March Theme: Wisdom

**Upcoming Worship Services**

**Sunday, March 8, 2020, 11:00 AM**

*Mystery Births Us*

*The Rev. Jaye Brooks*

Each of us is born into a world we don’t choose. Genetics, parents, family, economic status, ethnicity, nation, era in history—none of these are within the power of an infant to define. Is this lottery of birth destiny? Or is there something more, something mysterious, that calls to the soul?

**Sunday, March 8, 2020, 2:00 AM**

*SPRING FORWARD*

**Friday, March 13, 2020, 7:30 PM**

*Soulful Sundown*

Where music lies at the heart of religious experience with the Rev. Jennifer L. Brower and The Cosmic Orchestra

Dinner 6:30 PM ($5); Service 7:30 PM; Free Coffee House afterward features James Maddock.

**Touchstones**

*The Rev. Jaye Brooks*

**Wisdom and Polarities**

How many times have we been part of a conversation when someone states a point of view that’s the polar opposite of our own? States it strongly, as if there is no other serious option? And when someone does that, what usually happens?

In my experience, someone’s emphatic statement of opinion often leads to an argument. There’s usually someone in the room who immediately responds, “That’s not right!” or some equally forceful negation. Or maybe people who disagree want to avoid an argument, so they stay silent or change the subject. Of course, anyone who agrees is likely to chime in with agreement.

The upshot: there’s an argument, or there’s agreement, or there’s avoidance. And sometimes all three happen in the same conversation. Once the argument develops, people with in-between points of view, or people whose opinions are less certain, tend to drop out of the conversation. They inch away, they go silent. There’s no wisdom, no offer, no creative interchange of ideas and experiences, just an argument that’s uncomfortable for the observers and of limited utility for the participants.

The greater part of wisdom is to structure conversations that allow open-ended exploration of the values and assumptions that lie behind polar-opposite positions. Barry Johnson, the author of *Polarity Management*, has been thinking about polarities since 1975. One of his insights is that even people with opposite points of view may share the same values—but have different assumptions about the best way to realize them. Another insight is that framing conversations around open-ended questions can help groups (a congregation, for example) manage polarities productively.

Conversation Café is the core activity at the March 8 Congregational Meeting. We’ll use open-ended questions to explore ideas from the November Roundtables that may help us live our values and create loving religious community; encourage spiritual growth; and build a more just and joyful world.

Members at Shelter Rock are eager conversationalists. That’s a strength that we can use to go beyond polarities and toward agreement on the best strategies to try next.

*More Services on page 2*
**Upcoming Worship Services**

*Continued from page 1*

**Sunday, March 15, 2020, 11:00 am**

**Age and Wisdom**

Rev. Dr. Natalie M. Fenimore

Age and Wisdom can come along together. Let’s talk about how we honor our elders and the wisdom and experience that they bring to our community of faith.

**Sunday, March 22, 2020, 11:00 am**

**Women’s Group Annual Worship Service**

*Genesis of the Exodus*

Women’s Group and Elise de Castillo, Guest Speaker, Executive Director, Central American Refugee Center (CARECEN) with the Rev. Jennifer L. Brower

9:00 AM: Women’s History Month Annual Breakfast

RSVP required of all attendees: sesposito@uucsr.org

Free to 2019-2020 Dues-Paid Women's Group Members, $10 Guests.

**Sunday, March 29, 2020, 11:00 am**

**Got Privilege?** Privilege is considered an advantage often afforded to few. However, many of us are privileged in one way or another. We invite you to join Senior Seminar in exploring the concept of privilege, and how we use privilege to engage our shared responsibility to humankind.

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**Developmental Ministry Highlights**

*The Rev. Jaye Brooks*

**Sharing Perspectives and Creating Community**

Sunday’s congregational meeting in Conversation Café format is a unique opportunity for members to share their different perspectives and create loving religious community at the same time.

One of the strengths of a UU congregation is its openness to different theological points of view. This openness is also a strength when we're considering different, um, points of view. The Conversation Café format uses open-ended questions to consider ideas from the November Vision & Budget Roundtables. The nature of the questions and the Café format encourage the sharing of perspectives and the experiences underlying those perspectives.

To make the conversation as richly textured as possible, it’s important to have a diversity of perspectives around each table. It’s also important to enter into the conversation with a real sense of curiosity about what others may say. We’ll follow the Conversation Café format (included in the Congregational Meeting materials and on MYUUCSR), and we'll see what emerges from this collaborative way of thinking about what Shelter Rock might do next.

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**Finance Committee**

*Lynn Smith, Chair*

Members of the Finance Committee are earnestly reviewing the budgets submitted by Adam Barshak for operations and capital expenses, by Jana North for Program Council, and by Joan Mineri for the Veatch Program. With a mandate to exercise mission and vision-based budgeting, we are working intensely to accomplish our charge.

The Rev. Jaye Brooks will lead a Conversation Café at the Congregational Meeting on March 8 to further develop ideas that came out of the 2019–20 Roundtables about mission and vision. The Finance Committee is carefully listening so that funding reflects congregational goals. Please plan to attend.

If you have questions or concerns that you would like directed to those working on the budget, please email Adam Barshak (abarshak@uucsr.org). Thank you.

Lynn Smith, Chair
Janet Bendowitz, Leyla Hoell, Russell Robinson, Vicki Safferson
March 8 Congregational Meeting

In the words of one of my favorite comedy troupes, “and now for something completely different.”

On March 8, at 1 PM,* in the Social Hall, a meeting of the Congregation is scheduled to take place. If you were to examine the Agenda for that meeting, you might conclude that this will be a relatively short and unimportant meeting with very little business to be transacted. And you would be partially correct. There will be very few items calling for a vote.

But the importance of a meeting should not always be measured by the votes that are taken. On Sunday, March 8, we will try something different. Under the leadership and guidance of our Developmental Minister, the Rev. Jaye Brooks, we will break into small groups for discussions that will help us better understand how our mission and values can influence the development of our budget and how we choose to use our financial resources. Following those small group discussions, there will be an opportunity for the work of the small groups to be reported to the members of the Finance Committee, the Board of Trustees, and the congregants present. The purpose of these reports will be to inform the work in the coming weeks as the 2020-2021 Operations Budget is created and approved at the Annual Meeting in June.

I hope you are able to attend and participate.

Until next time,
Mark

Comments, questions, or concerns may be sent to President@uucsr.org

*Please note different time and location than usual.

Emergency Preparedness

At Shelter Rock, we are carefully monitoring developing events related to the spread of coronavirus, while paying attention to best practices for religious communities from the CDC. For the time being, we’re keeping it pretty simple: we advise holding off from physically reaching out to one other, and encourage the use of hand sanitizer stations throughout the buildings. Anyone who feels a bit sniffly or flu-ish is asked to please stay at home. (Worship Services videos are available at UUCSR.org on the day after Services.)

Much can be accomplished by remaining calm and washing our hands.

North Shore Alert

Congregants may wish to subscribe to NorthShoreALERT.org, a mass notification system designed to keep residents and business informed of emergencies and events provided by the Port Washington-Manhasset Office of Emergency Management. The website currently has an Advisory regarding the coronavirus on its homepage with specific purpose of providing local perspective.

Main Lobby Revitalization

The Ministry Team, together with members of the Membership, Green Sanctuary, and Buildings and Grounds Committees, are decluttering and reinvigorating the Main Lobby, with an eye toward welcoming visitors and newcomers. Their goal is a bright, clean space with clear paths to adjoining rooms.

Currently, they are seeking new homes for a variety of large plants. Members should contact Adam Barshak, if interested. First come. First served.

Property Maintenance

Pruning of trees throughout the property is scheduled to being at 8:00 AM on Monday, March 9, 2020. Contractors will concentrate their efforts on the entrance roadway on Monday and work their way to the roadway between the main and lower lots. The roadways will have one lane closed by equipment, but vehicles will be allowed to drive around the equipment. Thank you for your patience and cooperation.

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.
Veatch Grantees: Protecting Victories

You may have read about the controversy surrounding bail reform in New York. Cash bail allows the wealthy to “buy” their freedom from the criminal justice system while those who can’t afford to do so—disproportionately mothers, young people, and people of color—languish in prisons before judgments have been rendered in their cases.

For this reason, Veatch grantees including Southerners on New Ground and the Ella Baker Center have made ending cash bail a bulwark of their organizing campaigns for social and economic justice. Most recently, a coalition of New York-based groups, many of them Veatch grantees, achieved a major victory towards ending this anachronism in our criminal justice system; on January 1 of this year, cash bail was effectively ended in the state.

However, backlash among law enforcement and other interest groups have forced an aggressive defense of the new law. As the New York Times reported, Veatch grantee VOCAL-NY—which helped lead the coalition that passed the reforms—continues to bus hundreds of demonstrators to Albany, from all over the state, to protest any attempt to repeal or diminish the new law. “Judges have always treated Black people worse than White people regardless of the charges,” said Roger Clark, community leader at VOCAL-NY. His organization will continue to fight, he said, to ensure law enforcement is never again given “a license to discriminate.”

The work of VOCAL-NY demonstrates the critical role grassroots organizing plays alongside major legislative victories: the work does not end once the ink dries. We are proud to provide general operating support to groups like VOCAL-NY, allowing them to respond nimbly and quickly when needed—and remain in these fights for the long haul.
Master the Ukulele with Caitlin McKechney!

UUCSR has a new Ukulele Group, and you are welcome to be part of it! The group meets twice a month on Wednesday evenings, 6:15 –7:15 PM in the Ensemble Rehearsal Room. On the second Wednesday of the month, Caitlin McKechney, a professional musician and ukulele instructor, will meet with the group to work on technique. Two weeks later, the group will gather to practice what they have learned. For dates and further information, contact Lea Titza at ltitza@uucsr.org or 516.472.2919.

Meet Caitlin: Caitlin McKechney is an opera singer, band leader, actress, composer, and teacher! She has sung leading roles with opera companies such as Florida Grand Opera, Opera Memphis, Tacoma Opera, Nashville Opera, and Opera North. In 2011, Caitlin started the Opera Cowgirls, an all-female band that performs opera tunes with countrified arrangements and instruments, while also lending their trained voices to country favorites. Caitlin has been teaching voice and ukulele for a number of years, helping people reach for their dreams of singing opera at the Met and/or rocking out at karaoke.

**SIR KARL JENKINS**
**SYMPHONIC ADIEMUS**
For Chorus and Full Symphony Orchestra

THE ORCHESTRA AT SHELTER ROCK
and UUCSR CHOIR
Stephen Michael Smith, Music Director

Sunday
April 5, 2020
11:00 AM at UUCSR

**MUSIC SUNDAY 2020**
Don’t miss this opportunity to explore your musical self, and to help to create music which moves and inspires.

This performance takes place in the context of a Worship Service. The general public is cordially invited.

**MUSIC AMONG US**
SUNDAY, MARCH 15, 2020
1:30 PM
Social Hall
**Why We Need a Complete Count**

Choice for All is a community-based organization in Roosevelt, NY that empowers families to speak out for better education, healthcare, and community services. Several years ago, Jacob Dixon, the executive director applied for a grant from the Federal government for a community project. Imagine his surprise when he got a denial because his community wasn’t poor enough. Upon investigation, Jacob discovered that in the 1990 census, his area had been undercounted resulting in an inaccurate picture of the conditions in Roosevelt.

A Complete Count in the 2020 Census is important to determine who gets hundreds of billions of dollars for more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP. Census numbers determine how many US Representatives states have. They determine how Congressional, state, city, and town district lines are drawn. Businesses depend on census data when they make decisions about where to locate. We have to live with the results of the census for ten years! If we get it wrong, we can’t fix it for a decade.

Invitations to complete the census will start arriving in our mailboxes on March 12. This year, for the first time, there are three options for responding. You can complete a paper questionnaire and mail it. You can complete the census by phone. You can go online and, using the code you will receive with your invitation, complete the census questionnaire on your computer, tablet, or mobile phone. From May to July, Census Takers will visit the homes where individuals have not responded to the census. In December, the Census Bureau will deliver apportionment counts to the President and Congress as required by law.

April 1 is Census Day, a key reference date for the 2020 Census. When completing the census, you will include everyone living in your home on April 1, 2020. Your information is safe with the Census Bureau. The department is required by law not to share your information with anyone. Other government agencies have tried to get personal information and have lost their cases in court every time.

For the sake of our families and our communities, we need to respond to the Census invitation. If you, or someone you know, needs help responding, please let the Social Justice Coordinator know. Committee members are ready and willing to help. You can also help by encouraging your friends to participate. For more detailed information go to 2020 Census. To pledge to complete the census go to [https://tinyurl.com/qvfg7ql](https://tinyurl.com/qvfg7ql). Share this link with your social media contacts. Together we can get a Complete Count!
Faith, Hope, and Heresy: Part One, An Interactive Exploration Of UU History And Theology
by UUCSR member Gary Mitchell
Friday, March 20 | Veatch Ballroom
6:00 PM Potluck Dinner | 7:00 PM Play Reading


Suggested donation is $10 per person per session and that includes a pot luck dinner and beverages. If you bring food to share, suggested donation is $5. Registration is required so we can provide the right number of copies of the play for the evening.

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

Our Infinite UU Playlist

A cherished spiritual practice of mine is seeking the sacred in secular songs. The living tradition of Unitarian Universalism affords us the opportunity to interpret popular music in a religious context. Some of the most profound holy moments I’ve experienced have been from hearing a well-known song performed in Worship, and it’s as if I was hearing it for the first time.

On the train into Manhasset each Sunday, I center myself by listening to a curated collection of these songs on my iPod. Here are a few selections from my Worship playlist:

“Doubled Up’”–Heather Nova
“I Still Haven’t Found What I’m Looking For’”–U2
“Home’”–Vanessa Carlton
“San Diego Serenade’”–Tom Waits
“Imagine’”–John Lennon
“Follow Me in Grace’”–Heather Nova
“I Am Not Alone’”–Priscilla Ahn
“Singing for Our Lives’”–Holly Near
“Make Them Gold’”–CHVRCHES
“Border Song’”–Elton John
“(What’s So Funny ,bout) Peace, Love and Understanding”–Elvis Costello and the Attractions
“Brave’”–Sara Bareilles
“Heroes’”–David Bowie
“Count On Me’”–Bruno Mars
“Are You Brave?’”–Donna Summer
“What a Wonderful World’”–Joey Ramone

What are some of the songs that stir your spirit by restoring your soul or setting your feet marching towards social justice? Write to me at cjones@uucsr.org with your favorites and let’s grow our UU playlist together!

Meditation Thursdays
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. He is currently in the One Spirit Interfaith Ministry program.

Questions? Contact Kimberly Rossiter, Assistant to the Ministers 516.472.2941, krossiter@uucsr.org
**LEGALIZATION OF MARIJUANA**
*Facts and Fears*

**ON THE RECORD**
**COMMUNITY FORUM**

March 26, 2020
7:30 PM

Hear a panel of experts discuss the ramifications of decriminalization on:

- Brain Development
- Health
- Race
- Taxes and Economy
- Motor Vehicle Operation
- Previous Convictions
- Other Controlled Substances

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

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.

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**Prom/Graduation Dress Donation Day**

Saturday, March 28, 2020*
10:00 AM -1:00 PM | UUCSR Social Hall

In collaboration with Women of Integrity, Inc. we will accept donations of prom dresses for young women of Hempstead Village.

- Dresses must be in excellent condition, clean, and in protective garment covering.
- Accessories such as purses and dress shoes will also be accepted.

Women of Integrity, Inc. will sponsor a “shopping” boutique in April when young women will be invited to dress to impress on that special night.

* Please note: Dresses can only be accepted on this date, due to storage limitations.

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**2020 | Newcomer Orientation**

**Considering membership in the congregation?**

Saturday, March 7
12:00–2:00 PM • Art Gallery
Saturday, March 14
12:00–2:00 PM PM
Veatch Conference Room

Orientation is a membership requirement.
Childcare available if requested in advance

Questions? Contact Elaine Corrao ecorrao@uucsr.org or 516.472.2933
Wednesday Friendsday

March 11*2020
March 25*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

March 11*2020

Sylph Chamber Music

March 25*2020

Songbirds: Women in Folk

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

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

Milestones

We share the sad news... of the death of David Ragan, father of the Rev. Jennifer L. Brower. Mr. Ragan was 94 years of age and in frail health. Expressions of sympathy may be sent to

The Rev. Jennifer L. Brower and Family
Unitarian Universalist Congregation at Shelter Rock
48 Shelter Rock Rd
Manhasset, NY 11030

A celebration of the life of... Ellie Laytin, mother of member Gerry Laytin, will be held on Sunday, March 15, 2020, at 1:30 PM, in the Worship Room. Ellie was 97 years of age when she died on November 13, 2019. All are welcome to share spoken word and live music with the Laytin family.

Welcome to the world... Nolan Paul Jackson, a beautiful baby boy born January 28, 2020 to parents Lauren and John Jackson. Congratulations to siblings Hannah and Brody on their new brother, and to the Religious Education community on a new participant!

Mental Health Subcommittee of the Social Justice Committee

Natural, Drug-Free Ways to Treat Pain and Inflammation

Sunday, April 5, 2020
1:15 PM • Art Gallery

Speaker: RICHARD CARLTON, MD

Learn how to get a handle on pain and inflammation using natural approaches, such as:

• eliminating foods that can aggravate pain
• “kitchen remedies,” nutrient supplements, and herbs (CBD, too)
• control through cognitive approaches (including meditation)
• using FDA-approved medical devices

We’ll see the application to migraines, arthritis, fibromyalgia, neuropathy, and more.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
Supports
MENTAL HEALTH
**SoulCollage Workshop**

**Space is Limited | Sign Up Early**

Saturday, March 14, 2020  
10:00 AM–1:00 PM | Art Gallery  
$15/$20 Members/Non-Members Payable Upon Registration at uucsr.org/SoulCollage

You may bring your own lunch.

SoulCollage is a fun, transformative tool that allows you to access your creativity and intuitive wisdom. Veronica Schauder, LCSW will be focusing on “Community”; the connection to people/places/activities that we bring into our life that influences our life journey.

Note: Representatives from Committees who want to learn about the process of collage as a way to create a representation of their Committee's vision, goals, and mission for the Congregational/Committee Art Show are welcome to attend. However, Veronica prefers that everyone makes a personal SoulCollage card before working on something for the Art Show.

For more information, please contact Elaine Corrao at ecorrao@uucsr.org.

**Help The Environment Do Away With Plastic Bags**

As of March 1, 2020, Nassau County no longer permit the use of plastic bags in stores.

Market bags and nets have been standard use in Europe and continue to be so. Nassau County will be adopting the practice on March 1, 2020.

To support the initiative, members of the Caring Hearts Quilters group have been making beautiful, sturdy, machine washable market bags from a stock of donated materials. Members of the Bookstore Committee will sell them for $10.00 in the Bookstore after Worship Services.

All proceeds will go to an environmental cause to be selected later this year.

**UU Community Garden**

Calling all thumbs... If you have a green or black one, we don’t care. Come join our organic UU Community Garden this season!

Those who wish to participate MUST be able to commit to 2-4 hours per week during peak season to harvest and weed. Participants must be UUCSR members.

Interested participants must reply no later than March 31, 2020. For more information, please contact May Choi-Steele at may_steele@yahoo.com or evening hours at 917.215.3336.
Chocolate, A Global Commodity

Averting a chocolate shortage will not happen in the near future. Originating in Mesoamerica, the cacao beans were used as currency and consumed as a sweet drink, dark and bitter like coffee, a mood lifter. In 2018, cocoa was the best performing commodity, with a good future. Others disagree. With climate change’s hot temperatures and aging cacao trees, there will be problems. According to the National Oceanic and Atmospheric Administration, the cacao plants will be extinct by 2050. Unknown to most consumers is that the majority of farmers who grow chocolate worldwide are suffering.

In Africa, the Ivory Coast and Ghana are the biggest suppliers (68 percent). The average small chocolate farmer earns $1,200 to $2,000 profit a year. A family of five lives on five dollars a day. This is below the World Bank’s extreme poverty level of $6.25 per day. That means 40 to 60 million small chocolate farmers go hungry. Profits go to the intermediary, buying the sacks of beans and sold to the importers. Gigantic companies proceed to manufacture chocolates that transform cocoa into candy and other products. One cacao tree produces around 30 pods a year, and each pod contains 40 cocoa beans, equaling about two pounds per tree. These trees live to about 25 years.

Central and South America, particularly Brazil and Ecuador, account for about 28 percent of cacao beans grown. These farmers would remain indigent like the African ones if it weren’t for Habitat International. In Ecuador, farmers are learning about organic methods of tending to the trees as well as supplementing their livelihoods until a crop is grown by learning to raise fish and pigs to sell at market. Business oriented, Habitat International is giving farmers the equipment and training to process chocolate into candy bars.

The type of cacao trees and additives create three types of chocolate that we consume. The darkest chocolates have the most cocoa butter, plus sugar, emulsifiers (smooth consistency), and flavorings. The typical milk chocolate adds in milk. The white chocolate is a chocolate confection of cocoa butter, sugar, and milk solids. The world is filled with chocoholics. We pay according to labels. We don’t think about its global journey, etc. We will pay almost any price. Isn’t it about time we ask ourselves how to help the farmers? This is a global commodity that exploits people and has a bitter-sweet taste.

Elaine Peters for the Green Sanctuary Committee
When I read about Greta Thunberg, this song played in my head: “Greatest Love of All,” by Whitney Houston. It begins: “I believe the children are the future. Teach them well and let them lead the way...” As these words came back to me, I remembered my Environmental Science students, protesting the use of Styrofoam in our cafeteria. They went with signs and chants, rolling around the periphery in wheelchairs, chanting: “no more styrofoam.” I was so very proud. Truly, as the song goes, the children are our future.

My students succeeded in putting a stop to styrofoam lunch trays and cups. My medically fragile students had the courage and determination to make this change for healthier lives, a healthier school and environment. Although I’m no longer in contact with them because I’m retired, I know many of them must be avidly watching the events surrounding Greta Thunberg.

Also living with a disability, Greta began her activism with a simple, “School Strike for Climate” handwritten on a poster board. Recently diagnosed with Asperger’s, she referred to it as her “superpower.” Since then, this 17-year-old girl’s actions have impacted millions of people all over the world. In March 2019, Greta was nominated for the Nobel Peace Prize and a few months later she became the youngest individual ever to be honored as Time Magazine’s Person of the Year.

In September 2019, when she was invited to speak at the UN Climate Action Summit in New York City, Thunberg traveled across the Atlantic on a zero-emissions yacht, accompanied by her father and a supporting crew. On September 20, Thunberg walked with millions of protesters in New York City to demand climate action at the New York City Global Climate Strike. The demonstration became the largest climate protest in history with 4 million people marching all over the world. The next day, she spoke at the UN Youth Climate Summit. She surely led the way.

Mocked by our President, Greta was referred to as “...that kid with the ‘anger management problem.” One wonders how more of us don’t have an anger management problem, particularly when a young lady is mocked instead of encouraged in her journey to improve the lives of all of us. An anger management problem might be in order when our country has withdrawn from past climate agreements and weakened environmental regulations—to our peril.

At a time when many of us are discouraged by the direction our country seems to be taking, Greta’s work provides hope. When we see our generation failing the one coming after us, Greta’s work lifts our spirits. As the song goes, they taught her well. Then, she led the way, inspiring her entire generation and all of us. We are grateful.
Women’s Group
Sandra Hazel Frank, Women’s Group President

Women Talk Daytime
First and Third Wednesdays
12 Noon–2:00 PM • Art Gallery
Bring your lunch. Cookies and beverages are provided.

TGIF
Friday, March 6, 2020
Please see display ad for The Cave on page 12 of this Quest.

Women’s Group Book Series
Friday, March 20, 2020
3:30 PM • Veatch Ballroom

Milkman
by Anna Burns
Led by Mary Lou Kluger

Sunday, March 22, 2020
Annual Women’s History Month Breakfast
RSVP required of all attendees: sesposito@uucsr.org
Free to Dues Paid Women’s Group Members ($30), $10 Guests.
Worship Service, Genesis of the Exodus, follows
Elise de Castillo, Guest Speaker,
Executive Director, Central American Refugee Center (CARECEN)
with the Rev. Jennifer L. Brower

Women’s Group Board Meetings
Friday, March 27, 2020, 3:30 PM,
Veatch Conference Room
All are welcome.

Men’s Group
Henry Smith, Chair

Knit to Stay Slim
Mondays beginning March 9, 2020 • 10:00 AM-12:00 PM
Please bring your own needles. Size 5, 6 or 7 recommended.
A small amount of yarn available for those unable to bring their own yarn.
Instruction from beginner level to more advanced skills, as appropriate. Participants are welcome to bring specific knitting questions and projects.

St. Patrick’s Day
CELEBRATION!
TUESDAY, MARCH 17, 2020
6:30 PM | SOCIAL HALL
Drink some beer! Dine on a wee bit of corned beef, cabbage, shepherds pie, Irish soda bread, beverages, and desserts. Be entertained by the One Man Travelin’ Band, Dexter Wells and The Contraptions, playing old time favorites and Irish sing-a-longs. Our very own Doug Hyer will play some Irish tunes on his Irish Trumpet.

Price In Advance
$30 Members
$35 Non-Members

Price At the Door
$35 Members
$40 Non-Members

Register online at uucsr.org/StPats by Friday, March 13, 2020
Childcare available if requested by Monday, March 2, 2020
Questions? Contact Sharyn Esposito at sesposito@uucsr.org or 516.472.2960
**WEDNESDAY, MARCH 4, 2020**
- Racial Justice Task Force Meeting, 5:45 PM, Office Conference Room
- Finance Committee Meeting, 6:00 PM, Bride’s Room
- SRI Committee Meeting, 7:00 PM, Veatch Conference Room
- Publicity and Promotions Committee Meeting, 7:00 PM, Art Gallery
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
- Play Rehearsal: Do Not Be Kind to Robots, 7:30 PM, Chapel

**THURSDAY, MARCH 5, 2020**
- Yoga, 9:30 AM, Art Gallery
  - Thursday INN Cooking, 9:30 AM, Main Kitchen
  - AA Meeting, 10:30 AM, Rooms 206 and 207
  - Members’ Bridge Group, 1:00 PM, Veatch Ballroom
  - Vocal Production and Sight-Singing Classes with Leah Wool, 6:15 PM, Choir Rehearsal Room
  - Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

**FRIDAY, MARCH 6, 2020**
- Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
- Film: The Cave, 7:00 PM, Social Hall

**SATURDAY, MARCH 7, 2020**
- Freedom School, 10:00 AM, RE Room 4
- Yoga, 11:00 AM, Veatch Ballroom
- Membership Orientation, 12:00 PM, Art Gallery
- Grade 7 Sleepover (Saturday-Sunday), 7:00 PM, RE Wing, Social Hall

**SUNDAY, MARCH 8, 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
- All Congregation Retreat Planning 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, Main Kitchen
- Congregational Meeting, 1:00 PM, Social Hall

**MONDAY, MARCH 9, 2020**
- Knit to Stay Slim, 10:00 AM, Art Gallery
- Mental Health Sub-Committee Meeting, 4:00 PM, Veatch Conference Room
- Member Resource Committee Meeting, 4:30 PM, Veatch Library

**TUESDAY, MARCH 10, 2020**
- Overeaters Anonymous, 10:30 AM, Veatch Ballroom
- Disability Task Force Meeting, 2:00 PM, Bride’s Room
- Adult Programs Meeting, 5:00 PM, Art Gallery
- Alcohol Task Force Meeting, 5:30 PM, Veatch Library
- Nominating Committee Meeting, 6:30 PM, Bride’s Room
- Nar-Anon, 6:30 PM, RE Room 19
- NAMI Peer to Peer Classes, 6:30 PM, RE Room 17
- NAMI Spirituality Group, 6:30 PM, RE Room 15
- Kundalini Yoga, 7:00 PM, Veatch Ballroom
- Personnel Committee Meeting, 7:00 PM, Veatch Library
- Program Council Meeting, 7:30 PM, Art Gallery

**WEDNESDAY, MARCH 11, 2020**
- Wednesday Friendsday, 11:30 AM, Port Washington
- Reach Out America, 12:30 PM, Social Hall
- Finance Committee Meeting, 6:00 PM, Bride’s Room
- Ukuleles at Shelter Rock, 6:15 PM, Ensemble Rehearsal Room
- NAMI Family Support Group, 7:00 PM, RE Room 15
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
- Play Rehearsal: Do Not Be Kind to Robots, 7:30 PM, Chapel
- Social Justice Meeting, 7:30 PM, Art Gallery
- Food & Water Watch Meeting, 7:30 PM, Veatch Conference Room
- Small Group Ministry Second Wednesday PM Meeting, 7:30 PM, RE Room 19

**THURSDAY, MARCH 12, 2020**
- Yoga, 9:30 AM, Art Gallery
- AA Meeting, 10:30 AM, Rooms 206 and 207
- Members’ Bridge Group, 1:00 PM, Veatch Ballroom
- UU the VOTE, 3:00 PM, Hadley House Community Room
- Vocal Production and Sight-Singing Classes with Leah Wool, 6:15 PM, Choir Rehearsal Room
- Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

**FRIDAY, MARCH 13, 2020**
- Members’ Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
- Soulful Sundown Dinner, 6:30 PM, Social Hall
- Soulful Sundown Worship, 7:30 PM, Social Hall
- Soulful Sundown Coffeehouse, 8:45 PM, Social Hall

**SATURDAY, MARCH 14, 2020**
- Freedom School, 10:00 AM, RE Room 4
- Soul Collage Workshop, 10:00 AM, Art Gallery
- Yoga, 11:00 AM, Veatch Ballroom
- Music Among Us - Rehearsal, 11:00 AM, Social Hall
- Membership Orientation, 12:00 PM, Veatch Conference Room

**SUNDAY, MARCH 15, 2020**
- Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
- Great Books-Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
- CANCELLED: Small Group Ministry Coordinators Meeting, 9:30 AM
- 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
- Grade 6 Our Whole Lives Parent Meeting, 10:00 AM, RE Room 15
- RE Classes, 11:00 AM, RE Wing
- Worship Service, 11:00 AM, Worship Room
- UU Café, 12:00 PM, Main Kitchen
- RE Volunteer Appreciation Lunch, 12:30 PM, Veatch House
- CANCELLED Small Group Ministry Third Sunday Meeting, 1:00 PM
- Ellie Laytin Memorial Service, 1:30 PM, Worship Room
- Music Among Us - Performance, 1:30 PM, Social Hall
- Long Island Area Council (LIAC), 3:00 PM, Bay Shore

**MONDAY, MARCH 16, 2020**
- Knit to Stay Slim, 10:00 AM, Art Gallery
- Worship Fire Safety Team Meeting, 5:00 PM, Bride’s Room

**TUESDAY, MARCH 17, 2020**
- Overeaters Anonymous, 10:30 AM, Veatch Ballroom
- NAMI Criminal Justice Committee Meeting, 3:00 PM, Member Resource Room
- St. Patrick’s Day Party, 6:30 PM, Social Hall
- Nar-Anon, 6:30 PM, RE Room 19
- NAMI Family to Family Classes I, 6:30 PM, RE Room 15
- NAMI Peer to Peer Classes, 6:30 PM, RE Room 17
- Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
- Kundalini Yoga, 7:00 PM, Art Gallery

**WEDNESDAY, MARCH 18, 2020**
- Women Talk Daytime, 12:00 PM, Art Gallery
- NAMI WALK Kick-Off Event, 6:00 PM, Social Hall
- LLS Myeloma Support Group, 6:00 PM, RE Room 16
- Finance Committee Meeting, 6:00 PM, Bride’s Room
- Green Sanctuary Meeting, 7:00 PM, Veatch Conference Room
- Inisfada-Zen Sitting Meditation, 7:30 PM, Veatch Ballroom, Terrace Room
- Play Rehearsal: Do Not Be Kind to Robots, 7:30 PM, Chapel

Please see UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.
THURSDAY, MARCH 19, 2020
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Rooms 206 and 207
Members' Bridge Group, 1:00 PM, Veatch Ballroom
Meditation Thursdays, 6:00 PM, Chapel
Vocal Production and Sight-Singing Classes with Leah Wool, 6:15 PM, Choir Rehearsal Room
NAMI COD (Co-occurring Disorders) Support Group, 6:30 PM, RE Room 17
Board of Trustees Meeting, 7:00 PM, Veatch Ballroom
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

FRIDAY, MARCH 20, 2020
Members' Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
SGM Third Friday, 1:30 PM, Hadley House Community Room
Women's Group Book Series, 3:30 PM, Art Gallery
Dramatic Readings, 6:00 PM, Veatch Ballroom
Soulful Songs & Stories, 7:00 PM, RE Room 19

SATURDAY, MARCH 21, 2020
Veatch BOG March Retreat, 9:00 AM, Veatch Ballroom
Saturday INN Cooking, 9:00 AM, Main Kitchen
Voter Registration Training, 10:00 AM, Art Gallery
Yoga, 11:00 AM, RE Room 6

SUNDAY, MARCH 22, 2020
Jazz Ensemble Rehearsal, 9:00 AM, Ensemble Rehearsal Room
Great Books—Modern American Poetry & Consuming Interests, 9:00 AM, RE Room 4
Annual Women's History Month Breakfast, 9:00 AM, Veatch House
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, Main Kitchen
Love and Stitches, 12:30 PM, RE Room 15
Members' Group Meeting, 12:30 PM, Veatch Ballroom
NAMI Peer to Peer Classes, 6:30 PM, RE Room 17
Small Group Ministry Fourth Tuesday Meeting, 7:00 PM, Veatch Terrace Room
Kundalini Yoga, 7:00 PM, Art Gallery
Committee on Ministry, 7:30 PM, Office Conference Room

THURSDAY, MARCH 26, 2020
Yoga, 9:30 AM, Art Gallery
AA Meeting, 10:30 AM, Rooms 206 and 207
Members' Bridge Group, 1:00 PM, Veatch Ballroom
LI Alliance for Peaceful Alternatives-Stop War, 6:15 PM, Office Conference Room
Small Group Ministry Facilitators Meeting, 7:00 PM, Choir Rehearsal Room
Choir Rehearsal, 7:30 PM, Choir Rehearsal Room

FRIDAY, MARCH 27, 2020
Members' Bridge Lessons & Game Play, 1:00 PM, Veatch Ballroom
Women's Group Board Meeting, 3:30 PM, Veatch Conference Room
LGBTQ+ Game Night with RE, 6:00 PM, RE Wing

SATURDAY, MARCH 28, 2020
Yoga, 11:00 AM, Art Gallery

TUESDAY, MARCH 31, 2020
Visit UUCSR.org for additional calendar programs and events

Visit UUCSR.org for additional details on all programs. See LIACUU.org for other area congregations.

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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.
March 4, 2020

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