Holding Out Hope

The news of the nation and of the world wears hard on the soul... Scanning the headlines: there are fires raging out of control, shooters at schools—and everywhere, it seems—increasingly frequent attacks on synagogues. One sound byte told me that polio is on the rise in countries where it was a breath away from eradication. There is news of military strikes and, daily, there are so many more events that raise our already heightened concerns. In the face of it all, how can we hold onto hope?

With some concern that I will sound like a “broken record”—a phrase we will (thankfully!) be able to continue using well into the future, as records are making a comeback—a steady spiritual practice helps to center us when it feels like the world has tilted off of its axis.

Today, I share with you, for your personal meditation and reflection, the words of the late Howard Zinn. I hope they will find their way into your heart and help you see and choose hope, compassion, courage, and kindness.

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act and at least the possibility of sending this spinning top of a world in a different direction. And if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."

I hold out hope for our victory.

Your ministry team is available to help you craft your spiritual practice. We are just an email or a telephone call away.

With care,
Rev. Jennifer
**Upcoming Worship Services**

**Sunday, January 19, 2020, 11:00 am**

*Here I Am. Send Me.*

The Rev. Jennifer L. Brower

This Sunday, as people across our nation enjoy a long weekend in observance of Martin Luther King, Jr. Day, we gather for a service of spoken word, silence, and song to reflect upon and honor the prophetic ministry of Dr. Martin Luther King, Jr. and to pay tribute to the unnamed millions whose convictions and deeds fueled the civil rights movement.

**Sunday, January 26, 2020, 9:00 am**

**Peace and Meditation Service**

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

**Sunday, January 26, 2020, 11:00 am**

**Veatch Sunday**

*The Fierce Urgency of Now*  
*Women Leading Us Forward*  

January 26, 2020

Featuring an inspiring sermon from Rev. Jennifer Butler, Founder and CEO of Faith in Public Life. Please see pages 7 and 12 of this *Quest* for additional information about panel discussion following.

**Sunday, February 2, 2020, 11:00 am**


Into most lives come days of deep discouragement, days when hurt and loss threaten to overwhelm life’s joys. And yet the despair of loss is often rooted in love that once was a source of joy. What is it about love that invites us not merely to accept but to embrace times of sadness? Love keeps pace through all the stages of life’s journey, gently supporting the resilience that empowers us to thrive.

**Denominational Affairs**

Robin Finnan-Jones, Chair

**UUA General Assembly (GA) 2020**

This year, the UUA General Assembly will take place in Providence, RI from Wednesday, June 24–Sunday, June 28, 2020. General information and the GA application form are available in the UUCSR Lobby on the Welcome Desk. The application is the last page of the information packet. Please fill out if you are attending, even if you are attending independently, and not as a UUCSR delegate.

Please return completed applications to the submission box on the Welcome Desk in the Main Lobby no later than February 1, 2020. Thank you.

Our UUCSR GA planning team is considering offering a round-trip bus to Providence to attend the 2020 GA. Details as to the cost (expected to be under $100 per person round trip) are still being formulated. Anyone interested in traveling to GA via bus should contact DAC Chair Robin Finnan-Jones at docfinnanjones@aol.com. Please watch future *Quest* DAC announcements for further information.

**Meditation Thursdays**

Offered through UUCSR Pastoral Care and Lay Chaplaincy

*Offered through UUCSR Pastoral Care and Lay Chaplaincy*  

**Paul Carbone** creates a space for centering and meditation that varies to include guided meditations, stories, music, sound, visual prompts, or other techniques which may be from a number of different religious or spiritual traditions.

One’s own authentic experiences are all that matters to determine what practice(s) work best for you.

Paul Carbone is a Lay Chaplain at UUCSR, Associate Chaplain at NYU Langone Medical Center, Co-Chair of The Guild for Spiritual Guidance, and Primordial Sound Meditation Instructor through the Chopra Center. He has given workshops on meditation and stress reduction techniques. He is currently in the One Spirit Interfaith Ministry Program.

Questions? Contact Kimberly Rossiter, Assistant to the Ministers  
516.472.2941, krossiter@uucsr.org

2

The Quest
Membership and Pledging

Please consider this a brief and preliminary report. I hope that more complete information will be available at the Congregational Meeting on Sunday, January 12 and in a subsequent Quest column.

Although pledge forms and checks are still arriving and count for the December 31 cut-off, it looks as if the Spending Limit that the Finance Committee and the Congregation will be using for the 2020-2021 Operations Budget will be at least $15,000 higher than the minimum figure voted on by the Congregation at the last Congregational Meeting.

I want to express my appreciation to the members of the Financial Development Committee and those other members of the Congregation who made phone calls and spoke directly to members to encourage them to make a pledge and a payment towards that pledge prior to December 31.

I also want to thank the members of the Stewardship Task Force for their work over the past 18 months. That Task Force has helped change the nature of the discussion of financial issues within the Congregation from “How do we accumulate the largest endowment so we can have more money to spend” to “How should we use our endowment and our own contributions in support of our mission and values.” Although the BOT has discharged the Stewardship Task Force with its thanks, the work begun by the Stewardship Task Force is far from over.

The next phase of this work, which will probably require the formation of a new task force, will focus on the membership implications of pledging and giving. Not surprisingly, I anticipate that the Board will look to the Membership and Financial Development Committees to play major roles in the work of this new task force.

Until next time,

Mark

Send comments, questions, or concerns to president@uucsr.org.

---

Board of Trustees
Mark Hartman, President of the Congregation

The CIA torture program and cover up attempts

Starring: ADAM DRIVER • ANNETTE BENING

This 2019 film shows how a group of morally committed people can uncover the truth and achieve change—even when opposed by powerful institutions.

Thursday, January 9, 2020
7:00 PM • Social Hall

Special Guest: REV. RON STIEF
Executive Director of the National Religious Campaign Against Torture (NRCAT)

FREE
All Welcome
Donations Accepted for NRCAT

For more information, please contact:
Claire Deroche, Social Justice Coordinator
cderoche@uucsr.org or 516.472.2977
As a part of our deepening exploration of Unitarian Universalist history and theology, you are invited to engage with some of the leaders in Unitarian Universalism who will be here at UUCSR this winter and coming spring.

Please Mark Your Calendar:


Rev. Buehrens is a former President of the Unitarian Universalist Association. He will be speaking on his new book: *Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice*. His book will be available for sale ($20) and signing. Please see adjacent Quest column.

**Rev. Meg Riley – Sunday, March 1, 2020**

Rev. Riley, the retiring Senior Minister of the UUA Church of the Larger Fellowship (CLF) and candidate for UUA Co-Moderator of the UUA (along with Charles DuMond) will preach on the prison ministry work of the CLF.

**Rev. Susan Frederick-Gray – Tuesday, May 19, 2020, 7:00 PM, Veatch Ballroom**

UUA President Rev. Frederick-Gray will present on the current state of the UUA. All are invited to join the meeting with the Veatch Board of Governors.

---

**CONFLAGRATION:**

_How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice_

John Buehrens, UUA President 1993–2001, and author of six books on liberal religion, will speak on his latest book, *Conflagration*, on the night before it is publicly released. The book will be available for purchase ($20) and signing.

On the night of Monday, January 13, 1840—180 years ago—abolitionist Unitarian minister Charles Follen died aboard the _Lexington_ as it burned and sank in LI Sound. The scene is depicted in a print by Unitarian Nathaniel Currier called _Conflagration_. Follen was important to the transmission of idealism to Channing and American Unitarians who helped to promote the abolition of slavery, the empowerment of women, and spiritual friendships crossing lines of class, race, theology, and sexuality. African-American abolitionist Frederick Douglass used the word “conflagration” to warn against the devastation of what his friend Theodore Parker called a “Second American Revolution”—in Civil War. The question in divided America today is: _Will there need to be a Third Revolution?_

---

**Soulful Songs & Stories**

Friday, January 17, 2020

7:00–8:30 PM, Room 19

The Southern California sister trio HAIM provides us with this month's song, “Hallelujah” ([http://i.mp/uucsr35](http://i.mp/uucsr35)). Out of uncomplicated lyrics, we can mine a wealth of ideas via your stories: embodying the holy (“angels in disguise”), “fears,” “memories,” self-worth (“how’d I get this hallelujah?”), friendship (“lean my back to yours”), loss, and whatever else resonates with you. For an email reminder, lyrics, and related food for thought, register with Jessica Pond (JPond@uucsr.org or 516.472.2914). Or just drop in.

Newcomers are welcome; follow the signs for the Chapel and park in the rear parking lot. Things start to happen promptly at 7:00 PM, so please come a few minutes early.
Milestones

We share the sad news... of the death of UUCSR member Ann Juliano Jawin who died on Tuesday, December 31, 2019. She is survived by her sons, Ronald and Paul, and their families. A funeral service was held at UUCSR on Sunday, January 5, 2020. Condolences may be sent to

The Jawin Family
35 Kirk Road
West Cornwall, CT 06796

We hold in heart and mind... those members who are navigating the first days of medical treatment following a fresh or changed diagnosis. May each experience many more days of comfort and ease than days of discomfort, and may all feel held by our congregation.

We celebrate with... those of all ages who have experienced joy in recent days. We give thanks for the uplift that surprise happinesses and hard earned accomplishments provide.

Membership Committee
Meg Cohen, Chair

Wednesday
Friendsday
January 29, 2020

All Members & Friends Welcome
Ayhan’s Shish-Kabab
Mediterranean Grill
Meet at 11:30 AM
283 Main St., Port Washington, NY
$12.95 Soup or Salad Plus Entree Choice
Pay at Restaurant

Lunch followed by

Afternoon T.E.A.
at
Landmark on Main Street

Cole Porter & George Gershwin Classics

2:00 PM • FREE
Jeanne Rimsky Theater
232 Main St. Port Washington, NY 11050

UUCSR provides Community Programming Support to Landmark on Main.
Refreshments courtesy of SerendipiTEA
RSVP: Meg Cohen (megco722@gmail.com)

LGBTQ+ Subcommittee of SJ and UUCSR Men’s Group
Susan Roberts and Henry Smith, Chairs

Film Screening

IN & OUT
Friday, January 31, 2020
7:00 PM • Art Gallery

1997 comedy starring:
Kevin Klein, Joan Cusak, and Tom Selleck

Upon winning an Academy Award, actor Cameron Drake (Matt Dillon) honors his high school teacher, Howard Brackett (Kevin Kline), who he announces, before millions of viewers, is gay.

As a media blitz descends upon his small Indiana town, Brackett attempts to convince everyone that he’s your average straight American male.

All Welcome • No Admission Fee
Popcorn, Snacks, and Beverages Provided
Let's UU the Vote!

In her report to the General Assembly gathered in Spokane, WA in June 2019, Rev. Susan Frederick-Gray, UUA President, issued the following challenge to Unitarian Universalists: “I want to take these themes of action, risk, courage, and mission and propose to you that we UU the Vote!”

UU the Vote will be providing materials and training for us. To take advantage of what the UUA has to offer, the Social Justice Committee is organizing a workshop where UUCSR members can become more actively involved in this project.

We will offer the same workshop on three dates to accommodate as many people as possible: Saturday, January 25, 10:00 AM–12 noon; Wednesday, January 29, 7:30–9:30 PM; and Saturday, February 15, 10:00 AM–12 noon. We will watch a video provided by the UUA and plan ways to be involved with local partners, including the League of Women Voters and the LI Civic Engagement Table.

All sessions will be held in the Social Hall. Please register with Sharyn Esposito at sesposito@uucsr.org or 516.472.2960. If you need childcare, it’s important that you request this service when you register.

We members of the Social Justice Committee are looking forward to working with you in the coming year to advance and strengthen our democracy! Together we can UU the Vote!

**Thursday, January 9, 2020**

**The Report**, Film Screening, 7:00–9:30 PM. This Hollywood film is a political drama about the CIA torture program and the attempt to cover up both the program and its failures. Starring Adam Driver and Annette Bening, the film tells the story of US Senate staffer Dan Jones leading an investigation into the CIA’s torture program. Patriotic in the best sense of the word, it shows how a small number of morally committed people can uncover the truth and achieve change—even when opposed by powerful institutions. Special guest: Rev. Ron Stief, Executive Director of the National Religious Campaign Against Torture (NRCAT). No admission. Donations for NRCAT accepted. Co-sponsored by the UUCSR Shelter Rock Forum and the Social Justice Committee. Community sponsors: Islamic Center of Long Island and the Reconstructionist Synagogue of the North Shore. See display ad on page 3.

**Tuesday, January 14, 2020**

**Bring Them Home**: Join the Release Aging People in Prison Campaign, Parole Preparation Project and others from across New York State in Albany for an all-day day of action to end death-by-incarceration and promote parole justice. We’ll march, rally, and meet with legislators in support of our Elder Parole (S2144) and Fair and Timely Parole (S497A) initiatives. Free transportation and food will be provided. For further information and to register go to https://tinyurl.com/rwq8mtu

**Tuesday, January 21, 2020**

**HALT Advocacy Day in Albany**, departing UUCSR at 6:00 AM and returning about 8:00 PM. Join 1,000 advocates from across New York State as we demand that lawmakers pass the HALT Solitary Confinement Act. Register at www.bit.ly/HALTsolitaryJan21

For transportation in the UUCSR van, email Claire Deroche at cderoche@uucsr.org.

**SAVE THESE THREE DATES**

UU the Vote: An ambitious campaign to galvanize and organize Unitarian Universalists nationwide around core issues of electoral justice in 2020. Plan to attend one of these sessions: Saturday, January 25, 10:00 AM–12 noon; Wednesday, January 29, 7:30–9:30 PM; or Saturday, February 15, 10:00 AM–12 noon. We will watch a video of a UUA presentation and plan ways to be involved with local partners including the League of Women Voters and the LI Civic Engagement Table. All sessions will be held in the Social Hall. Please register with Sharyn Esposito at sesposito@uucsr.org or 516.472.2960.

**OPPORTUNITIES FOR GIVING**

The Social Justice Committee of UUCSR sponsors several ways for members of the congregation to meet the needs of others for food and clothing. Please click to see the flyer with complete details.
New Year greetings! Please take a moment to pick up a copy of your Veatch 2019 Annual Report available in the Main Lobby. Governors will be distributing them on Sundays in January.


We’ve chosen the “Fierce Urgency of Now” as a guiding theme in part for its historical relevance. The Rev. Dr. Martin Luther King, Jr. spoke these words in two major speeches: first in a call for racial justice from the steps of the Capital, and later, when calling on religious leaders to speak out to oppose the Vietnam War. His words resonate today. The work that the Veatch Program funds has always been vital—but as we head into a historic election year, with countless pressing issues hanging in the balance, we also recognize this is a “now more than ever” moment.

This year, we are also lifting up and celebrating how women are harnessing their power to address issues that affect everyone, but impact women disproportionately. Through their leadership, powerful women from all walks of life, in every corner of our country, are transforming the landscape of social justice itself.

Women’s leadership is part of the UU heritage and use of the democratic process is one of the core principles of the faith. We look forward to seeing you for what is sure to be an informative and insightful Veatch Sunday—your guide to the work of the Veatch Program in the months to come.

---

**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.

---

**WIRELESS INTERNET**

*Is it safe?*

From cell towers to tablets to smartphones to WiFi. 4G to 5G.

**ON THE RECORD**

**COMMUNITY FORUM**

January 16, 2020

7:30 PM

Moderator:

Steven Blank, Editor and Publisher of Blank Slate Media

Featured Panelists:

Patti Wood, Grassroots Environmental Education

Frank Clegg, Former Pres. Microsoft Canada

As 5G wireless technology is slowly making its way across the globe, many government agencies and organizations advise that there is no reason to be alarmed about the effects of radiofrequency waves on our health. But some experts strongly disagree.

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](http://www.theislandnow.com/communityforum)

Admission is free.

Registration not required for UUCSR members.
The second annual Religious Education (RE) Art Exhibition will be installed in the Shelter Rock Art Gallery on Friday, January 10, 2020.

The exhibit Opening Reception will be on Sunday, January 19, 2020, 1:00–3:00 PM.

Caring Committee
Diane Lombardy, Chair

Mental Health Subcommittee of the Social Justice Committee

Natural, Drug-Free Ways to Treat Anxiety and Insomnia
A Presentation by Richard Calton, MD
Sunday, February 2, 2020
1:15 PM, Art Gallery

Dr. Richard Carlton will teach us how to get a handle on anxiety and insomnia by using natural approaches such as dietary changes, nutrient supplements, herbs (including CBD), cognitive approaches (including meditation), and FDA-approved medical devices.

Dr. Carlton is an “outside-the-box” thinker. He contributed a chapter to a textbook on integrative approaches to depression. He co-authored a book on natural approaches to treating Type 2 Diabetes. And he is the co-author and editor of a book on wound healing. With 45 years experience in holistic/integrative medicine and psychiatry, he has a lifetime's worth of “pearls” to share with us.

Music and Performing Arts Committee
Rachel Zampino, Chair

Open Auditions
SUNDAY, FEBRUARY 2 AND 9, 2020
1:00 PM, CHAPEL

Men, Women and Children
Actors, Singers, Understudies, and Backstage People Needed

DO NOT BE KIND TO ROBOTS THAT LOVE HUMANS
An original play with music about a family that needs help
► Get experience with a professional Director
► Have fun with friends

PERFORMANCES:
April 24, 26 and May 1, 2020

Rehearsals:
Beginning February 24, 2020

Questions? Call: 516.466.0934 or email: wwbrown@optonline.net
Women’s Group Board Meeting
Sunday, January 12, 2020, 8:45 AM, Bride’s Room
Please note that this date replaces the previously scheduled January 19, 2020 meeting.
All are welcome.

Women Talk Daytime
First and Third Wednesdays
12 Noon–2:00 PM • Art Gallery
Bring your lunch. Cookies and beverages are provided.
Special January date: Wednesday, January 22, 2020

Women’s Group Book Series
Friday, January 17, 2020
3:30 PM • Veatch Ballroom
Becoming by Michelle Obama, led by Katherine Miller

T.G.I.F.
Friday, February 7, 2020
7:30-9:00 PM • Art Gallery
Topic: Personal Safety. Free. All are welcome.

Publicity and Promotions
Jennifer Sappell, Communications Manager

Unitarian Universalism is a faith tradition characterized by a free and responsible search for truth and meaning. Most of us would agree that our message deserves to be shared now more than ever!

In our current digital era, you can share more easily and more widely than ever before. You can do your part to support the growing awareness of Unitarian Universalism.

Visit UUCSR on Google and provide a Google rating. It’s quick and simple. A comment would be nice, but not necessary. Click here.

Do you use any Social Media?

Like us on Facebook! Comment and share, if you wish. Facebook.com/UUCSR Facebook.com/SoulfulSundown Facebook.com/RevBrower

If you are not seeing UUCSR posts in your feed, please make sure that you still Like UUCSR. Your Like button should appear highlighted. Unliking by accident is common.

Follow us on Instagram!
Instagram.com/uushelterrock

Subscribe to videos of services and special events on YouTube!
Youtube.com/user/uucsr

Green Sanctuary Committee
Ellen Councill, Chair

This article reflects our stewardship of the earth and our commitment to the Seventh Principle.

Salmon: Wild Caught, Hatcherries, Farming, or Other

One of the most favorite fish consumed in the United States is salmon. We consume 2 lbs. per capita. Our commercial fishing industry produces one billion pounds every year. These salmon come from hatcheries, farms, (aquaculture), or are genetically engineered. So where are the wild salmon?

Salmon is one of the most complex species in the world. Born in freshwater and streams, they migrate to the ocean to mature, then travel upstream back to where they were born to spawn (reproduce). Hatcheries and fish farming do the opposite. For example, hatchery workers go to rivers and streams, find females, and bludgeon them to death to collect their eggs. In the hatcheries, eggs undergo the chemical processes of growth. Hatcheries are aided by the construction of dams. Dams produce electricity, but prevent salmon from swimming through their life cycle’s path. Wild salmon become extinct as commercial fishing hatcheries and aquaculture flourish.

The hatchery-industrial complex cares only about the volume of salmon, not manner or production, future of the species, or quality of flavor. Hatchery fish are smaller than wild ones and cannot produce as many as those found in nature. Hatchery fish escape, altering the DNA of wild salmon they meet. Waste is generated from hatcheries polluting good water. A wild salmon’s natural death adds nutrients to the river and other life. Annualized costs of hatcheries fall short: Oregon’s Sandy River Hatchery amounted to $1,620,000; its economic benefits reached $726,000.

One answer to ensuring the survival of wild salmon is demolishing dams where we can. The Klamath River dams in California and Oregon are due to be demolished. Scientific data indicated how the salmon and the Klamath River were sorely degraded by dam construction. Sufficient habitat restoration could reclaim its ranking as the West Coast’s third-largest producer of wild salmon. But if the hatcheries remain, this project will be undone.

Humankind’s hubris thinks it can do better than nature through genetic engineering: control of all life. Lab-engineered salmon from Aqua Bounty Farms in Indiana is creating salmon. The Federal Drug Administration deems it safe as they “tweak” DNA. River and wild Alaskan salmon is healthier, produces more. If we take away dams where we can and close down hatcheries and aquaculture in areas where the environment is being degraded, the best salmon hatchery will once again be the river.

Elaine Peters for the Green Sanctuary Committee

January 8, 2020
**WEDNESDAY, JANUARY 8, 2020**
- Racial Justice Task Force Meeting, 5:45 PM, Office Conference Room
- NAMI Family Support Group, 7:00 PM, RE Room 15
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Gallery, Terrace
- Social Justice Monthly Meeting, 7:30 PM, Art Gallery
- Food & Water Watch Monthly Meeting, 7:30 PM, Veatch Conference Room
- Small Group Ministry Second Wednesday PM Meeting, 7:30 PM, RE Room 19

**THURSDAY, JANUARY 9, 2020**
- Yoga, 9:30 AM, Art Gallery
- SJC INN Cooking, 9:30 AM, Main Kitchen
- AA Meeting, 10:30 AM, Rooms 206, 207
- Members’ Bridge Group, 1:00 PM, Veatch Ballroom
- Stretch and Balance, 6:45 PM, Art Gallery
- President’s Operations Task Force Meeting, 7:00 PM, Veatch Terrace Room
- Film: *The Report*, 7:00 PM, Social Hall
- Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

**FRIDAY, JANUARY 10, 2020**
- Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
- Young Adult Conference, 4:30 PM, Veatch House
- Soulful Sundown Dinner, 6:30 PM
- Soulful Sundown Worship, 7:30 PM
- Soulful Sundown Coffeehouse, 8:45 PM
- Saturday, January 11, 2020
- Caring Committee Meeting, 10:00 AM, Office Conference Room
- Caring Hearts - Quilters, 10:00 AM, Rooms 204, 205
- Yoga, 11:00 AM, RE Room 6
- Do You Believe?, 12:00 PM, Art Gallery

**SUNDAY, JANUARY 12, 2020**
- Small Group Ministry Second Sunday AM Meeting, 8:30 AM, Office 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 Café, 12:00 PM, Social Hall
- Caring Committee - Birthday Celebrations, 12:30 PM, Social Hall
- Congregational Meeting, 12:45 PM, Worship Room
- LIAC Meeting, 3:00 PM, Garden City

**MONDAY, JANUARY 13, 2020**
- Rev. John Buehrens: *Confagration*, 7:00 PM, Art Gallery

**TUESDAY, JANUARY 14, 2020**
- *Bring them Home Advocacy Day, All day, Albany.* See page 6.
- Overeaters, 10:30 AM, Veatch Ballroom
- Disability Task Force Meeting, 2:00 PM, Bride’s Room
- Art Committee Meeting, 4:00 PM, Office Conference Room
- Nar-Anon, 6:30 PM, RE Room 19
- RE Committee Meeting, 7:00 PM, Art Gallery
- Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
- Kundalini Yoga, 7:00 PM, RE Room 6
- Small Group Ministry First Tuesday Meeting, 7:00 PM, Veatch Terrace Room

**WEDNESDAY, JANUARY 15, 2020**
- Socially Responsible Investment Committee Meeting, 7:00 PM, Veatch Conference Room
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Gallery, Terrace

**THURSDAY, JANUARY 16, 2020**
- Yoga, 9:30 AM, Art Gallery
- AA Meeting, 10:30 AM, Rooms 206, 207
- Members’ Bridge Group, 1:00 PM, Veatch Ballroom
- Planning Meeting Freedom School, 2:00 PM, Office Conference Room
- Meditation Thursdays, 6:00 PM, Chapel
- Shelter Rock Forum Committee Monthly Meeting, 6:15 PM, Veatch Conference Room
- NAMI COD (Co-occurring Disorders) Support Group, 6:30 PM, RE Room 17
- 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 “Wireless Internet Access: Is It Safe?” 7:30 PM, Worship Room

**FRIDAY, JANUARY 17, 2020**
- 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

**SATURDAY, JANUARY 18, 2020**
- Saturday INN Cooking, 9:00 AM, Main Kitchen
- Caring Hearts - Quilters, 10:00 AM, Rooms 204, 205
- Pottery Workshop with Katy Schall, 10:00 AM, RE Room 15
- Yoga, 11:00 AM, Art Gallery

**SUNDAY, JANUARY 19, 2020**
- Women's Group Board Meeting, 8:45 AM, Veatch Conference Room
- Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
- Building & Grounds Meeting, 9:00 AM, Office Conference Room
- Small Group Ministry Coordinator Meeting, 9:30 AM, Bride’s Room
- 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 Café, 12:00 PM, Social Hall
- Love and Stitches, 12:30 PM, RE Room 15
- Men’s Group Meeting, 12:30 PM, Veatch Conference Room
- Grade 1 Parent Workshop, 12:45 PM, RE Rooms 6, 10
- Small Group Ministry Third Sunday Meeting, 1:00 PM, Bride’s Room
- CANCELLED: Movement Among Us, 1:00 PM
- RE Young Artists - Reception, 1:00 PM, Art Gallery
- Small Group Ministry - First Sunday Meeting, 1:15 PM, Office Conference Room

**MONDAY, JANUARY 20, 2020**
- Martin Luther King, Jr. Day Holiday, Building Closed

**TUESDAY, JANUARY 21, 2020**
- HALT Advocacy Day in Albany, 6:00 AM
- Overeaters Anonymous, 10:30 AM, Veatch Ballroom
- NAMI Criminal Justice Committee Meeting, 3:00 PM, Member Resource Room
- Adult Programs Meeting, 5:00 PM, Art Gallery
- Nar-Anon, 6:30 PM, RE Room 19
- NAMI Family to Family Classes I, 6:30 PM, RE Room 15
- Kundalini Yoga, 7:00 PM, Veatch Ballroom
- Program Council Meeting, 7:30 PM, Art Gallery

**WEDNESDAY, JANUARY 22, 2020**
- Wednesday Friendsday lunch at Ayhan’s Shish-Kabab, 11:30 AM, Port Washington
- Women Tulk Daytime, 12:00 PM, Art Gallery
- Afternoon T.E.A., 2:00 PM, Landmark on Main, Port Washington
- LLS Myeloma Support Group, 6:00 PM, RE Room 16
- NAMI Family Support Group, 7:00 PM, RE Room 15
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Gallery, Terrace
- Finance Committee Meeting, 7:30 PM, Bride’s Room

**THURSDAY, JANUARY 23, 2020**
- Yoga, 9:30 AM, Art Gallery
PROGRAM ANNOUNCEMENTS
Please see UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.

AA Meeting, 10:30 AM, Rooms 206, 207
Members’ Bridge Group, 1:00 PM, Veatch Ballroom
Together to End Solitary Confinement, 6:30 PM, Worship Room, Art Gallery
Stretch and Balance, 6:45 PM, Social Hall
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

FRIDAY, JANUARY 24, 2020
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
Dramatic Readings, 6:00 PM, Art Gallery

SATURDAY, JANUARY 25, 2020
Worship Committee Retreat, 8:30 AM, Art Gallery
Caring Hearts - Quilters, 10:00 AM, Rooms 204, 205
Love and Stitches - WOYOP, 10:00 AM, RE Room 15
UU the Vote, 10:00 AM, Social Hall
Yoga, 11:00 AM, RE Room 6

SUNDAY, JANUARY 26, 2020
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Peace and Meditation Service, 9:00 AM, Chapel
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
Veatch Sunday, incl. Veatch Annual Meeting, 12:30 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
Our Whole Lives for Adults, 1:00 PM, RE Room 4

TUESDAY, JANUARY 28, 2020
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Hadley House LLC BOM Meeting, 6:00 PM
Nar-Anon, 6:30 PM, RE Room 19
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room
BOT Agenda Planning Meeting, 7:00 PM, Veatch Library
Kundalini Yoga, 7:00 PM, Art Gallery
Committee on Ministry, 7:30 PM, Office Conference Room

WEDNESDAY, JANUARY 29, 2020
Investment Committee Meeting, 7:00 PM, Art Gallery
NAMI Family Support Group, 7:00 PM, RE Room 15

Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Gallery, Terrace
UU the Vote, 7:30 PM, Social Hall

THURSDAY, JANUARY 30, 2020
Engage New York Executive Meeting Session, 9:00 AM, Art Gallery
Yoga, 9:30 AM, Veatch Ballroom
AA Meeting, 10:30 AM, Rooms 206, 207
Members’ Bridge Group, 1:00 PM, Veatch Ballroom
Stretch and Balance, 6:45 PM, Social Hall
President’s Operations Task Force Meeting, 7:00 PM, Veatch Terrace Room
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

FRIDAY, JANUARY 31, 2020
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
LGBTQ+ Movie Night: In & Out, 7:00 PM, Art Gallery

SATURDAY, FEBRUARY 1, 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
Senior Seminar Overnight, 6:00 PM, RE Wing

SUNDAY, FEBRUARY 2, 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 Café, 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
Drug-Free Approaches to Improving Mental Health in General and Anxiety, 1:15 PM, Art Gallery
Super Bowl Feast, 5:30 PM, Social Hall

MONDAY, FEBRUARY 3, 2020
SJC Mental Health Sub-Committee Monthly, 4:00 PM, Veatch Conference Room

TUESDAY, FEBRUARY 4, 2020
Overeaters Anonymous, 10:30 AM, Veatch Ballroom
Bookstore Meeting, 6:00 PM, Bride’s Room
Nar-Anon, 6:30 PM, RE Room 19
Kundalini Yoga, 7:00 PM, Veatch Ballroom
RE Committee Meeting, 7:00 PM, RE Wing
Small Group Ministry First Tuesday Meeting, 7:00 PM, Veatch Terrace Room
Denominational Affairs Committee Meeting, 7:30 PM, Office Conference Room
Green Sanctuary Event, 7:30 PM, Art Gallery
Membership Committee Meeting, 7:30 PM, RE Room 17

WEDNESDAY, FEBRUARY 5, 2020
Women Talk Daytime, 12:00 PM, Art Gallery
Racial Justice Task Force Meeting, 5:45 PM, Office Conference Room
SRI Committee Meeting, 7:00 PM, Veatch Conference Room
Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Gallery, Terrace

THURSDAY, FEBRUARY 6, 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
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, FEBRUARY 7, 2020
Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
T.G.I.F. - Body Image Party (Barbie turned 60), 7:30 PM, Art Gallery

Visit UUCSR.org for additional calendar programs and events
January 8, 2020

Address Service Requested
First Class Mail Dated Material

Unitarian Universalist Veatch Program at Shelter Rock
Joan Minieri, Executive Director

The Fierce Urgency of Now
Women Leading Us Forward

Veatch Sunday | January 26, 2020

Worship Service:

Panel Discussion Following:

Featuring an inspiring sermon from Rev. Jennifer Butler, Founder and CEO of Faith in Public Life

Shireen Zaman, Director of the RISE Together Fund

LaTosha Brown, Founder of Black Voters Matter

Stephanie Teatro, Co-Director of Tennessee Immigrant and Refugee Rights Coalition

Next Quest: Wednesday, January 22, 2020 | Deadline for Content: Thursday, January 16, 2020

Unitarian Universalist Congregation at Shelter Rock
48 Shelter Rock Rd. Manhasset, NY 11030 | 516.627.6560 | uucsr.org / uucsr@uucsr.org

Developmental Minister
Rev. Jaye Brooks ([jbrooks@uucsr.org])

Minister for Pastoral Care
Rev. Jennifer L. Brower ([jbrower@uucsr.org])

Minister of Lifespan Religious Education
Rev. Dr. Natalie M. Fenimore ([fenimore@uucsr.org])

Congregation Operations Administrator
Adam Barshak ([abarshak@uucsr.org])

Veatch Executive Director
Joan Minieri ([joan@veatch.org])

Music Director
Stephen Michael Smith ([ssmith@uucsr.org])

Lifespan Religious Education Coordinator
Carson Jones ([cJones@uucsr.org])

Youth & Young Adult Program Coordinator
India Harris ([iharris@uucsr.org])

Social Justice Coordinator
Claire Deroche ([cderoche@uucsr.org])

Officers of the Congregation
President: Mark Hartman
Vice President: Jana North
Secretary: John Ryan
Treasurer: Brian Muellers

Members of the Board of Trustees
Terry Bain
Iliza Bartels
Shanti Carole Flot
Chris Hilke
Brigitte Mueller
Barry Nobel
Robert Nuxoll
Rebecca Smith

January 8, 2020

The Quest  January 8, 2020

Unitarian Universalist Veatch Program at Shelter Rock
Joan Minieri, Executive Director

The Fierce Urgency of Now
Women Leading Us Forward

Veatch Sunday | January 26, 2020

Worship Service:

Panel Discussion Following:

Featuring an inspiring sermon from Rev. Jennifer Butler, Founder and CEO of Faith in Public Life

Shireen Zaman, Director of the RISE Together Fund

LaTosha Brown, Founder of Black Voters Matter

Stephanie Teatro, Co-Director of Tennessee Immigrant and Refugee Rights Coalition

Next Quest: Wednesday, January 22, 2020 | Deadline for Content: Thursday, January 16, 2020

Unitarian Universalist Veatch Program at Shelter Rock
Joan Minieri, Executive Director

The Fierce Urgency of Now
Women Leading Us Forward

Veatch Sunday | January 26, 2020

Worship Service:

Panel Discussion Following:

Featuring an inspiring sermon from Rev. Jennifer Butler, Founder and CEO of Faith in Public Life

Shireen Zaman, Director of the RISE Together Fund

LaTosha Brown, Founder of Black Voters Matter

Stephanie Teatro, Co-Director of Tennessee Immigrant and Refugee Rights Coalition

Next Quest: Wednesday, January 22, 2020 | Deadline for Content: Thursday, January 16, 2020

Unitarian Universalist Veatch Program at Shelter Rock
Joan Minieri, Executive Director