We aspire to be a loving, religious community where we can grow spiritually and build a more just and joyful world. —UUCSR Vision Statement

December Theme: Awe

Upcoming Worship Services

Saturday, December 7, 2019, 1:00 PM

Dance of the Spirit

The Rev. Jaye Brooks

Ours is a religion where people with different beliefs worship together as one faith. As we enter December, a time of awe for many, we honor one another’s individual beliefs as we look ahead to a variety of December religious holidays. Our UU roof of shared values shelters a variety of religious practices and theological beliefs. Today we explore the role of celebratory dance in two religious traditions, Christianity and Islam.

Transportation Assistance

UUCSR offers transportation assistance to Worship 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 at 516.472.2941 for an application.

Sunday, December 8, 2019, 11:00 AM

Bring Light

It’s almost impossible not to fear the dark, at least a little. Whether to the child sure that something lurks under the bed, or to the pragmatic adult who simply wishes to avoid stumbling in the dark, a flashlight is very welcome.

As the cold weather closes in and the hours of darkness lengthen, human beings turn to festivals of awe that celebrate light.

December brings with it the Jewish celebration of Hanukkah, the “Festival of Lights” (December 22–30); the winter solstice (December 22), with roots in Greek, Roman, and Celtic traditions, earnestly celebrated by many in the northern hemisphere who yearn for the return of sunlight; and Christmas (December 25) with its “star of wonder, star of light.”

These diverse traditions, whether or not they reflect one’s own religious upbringing, speak to the human longing to chase away darkness and whatever evil may lurk in the shadows.

Snatching the light in his beak, the Raven flew through the smokehole and up into the sky. The world was instantly changed forever.

—Raven Steals the Light (a story in the Inuit tradition)

Religion, at its most beneficial, is a light that helps humanity navigate the impenetrable mysteries of life. Like the flashlight in the dark, religion can comfort, reassure, offer guidance, diminish anxiety, bring hope. Yet religion, as all-too-often practiced in human societies, can also be a significant bringer of darkness.

What do we expect from our religion, and what do we allow it to bring to the world?

Unitarian Universalism allows a great deal of scope in answering this question. We gather under one roof to celebrate shared values, each of us on a spiritual journey that began with our earliest experience of religion. This is not a loosey-goosey sort of

Continued on page 2
**Upcoming Worship Services**

### December 13, 2019, Friday Evening

**Soulful Sundown**

*Friday, December 13, 2019*

**Dinner 6:30 PM ($5), Social Hall**

**Worship 7:30 PM, Worship Room**

*The Rev. Jennifer Brower & The Cosmic Orchestra*

**Free Coffee House with a Winter Holiday Theme**

---

### Saturday, December 14, 2019, 10:15 AM

**Simply Soulful Winter Holiday Service, The Rev. Jennifer L. Brower and The Cosmic Orchestra (live!), Worship Room**

Those with disabilities face many challenges. Participation in the religious community shouldn't be one of them. Join us for a special winter holiday service when we extend a welcome to people of all ages, and to all parents who have wondered, “What will happen if I bring my kid and he screams or she can't sit still or they lie down on the floor?” Our answer to those and other anxious questions is “Come, celebrate the holy days and holidays of the season with us.”

---

### Sunday, December 15, 2019, 11:00 AM

**Family Service: Wonder from the Start, The Rev. Dr. Natalie M. Fenimore**

Unitarian Universalists tell the Christmas Story with an understanding that each night is a holy night as each child is a holy child born as the light of the world. Our goal is to be aware of this wonder and potential of each life. Join us as we remember and celebrate. Our First Graders will present a Nativity Play. Children’s Holiday Decorating Party follows. (See page 8 of this Quest)

---

### Friday, December 20, 2019, 7:00 PM

**Winter Solstice: The Longest Night of the Year, A Spiritual Place, The Ministry Team and members of UUCSR, Chapel**

In anticipation of the Winter Solstice, we join together in honoring creation, meditating upon our life’s passage into another year, and celebrating the ritual of burning the Yule Log. Our service will be enriched by the singing of Willow, directed by Farah Chandu.

---

### Sunday, December 22, 2019, 11:00 AM

**Light One Candle, The Rev. Jaye Brooks**

In this season of awe, we honor the Jewish celebration of Hanukkah (sunset December 22 through December 30). The miracle of the oil that kept the Temple’s light burning, may be eclipsed by the awe-inspiring story of the Maccabees and how they reclaimed the Temple and the right to practice their religion. As solstice marks the darkest time of the year, this story of light is heartening for all.

---

### Tuesday Evening, December 24, 2019

**Bring Light**

**Christmas Eve Candlelight Services**

*The UUCSR Ministry Team*

**5:00 PM Family Service**

This Family Service inspires children of all ages to bring light to the world. Through stories and music, we explore the meaning of Christmas and the power of even the smallest child to create hope among us and in the world beyond. This Service ends with a very, very careful candlelighting, symbolizing the message of love and hope we aspire to share with the world. The Jazz Ensemble and the Young People’s Choir will both participate.

**7:00 PM Service of Readings and Carols**

This Service recalls the story of Christmas and invokes hope for our world today. Light is a symbol of significance in many religious traditions. This service ends with candlelighting, when we bring light to one another. This act symbolizes the message of love and hope we aspire to share with the world.

---

**Touchstones**

*Continued from page 1*

freedom to “believe in anything”; it’s a freedom that comes with responsibility. In the words of our seven Principles, we engage in “a free and responsible search for truth and meaning.” This free faith empowers us to develop our own understanding of life’s mysteries, constrained by the responsibility to live our shared values.

The essence of this responsibility is to bring light to the world.

It may be only a small light. It may be (like the light the Raven steals) so much light that it changes the world forever. It’s not our task to decide how big or small our light may be. Our only real job is to re-orient our minds to a simple touchstone—bring light.

That readjustment in perspective can mean that we find many ways, each day, to light a candle against the darkness.

We enter December with our myriad responses to holiday traditions. We may struggle with the uncomfortable vestiges of childhood religious training or we may vigorously embrace its signs and symbols. But to make meaning of this season of awe, and of the role of religion in our own lives, we need only bring light.

*The Rev. Jaye Brooks*
MINISTRY PROGRAM

Call for Participants: Developmental Ministry Transition Team

Are you interested in having a role in the future of UUCSR? Consider a position on the new Transition Team. Visit uucsr.org/myuucsr for characteristics of an optimal team, plus roles and responsibilities of team members. Please contact Tammy Weil by Monday, December 9 to express your interest (tweil@uucsr.org or 516.472.2913).

FINANCIAL DEVELOPMENT COMMITTEE
Cathi Zillmann, Chair

It Is December 1... Time to Pledge

As I’m writing this, I am concerned because over 100 current members of UUCSR are on the verge of forfeiting their membership in 30 days!

To continue as a member, it is necessary to make a pledge of financial support to the congregation and make a payment toward that pledged amount before December 31.

I’m asking you most earnestly to make your pledge TODAY. You can complete the pledge form that was mailed to you in September, contact the Finance office at UUCSR (516.627.6536), or me (516.304.5753) for another pledge form, or go online to myuucsr.org to complete your pledge and make a payment.

As far as I’m concerned, the more Unitarian Universalists there are in the world, the better off we all are.

So are we bound together

As drops of rain that find each other and build to become a track, a rivulet, a stream, a river, a sea, so are we drawn together; so are we fortunate to find each other; so are we bound together, on this shared passage toward an unknown ocean and eternity.

By Elizabeth Lerner Maclay
Minister of First Unitarian Church of Providence, RI

I hope to hear from you soon.

MINISTRY PROGRAM

Meditation Thursday
| 6:00 PM | Chapel
Third Thursdays monthly | Next Session: December 19
(second Thursday in February 2020)
Facilitated by Paul Carbone, Lay Chaplain at UUCSR
This is an opportunity to sample:
Guided meditation, stories, music, sound, visual prompts.
Contact Kimberly Rossiter (516.472.2941, krossiter@uucsr.org)

MILESTONES

A Memorial Service is planned... for Jim Ansel on Saturday, December 14, 2019 at 1:00 PM in the UUCSR Chapel.

We send well wishes to... Hadley House resident Irma Grunewald, the mother of longtime UUCSR member Iris McKenna. She is recovering from a severe infection. Cards may be sent to:
Irma Grunewald
Sunharbor Manor Room 105
255 Warner Avenue
Roslyn Heights, NY 11577

MINISTRY PROGRAM

Open House November 2019
We opened our doors and expectations were exceeded! Congregants arrived and shared with us the joys of “Hadley House Living.” This super-successful event now propels us into the Holiday Season.

December Celebration Plans
- Tree Trimming with refreshments and holiday cheer
- Holiday Dinner Party with food and song
- Holiday Bagel Brunch hosted by the Hadley House Staff: Don Einsidler, Building Manager
  Susan Bagnini, Social Worker
  Joe Corradetti, Resident Manager
- Holiday Sing-a-Long with Richard Bock who has generously offered to lead us and add to our festivities
- New Years Eve Pajama Party with midnight viewing of the ball dropping, and welcoming in year 2020 (brought back by residents’ request after popularity of 2019 event)

From All of us at Hadley House to All of you...
May the Best Possibilities Manifest Themselves,
For Our Highest Benefit...
For our Congregation,
For the Good of the World.

Happy New Year

MINISTRY PROGRAM

Ministry Program

Annual Pledge Campaign
Pledge forms are on the Welcome Desk in the Main Lobby and may be downloaded at MYUUCSR, under Member Resources.
Pledges may be made securely online. Visit uucsr.org/myuucsr.

December 4, 2019
Veatch Grantees in the News

I am excited to share with you two recent New York Times editorials in recent weeks that feature the inspiring work of Veatch grantees.

The first of these articles is by Tram Nguyen, co-director of New Virginia Majority. In her article, she points directly to the long-term value of the congregation’s support for their work. She explains that the historic election that took place in Virginia this past November, which delivered the state legislature to Democratic control for the first time since 1993, did not occur overnight. It happened, she writes, after a decade of sustained organizing by community-based groups like hers—organizing that would not have been possible without Veatch. “We don’t talk to voters only when campaign season rolls around,” Tram writes. Veatch commits to grantees for the long haul because it takes time and effort to bring about systemic, meaningful change.

The second piece, by Vanessa Daniel of Groundswell, starts with a shameful statistic: in 2016, foundations gave less than one percent of their grant money to organizations headed by women of color. This is particularly troubling, Vanessa notes, since so many of the groups at the forefront of change in this country are headed by women of color. She proceeds to give several examples, including:

- New Virginia Majority, led by Tram Nguyen, who recently restored voting rights to 173,000 people with felony convictions.
- National Domestic Workers Alliance, founded by Ai-jen Poo, who has enacted domestic worker bills of rights in nine states.
- Southerners on New Ground, led by Mary Hooks, whose Black Mama’s Day Bailout Campaign has freed thousands of mothers from jail who can’t afford bail.

We count each of the above groups, along with dozens of others headed by women of color, among our grantees. I encourage you to read both articles to learn more about the amazing work of these Veatch grantees. These Op Eds reflect some of the most important principles of the Veatch program and our funding model.

Veatch Grantee Speaks on Improving LI Census Accuracy
Tuesday, December 10, 2019 • 7:00 PM • Veatch Ballroom

All are welcome to a conversation with Senior Program Officer Sol Marie Alphonso-Jones of the LI Community Foundation. Learn about the role of philanthropic partners in New York State, with particular emphasis on accuracy in the 2020 US Census.

Veatch Program at Shelter Rock
Joan Minieri, Executive Director

The Unitarian Universalist Veatch Program at Shelter Rock provides support for efforts within the religious and spiritual mission of the Unitarian Universalist Congregation at Shelter Rock where their purposes are best served by outside agencies acting under the Veatch Program and the Congregation.

Shelter Rock Forum
Latifa Woodhouse, Chair

THE MTA AND THE LONG ISLAND RAILROAD
Where are we. Where are we going.

ON THE RECORD COMMUNITY FORUM
Thursday, December 19
7:30 PM

Moderator:
Steven Blank, Editor and Publisher of Blank Slate Media

Featured Panelists:

Patrick Foye, MTA Chairperson
Phillip Eng, LIRR President

The MTA’s chairperson and the LIRR’s president will answer questions on the MTA transformation plan, the LIRR expansion project, the East Side Access project, and more. Q&A to follow.

Hosted by Blank Slate Media and the Unitarian Universalist Congregation at Shelter Rock
Sponsored by Northwell Health

Public registration open at: www.theislandnow.com/communityforum

Admission is free.
Registration not required for UUCSR members.
At the Thanksgiving and Christmas holidays, the Social Justice Committee sponsors a donation drive to help provide turkeys and chickens for the guests of the North Shore Soup Kitchen and the families served by the AIDS Center of Queens County. This year for Christmas, we’re adding United Veterans Beacon House (UVBH).

These organizations are doing work in the community in line with our UU Principles, especially the goal of world community with peace, liberty, and justice for all. Perhaps you’d like to know a little bit more about each organization.

The North Shore Soup Kitchen (NSSK) is a not-for-profit, volunteer-based organization located in the First Baptist Church in Glen Cove. Today NSSK is staffed by more than 100 volunteers who cook and serve hot meals three days a week, as well as doing fundraising to keep the organization going. Many of our long-term UUCSR members were among the first volunteers, and today our members still can be found volunteering there.

The NSSK serves 15,000 meals annually; distributes 20,000 bags of groceries; provides the services of a case manager; assists with medical referrals and prescriptions; distributes clothing, shoes, and infant diapers; collects new toys for children; and provides holiday meals and gifts for its guests.

The AIDS Center of Queens County (ACQC) is also a multi-service organization. Since its founding in 1986, it has grown to become the largest provider of HIV/AIDS services in the borough of Queens. It serves over 10,000 HIV+ clients, and 30,000 community residents in five sites throughout the borough.

Their services include comprehensive medical care, case management, harm reduction and syringe exchange, health education and prevention services, transitional and permanent housing services, legal services, a licensed mental health clinic, and a food pantry program.

United Veterans Beacon House is familiar to many of us through the Large Grants the Congregation gave them. Currently, UVBH operates housing in 42 locations in Nassau and Suffolk counties.

Other services include programs that address homelessness, physical disabilities, Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, mental health issues, and addiction.

Thank you for your generosity in October and November. We raised a total of $3,291. After paying for 200 turkeys, we have $508 as a start for our Christmas roaster chickens. Social Justice Committee Volunteers will be at the table in the lobby through Sunday, December 22 to receive your donations.
Music and Performing Arts Committee
Rachel Zampino, Chair

Music & Performing Arts at Shelter Rock Presents

George Frideric Handel

Messiah

Sing

A Beloved Long Island Tradition!

The Orchestra at Shelter Rock
Stephen Michael Smith, Conductor
The UUCSR Choir
with
Professional Soloists:
Meagan Brus, soprano
Blythe Gaissent-Levitt, mezzo
Michael St. Peter, tenor
Brace Negron, bass baritone

Sunday, December 8
1:30 PM

UUCSR Members: $5
Non-Members: $8
Under 18 years old: Free

Come sing along, or just listen
Musical scores provided at no charge
Ample, free parking
Fully handicapped accessible

Art Committee
Tinna Kopelow, Chair

Artist Thomas Kerr’s show opens in the UUCSR Art Gallery on December 7, 2019. An Artist’s Reception will be held on Sunday, December 15, 1:00 to 3:00 PM in the UUCSR Art Gallery.

Tom Kerr graduated from Alberta College of Art & Design and holds a Masters in Illustration as Visual Essay (MFAI). He is a tenured professor at St. John’s University, teaching drawing and illustration.


Since 1989, Tom has exhibited his work over 35 times nationally and internationally. He has a permanent exhibit in the Museum of the City of New York. He has also received several awards for illustration, design, and communication arts.

Tom told Tinna Kopelow, “My motivations are simple, I love to draw, dislike political and corporate corruption, and intend to continue visually commenting and exploring the world via drawn media until such time as I cannot.”

Ceramic Workshop
Saturday, January 18, 2020
10:00 AM-2:00 PM

We are pleased to announce that Katy Schall will once again be teaching a workshop in clay this January. Katy has been working in ceramics for over thirty years; this workshop will be a demonstration of the pinch and coil technique. All pieces will be fired after the workshop and be made available for pickup at a future date.

The cost is $15.00 per person (includes the cost of firing).

Bring your own lunch. Sign up early—space is limited to 15! Contact: Elaine Corrao at ecorrao@uucsr.org.
The Climate Emergency and Children

Recognition of a climate emergency is finally in the news and on the lips of people everywhere. Indeed, the effects of continuing on the path of using fossil fuels and having bad agricultural practices is exposing us worldwide to natural disasters we cannot ignore. The damage done to children and the sicknesses borne by them are growing. They are the most obvious victims. The microscopic particulate matter being released through fossil fuels is particularly dire as its “safe limit” is being surpassed.

Imagine a child in the womb. Her birth mother is ingesting polluted air before birth. A higher exposure means a higher risk of diseases like asthma, pneumonia, and COPD. Therefore, 2.6 billion children will have pediatric damage at birth. The rising temperatures and heat in areas without potable water, air-conditioning, or safe cool areas to escape to and protect them will do havoc. Children will have heat-related problems—high fever, kidney and respiratory disease, electrolyte imbalance. Global temperature is 0.2 degrees Centigrade; in urban areas it is up to 0.8 degrees Centigrade. The United States and Japan have no problem combating these conditions: air-conditioning, potable water, etc. In a country like India, where 35 percent of its 450 million people are 14 or younger, it’s hard to do. The heat impairs children, adults, and crops. Beneficial childhood nutrition diminishes with shorter growing seasons. Staples of maize, rice, and spring wheat will not have suitable harvests. Famine will increase.

The rising of the world’s temperatures is killing off fish stocks. Therefore, 3.2 billion people will lack the vital proteins they need. Under-nutrition will harm children the most creating smaller growth and stunted development. In the United States, we support supplemental food programs such as SNAP to help families. Many developing countries lack these programs. In the United States, 25 million people have asthma: a 7 percent increase in adults and 8.4 percent increase in children. In 2019, 6.2 million children under 18 were affected, the third leading cause of hospitalizations. In low income areas, especially urban ones or in states with fossil fuel extraction, the 0–4 age group is affected adversely.

Our climate emergency is making our earth’s future and ours fragile. We must implement laws and policies to save species and habitats, curtail our fossil fuel infrastructure, and promote energy efficiency and clean energy technologies, and do it now.

Elaine Peters for the Green Sanctuary Committee
The Spirit of the Holidays

Each year I like to revisit the book, Unplug the Christmas Machine, by Jo Robinson and Jean Coppock Staeheli. They ask that, in the midst of a season, which becomes increasingly more commercial, we consider pledging ourselves to a spirit of caring. They ask that we keep in our minds and hearts these holiday goals:

1. Remember those people who truly need your gifts
2. Express love in more direct ways than gifts
3. Examine holiday activities in the light of your deepest values
4. Be a peacemaker within your circle of friends and family
5. Rededicate yourself to spiritual growth

Our Shelter Rock Community can practice these commitments of the spirit—we can honor the spirit of Christmas even if this is not our own theological belief. A source of our Unitarian Universalist Principles are “Jewish and Christian teachings which call us to respond to God’s love by loving our neighbors as ourselves.” May the teachings and lessons of joy, giving, freedom, and miracles we invite into our lives during this season help grow your Unitarian Universalist spirit.

Poinsettia Dedication

UUCSR congregants may dedicate poinsettias on the Chancel at holiday services to memorialize loved ones, recognize special occasions, or celebrate the season. Please contact Lea Titza (ltitza@uucsr.org or 516.472.2975) by Wednesday, December 18, 2019 to order plants at $25 each.

Children’s Holiday Decorations Party

Sunday, December 15
12:30 PM • Social Hall
$5 per person to make crafts
*Drop off cookies in Social Hall before Worship Service

Music is a vital part of the worship experience, as is silence. In developing spiritual practice with our children and youth, we are inviting them to notice how sound, or the absence thereof, makes them feel. In addition to engaging with stories of environmental heroes, we encourage reflection through group singing and have recently begun a series of guided meditations. Below, our 4th through 6th graders practice one such guided imagery, “Among the Trees.”

In this meditation, participants are asked to notice their breathing and notice how various parts of their body feel before activating their imagination. Through this exploration, each person discovers their own special tree; they conceptualize what their tree looks like, what it feels like when they touch its bark, what scents arise from the leaves and fresh air, and what they hear when the breeze blows around their tree, and if there are birds, what their songs sound like.

Victor Hugo once wrote, “Music expresses that which cannot be said and on which it is impossible to be silent.” At the recent Thanksgiving service, we have already heard the joyful musical expressions of our UUCSR and Young People’s Choirs, and the multigenerational Jazz Ensemble. This holiday season, we will be blessed with an abundance of music in worship, the Messiah Sing, and the Holiday Decorations Party. Let us hear all it wishes to express, and let us also make space for moments of silence. And let us be mindful of the difference when silence comes to us in comfort and when it calls out in need of our greater attention.
Our Whole Lives for Adults (OWL)

Facilitated by WinterFlower Robinson and Anne Van der Veer, with support from Giuseppina Iorfino, Stephen Foster, and Carson Jones.

We are looking forward to Session 2: Sexuality and Communication, on Sunday, December 15, from 1:00–3:00 PM in RE Room 4 (childcare available for all sessions in Room 2).

Our Whole Lives (OWL) helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. Using the values of self-worth, sexual health, responsibility, and justice and inclusivity, this program explores complete and affirming sexuality education for adults of all ages. We are excited about launching this new program at UUCSR, and we hope to offer all levels of Adult OWL on a regular basis.

The next few lessons and all program dates are as follows:
- December 15; Sexuality and Communication
- January 5; Sexuality and Spirituality
- January 26; Attitudes about Aging
- February 2, March 1, March 22, March 29, April 5, April 26, May 17, May 31

Please register with Jessica Pond at jpond@uucsr.org or 516.472.2914.

**Soulful Songs & Stories**

**Friday, December 20, 2019**
7:00–8:30 PM, Room 19

This month, we’re going to wrap our thoughts and stories around Leonard Cohen’s song, “Anthem” (www.j.mp/uucsr34), described as “a message of hope in darkness.” The most well-known lines from the song, “There is a crack, a crack in everything / That’s how the light gets in,” are drawn from the deepest well of kabbalistic text. While we can’t predict where our personal stories might take us, we’re going to head in the direction of whether holiday stories—sacred or secular, myth or fact, embellished or raw—provide light that gets through the crack in our spiritual lives.

If you’d like an email reminder along with the lyrics and related food for thought, register with Jessica Pond (Jpond@uucsr.org or 516.472.2914). Or just drop in. Newcomers are welcome. We start on time, so please come a few minutes early to get a nametag, tea or coffee, and to settle in. Alice Giordano and Steve Marston are your guides on this journey.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEDNESDAY, DECEMBER 4, 2019</td>
<td>SRI Committee Meeting, 7:00 PM, Veatch Conference Room</td>
</tr>
<tr>
<td></td>
<td>Inisifa-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room</td>
</tr>
<tr>
<td></td>
<td>Finance Committee Meeting, 7:30 PM, Bride's Room</td>
</tr>
<tr>
<td></td>
<td>DAC Meeting, 7:30 PM, Art Gallery</td>
</tr>
<tr>
<td>THURSDAY, DECEMBER 5, 2019</td>
<td>Yoga, 9:30 AM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>SJIC INN Cooking - Thursday, 9:30 AM, Main Kitchen</td>
</tr>
<tr>
<td></td>
<td>AA Meeting, 10:30 AM, Rooms 206 &amp; 207 Members' Bridge Group, 1:00 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Panel Discussion of Climate Crisis at UU-UNO, 1:00 PM, 221 E. 52nd St, NYC</td>
</tr>
<tr>
<td></td>
<td>NAMI Family to Family Classes II, 6:30 PM, RE Room 15</td>
</tr>
<tr>
<td></td>
<td>NAMI COD (Co-occurring Disorders) Support Group, 6:30 PM, RE Room 17</td>
</tr>
<tr>
<td></td>
<td>Dress Rehearsal for Messiah Sing, 7:00 PM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Personnel Committee Meeting, 7:00 PM, Veatch Library</td>
</tr>
<tr>
<td></td>
<td>Choir Rehearsal, 7:30 PM, Choir Rehearsal Room</td>
</tr>
<tr>
<td>FRIDAY, DECEMBER 6, 2019</td>
<td>Tai Chi/Qigong, 10:15 AM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Lunch Bunch - Holiday Luncheon, 1:00 PM, Strathmore Vanderbilt, Manhasset</td>
</tr>
<tr>
<td></td>
<td>RE Volunteer Holiday Party, 6:30 PM, Veatch House</td>
</tr>
<tr>
<td></td>
<td>T.G.I.F. - Make Your Life Stress Free: Your Gift to Yourself for the Holidays, 7:00 PM, Art Gallery</td>
</tr>
<tr>
<td>SATURDAY, DECEMBER 7, 2019</td>
<td>Caring Committee Meeting, 10:00 AM, Office Conference Room</td>
</tr>
<tr>
<td></td>
<td>Caring Hearts - Quilters, 10:00 AM, Rooms 204 &amp; 205</td>
</tr>
<tr>
<td></td>
<td>Messiah - Orchestra Rehear, &amp; Musician Lunch, 10:30 AM, Worship Room, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Yoga, 11:00 AM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>CSA Drop Off and Pick Up, 10:30 AM, RE Lobby</td>
</tr>
<tr>
<td></td>
<td>Overeaters Anonymous, 10:30 AM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Audit Committee Meeting, 11:00 AM, Office Conference Room</td>
</tr>
<tr>
<td></td>
<td>Long Island Jobs with Justice Human Rights Day Luncheon, 12 Noon, 1434 Straight Path, Wyandanch</td>
</tr>
<tr>
<td></td>
<td>Personnel Committee Meeting, 1:00 PM, Veatch Conference Room</td>
</tr>
<tr>
<td></td>
<td>Art Committee Meeting, 4:00 PM, Office Conference Room</td>
</tr>
<tr>
<td></td>
<td>Adult Programs Meeting, 5:00 PM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Veatch BOG December Meeting (Dinner), 6:00 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Land Management Project Meeting, 6:00 PM, Bride’s Room</td>
</tr>
<tr>
<td></td>
<td>NAM An-Non Meeting, 6:30 PM, RE Room 19</td>
</tr>
<tr>
<td></td>
<td>NAMI Family to Family Classes I, 6:30 PM, RE Room 15</td>
</tr>
<tr>
<td></td>
<td>Veatch BOG December Meeting, 7:00 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Kundalini Yoga, 7:00 PM, RE Room 6</td>
</tr>
<tr>
<td></td>
<td>Program Council Meeting, 7:30 PM, Veatch Conference Room</td>
</tr>
<tr>
<td>WEDNESDAY, DECEMBER 11, 2019</td>
<td>Medical Qigong for Senior Health, 11:00 AM, Hadley House Community Room</td>
</tr>
<tr>
<td></td>
<td>Reach Out America, 12:30 PM, Veatch Conference Room</td>
</tr>
<tr>
<td></td>
<td>Reach Out America, 12:30 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Stewardship Task Force, 6:00 PM, Veatch Conference Room</td>
</tr>
<tr>
<td></td>
<td>Food &amp; Water Watch Holiday Party, 6:30 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Ukuleles At Shelter Rock, 6:30 PM, Ensemble Rehearsal Room</td>
</tr>
<tr>
<td></td>
<td>NAMI Family Support Group, 7:00 PM, RE Room 15</td>
</tr>
<tr>
<td></td>
<td>Inisifa-Zen Sitting Meditation, 7:30 PM, RE Rooms 4 &amp; 6</td>
</tr>
<tr>
<td></td>
<td>Social Justice Monthly Meeting, 7:30 PM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Small Group Ministry Second Wednesday PM Meeting, 7:30 PM, RE Room 19</td>
</tr>
<tr>
<td></td>
<td>Building &amp; Grounds Committee Meeting, 7:30 PM, Bride’s Room</td>
</tr>
<tr>
<td>THURSDAY, DECEMBER 12, 2019</td>
<td>Yoga, 9:30 AM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>AA Meeting, 10:30 AM, Rooms 206 &amp; 207</td>
</tr>
<tr>
<td></td>
<td>Members’ Bridge Group, 1:00 PM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>NAMI Family to Family Classes II, 6:30 PM, RE Room 15</td>
</tr>
<tr>
<td></td>
<td>Choir Rehearsal, 7:30 PM, Choir Rehearsal Room</td>
</tr>
<tr>
<td>FRIDAY, DECEMBER 13, 2019</td>
<td>Tai Chi/Qigong, 10:15 AM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Members’ Bridge Lessons &amp; Game Play, 1:00 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Soulful Sundown Dinner, 6:30 PM, Social Hall</td>
</tr>
<tr>
<td></td>
<td>Soulful Sundown Service, 7:30 PM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Soulful Sundown Coffee House, 8:45 PM, Social Hall</td>
</tr>
<tr>
<td>SATURDAY, DECEMBER 14, 2019</td>
<td>Caring Hearts - Quilters, 10:00 AM, Rooms 204 &amp; 205</td>
</tr>
<tr>
<td></td>
<td>Love and Stitches - WOYOP, 10:00 AM, RE Room 15</td>
</tr>
<tr>
<td></td>
<td>Cookie Baking with New Hour &amp; WORC, 10:00 AM, Main Kitchen, Social Hall</td>
</tr>
<tr>
<td></td>
<td>Simply Soulful Holiday Service, 10:00 AM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Yoga, 11:00 AM, RE Room 6</td>
</tr>
<tr>
<td></td>
<td>Grade 1 Play Rehearsal, 11:00 AM, RE Wing, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Do You Believe?, 12:30 PM, Veatch Ballroom</td>
</tr>
<tr>
<td></td>
<td>Jim Ansel Memorial Service, 1:00 PM, Chapel</td>
</tr>
<tr>
<td></td>
<td>Midnight Run, 6:00 PM, Main Kitchen, Social Hall</td>
</tr>
<tr>
<td>SUNDAY, DECEMBER 15, 2019</td>
<td>Building and Grounds Meeting, 8:00 AM, Office Conference Room</td>
</tr>
<tr>
<td></td>
<td>Jazz Ensemble Rehearsal, 9:00 AM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Great Books-Modern American Poetry &amp; Consuming Interests, 9:00 AM, RE Room 4</td>
</tr>
<tr>
<td></td>
<td>Grade 1 Play Rehearsal Breakfast, 9:00 AM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Small Group Ministry Coordinator Meeting, 9:30 AM, Bride’s Room</td>
</tr>
<tr>
<td></td>
<td>Bagel Breakfast, 10:00 AM, Social Hall</td>
</tr>
<tr>
<td></td>
<td>Young People’s Choir Rehearsal, 10:00 AM, Choir Rehearsal Room</td>
</tr>
<tr>
<td></td>
<td>Choir Rehearsal, 10:00 AM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>Worship Service, 11:00 AM, Worship Room</td>
</tr>
<tr>
<td></td>
<td>UU Cafe, 12:00 PM, Social Hall</td>
</tr>
<tr>
<td></td>
<td>RE Holiday Decorations Party, 12:30 PM, Social Hall</td>
</tr>
<tr>
<td></td>
<td>Men’s Group Meeting, 12:30 PM, Veatch Conference Room</td>
</tr>
<tr>
<td></td>
<td>Member Resource Committee Meeting, 12:45 PM, Veatch Library</td>
</tr>
<tr>
<td></td>
<td>Thomas Kerr’s Artist Reception, 1:00 PM, Art Gallery</td>
</tr>
<tr>
<td></td>
<td>Small Group Ministry Third Sunday Meeting, 1:00 PM, Bride’s Room</td>
</tr>
<tr>
<td></td>
<td>Our Whole Lives for Adults, 1:00 PM, RE Room 4</td>
</tr>
<tr>
<td></td>
<td>LIAC Meeting, 3:00 PM, Bay Shore</td>
</tr>
<tr>
<td>TUESDAY, DECEMBER 17, 2019</td>
<td>CSA Drop Off and Pick Up, 10:30 AM, RE Lobby</td>
</tr>
</tbody>
</table>

Please see UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
NAMI Criminal Justice Committee Meeting, 5:00 PM, Member Resource Room
Nar-Anon Meeting, 6:30 PM, RE Room 19
Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
Kundalini Yoga, 7:00 PM, Art Gallery
Committee on Ministry, 7:30 PM, Veatch Conference Room

WEDNESDAY, DECEMBER 18, 2019
Medical Qigong for Senior Health, 11:00 AM, Hadley House Community Room
Women Talk Daytime, 12:00 PM, Art Gallery
Investment Committee Meeting, 7:00 PM, Art Gallery
Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room

THURSDAY, DECEMBER 19, 2019
Yoga, 9:30 AM, Art Gallery
Small Group Ministry - Snowbird AM Meeting, 10:00 AM, Bride’s Room
AA Meeting, 10:30 AM, Rooms 206 & 207
Members’ Bridge Group, 1:00 PM, Veatch Ballroom
Mediation Thursdays, 6:00 PM, Chapel
Shelter Rock Forum Committee Monthly Meeting, 6:15 PM, Veatch Conference Room
NAMI Family to Family Classes II, 6:30 PM, RE Room 15
Stretch and Balance, 6:45 PM, Social Hall
Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
Green Sanctuary Monthly Meeting, 7:00 PM, Bride’s Room
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room
On the Record Community Forum with MTA Chairperson Patrick Foye and LIRR President Phillip Eng, 7:30 PM, Worship Room

FRIDAY, DECEMBER 20, 2019
Tai Chi/Qigong, 10:15 AM, Art Gallery
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
SGM Third Friday Hadley House Meeting, 1:30 PM, Hadley House Community Room
Women’s Group Book Series, 3:30 PM, Art Gallery
Soulful Songs & Stories, 7:00 PM, RE Room 19
Holiday Sing-Along Dessert Tasting Party, 7:00 PM, Art Gallery
Winter Solstice Worship Service, 7:00 PM, Chapel

SATURDAY, DECEMBER 21, 2019
Saturday INN Cooking, 9:00 AM, Mn Kitchen
Caring Hearts–Quilters, 10:00 AM, Rooms 204 & 205
Yoga, 11:00 AM, Art Gallery

SUNDAY, DECEMBER 22, 2019
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room

Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Bagel Breakfast, 10:00 AM, Social Hall
Choir Rehearsal, 10:00 AM, Worship Room
Worship Service, 11:00 AM, Worship Room
UU Cafe, 12:00 PM, Social Hall
Music and Performing Arts Committee Meeting, 12:45 PM, Bride’s Room
Small Group Ministry Facilitators Meeting, 1:00 PM, Office Conference Room

MONDAY, DECEMBER 23, 2019
Together to End Solitary Confinement, 6:30 PM, Worship Room, Art Gallery

TUESDAY, DECEMBER 24, 2019
Christmas Eve Holiday, Building Closed
Christmas Eve Candlelight Family Worship Service, 5:00 PM, Worship Room
Christmas Eve Candlelight Worship Service, 7:00 PM, Worship Room

WEDNESDAY, DECEMBER 25, 2019
Christmas Day Holiday, Building Closed

THURSDAY, DECEMBER 26, 2019
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Rooms 206 & 207
Members’ Bridge Group, 1:00 PM, Veatch Ballroom
Mediation Thursdays, 6:00 PM, Chapel
Shelter Rock Forum Committee Monthly Meeting, 6:15 PM, Veatch Conference Room
NAMI Family to Family Classes II, 6:30 PM, RE Room 15
Stretch and Balance, 6:45 PM, Social Hall
Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
Green Sanctuary Monthly Meeting, 7:00 PM, Bride’s Room
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room
On the Record Community Forum with MTA Chairperson Patrick Foye and LIRR President Phillip Eng, 7:30 PM, Worship Room

FRIDAY, DECEMBER 27, 2019
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom

SATURDAY, DECEMBER 28, 2019
Caring Hearts – Quilters, 10:00 AM, Rooms 204 & 205
Yoga, 11:00 AM, Art Gallery

SUNDAY, DECEMBER 29, 2019
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Peace and Meditation Service, 9:00 AM, Chapel
Bagel Breakfast, 10:00 AM, Social Hall
Choir Rehearsal, 10:00 AM, Worship Room
Worship Service, 11:00 AM, Worship Room
UU Cafe, 12:00 PM, Social Hall

MONDAY, DECEMBER 30, 2019
Love and Stitches - WOYOP, 10:00 AM, RE Room 15

TUESDAY, DECEMBER 31, 2019
New Year’s Eve Holiday, Building Closed
New Year’s Eve Party, 7:30 PM, Social Hall

THURSDAY, JANUARY 2, 2020
Yoga, 9:30 AM, Art Gallery
SJC INN Cooking - Thursday, 9:30 AM, Main Kitchen
AA Meeting, 10:30 AM, Rooms 206 & 207
Members’ Bridge Group, 1:00 PM, Veatch Ballroom
BOT Agenda Planning, 6:00 PM, Vtch Oval Rm
Stretch and Balance, 6:45 PM, Social Hall
Personnel Committee Meeting, 7:00 PM, Veatch Library
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

FRIDAY, JANUARY 3, 2020
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
T.G.I.F. - Diet, Nutrition and Ayurvedic Cooking, 7:30 PM, Art Gallery, Social Hall

SATURDAY, JANUARY 4, 2020
Caring Committee Meeting, 10:00 AM, Office Conference Room
Caring Hearts – Quilters, 10:00 AM, Rooms 204 & 205
Yoga, 11:00 AM, Art Gallery
Caring Chefs, 11:30 AM, Main Kitchen

SUNDAY, JANUARY 5, 2020
Women’s Group Board Meeting, 8:45 AM, Veatch Conference Room
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Bagel Breakfast, 10:00 AM, Social Hall
Young People’s Choir Rehearsal, 10:00 AM, Choir Rehearsal Room
Choir Rehearsal, 10:00 AM, Worship Room
RE Classes, 11:00 AM, RE Wing
Worship Service, 11:00 AM, Worship Room
UU Cafe, 12:00 PM, Social Hall
Love and Stitches, 12:30 PM, RE Room 15
Our Whole Lives for Adults, 1:00 PM, RE Room 4
Small Group Ministry - First Sunday Meeting, 1:15 PM, Bride’s Room

Visit UUCSR.org for additional calendar programs and events

The Quest is published twice a month, except once each in July and August. Copies are available at the Welcome Desk in the UUCSR Main Lobby, at https://uucsr.org/media/quest-newsletter, and via email. Sign up for email at https://uucsr.org/media.

The Quest Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other.

The Quest is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of volunteers: Claire Z. Bock, Maxine Dangler, Steve Marston, and Jessica K. Vega.

Publication dates and submission deadlines: www.j.mp/quest-sched
Submissions: communications@uucsr.org
Guidelines: http://j.mp/quest-gl
Special Early Bird Discount
23rd Annual Memorial Day Weekend UUCSR All-Congregation Retreat
Register with Sharyn on Sunday, December 8, and Sunday, December 15, 2019 in the Social Hall.