The Quest
UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
Strengthening the Interdependent Web
2018-2019 Congregational Theme

See the Program and Event List Here

UPCOMING WORSHIP SERVICES

Sunday, February 24, 2019, 9:00 AM
Peace and Meditation Service
Facilitated by Cello Da Silva and The Rev. Ned Wight

Please join us in the Chapel for a brief time of reflection and meditation on peace in a time of conflict and turmoil.

Sunday, February 24, 2019, 11:00 AM
Managing Conflict
The Rev. Dr. Hope Johnson and Andrea Lerner

We are honored to have two members of the staff of the UUA Central East Region join us to impart their wisdom about managing conflict within congregations. The Rev. Dr. Hope Johnson and Andrea Lerner, Congregational Life Consultants, will expand our understanding of the inevitability of conflict in UU congregations and helpful ways in which it can be addressed to preserve institutional health and strength. In the afternoon, they will be leading a workshop for the members of UUCSR’s Committee on Ministry to expand our own congregation’s skill and capacity to manage conflict.

Sunday, March 3, 2019, 11:00 AM
Together Women Create Change
Women’s Group

Annual Women’s History Month Breakfast:
Visit uucsr.org/WGbreakfast to RSVP for breakfast with guest speaker Joan Minieri at 9:00 AM, in the Veatch Ballroom.

Worship Service: March 8 is International Women’s Day, whose theme this year is #BalanceforBetter—“Better the balance, better the world.” To help observe this day, members of the UUCSR Women’s Group will share stories of women from around the world who are doing extraordinary things.

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 Nicole Roman, Temporary Assistant to the Ministers, at ministry@uucsr.org or 516.472.2941 for an application.

TOUCHSTONES
The Rev. Ned Wight

“Letter from February 3 Sermon”

My sermon on our fourth UU source, Jewish and Christian teachings, included a letter I’d written to a young person during a rough patch in her life. Here is the text of that letter:

Dear “Jane,”

Your mother called today to bring me up to date about your recent move. In many ways, she said, it has been a difficult time of transition for each of you. She said that you have been contending with depression for a long time, and that the past couple of months have been particularly difficult—painful, bleak, without much to look forward to, hang on to, or hope for.

The individual freedom each one of us has been given is an awesome gift—sometimes a burdensome gift, sometimes a terrifying gift, sometimes a wonderful gift. The chalice lighting words we used to say together every week at a church I once attended come to mind: "Life is a gift for which we are grateful. We gather in community to celebrate the glories and the mysteries of this great gift."

Sometimes it’s hard to find much to feel grateful for. Sometimes "The glories" seem to be almost totally eclipsed by “the suffering,” and "the mysteries" seem more woeful than wonderful. While everyone’s experience of life is her or his own, and no one knows exactly what anyone else is feeling or experiencing, I, too, have wrestled with the angel of despair in my life. At such times, the love I knew others felt for me always seemed like something of a mixed blessing: On the one hand, I felt totally unworthy of their love—as unworthy of their love as I felt incapable of loving myself. On the other hand, I felt somewhere deep within me a longing to accept their love without reservation— as they were offering it to me—to accept it without questioning it—because it was freely offered—and to allow myself to understand that if they could love me, warts and all, maybe I could love myself, too.

Continued on page 2
MINISTERIAL TRANSITIONS

As has been reported previously, the Board of Trustees has decided to engage the services of a Developmental Minister to assist the Congregation and has decided to appoint a “Selection Committee” to recommend a candidate to the Board. To assist in the process of creating the Selection Committee, the Board has asked for candidates from the Congregation. (We welcomed self-nominations.)

Over 80 Members took the time to respond, and the Board has received the names of more than 55 different members. At a time when finding volunteers willing to serve in leadership roles in the Congregation has become difficult, we are appreciative of those members who have volunteered to work on this important task, and are grateful for the names of other possible Selection Committee members who are held in high esteem by their fellow congregants.

At its two meetings in February, the Board of Trustees will begin to identify a process for appointing the members of the Selection Committee with the hope that the full Committee will be in place before the end of March.

Klaus Masuch, President
John Ryan, Secretary
Mark Hartman, Vice President
Brian Muellers, Treasurer

INTERFAITH MINISTRY

Rev. Ned Wight to Participate in Interfaith Seminar

Saturday, February 23, 2:00–5:00 PM, representatives of various faiths will share their understanding of “Vaishnav Jan Bhajan,” a 15th-century spiritual song which was a favorite of Mahatma Gandhi. This is the 150th anniversary of Gandhi’s birth. This interfaith seminar will be held at Temple Tikvah, 3315 Hillside Ave., New Hyde Park, NY 11040. Rev. Ned Wight will present a Unitarian Universalist perspective on the relevance of this ancient text to our contemporary multi-cultural society. All are welcome, but an RSVP is requested at either office@templetikvah.org or nwight@uucsr.org. This event is being scheduled in conjunction with “World Interfaith Harmony Month,” declared by the United Nations and the Parliament of World Religions.

MESSAGE FROM THE MINISTERS

In times of pastoral crisis, you may need to reach out to a member of the Ministry Team. 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.

For that is what depression is—or does to us. It robs us of our capacity to feel and experience love—from within ourselves, from outside ourselves, from friends from family, from strangers, from God.

The experience of being at the limit, at the edge of meaning in life, is a very old human experience. The ancient psalmist wrote thousands of years ago, “Out of the depths I cry to you, O Lord, Lord, hear my voice! Let your ears be attentive to the voice of my supplications! I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.” (Psalm 130)

I sense that you, too, are crying out of the depths and waiting, watching for some help, some relief, some comfort, some hope. God, or whatever you might choose to call the greatest mystery in the universe, has called each of us into being for a reason—or reasons. Our task in living is to figure out what this reason might be—or perhaps better stated, to construct this reason with God.

A friend of mine who had lost a lover to AIDS took pains to remind me in my bleakest moods, “You know, Ned, God don’t make no junk.” I’ve had lots of chances to think of his words. There have been many days when I have felt like junk. pure and simple. His words apply to you as much as me: "God don't make no junk."

I know you are surrounded by people who love you: your family your classmates, your friends, people I don't know—and even people you don't know. I count myself among that company. And individually, each of us feels powerless to lift the cloud of depression that so distorts perception that you can't feel the love within yourself connected to and replenished by all of our love for you. Even when you can't feel the connection, I want you to know that there is nothing that can separate you from this love.

I trust that you will someday be able to embrace love and hope with the same intensity that you have been embraced by hopelessness and despair. It may take some time—and a willingness to stay on the difficult path of self-examination and personal change that you have set out on. I'll continue to hold you in my thoughts, in my hopes—and in my heart. If you wish to write or call me, please don't hesitate to do so. I care about you and want you to experience joy in your life once again. I believe it's always there waiting for us.

Yours, Rev. Ned
As many members are aware, there was a serious, but swiftly contained fire in the Worship Room during the Sunday Service on February 10. The dragon costume being worn by the third-grade class to celebrate the Lunar New Year caught fire.

As the children moved past the pulpit, the back end of the costume grazed the open flame of the votive candle that is used to light the chalice. Thankfully, due to the swift efforts of the RE teachers and UUCSR members in the Sanctuary, the fire was completely extinguished within 25 seconds of igniting. While no one was physically injured, one child’s shirt and hair were singed. For all—those who were present and those who learned about the incident later on—having a fire in worship was frightening.

Many questions have been raised and recommendations offered to help prevent and respond to matters of fire safety. I welcome member input. In a desire to develop a more comprehensive fire safety plan, a meeting of the Buildings and Grounds Committee will took place on Tuesday, February 19, dedicated solely to this concern. (This meeting was not be open to guests.) The congregation will be presented with findings and recommendations. In the interim, it is important for all UUCSR members to know that all of our fire safety equipment, including alarms, fire extinguishers, and smoke and carbon monoxide detectors, are independently tested throughout the year in accordance with public assembly requirements. Both the smoke detectors and sprinklers in the Worship Room were in working order on Sunday, February 10. Some have thought otherwise.

In this instance, due to the material of the costume, very little smoke developed and therefore the smoke detectors in the ceiling were not triggered. The cloudy conditions in the Worship Room were created by the discharge of a fire extinguisher. Further, the sprinkler system requires that the temperature reach 190 degrees in order for the system to be activated. Although the temperature at the point of the fire may have reached this intensity, the fire did not rise to the height of the sprinklers in the ceiling.

The safety of all who enter our house of worship and fellowship is paramount. This incident provides the congregation an opportunity to reassess our fire safety needs and education and train members in best practices during emergencies. I look forward to working with you to provide as safe an environment as possible.

If you wish to speak with a member of the Ministry Team about pastoral concerns related to this incident, please contact Assistant to the Minister Kimberly Rossiter. She can be reached at 516.472.2941 or krossiter@uucsr.org to schedule a meeting with either Rev. Jennifer Brower or Rev. Ned Wight.

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The religious community is essential, for alone our vision is too narrow to see all that must be seen. Together, our vision widens and strength is renewed.

Rev. Mark Morrison-Reed
Tammy Weil is the UUCSR Executive Assistant. For eight years, she has worked closely with the Congregation Operations Administrator (COA) as liaison to the Board of Trustees. She is the UUCSR Human Resources representative, and liaison to the Nominating Committee, the Ministerial Care & Compensation Committee, and the newly formed Hadley House LLC, in addition to supervising two other staff positions. Tammy is also the primary contact for non-member use of the UUCSR premises. These are known as Outside Use groups. This Quest will provide information from Tammy about a few groups that welcome UUCSR member participation.

UUCSR provides meeting space for many worthwhile community groups without space of their own that are not affiliated with UUCSR. Several Outside Use groups are not-for-profit, self-help groups that meet here weekly or monthly. They are usually not charged a fee to use our space, but sometimes make donations. All such meetings are open to the public; anyone is welcome to attend meetings held by the following Outside Groups.

**Alcoholics Anonymous (AA)** Good Morning God group has been meeting at UUCSR since 2012. They meet for one hour every Thursday at 10:30 AM, in the Veatch house. AA provides an opportunity for men and women to share stories in a 12-step recovery program to live life free from alcohol. For information call Leslie Entin (917.822.0880).

**LLS Myeloma Support Group** has been meeting at UUCSR since 2007, when they were the Leukemia & Lymphoma Society (LLS). LLS is the world's largest voluntary health agency dedicated to curing leukemia, lymphoma, Hodgkin's disease, and myeloma, and improving the quality of life of patients and their families. The group meets on the third Wednesday of each month from 6:00-7:30 PM and is facilitated by an oncology social worker. Please call 631.370.7532 for more information.

**Nar-Anon (NA)**, known officially as Nar-Anon Family Group, started meeting at UUCSR in 2013. The program is not a religious one but a spiritual way of life using a 12-step model. This group is for friends and family members of those who are affected by another's addiction. It meets every Tuesday from 6:30-9:00 PM. Visit www.nar-anon.org for more information.

**Overeaters Anonymous (OA)** began meeting at UUCSR in 2000. It offers support for those who struggle with food-related issues such as compulsive overeating, under-eating, food addiction, anorexia, and binge eating. OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive food issues by working a 12-step program. The group focuses on the spiritual, emotional, and physical aspects of the addiction. There are no dues or fees for membership. The only requirement for membership is the desire to stop the destructive eating behavior. Meetings are held every Tuesday from 10:30 AM – 12:00 PM. Visit www.oa.org for more information.

**Native American Environment And Spirituality**

**Water, Water, everywhere, but not a drop to drink**

Sunday, March 17, 2019, 1:00 PM, Veatch Ballroom  
Chief WinterFlower Robinson  
Northeastern Native American Association

Many issues facing Native American communities. Many are insidious, life and death problems.

WinterFlower will address 13 issues that are plaguing the Native American communities, especially the Native Americans who still live on the “The Rez.”

The 13 issues that are challenging Native American spirituality and their relationship to Mother Earth include:

» Living every day with polluted water, land, and even the air.  
» Mass incarceration  
» Violence against woman and children  
» Inadequate health care  
» Dearth of capital and financial institutions

Pre-registration recommended. RSVP to Jessica Pond, 516.472.2914  
jpond@uucsr.org
What’s Going on in Albany! Part 2

On February 14, we observed the first anniversary of the Parkland, FL school shooting in which 17 students and teachers died and 17 more were injured. What a year it has been! The brave student survivors became the voice of a new movement to address the gun violence that plagues our nation.

One result of the efforts to draw attention to this national crisis is the publication of the online project, Since Parkland: 1,200 American Kids Shot and Killed. A collaboration between the Miami Herald and The Trace, the project sent hundreds of teen reporters into their communities to document the lives of those 1,200 children who died by gun violence. Although the stories are heartbreaking, they deserve our attention. I encourage you to take some time to read a few at https://sinceparkland.org/

According to the Giffords Law Center to Prevent Gun Violence, the activism inspired by the Parkland massacre resulted in more than half of our states passing at least one gun-control law in 2018. (https://tinyurl.com/y2epbtgx) There was also a decrease in legislation passed to extend gun rights. Is the tide turning?

Although New York State already has laws placing strict controls on the purchase, ownership, and use of guns, this year’s legislature added several laws that had been awaiting a vote in the Senate and the Governor’s signature. The new laws include the Extreme Risk Protection Order (ERPO/"Red Flag") Law; a Background Check Extension; a Bump Stock Ban; a Ban on Arming Educators; and a Gun Buyback Program. (You can find detailed information about these new laws at https://tinyurl.com/y4a2ugyo) The missing piece of legislation is Nicholas’s Law (Bill S1764), named for Nicholas Naumkin, the 12-year-old who was unintentionally shot and killed by a friend in 2010. The legislation would require the safe storage of all firearms in one’s home. Members of New Yorkers Against Gun Violence hope to bring this legislation up for a vote very soon. To advocate for this bill with your state senator, go to https://tinyurl.com/y8r5fyb8. Put in your address and find your senator. You can send your senator a message from his/her website.

Cablevision Channel 20 / Verizon Channel 37 in the incorporated Villages of Great Neck/North Shore: PATV (Public Access TV) are currently airing Shelter Rock special events on Cablevision. Visit PATVV for program dates and times:

Live Stream available on PATV for those who do not get their station.

Find previously shown programs on PATV’s On Demand Link.
Your Veatch Dollars at Work on Long Island!

I have been told that there are some members of Shelter Rock who are unaware of the significant amount of Veatch funding that works to create social justice on Long Island. So, let me tell you how your Veatch dollars are currently at work in Nassau and Suffolk Counties.

In 1993, the Veatch Board of Governors established the Long Island Unitarian Universalist (LIUU) Fund as a donor-advised, field-of-interest fund at the Long Island Community Foundation (LICF). Its purpose was to create a mechanism for the Veatch Program to offer support, through a regranting program, to organizations working for social change on Long Island. This regranting program continues to provide an opportunity for local UU congregations to collectively further the principles of Unitarian Universalism locally. Proposals are reviewed by LICF staff and presented to an advisory committee composed of members drawn from Unitarian Universalist congregations in Nassau and Suffolk Counties.

Last year, the LIUU Fund awarded 13 grants totaling $250,000, $65,000 of which went to support organizations promoting racial equity. Other highlights from their latest grant docket include:

• A $20,000 grant to the Domestic Harmony Foundation for cultural sensitivity training for police in communities with high concentrations of South Asian and Muslim populations;
• A $20,000 grant to New Hour for Women and Children—Long Island to support leadership development and advocacy training that empowers formerly incarcerated women;
• A $20,000 grant to The Advocacy Institute to expand legislative advocacy training and resources for Long Island’s non-profits.

In the coming year, the LIUU Fund will continue to award grants to non-profit organizations and initiatives that advance a progressive social change agenda. The fund intentionally aims to protect the civil and human rights of the poor, people of color, immigrants, women, LGBT individuals, people with disabilities, and other vulnerable populations. Shelter Rock members can be proud of women, LGBT individuals, people with disabilities, and other civil and human rights of the poor, people of color, immigrants, social change agenda. The fund intentionally aims to protect the non-profit organizations and initiatives that advance a progressive change on Long Island. This regranting program continues to provide an opportunity for local UU congregations to collectively further the principles of Unitarian Universalism locally. Proposals are reviewed by LICF staff and presented to an advisory committee composed of members drawn from Unitarian Universalist congregations in Nassau and Suffolk Counties.

An Afternoon of Jazz

Sunday, February 24, 2019
1:30 PM • WORSHIP ROOM

Tunes by:
• Cole Porter
• Dizzy Gillespie
• Horace Silver
• George Gershwin
• Vernon Duke
• Jerome Kern
• Brandon Lee

UUCSR Members: $10 • Non-Members: $12
Under 18: FREE • Tickets available at the door
Meet the Artists • Reception Following
All welcome!
It is a delight to introduce one of the newest members of this congregation, Elena Litescu. Elena was born and raised in Rumania, where Unitarianism began over 450 years ago, and also, not incidentally, the first country of size to issue an edict of religious toleration. As some of you know, we have a partner congregation there, and already, Elena is working to revitalize that program.

After achieving a bachelor's degree in Rumania, Elena's first job out of college was in the Public Relations department at a nearby City Hall, where she developed solid diplomatic and negotiation skills and interacted with numerous international delegations. Her religious journey was guided by Greek Orthodox principles.

By the end of 2005, Elena and her husband became proud American citizens, and also new parents. "Our son, Daniel," comments Elena, "is the joy of our lives." Elena's passion is education and, currently, she is pursuing a doctoral degree in education at Northeastern University with an anticipated graduation date of September, 2019.

Elena first came to our building as a volunteer for Literacy Nassau. Liking the welcoming atmosphere she observed here, she returned for a service. After the service, in her words, "I wanted to be part of this wonderful community and become a member of UUCSR."

On behalf of all of us, a warm welcome to you, Elena!

Hospitality Hints

The Newcomer tables at the UU Café are not just for newcomers! These tables are designated for first-time and recent comers, but also for anyone who would like to be introduced to these guests and recent attendees. If you're unsure if someone is new, perhaps a phrase like, "I don't recall if we've met" is a viable opener. Generally, the Newcomer tables will be the toward the back on the left, designated by small signs, "Welcome Newcomers!"

THEATER FOR EVERYONE

If you enjoy writing short plays, acting or directing, we have a free, fun weekend activity for you! No experience necessary Newcomers welcome.

Writers: Please submit short plays (5-10 minutes) by February 24
Saturday, March 2, 2019                    Rehearsal • 10:00 AM
Sunday, March 3, 2019                      Rehearsal • 10:00 AM
SHOWTIME • March 3, 2019, 2:00 PM ALL FREE
Friends and Family ALL Welcome
RSVP to Meg Cohen theaterforeveryone70@gmail.com
631.456.8761

ART INSPIRING ACTION:
Film Screening, Panel and Art Workshop
presented by UUCSR and the Gold Coast International Film Festival
Sunday, March 24, 2019
1:00 PM Worship Room

Special screening of the Academy Award-winning short film, INOCENTE, a timeless true story about the transformative power of art and a timely snapshot of the new face of homelessness in America: children.

Brief panel discussion with the film's executive producer SUSAN MACLAURY and other experts follow. An art workshop with refreshments will close the program. FREE - All ages welcome.

THANK YOU

In 2018, 2,732 campers and their families experienced the magic of camp by attending one of our eleven week-long summer or twenty-eight weekend camping programs. This was made possible through the efforts of 28 Camp John Marc summer staff members and 1,342 volunteer counselors and medical staff members. Please know we are grateful for your (May, 2018 $731.25 Soulful Sundown) support in providing this experience to the campers of Camp John Marc.

Campcerely, Kevin Randles, Executive Director

MEMBERSHIP COMMITTEE
Ben Bortin, Membership and Volunteer Coordinator

MILESTONES

We share the sad news of... the death of UUCSR member Midge Russell. Midge died on Monday, February 4, 2019, following a short illness and time in home hospice care. She was 93 years old and was in her 66th year as a member of our congregation. Midge was our longest-term member. Midge is survived by her five children Meri, Bill, Tom, Patti and Eleanor and grandchildren Kyna, Ben, Bud, Julia, Michael, Russ and Lauren and great-grandchildren Aidan, Maya, Johanna, Rocco and Aurelia. At Midge's request, no funeral is planned. Expressions of sympathy may be sent to

The Russell Family
 c/o Eleanor Russell
245 Henry Street 6D
Brooklyn, NY 11201

February 20, 2019
Better Diet, Healthier Environment

Lowering greenhouse gases can be achieved in time. We can go Off Fossil Fuels, the campaign being promoted by NY Renews, and switch to clean renewable energy. We can also lower global greenhouse gas emissions by 25 percent in selecting a meatless daily diet. If more people gave up meat, the compensation would be a cleaner environment and products that are tasty, protein rich plant-based ones.

But why should we start giving up meat? The Confined Animal Feeding Operations (CAFOs) are terrible. They cause a release of methane gases (37 percent) from the animals and nitrous oxide (65 percent) because of the GMO soy and corn they are fed. In fact, globally, 65 billion animals suffer under unhealthy conditions, leaving antibiotics and hormones for us to consume and pesticides and fertilizers damaging our environment.

Dr. Walter Willett, a professor of epidemiology and nutrition at the Harvard T. H. Chan School of Public Health, agrees with the plant-based shift. He says, “This is a win-win.” Our plant-based sources, if produced in a sustainable way, are being experimented in labs. Some alternatives include cultured meats. Using animal cells we can grow food products identical to beef, fish, poultry, and pork. We already have vegan “eggs” from mung beans and Japanese cultured Wagyu beef. Another substitute is algae. This blue-green Spirulina has been around for eons. Already it is a staple of health food stores and juice bars. It’s mixed as a powder into foods, such as smoothies, wraps, energy bars and desserts. Moreover, algae-based food reduces deforestation due to cattle raising and creates few greenhouse gases.

What about insects? Globally, edible crickets, ants, grasshoppers, etc., cooked properly are an answer. They are currently found in “flour powder” and used as ingredients in chocolate and energy bars. They are pure protein. But beans are better. They are rich in protein and other good vitamins. Growing them reduces greenhouse gases up to 74 percent. Also, any nuts we grow release no CO2 and offer many healthy nutrients. In our markets “meat mimics” like soy-based tofu are substitutes and pea protein is added to many products.

Still we may need more to entice us to change our eating habits and ideas from a past culture promoting protein in meat rather than the healthier plant-based ones. They do not harm people or animals. Better diet, healthier environment!

Elaine Peters for the Green Sanctuary Committee
Women's Group Book Series

Left: A Love Story by Mary Hogan, Led by Robin Finnan-Jones

Women's Group TGIF
Friday, March 1, 2019, 7:00 PM, Social Hall
Professionally led Beach Ball Soccer -Let's get kickin'!

Women's Group Book Series
Friday, March 15, 2019, 7:30 PM, Art Gallery

“Children should be seen and not heard.” As a very little girl, I remember hearing this at the kitchen table. As it may seem difficult to imagine for those who know me, I really tried to be quiet. Then I doubted myself. Then I was annoyed. It just wasn’t fair. Later on, I noticed that this idea particularly seemed to apply to women.

Were you ever asked to play the quiet game? How long can you be quiet? The first one who speaks loses. Did you play? This provoked lots of resistance. I never liked being silenced.

In a letter to the Editor, Kimberly Probolus notes that a large majority of letters published by The New York Times come from males. She encourages more women to write, as it can establish our full humanity. It asserts that women’s ideas and words deserve an audience. In a response, Thomas Feyer, Letters Editor and Susan Mermelstein, Staff Editor for The New York Times committed themselves to parity, urging women and anyone else who feels underrepresented, to write in.

Since then, many interesting responses appeared in the Letters section. One cited the luxury of having enough time. “Add it to the list,” she wrote. Another noted that men grow up assuming their ideas are worthy, while women are shushed, mocked, interrupted, mansplained, and punished. A very sad comment came from a woman who never thought anyone would want to hear her voice. Always deferring to others, she attributed it to being a woman, brown, or young. Another thought it was because men complain while women get to work and fix the problem. Yet another woman wrote about harassment and intimidation. Her voicemail included suggestions that she leave the country. A flag waving feminist reported that she already had a dozen letters published. Another claimed that topics of interest to women were “soft” news and of lesser prestige. Women are interested in topics like relationships, child development, ethics, values, health, nutrition, the environment, and personal safety.

Whatever the reason, let’s take advantage of the opportunity presented by the editors. Let’s write to them and speak up, speak our minds in all areas of our lives. We are no longer silenced little girls. We can establish our full humanity. Our words have value.

Speak Up, Speak Out

“Children should be seen and not heard.” As a very little girl, I remember hearing this at the kitchen table. As it may seem difficult to imagine for those who know me, I really tried to be quiet. Then I doubted myself. Then I was annoyed. It just wasn’t fair. Later on, I noticed that this idea particularly seemed to apply to women.

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RACE — IN THEIR OWN WORDS

In observance of Black History Month your UUCSR Bookstore is featuring books by black authors, some of which are:

- Washington Black by Esi Edugyan is a novel whose hero, George Washington Black, narrates his escape from servitude in Barbados in 1830, and his subsequent adventurous life. The author is a Canadian lady whose parents came from Ghana.
- Between the World And Me by Ta-Nehisi Coates is in the form of a letter to his adolescent son in which, among other issues, he tries to explain what it is like to inhabit a black body and live within it. Toni Morrison states, “Its examination of the hazards and hopes of black male life is as profound as it is revelatory.” This is required reading.
- Becoming by Michelle Obama is her fascinating memoir and the best-selling book of 2018 still topping the list of best-sellers.
- Barracoon: The Story of the Last Black Cargo by Zora Neale Hurston. The author tells the story of the last slave ship, The Clotilda, through interviews in 1927 with its last living survivor, Cudjo Lewis.
- The Sun Does Shine: How I found Life and Freedom on Death Row by Anthony Ray Hinton.
- Narrative of the Life of Frederick Douglass: an American Slave memoir by Frederick Douglas, originally published in 1845.
- The Collected Poems of Langston Hughes.
- The Ways of White Folks by Langston Hughes. A collection of 14 short stories sometimes humorous, but often tragic.
- The Dream Keeper and other poems written by Langston Hughes for young readers, contains the following poem:

\[ \text{I, TOO} \]

I, too, sing America.       Tomorrow
I am the darker brother.   I’ll sit at the table
They send me to eat in the When company comes.
  kitchen                  Nobody’ll dare
But I laugh,              Say to me,
And eat well,             “Eat in the kitchen,”
And grow strong.          Then.
                      Besides,
They’ll see how beautiful I am And be ashamed
And be ashamed
I, too, am America.

Please visit us in the Book Store to chat and browse. We are open for one hour after the Sunday service and located just off the Main Lobby.

Lois Wolfson
**WEDNESDAY, FEBRUARY 20, 2019**
BOT Task Force Meeting, 9:30 AM, Bride's Rm
Women Talk Daytime, 12:00 PM, Art Gallery
Members' Bridge Group, 1:00 PM, Veatch Ballroom
LLS Myeloma Support Group Meeting, 6:00 PM, RE Room 16
Stewardship Task Force, 7:00 PM, Office Conference Room
Climate Justice Task Force Meeting, 7:00 PM, Art Gallery
Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
CANCELLED; Transcendentalism: Emerson, Parker, and Fuller, 7:30 PM

**THURSDAY, FEBRUARY 21, 2019**
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
Lunch Bunch - Pearl East Restaurant, 1:00 PM, Manhasset
NAMI Sibling & Children of Peer Support Group, 7:00 PM, RE Room 17
Blank Slate Media & SRF - Speaker Forum with Laura Curran, 7:00 PM, Worship Room
Board of Trustees Meeting, 7:30 PM, Veatch Ballroom
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

**FRIDAY, FEBRUARY 22, 2019**
Cornell Master Gardner Luncheon, 9:00 AM, Social Hall
Members' Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
Dramatic Readings, 6:00 PM, Art Gallery
Game Night, 6:45 PM, RE Rooms 6 and 10

**SATURDAY, FEBRUARY 23, 2019**
Saturday INN Cooking, 9:00 AM, Main Kitchen
SGM Facilitators Meeting, 9:45 AM, Veatch Terrace Room
Caring Hearts Quilters, 10:00 AM, Rm 204, 205
Together to End Solitary Confinement, 10:00 AM, RE Wing
Yoga, 11:00 AM, Art Gallery

**SUNDAY, FEBRUARY 24, 2019**
Peace and Meditation Service, 9:00 AM, Chapel
Great Books-Moderan American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
All Congregation Retreat Meeting, 9:30 AM, Bride's Rm
Choir Rehearsal, 10:00 AM, Worship Room
Bagel Breakfast, 10:00 AM, Social Hall
Worship Service, 11:00 AM, Worship Room
UU Café, 12:00 PM, Social Hall
Special Membership Committee Budget Meeting, 12:15 PM, Veatch Library
Men's Group Meeting, 12:30 PM, Veatch Conference Room
Rehearsal - Chekhov's Three Sisters: Redux, Finally To Moscow, 12:30 PM, Veatch Terrace Room
Membership February Orientations, 1:00 PM, Office Conference Room
Committee on Ministry Workshop (Private), 1:00 PM, RE Room 15
Music at Shelter Rock, Jazz Concert, 1:30 PM, Worship Room
Jazz Concert Reception, 2:30 PM, Art Gallery

**MONDAY, FEBRUARY 25, 2019**
Mental Health SJC Sub-Committee Monthly Meetings, 4:00 PM, Veatch Conference Room

**TUESDAY, FEBRUARY 26, 2019**
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
NAMI Criminal Justice Committee Meeting, 3:00 PM, RE Room 15
Nar-ANON Meeting, 6:30 PM, RE Room 19
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room
Kundalini Yoga, 7:00 PM, Veatch Ballroom
Committee on Ministry Meeting, 7:30 PM, Office Conference Room
Rehearsal - Chekhov's Three Sisters: Redux, Finally To Moscow, 7:30 PM, Veatch Library
Ministerial Care & Compensation Committee Meeting, 7:30 PM, Bride's Room

**WEDNESDAY, FEBRUARY 27, 2019**
Members' Bridge Group, 1:00 PM, Veatch Ballroom
Adult Programs Meeting, 5:00 PM, Veatch Conference Room
NAMI Family Support Group, 7:00 PM, RE Room 15
Investment Committee Meeting, 7:00 PM, RE Room 17
Inisfada-Zen Sitting Meditation, 7:30 PM, Social Hall, Bride's Rm
Program Council Meeting, 7:30 PM, Veatch Ballroom

**THURSDAY, FEBRUARY 28, 2019**
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Room 206, 207
Finance Committee Mtg, 5:30 PM, Veatch Library
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

**WEDNESDAY, MARCH 06, 2019**
Great Books-Moderan American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Women's History Month Breakfast - Together We Make Change, 9:00 AM, Veatch Ballroom
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
Rehearsal - Chekhov's Three Sisters: Redux, Finally To Moscow, 12:30 PM, Veatch Terrace Room
Theatre For Everyone - Rehearsal, 12:30 PM, Office Conference Room
Love and Stitches, 12:30 PM, RE Room 15
Rescheduled - Small Group Ministry First Sunday Meeting, 1:00 PM, Bride's Room
Do You Believe?, 1:00 PM, RE Room 14
Sheldon Turteltaub Memorial, 1:30 PM, Worship Room
Theatre For Everyone Play, 2:00 PM, Social Hall

**MONDAY, MARCH 04, 2019**
DAC Budget Meeting, 3:00 PM, Office Conference Room

**TUESDAY, MARCH 05, 2019**
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Racial Justice Task Force Meeting, 6:15 PM, Veatch Conference Room
Racial Justice Task Force Meeting, 6:15 PM, Veatch Kitchen
Nar-ANON Meeting, 6:30 PM, RE Room 19
Kundalini Yoga, 7:00 PM, Veatch Ballroom
RE Committee Meeting, 7:30 PM, Art Gallery
Agenda Planning Meeting, 7:30 PM, Veatch Library
DAC Meeting, 7:30 PM, Office Conference Room
Rehearsal - Chekhov's Three Sisters: Redux, Finally To Moscow, 7:30 PM, Veatch Terrace Room

**WEDNESDAY, MARCH 06, 2019**
Women Talk Daytime, 12:00 PM, Art Gallery
Members' Bridge Group, 1:00 PM, Veatch Ballroom
SRI Committee Meeting, 7:00 PM, Veatch Conference Room
Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
Membership Committee Meeting, 7:30 PM, Art Gallery
Nominating Committee Meeting, 7:30 PM, Bride's Room

**THURSDAY, MARCH 07, 2019**
LREDA Cluster Meeting, 9:00 AM, Veatch Ballroom
Yoga, 9:30 AM, Art Gallery

Please see UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.
Next Quest: Wednesday, March 6, 2019 | Deadline for Content: Thursday, February 28, 2019

February 20, 2019

Music at Shelter Rock presents

ROCK ON SHELTER ROCK!

Friday, March 15, 2019 • 8-10 PM • Social Hall

Dance away those winter blues, with Shelter Rock’s very own ensemble

THE ANY GIVEN SUNDAY BAND

Dancing, snacks, dancing, wine/beverages, dancing, pizza, dancing brownies, and MORE DANCING!!

$10 at the door (members); $12 non-members
$20 maximum for families
Children under 18 must be under supervision of an adult.

Presented by the UUCSR Men’s Group

St. Patrick’s Day

CELEBRATION!

SUNDAY, MARCH 17, 2019
6:00 PM
SOCIAL HALL

Featuring classic corned beef, cabbage, shepherd’s pie and Irish soda bread!

Be entertained by Dexter Wells playing old-time Irish favorites and some Irish sing-a-longs PLUS Doug Hyer on Irish Trumpet. Songbooks will be available.

Performance by Royal Irish Dance Academy

PRICE IN ADVANCE
$30 MEMBERS
$35 NON-MEMBERS

Ladies AND gentlemen all welcome
RSVP online in the events calendar or contact Sharyn Esposito sesposito@uucsr.org or 516.472.2960

February 20, 2019