As members and friends of UUCSR look ahead, there are a host of enticing and challenging possibilities for the congregation to consider as elements of its mission. These include commitments to our own members across the entire age spectrum, as well as commitments to our neighbors and environs on Long Island, as well as to the UU movement and the larger world. Based on his 12 years of service to and with the congregation, Ned will propose some areas for the congregation to consider for further exploration and possible development as future mission priorities.

In 1770, the English minister, John Murray, lost on his way to New York City came ashore at what is now Murray Grove, New Jersey. There he met Thomas Potter who convinced Murray to preach the gospel of Universalism. Murray went on to establish the Universalist Church in America. But what of Thomas Potter?

Helping us to cultivate a community of empathy is the mission of our Caring Committee—the committee members act intentionally for the benefit of fellow congregants by relieving their isolation,
Transportation Assistance
UUCSR offers FREE 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.

SOULFUL SUNDOWN
Friday, November 9, 2018, 7:30 PM
The Rev. Jennifer L. Brower

Inspired by the Mexican tradition of *Día de Los Muertos* (Day of the Dead), today we celebrate our loved ones who have died. In keeping with Mexican custom, we will create an *ofrenda* or altar of remembrance. Please bring photographs or personal mementos, flowers, or other objects to place on our altar to honor your late loved ones. There will be time in our service for the sharing of remembrances. The first portion of the service will be multigenerational. Our youth and teachers will be invited to share their remembrances before leaving for their classes. Costumes (that are not too gory or racy) may be worn by people of all ages who wish to dress for the occasion.

*Please look on the *ofrenda* for items brought in years past that were inadvertently left behind.

There will be a multigenerational Service. The Religious Education Halloween party in the Veatch House will follow RE classes.

Sunday, October 28, 2018, 11:00 AM
*Día de Los Muertos*
The Ministry Team

At the same time as the UUA General Assembly approved seven UU Principles, they also approved five sources for our faith, to which a sixth was later added. Rev. Ned launches a six-part series of sermons about these six sources with a focus on the first source: “Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life.” He will explore the question, “How have ‘religious experiences’ or ‘moments of spiritual insight’ affected—and perhaps changed—us as individuals on our own spiritual journeys?”

Sunday, November 4, 2018, 11:00 AM
*First Source: Direct Experience*
The Rev. Ned Wight

MESSAGE FROM THE MINISTERS
In times of pastoral crisis, whether your own, or that of a fellow member about whom you are concerned, you may need to reach out to a member of the Ministry Team. Please save and follow these instructions in a critical situation:

Monday-Friday during regular business hours, please contact the Assistant to the Ministers, Kimberly Rossiter, by phone or email: 516.472.2941 or krossiter@uucsr.org

On weekends and after regular business hours, please call the live answering service at 516.795.0329.

Yours in Faith,
Rev. Jennifer

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Friday, November 9, 2018, 7:30 PM
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CONGREGATIONAL UPDATES

NEW COMMUNICATIONS POLICIES

In 2017, Congregational Operations Administrator Adam Barshak and the Publicity and Promotions Committee called for a survey to evaluate the effectiveness of the Quest, UUCSR's newsletter. The survey received one of the largest response rates of any survey of the congregation with over 250 responses. The survey reinforced the importance of the Quest as the primary mode of congregational communication.

Until now, Quest practices have been informal. At the direction of the Publicity and Promotions Committee, a study group convened to compile suggestions for formulating Quest policies that would provide guidelines that address mission, content, size, etc.

The resulting guidelines, which were vetted by the Program Council and Ministerial Team, and were approved by the Board of Trustees in September, are mostly current practice made formal. The Guidelines take effect with the next Quest edition on Wednesday, October 24, 2018. Please note that Quest publication is shifting from twice monthly on Tuesdays, to twice monthly on Wednesdays.

The following summarizes changes to current practices:

- Articles, ads, and images should be approved by and submitted by a committee chair or by her/his designee.
- Articles should be relevant to the programs of the Unitarian Universalist Congregation at Shelter Rock and/or to Unitarian Universalism. Articles should contain new information for each edition and be future-oriented. Reviews and descriptions of past events are not encouraged. According to the Political Statement and Lobbying Guidelines in the UUCSR Policies Compendium, articles cannot include: polarizing language, bias, or hyperbole; endorsements of political candidates; or partisan politics of any kind.
- All articles, except for “Upcoming Worship Services,” “Touchstones,” and selected programs, are limited to one column (half-page) in size. Column content may be all text or all ads, or a combination of the two.
- UUCSR programs and events co-sponsored by committees and/or programs are allocated space beyond one-column.
- Content should verifiable and should be fact-checked by the author prior to submission.
- Articles should be the original work of the writer, with attributed quotes for words of another writer. Reprints of outside articles and lengthy quotes cannot be permitted.
- Quest will be published on Wednesdays, with Happenings on non-Quest Wednesdays. There will be no Happenings in weeks in which there is a Quest published.
- Expressions of Thanks in the Quest may be made only to the congregation and not to individuals or committees.

Guidelines in their entirety are available in the MYUUCSR section of the UUCSR website: www.uucsr.org.

CARING COMMITTEE
Diane Lombardy, Chair

Thanksgiving Dinner at UUCSR
Thursday, November 22, 2018
12:00–3:00 PM • Social Hall

Full course dinner and non-alcoholic beverages included
All are welcome to bring a dessert item to share &
Non-perishable food donations for the Food Pantry

Please note: Payments must be made in advance. No walk-ins.
$15 per person/$10 children 12 and younger
RSVP by Friday, November 9
Register online at uucsr.org/thanksgiving or
pick up a registration form in the UUCSR Main Lobby
Info: Kimberly Rossiter: krossiter@uucsr.org or 516.472.2941

MENTAL HEALTH FIRST AID

UNITARIAN UNIVERSALIST CONGREGATION
AT SHELTER ROCK
Supports
MENTAL HEALTH

NAMI Queens/Nassau
(National Alliance for Mental Illness) and
the Mental Health Subcommittee of the
Social Justice Committee co-host

MENTAL HEALTH FIRST AID

Friday, October 19, 2018
9:00 AM - 5:00 PM

$35 in advance

covers all materials
continental breakfast and lunch
and

The Chance To Save a Life!

Visit namiqn.org or call 516.326.0797
NEW ADULT PROGRAMS

For questions or RSVPs regarding any Adult Program, please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

Do You Believe?


Sundays, 1:00 PM, Veatch Terrace Room – October 14, November 11 (Room 14), December 16, January 13, February 10, March 3, April 14

Seventh Principle: Care for the Earth

In conjunction with this year’s congregational theme, “Strengthening the Interdependent Web,” which is based on the seventh UU Principle, this evenings workshop will focus on the environmental and planetary realities facing us in the second decade of the 21st century, and will invite us to identify commitments we can make—and need to make—if we are actually to strengthen the environmental systems that support life. Led by The Rev. Ned Wight and Gail Koellin

Wednesday, October 17, Room 15, 7:30 PM

Sustainable Health: Simple Habits to Transform Your Life

Simple practices—backed by science and spirituality—to help you take charge of your health… What if we could realign ourselves without the expensive diet pills, exercise regimens, biometric tracking apps, and other products that seem to always add more complexity and confusion to our lives?

This class offers a set of hassle-free tips and tools to help participants understand one’s own body. Using the five elements of Traditional Chinese Medicine—fire, earth, wood, metal, and water—in conjunction with sound scientific research, we will embark on a path toward healing and fulfillment of the mind, body, and spirit.

Come join us… Autumn calls on us to boost our immune systems, let go of regrets, and prepare for the inspiration of dreams. Led by Susan Roberts. Susan has 40 years of practice in occupational therapy and is author of Kinesiology: Simple Habits to Transform Your Life, coming this Fall from W.W. Norton.

Sundays, October 21 and November 4, 1:00 PM, Chapel

ADULT PROGRAM UPDATES

Soulful Songs & Stories
October 19, 2018, 7:00–8:30 PM, Room 14

For October, we’re going to try and tease out meaning of two versions of Forever Young, one by Bob Dylan (www.j.mp/uucsr20) and the other by Rod Stewart (www.j.mp/uucsr19). Both songs speak of being young as a mindset rather than a chronological age, and both invoke the Golden Rule. One is an exhortation, the other a prayer about parents and children. Can the words of Dylan and Stewart—and your stories—help us find the sacred in everyday life?

Join us in our relaxed and safe space in Room 14. Please come a little early to sign in, get a name tag, and have a cup of tea or coffee so we can start promptly at 7:00 PM. Newcomers are welcome; follow the signs for the Chapel, and park in the rear parking lot. If you’re not already signed up, register with Jessica Pond (JPond@uucsr.org or 516.472.2914) to get an email reminder, lyrics, and related food for thought to read—or not (your option).

UUCSR AIRING ON PATV

Cablevision Channel 20 / Verizon Channel 37 - in the incorporated Villages of Great Neck/North Shore:


Live Stream same dates/times available on PATV for those who do not get their station.

PATV (Public Access TV) are currently airing Shelter Rock special events on Cablevision. See below for the program dates and times:

Restoring Hope and Dignity to Greece
• Saturdays and Sundays at 9:00 PM
• Tuesdays at 3:00 PM

Beginning October 13, 2018
Shelter Rock Forum presents Robert P. Jones
• Saturdays and Sundays at 9 PM
• Wednesdays at 3 PM

Find previously shown programs on PATV’s On Demand Link
Covenant building is one of our practices in Unitarian Universalism. At UUCSR, this practice shows up in our RE classes, within our lay leadership and ministry team. Our children and youth are asked to engage in a covenant process every autumn when they move on to a different RE class. They have many years of experience with this in the congregation, at youth conferences, and in their camp communities.

When engaging in the process whenever a new community is formed or affirming longstanding covenants of the congregation, there are those who find this practice tedious, boring, or irrelevant. Last month, during our first youth group meeting, our eldest youth asked why we must create a new covenant every year and why can’t we just keep the same covenant from last year. In this way, covenants are often conflated with rules.

Our covenants carry the assumption that they’re set in stone, everyone knows what they are and will follow them. Covenants engage us in the question of how we would like to be in community with one another. We are given the opportunity to share our values, to speak aloud, and clarify the unspoken expectations that we carry and sincerely consider what we are willing to uphold in relationship with one another.

We are asked to also consider when folks are out of covenant, how will they be held accountable and brought back into community. Our Universalist heritage offers that no one is disposable, and everyone is to be given another chance to get back into covenantal relationship. As our covenants are meant to be co-created with everyone who makes up a new or renewed community, they’re also meant to be reviewed. In reviewing our covenants, we can explore what the community is doing well with and the ways in which we’re struggling. We must ask these questions of ourselves as individuals as well. What do each of us bring to this community and what are we willing to offer to one another? What are we building for those who will come after us?

**DENOMINATIONAL AFFAIRS COMMITTEE (DAC)**
Robin Finnan-Jones, Chair

*Are you an individual who might be interested in exploring the world of UU affairs outside of the congregation walls?*

DAC is in need of congregants to partner with Unitarian Universalist affiliates such as LIAC (Long Island Area Council); CER (Central Eastern Region); UUUNO (Unitarian Universalist United Nations Office); or Partner Church in Csiksereda, Transylvania. Individuals would serve as DAC liaisons to these interesting and important affiliates. This could be a meaningful way of serving UUCSR while expanding one’s horizons on Unitarian Universalism in the larger world. For further information, please contact Robin Finnan-Jones, DAC chair at docfinnanjone@aol.com or attend a future DAC meeting on Tuesdays, November 13, December 4, 2018 or January 8, 2019 at 7:30 PM.
“Let Me Entertain You, let me make you smile...” so go the lyrics to a popular Broadway tune. Our “Broadway-bound” cast is busy polishing their numbers, dusting off their costumes, shining their shoes, and getting ready to entertain you at our sixteenth anniversary production of Cabaret at the Rock! Please mark your calendars for November 3. Bring families and friends and, most of all, support our very special Ed Miller Memorial Music Scholarship Program that offers funds to graduating high school seniors heading off to further education in the world of music.

Come enjoy an evening of musical fare, desserts, wine and camaraderie as we raise funds for the Edward Miller Memorial Scholarship Fund.

Saturday, November 3, 2018
6:30 PM Doors Open
7:00 PM Show Begins
Social Hall

$20/UUCSR Members
$22/ Non Members
$20 Gets you on stage!

Tickets may be purchased in advance
Purchase a ticket via cash or check payable to UUCSR, with memo: Cabaret XVI, Attn: Lea Titza.
Deadline for complimentary childcare
Tuesday, October 30. Questions? 516.472.2975.

Tickets will be available at the door!

The reception for artist Allan Markman’s exhibit, From the Ground Up, will be on display October 28—November 27, 2018.
The dictionary defines “overstory” as the trees contributing to the forest canopy, so we can expect award-winning Richard Powers new book titled, Overstory, to be about trees. Indeed it is, but it is also a novel about nine, finely drawn characters whose lives over several generations intersect with the magnificence and tragedy of nature in our culture. It is a fantasy depicting the reality of interaction between organisms and their environment.

The author’s prose has been described as almost poetry. He tells the life stories of his characters and of the trees from root through trunk to crown and back to seeds. One example of how he blends people and trees concerns a Norwegian family who emigrated to Brooklyn and then to a mid-western farm in the mid-1800s. They brought with them chestnut tree seeds but only one of the trees they produced survived the blight that swept the country in the early twentieth century. The patriarch of the Hoel family began taking a picture of this tree every March. This annual tradition was followed by the son, grand son, and great grandson so that over 100 photographs remained after the farm and homestead were sold, to tell the story of time and change.

Well-known author, Ann Patchett’s succinct endorsement is, “Autumn makes me think of leaves, which makes me think of trees, which makes me think of Overstory, the best novel ever written about trees, and really, just one of the best novels, period.”

Copies of this book are now available for $18 in our UUCSR Bookstore located just off the Main Lobby and open for one hour following the Sunday Service. Please come in and look around.

Lois Wolfson

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**LEADERSHIP DAY: Saturday, October 13, 2018**

Full information and Registration link for lay leaders appears at: [https://www.uua.org/central-east/events/region/leadership-day-ny-1018](https://www.uua.org/central-east/events/region/leadership-day-ny-1018)

**Keynote:** Social Change Through Spiritual Transformation: Engaging Our Faith by Rev. Robin Tanner

**Afternoon workshops:**
- Where Did All the Children Go? Embracing Family Ministry with Rev. Emilie Boggis and Laura Beth Brown.
- What’s Going On? Congregational Conversations with Rev. Dr. Hope Johnson.
- Approaching Difference Creatively with Rev. Evin Carvill-Ziemer.
- Reenergizing and Sustaining Annual Stewardship Drives and the People Who Run Them with Liz Coit from Stewardship for Us.
- Congregational Safety and Disruptive Persons Policies with Patricia Infante.
- Crowdfunding UU Dreams with Chalice Lighters and Faithify Programs with Andrea Lerner.

**Costs:** Sliding scale of $30-$40-$50.

**Register now:** Availability of meals cannot be guaranteed for late registrants

**Housing:** A block of rooms have been reserved at the Hyatt House at $169 per night. Please visit their website or call the reservations line 800.517.8548 and provide them the group code G-UUAG.

**Schedule:**
- 9:30 AM Registration and coffee
- 10:00 AM Worship
- 10:45 AM Keynote with Robin Tanner
- 11:45 AM Q&A
- 12:15 PM Lunch
- 1:00 PM Workshop Session A
- 2:15 PM Break
- 2:30 PM Workshop Session B
- 3:45 PM Break
- 4:00 PM Closing

**Address**
Community Unitarian Church of White Plains
468 Rosedale Avenue, White Plains, NY 10605

**Facebook:**
Stony Brook Buddhist Sangha
Stonybrooksangha.com

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**UUA COMMON READ**

The Unitarian Universalist Common Read for this year is, Justice on Earth: People of Faith Working at the Intersection of Race, Class, and Environment, edited by Manish Mishra-Marzetti and Jennifer Nordstrom (Skinner House, 2018). Justice on Earth explores interconnections, invites us to look at our current challenges through a variety of perspectives, and offers tools for action.
Veatch Grantees Aid in Hurricane Disaster Relief and Rebuilding

The Unitarian Universalist Congregation at Shelter Rock can be proud of the work that Veatch grantees do to help communities impacted by natural disasters.

Last month, thousands evacuated in preparation for Hurricane Florence, which caused record flooding and severe property damage throughout the Carolinas and the neighboring region. Veatch grantees have contributed to the post-Hurricane Florence relief effort in the following ways:

- **Veatch grantee Down Home North Carolina Fund** temporarily shut down their offices to distribute emergency preparedness boxes throughout counties in western North Carolina. These response kits helped residents weather the storm and provided vital supplies in the aftermath.
- **Veatch grantee Democracy Now!** provided in-depth coverage of the storm and its effects on the most vulnerable communities. This coverage included hosting Rev. William Barber, a Beacon Press author, who spoke about the underlying policies that made the storm more devastating for poor people. “We have two hurricanes,” Rev. Barber said, “the hurricane of poverty and lack of healthcare and lack of living wages that existed prior to the storm, and then we have the storm, and now everything that was already tough for people has been exacerbated. That’s the story we must keep our eyes on...” In addition, before the storm hit, Democracy Now! spoke with Michael Mann, distinguished professor and director of the Earth System Science Center at Penn State University, who explained the direct links between Hurricane Florence and climate change, saying that a warmer ocean intensifies storms and that the rise in sea level adds to the strength of storm surges.
- **Veatch grantees Unitarian Universalist Association and Unitarian Universalist College of Social Justice (UUSCSJ)** have been in contact with affected congregations and are determining how they can best be of service in both the short- and long-term.
- **Veatch grantee Unitarian Universalist Service Committee** is also evaluating the disastrous situation in Indonesia. Days after a powerful 7.5 magnitude earthquake and tsunami tore through the country killing over 1,400 people, Indonesia was rocked by a volcanic eruption. UUSC has a long history of providing both disaster relief and support for longer-term community rebuilding efforts in countries around the world suffering from natural disasters.

CONGREGATIONAL BUS TRIP TO VEATCH GRANTEE NEW YORK TAXI WORKERS ALLIANCE

**Saturday, November 3, 2018**
Meet at UUCSR at 8:15 AM. Return at 2:00 PM
Light breakfast and locally-prepared lunch. Ride on a coach bus. No cost!
RSVP at RSVP@veatch.org Questions? Call Marjona Jones, 516.472.2930

Meet Co-Founders Bhairavi Desai and Javid Tariq and hear directly from taxi workers about the importance of organizing this sector in the new “gig” economy.

**Recent victories include:**
- Won $90 million in stolen wages for taxi workers
- Capped the number of cars on the street from app-based companies, a victory that will benefit more than 80,000 drivers
- Organized the largest local response protesting the #MuslimBan
- Expanded to Pennsylvania and California
Accompaniment

In the late 1980’s, I lived and worked in a barrio in La Paz, Bolivia. One day, I had to go to the doctor in the local clinic. I had been in Bolivia long enough to know I might have a long wait to be seen, but when I saw that there were five Aymara people entering the clinic ahead of me, I realized I might be spending the night! How wrong I was! Among those five people, only one was sick. The other four were accompanying the patient. This was an experience of accompaniment that I’ve never forgotten.

Accompaniment is going on here on Long Island and in many cities and towns across the country. It’s happening anywhere that a caring community decides to organize so that a person who is undocumented and requests accompaniment doesn’t have to go to an ICE (Immigration and Customs Enforcement) check-in or court date alone. Sometimes the undocumented immigrant is already in detention, and then volunteers accompany the family members who attend court hearings.

Jobs with Justice Long Island has been holding accompaniment trainings for several years and now has 400 trained volunteers. A few of us have taken the training and regularly accompany immigrants who are undocumented to these appearances. Lately, because ICE has stepped up its detention efforts, the accompaniment is more often with family members of the detained.

The value of accompaniment is two-fold: the individual experiences the support of others who are concerned, and the judge sees that the individual is not alone. According to Rev. Donna Schaper of Judson Memorial Church and the New Sanctuary Coalition: “ICE doesn’t like to have citizens paying attention to what they are doing. Showing ICE that immigrants have citizens watching and supporting them helps ICE to realize that these people are not the ones that they need to deport right now. Accompaniment is as good a supportive strategy as physical sanctuary, helps more immigrants, and can be a gateway to providing physical sanctuary if it becomes necessary.”

In addition to accompaniment trainings, Jobs with Justice has spurred the formation of six Rapid Response Networks (RRN) on Long Island. These networks sponsor educational programs in their areas, advocate before county legislatures, and report on any ICE activity in their areas. They also raise funds for families who are experiencing economic need because the breadwinner has been deported. You can contribute to this fund at https://longislandjwj.org/donate/dream-solidarity-fund/

Because the Social Justice Committee chose Migration as one of its focus areas for this congregational year, you will soon see information about an accompaniment and RRN training here at UUCSR. We hope that many more members will participate in the training and become volunteers who provide this necessary support.
**SOCIAL JUSTICE ANNOUNCEMENTS**

Continued from page 7

**Monday, October 15, 2018**

**County Legislative Hearing on the Firearm Safe Storage Bill,**
12:30 PM, County Legislature, 1550 Franklin Ave., Mineola, NY.
Join members of the Social Justice Committee to show support for this legislation. If you would like to offer testimony, please contact Mary Beth Baxter, New Yorkers Against Gun Violence at marybeth@nyagv.org

**Tuesday, October 16, 2018**

**Conference Call “Ending Prolonged Solitary Confinement”**
6:00 PM—7:00 PM. Call in number: 855.392.2520. When prompted, enter code 5471845#. Speak with statewide advocates and share strategies for passing the HALT Solitary Confinement Act. If you intend to participate, please email cderoche@uucsr.org to receive the agenda prior to the call.

**Wednesday, October 17, 2018**

**Climate Justice Task Force,** 7:30 PM, RE Room 15: In place of the monthly meeting, members of the Task Force will attend the program, “Seventh Principle: Care for the Earth” facilitated by Rev. Ned Wight and Gail Koelln. RSVP to Carson Jones, cjones@uucsr.org or 516.472.2915.

**Monday, October 22, 2018**

**Social Justice Mental Health Subcommittee Meeting,** 4:00 PM—6:00 PM, Veatch House Conference Room. This Subcommittee seeks to mitigate the stigma of mental illness. New members are always welcome.

**Tuesday, October 23, 2018**

**Together to End Solitary Confinement,** 6:30 PM in the Worship Room. Advocates for ending prolonged solitary confinement gather every month, remembering those who are in segregated confinement 23 hours a day. After a vigil in the worship room to remember those in solitary, there will be a screening of “Reforming the Use of Solitary Confinement: A Conversation.” In this video, Bill Keller of the Marshall Project interviews Commissioner W. David Guice from the Division of Adult Correction and Juvenile Justice at the North Carolina Department of Public Safety and Danny Murillo, a Soros Justice Advocacy Fellow at The Opportunity Institute on reforms taking place today.

**OPPORTUNITIES FOR GIVING**

**Current Campaign for the INN:** The Interfaith Nutrition Network (INN) in Hempstead needs clean, gently used sheets, pillow cases, blankets, quilts, and duvets. The INN Clothing Boutique is also in need of gently used men's pants and shirts as well as casual/sport pants (jeans, khakis, or similar) or shirts (short or long sleeve). Please put your donations in the small, blue bin marked “INN Donations” in the entrance to the coat room.

The Social Justice Committee of UUCSR sponsors several ways for members of the congregation to meet the needs of others for food and clothing. Please visit uucsr.org or click to see the flyer with complete details.

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**MEMBERSHIP MATTERS**

Ben Bortin, Membership and Volunteer Coordinator

**Fall Greetings from the Membership Coordinator**

A rollicking start to the beautiful fall season for our congregation, I feel! Already there has been the uplifting Women’s Group dinner, the fashioning of what promises to be an inspiring Cabaret in November (to raise scholarship money for promising musicians), and programs I’ve missed only because there is too much worthwhile occurring simultaneously.

To newcomers and new members—again and again—please feel welcome at any program, and at any committee meeting (with the exception of those which are by their nature, dealing with confidential material, e.g., personnel and ministry). While voting members of non program committees are officially approved by the Board, anyone can attend meetings and be an observer.

It’s a pleasure briefly and belatedly to introduce Kathleen Ligure, who, along with her husband, George, joined the congregation last November. They have a daughter, Danielle.

Kathleen grew up Roman Catholic, and is pleased to have found a religious approach that is inclusive of diverse religious perspectives, and allows for a fresh way of looking at religious questions.

She grew up in Long Island, and has lived in Queens. Trained as a dietician and nutritionist, Kathleen has worked at a food bank and taught, as an adjunct professor at Adelphi and Nassau Community Colleges. She has worked to address hunger on Long Island with the Island Harvest initiative in Hauppauge and Bethpage. Her husband, George, is a software engineer.

Kathleen enjoys reading, and the two enjoy the outdoors, including skiing.

A most cordial welcome, Kathleen, George, and Danielle!

**NEWCOMER ORIENTATIONS**

Interested in Unitarianism or membership at the UU Congregation at Shelter Rock?

Please speak with Ben Bortin for information and registration. You’ll learn about the rich history of both Unitarian Universalism and UUCSR, plus you’ll be well on to the path to membership! Sessions run Sundays through October 28, 2018, 1:00—2:30 PM.

Ben can be reached at 516.472.2934, bbortin@uucsr.org
Minado’s, 219 Glen Cove Rd., Carle Place, Thursday, October 18, 2018, 1 PM. $22 payable at the door (cash only) and all are very welcome! Sign up at the Welcome Desk or contact Ben Bortin, (bbortin@uucrs.org or 516.472.2934).

All are welcome.

EXPEDITION

All are welcome to an expedition on Wednesday, October 31, 2018 to the Nassau County Museum of Art, to the exhibit “Colors.” Meet at the museum at 10:30 AM. Lunch will follow at a nearby restaurant. Details to be announced.

Congregant and retired Art History Professor Marvin Brown will be the consultant for this expedition.

MEMBER EVENTS

2018-2019 MEMBER HANDBOOKS

Member Handbooks are now available for pick up at the UUCSR Welcome Desk in the Main Lobby. Limited copies are available; please take one Handbook per family. The Handbook contains the Member Directory, Bylaws, and the Who’s Who of UUCSR Committees. All three sections are also available at UUCSR.org in the member section, MYUUCSR.

MILESTONES

We offer our sympathy to... UUCSR Member Katie Kurjakovic and her daughters Rachael and Sherifa as they mourn the loss of Katie’s mother, Dorothy Stone. Dorothy died on Monday, September 24, 2018 at the age of 86. A memorial service will be planned for next year. Cards of condolences may be sent to:

Katie Kurjakovic
3 Smull Place
Port Washington, NY 11050

THANK YOUS

Hadley House residents thank Barry Nobel for a wonderful piano recital on September 28. Barry dedicated his performance to his Mom, Gilda Nobel, who performed with him memorably at Hadley House a year ago.

Heartfelt thanks to my UUCSR community and ministers for their caring concern during my recent illness. The visits, phone calls, cards, flowers that brightened my room and the pillow from the caring committee were all appreciated.

Edwin B. Frank

SPECIAL EVENT

The UUCSR Women’s Group and the League of Women Voters of Port Washington-Manhasset welcome all to

MEET THE CANDIDATES

Thursday, October 18, 2018
Unitarian Universalist Congregation at Shelter Rock

Candidates participating are: Thomas Suozzi (D) and Dan DeBono (R) Congress, District 3; Elaine Phillips (R) and Anna Kaplan (D) Senate, District 7; and Anthony D’Urso (D) and Byron Divins (R) Assembly, District 16.

A video of the program will air on PATV weekdays at 8:00 AM and Tuesday October 23 at 8:00 PM.
Look at Me When I’m Talking to You

I knew it was effective in the classroom. “Look at me” was a beginning. If all eyes weren’t on me, I knew little was going to happen in the way of attention or learning. Who knew these words, spoken so passionately, could change a situation that seemed doomed?

An “on the fence” person was cornered in the elevator. He was sure to vote in favor of confirming the nominee for the Supreme Court. Most of us had given up the idea that ethics and morals would triumph. Until…

There it was—the scene in the elevator. Not only did she demand he look at her, his eyes cast down, but she asked why her own sexual assault didn’t matter. Why her daughter, his daughter, all the daughters should know that sexual assault doesn’t matter. He and his colleagues were ready to confirm the nomination without even an investigation into assault allegations against the nominee.

The next day, after a sleepless night, the “on the fence” person decided to ask for an FBI investigation. It could be the one action that changes history. Or it could be just one step in the right direction. Whether this decision results in a vote against the nominee, it reminds us that there is a place for perseverance and passion. When all was almost over, an encounter in an elevator with outraged, vocal females made a difference.

To use a Jewish expression, I was “kvelling” when I learned that the one woman, most visible in the footage of the encounter was Ana Maria Archila, Co-director of the Center for Popular Democracy, a Veatch grantee. Here’s another reason to be so very proud of our Veatch program here at Shelter Rock. The other woman in the video, Maria Gallagher was a recent college graduate from Virginia who had never talked with an elected official before.

We salute them and stand with them, gratified that their voices of passion and commitment were heard. They weren’t quiet, fearful, resigned. After finding a way to reach this pivotal person, in the elevator no less, they spoke out. He changed his mind. We need to remember that in spite of what may appear to be hopeless, we can make change happen with righteous indignation, courage, and passion.

Let’s speak out. Let’s make change. Our lives and the lives of our daughters and granddaughters may depend on it.

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.

WOMEN’S GROUP BOOK SERIES

OCTOBER 19, 2018, 7:30 PM, Art Gallery

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI
by David Grann
Leader: WinterFlower Robinson

Light Refreshments
Books in English and Spanish available for purchase $15.00
Brave Journeys, Fifteen Border-Crossing Stories,

The Women’s Group of the UUCSR is an Honoree at the “KIDS HELPING KIDS” COPAY’S Annual Fall Luncheon.

Friday, October 19, 2018 at 1:00 PM
Marbella Restaurant
220-33 Northern Boulevard, Bayside, NY 11361.
There will be a musical performance by Raffi Caballero.
Tickets may be purchased at 516.466.2509
mail COPAY Inc.,
21 North Station Plaza, Great Neck, NY 11021
or email: copayluncheon@gmail.com.
Change The Law On Hemp

Since the 1970s, the cultivation of hemp has been outlawed in the United States. The reason erroneously has been that industrial hemp is the same as the marijuana (medical) one. In fact, industrial hemp has very little tetrahydrocannabinol or THC that is found in the marijuana grown hemp. Although it is in the same family of plants, this other hemp cannot induce a marijuana high. That is why Europe and other countries already embrace industrial hemp for its many positive aspects and wonderful uses.

First, it is easy to grow. It needs no pesticides or insecticides. It is also biodegradable. Thus its cultivation protects the soil. It can be easily used as a cover crop after other crops have been harvested, so that even organic ones remain replanted in an organic environment. Another great reason to grow is that it is very adaptive in those climates and environments not seen as viable. It uses less water and is so tightly spaced few weeds can grow in between. Thus herbicides are unnecessary. In fact, industrial hemp also nurtures the soil: toxins are extracted and nutrients and nitrogen are put back.

There are many, many products that industrial hemp can replace. Foremost is cotton used for cloth. That plant uses more than 25 percent of the world's insecticides and 10 percent of the world's pesticides to grow. Hemp uses neither. Also, plastic-like products can be made from hemp, such as new building and construction materials for homes: insulation with hemp eliminates any oil-based alternative. Paper products from hemp can eliminate tree deforestation. Some other modern uses exist today in our foods: breads, granola, milk, cereals, and salad oils contain hemp from its seeds. These hemp seeds are being used in our beauty products—cosmetics, shampoos, soaps—as well and are utilized for oils in paints, solvents, inks, diesel fuels. The list goes on and on.

The US government as of the 2014 Farm Bill finally ordered state departments to engage in hemp research pilot programs. Its aim is to study the growth, cultivation, and marketing of industrial hemp. In 2015, New York State began its own Industrial Hemp Agriculture Pilot Program and last July 2017, Governor Cuomo signed legislation that committed up to $10 million in grants. These are being dispersed among farmers, researchers, and processors. There are now a limited number of farmers growing test plots in New York.

But what we really need is wholesale reform of our entire agriculture system. Climate change has exacerbated soil depletion and water scarcity; pollution and temperatures rise as we continue drilling for fossil fuels. If industrial hemp is grown here in the United States, we can lessen many of these problems while creating thousands of new jobs and industries. We should encourage the Department of Agriculture and Congress to forge this new path for industrial hemp to be included as an integral part of our agricultural system.

Elaine Peters for the Green Sanctuary
PROGRAM ANNOUNCEMENTS
Please see UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.

TUESDAY, OCTOBER 09, 2018
Art Committee Meeting, 4:00 PM, Office Conference Room
Disability Task Force Meeting, 6:00 PM, Veatch Conference Room
Nar-AnON Meeting, 6:30 PM, RE Room 19
NAMI Peer-to-Peer Classes, 6:30 PM, RE Room 17
NAMI Family to Family Classes, 6:30 PM, RE Room 15
Kundalini Yoga, 7:00 PM, Art Gallery
Rehearsal - A Little Shakespeare Festival, 7:00 PM, Veatch House
Publicity and Promotions Meeting, 7:30 PM, Bride's Room
Things Worth Knowing About Water Quality on Long Island, 7:30 PM, Social Hall

WEDNESDAY, OCTOBER 10, 2018
Reach Out America, 12:30 PM, Social Hall
Small Group Ministry Second Wednesday AM Hadley House meeting, 1:00 PM, Hadley House Community Room
Bridge Group, 1:00 PM, Veatch Ballroom
Bookstore Committee Meeting, 4:00 PM, Bride's Room
NAMI Family Support Group, 7:00 PM, RE Room 15
Cabaret XVI Rehearsal, 7:00 PM, Social Hall
Rehearsal - A Little Shakespeare Festival, 7:00 PM, Veatch House
Inisfada-Zen Sitting Meditation, 7:30 PM, Subject to change
Small Group Ministry Second Wednesday PM meeting, 7:30 PM, RE Room 19
Social Justice Monthly Meeting, 7:30 PM, Art Gallery
Stewardship Task Force, 7:30 PM, Veatch Library
Food & Water Watch Monthly Meeting, 7:30 PM, Veatch Conference Room
Membership Committee Meeting, 7:30 PM, Office Conference Room

THURSDAY, OCTOBER 11, 2018
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
YoFit Seniors!, 6:00 PM, Art Gallery
Emergency Preparedness Meeting, 6:00 PM, Office Conference Room
Green Sanctuary Monthly Meeting, 7:00 PM, Staff Luncheonroom
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room
Being a White Ally in the Black Lives Matter Movement, 7:30 PM, RE Room 15

FRIDAY, OCTOBER 12, 2018
Bridge Lessons & Game Play, 1:00 PM, Veatch House
Soulful Sundown, 6:30 PM, Social Hall

SATURDAY, OCTOBER 13, 2018
Board of Trustees Retreat, 9:00 AM, Art Gallery
Caring Hearts - Quilters, 10:00 AM, Room 204, 205
Yoga, 11:00 AM, RE Room 15
Rehearsal - A Little Shakespeare Festival, 10:00 AM, Veatch House
Yoga, 11:00 AM, RE Room 15

SUNDAY, OCTOBER 14, 2018
SGM Second Sunday- Early AM Group, 8:30 AM, Office Conference Room
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Worship Committee Meeting, 9:15 AM, Bride's Room
Ministerial Transition Task Force Meeting, 9:15 AM, Veatch Library
Choir Rehearsal, 10:00 AM, Worship Room
Bagel Breakfast, 10:00 AM, Social Hall
Young People's Choir Rehearsal, 10:00 AM, Choir Rehearsal Room
RE Classes, 11:00 AM, RE Wing
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Love and Stitches, 12:30 PM, RE Room 15
Membership Orientation, 1:00 PM, Art Gallery
Do You Believe?, 1:00 PM, Veatch Terrace Room
Nominating Committee Meeting, 1:00 PM, Bride's Room
A Little Shakespeare Festival, 1:30 PM, Veatch House

MONDAY, OCTOBER 15, 2018
Cabaret XVI Rehearsal, 2:00 PM, Social Hall

TUESDAY, OCTOBER 16, 2018
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Nar-AnON Meeting, 6:30 PM, RE Room 19
NAMI Peer-to-Peer Classes, 6:30 PM, RE Room 17
NAMI Family to Family Classes, 6:30 PM, RE Room 15
Small Group Ministry Third Tuesday Meeting, 7:00 PM, Bride's Room
Kundalini Yoga, 7:00 PM, Art Gallery
Board of Trustees Meeting, 7:30 PM, Veatch Ballroom
Racial Justice Task Force Meeting, 7:30 PM, Office Conference Room
Housing Board Meeting, 7:30 PM, Veatch Library

WEDNESDAY, OCTOBER 17, 2018
Women Talk Daytime, 12:00 PM, Art Gallery
Bridge Group, 1:00 PM, Veatch Ballroom
Expeditions Meeting, 2:30 PM, Bride's Room
Leukemia/Lymphoma Society Meeting, 6:00 PM, RE Room 16
Climate Justice Taskforce, 7:00 PM, Art Gallery
Cabaret XVI Rehearsal, 7:00 PM, Social Hall
Inisfada-Zen Sitting Meditation, 7:30 PM, Subject to change
Transcendentalism: Emerson, Parker, and Fuller, 7:30 PM, Veatch Library
Seventh Principle: Care for the Earth, 7:30 PM, RE Room 15

THURSDAY, OCTOBER 18, 2018
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
Manhasset School Retirees, 10:30 AM, Bride's Room
League of Women Voters Candidate Night, 6:00 PM, Social Hall
League of Women Voters Candidate Night, 6:00 PM, Main Lobby
YoFit Seniors!, 6:00 PM, Art Gallery
NAMI Sibling & Children of Peer Support Group, 7:00 PM, RE Room 17
Board of Trustees Meeting, 7:30 PM, Veatch Ballroom
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room
Being a White Ally in the Black Lives Matter Movement, 7:30 PM, RE Room 15

FRIDAY, OCTOBER 19, 2018
SJC NAMI Mental Health First Aid Program, 9:00 AM, Social Hall
Tai Chi/Qigong, 10:15 AM, Art Gallery
SGM Third Friday Hadley House meeting, 1:00 PM, Community Room
Bridge Lessons & Game Play, 1:00 PM, Veatch House
Soulful Songs & Stories, 7:00 PM, RE Room 14
Women's Group Book Series, 7:30 PM, Art Gallery

SATURDAY, OCTOBER 20, 2018
Love and Stitches, 9:00 AM, RE Room 15
Saturday INN Cooking, 9:00 AM, Main Kitchen
Caring Hearts - Quilters, 10:00 AM, Room 204, 205
Caring Committee Meeting, 10:00 AM, Office Conference Room
Yoga, 11:00 AM, Art Gallery
Worship Assistant meeting, 11:30 AM, Worship Room
Worship Assistant meeting, 11:30 AM, Bride's Room

SUNDAY, OCTOBER 21, 2018
B&G Meeting, 7:30 AM, Office Conference Room
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Choir Rehearsal, 10:00 AM, Worship Room
Bagel Breakfast, 10:00 AM, Social Hall
Young People's Choir Rehearsal, 10:00 AM, Choir Rehearsal Room
RE Classes, 11:00 AM, RE Wing
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Men's Group Meeting, 12:30 PM, Veatch Conference Room
Third Sunday SGM Meeting, 1:00 PM, Bride's Room
<table>
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<tr>
<th>Date</th>
<th>Event Details</th>
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| Monday, October 22, 2018 | Cabaret XVI Rehearsal, 7:00 PM, Social Hall  
Mental Health SJC Sub-Committee Monthly Meetings, 4:00 PM, Veatch Conference Room  
Barracoorn, and The Last Slave Ship, 7:00 PM, Hadley House Community Room |
| Tuesday, October 23, 2018 | Workplace Safety & Preparedness Training, 10:00 AM, Art Gallery  
Overeaters Anonymous, 10:30 AM, Veatch Ballroom  
Veatch BOG Meeting (Dinner), 6:00 PM, Veatch Conference Room  
Nar-ANON Meeting, 6:30 PM, RE Room 19  
NAMI Peer-to-Peer Classes, 6:30 PM, RE Room 17  
Together to End Solitary Confinement, 6:30 PM, Art Gallery, Worship Room  
NAMI Family to Family Classes, 6:30 PM, RE Room 15  
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room  
Veatch BOG Meeting (Meeting), 7:00 PM, Veatch Conference Room  
Kundalini Yoga, 7:00 PM, Veatch Ballroom  
Committee on Ministry Meeting, 7:30 PM, Office Conference Room |
| Wednesday, October 24, 2018 | Bridge Group, 1:00 PM, Veatch Ballroom  
Adult Programs Meeting, 5:00 PM, Veatch Conference Room  
Cabaret XVI Rehearsal, 7:00 PM, Social Hall  
Inisfada-Zen Sitting Meditation, 7:30 PM, Subject to change  
Program Council Meeting, 7:30 PM, Veatch Ballroom  
Stewardship Task Force, 7:30 PM, Office Conference Room |
| Thursday, October 25, 2018 | Yoga, 9:30 AM, Art Gallery  
AA Meeting, 10:30 AM, Room 206, 207  
YoFit Seniors!, 6:00 PM, Art Gallery  
Investment Committee Meeting, 7:00 PM, Office Conference Room  
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room  
Being a White Ally in the Black Lives Matter Movement, 7:30 PM, Room 15 |
| Friday, October 26, 2018 | RE Halloween Party Set-up (plus pizza party), 9:00 AM, Veatch House  
Tai Chi/Qigong, 10:15 AM, Social Hall  
Dramatic Readings, 6:00 PM, RE Room 15  
Rockin Halloween Party, 7:00 PM, Social Hall |
| Saturday, October 27, 2018 | Caring Hearts - Quilters, 10:00 AM, Room 204, 205  
Yoga, 11:00 AM, Art Gallery  
SUNDAY, OCTOBER 28, 2018  
Peace and Meditation Service, 9:00 AM, Chapel  
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4  
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room  
Choir Rehearsal, 10:00 AM, Worship Room  
Bagel Breakfast, 10:00 AM, Social Hall  
Young People's Choir Rehearsal, 10:00 AM, Choir Rehearsal Room  
RE Classes, 11:00 AM, RE Wing  
Day of the Dead, Multigenerational Worship Service, 11:00 AM, Worship Room  
7th Grade Fall Ritual, 11:00 AM, Pond Area, Chapel  
UU Café, 12:00 PM, Social Hall  
RE Halloween Party, 12:30 PM, Veatch House  
Music Committee Meeting, 12:45 PM, Bride's Room  
UU Community Service Learning Opportunities- for All Ages, 12:45 PM, RE Room 6  
Allan Markman - Reception, 1:00 PM, Art Gallery  
Membership Orientation, 1:00 PM, Office Conference Room  
Sleep Health, 1:00 PM, Chapel  
MONDAY, OCTOBER 29, 2018  
Cabaret XVI Rehearsal, 3:30 PM, Social Hall  
TUESDAY, OCTOBER 30, 2018  
Workplace Safety & Preparedness Training, 10:00 AM, Art Gallery  
Overeaters Anonymous, 10:30 AM, Veatch Ballroom  
Nar-ANON Meeting, 6:30 PM, RE Room 19  
NAMI Peer-to-Peer Classes, 6:30 PM, RE Room 17  
NAMI Family to Family Classes, 6:30 PM, RE Room 15  
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room  
Veatch BOG Meeting (Meeting), 7:00 PM, Veatch Conference Room  
Kundalini Yoga, 7:00 PM, Veatch Ballroom  
Committee on Ministry Meeting, 7:30 PM, Office Conference Room  
TOPIC ANNOUNCEMENTS  
Women's Group Board Meeting, 8:45 AM, Veatch Conference Room  
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4  
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room  
Choir Rehearsal, 10:00 AM, Worship Room  
Bagel Breakfast, 10:00 AM, Social Hall  
Young People's Choir Rehearsal, 10:00 AM, Choir Rehearsal Room  
RE Classes, 11:00 AM, RE Wing  
Worship Service, 11:00 AM, Worship Room  
UU Café, 12:00 PM, Social Hall  
Love and Stitches, 12:30 PM, RE Room 15  
The Living Legacy Pilgrimage, 12:45 PM, Art Gallery  
Small Group Ministry First Sunday Meeting, 1:00 PM, Bride's Room  
Sustainable Health, 1:00 PM, Chapel  
Hadley House - Encore Cabaret XVI Performance, 3:00 PM, Hadley House Community Room  
THURSDAY, NOVEMBER 01, 2018  
Visit UUCSR.org for additional calendar programs and events. | Yoga, 9:30 AM, Art Gallery  
SJC INN Cooking - Thursday, 9:30 AM, Main Kitchen  
AA Meeting, 10:30 AM, Room 206, 207  
YoFit Seniors!, 6:00 PM, Veatch Ballroom  
Cabaret XVI Dress Rehearsal, 7:00 PM, Social Hall  
Personnel Committee Meeting, 7:00 PM, Veatch Library  
NAMI LGBTQ Support Group, 7:00 PM, RE Room 17  
Shelter Rock Forum Committee Monthly Meeting, 7:00 PM, Veatch Oval Room  
Transition Team Meeting, 7:30 PM, Bride's Room  
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room  
FRIDAY, NOVEMBER 02, 2018  
Tai Chi/Qigong, 10:15 AM, Art Gallery  
Bridge Lessons & Game Play, 1:00 PM, Veatch House  
Herstory Workshop, 3:00 PM, Bride's Room, Office Conference Room  
T.G.I.F. - Immigration-Herstory, 7:30 PM, Art Gallery  
SATURDAY, NOVEMBER 03, 2018  
Veatch Bus Trip to NYTWA, 8:45 AM, Off Site  
Caring Hearts - Quilters, 10:00 AM, Room 204, 205  
Yoga, 11:00 AM, Art Gallery  
Cabaret XVI - Performance, 7:00 PM, Social Hall  
SUNDAY, NOVEMBER 04, 2018  
Women's Group Board Meeting, 8:45 AM, Veatch Conference Room  
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4  
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room  
Choir Rehearsal, 10:00 AM, Worship Room  
Bagel Breakfast, 10:00 AM, Social Hall  
Young People's Choir Rehearsal, 10:00 AM, Choir Rehearsal Room  
RE Classes, 11:00 AM, RE Wing  
Worship Service, 11:00 AM, Worship Room  
UU Café, 12:00 PM, Social Hall  
Love and Stitches, 12:30 PM, RE Room 15  
The Living Legacy Pilgrimage, 12:45 PM, Art Gallery  
Small Group Ministry First Sunday Meeting, 1:00 PM, Bride's Room  
Sustainable Health, 1:00 PM, Chapel  
Hadley House - Encore Cabaret XVI Performance, 3:00 PM, Hadley House Community Room  
TUESDAY, NOVEMBER 06, 2018  
Overeaters Anonymous, 10:30 AM, Veatch Ballroom  
Nar-ANON Meeting, 6:30 PM, RE Room 19  
NAMI Peer-to-Peer Classes, 6:30 PM, RE Room |
October 9, 2018

Next Quest: Wednesday, October 24, 2018 | Deadline for Content: Thursday, October 18, 2018