced to new learning opportunities and experiences of fellowship.

The Adult Programs Committee encourages anyone who may be interested in bringing a program to the congregation to reach out to our committee members. Also, if you are interested in learning more about the work of the Adult Programs committee or in serving on the committee please feel free to come to one of our monthly meetings. (Always check UUCSR calendar for meeting times.)

Our ministry theme for this year is the “Inherent Worth and Dignity of Every Person”. We will reflect on the ways that we are called, as Unitarian Universalists, to support the inherent worth and dignity of every person through word and deed – and how we can act in ways that best enable us to live our first Principle. We will also consider ways to come back together when we fall short of this intention and how to speak our truths in loving and respectful ways.

May we all kindle the flame of love, insight and tolerance in each other and in the world-at-large!

Rev. Natalie M. Fenimore
Minister of Lifespan Religious Education
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Emerson and Thoreau: Two Aspects of Transcendentalism

Emerson and Thoreau, for most people, are the mainstays of Transcendentalism. Both extolled Nature as the road to intuitive appreciation of the unseen universe, although in strikingly different ways: Emerson is more lofty, abstract and optimistic; Thoreau more particular and curmudgeonly. Both are not systematic philosophers, but use wonderful, imaginative language to draw us into their worlds. This course will celebrate and compare how they did this.

Led by Arthur Rifkin, MD, a member of UUCSR, a semi-retired psychiatrist with a private practice. His career has been in clinical work, research and serving as a faculty member in several universities and schools of medicine.

Registration recommended. Please contact Carson Jones at cjones@uucsr.org.

Wednesdays, 7:30 - 9:30 PM, Veatch Library – October 18, November 15, December 20, January 17, February 21, March 21, April 18, May 16

Introduction to Transcendentalism

Transcendentalism was America’s homegrown response to the new ideas sweeping Europe in the 19th century, turning away from the dry intellectualism of the Enlightenment to a more emotional and intuitive response to reality. This American version avoided airy, vague language and used Yankee plain speech that provided some of the most stirring prose of the century and introduced a distinctive American voice to the English language. We will discuss some examples.

Led by Arthur Rifkin, MD, a member of UUCSR, a
Our Theological Diversity: UU Traditions such as Humanist, Christian, Earth-centered Traditions

Unitarian Universalism draws from diverse theological sources, and honors the wisdom, teaching and practices of a wide range of theological traditions. Over three Wednesday evenings, this course will explore three of these sources: Christianity, Humanism and Earth-centered traditions.

RSVP required. Please contact Carson Jones at cjones@uucsr.org.

CHRISTIANITY: Rev. Ned Wight will trace the roots of Unitarian and Universalist ideas of one benevolent deity, of the centrality of love, of the power of forgiveness and reconciliation, and the importance of the gathered community to Christian thinkers and leaders since the early years of Christianity's emergence from Judaism.

Wednesday, October 11, 7:30 - 9:30 PM, Chapel

HUMANISM: Rev. Natalie Fenimore will trace the roots of Unitarian and Universalist ideas of the value of reason in faith development, respect for science, challenges to supernaturalism in religion, and the appeal to human worth and dignity without reliance on asserting the existence of God to humanist thinkers and leaders, especially those in the early years of the 20th century.

Wednesday, October 25, 7:30 - 9:30 PM, Chapel

EARTH-CENTERED TRADITIONS: Ministerial Intern Nancy Reid-McKee will trace the roots of Unitarian and Universalist ideas of harmony with the natural world, respect for our place in the web of life on planet earth, and our obligations to celebrate, protect and care for the earth to neo-pagan thinkers and leaders who draw upon ancient and modern traditions of reverence and respect for the earth.

Wednesday, November 8, 7:30 - 9:30 PM, Chapel

Spiritual Exploration and Practice

The Biblical Roots of Inherent Worth and Dignity

What role do Jewish and Christian scriptures play in framing our first UU principle, “the inherent worth and dignity of every person”? This session will explore the roots of these ideas in the creation stories from Genesis, the ethical commandments from Exodus, the teachings of the prophets, the Gospel accounts of the life and teachings of Jesus, and the letters of Paul to the early church. Rev. Ned Wight will lead this exploration.

RSVP required. Please contact Carson Jones at cjones@uucsr.org.

Sunday, September 24, 1:00 PM, RE Room 19
Death Café
LIFE IS SHORT…
ENJOY THE TIME YOU HAVE!
At Death Café, people discuss death while sipping tea and eating cake. A Death Café is a group-directed, casual discussion of death without an agenda or objective in an accessible, respectful, and confidential space. It is a discussion group, rather than a grief support or counseling session, to increase awareness of death to help people make the most of their finite lives.

Admission is free, but you must register with Kimberly Rossiter, Assistant to the Ministers at 516.472.2941 or krossiter@uucsr.org. Facilitated by Betty Gold and Diana Wolfson. For more information about Death Cafés, please go to deathcafe.com.

Sundays, 1:00 PM, October 29 (Room 15), February 4 (Veatch Ballroom), April 8 (Veatch Ballroom).

Haiku: Being in the Moment, Flowing With the Seasons
“wanting this long July day
for a keepsake...
but the wind took it”
~ Mankh

Haiku poetry encourages attention to the present moment as well as keeping connected with the pathway of seasons. A wonderful way to align with nature, enhance one’s mindfulness (as well as Zen mindlessness), and hone your verbal skills (being so short, haiku require great precision). Learn about haiku as a way of life, literary genre and creative hobby. Try your hand and quiet your mind with creating haiku!

Mankh is author/editor of Haiku One Breaths: a voice through a tangle and publishes an annual Haiku Calendar. His haiku and related writings have been published in frogpond (Haiku Society of America journal), simplyhaiku.com, thehaikufoundation.org, newsday.com, and more.

RSVP required. Please contact Carson Jones at cjones@uucsr.org.

Tuesday, October 24, 7:00 – 9:00 PM in Room 17.

Inisfada Sitting Zen Meditation
The practice of zen sitting meditation as a spiritual universal focus is a technique for opening our minds and spirits to universal insights and awareness that we are all One. This is achieved by sitting together in silence and quieting our minds to the present moment and to each other.

Zen meditation sessions include: silent sitting and walking meditative periods, readings of the zen masters, and listening to guest speakers. Participants enjoy peace and serenity by quieting the mind in today’s busy and hectic world. The group becomes a healing community. Led by Joanne Miller/Vicki Spielman.

Please note: newcomers are welcome at 7:15 PM for preliminary instructions. Doors close at 7:30 PM. Doors re-open for latecomers again at 7:50 PM.

Every Wednesday, 7:30 – 9:00 PM in Veatch Ballroom and Terrace Room.

Kundalini Yoga
Kundalini Yoga (The Yoga of Awareness) is a technology that supports moving and awakening dormant energy from the base of your spine to the top of your head. Benefits of yoga include: enhancing your capacity for mental clarity, physical
agility/flexibility, and a sense of wellbeing. Specifically, Kundalini benefits the nervous and glandular systems. It is oh so subtle as you gradually ease and shift into the joy of awakening the answers that lie within you...recalibrating your body, mind and spirit. We will deepen in our sense of community with an offering of chai and sharing of reflections at the end of class!

“In Kundalini yoga, the most important thing is your experience. It goes right to your heart, no words can replace your experience, your mind may accept the words or it may not, but your conscience will not accept just words.” - Yogi Bajhan (who brought Kundalini from India to the west).

Led by Beth Fedirko and Paula Jennings, certified yoga instructors.


Advance registration is recommended but not essential. Please contact Carson Jones at cjones@uucsr.org.

10 Classes, Mondays 7:00 PM, Veatch Ballroom

Mondays, September 25, October **2, **16, 23, 30, November 6, **13, 20, 27, December 4. (** October 2, 16 and November 13 will be in the Art gallery).

Medical Qi Gong for Senior Health

In these classes, we will explore some of the “Seven Static” breathing exercises, as well as a few dynamic movements to cultivate your center, improve balance and alignment, protect against falling, and build confidence in your body. Using the basic principles of Chinese Medicine theory, we will explore how to direct your Qi into a more balanced state to maintain quality of life as you age. Specific concerns, such as hypertension, stroke, arthritis, or weak joints, will be addressed, as needed. Private guidance and supplementary treatment, such as Qi Massage, may also be applied to support the process upon request.

Cost: a 5-class package for students who want to attend all classes is $50. Please pre-register to receive the 5-class package discount price. $12 a class for drop ins.

Please contact Carson Jones at 516.472.2915 or cjones@uucsr.org to register and reserve a space in class.

Led by Ashley Baldwin, a Port Washington native who studied and taught yoga therapeutically over a span of 6 years. Wishing to extend her capacity to provide sustained holistic health, Ashley traveled to Thailand and met Qi Gong master and Chinese medicine doctor Ajarn Toh, creator of the Thai Qi Holistics system, with whom she has studied daily since February 2016.

Wednesdays, December 20 - January 17, 11:00 AM
at Hadley House

Neighboring Faiths: Experiencing Other Faith Communities

Our Shelter Rock community is rich in theological diversity. One of the best ways to explore and be in relationship with our neighbors of different faiths is to visit local houses of worship and have conversations with these neighbors. Let’s come together and talk about how our Unitarian Universalist faith is in relationship with other faiths – and we will decide which churches, congregations, temples, mosques we might visit.

Leaders: Rev. Natalie M. Fenimore and Nancy Reid- McKee, Ministerial Intern

RSVP Carson Jones at cjones@uucsr.org.

Initial meeting: Sunday, October 1, 1:00 PM, Room 15

Small Group Ministry

A great way to “work” on your spiritual life that isn’t work! Small Group Ministry is a gathering of no more than 12 people who meet at the same time each month to discuss topics that are often not discussed – wonder, fear, faith and more. This ministry allows participants the opportunity to explore their personal beliefs while getting to know one another – it’s that simple. There are no other agendas, no homework, nothing to do but show up and give yourself the gift of two hours each month. Small Group Ministry facilitators are all Shelter Rock members who receive specialized training for this ministry.

There are daytime as well as evening meetings. Pre-registration is required. Childcare is available if requested two weeks in advance. If you have questions or are interested in registering for Small Group Ministry, please contact Lea Titza, at 516.472.2975 or ltitza@uucsr.org. Registration is also available online at uucsr.org. Groups begin in early October.

1st Sunday of the Month starting October 1, 2017, 1:00 - 3:00 PM, Bride’s Room

Facilitators: Jean Judd and Carla Drezner

2nd Sunday of the Month (Early AM) starting October 8, 2017, 8:30 - 10:30 AM, Office Conference Room

Facilitators: Lynn Smith & Robin Finnan-Jones

2nd Wednesday of the Month starting October 11, 2017, 7:30 - 9:30 PM, RE Room 19

Facilitators: Betty Gold and Diana Wolfson

3rd Sunday of the Month starting *October 22, 2017, 1:30 - 3:30 PM, Brides Room

Facilitators: Cello Da Silva and Patti Paris

*Please NOTE some meetings rescheduled due to Congregational meetings*

4th Tuesday of the Month starting October 24, 2017, 7:30 - 9:30 PM, Veatch Terrace Room

Facilitators: Sandra Frank and Rhonda Kessler
NOTE: **Additional, OFF-SIGHT SGM meetings – these two Meetings take place at Hadley House:**

2nd Wednesday of the Month starting October 11, 2017 (Afternoon), 1:00 - 3:00 PM, Hadley House

Facilitator: Alan Gold

3rd Friday of the Month starting October 20, 2017 (Afternoon), 1:00 - 3:00 PM, Hadley House

Facilitator: Herb Waldren

**Soulful Small Group**

Soulful Small Group brings together elements of Small Group Ministry and the music of Soulful Sundown. We'll explore the spiritual relevance and personal meaning found in a song chosen for each month's reflection and discussion. The music and lyrics will provide a jumping off point for us to share our thoughts and stories in a safe and relaxed environment in a way that will enhance our spiritual lives and connect us with Unitarian Universalism and people at UUCSR.

Facilitators, while Rev. Jennifer Brower is on sabbatical, are Alice Giordano and Steve Marston. Participants should be familiar with the Soulful Small Group format and Covenant, which will be sent to you when you inquire or register with Lea Titza at ltitza@uucsr.org or 516.472.2975.

Third Friday of every month (fourth Friday in October), 7:00 – 8:30 PM in Room 14. October 27, November 17, December 15, January 19, February 16, March 16, April 20, May 18, June 15

**Tai Chi and Qigong**

Discover how the practice of Tai Chi and QiGong promote a sense of well-being by awakening the body's natural healing ability. Tai Chi is a practice of graceful, centering movements that strengthen the body, sharpen the brain, calms the mind and lifts the spirit. This particular form of Tai Chi is beneficial in reducing the inflammation of arthritis; being gentle on the body and designed to improve balance and coordination. We will warm-up with QiGong exercises, combining graceful slow movements with stress reducing breathing and meditative practices. These classes are appropriate for people of all fitness levels as the moves are gentle and easily adaptable.

Instructor Fern Cameron has been a chiropractor for the past twenty-five years and enjoys sharing the ancient and Empowering healing practices of Tai Chi and QiGong. Fern is certified as a Tai Chi Easy Practice Leader and specializes in Tai Chi for arthritis.

Fridays, 10:15 - 11:30 AM in the Art Gallery (unless otherwise noted).

October 6 (**intro class for persons at any level of fitness**), 13, 20, **27, November 3, 10, 17, December** 1, 8, 15, Jan 5.

(**October 27 and December 1 classes meet in Social Hall)

Cost For 10 classes: UUCSR members $80, non-members $140.

Please call or email Carson Jones, RE assistant at cjones@uucsr.org or 516.472.2915 to register and call Fern, 516.621.0316 to discuss your hopes for the course and answer any questions.

**Yoga**

Mike Mancini, Certified Yoga Instructor, leads yoga classes on Saturdays and Thursday mornings.
Saturday classes are 11:00 AM
Thursday classes are 9:30 AM

All classes are ongoing and located in the Art Gallery. (For updated change-of-location please go online, to the Happenings, or sign up for email alerts with Carson Jones, cjones@uucsr.org.)

No registration required. Drop-ins are always welcome. Cost: $5 per class for members and $7 for non-members payable to instructor.

Personal Growth and Learning

Book Discussion of 1984 and Brave New World: 20th Century Totalitarianism in Literature and Culture

Come join us in book discussions of two seminal, classic books: 1984 and Brave New World.

1984 by George Orwell: If you think people have too much freedom and not enough discipline, if you believe that only government should be the storer and arbiter of what is truth and what isn’t, and need a leader with a strong, egocentric personality who demands strict unthinking, unquestioning obedience, extreme fear and unconditional love from his subjects needed to maintain national peace, order and stability, you might want to visit the year 1984, Orwell style.

Brave New World by Aldous Huxley: Imagine living in a community where most of your life is planned out for you by someone other than you, being one of many on an assembly line waiting to be hatched, not born, and, imagine a world where individualism gives way to conformity. If you can imagine all of this and would like to explore the dangers of such a society, you are ready to enter a Brave New World.

Please come and participate in a lively discussion whether you have read the books or not! Facilitated by Vic Weit, a UUCSR congregant and member of the Adult Programs committee.

RSVP recommended. Please contact Carson Jones at cjones@uucsr.org.

1984: Tuesday, November 28, 7:30 PM, Art Gallery.

Brave New World: Tuesday, December 5, 7:30 PM, Room 14.

Common Read: Daring Democracy: Igniting Power, Meaning and Connection for the America We Want

By Frances Moore Lappé and Adam Eichen, (Beacon Press, September 2017) lifts up the importance of democracy by examining the anti-democracy movement that led to the Trump
Lappé and Eichen offer a vision and call to action to save the democracy we thought we may have taken for granted, and to take our civic life to a place it has never been. (1 session)

Rev. Ned Wight will facilitate this discussion.

RSVP recommended. Please contact Carson Jones at cjones@uucsr.org.

**Wednesday, November 29, 7:30 PM, Art Gallery.**

### Dramatic Readings

Join us in our continuing venture in reading plays: some old, some new, comedy, drama, farce. Copies are distributed and parts are chosen by participants at the event so no need for preparation. After the reading we discuss the play, the author, relevance and interpretation. If you don’t want to be an actor, come anyway to share in the discussion. Play titles are announced in Happenings and the Quest. Suggested donation is $10 per person per session and that includes a pot luck dinner and beverages. If you bring food to share suggested donation is $5. Registration is required so we can provide the right number of copies of the play for the evening. Maximum number of participants is 20.

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

**Sunday Mornings at 9:00 AM in RE Room 4**

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

**THE FIRST TWO READINGS ARE NOVELLAS AND CONSIDERED OUR SUMMER READ.**

**September 17 -** [Homecoming Day] - “Benito Cereno” by Herman Melville, pp. 475-554

**September 24 -** “Tom Outland’s Story” by Willa Cather, pp. 555-598

**THE NEXT FIVE READINGS ARE NORMAL SHORT STORIES – ONE PER SESSION**

**October 1 -** “The Pugilist at Rest” by Thom Jones, pp. 321-341

**October 8 -** “Greasy Lake” by T.C. Boyle, pp. 362-372

**October 15 -** “The Baby” by Mary Gordon, pp. 373-391

**October 22 -** “The Collectors” by Rohinton Mistry, pp. 392-416

**October 29 -** “You’re Ugly, Too” by Lorrie Moore, 417-437

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**Great Books Discussion**

All reading selections will be from the Great Books Foundation’s “Short Story Omnibus.” Organized by Bob Nuxoll, the group will rotate turns leading discussions with members volunteering to lead when the readings reflect their area of expertise, interest, or passion. * If for any reason a meeting is canceled, that reading will be postponed until after this schedule is completed.*
THE NEXT NINE READINGS ARE EXTREMELY SHORT STORIES OR “SUDDEN FICTION” - TWO OR THREE PER SESSION


November 12 - VETERAN’S DAY WEEKEND – NO MEETING

November 19 - “A City of Churches” by Donald Barthelme, pp. 448-452 & “True Love” by Don Shea, pp. 453-456

November 26 - THANKSGIVING WEEKEND - NO MEETING


December 10 - “Blind Fish” by Melanie Rae Thon, pp. 462-464 & “My Date with Neanderthal Woman” by David Galef, pp. 465-467 & “After Caravaggio’s Sacrifice of Isaac” by Rachel Cusk, pp. 468-472

THE REMAINING THREE READINGS ARE GRAPHIC STORIES - ONE PER SESSION

December 17 - “Flies on the Ceiling” by Jaime Hernandez, pp. 599-616

December 24 - CHRISTMAS EVE - NO MEETING

December 31 - NEW YEAR’S EVE - NO MEETING

January 7 - Chapter One of “Palestine” by Joe Sacco, pp. 617-644

January 14 - MARTIN LUTHER KING’S DAY WEEKEND - NO MEETING

January 21 - “A Happy Death” by Alison Bechdel, pp. 645-676

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

We will not meet on November 12 (Veteran’s Day weekend), November 26 (Thanksgiving weekend), December 24 (Christmas Eve), December 31 (New Year’s Eve) & January 14 (Martin Luther King’s Day weekend)

Lifeline

Have you ever noticed that there are two types of leaders? There are those who attain power by their position and title and there are those who just seem like natural leaders. These are often the very people that others turn to when they need help, guidance, or advice.

Don’t miss the opportunity to learn how the most successful people stay powerful and accountable in everything they do. Your words become your actions and your actions become your habits. Be intentional with your words and your actions and take control of your life. Learn how to avoid being a victim, take control of any situation, find solutions to life’s problems, and be happy by default.

Facilitated by Bill Carmody, a congregant, business consultant and entrepreneur.

Meet every two weeks on Wednesdays, October
11, October 25, November 8, November 29, December 13, 7:30 PM, Room 14.

For questions or RSVPs please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

Music and Memory

Daniel Cohen is a nationally known expert on the role of music on dementia and other memory-impaired conditions. Dan's organization Music & Memory is a non-profit organization that brings personalized music into the lives of the elderly or infirm through digital music technology; vastly improving quality of life. Part of the evening will include a showing of Alive Inside, the 2014 Best Documentary, Sundance Festival. This inspiring film showcases the role of Music and Memory in the lives of people with dementia.

Cost: UUCSR members $5, non-members $7.

RSVP recommended. Please contact Carson Jones at cjones@uucsr.org or call 516.472.2915.

Saturday, November 11, 7:00 PM, Art Gallery