UPCOMING WORSHIP SERVICES
June Theme: Regaining Lost Dignity

Friday, June 8, 2018, 7:30 PM
Soulful Sundown
The Rev. Jennifer L. Brower

Soulful Sundown
Most Second Fridays
Dinner ($4) 6:30 PM, Worship 7:30 PM
Free Coffee House with Crys Matthews follows Service

Sunday, June 10, 2018, 11:00 AM
Coming of Age
The Rev. Dr. Natalie M. Fenimore

COA celebrates the transition of eighth graders into a deeper relationship with their faith community. COA students complete a year of spiritual inquiry that culminates in the writing of their credo which they share with the congregation at the COA family service.

Sunday, June 17, 2018, 11:00 AM
Father’s Day
C. Nancy Reid-McKee, Ministerial Intern

The service will focus on the difficulties of being a father during complicated times. One of the highlights of the service will be the story told by Steven Foster, written in this year’s storytelling workshop.

Sunday, June 24, 2018, 11:00 AM
Green Sanctuary Committee
The Rev. Thomas Goodhue, Guest Minister

TOUCHSTONES
The Rev. Ned Wight, Interim Senior Minister

In 1991, Angeles Arrien delivered a speech outlining five lessons from geese.* At this year’s All-Congregational Retreat at Stony Point, whose theme was “Catch the Wind,” I based my Sunday morning reflection on Arrien’s observations as transcribed and posted online:

First Fact: Arrien said, “As each goose flaps its wings it creates an ‘uplift’ for the birds that follow. By flying in a ‘V’ formation, the whole flock adds 71 percent greater range than if each bird flew alone.” The lesson from this first fact about geese is that people who share a common sense of direction and community reach their destination faster and easier because they are relying on the help and collaboration of one another. It’s the kind of community we commit to build with one another at UUCSR.

Second Fact: According to Arrien, “When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.” If we have as much sense as a goose flying in a particular direction toward a particular goal, we’ll stay in formation with those headed where we want to go. “And even more important, we are willing to accept their help and give our help to others.”

Third Fact: “When the lead goose tires,” Arrien said, “it rotates back into the formation and another goose flies to the point position.” Sharing leadership makes good sense; hard tasks are easier if we take turns. Like geese, people are interdependent. We depend upon each other’s skill, capabilities and unique set of gifts, talents and resources. All of us together are stronger than any one of us alone.

Fourth Fact: Arrien said, “The geese flying in formation honk to encourage those up front to keep up their speed.” I’m not sure honking is always the best mode of communication for people—but we need to make sure our honking encourages others. In groups where there is encouragement, productivity is greater. “The power of encouragement (to stand by one’s heart or core values and encourage the heart and core of others) is the quality of honking we seek.”

Continued page 2
The Fifth and Final Fact: “When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay until it can fly again—or until it dies. Then they launch out with another formation or catch up with the flock. The last lesson is that if we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.”

In our quest to “Catch the Wind,” geese offer us five lesson: (1) rely on each other, (2) accept and give help, (3) share leadership, (4) encourage one another, and (5) stand by each other. May we take these lessons to heart as we seek to build a congregation of love and service to the world. So may it be. Shalom. Blessed be. Inshah’allah. Aho! Shanti! Amen.

**“Lessons from Geese” was transcribed from a speech given by Angeles Arrien at the 1991 Organizational Development Network and is based on the work of Milton Olson.**

REALIZING OUR HOPES & DREAMS

The “Realizing Our Hopes and Dreams” pledge campaign continues towards the goal of 100 percent membership participation. Just over 25 percent of congregational households have pledged through one-on-one conversations with pledge leaders as of the end of May, and the average pledge amount has increased by an impressive 37 percent!

With limited time and volunteer resource to meet individually with each member, materials have now been mailed to all households who have yet to pledge. These pledge materials include the following with bold items to be completed and returned:

- “Realizing Our Hopes & Dreams” 2018-2019 Pledge Campaign flyer
- “Realizing Our Hopes & Dreams” Survey
- Program Budget chart
- Levels of Giving chart
- 2018 Pledging Comparison for Long Island UU Congregations
- Annual Pledge Form July 1, 2018 – June 30, 2019
- Return envelope to the UUCSR Finance Department

Please take the opportunity to share your hopes and dreams for UUSCR and then share your generosity to enable the congregation to realize those hopes and dreams. We ask that pledges be returned by July 1 which marks the start of our next congregational year.

If you have any questions about these materials or the campaign, please contact Rev. Ned Wight (516.472.2916 or nwight@uucsr.org), Membership Coordinator Ben Bortin (516.472.2934 or bbortin@uucsr.org) or Campaign Leader Brian Muellers (516.384.3974 or brianmuellers@optonline.net).

As the membership is aware, it takes a village to keep the congregation humming. The staff appreciates the opportunity to support the congregation, and we hope that you found the staff supportive in this congregation year. With that in mind, June is the month in which staff receive their annual performance evaluation. If you would like to share your thoughts on any lay staff’s performance over the 2018 fiscal year, please email them to me at abarshak@uucsr.org. The information will then be forwarded to the appropriate supervisor for consideration during the development of the staff’s evaluation.

Please be specific as to the staff you are referencing. Listing of specific incidents of performance are most helpful, but general comments are welcome as well. Please note that supervisors are interested in performance concerns as well as positive experiences.

As I report to the Board of Trustees and they are responsible for my evaluation, please feel free to send any communications on my performance to president@uucsr.org.

Comments on any staff should be received no later than Friday, June 15, 2018. Thank you.

UUCCN JUNETEENTH 2018 GARDEN CITY

Saturday, June 16, 2018 from 5:30 to 8:00 p.m.

**DEEPER THAN THE SKIN:**
REGGIE HARRIS AND GREG GREENWAY

STORYTELLING THROUGH PROSE AND SONG

Juneteenth Program and Southern Dinner includes the sharing of a Unique Story interspersed with Song, Crafts, History, and More!

From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond. This triggered a series of far-reaching events that continue to reverberate over the decades—through the present, to the future...

**REQUESTED DONATION**
Advance Booking: $35 per adult 狷 $10 per child
At the Door: additional $5.00 per person if dinner is still available.
Group/Family Discount available on request.

Contact minister@uuecn.org or 516.248.8855
COMMUNICATIONS

LOOK BOOK PHOTO DIRECTORY

- If you did not sit for a recent professional Look Book photo at UUCSR or Hadley House, it’s not too late to have your photo included in the upcoming photo directory.

- Any committee, member or friend who has photos to share for the Look Book is very welcome! Please label your photos with event names, if appropriate, plus names and dates.

Please provide your photo for sharing by Saturday, June 30, 2018, to the Communications Department via email (jsappell@uucsr.org) or call 516.472.2980. Thank you.

UUCSR AIRING ON PATV

PATV (Public Access TV) is now airing Shelter Rock special events on Cablevision.

A Bit Too Much About Me
by Zak Sandler

- Saturdays and Sundays at 9:00 PM
- Tuesdays at 3:00 PM


Also Live Stream same dates/times available on PATV for those who do not get the stations above. Find previously shown programs on PATV’s On Demand Link

Friday, June 15, 2018, 7:00-8:30 PM, Room 14

Need a little “Mercy Now”? Mary Gauthier’s song will be our springboard for discussion this month. Some people like to listen to the song (www.j.mp/uucsr11) and read the lyrics (www.j.mp/uucsr13) beforehand and others don’t; your choice. Listen to Mary singing about mercy, juxtaposed with pictures depicting no mercy: www.j.mp/uucsr12. (There’s a nice cover by Mike Farris with a full band at www.j.mp/uucsr17).

Please join us in a relaxed and safe space as we explore the song’s spiritual and personal relevance with Alice Giordano and Steve Marston, your guides on this adventure. Please note that we start on time (7:00 PM) so we can end on time. Room 14 is much closer to the rear parking lot near the Chapel.

Newcomers are welcome! So you know what to expect, please ask Lea Titza (Ltitza@uucsr.org or 516.472.2975) for a copy of our format and covenant. If you register, you’ll receive an email reminder that includes the song lyrics and related food for thought. This is our last meeting this congregational year; we’ll be back in September as “Soulful Songs & Stories,” with a new program name.
Ending Torture in U.S. Prisons: How did the UUCSR Large Grant Help Grow the Movement Against Solitary Confinement?

On June 26, 1987, with the implementation of the Convention Against Torture and other Cruel, Inhuman and Degrading Treatment or Punishment (CAT, for short) the nations of the world took a major step against the immoral and abhorrent practice of torture. The United Nations later declared June 26 the “International Day in Support of Victims of Torture.”

In order that we not lose sight of this important agreement, every year human rights and faith organizations join together to observe the month of June as Torture Awareness Month.

The banner at our front entrance during this month serves to remind us that we are committed to the struggle to eradicate torture. While we may think that cruel, degrading, and inhuman treatment is something that happens far from our shores, unfortunately, that is not true. The United Nations, through its Mandela Rules on the treatment of people in prison, has stated that indefinite and prolonged solitary confinement amounts to torture or cruel, inhuman, and degrading treatment and should, therefore, be prohibited. Solitary confinement in excess of 15 days should “be subject to an absolute prohibition” based on scientific evidence of its psychological damage. Unfortunately, among the democratic nations of the world, the US is the outlier, making more use of prolonged solitary confinement than any other country.

There are between 80,000 and 100,000 men, women, and children in solitary confinement in federal and state prisons, and in jails and detention centers across the United States. These individuals are being subjected to treatment with devastating psychological, physical, and emotional effects. Even people with mental illness are placed in solitary confinement, further exacerbating their fragile mental condition. The use of solitary confinement leads to increased prison violence, acts of self-harm, and suicide. Have we made any progress toward ending this cruel and inhumane practice?

On Wednesday, June 13, we will have the opportunity to learn what progress is being made in New York State and across the country on implementing alternatives to prolonged solitary confinement. With a Large Grant from UUCSR, the National Religious Campaign Against Torture (NRCAT) worked with a network of national organizations in support of grassroots campaigns in four states to end prolonged solitary confinement. What are the results? Rev. Ron Stief, Executive Director of the National Religious Campaign Against Torture, the organization that managed the grant, will report on this work. This program will be sponsored by the Social Justice Committee and will take the place of the committee’s monthly meeting. Please plan to join us at 7:30 PM in the Art Gallery for this informative and engaging program.

Social Justice Announcements

Thursday, June 7
Cooking for the Guests of the Interfaith Nutrition Network (INN) 9:30 AM – 12:30 PM, Main Kitchen. Meals cooked will be delivered to three shelters run by the INN. For further information, contact Verna Livingston, 516.883.7999. Sponsored by the Social Justice Committee.

Wednesday, June 13
“Ending Torture in U.S. Prisons: How did the UUCSR Large Grant Help Grow the Movement Against Solitary Confinement?” 7:30 PM – 9:00 PM, Art Gallery. Prolonged Solitary Confinement means incarceration in a small cell, 23-24 hours a day for weeks, months, years, decades; the deprivation of ordinary human contact, family visits, telephone calls, devastating psychological and neurological effects; and is considered by the UN and numerous experts to be torture after 15 days. With a Large Grant, the National Religious Campaign Against Torture worked with a network of national organizations in support of grassroots campaigns in four states to end prolonged solitary confinement. What are the results? Rev. Ron Stief, Executive Director of the National Religious Campaign Against Torture, the organization that managed the grant, will report on this work. Sponsored by the Social Justice Committee.

Saturday, June 16
Cooking for Interfaith Nutrition Network (INN) Guests 9:00 AM - 12:30 PM in the Main Kitchen. Meals cooked will be delivered to three shelters run by the INN. Contact John Ryan at 516.487.5571 for information. Sponsored by the Social Justice Committee.

Sunday, June 17
Ethical Eating Cooking Class, 1:00 PM, Veatch House Kitchen. We will demonstrate ethical, easy, and economical plant based recipes to tempt your taste buds and promote the benefits of healthy eating. Be prepared to participate and bring your appetite. Children accompanied by a parent or guardian are welcome. Please notify Leslee Rabb at lesleer@optonline.net or Tracie Pulga at yourlifestylevitality@gmail.com if you have any food allergies.

Opportunities for Giving

The Social Justice Committee of UUCSR sponsors several ways for members of the congregation to meet the needs of others for food and clothing. Visit UUCSR.org/programs/socialjustice for opportunities for giving your time, talent and donations.
New York Taxi Workers Alliance

An recent article in *AM New York* states, “More than 100 taxi and black car drivers rallied outside City Hall Tuesday to call for tighter regulations of the e-hail industry after a fifth licensed worker took his life in five months.” Led by Veatch grantee the New York Taxi Workers Alliance, a group representing licensed Taxi & Limousine Commission drivers, demonstrators called for a variety of new policies. The rally followed the death of Yu Mein “Kenny” Chow, a 56-year-old Queens medallion owner and cabdriver whose body was found in the East River the weekend of May 26, 2018, after he had been missing for more than a week. NYTWA Executive Director Bhairavi Desai says, “We now have a saturation of tens of thousands of workers, even after working 10-, 12-, 14-hour shifts, [who] are talking about hunger and poverty and that’s not acceptable.” Four other taxi workers who struggled with poverty committed suicide since January of this year.

California Calls

Last week, the Chan Zuckerberg Initiative, a philanthropic organization headed by Facebook founder Mark Zuckerberg and his wife, Dr. Priscilla Chan, announced on its website (www.chanszuckerberg.com) a $500,000 contribution to two voter engagement campaigns in California: *Schools and Communities First* and the *Million Voters Project*. These two grassroots campaigns aim to create a more equitable future for Californians on the issues of education, healthcare, criminal justice, immigration and affordable housing. They are anchored by long-time Veatch grantee California Calls, which has been funded by the Veatch Program for the past 10 years.

OUR

According to a recent article in the *New York Times*, Veatch grantee OURWalmart is collaborating with Times Up, an organization started by Hollywood stars and producers that helps women combat harassment. OURWalmart and Times Up are working together to publicize the struggles of working women facing harassment on the job. In addition, a related initiative, the Times Up Legal Defense Fund, has connected one of OURWalmart’s leaders with a lawyer and is helping fund a lawsuit against Walmart and one of its managers for allegedly touching her inappropriately and making suggestive comments. Actress Susan Sarandon, along with female Walmart workers and labor activists, signed a letter to the retailer’s chief executive, demanding changes in the company’s policies and procedures around harassment.

Community Voices Heard

This week, the *New York Times* published an in-depth series on the affordable housing crisis in New York City entitled “Unsheltered.” Veatch grantee Community Voices Heard’s member, Ray Tirado, a leader in its advocacy work, played a prominent role in this series with a featured video on his fight to remain in his rent stabilized unit in rapidly gentrifying East Harlem. The piece was partially filmed at Community Voices Heard almost a year ago and it provides an unfiltered look at the toll that lapsed renter protections takes on individuals, families and communities.

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.
Now that we've crossed the bridge and are standing on the other side, notice who among us is looking back, who is looking forward and who is looking down at their feet; most aware of where they presently stand. Last month we celebrated the Bridging of our second-, sixth- and twelfth-graders. Perhaps moments after the festivities ended or in the days following, our bridgers, their classmates, parents and all attending the worship service pondered: “What now?” or “What’s next?” The symbolic ritual of crossing that bridge marked a rite of passage in the life journey of each child and youth. During the service, they modeled what years of participation in collective and individual spiritual growth look like.

Within our denomination, Unitarian Universalist youth and young adults are challenging our congregations and the UUA to move towards authentic transformation. How will UU worship and music change to meet the diverse needs of multigenerational community while continuing to honor tradition? How will we embody our UU values within our decision making and the ways in which we treat one another? How do we create space to listen deeply to points of view that are radically different from our own? Who is missing from our community and who are we leaving out? Spiritual growth requires that we're actively involved in reflection, visioning and living in the present moment. This can be quite challenging especially when we need to engage in more than one of these processes, if not all of them simultaneously.

Growth of any kind entails change, and often we have little control and minimal influence over the change that is brought about. Maintaining regular spiritual practices of contemplation, meditation and discernment are methods for responding to change yet how are we viewing change from the beginning? How can we approach change with curiosity and a willingness to be adaptable? Emergent Strategy author Adrienne Maree Brown suggests that while “change is constant, be like water.” Water can be stagnant and yet lose its rigidity to flow onward. Water can exert enough force to shape canyons and be malleable enough to take the shape of its container. Change as is essential as our bathing and drinking water. Both will continue to exist beyond our lifetimes and yet they offer themselves to each of us.

May the words of author Octavia Butler be a sacred reminder and encouragement to lean into being adaptable.

All that you touch, you change
All that you change, changes you
The only lasting truth is change
God is Change

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**MIDNIGHT RUN**

This is your opportunity to provide direct community service to those who are affected by homelessness and hunger in New York City. We are asking for donations of toiletries (soap, shampoo, lotion, deodorant, razors, shaving cream, toothbrushes, toothpaste, feminine hygiene products, combs and brushes), plus adult clothing (warm coats, long pants, socks, underwear, sweaters, long sleeve shirts, hats, gloves, shoes, and tote bags). We especially need men’s clothing and toiletries. **We will be collecting these donations in a bin in the Main Lobby until the day of the run, Saturday, June 9, 2018. Thank you!**

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**ADULT PROGRAMS**

Medical Qigong Programs
both programs led by Ashley Baldwin

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**Medical Qigong for Senior Health**

**Beginning**

**Wednesday, June 6, 2018**

11:00 AM  •  Hadley House

Wednesdays  Friday

June 6, 13, 20, 27  July 6

**COST:**

$50 for 5-class pre-registered package. Pre-register with Susan Bagnini at sbagnini@uucsr.org.

$12 per class for drop-ins.

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**Introduction to Medical Qigong**

**TWO-DAY WORKSHOP**

**Saturday, June 16 & 23, 2018**

9:00 AM – 12:00 PM  •  Veatch Ballroom

**COST: $100**

Payment should be made by cash or check on the first day of the workshop.

**PRE-REGISTER BY JUNE 12:**

Contact AshleyNicBaldwin@gmail.com to reserve your spot.

For more information, please visit www.thaiqiholistics.org.
WOMEN’S GROUP
Judith Wylie-Rosett, President

You Can Help Victims of Domestic Violence!

Donate Your Old Cell Phones Your old cell phone can be reprogrammed to help safeguard those at risk. Please put old cell phones in the Safe Center cell phone box in the UUSCR Main Lobby.

The Safe Center will reprogram the phone to be a 911 emergency call phone that will be distributed to domestic violence victims.

MEN’S GROUP
Gerry Matusiewicz, Chair

END OF YEAR BARBECUE AND PARTY

See ad on back cover of this Quest for details.

MEN’S GROUP POETRY PROGRAM

Bring Your Own Poem

Sunday, June 17, 2018
Veatch Terrace Room • 1:00 PM

Your ticket of admission is one poem...(but we would like you to read your selection). Poetry by you, or your favorite author. Light refreshments will be provided.

CRUISE TO THE STATUE OF LIBERTY

An Evening to Remember and Celebrate with Friends
Friday, July 27, 7:00 PM-11:00 PM

Enjoy the cool breeze as you glide alongside one of the world’s breath-taking skylines. The Majestic Princess sets sail from Port Washington for a four-hour exciting journey to the Statue of Liberty. Our DJ on the spacious promenade deck will play a variety of songs to get people singing and dancing. Hors d’oeuvres, dinner, name-brand 3-hour open bar and a sparkling cruise, all for $135 per person. Mail your check (made to Lady Liberty Cruises) to Jim Ansel, 69 Fairview Avenue, Port Washington, NY 11050 Cruise Goes Rain or Shine. Price (group rate) includes parking & taxes. Please provide your email address. Members & Guests Only. Leader: Jim Ansel anseljim@aol.com, cell 516.567.9308, text preferred.

BOOKSTORE

Thank you to all of you who came to the bookstore sale on May 20, 2018. May you enjoy your treasures!

Though our endeavor in the past has always been to be open on every Sunday, we decided to take a four week break. The Bookstore will be closed for the summer season beginning June 24, 2018. It will reopen on July 22, 2018. Enjoy your summer!

Brigitte Mueller, Chair
I’m very pleased to introduce and welcome very belatedly as an official member, Susan Frooks. Hardly a stranger to this community, over the years Susan has been involved with programs here, particularly involving social justice and climate change. Her husband, George, was recently honored for 55 years of congregational membership!

“What do you say after you say hello?” That was the title of Dr. Eric Berne’s book of some years ago, and although the book is widely considered to be excellent, it never directly addresses the question the title asks.

However, it is quite a pertinent and puzzling question, both in life in general, and in the lobby of the UU Congregation at Shelter Rock. After a cordial greeting and an exchange of names, what is one’s next line with a newcomer to our congregation?

I would like to invite your responses and suggestions. You can email them to BBortin@uucsr.org, phone 516.472.2934 or mail them to me at the congregation.

One recommendation I would make in a general way is that if a conversational exchange is awkward, or some comment doesn’t receive an appreciative response, don’t despair or feel embarrassed! (A classic example is… “Are you new here?” “No, I’ve been a member for 32 years.”) Apologize briefly if that feels right, and move on. A slightly uncomfortable exchange can be, oddly enough, the foundation of a warm, congenial relationship.

One line that can always be offered is that a luncheon follows the service every Sunday, and for newcomers, the lunch is complimentary, with a gold card available at the Welcome Desk. Another is whether the person has been to a Unitarian Universalist congregation anywhere else, and if not, would you care for any literature from our Welcome Desk rack? And with our beautiful grounds, a brief tour might be in order, perhaps featuring the Art Gallery, looking at the exhibit, followed by the terrific vista of the pond and the woods. You can always invite people to be introduced to me, or to one of the ministers.

I also cordially invite any who are interested to take a Sunday at the Welcome Desk, or at the Newcomers Table in the Café.

Hoping the rhododendron-clad late spring is good to you,

Shalom, Salaam, and Namaste, Ben

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**MEMBERSHIP MATTERS**

Ben Bortin, Membership and Volunteer Coordinator

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**MILESTONES**

We mourn the death of... Evelyn Reid, a long-time member of UUCSR. Evelyn died peacefully at home on Friday, May 25, 2018. She is survived by her children, Penelope and Loughlin, and her father, Stephen Reid, as well as Loughlin and Penelope’s father and stepmother, Robert and Janelle Cleary. A memorial service is planned for July 22, 2018. Condolences may be sent to The Reid-Cleary Family 82-43 233rd Street, Queens Village, NY 11427

We mourn the death of... Vincent Albanese, a member of UUCSR for 35 years. Vincent died peacefully on Saturday, May 26, 2018. He was 91 years of age. He was the father of UUCSR member Marisa Albanese, father-in-law to Jason Tishler, and grandfather to Jenna and Aleah. He is also survived by his wife, Niki, and his sons James, Christopher, and Anthony, and their spouses and children. A funeral service was held on May 30, 2018. Condolences may be sent to the Albanese family in care of Marisa. Marisa Albanese & Jason Tishler, 282 Trumbull Road, Manhasset, NY 11030

We celebrate with... Ginette Levin who has shared with us her pride and joy that her granddaughter, Ariana Levin, is graduating from Weil-Cornell Medical School on May 31, 2018. The soon-to-be Dr. Levin will do her ophthalmic residency at Moran Eye Center in Salt Lake City, Utah. Congratulations, Ariana (and Ginette)!

We send warm wishes to... the Rev. Dr. Chris Wetzel who celebrated her 90th birthday and the 39th Anniversary of her ordination into the Unitarian Universalist ministry on Sunday, May 6, 2018. The Rev. Dr. Wetzel led the Religious Education program for children, youth and adults at Plandome and Shelter Rock for 22 years, and remains an active member of UUCSR. Cards may be sent to 7109 Ruane St., San Diego, CA 92119-1210.

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**LUNCH BUNCH**

**THE JOLLY FISHERMAN & STEAK HOUSE**

June 7, 2018 • 1 PM

$30 all inclusive

25 Main Street, Roslyn, NY 11576

516.621.0055

Sign or Contact Ben Bortin: BBortin@uucsr.org, 516.472.2934
Fertile Lands: How We Grow Our Crops (Food)

Seventy-eight percent of the air we breathe is nitrogen. Aside from trace elements, the rest is oxygen. Each atom of nitrogen is tightly (triply) bound to another nitrogen atom to form a single molecule. It is very difficult to break this bond. This is good for our atmosphere since it maintains stability. The problem is that we need nitrogen for compounds essential to life, specifically plant and animal proteins. Any process that breaks down the molecules so that nitrogen can combine with other elements is said to “fix” nitrogen.

The bacteria that break down the nitrogen molecule are an essential part of the nitrogen cycle. The decay of organic material, such as cover crops, that already contains fixed nitrogen is also important. Animal and human waste is an excellent source of usable nitrogen. A good example is urea, the primary ingredient in urine. Two-hundred years ago, bird guano was considered an important natural resource as a fertilizer.

This changed about a hundred years ago with the Haber-Bosch process, which combines atmospheric nitrogen with hydrogen to make ammonia. The process requires elevated temperatures and exceptionally high pressure. In fact, a full one percent of the world’s energy supply goes into making the ammonia. While ammonia is adequate as a fertilizer, it is often processed further to produce nitrate fertilizers which get spread on lawns and crop land. These chemical fertilizers are responsible for growing food that feeds half the world’s population.

Unfortunately, these chemical fertilizers are used in excess causing runoff to our waterways. This causes algae blooms and results in aquatic dead zones. Alternatively, one can use more natural or organic methods. These include cover crops, crop rotation or just resting land after a certain number of years. Since our present agricultural policy is leading to a gradual depletion of soil nutrients, it is clear that some changes should be made.

The issue here is proprietary laws that prohibit small farmers from bringing their non-GMO crops to market once they are contaminated by modified seeds. It may be more economical for farmers to replant their own seeds rather than purchase a genetically modified type every year. In fact, current research suggests that farmers may soon be able to grow perennial rather than annual grain.

The argument for factory farming is yield and cost effectiveness. Consider that by far our largest crop is corn which takes up 91 million acres of US farm land. Forty percent of it is used to produce ethanol fuel for automobiles. (Which makes no sense, particularly as we transition to electric cars in the next 20 years.) About the same amount goes to feed livestock which really should be grass fed. The remainder goes to human consumption, primarily in the form of high fructose corn syrup.

Small farms represent an entrepreneurial livelihood that produces a useful product. Our use of technology should support them and preserve the environment.
Ending Torture in U.S. Prisons:
How did the UUCSR Large Grant Help Grow the Movement Against Solitary Confinement?

WEDNESDAY, JUNE 13, 2018
7:30 PM • ART GALLERY

Report from Rev. Ron Stief, Executive Director of the National Religious Campaign Against Torture

With a Large Grant, the National Religious Campaign Against Torture (NRCAT) worked with a network of national organizations in support of grassroots campaigns in four states to end prolonged solitary confinement. What are the results?

Prolonged Solitary Confinement is:
• incarceration in a small cell, 23-24 hours a day for weeks, months, years, decades
• ideprivation of ordinary human contact, family visits, telephone calls
• idevastating psychological and neurological effects
• considered by the UN and numerous experts to be torture after 15 days
• found to have no positive effects on the rehabilitation of incarcerated individuals
• leads to increased violence in prisons

Audience members will have the opportunity to participate in the NRCAT Virtual Reality (VR) Experience of Solitary Confinement. You will be given VR goggles and placed “inside a cell” in a 9-minute video presentation from survivors and experts on what solitary is like. This will be available during the program for anyone wishing to participate.
Adoption Triad Ministry - Jennie Dunn, 1:00 PM, RE Room 16

MONDAY, JUNE 11, 2018
Adult Programs Meeting, 5:00 PM, Veatch Conference Room
NAMI Family to Family Classes, 6:30 PM, RE Room 15
Kundalini Yoga, 7:00 PM, Art Gallery

TUESDAY, JUNE 12, 2018
AIDS Center of Queens County, 10:00 AM, Social Hall
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Art Committee Meeting, 4:00 PM, Office Conference Room
Caring Committee Meeting, 6:00 PM, Office Conference Room and Art Gallery
Nar-ANON Meeting, 6:30 PM, RE Room 19
Board of Trustees Meeting, 7:30 PM, Veatch Ballroom
Publicity and Promotions Meeting, 7:30 PM, RE Room 15
RESCHEDULED RE Committee Meeting, 7:30 PM, Veatch Conference Room

WEDNESDAY, JUNE 13, 2018
Manhasset School Retirees, 10:30 AM, Bride's Room
Medical Qigong for Senior Health, 11:00 AM, Hadley House Community Room
Reach Out America, 12:30 PM, Veatch Ballroom
Bookstore Committee Meeting, 4:00 PM, Bride's Room
NAMI Family Support Group, 7:00 PM, RE Room 15
INISFADA-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
SGM Second Wednesday meeting, 7:30 PM, RE Room 19
Food & Water Watch Monthly Meeting, 7:30 PM, Veatch Conference Room
Emergency Preparedness Meeting, 7:30 PM, Office Conference Room
Ending Torture in U.S. Prisons: How did the UUCSR Large Grant Help?, 7:30 PM, Art Gallery

THURSDAY, JUNE 14, 2018
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
NAMI Spirituality, 6:30 PM, RE Room 15
Board of Trustees Meeting, 7:30 PM, Veatch Ballroom

FRIDAY, JUNE 15, 2018
Planned Parenthood of Nassau County, 9:00 AM, Social Hall
Small Group Ministry, Third Friday HH meeting, 1:00 PM, Hadley House Community Room
Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom, Terrace Room
SGM Annual Dinner, 6:00 PM, Veatch House
Soulful Small Group, 7:00 PM, RE Room 14
Women's Group Book Series, 7:30 PM, Art Gallery

SATURDAY, JUNE 16, 2018
INN Cooking, 9:00 AM, Main Kitchen
Introduction to Medical Qigong, 9:00 AM, Veatch Ballroom
Caring Hearts - Quilters, 10:00 AM, Room 204, 205
Yoga, 11:00 AM, Art Gallery
RE Volunteer Year End Dinner, 6:30 PM, Veatch House

SUNDAY, JUNE 17, 2018
Childcare, 9:30 AM, RE Room 2
Bagel Breakfast, 10:00 AM, Social Hall
Music Rehearsal, 10:00 AM, Worship Room
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Third Sunday SGM Meeting, 1:00 PM, Bride's Room
Ethical Eating Cooking Class, 1:00 PM, Veatch House
Men's Group Poetry Program, 1:00 PM, Veatch Terrace

MONDAY, JUNE 18, 2018
NAMI Criminal Justice Committee, 3:00 PM, RE Room 15
NAMI Family to Family Classes, 6:30 PM, RE Room 15
Kundalini Yoga, 7:00 PM, Veatch Ballroom
DAC Meeting, 7:30 PM, Office Conference Room
Large Grants Advisory Group Meeting, 7:30 PM, Veatch Library
Building and Grounds Meeting, 7:30 PM, Veatch Oval Room

TUESDAY, JUNE 19, 2018
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Nar-ANON Meeting, 6:30 PM, RE Room 19
SGM Third Tuesday Meeting, 7:00 PM, Bride's Room
Housing Board Meeting, 7:30 PM, Veatch Library

WEDNESDAY, JUNE 20, 2018
Medical Qigong for Senior Health, 11:00 AM, Hadley House Community Room
WG - Women Talk Daytime, 12:00 PM, Art Gallery
Bridge Group, 1:00 PM, Veatch Ballroom
Leukemia/Lymphoma Society Meeting, 6:00 PM, RE Room 16
INISFADA-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room

THURSDAY, JUNE 21, 2018
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207

FRIDAY, JUNE 22, 2018
Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom, Terrace Room

SATURDAY, JUNE 23, 2018
Introduction to Medical Qigong, 9:00 AM, Veatch Ballroom
Caring Hearts - Quilters, 10:00 AM, Room 204, 205
Yoga, 11:00 AM, Art Gallery
Together to End Solitary Confinement, 6:30 PM, Worship Room

SUNDAY, JUNE 24, 2018
Childcare, 9:30 AM, RE Room 2
Bagel Breakfast, 10:00 AM, Social Hall
Music Rehearsal, 10:00 AM, Worship Room
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Herb Council Memorial Service, 4:30 PM, Chapel

MONDAY, JUNE 25, 2018
Mental Health SJC Sub-Committee Monthly Meetings, 4:00 PM, Veatch Conference Room
NAMI Family to Family Classes, 6:30 PM, RE Room 15
Kundalini Yoga, 7:00 PM, Veatch Ballroom

TUESDAY, JUNE 26, 2018
ERASE Racism: Unraveling Racism Training 8:00 AM, Social Hall
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Nar-ANON Meeting, 6:30 PM, RE Room 19
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room
Committee on Ministry Meeting, 7:30 PM, Office Conference Room

WEDNESDAY, JUNE 27, 2018
Medical Qigong for Senior Health, 11:00 AM, Hadley House Community Room
ERASE Racism: Unraveling Racism Training 11:45 AM, Art Gallery
Bridge Group, 1:00 PM, Veatch Ballroom
NAMI Family Support Group, 7:00 PM, RE Room 15
INISFADA-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
Racial Justice Task Force Meeting, 7:30 PM, Art Gallery

THURSDAY, JUNE 28, 2018
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
Vincentian Group Meeting, 6:00 PM, Veatch Oval Room
Transition Team Meeting, 7:30 PM, Bride's Room

FRIDAY, JUNE 29, 2018
Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom, Terrace Room

SATURDAY, JUNE 30, 2018
Caring Hearts - Quilters, 10:00 AM, Room 204, 205
Yoga, 11:00 AM, Art Gallery
Men's Group End-of-Year BBQ, 4:00 PM, Veatch House
End-of-Year BBQ, 4:00 PM, Veatch Terrace

SUNDAY, JULY 01, 2018
Childcare, 9:30 AM, RE Room 2
Bagel Breakfast, 10:00 AM, Social Hall
Music Rehearsal, 10:00 AM, Worship Room
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Love and Stitches, 12:30 PM, RE Room 15

Visit UUCSR.org for additional calendar programs and events.
Next Quest: Tuesday, June 19, 2018 | Deadline for Content: Thursday, June 14, 2018

SUNDAY, JUNE 10, 2018
12:30 PM • Veatch Ballroom

Enjoy Lunch and a Special Planned Program

Speaker: Lynn Cahalan,
Community Donation Manager, Savers Thrift Store

Lynn will discuss human and environmental costs of fashion increasing while the price of clothing has decreased.

Fashion show following, featuring Women’s Group “models” wearing items from the thrift shop.

FREE - Current Women’s Group Members
$10.00 - For new PAID 2018-2019 Women’s Group Members
$15.00 - Guests

Advanced Reservations Required

Please RSVP to Sharyn by June 8  516.472.2960; sesposito@uucsr.org

The Men’s Group

END OF YEAR
BARBECUE PARTY

Saturday, June 30, 2018
4:00 - 8:30 PM • Meadow & Ballroom

Pre-Registered: $10 UUCSR Members • $15 Non-Members
At the Door: $15 UUCSR Members • $20 Non-Members

Sing & Dance Along to the Tunes of Dexter Wells

• Usual BBQ Fare, Beverages, Desserts •
Open to all adult members and their guests!

50/50 to benefit Disabled American Veterans

RSVP by June 29 online or with Sharyn Esposito at 516.472.2960 or sesposito@uucsr.org

Adults only event • Childcare is available by request before Friday, June 22, 2018.