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



March Theme: Wisdom

UPCOMING WORSHIP SERVICES

All in-person Worship, Religious Education, and other in-person activities are cancelled at UUCSR. Online Worship and RE has begun, plus other online spiritual support resources. Visit <u>uucsr.org</u> for updates.

Online Worship Services are every Sunday at 11:00 AM. A virtual Coffee Hours follows at noon, and Children's Worship at 1:00 PM. Visit <u>uucsr.org/worship</u> any time for gatherings of music, reflection, and prayer, including a story for all ages. You may join by video and/or audio from your computer or phone. Zoom is easy to use, and instructions are available.

We want you to have ways to be spiritually nurtured and feel connected, even at this time when we protect ourselves and each other by "social distancing." There will be special online connections and spiritual care on Mondays, Wednesdays, and Fridays (uucsr.org/connections).

Mondays, begins 2:00 PM: Meditation and Poetry

Wednesdays, 2:00 PM: Readings and Conversation (Zoom)

Wednesdays, 7:00 PM: Bedtime Stories (Zoom) More Bedtime Storytimes will soon be announced.

Fridays, begins 2:00 PM: Readings and Reflections

As we face together the sometimes-disorienting changes in our world, your ministers will do all that we can to help you feel spiritually supported. Although we will not be together physically, we will be united in spirit and in commitment to each other. We will do our best to maintain a caring and careful pastoral outreach. As always, your ministers are here for you, and we are available if you need to talk with us. Please send an email to set up a time to talk: ministryteam@uucsr.org.

As we hold one another in love, take special care of yourselves and others. Feel the connections among us, and know that you are not alone.

In the spirit of loving religious community,

Your ministers, staff, and Board of Trustees

TOUCHSTONES The Rev. Dr. Natalie M. Fenimore



Spring is coming. The actual arrival date is March 19. It is already warm. The cherry trees outside my office window are in perfect pink bloom and there are daffodils blooming in all the protected, sunny corners on the Shelter Rock grounds. The geese are back on the pond. The days are beautiful. Nature beckons: Walk in the woods, Sit in the gardens...

I am NOT going to say, "God's in his heaven, all is right with the world...." I am NOT going to say you should not worry or that you may not be anxious

or afraid. I AM going to say this—as we sit in social isolation or self-quarantine because of the threat of the global coronavirus epidemic—you are not alone. Our community exists even though we are distant from one another. The natural world offers us beauty and hope. We offer each other care and compassion. Let's look out for each other and stay connected through this stressful time. Even though we cannot touch hands, our hearts are still touching. Look out for your neighbor. Don't hesitate to call if you have need.

Here is a poem that many are sharing by Unitarian Rev. Dr. Lynn Ungar of the UU Church of the Larger Fellowship:

Pandemic by Lynn Ungar

What if you thought of it as Jews consider the Sabbath—the most sacred of times? Cease from travel.
Cease from buying and selling. Give up, just for now, on trying to make the world different than it is.
Sing. Pray. Touch only those to whom you commit your life.
Center down.
And when your body has become still, reach out with your heart.
Know that we are connected in ways that are terrifying and beautiful.

(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach our your hands.
Reach out your heart.
Reach out your words.
Reach out your tendrils
of compassion that moves, invisibly, where we cannot touch.
Promise this world your love—
for better or for worse,
in sickness and in health
so long as we all shall live.

MINISTERIAL MESSAGE

During this time when we cannot gather together for worship, religious education, the work of the congregation, or social connection, we have put into place a system of "fellowship by phone."

With the generous help of more than 30 volunteers, each UUCSR member household has a designated Community Captain who is contacting every household to ask how fellow members are doing, to offer camaraderie, to help members stay informed about, and connected to the resources being made available by UUCSR.

Captains will remind fellow members of important updates sent out by email or posted on social media. In addition, they will help members by bringing information and concerns back to the ministry team, UUCSR Chaplains and Caring Committee, as appropriate. Members wishing to set an telephone appointment with a member of the ministry team may do so by contacting Kimberly Rossiter, Assistant to the Ministers (krossiter@uucsr.org or 516.472.2941).

CONGREGATIONAL AFFAIRS Jennifer Sappell, Communications Manager

Now, more than ever, it's important that you receive communications from UUCSR in whatever form is best for you. Your preferences can be set for each individual in your household.

We have two main vehicles of communication:

Constant Contact is used for most email communications such as "Happenings," *Quest*, death notices, etc.

- There is at least one blast weekly: "Happenings" or *Quest*.
- Emails via Constant Contact are used to distribute Congregational mailings, etc., as needed.

One Call Now is our primary vehicle for weather and other important notifications.

- Emails can go to any addresses you wish to list, including more than one.
- Voicemails to an unlimited number of phone numbers
- Text messages IF you provide the number(s) to UUCSR and you send the word "ALERT" via text to 22300.

If you previously opted out of either service, resubscription is necessary to begin to receive messages again.

Some email providers are less than friendly with One Call Now and /or Constant Contact. IF you are subscribed to our emails and are not receiving them, I can assist with where to find them in your folders, or with getting UUCSR white-listed with your provider.

If you are not subscribed, I'd be happy to add your contact information to lists you desire. If you have questions about any of the information above, please email or call (jsappell@uucsr.org or 516.472.2980). Thank you.

BOARD OF TRUSTEES Mark Hartman, President of the Congregation



A Tale Of One Week

It was the best of times, it was the worst of times, ... it was the spring of hope, it was the winter of despair.

Those are from the well-known opening words of *A Tale of a Two Cities* written by Charles Dickens. Those words also feel like the the way to begin to describe this past week.

The week began on Sunday, March 8. We held a Congregational Meeting. It was a very different type of meeting. Approximately 100 members of the Congregation (which must be some sort of a record for a meeting during which no real business was conducted and for which free food was not provided) were willing to sit at tables of six at close quarters to participate in a structured conversation that was equal parts budget, vision, and values. And then almost everyone who was present at the beginning stayed around as the ideas that came out of each table's discussion were reviewed and tested by a sub-group, and the ideas that emerged from that crucible were communicated to all.

The reactions that have been shared with me about this Conversation Café have been very favorable. Some members expressed that they were willing to have spent even more time in discussion. Some who have not previously attended a Congregational Meeting have asked whether this is the way we conduct all Congregational Meetings. And some pragmatists have asked, now that the Congregation has been "shown the cookie," what happens next. To everyone, all I can say is "Watch This Space."

By the end of the week, much of the good feelings from Sunday had dissipated into the reality of the coronavirus pandemic and the uncertainty and fear that continues to surround us. By Wednesday evening, it was apparent that some response and action were necessary. The officers, ministers, and COA struggled to find an appropriate balance knowing that whatever we said or did initially would not resolve everyone's questions or concerns and would likely need to be modified as dynamic events overcome static responses.

Our judgment is straightforward. As long as we think it is safe, we will not close the building. As long as we can avoid closing the building, we will try to maintain some level of normality. As long as we choose to allow only some activity, our choices will be imperfect and subject to change at a moment's notice.

Many things have happened this week. In the coming weeks, we will have to decide which of those events will have a lasting impact on congregational life.

Until next time, Mark

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

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK Joan Minieri, Executive Director



Our Lives Intertwined with Veatch Grantees

This is a moment when we can truly appreciate the importance of the grassroots organizations long supported by Veatch. As the impact of the coronavirus comes into focus, we can see how Veatch grantees are protecting those disproportionately impacted by the country's response—low-income

workers, immigrants, and people of color.

At the same time, this moment elevates our interdependence. Solutions to inequality that Veatch grantees have long fought for, such as paid sick days and family medical leave, are now above the radar. Americans are learning that the people who prepare food in restaurants, work the register at local stores like Walmart, and who care for children and elders, often do so while sick. If they don't work, they don't get paid. And despite working multiple jobs, they often live at or below a level of poverty that forces them to work under any conditions.

Ai-Jen Poo, founder of the National Domestic Workers Alliance, penned an op-ed in the *New York Times* demanding that caregivers be adequately protected. "Millions of Americans rely on professional caregivers to look after their children and aging parents," she wrote "As the coronavirus spreads, who will care for them?" Her organization is working to push the Centers for Disease Control and Prevention to direct more of their resources toward the front-line care professionals who work in the home and the community.

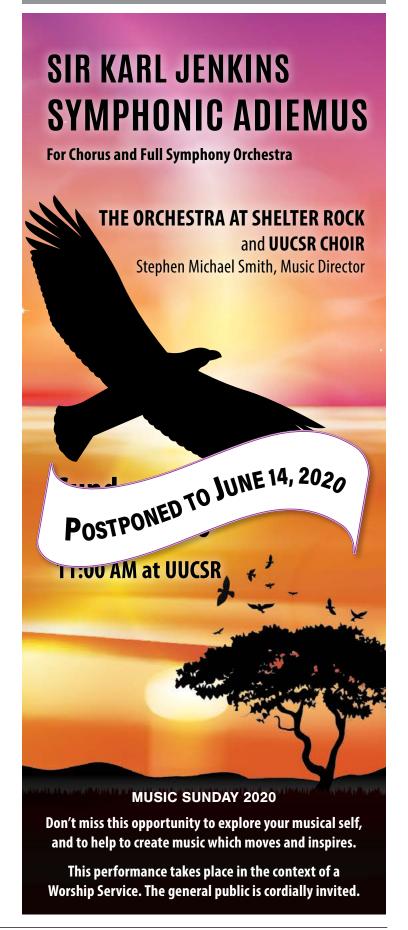
The Action Network, which includes Make the Road-NY and VOCAL-NY, is conducting a public education campaign to show the pandemic's impact on New York's low-income renters—and demand a moratorium on evictions during the crisis. "If more New Yorkers are evicted in the coming days and weeks," the group wrote in a petition to state leaders, "COVID-19 could start to spread more rapidly among those who become homeless."

People's Action ties the impact of the coronavirus to the dangers posed by climate change. "We need to take a hard look at the global economic and social consequences of the COVID-19 outbreak," they wrote in an op-ed post.

In times of national and global crisis we can see how our lives are connected with those of Veatch grantees. In that, we take heart, as we do all we can to support them.

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.

MUSIC SUNDAY Stephen Michael Smith, Music Director



March 18, 2020

SOCIAL JUSTICE COMMITTEE Claire Deroche, Social Justice Coordinator



Helping Others During a Pandemic

As we make every effort to stay healthy and keep our family members safe during this COVID-19 pandemic, we can still respond to the needs of others in the wider community. Here are a few suggestions.

We can feed our hungry neighbors by supporting organizations like soup kitchens and food pantries. You can support the Mary Brennan INN with a donation at https://the-inn.org/donatefunds/ or a check mailed to The INN, 211 Fulton Avenue, Hempstead, NY 11550. The North Shore Soup Kitchen accepts donations at https://www.northshoresoupkitchen.org/donate and checks at The North Shore Soup Kitchen, P.O. Box 168, Glen Cove, NY 11542. The LI Council of Churches has a food pantry on the south shore and could use monetary donations most of all. You can donate at https://www.liccdonate.org/collections or send a check to Long Island Council of Churches, 230 Hanse Avenue, Freeport, New York 11520.

Island Harvest, through a network of 400 community partners, serves 300,000+ individuals a year on Long Island. They are currently raising \$250,000 to meet the needs of the moment. You can donate on line at https://tinyurl.com/tr7nnd4 or by sending a check to Island Harvest, 15 Grumman Rd, West Suite 1450, Bethpage, NY 11714.

To assist people who are homeless, consider a donation to the Long Island Coalition for the Homeless. You can donate on line at https://tinyurl.com/um7ctdd or you can send a check to LICH, 600 Albany Ave, Suite 2, Amityville NY 11701.

In the long term, it's important that each household respond to the census. Funding for everything that keeps us safe and healthy depends on a complete count. When your household receives its form, please respond.

Finally, there are many organizations on Long Island serving the most vulnerable among us. These are only a few. If you have others that you'd like highlighted, please send the information to me at cderoche@uucsr.org. In the meantime, let's practice recommended precautions and keep ourselves and our families healthy.

If you feel as I do, call your Senators Chuck Schumer and Kirsten Gillibrand today and tell them to pass the Families First Coronavirus Response Act.

CALL 888-436-6478 NOW TELL THE SENATE TO PASS THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

When you call, here's what you might say:

"Hello, my name is _____ and I am from [city/town]. This is urgent: Please tell the Senator to vote for the Families First Coronavrus Response Act. We must ensure that no one goes without food, that everyone can get testing, and that medical treatment, paid sick days, and unemployment insurance are available for people who can't work during this emergency. We need action now. The House bill is a necessary start. Please pass the Families First Coronavirus Response Act now."

Ways to Assist Families on Long Island

Make an online donation to the LI Council of Churches Food Pantry at: https://www.liccdonate.org/collections

You may also send a check to Long Island Council of Churches, 230 Hanse Avenue, Freeport, New York 11520 Send a donation to Island Harvest for their campaign to raise \$250,000 for needy Long Islanders.

From Joan Flynn, Business Development Manager, Island Harvest While our work at Island Harvest Food Bank continues to assist people who face a daily struggle with hunger, we are taking additional steps to help veterans, seniors, stranded college students, and school-age kids impacted by the coronavirus. Now, more than ever, people and their families who are affected need our help to put food on their tables. Island Harvest Food Bank is taking a lead in meeting the needs of the most vulnerable people in the community during this crisis by reaching out to partner school districts, senior communities, and veteran organizations to lend our support and expertise as their programs and services are temporarily discontinued.

We are in the process of ordering emergency response food to address this critical situation, and have an immediate need to secure approximately \$250,000 in funding to support these costs. Your generous donation will help us meet this important goal to get food to the people sorely in need during this unprecedented time of uncertainty.

You can make an online donation at

https://tinyurl.com/tr7nnd4

You can mail a check to Island Harvest, 40 Marcus Blvd., Hauppauge, New York 11788

Worship Service Donations

UUCSR has a generous practice of sharing special Worship Service collections with a variety of not-for-profit organizations.

During the month of February, 2020, \$550.18 was donated at the Soulful Sundown collection to the Safe Center of Long Island for their work providing a fast, easy paths to resources that assist in saving and changing the lives of the victims of domestic or dating abuse, child abuse, and rape and sexual assault.

LIFESPAN RELIGIOUS EDUCATION

Carson Jones, Lifespan Religious Education (RE) Coordinator



Find Your Forever Family and Your UU Summer Home

Are you looking for a fun, inclusive, and spiritually nourishing place to send your kids to camp this summer? There are several Unitarian Universalist summer camps for children and youth throughout the Northeast to consider.



One camp is the Sophia Fahs RE Summer Camp, taking place August 23–29, located a couple of hours away in Burlingham, NY. Named for Sophia Lyon Fahs, the religious educator who revolutionized Unitarian RE, this sleepaway camp features activities in a beautiful and natural environment grounded in our UU Principles and Purposes to foster a growing sense of Unitarian Universalist identity.

But don't just take my word for it. I asked Taylor Kerr, a 12th Grader in our RE Program and long-time Fahs Camp attendee, about her experience. Taylor said, "Fahs is not just any other summer camp. At Fahs, you will find a second home and a forever family. It will give you an amazing experience and an incredible awakening that you will cherish for years and years ahead."

Taylor, in turn, asked one such member of her Fahs forever family, Harry Schlechter, another high school senior who attends the UU Congregation of Central Nassau in Garden City, for his greatest take-away. Harry answered, "Spending a week at Fahs is like getting a utopian view of the world, if every person was truly good. Fahs is the closest thing to heaven on earth. It's the only place you can be 100 percent yourself." Taylor also told me that she never would have known Harry if it wasn't for Fahs, and she counts him as one of her very best friends.



Another camp is Unirondack, a Unitarian Universalist summer camp located in the Adirondack Mountains of New York on Beaver

Lake. Operating since 1953, Unirondack is a place of acceptance and inclusion for campers ages 8–17. On April 5, Unirondack's Director, Kris Fiore, will be visiting Shelter Rock to talk to parents and campers about what a Unirondack experience can mean to those who attend. If you have ever thought about sending your youth to a summer camp, please stop by the Unirondack table and see what it's all about!

Again, I asked our youth about their time at camp, and Sylvia Mitchell, a member of our Coming of Age class, had this to say: "I love Unirondack because the counselors are really fun and kind. There are so many fun activities. There's even a camp dog named Knuckles, who jumps off the floating dock and swims with us in the lake."

Sylvia's sister, Juliet, effuses, "Unirondack is one of the best, most accepting places on earth and that isn't an understatement in the slightest. This year will be my fourth year coming to camp, and I am counting down the days until I go back in July. Unirondack is not your typical camp. It is so loving and caring, and what makes it unique is their respect and awareness of gender and sexuality. It is one of the first camps in the country to offer gender inclusive cabins. You will be so accepted there no matter what—whether you're black, white, gay, straight, or anything in between, you will be accepted and loved for who you are.

"You can be open and celebrated and you don't have to hide who you are there. You form such close and special connections with the staff and fellow campers, it really feels like family. It's a place where you can be so weird and free in such an amazing environment unlike so many other places. You can dress up in a frog costume or you can sing a song about Gatorade and no one will judge you. In all seriousness, it has made such a big impact in my life. It's like coming back from a long vacation and stepping through your front door—Unirondack is home."



Other UU children's camps include Clara Barton Camp and The Rowe Center. There are also UU retreat centers including Star Island, Ferry Beach, The Mountain, and Murray Grove, which offer weeks for entire families to attend. Keep an eye out for camp representatives in the RE Lobby soon, or please feel free to be in touch at cjones@uucsr.org or 516.472.2915, and let us help you find your UU home away from home.

March 18, 2020 5

2020

Newcomer Orientation

Considering membership in the congregation?

Rev. Jaye Brooks invites you to a Zoom meeting

Saturday, March 21 12:00–2:00 PM • Online

Registered participants may join the meeting at https://zoom.us/j/418068766

or

Dial 1.646.558.8656 Meeting ID 418 068 766

Orientation is a membership requirement.

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

THANK YOU

Dear Ministers, Friends and Members,

Thank you for the calls, cards and beautiful flowers. I sincerely appreciate the thoughtful gestures.

Margaret Logan

Soulful Songs & Stories

The third Friday of the month, 7:00-8:30 PM, Room 19

With a song and your stories, we co-create a soft place for hard conversations and a brave space for personal and spiritual growth.

There's no gathering this month, and since the singular experience of sharing our stories face-to-face can't be replicated via computer, we're not even going to try. What we will do is



send out an email every Friday about songs, stories, storytelling, community, or personal/spiritual growth until we meet again.



If you're not already on the mailing list, register with Jessica Pond (Jpond@uucsr.org or 516.472.2914). We hope we'll be able to meet next month, April 17, when the song to spark our stories will be "Pa'lante" ("onward") by Hurray for the Riff Raff. Watch the official video www.j.mp/uucsr37 or the NPR Tiny Desk concert www.j.mp/uucsr38.

GREEN SANCTUARY COMMITTEE Ellen Councill, Chair

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.



GREEN SANCTUARY COMMITTEE Ellen Councill, Chair

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

Fair Trade Is Philanthropic

How can we put people, the planet, and the food we grow first? The answer is fairtrade. Through this movement, companies, producers, shoppers, advocates, and organizations are recommending the products we buy based upon the livelihoods



of those involved. Fairtrade supports and empowers farmers, workers, and fishermen. It helps them earn a living and protect the planet.

Fairtrade has grown as result of unfair practices that have compromised the livelihoods of those who grow, gather, and produce our food. As people everywhere (consumers and organizations) are becoming more aware of the injustice done to these workers, higher standards are demanded. They believe earnings should fulfill basic household needs in spite of market volatility. With fairtrade standards, people and their communities can have money needed to invest in better futures. The outcome is a healthier workforce and a higher quality of goods.

One example of a fairtrade product is quinoa. Only with that label on it is this Andean super grain helping everyone. It has been the staple of the Andean diet cultivated in the mountains of Peru. Because of its demand, it is now being cultivated at higher-elevation plots. But only with the help of what is called Fairtrade Premium are the growers aided. An extra sum of money is paid above the ceiling price, so that farmers and workers can invest in projects of their choice. Collective decision making allows for goals, such as improving their farming business or health or education. With farmer involvement, conferences, with their own delegates attending, are held in other South America countries like Bolivia to discuss their priorities.

Since 2014, well over half a billion euros were given to fairtrade farmers and workers who became certified as such. Consumers and organizations can also become philanthropic. In fact, the Unitarian Universalist Service Committee started a fairtrade project in 2001. Organic products like chocolate, coffee, tea, etc. can be ordered on their website. Also, other fairtrade products like bananas and herbs are sold at Kroger, Whole Foods, and Amazon. Cotton, of course, can be grown and labeled fairtrade as well as a variety of other products. The end result is workers will be given a living wage and there will be democratically controlled cooperatives. What we buy may cost more, but that label means we are helping people to have better lives.

Elaine Peters for the Green Sanctuary Committee

WOMEN'S GROUP Maria Ceraulo, Chair, Women's Issues



Feel Better Now?

I wonder how many times a school-age child who complained about a bully was told that the bully would be punished. I wonder how many times that made him or her feel better. Or was he/she told to just ignore it, as if unworthy of safety in the playground or even the attention of those in charge? Or told to just go back to the schoolyard because no one

believes it anyway? Admonished not to fight back because that would result in equal punishment for both—did that help?

This very approach is what we see in our criminal justice system. Most women aren't believed. Most cases never see the inside of a courtroom. Many women are incarcerated for retaliating against their abusers. When cases are processed, prosecutors promise that they will address the injury with maximum punishment—as if this will provide comfort and heal the victim.

What about the 23 years of punishment for Harvey Weinstein? While there is some satisfaction that the crime was acknowledged and the victims were believed, did this punishment take away the injury and the trauma? In a column by Lara Bazelon and Aya Gruber in the *New York Times*, Ashley Judd, one of his victims, would have preferred a process where "he could emotionally come to terms with his wrongs." Although she felt some satisfaction that Mr. Weinstein was convicted, she thought it could have been "more humane." Although other victims may not feel the same, Ashley Judd seemed to be advocating for a different approach: restorative justice.



Sujatha Baliga, of the nonprofit known as Impact Justice, explains why so many women don't report these crimes, and why our criminal justice system needs to change. A young woman explained she didn't want her father to be arrested and locked up. Since 8 of 10 assaults involve victims and perpetrators that know each other, this is very often the case. The young woman didn't want invasive exams, immigration consequences, or to be removed from her home by child protective services. So many victims are retraumatized and disempowered by our system.

A new, three-year program called Restore offered a restorative justice approach. When utilized, the incidence of post-traumatic stress disorder dropped. Nearly all victims "felt safe, listened to, supported, treated fairly, treated with respect." This seems preferable and a stark contrast to the current system of maximum punishment. We need more programs like Restore. Then all of us can feel better.

March 18, 2020 7

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

48 Shelter Rock Rd. Manhasset, NY 11030 | 516.627.6560 | <u>uucsr.org</u> / <u>uucsr@uucsr.org</u>

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 (nfenimore@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 Brian Muellers
Iliza Bartels Barry Nobel
Shanti Carole Flot Chris Hilke Rebecca Smith

March 18, 2020

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, April 8, 2020 | Deadline for Content: Thursday, April 2, 2020

Come Join the Fun!

Multigenerational All-Congregation Retreat Memorial Day Weekend

23rd Annual Memorial Day Weekend UUCSR All-Congregation Retreat Special Early Bird Discount: \$50 discount PER ADULT with non-refundable deposit by March 25, 2020 Register with Sharyn (516.472.2960) or online uucsr.org/stonypoint2020 Bill pay now available at uucsr.org/stonypoint2020











The Quest March 18, 2020