FALL | WINTER 2018-2019
ADULT PROGRAM
COMMITTEE OFFERINGS

Strengthening the Interdependent Web
Unitarian Universalist Congregation at Shelter Rock
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ADULT PROGRAMS COMMITTEE

WinterFlower Robinson, Chair

Sandra Frank
Jean Judd
Robert Nuxoll
Nina Weber
Roslyn Weit
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Welcome to another season 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 “Strengthening the Interdependent Web.” We will reflect on the Seventh Unitarian Universalist Principle: “Respect for the interdependent web of existence if which we are a part.” We will explore the ways in which we are called, as Unitarian Universalists, to make stronger our connections to one another, to our community and to care for our earth. We will consider the ways that we can act which enable us to be better caretakers of all that connects us to one another – all that we need to be healthy, loved and loving.

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

The Rev. Dr. Natalie M. Fenimore
Minister of Lifespan Religious Education
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UU Identity and History

UU Humanism

In addition to our seven principles, Unitarian Universalism claims six sources. The fifth is “Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.” Rev. Ned will lead an exploration of the ideas and personalities that have shaped humanism within our UU movement since the early decades of the 20th century. He will also review the evolution of the Humanist Manifesto through three versions beginning in 1933.

Led by The Rev. Ned Wight

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

Thursday, September 27, 7:30 PM, Art Gallery

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

Common Read – Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment

Manish Mishra-Marzetti and Jennifer Nordstrom, Editors (Skinner House, 2018)

Fourteen activist ministers and lay leaders apply a keen intersectional analysis to the environmental crisis, revealing ways that systems of oppression intersect with and contribute to ecological devastation.

Facilitated discussion with The Rev. Dr. Natalie Fenimore.

Wednesday, November 14, 7:00 PM, Chapel.

The book is now available for purchase for $18 at UUCSR. Visit the UUCSR Bookstore to purchase a copy or arrange a purchase by contacting Jessica Pond (516.472.2914 or jpond@uucsr.org).

Also available on Kindle by visiting: https://amzn.to/2A50nml

RSVP recommended. Please contact Jessica Pond at jpond@uucsr.org.
*Film Series - Our American Roots: Unitarian Universalism in North America*

This congregational year, we will delve more deeply into our Unitarian and Universalist history. In December, we’ll explore “Our American Roots: Unitarian Universalism in North America.” Two Tuesdays in a row, we will view and discuss a series of short videos produced by the Unitarian Church in Tulsa, Oklahoma. Shot on location at UU churches and historic sites in New England, this program features leading voices in Unitarian Universalism today and yesterday.

Led by The Rev. Jennifer Brower

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

*Postponed, New Date to Be Announced*

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**Transcendentalism: Emerson, Parker, and Fuller**

Transcendentalism, led by Ralph Waldo Emerson, included a group of eloquent and wise persons. We will focus on the contributions of Emerson, Theodore Parker, and Margaret Fuller. Parker used transcendentalist views to shape liberal Christianity, and Fuller used her powerful voice for transcendentalism and feminism.

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 Jessica Pond at jpond@uucsr.org.

**Wednesdays, 7:30 PM, Veatch Library – October 17, November 14, December 19, January 16, February 20, March 20, April 17, May 15**

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**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 evening’s 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 Koelln

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

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**Spiritual Exploration and Practice**

**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. For more information about Death Cafés, please go to deathcafe.com.

**Sundays, 1:00 PM, January 13, and April 14, Veatch Ballroom**

**Do You Believe?**

Do you believe in the afterlife? Reincarnation? Heaven? Communication with those who have passed? Angels? Come share your thoughts and stories with our affinity group in a confidential sacred space.

Led by Melinda Nasti and Cello Da Silva.

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

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

**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.

Coordinated by JoAnn Miller

**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.

For questions please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

**Every Wednesday, 7:30 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.

Cost: UUCSR members $12 per class ($110 for 10 classes) payable to the instructors. Non-Members $15.00 a class or ($140 for 10 classes).

Bring your own yoga mat.

No registration required. Questions? Please contact Jessica Pond at jpond@uucsr.org.

Classes: Tuesdays 7:00 PM, check website weekly for location. Beginning September 25, 2018 and continuing every week* through Tuesday, June 25, 2019 (*no class Christmas Day, December 25, 2018 and New Year’s Day, January 1, 2019).

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**Soulful Songs & Stories**

A song each month provides a springboard for sharing your thoughts and stories as we explore the song’s spiritual and personal relevance. Please join us in a relaxed and safe space to deepen your spiritual life and connect with Unitarian Universalism and fellow travelers. Alice Giordano and Steve Marston are your guides on this adventure.

Newcomers are welcome! Please ask Jessica Pond (jpond@uucsr.org or 516.472.2914) for a copy of our format and covenant. If you register, you’ll receive an email reminder, the song lyrics, and related food for thought. The song title and a link for the current month are listed in Happenings and The Quest. It’s your choice whether to listen to the song ahead of time or not; the discussion works equally well either way. Please note that we start promptly at 7:00 PM. If you use the rear parking lot near the Chapel, you’ll save yourself a long walk.

Facilitators are Alice Giordano and Steve Marston.

Third Friday of the month, 7:00 PM, RE Room
14. September 21, October 19, November 16, December 21, January 18, February 15, March 15, April 19, May 17, June 21

**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 AM in the Art Gallery (unless otherwise noted).
Class dates: September 28, October 5, 19, 26 (in Social Hall), November 2, 9, 16, December 7, 14, 21

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

Please call or email Jessica Pond (jpond@uucsr.org or 516.472.2914) to register and call Fern, 516.621.0316 to discuss your hopes for the course and answer any questions.

Medical Qigong for Senior Health

Join us at Hadley House for Medical Qigong for Senior Health to cultivate your center, improve balance and alignment, 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.

Topics of focus will include how to: improve balance; develop skills for falling safety; heal joint problems, such as back, hip, and knee pain; increase your energy; integrate an attitude of peacefulness into your daily life.

Other related topics: Heart health, Digestive problems

Cost: 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 Susan Bagnini at 516.944.8457 or sbagnini@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 six years. Wishing to extend her capacity to provide sustained holistic health, Ashley traveled to Thailand and met Qigong master and Chinese medicine doctor Ajarn Toh, creator of the Thai Qi Holistics system, with whom she has studied daily since February 2016.

Wednesdays, November 28, December 5, 12 and 19, and Friday, December 28, 11:00 AM at Hadley House

Introduction to Medical Qigong

In this two-day workshop, you will attain a foundation in the Thai Qi Holistics system of Medical Qigong. We will explore a sequence of standing postures and moving exercises tailored to promote optimal health.

Topics of focus will include how to: lose or gain weight safely; heal digestion problems such as acid reflux, irritable bowel, and constipation; eliminate migraines and chronic headaches; increase energy, recover from fatigue or general tiredness; integrate an attitude of peacefulness into your daily life.

Other related topics: Anxiety/depression, Joint problems, such as arthritis and sports injuries; Allergies.

Principles of Traditional Chinese Medicine and Five Element Theory will be taught to enhance your understanding of how to use the exercises for disease treatment.

Cost: $120. Payment should be made by cash or check on the first day of the workshop.

Led by Ashley Baldwin.

Notify Ashley beforehand via email, WhatsApp, or LINE to reserve your place. *If there are any questions or requirements related to your condition,
Adult Programs

please inquire.

Email: AshleyNicBaldwin@gmail.com
WhatsApp: +1 516 659 9223

Saturdays, December 8 and 15, 9:00 AM, Veatch Ballroom

Yoga

A central part of a yoga practice is breathing; it is the most important thing we do. Besides sustaining our life, it can calm the nervous system which can heal our body and mind. Posture is also vital; it is critical for a healthy life. Poor alignment of the spine will create pain and weaken our bones. The yoga practice combines breath and movement to create a moving meditation and an inner calm. Additional benefits include building core strength and balance, coordination and mobility.

Led by Mike Mancini, Certified Yoga Instructor.

Saturday classes are 11:00 AM
Thursday classes are 9:30 AM

All classes are ongoing and located in the Art Gallery. (For occasional location changes, please check the Happenings newsletter, visit uucsr.org or sign up for email alerts with Jessica Pond at jpond@uucsr.org.)

No registration required. Cost: $5 per class for members and $7 for non-members payable to instructor.

Personal Growth and Learning

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 Jessica Pond at jpond@uucsr.org or call 516.472.2914.

Held in the Art Gallery: Fridays
6:00 PM – Dinner, 7:00 PM – Play Reading
September 28, October 26, November 30 (Veatch Ballroom), January 25, February 22, March 22, April 26 and May 31.

Great Books Discussion

This year we will be alternating between two Great Books anthologies, MODERN AMERICAN POETRY and CONSUMING INTERESTS: GREAT IDEAS IN ECONOMICS.

These can be purchased as a bundle for $35 at any of our meetings or through the Adult
Program Liaison Jessica Pond, in the staff office. Please call or e-mail to arrange purchase: 516.472.2914 or jpond@uucsr.org


We will alternate between poetry by author and economic essays. Most of the essayists and poets will be discussed at a single session but some are too long for a single ninety-minute discussion and will be discussed over two or (in one case, Whitman) three weeks. Our schedule, below, will be followed without change despite possible cancellations due to weather. Any session not held will be made up in June of 2019.

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

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

**September 16, 2018** – Poetry - Walt Whitman, pp. 26-36

**September 23** – Poetry – Walt Whitman, pp. 25 & 37-40

**September 30** – Poetry – Walt Whitman, p 25 & handout from Irwin

**October 7** – ECO – Frank H. Knight, pp. 1-18

**October 14** – Poetry – Emily Dickinson, pp. 41-45

**October 21** – Poetry – Emily Dickinson, pp. 41 & 46-50

**October 28** – ECO – David Hume, pp. 19-28

**November 4** – Poetry – Edgar Lee Masters, pp. 51-55

**November 11** – ECO – Adam Smith, pp. 29 – 41 & 47

**November 18** – ECO – Adam Smith, pp. 29 & 41-47

**November 25** – NO MEETING (Thanksgiving weekend)

**December 2** – Poetry – Edwin Arlington Robinson, pp. 57-65

**December 9** – ECO – Thomas Robert Malthus, pp. 49-54 & 62

**December 16** – ECO – Thomas Robert Malthus, pp. 49 & 54-62

**December 23 & 30** – NO MEETINGS (Holiday weekends)

**January 6, 2019** – Poetry – Paul Laurence Dunbar, pp. 67-74

**January 13** – ECO – Jean-Baptiste Say, pp. 63-71

**January 20** – Poetry – Robert Frost, pp. 76-88

**January 27** – ECO – David Ricardo, pp. 73-82

**February 3** – Poetry – Wallace Stevens, pp. 89-103

**February 10** – ECO- Frederic Bastiat, 83-95 & 108

**February 17** – ECO – Frederic Bastiat, 83 & 95-
February 24 – Poetry – William Carlos Williams, 105-111

March 3 – Poetry – William Carlos Williams, 105 & 112-119


March 24 – ECO – John Stuart Mill, pp. 109 & 137-149

March 31 – Poetry – H.D., pp. 121-130

April 7 – ECO – Karl Marx, pp. 151-161

April 14 – Poetry – T.S. Eliot, pp. 131-140

April 21 – NO MEETING (Easter)

April 28 – Poetry – T. S. Eliot, pp.141-150

May 5 – ECO – Walter Bagehot, pp. 163-177

May 12 – Poetry – E. E. Cummings, pp. 151-161

May 19 – ECO – Fleeming Jenkin, pp. 179-190

May 26 – NO MEETING (Memorial weekend & Congregational Retreat)

June 2, June 9 & June 16 – To Be Determined or makeups

**Sustainable Health: Simple Habits to Transform Your Life**

Simple practices-backed by science and spirituality-to help you take charge of your health...In our fast-paced, technology-driven world, more and more emphasis is put on long-shot, expensive solutions to our problems with diet, relationships, sleep, and overall health. But 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 impact tangible experiences of living, such as sleeping, eating, working, socializing, and understanding one’s own body. Using the five elements of Traditional Chinese Medicine-fire, earth, wood, metal, and water-in conjunction with sound scientific research, the Healing Compass will put us on a path toward healing and fulfillment of the mind, body, and spirit. Program includes: Sustainable Health checklist, Healing Compass & accompanying key, Eliminating clutter weight and Sleep duration and quality tracker.

Come join us...In fall we draw inward preparing for the cold of winter. 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.

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

**Sunday, October 21 and November 4, 1:00 PM, Chapel**

**The Psychology of Music**

How does the musical mind work? How does it develop? How do people learn music, and how can they best be taught? Psychology of Music is an introductory course in the psychology of
music with emphasis on processes of listening, performing, and reflecting. Topics include modes of mental representation of musical knowledge, relationship of musical cognition to other cognitive abilities, and the role of cultural context in the development of the musical mind. Join us for a lively conversation!

Led by Bruce Torff, Professor of Educational Psychology and Human Development at Hofstra University, where he is former Director and founder of the Doctoral Program in Learning and Teaching. He has published over 75 articles and books on various topics in educational psychology, cognitive-developmental psychology, and teacher education. His research interests include educators’ beliefs about learning and teaching, critical thinking skills, and professional development for educators. Torff is also a jazz pianist and songwriter.

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

Tuesday, November 20, 7:00 PM, Art Gallery
Tuesday, November 27, 7:00 PM, Hadley House

Sleep Health

So many of us struggle with getting the right amount of sleep nightly, or perhaps we only fall asleep during the day. Come learn 20+ tips you can easily implement into your lifestyle to have restful sleep at night and be awake and alert during the day.

Led by Yessie Saheed, a certified holistic health coach teaching people how to take charge of their health and be at their best selves by making their health a priority above all else. The first wealth is after all health. With a background in Quality Assurance Engineering, she applies the concept of kaizen (continuous improvement) to living a healthy lifestyle by design.

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

Sunday, October 28, 1:00 PM, Chapel

YoFit Seniors!

Enjoy moving to music with this exercise program specifically designed for seniors. A combination of fitness and yoga-inspired routines helps you develop greater strength, agility, flexibility and balance, plus cardio endurance and better posture. Research has shown this type of exercise has a beneficial effect on brain function! Exercises can be done seated or standing. Each class ends with deep relaxation and guided imagery. From young seniors to centenarians, whether you’ve been a couch potato or you are already fit, you can enjoy and benefit from these classes.

Cost: $5 per class

Led by Mirea Ellis, a nationally certified (AFAA and NASM) Personal Trainer and Group Exercise Instructor. She has a long history of working with seniors and is a senior herself.

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

Every Thursday starting October 4, except November 22, December 27, 6:00-7:00 PM, usually held in Veatch Ballroom - check location of class in Happenings and The Quest.
Barracoon and The Last Slave Ship

This lecture and discussion centers on two recently published books:

- *Barracoon: The Story of the Last Black Cargo* by Zora Neale Hurston

This presentation covers the life of Kossula who was a teenager in a clan of the Yoruba tribe in western Nigeria when he was captured by members of the Dahomey nation (present-day Benin) and sold to the slavers on the Clotilda. He survived the “Middle Passage” and was illegally sold onto a plantation north of Mobile, Alabama in 1859. He was liberated by union soldiers in 1854 and survived till the 1930’s.

Included are descriptions and contrasts of his African childhood, the “illegality” of the slave trade, Life in the Barracoon (slave fortress), life on the ship (Clotilda), the economics of the domestic and international slave trade; as well as his life as a supposedly free Black from 1865 into the first third of the twentieth century.

The evening includes numerous direct quotes from both Kossula and his interviewers. This is an analytical study of real-life slavery; not for either the romantic or the feint-of-heart.

Presented by Bob Nuxoll

For questions or RSVPs please contact Jessica Pond at jpond@uucsr.org or call 516.472.2914.

**Monday, October 22, 7:00 PM, Hadley House**
**Thursday, November 8, 7:00 PM, Art Gallery**