



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
We aspire to be a loving religious community where we can grow spiritually and build a more just and joyful world.



February 22, 2023
Monthly Theme:
Love

WORSHIP SERVICES

SUNDAY, FEBRUARY 26, 2023, 11:00 AM

Rev. Dr. Natalie M. Fenimore

Environmental Love When the North Shore Unitarian Society moved from Port Washington to eventually become the Unitarian Universalist Congregation at Shelter Rock in Manhasset, it took on the responsibility for stewardship of a large property. What does it mean to love this land now and in the future? *

SUNDAY, MARCH 5, 2023, 11:00 AM

Rev. Dr. Natalie M. Fenimore and Women's Group Members

Hearts and Hands Our Unitarian Universalist tradition has many stories of social justice and community outreach efforts that helped to change the world for the better. Our tradition also calls for us to do in-reach—to be of service to those here among us. Our congregation's women have long supported efforts for the benefit of all. What are the ways that women have shown us how to care for one another in our faith tradition and in this congregation—and how do they lead the way for you to be more involved? *

FRIDAY, MARCH 10, 2023, 7:30 PM

Erol Delos Santos, Student Minister

Soulful Sundown offers spoken word with music from the Cosmic Orchestra. Guest musical artist David Wilcox featured at Coffee House afterward with coffee, tea, and cookies. FREE to all. *

SUNDAY, MARCH 12, 2023, 11:00 AM

Rev. Jaye Brooks

Healing Poet Wendell Berry's poem, "Damage," and its companion, "Healing," speak to the ways that humans cause harm and heal from harm. The insights these poems offer have long been meaningful to Rev. Jaye Brooks and to pianist Nathaniel LaNasa. Together with Music Director Stephen Michael Smith and the UUCSR choir, we offer this Worship Service that touches on the human trait of vulnerability and its power to help us heal. *

* UUCSR's Worship Services are onsite and livestreamed on uucsr.org/worship, [Facebook](#), and [YouTube](#); available thereafter on the same platforms and as podcasts (www.uucsr.org/podcast). Also aired on NSTV.

TOUCHSTONES

Rev. David Carl Olson



Almost Spring

Have we had the worst of the cold for this winter? I'm used to there being a mid-winter thaw around the time of my birthday (last week), and I'm wondering how many more cold moments we will have.

Members of our community planted bulbs around the grounds of the new Shelter Rock Patio last fall.

I've been walking around the places where we planted and have been watching the first daffodils just beginning to break through. Have you noticed them? Sure sign, my heart cries, that spring is on the way.

Sacred perambulation is part of my spiritual practice. With a pagan friend, we walked around the area where she was going to perform a rite. In a practical way, we wanted to be sure that the walkways into and out of the sacred grove were clear. No places were exceptionally boggy and no trees had fallen on familiar path. In a more "woo-woo" way (my characterization, not hers), we imagined the energy of the space; where the sun fell, where the sky was visible, what felt enclosed and what open. We wanted especially to pay attention to allow the natural world to bathe us in its energy. To become more grounded and centered. To breathe deeply and allow nature's breath to become our own.

Another friend invited me to spiritual perambulation at a retreat center upstate. We walked quietly, allowing our breath to be deep and our eyes open to see what was around: a wildflower, a bird on a branch, a Red Eft on the path. After a time, we found our way to an open space where we sat and shared a Korean chant. After more silence, we spoke to each other and shared from the fullness of our hearts.

An aboriginal storyteller in Australia began her story, "touch the earth lightly." Many in the human family resonate with this encouragement because we so readily see the many ways that humans—throughout the story of our species—have abused the earth and its resources. Once, humans got what they needed and then moved on to another place, following the animals

Touchstones continues on page 2

TOUCHSTONES

continued from page 1

who themselves had learned to read the seasons and to migrate according to conditions of the earth. Later, much later, the day came when we settled down. We began to make claims on the land and its resources. We began to change the story from one where the earth holds us to one where we falsely imagine that we own the earth.

So I walk this earth, as lightly as I can. We who use perambulation as a sacred act walk (or roll or move in other ways) lightly. We remind ourselves that we are dependent on the health of the earth herself for our survival. Dependent on the earth for the survival of our children and grandchildren and all who follow.

The earth is calling, friends; daffodils are breaking through the ground cover. Our hearts are calling; the earth herself is inviting us to walk lightly, to get grounded, to allow the healing of earth and sky, to create the conditions for a clear and grateful mind. Almost spring!



Yours in a faith that is liberal and liberating.

Rev. David Carl Olson
Associate Minister for Congregational Life

REV. DAVID CARL OLSON

Associate Minister for Congregational Life



We will gather as a community and share with one another around Black History. A leader of the Spinney Hill community will be with us to share that community's story. Together we will have a simple meal of soup, salad, bread, and pie. Each participant is asked to come prepared with a story, poem, or cultural artifact to share. Childcare will be provided. All are welcome.

Your registration [HERE](#) would be very helpful for planning purposes. Thank you.

REV. DR. NATALIE FENIMORE

Lead Minister and Minister of Lifespan Religious Education



Black History Month

You can celebrate Black History Month by learning the history of Black Unitarian Universalists. There are many significant Black Unitarian Universalists, among them the prominent 19th-century poet and abolitionist Frances Ellen Watkins Harper and Egbert Ethelred Brown, ordained a Unitarian minister in 1912 who founded a Unitarian Church in

Harlem in 1920. There are contemporary leaders, like the late Rev. Hope Johnson, minister emerita at the Garden City congregation who was a conflict resolution expert and social justice advocate. You may have sung the hymns written by Ysaye Barnwell, the musician and member of the singing group, "Sweet Honey in the Rock."

An important local historic figure was Lewis Howard Latimer (1848–1928) the son of enslaved people and an inventor who worked with Thomas Alva Edison on the invention of the light bulb and Alexander Graham Bell on the development of the telephone. Latimer was a creative and intellectually curious person who never received the same recognition or pay as non-Black inventors. Latimer insisted on pushing past imposed boundaries. He bought a large house in Flushing, Queens when few Black people were allowed to live there, and in 1908 was a founder of the Unitarian Church in Flushing. Latimer's poetic soul shows through in his description of incandescent lighting: "Like the light of the sun, it beautifies all things on which it shines, and is no less welcome in the palace than in the humblest home." In his heart, his work and his faith, Latimer sought light, beauty and equality. He was true to Unitarian Universalism's inclusive message of worth and dignity for all. Knowing the stories of Black Unitarian Universalists helps to increase our welcome and expand our circle of concern.

REV. DAVID CARL OLSON

Associate Minister for Congregational Life

Oral History Project

When you tell the story of the last three years of Covid, where do you start? People will ask that question of another member of our community for the Oral History Project in which people share some time together discussing their experiences.

Rev. Oscar Sinclair and Rev. David Carl Olson are collecting stories. Oral History Project "kits"—with clear instructions and a simple audio recorder—are available on Sundays immediately after Services through March 5, 2023 in the Main Lobby. We will share conclusions at the UUA General Assembly in June, 2023 in Pittsburgh, PA. For further information, please contact Rev. Olson (516.761.9478, text or telephone)

MILESTONES

We will celebrate the life of... Shelter Rock member Hank Arond on Saturday, March 4, 2023, at 2 PM in the Worship Room. Hank died at his home on Saturday, November 19, 2022. He was a World War II veteran and a musician. Hank is survived by his children, grandchildren, and his beloved wife Ronnie. All are welcome to attend the Celebration of Life for Hank Arond.

Belonging at Shelter Rock

One of the greatest gifts of congregational life is the feeling of belonging—the feeling that we are with and for one another as we travel the path of life. Such relationships don't grow overnight. They are strengthened and deepened when we share our joys and our challenges.

We encourage each of you to share your meaningful life events with your congregation—the sorrowful and the joyful events that give shape to your life. Let us practice building those deeper bonds and our commitment to the beloved community.

Milestones include celebrations and ceremonies such as coming of age, weddings, and memorial and funeral services. But there are many other meaningful moments that can be shared and honored within the religious community. Milestones may include the events that bring us joy, call forth our prayers, challenge us, bring sorrow, and inspire hope. We hope you will choose to share your milestones with the members and ministry team at the UU Congregation at Shelter Rock.

Milestones should be directed to the Assistant to the Ministers Sharyn Esposito at pastoralcare@uucsr.org, 516.472.2960.

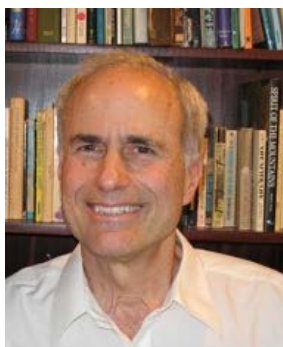
THANK YOU

Members of the Rev. Dr. Christine M. Wetzel Memorial Scholarship Sub-Committee of the Religious Education Committee would like to thank members of the congregation and others for their generous contributions to the Scholarship program totaling over \$8,000. Chris Wetzel was the congregation's first Minister of Religious Education and a loving advocate of the religious education conference on Star Island, NH. The Scholarship in her name will make it possible for RE professionals from other UU congregations to attend Faith Development Week on Star Island.



MEMBERSHIP COMMITTEE

Jeff Shiff, Chair



Inquirers Program for Visitors, Newcomers, and New Members

12:00 PM | RE Room 19
Sunday, March 12, 2023
Sunday, March 19, 2023
Sunday, March 26, 2023
Sunday, April 2, 2023
Sunday, April 23, 2023
Childcare is available.

Once again, we are excited to announce that the Inquirers Series will be starting up again this spring. Sessions begin on Sundays immediately following Worship Services.

The Inquirers Series is an ongoing interactive series of short conversations about our congregation and Unitarian Universalism. It is designed specifically for visitors and newcomers. Inquirers helps to explain congregational life at Shelter Rock, get newcomers connected with different leaders, and offer a grounding in Unitarian Universalist values.

An array of leaders, staff members, and ministers will lead the conversations about different program areas. Those who are serious about joining the congregation should note that it is highly recommended for you to attend at least two sessions of your choice, plus the final session, "Expectations of Membership." This way, we can be sure you can make an informed decision. A new member signing ceremony will be held following the series for those who truly want to join.

My wife and I joined this congregation 15 years ago and have found the experience very rewarding. It was truly mind opening, and the friends we have made have enriched our lives. Hopefully, you will also find your home here at Shelter Rock.

I very much look forward to meeting you. Each new member brings to us something very special and something of value that helps us grow spiritually as a community as we aspire to become more loving, inclusive, and thoughtful.

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



Congregational Meeting

Notice of Congregational Meeting

Sunday, March 19, 2023 | 1:00 PM | Multiplatform
Worship Room and Zoom webinar
Register [HERE](#) to participate via webinar.
UUCSR Members will receive a link to a full Congregational Meeting Packet via email on Thursday, March 9, 2023.

Agenda:
Opening Words and Chalice Lighting

- I. Approval of Minutes of January 8, 2023 Meeting
- II. Fiscal Year 2023/2024 Budget Preliminary Report
- III. Crisis Grants Request
- IV. Sustainable Land Management Statement
- V. Revised Agreement for Rev. Dr. Natalie Fenimore to Reflect Lead Minister Position
- VI. President's Report

Good Of The Order
Closing Words

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

Success!

Over 250 members of the Shelter Rock community have listed themselves in the new Online Directory.

Now you can also help Shelter Rock leaders get to know you and your interests by completing a quick online form. You can indicate opportunities that may interest you, talents and skills that you might like to share, and personal and/or professional experiences that you might bring to your participation in UU endeavors. Information provided will always be private, and may always be changed. You control your own personal profile at UUCSR.

Visit MYUUCSR, login, and click through to ABOUT YOU.
Questions? Please contact communications@uucsr.org.

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

Budget Meeting Notices

Listed below are dates for discussion and approval of 2023–2024 proposed committee budgets. Notices are required by UUCSR Bylaws. Please consult uucsr.org/calendar for meeting details including login information for offsite participation.

Art Committee	Tuesday, March 7, 2023	3:00 PM
Bookstore Committee	Thursday, March 9, 2023	6:00 PM
Caring Committee	Saturday, March 11, 2022	10:00 AM
Denominational Affairs Committee	Tuesday, March 7, 2023	7:30 PM
Green Sanctuary Committee	Wednesday, March 15, 2023	7:00 PM
Member Events	Tuesday, March 7, 2023	7:30 PM
Membership Committee	Thursday, March 2, 2023	7:15 PM
Men's Group	Sunday, March 12, 2023	12:45 PM
Music and Performing Arts Committee	Sunday, March 12, 2023	9:00 AM
Program Council	Tuesday, March 14, 2023	7:15 PM
Religious Education Committee	Monday, March 6, 2023	7:30 PM
Social Justice Committee (includes LGBTQ+, Mental Health, and Racial Justice Sub-Committees)	Wednesday, March 8, 2023	7:00 PM
Veatch Program	Tuesday, February 28, 2023	1:30 PM
Women's Group	Sunday, March 12, 2023	9:00 AM
Worship Committee	Monday, March 6, 2023	7:00 PM

EVENT HIGHLIGHTS

Welcome to several new ways to learn about programs and events at Shelter Rock!

On this page and the next (in chronological order), are highlighted special opportunities for both Shelter Rock members *AND* members of the community.

- Visit uucsr.org/calendar for additional event information including login or registration requirements, if necessary

OR

- Visit uucsr.org to sign up for programs and events

OR

- Download the UUCSR app from Apple App Store or Google Play Store to your smart phone for fast, complete calendar information, sign up information, Online Directory, and more. Download "Church Center App (Planning Center)" and choose UUCSR for a quick link to all things underway at UUCSR!

AND

- Follow articles written by UUCSR members and friends that are shared as blog content on uucsr.org. You'll find three existing blogs with more planned:
 - [Green Sanctuary Committee Members](#)
 - Shelter Rock's Social Justice Community
 - [UU Veatch Program](#)

Watch for expanded app offerings and a new UUCSR.org website.

Questions, comments, and assistance navigating new options are available. Call 516.472.2980 or communications@uucsr.org.

Sponsored by the UUCSR Social Justice Committee

CRIMINAL JUSTICE REFORM, CULTURE WARS, AND SIMPLIFIED NARRATIVES

A Four-Part Zoom Series

THURSDAY, FEBRUARY 23, 2023 | 7:00-8:30 PM
ONLINE | FREE-REGISTRATION REQUIRED

Sponsored by the UUCSR Racial Justice Sub-Committee of the Social Justice Committee

THE COMMON READ 2022-23: MISTAKES AND MIRACLES

FOUR SATURDAYS | 1:00 PM | ART GALLERY AND ONLINE
FEBRUARY 25, MARCH 11, MARCH 25, APRIL 8, 2023



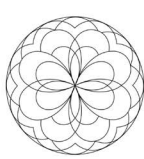

led by EROL DELOS SANTOS UUCSR Student Minister

#Sciencels4Girls Bedtime Stories!

WEDNESDAY
MARCH 1
7PM • LIVE VIA ZOOM

Women's Group T.G.I.F. presents

Art Adventure

7:00 PM				Friday, March 3, 2023				Veatch House							
PAINT				COLLAGE				COLORING				GREETING CARDS			
															

Annual Women's History Month Breakfast

Sunday, March 5, 2023 | 9:00 AM | Veatch Ballroom

Please join the Women's Group for Breakfast Celebrating Women's History Month

Welcoming words by Rev. Dr. Natalie M. Fenimore.

As part of the program, you are invited to share a woman in history who has inspired you and why.

FREE to current Women's Group Members.

All others: \$5

Register online [HERE](#) or visit at uucsr.org/23WGBreakfast

Nature Walk

Special Guided Tour

Sunday, March 5 | 1 PM | Meet in Main Lobby

EVENT HIGHLIGHTS



SOULFUL SUNDOWN
AT SHELTER ROCK
WHERE MUSIC RESIDES AT THE HEART OF THE RELIGIOUS EXPERIENCE

FEATURING **EROL DELOS SANTOS**
THE COSMIC ORCHESTRA
COFFEE HOUSE ARTIST **DAVID WILCOX**
ALL ARE WELCOME!

FRIDAY, MARCH 10 7:30 PM

Jazz in the Afternoon

The Dan Pratt Nonet

Sunday, March 19, 2023 | 1 PM
Worship Room

\$8 Suggested donation
(young people under 18 FREE!)
\$12 families of 3 or more.



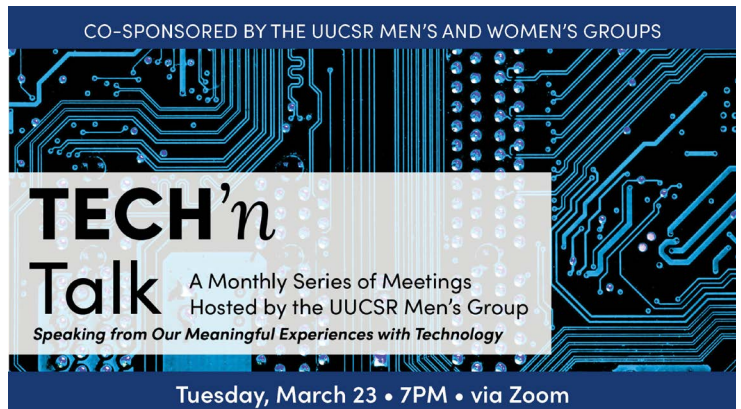
SPONSORED BY THE UUCSR MEN'S GROUP



ST. PATRICK'S DAY CELEBRATION

Saturday, March 18, 2023 • 6:30 PM • Social Hall

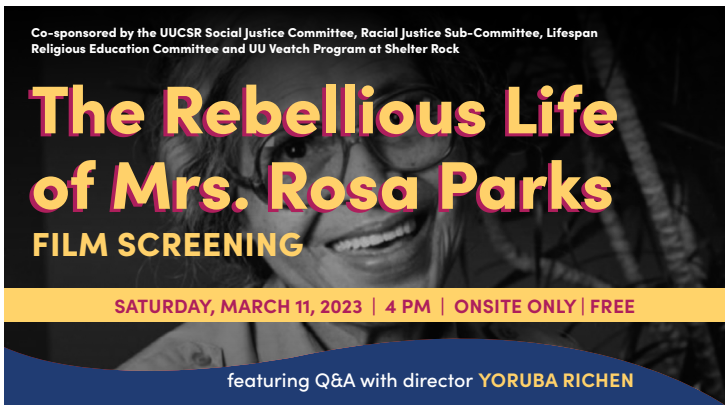
CO-SPONSORED BY THE UUCSR MEN'S AND WOMEN'S GROUPS



TECH'n Talk
A Monthly Series of Meetings
Hosted by the UUCSR Men's Group
Speaking from Our Meaningful Experiences with Technology

Tuesday, March 23 • 7PM • via Zoom

Co-sponsored by the UUCSR Social Justice Committee, Racial Justice Sub-Committee, Lifespan Religious Education Committee and UU Veach Program at Shelter Rock



The Rebellious Life of Mrs. Rosa Parks
FILM SCREENING

SATURDAY, MARCH 11, 2023 | 4 PM | ONSITE ONLY | FREE

featuring Q&A with director **YORUBA RICHEN**



Game Night!
Fun for All Ages

Friday, March 24, 2023 • 6:00 PM

Lunch and Learn

Sunday, March 12, 2023 | 12:00 PM | Social Hall

Enrico Nardone of Seatuck Environmental Association will give a presentation about his inventory of wildlife on the UUCSR property. Rusty Schmidt of Pope Nelson and Vorhees has been invited for questions and discussion about the proposed Land Management Plan. Question and answer session will follow talks.

Sponsored by Green Sanctuary Committee, Buildings and Grounds Committee, and the Land Management Leadership Team




Let's Bowl, RE!
Sunday, March 26, 2023
2:00-4:00 PM

Make the Circle Bigger



24TH Memorial Day Weekend All-Congregation Retreat

CAMP ZEKE, LAKEWOOD, PA | WWW.NORTHEASTRETREATCENTER.COM

May 26-May 29, 2023



**Enjoy creative workshops | Games and activities | Karaoke Night
Annual talent show | Rockin' Intergenerational Dance**

Further Information and Register Online
uucsr.org/23retreat

Register early, as space may be limited

This year we are pleased to announce that our 24th Annual Memorial Day weekend will take place at the Block & Hexter Retreat Center at Camp Zeke in Lakewood, PA, a pleasant 3 1/2-hour drive from Long Island.

Camp Zeke is a very well-regarded children's summer camp that has been modified to host weddings, retreats and all types of corporate events during the off-season. You can learn more about Camp Zeke at www.northeastretreatcenter.com.

Camp Zeke offers:

Boating on beautiful private fresh-water lake
Heated swimming pool with lifeguards | Counselors for children's program
Art Building | Theater | Etc, etc.



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

SEE WEBSITE FOR MORE INFO

Questions? Contact Sharyn
516.472.2960 or sesposito@uucsr.org

48 Shelter Rock Road, Manhasset, NY 11030 | uucsr.org | 516.627.6560 | 

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Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore (nfenimore@uucsr.org)

Associate Minister for Congregational Life

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Developmental Minister

Rev. Jaye Brooks (jb Brooks@uucsr.org)

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Music Director

Stephen Michael Smith (ssmith@uucsr.org)

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Carson Jones (cjones@uucsr.org)

Social Justice Coordinator

Claire Deroche (cderoche@uucsr.org)

Officers of the Congregation Members of the Board of Trustees

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February 22, 2023

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, March 15, 2023 | Deadline for Content: Thursday, March 9, 2023

BOOKSTORE COMMITTEE

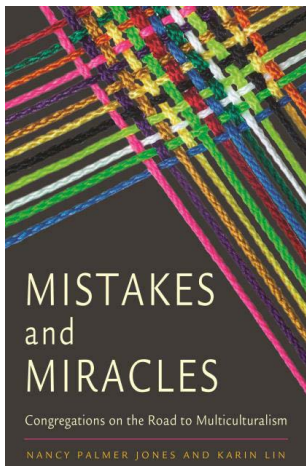
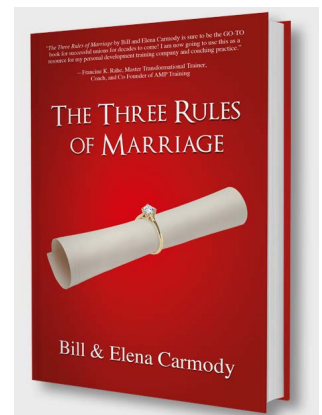
Shanti Flot, Chair

How Are Your Relationships?

Every now and then, it's a good idea to ask yourself this question—especially as it pertains to your relationship to yourself and your primary relationship with your significant other. When it comes to relationships with others, it turns out that there are five distinct levels: (1) Not in a relationship, (2) Planning your escape, (3) Acceptance (i.e., "It is what it is"), (4) Happy, joyful and desiring even more, and (5) Blissful (i.e., "How is it possible to be this happy?")

If you're curious about these five levels and how to take your relationships to the next one, head on over to the Bookstore off the Main Lobby and pick up a copy of UUCSR members Bill & Elena Carmody's Amazon bestselling book, *The Three Rules of Marriage*. These books have been donated by the authors and 100 percent of the price goes to the Bookstore. If you'd like to have your copy signed by at least one of the authors, drop into Senior Seminar (RE Room 6) and Bill would be delighted to autograph your copy. (Pro tip: If you prefer to have the book read to you, it's also available on [Audible.com](https://www.audible.com) read by the authors themselves.)

Enjoy! And may all your relationships be loving, kind, and blissful.



As promised, additional copies of this year's Common Read, *Mistakes and Miracles*, have arrived. Come to the Bookstore to purchase your copy for the series of book discussions led by Student Minister Erol Delos Santos. The series is sponsored by the Racial Justice Sub-Committee of the Social Justice Committee and will take place at 1:00 PM on four Saturdays: February 25, March 11, March 25, and April 8, 2023.

Quest is published twice a month, except once each in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/on-demand/quest-newsletter>, and via email. Sign up for email at <https://uucsr.org/on-demand>.

Quest Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. *Quest* is produced by staff members Jennifer Sappell and Linda McCarthy, with the invaluable assistance of member volunteers Claire Z. Bock, and Jessica K. Vega. **Submissions:** communications@uucsr.org *Quest* Guidelines: <http://j.mp/quest-gl> *Quest* may include views or opinions that do not necessarily reflect official policy, views of the respective boards or committees, or editorial staff.