



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.



January 25, 2023
Monthly Theme:
Finding Our Center

WORSHIP SERVICES

SUNDAY, JANUARY 29, 2023, 11:00 AM

Rev. Dr. Natalie Fenimore

Veatch Sunday Worship Service: From the Ground Up Join Dorian Warren, Co-President of Veatch grantee Community Change, for Veatch Sunday. A nationally recognized organizer, scholar, and commentator, Dorian leads a visionary institution that advocates for racial equity, worker rights, and social transformation. Join the Veatch Board of Governors to hear Dorian speak from the pulpit about how organizers are building the ideals of our multiracial democracy. *

At 1 PM, all are invited to the Veatch Annual Meeting for a very special dialogue with Dorian Warren.

SUNDAY, FEBRUARY 5, 2023, 11:00 AM

Erol Delos Santos, Student Minister

Mahal Kita means “I Love You” in Tagalog, a language spoken in the Philippines. Join Erol Delos Santos to explore the complexities of love, togetherness, and community through the lens of Indigenous Filipino folk culture and traditions. *

FRIDAY, FEBRUARY 10, 2023, 7:30 PM

Rev. David Carl Olson

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

Soulful Sundown Rev. Olson weaves spoken word with music from the Cosmic Orchestra. Special guest musical artist Janie Barnett featured at coffee house afterward with coffee, tea, and cookies. FREE and open to all. *

* 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. Jaye Brooks



A Unitarian Universalist Congregation Is a Covenantal Community

Each congregation covenants with other UU congregations to affirm and promote [Unitarian Universalist Principles](#), and each crafts its own covenant among its members.

At Shelter Rock, we re-commit to that covenant every Sunday when we speak together the Words of Affirmation:

Love is the doctrine of this congregation,
The quest for truth is its sacrament,
and service is its prayer.
To dwell together in peace,
To seek knowledge in freedom,
To serve human need—
this do we affirm and covenant
with each other.

In 2015, Shelter Rock members also created a [congregational covenant](#) in a form sometimes called a “behavioral covenant”—because it expresses the behavior to which individual members aspire so that this congregation can truly be a loving religious community. Speaking with kindness, assuming that others have good intentions, “accepting, respecting, and celebrating” difference.

In any group that intends to honor and respect others who think differently, there must be a way to resolve disagreements. The use of established decision-making processes, including voting in congregational meetings, is the basic mechanism that mediates the many different ideas members may have about what is best.

Another means of resolving disagreements is stated in the congregational covenant—and it's aimed at restoring respectful relationships when a more personal conflict occurs. Members covenant to resolve the issue directly, or through a facilitated conversation. Ministers have the training and experience to facilitate a conversation between members who agree to resolve their differences through that process, and the covenant expressly commits members to this approach. An additional avenue the

Continued on page 2

covenant mentions is dispute resolution through the Committee on Ministry.

The Committee on Ministry never functioned especially well as a means to reconcile members in conflict. After discussing this issue, and struggling as well with its broader charge, the Committee on Ministry recommended to the Board that the Committee be restructured as a smaller team with the responsibility and authority to facilitate conversations between members seeking to settle their disagreement and restore their relationship.

The Board appointed an ad hoc committee to evaluate this recommendation. That group agreed with the Committee on Ministry and came back to the Board with a specific proposal: To create a Respectful Relationships Team of three members who, with a Minister's guidance and after appropriate training, would be available to facilitate conversations between members seeking a return to a respectful relationship.

The Respectful Relationships Team's (RRT) charge, which the Board approved, is based on successful similar teams in other UU congregations. In addition to facilitating conversations, the Team is to recommend workshops and programs that promote compassionate communications and healthy relationships.

Because of the way UUCSR's Bylaws are structured, the elimination of one committee and the creation of another requires a Bylaws amendment passed by a two-thirds majority vote at a congregational meeting. To fill the gap between now and then, the Board established an ad-hoc committee to be called the Respectful Relationships Team and to function as one pending a Bylaws change. If you are still reading, you have my gratitude. Because two things are now important.

First, the ministers are recruiting RRT members for the Board to appoint. One was appointed at the January Board meeting. The ministers plan to present two more names in February. Anyone who is interested in this role can let any minister know of their interest.

Second, the congregational covenant specifies that if a member refuses to participate in dispute resolution, then that person agrees to "drop the matter and not involve others." In other words, stop stirring the pot.

This agreement is a powerful, significant commitment to covenantal community. Although the Respectful Relationships Team is still in formation, the ministers are ready and willing to facilitate a conversation between members seeking to return to a respectful relationship. At this moment, we aren't aware of anyone in need of help to restore their relationship with someone else in the congregation—so the information in this column is decidedly not a disguised plea to un-named members.

Instead, it is my expression of hope. It's my public admiration for

Shelter Rock's development toward a better way to create loving religious community. Celebrate with me—in the words of UU minister and poet Rev. Theresa Soto—this progress "by covenant and the movement forward of one right action and the next."

With hope for the future,
Rev. Jaye

CARING COMMITTEE

Suzanne Viverito, Chair



You Are Invited To Attend an Informative Afternoon with the Caring Committee!

We will discuss current and future projects that include opportunities for new volunteers to participate in programs for UUCSR member support, possible community outreach, and foundational and ongoing self-care education.

WHO	All are welcome
WHAT	An Informative gathering of current and future Caring Committee Volunteers
WHEN	Sunday, February 5, 2023 12:15 PM
WHERE	Veatch Ballroom
WHY	Discover <i>YOUR</i> "Why!"

Please [register HERE](#) no later than Wednesday, February 1, 2023 to be assured of a light and healthy lunch.

Any questions or concerns, please email Suzanne Viverito (suzviv13@gmail.com)

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Barry Nobel, Chair



FAITHFULLY BECOMING
UUA GENERAL ASSEMBLY
PITTSBURGH • JUNE 21 - 25, 2023

Big things are happening at the UUA General Assembly (GA) in Pittsburgh this June!

Would you like to attend, virtually or in person? Would you like to represent our congregation as a delegate? For details about GA and for the online application form, [click HERE](#). Paper forms are also available at the Welcome Desk, along with a box to deposit your completed application. Don't wait! February 1 is the application deadline!

MINISTRY PROGRAMS

Rev. David Carl Olson

Fourth Friday: With Soup, Song, and Story Friday, January 27, 2023 | 6:30 PM

After nearly three years of isolation due to the COVID pandemic, members and friends of the congregation return to the Shelter Rock Social Hall for evening of fellowship. We'll share a simple meal of soup, salad, and artisanal breads. We'll sing together and tell stories. We aim to renew ties with one another and to forge new friendships.

This event is the first of a series of Fourth Friday programs by which the UU Congregation at Shelter Rock will build relationships. There's a spirituality to human interaction, and we hope to find our way to a kindness and happiness that Beloved Community amplifies.

The Leadership Team for Fourth Fridays includes Vince Chimienti, Suzanne Viverito, and Rev. David Carl Olson.

Oral History Project

When you tell the story of the last three years, where do you start? That's the first question people ask each other in our Oral History project. *What is an image from Covid and our response that sticks with you?*

On Sundays after services, people willing to ask those questions of another member of our community are welcome to sit with the Oral History Project. We'll pair people off so that they may share some time together, answering questions about the last three years, and sharing their own experiences.

Rev. Oscar Sinclair and Rev. David Carl Olson are cooperating on collecting these stories. Oral History Project "kits"—with clear instructions and a simple audio recorder—will be distributed each week for people who are willing to have a conversation. The kits will be at a table in the Main Lobby, and Rev. Olson or a volunteer will be available to help pair people and to answer any questions.

What role did the UU Congregation at Shelter Rock play for you during the pandemic? This and other questions will help us imagine together the ways this congregation is creating communities in the building, in the organization, and in its online presence.

Rev. Olson will share with the congregation some of the things that we discover. Rev. Sinclair hopes to take the experiences of his congregation in Nebraska and add those of the congregation he is serving temporarily during a sabbatical in England. With what we learn at Shelter Rock, we will share our conclusions at the Unitarian Universalist Association General Assembly in June, 2023 in Pittsburgh, PA.

Sundays, January 29, through March 5, 2023

Fifteen minutes after the morning Service

Meet at the table in the Main Lobby

For further information, please contact Rev. Olson
(516.761.9478, text or telephone)

Ministering To and With Each Other in Small Groups

The Living Tradition of Unitarian Universalism asserts the priesthood of all believers. When it comes to acts of ministry, we all do it all the time!

The ministry of Small Groups is dedicated to building relationships within our congregation that grow in intimacy by sharing about ultimacy. People talk about "the big questions" of life. What does it mean to belong? How do we experience change in our lives? What's Love got to do, got to do with it?

The ministry of Small Groups happens in a variety of ways, from groups that form around a table on a Sunday after the service, to a midweek experience online, or to other ways that we are open to exploring. What is required is a commitment of a small group to show up for one another once or twice a month (depending on the group), and to share honestly in the ministry of listening and presence.

If you are interested in joining a small group or in being trained to facilitate a small group, please contact Rev. Olson (dcolson@uucsr.org or 516.761.9478).

One theorist said, "Small groups are not a program of the religious congregation, they ARE the religious congregation." By this practice, people new to the congregation find their way into the center of congregational life. By this practice, the spiritual dimension of our congregation is profoundly amplified for each participant.

MILESTONES

We mourn the death of... long-time Shelter Rock member Elaine Robbins who died on Wednesday, January 11, 2023, at the age of 80. Elaine is survived by her husband Michael, children Patricia (Gary) and Lee (Kristin), and her grandchildren Jacqueline, Hunter, Anna, and Nora. Expressions of sympathy may be sent to:

*Michael Robbins c/o Susan Bagnini
Hadley House
464 Main Street - Office
Port Washington, NY 11050*

We extend our sympathies to... the Jellerette and deJongh families upon the death of Alphonso Jellerette. Mr. Jellerette died on January 15, 2023, at the age of 89. He was the father of Monique Jellerette deJongh, father-in-law of Robert deJongh, and grandfather of Dylan and Jordan deJongh. Memorial donations may be made to WBAI [HERE](#). Expressions of sympathy may be sent to:

*The Jellerette deJongh Family
19908 100 Avenue
Hollis, NY 11423*

CONGREGATIONAL AFFAIRS

Jana North, President of the Congregation



A Message from the President

Although it is a new year on the calendar, January is a midpoint for us at UUCSR. The boards, committees, task forces and leadership teams have already been meeting and planning for many months and both the business and programs of Shelter Rock are moving ahead.

But there are still many ways that members can get involved with and join into community at the congregation. There are still open positions on most committees but there are also short term ways that you can support UUCSR.

If commitment to a committee seems just too time consuming for you right now, I would like to recommend a way that every member can help the congregation have a meaningful time of fellowship on Sunday after service.

The Sunday Cafe needs volunteers every week to prep, serve, and clean up lunch. It is clear that the opportunity to share a light meal with other members after Sunday service is important and popular because over 50 people stay to eat each week. The tables in the Social Hall are filled with conversation both serious and light-hearted over a simple lunch.

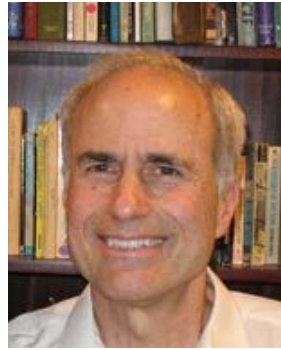
When the BOT envisioned the Cafe being organized by different committees every week, we were forgetting those members not on a committee who still want to participate but can only do so in a limited way. So now, there will be a sign-up sheet in the Main Lobby for any member who would like to give an hour or so on Sunday to help before or after the Cafe and get a free lunch compliments of the BOT. Many members who have already helped out these past few months have said the experience was great fun and a terrific way to meet new friends.

If you are interested in participating in a deeper way but also for a limited time, I recommend that you think about being part of the next Ministerial Search Committee. Rev. Jaye Brooks will be departing UUCSR in July and the BOT is organizing a search committee to find a minister to join Rev. Olson under the leadership of Rev. Dr. Fenimore. Five at-large members from the congregation will join Trustees Chris Hilke and Ursula Salamone in the search which will begin immediately and end in May. It is important work that combines both the spiritual and business issues of the congregation. If you are interested, please send your name to Tammy at tweil@uucsr.org.

Being in community at UUCSR doesn't always have to mean joining a committee, although their work is the backbone of this congregation. But everyone's lives are different and our time is precious so even if you can't commit to a long-term project at Shelter Rock, I hope you will consider a limited way to be in fellowship. See you Sunday.

MEMBERSHIP COMMITTEE

Jeff Shiff, Chair



Becoming a member of the congregation is an important milestone in your spiritual journey. Members affirm and promote the Unitarian Universalist Principles at Shelter Rock. We covenant and agree to work alongside each other in search of spiritual growth.

With great pleasure, I wish to introduce one of our newest members.

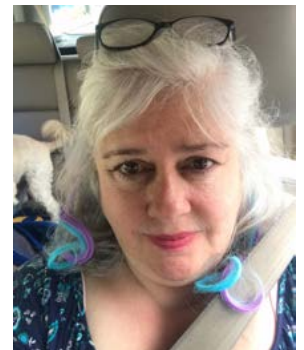
Over time, you will see that all of our members, new and long-timers, each offer something special to our beloved community. Please join me in wishing Suzanne a most sincere welcome!

Suzanne de Oliveira

I try to avoid looking forward or backward, and try to keep looking upward.

Charlotte Bronte

Suzanne learned of Soulful Sundown from John Platt on WFUV and since then has attended as many Soulful Sundown Services as possible.



Born in Forest Hills, she has spent the last 30 years in Great Neck. She enjoys live music and live theater, animal rescue, arts, antiquing, nature, crafts, gardening and meditation. Suzanne currently shares her home with her 28-year-old son, Joshua.

Joining Shelter Rock was not a quick decision for Suzanne. She took her time poking around ways that she might be involved in the community as a retired woman with diverse interests. It took a few years, but eventually Suzanne decided to make a commitment to UUCSR as her spiritual home. She said, "I came to love the UU and the idea of a spiritual home where I could grow and become a better human."

Today, Suzanne uses the UUCSR website calendar to learn about programs open to the public. She's attended Ethical Eating classes, LGBTQ+, Green Sanctuary Committee, Men's Group events, and the Soulful Songs and Stories series, plus volunteers for Midnight Run. An intrepid spirit, she'll continue to investigate programs that pop up on the calendar. Please consider a special invitation to Suzanne if you're looking for a thoughtful, committed program participant.

UUCSR offers transportation assistance to Worship Services for members who are unable to travel. Email ministryteam@uucsr.org, or call 516.472.2960 for an application.

LAND MANAGEMENT LEADERSHIP TEAM (LMLT)

Carol Garbarino, Convener

Access to Nature Is a Social Justice Issue

In my observations on the need for active land management here at UUCSR, I often focus on our Seventh Principle, “respect for the interdependent web of all existence of which we are a part.” UUCSR woods, especially, plays host to a large complex web of life. The Land Management Leadership Team, building upon the work of the Green Sanctuary and Buildings and Grounds Committees is fostering a comprehensive Land Management Program for adoption here at UUCSR.

Humans have been increasingly dismal stewards of the Earth since the dawn of the industrial revolution. Rachael Carson warned of the dangers of pollution in the 1950s. Oil company scientists understood the perils of climate change decades ago. Their findings were covered up by corporate (mis)management. I strongly believe that humanity owes it to future generations of all life on Earth to be better land managers. Selfishness plays a big part here, too. We are fouling our only planet to our own mortal peril. There is no Earth 2.0.

Rev. Dr. Natalie Fenimore recently reminded me that the care of our property is not only a conservation issue, it is also a social justice issue—the basis of our Second Principle, “justice, equity, and compassion in human relations.”

Having access to a mature woodland means having access to cleaner air with less small particle pollutants that are responsible for disease (asthma) and premature death of thousands every year. Mature tree cover moderates summer’s high temperatures—again not just a comfort issue—but increasingly a significant health concern. Woodland walks have proven physical and psychological benefits. So where does social justice come in? It turns out that while urban and suburban communities have less access to nature generally, economically disadvantaged communities have even less access. Financially disadvantaged neighborhoods tend to have fewer trees and less park access. With denser living conditions, and maybe less free time, many who could benefit from a walk in the woods lack the equal opportunity.

Our congregation is blessed to have both a mature oak tulip tree forest and a legacy Gold Coast garden. Even if only observing the grounds from inside our buildings, many of the congregation take comfort seeing the greenery and knowing it is there. It is hoped that the newly configured patio off the Main Lobby will draw more people outdoors. Stay tuned for its official opening this spring. A 2016 research report by Austin & Williams commissioned by UUCSR observes that “the 100-acres of park-like property on which UUCSR resides is a truly natural asset that differentiates the congregation.” Our property is a draw that can provide a balm for the soul. Enhancing our commitment championing social justice, we could do more to invite community members and neighboring groups to walk our grounds. Come for a guided walk —maybe get to know us. What groups might benefit from some balm to their souls? Have suggestions? Let us know.

Stephen Ruocco for the Land Management Leadership Team

Congregational Forum on Sustainable Land Management Statement Thursday, February 2, 2023 | 7:00 PM | via Zoom

This Forum will provide an opportunity to members of the Congregation to hear from the Land Management Leadership Team (LMLT) on a proposed Congregational Sustainable Land Management Statement. The Statement is intended to be brought to a vote of the congregation at the March 19, 2023 Congregational Meeting and will help shape congregational decisions on the stewardship of the Shelter Rock property and the Congregation’s commitment to environmental sustainability. The LMLT welcomes member input on the Statement in advance of the Congregational Meeting.

Excerpt from the Statement:

Active management of the UUCSR land resources in an environmentally sustainable way can serve as a model for ethical land stewardship in the 21st century. In making decisions about that land resource, our congregation will consider the following questions prior to making any decisions:

- *Are there other ecologically viable alternatives to this decision?*
- *How does this decision respect the present and future integrity of the land?*
- *How does this decision preserve the soil, water, air, and species of the land?*
- *Have we collaborated with others who will be affected by the decision?*

Click to read the full [Sustainable Land Management Statement](#)

Click to read the [Landscape Master Plan](#)

Click [HERE](#) to join via Zoom.

Meeting ID: 811 7760 5508 Passcode: 743651

Or call +1 646 558 8656

Lunch and Learn

**Sunday, February 12, 2023 after Worship Service
Social Hall**

Together with Green Sanctuary Committee, the Land Management Leadership Team and Buildings & Grounds Committee

Please enjoy a bargain lunch together while guest speaker and author of the Land Management Plan, Rusty Schmidt, presents Plan highlights.



SOCIAL JUSTICE COORDINATOR

Claire Deroche



How Do We Make Our Communities Safer?

A perusal of headlines, news stories, and other media coverage might lead one to believe that more police, longer prison sentences, and harsh imposition of bail leads to community safety. Is there another way to look at this? Legislators in Albany and advocates for thoughtful and humane

reforms are looking at the issue through a more nuanced lens. They believe that meeting people's needs for food, shelter, education, mental health resources, and jobs play a big role in making all of us safe. Add to that the fair application of just laws and true rehabilitation in our jails and prisons, and true community safety need not be just a dream.

What are the tools that legislators and advocates are using? The current menu of legislation offers insight. Let's start with the [13th Forward Campaign](#). According to this campaign, "An insidious form of slavery still exists in New York State. The 13th Amendment ended chattel slavery, but with an insidious exception: 'as a punishment for a crime.' This loophole has allowed New York to build a prison system so dependent on human exploitation and degradation that it is akin to modern day slavery."

This ambitious effort aims to pass a constitutional amendment that would abolish slavery in all its forms in New York State. (Remember Ava DuVerney's movie, *13th* about prison labor?) The first step is to pass the *No Slavery in NY Act* (S.308/A.3142) and the *Fairness and Opportunity for Incarcerated Workers Act* (S.416A/A.3481B). Because the *No Slavery in New York Act* would amend our state constitution to abolish modern-day slavery, it requires passage in two consecutive legislative sessions, after which it will appear on the ballot as a referendum.

The [Communities not Cages Campaign](#) also has ambitious goals. This effort includes a package of bills: Eliminate Mandatory Minimums Act (S.7871-Myrie/A.9166-Meeks), the Second Look Act (S.7872-Salazar/A.8894-Walker) to allow judges to review and reconsider excessive sentences; and the Earned Time Act (S.7873A-Cooney/A.8462B-Kelles) to strengthen and expand "good time" and "merit time" laws to encourage personal transformation in prison and reunite families. In the words of the campaign, "We are fighting to win legislation that will decarcerate New York's prisons, interrupt the abusive power of prosecutors, and build the power of Black, brown, working class and poor communities most impacted by injustices within the criminal legal system."

The tagline of [The Release Aging People in Prison \(RAPP\) campaign](#) pretty much sums up their mission: "If the risk is low let them go." Their legislation includes *The Fair & Timely Parole Act* (S7514/A4231A) which would create a fairer parole determination process that looks to who a person is today, and *The Elder Parole Bill* (S15A/A8855) which would create opportunities for case-

by-case consideration for parole release for people classified by DOCCS as older adults who have served at least 15 consecutive years on their current sentence.

What these campaigns have in common is the belief that by decarcerating our jails and prisons, making "punishment" truly rehabilitative, and investing instead in our Black, Latino, and low-wealth communities, we can promote [genuine community safety, community control and collective wellbeing](#).

SOCIAL JUSTICE ANNOUNCEMENTS

Claire Deroche, Social Justice Coordinator

Cooking Meals for Guests of the Shelters Run by the Interfaith Nutrition Network (INN)

On first Wednesdays and fourth Thursdays of the month from 9:00 AM–12:30 PM, volunteers gather in the UUCSR Main Kitchen to cook nutritious meals delivered to three INN shelters. Check the *Quest* newsletter for any schedule changes. Register with Jeannie Gross, jgross@uucsr.org

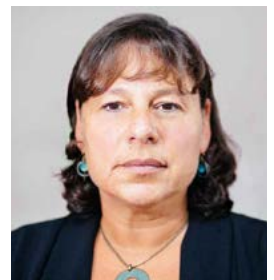
Supporting Those Experiencing Hunger

The Social Justice Committee invites you to bring donations of non-perishable food items to the red basket inside the Main Lobby. The congregational pantry by the kitchen door is for anyone in need. Once that pantry is stocked, we donate to local food pantries.

Criminal Justice Reform, Culture Wars and Simplified Narratives: A Four-Part Series

Thursdays, February 9 and 16 and
March 9 and 16 via Zoom | 7:00–8:30 PM

This ongoing series on the Criminal Justice System will be facilitated by Susan Gottehrer, Director of the Nassau County Regional Office of the NY Civil Liberties Union. She will guide participants to a more complex, nuanced, and humane understanding of the issues of community safety in the context of police reform, bail reform, sentencing, and parole reform. There is no charge for the series, but registration is required at uucsr.org/23CJR. After registering you will receive a confirmation email with the Zoom link.



Friday Nights with the LGBTQ+ Group on Zoom

The UUCSR LGBTQ+ Sub-Committee sponsors a weekly get-together on Friday nights for its members and allies. Check in is at 6:30 PM and gathering for facilitated conversation is at 7:00 PM. On January 27, Marsha Stone will lead a conversation on "Deep Listening." The conversation on February 3 will be led by Meg Cohen on the topic of "Positivity." Join Zoom Meeting [HERE](#), or call 646 558 8656, Meeting ID: 940 8603 7651, Passcode: 290509

**RACIAL JUSTICE SUB-COMMITTEE
OF THE SOCIAL JUSTICE COMMITTEE**
Martha Chimienti, Chair

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

**THE COMMON READ 2022-23:
MISTAKES AND MIRACLES**
Congregations on the
Road to Multiculturalism

by Nancy Palmer Jones and Karin Lin

FOUR SATURDAYS | 1:00 PM
FEB 25, MAR 11, MAR 25, APR 8
ART GALLERY AND ONLINE



featuring
EROL DELOS SANTOS
UUCSR Student Minister

Care about the Eighth Principle and its implementation at UUCSR? Join together for a series of four discussions based on this year's UUA Common Read. We will learn the joys of this work and its pitfalls, preparing us for leadership in planning for the future.

As we enter a Common Read of this book, we find ourselves receiving its report with a changed spirit and an urgent need for multiculturalism and antiracism work in our congregations and our movement.

REGISTER HERE
uucsr.org/CR23

Mistakes and Miracles is available from
local booksellers, Amazon,
UUCSR Bookstore, and as a
FREE audio book from UUA [HERE](#).

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



JANUARY 29, 2023
From the Ground Up
Veatch Sunday



Dorian Warren
Co-President
Community
Change

Join Dorian Warren, Co-President of Veatch grantee Community Change, for Veatch Sunday. A nationally recognized organizer, scholar, and commentator, Dorian leads a visionary institution that advocates for racial equity, worker rights, and social transformation.

Afterwards, all are welcome to attend the Veatch Annual Meeting for a special dialogue with Dorian Warren.

11 AM-12 PM
12-1 PM

1-2 PM

Worship Service
\$5 Lunch Provided by
Veatch Board of Governors
Veatch Annual Meeting and
Grantee Discussion

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.

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator



Online Congregational Directory

1. **You are heartily invited to join the UUCSR online Directory!!**
2. **And then, if you are so inclined, download the mobile app so that you may use the Directory and more with ease!**

I am pleased to report that there are over 300 members and their family members in the secure online Directory.

Full participation will make the Directory especially valuable. If you have not responded to your invitation to join the Directory, please find your email from “no-reply=planningcenteronline.com on behalf of Jennifer Sappell (The Unitarian Universalist Congregation at Shelter Rock (UUCSR)” OR visit uucsr.org and click on MYUUCSR. Follow the instructions to log in using your mobile phone (preferred) or your email address.

You are also invited to download the UUCSR membership database's mobile app where you may access the directory via your mobile device in addition to the web version on the MYUUCSR section of the congregation's website.

You will be able to call, text or email another member directly through the app, update your member profile and access your congregational group's resources among other functionality. The app is called Church Center (sorry we can't change it to Congregation Center). Below are links for both Android and Apple (iOS) users.

[Android](#) or [iOS](#)

Special Help Available

If you have any questions on how to download the app or about the congregational Directory please feel free to contact Monica Schlichting, Claudia Barbey or Carol Klitzner. All are members of the Membership Committee and are happy to assist. Additionally, this group will be onsite on Sunday, January 29 at a table in the Social Hall before and after Service to assist with sign-ups and downloads. Or contact Jen Sappell (jsappell@uucsr.org).

The new system enables members to connect names with some faces, and call or email using one-touch technology from your phone, tablet, or computer.

- The highly secure system uses NO users or passwords.
- Changes are instantly available and always up-to-date.
- Participation is completely controlled only by members.
- Preferences are easily selected and may always be changed.
- Your information will not appear unless you permit.

Welcome to MYUUCSR, updated!

SOCIALLY RESPONSIBLE INVESTMENT (SRI) COMMITTEE

Leona Handelman, Chair



Socially Responsible Investment (SRI) News

Envest Microfinance is a recently approved recipient of a loan from UUCSR through the SRI Committee. Envest lends funds to microfinance institutions (MFIs) in developing countries. These MFI loans typically average about \$650 and are given to low-income borrowers who lack adequate access to credit from traditional sources.

Universal access to credit is one of the conditions necessary to create a socially just and environmentally sustainable economy. Because of the commonly held perception that small institutions carry a high level of risk, many small MFIs have limited access to credit from international lending institutions. Envest is lending to small MFIs that are financially sound and have a strong social focus in six diverse regions of the world, many of which provide the only opportunity for credit in their communities. Even small loans improve the well-being and financial security of low-income families struggling with poverty. For example, a small group of women whose husbands are fishermen in a remote region of Central America is now able to package and distribute their husbands' catch and form a distribution business. Another example might be a cattle farmer in an isolated area of West Africa being able to use her cell phone to take orders, purchase feed, and run her business. A new shed for storing materials might be just the thing to allow a small manufacturer of clothing in Moldova to improve his business.



In the past, UUCSR's SRI Committee searched for opportunities to lend funds internationally. These presented many obstacles because of different currencies, governments, and international regulations. Envest Microfinance is a facilitator in this regard. Through Envest, we are able to lead money to the poorest of the poor, in remote regions of the world with vetted MFIs which have proven relationships and success within those areas. The SRI Committee continues to search for opportunities to practice moral responsibility and create a more equitable economy.

Information for this article came from Envest Microfinance. Additional information is available at envestmicrofinance.com

MUSIC AT SHELTER ROCK
Stephen Michael Smith, Music Director



**Join the Choir for the
Annual Music Sunday**

Rehearsals begin
Thursday, January 26, 2023
7:30–8:30 PM
Rehearsals in the Worship Room
Masked and Social Distanced

Performance:
Sunday, April 23, 2023, 11:00 AM



Dona Nobis Pacem by Ralph Vaughan Williams
A Plea for Peace in a Time of War
For Soprano and Baritone Soloists, Chorus, and Full Orchestra

When WWI broke out, the 42-year old British composer Ralph Vaughan Williams immediately volunteered for service as an ambulance driver on the front lines where he witnessed unspeakable carnage. He later served as an artillery officer, and the thundering of the machinery of war ultimately severely damaged his hearing. He was deeply affected by these experiences, and after the war, he turned to music to come to terms with all that he had seen. His journey toward healing was interrupted in the 1930s as he watched the rise of fascism with great alarm. Williams was particularly horrified by Italy's 1935 invasion of Ethiopia, and in 1936 he wrote his cantata, *Dona Nobis Pacem* (Give Us Peace).

Based on poems by Walt Whitman, political rhetoric, the Bible, and the Catholic Mass, this monumental work is a musical plea for peace.

Members of the congregation and the larger community are encouraged to join the UUCSR Choir as we prepare to sing this very moving work. Rehearsals will take place on Thursday evenings, 7:30–8:30 PM, commencing January 26, 2023.

Questions? Contact Music Director Stephen Michael Smith (ssmith@uucsr.org).

MUSIC AND PERFORMING ARTS COMMITTEE
Katy Schall, Chair

MUSIC AND PERFORMING ARTS PRESENTS

**MUSIC THEORY AND
SIGHT-SINGING
CLASSES**
with Nathaniel LaNasa
(M.M. Juilliard)

Thursday evenings
• 6:15–7:15 PM •
Choir Room

FEES

5 class series: \$20
Per class: \$5

DATES

February 9 March 9
February 16 March 16
February 23

REGISTER HERE
uucsr.org/23sing

Please REGISTER to take part in these classes.
Open to all!



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

Questions? Contact Steve Schwartz
516.472.2975 or sschwartz@uucsr.org

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

YOUTH PROGRAMS

Jamie Walowitz

Youth and Adult Faith Engagement Coordinator



Register Today To Volunteer for Midnight Run on February 10!

Join the Senior Seminar teens as they prepare for their Midnight Run on Friday, February 10, 2023, beginning at 5:30 PM in the Art Gallery!

Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those who are experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year in which volunteers from churches, synagogues, schools, and other philanthropic groups distribute food, clothing, blankets, and other personal care items to those who are impoverished and/or experiencing homelessness on the streets of New York City.

We are excited to recruit volunteers to help our Senior Seminar teens on their mission to clothe and feed those in need. We are seeking volunteers of all ages to prepare food and sort clothing and personal care items, drivers to transport our runners, and runners in grades 9 through 12 who want to join the Senior Seminar teens as they distribute food and hygiene items throughout Manhattan. Dinner for all volunteers will be hosted in the Art Gallery.

The link to register for any of these volunteer positions can be found [HERE](#). Donation bin is in the Main Lobby. A list of acceptable items to donate can be found [HERE!](#)

Contact Youth and Adult Faith Engagement Coordinator Jamie Walowitz (516.472.2943 or jwalowitz@uucsr.org) if you would like to volunteer or have any questions.



ADULT PROGRAMS

Jamie Walowitz

Youth and Adult Faith Engagement Coordinator

Great Books Discussions

Fridays | 12:00–1:30 PM

Come for conversation that is also a fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. [Live on Zoom HERE](#). All are welcome.

A new short story collection

begins January 13, 2023:

Winesburg, Ohio: A Group of Tales of Ohio Small-Town Life,
by Sherwood Anderson.

Available on Amazon as paperback, Kindle, and audiobook for purchase [HERE](#).

January 27

A Man of Ideas, Adventure, and Respectability

February 3

The Thinker, Tandy, The Strength of God, and The Teacher

February 10

Loneliness, An Awakening, and Queer

February 17

The Untold Lie, Drink, Death, Sophistication, and Departure

Please contact Youth and Adult Faith Engagement Coordinator Jamie Walowitz (jwalowitz@uucsr.org) to receive communications about Great Books.

Dramatic Readings | Saturday, February 18, 2023 | 6:00–9:00 PM

Androcles and the Lion, by George Bernard Shaw

About the play: “Using the Roman story of *Androcles*, Shaw examines true and false religious exaltation, combining the traditions of miracle play and Christmas pantomime into a philosophical farce about early Christianity. The play’s central theme, recurrent in Shaw, is that one must have something worth dying for—an end outside oneself—to make life worth living.”

Please RSVP to Youth and Adult Faith Engagement Coordinator Jamie Walowitz (jwalowitz@uucsr.org) if you would like a PDF of the play emailed to you or to receive a physical copy in the mail. Join Zoom Meeting [HERE](#). Or join via telephone: call 646.558.8656, Meeting ID: 817 7007 7772 Passcode: 798549

Medical Qi Gong for Senior Health | Mondays, 9:00–10:00 AM

\$50 for 5 classes, \$12 per drop-in class ([Register HERE](#) or email tqh.Ashley@gmail.com).

By popular demand, Qigong instructor, Ashley Baldwin, continues leading classes. Start your week off by strengthening your balance and overall body confidence! You will learn simple, yet powerful motion and breathing exercises to improve physical balance and falling safety skills, optimize lung capacity, bolster immunity, and promote energy flow to the internal organs.

Ashley Zooms in every Monday morning to help you center your body and mind, directly from Thailand. Exercises are taught standing, with equally effective guidance for those who prefer to sit. [Register HERE](#) or email tqh.Ashley@gmail.com

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

Black Sports Legends Bedtime Stories!

Wednesday, February 1, 2023 | 7:00 PM | [Live on Zoom HERE](#)

Continuing on the first Wednesday of each month!

All are welcome to join Carson Jones for this special interactive storytime as he reads three family-friendly stories celebrating Black Sports Legends.

Ice Breaker:

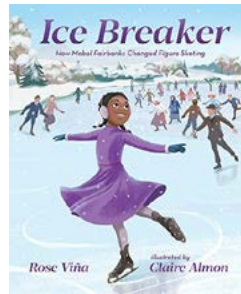
How Mabel Fairbanks Changed Figure Skating

written by Rose Viña illustrated by Claire Almon

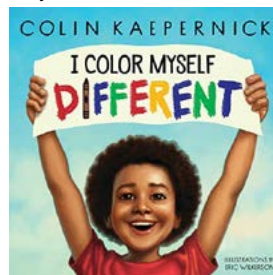


*Flying High:
The Story of
Gymnastics
Champion Simone*

Biles, written by Michelle Meadows
illustrated by Ebony Glenn



I Color Myself Different
written by Colin Kaepernick
illustrated by Eric Wilkerson



Game Night

Fun for All Ages

6:00-9:00 PM

Room 10

Friday, February 17

Friday, March 24

Friday, April 28

Friday, May 19

- ◆ Board games
- ◆ Video games
- ◆ Table tennis
- ◆ Foosball table

Pizza dinner will be provided
Bring friends!

Please RSVP to RE Administrative Assistant
Jeannie Gross (jgross@uucsr.org) with the
number of guests and any dietary needs

MEMBER EVENTS COMMITTEE

Katina Manko-Mitchell, Chair

NOT JUST BRIDGE



Thursdays • Veatch House Ballroom
1:00 PM until 4:00 PM or until "Game Over"

Bridge players welcome game players of all kinds
to join on Thursday afternoons. Canasta, Mah
Jong, Scrabble, etc., players are all welcome.

Open to both members and non-members.



Canasta lessons are
offered by
Donna Cattano
Bridge lessons for
beginners and
occasionally for
advanced players
are offered by
Paul Drezner



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If there are any questions,
please contact Carla at
Stargatecd@aol.com.



**SUPER BOWL
SUNDAY FEAST**
*Watch the Super Bowl
on a HUGE Screen*

Sunday, February 12 • 5:30-11:00 PM
Social Hall

Hot food • Salad • Sandwiches
Snacks • Desserts • Beverages

\$25/members
\$30/non-member guests

Open to all adult UUCSR members and guests.
21 and older, please.

REGISTER HERE
uucsr.org/superbowl23

Must register and pay by Friday, February 3

***Minimum headcount required to
avoid event cancellation.***

Bridge, Mah Jongg & other table games available for
those attending but not watching the game.

Questions?
Contact Sharyn Esposito
sesposito@uucsr.org



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

A True Human Story with a Technology Setting
Tuesday, February 14, 2023
7:00 PM | via Zoom

Join the Men's Group monthly for the Tech 'n Talk online program.

Mars Mission (possibly 2042) and Lunar Landing (1969), featuring
and hosted by Gerry Matusiewicz and
Herb Klitzner.

Gerry Jalazo created an analog computer program for astronaut
training by Grumman and NASA to simulate the landing. Gerry
worked for Grumman Corp. at that time.

In the first half of our program, Gerry Matusiewicz will interview
Gerry Jalazo about his Grumman-NASA experiences in preparing
for the 1969 landing.

In the second half, the three of us will describe and discuss the
proposed Mars Mission:

- its formidable scientific obstacles (no gravity, radiation,
social factors in a long trip); its benefits;
- its political controversies.

Join the discussion! Join the online meeting [HERE](#)
Passcode: 058360, or call +1 646 558 8656



*Concept for a Mars base,
with ice home, pressurized rover, and Mars suits, 2016*

Women's Film Discussion Series

Third and Fourth Fridays monthly | 7:30 PM
With co-hosts Maria Ceraulo

Friday, January 27, 2023: *Lady Chatterley's Lover* (Netflix)

The film is based on Lady Chatterley falling out of love with her husband following a war injury. She pursues a torrid affair with the gamekeeper on their estate and begins to uncover her own internal biases. The film stars Emma Corrin, Jack O'Connell, Ella Hunt and Matthew Ducket.

Watch film in advance, then join Zoom for lively conversation [HERE](#)

Book Series

All are welcome.

Third Fridays Monthly | 3:30 PM | Join [HERE](#).
Please contact Sharyn Esposito to learn more.
sesposito@uucsr.org or 516.472.2960

February 17, 2023	<i>Rogues: True Stories of Grifters, Killers, Rebels and Crooks</i> , by Patrick Radden Keefe Discussion led by Ursala Salamone
March 17, 2023	<i>Finding Me: A Memoir</i> by Viola Davis Discussion led by Katherine Miller
April 21, 2023	<i>Last Train to Istanbul</i> by Ayse Kulin Discussion led by Ruth Barrie

Please visit uucsr.org/wg for additional details including a full list of titles, discussion leaders, and a printable flyer.

Women Talk Daytime

Sandra Hazel Frank, facilitator

Onsite in the Veatch Conference Room and online on Zoom. First and third Tuesdays monthly at 12:00 Noon. Bring your lunch. Coffee/tea will be provided.

The first Tuesday of the month, the topic is Current Events.

The topic for February 21 will be Sisterhood: Are we our mother's daughters? Do we relate to one another through common experience? Come share your insights. We will all be together!

You are welcome to attend in person at UUCSR
or join online [HERE](#).

Required Attire

During the time I was trying to find chalk and science books for my class of sixth-grade special ed students, the mayor cited a need for school uniforms. Although 75 percent of students qualified for free lunch, uniforms were required by the New York City Board of Education. That was a long time ago. However, we see required dress today not only in schools, but in the Olympic games, beauty pageants, and in the Missouri Legislature.

USA Today reported that for Olympic games, women's beach handball athletes are required to wear bikini bottoms with a maximum side width of 10 centimeters—smaller than the size of an iPhone! "If there was any kind of advantage to having little fabric, the men would be wearing them too," said Charlene Weaving, professor and chair of human kinetics department at St. Francis Xavier University in Canada. "If there was any kind of biomechanical advantage, then men would be in Speedos. But they're not." Athletes need functional performance garments. But instead, sexism found its way into sports—via athletes' uniforms.

The Guardian reported the story of a woman who died after being beaten by morality police for wearing an allegedly loose hijab. Mahsa Amini, a 22-year-old Kurd, died after "violent arrest" amid Iranian crackdown on women's dress. In street protests, some women tore off their mandatory headscarves. Videos showed two women throwing their hijabs into a bonfire. Another woman is seen cutting off her hair in a show of protest. Many died.

The New York Times did a story on the 71st Miss Universe competition. Supposedly, the pageant strives for seriousness, interviewing women about world peace and domestic policy. But contestants are there as eye candy. They create programming that sells products. Although they distinguished themselves according to their country of origin, the festival is one of uniformity. They are tall, slim, have long eyelashes, and perfect teeth, poured into skin-tight, revealing dresses with stiletto heels. How does this amount to anything serious or to promoting world peace?

The Missouri State House of Representatives revised its dress code for female legislators requiring them to wear a jacket. It was criticized as sexist and pointless by some Democratic lawmakers. The initiator of these new rules claimed that they are essential to maintain a formal and professional atmosphere. One wonders whether we might find the need for morality police to enforce these rules. State Representative Ashley Aune said, "You know what it feels like to have a bunch of men in this room looking at your top trying to decide whether it's appropriate or not?" What about the real issues that this body needs to address?

If one's attire could ensure professionalism, how can we explain the behavior of other members of our legislative bodies who supported the January 6 insurrection, etc.? If one's attire could improve poor-performing schools, why haven't they? It seems to me that it's time to focus on real issues, rather than scrutinizing and policing the attire of women.

**WOMEN'S GROUP AND RACIAL JUSTICE
SUB-COMM. OF THE SOCIAL JUSTICE COMM.**
Diane Mansell, President and Martha Chimienti, Chair

Film and Discussion with Esteemed Panelists
Sunday, February 5, 2023
1:00 PM | Art Gallery | FREE

Join the Women's Group and the Racial Justice Sub-Committee for

Aftershock: Pain Turned Into Power



Join us for excerpts from the film: *Aftershock* and a panel discussion afterward about two families who turned into advocates for maternal health after unnecessary, preventable deaths.

Panel of Speakers includes:

- Facilitator:** Carol Burnett, Maternal Justice Program Manager at the Women's Diversity Network
- Panelists:** Martine Hackett, PhD, MPH, Chair
Department of Population Health
Hofstra University
- Heather Hines, Midwife and owner of One Love Midwifery (a Community Birth Practice)
- Stephanie Henriques, Doula, Social Services Strategist, Licensed Social Worker

GREEN SANCTUARY COMMITTEE
Stephen Ruocco, Chair

This article demonstrates the congregation's stewardship of the Earth and commitment to the Seventh Principle.



The Promise of Hope for the Planet

We are living in a time of climate change. It has caused worldwide disasters and the disappearance of thousands of species. Floods, droughts, wildfires, extreme heat, drought, and pollution of our air and water, as well as soil depletion. As long as the burning of fossil fuels continues and is not abated by corporations and governments unwilling to make real commitments as promised, we are on the path to destruction. Yet there is hope, as we take a closer look at the new shaping of reality.

Nowadays, most people recognize and accept the fact that the climate crisis is real. When they live on an island or on a low coastal area, they are experiencing first-hand rising sea levels and horrific storms. On land, many have suffered from mega-fires or drought. But as new energy sources (clean renewable energy ones) are developed and sold more cheaply than fossil fuels, the decline of greenhouse gases provides goals that build hope.

In the US, part of the new infrastructure bill is Recovering America's Wildlife Act. This game-changing legislation invests \$1.4 billion to keep more species from extinction or endangerment. This is vital. Without biodiversity, our interconnected web of life will perish. Climate change has caused threats to biodiversity such as disease and invasive species, causing unsupportable environments for animals and other creatures. State wildlife action funds will receive money from this fund to be devoted to conservation projects. More importantly, recognized tribes in the US will get money to save wildlife, plant species, and help protect air, water, land, and food sources. On June 14, 2022, H.R.2273 passed in the House, giving leadership to Tribal conservation. It is hoped that the Senate will do similarly. At UUCSR, we would like to implement a Wildlife Management Plan to assure sustainability for our acreage and biodiversity. These are positive actions and goals.

Positive goals can be accomplished when people support them. We can move forward with like-minded people. Join support groups that endorse and work for a greener, healthier environment; become inspired and also inspire others toward positive change. Together we redress grievances, injustices, and work to build a transformational environmental policy. Together we can work with politicians to pass laws protecting humans, biodiversity, and our Earth from further harm. This is our responsibility and the promise of hope to have a brighter future.

Elaine Peters for the Green Sanctuary Committee

EVENT ANNOUNCEMENTS

ALL PROGRAMS ARE ONLINE UNLESS NOTED OTHERWISE.

Please see [UUCSR.org/calendar](https://uucsr.org/calendar) for additional details. See [LIACUU.org](https://liacuu.org) for other area congregations.

Wednesday, January 25, 2023

9:00 AM-4:30 PM, Building Hours

6:00 PM, Ukulele Group Practice

Thursday, January 26, 2023

9:00 AM-9:00 PM, Building Hours

9:00 AM, Thursday INN Cooking (by registration only), Main Kitchen

1:00 PM, Not Just Bridge, Veatch Ballroom and Terrace Room

3:00 PM, Personnel Committee Meeting, Office Conference Room and Online

6:00 PM, Bookstore Meeting

7:00 PM, Private NAMI Caregivers Support Group, RE Room 19

7:30 PM, Choir Rehearsal, Worship Room

Friday, January 27, 2023

9:00 AM-9:00 PM, Building Hours

12:00 PM, Great Books - Sherwood Anderson's *Winesburg, Ohio*

6:30 PM, Fourth Friday: Finding Our Center - with soup, song, and story, Social Hall

6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online

7:30 PM, Women's Group Online Film Discussion - *Lady Chatterley's Lover*

Saturday, January 28, 2023

9:00 AM-9:00 PM, Building Hours

Sunday, January 29, 2023

9:00 AM-3:00 PM, Building Hours

9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall

9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room

10:00 AM, Choir Rehearsal, Worship Room

10:00 AM, Online Member Directory Sign-Up Assistance, Social Hall

10:00 AM, Young People's Choir Rehearsal, Chapel

10:45 AM, Sunday Morning Experience

11:00 AM, Religious Education Classes, RE Wing

11:00 AM, Worship Service: *From the Ground Up* led by Rev. Dr. Natalie Fenimore with Dorian Warren, Worship Room

12:00 PM, Online Member Directory Sign-Up Assistance, Social Hall

12:00 PM, Sunday Cafe, Social Hall

1:00 PM, Love & Stitches

1:00 PM, Veatch Annual Meeting and Grantee Discussion, Worship Room and Online

Monday, January 30, 2023

9:00 AM-4:30 PM, Building Hours

9:00 AM, Medical Qigong for Senior Health

Tuesday, January 31, 2023

9:00 AM-4:30 PM, Building Hours

7:00 PM, BOT Agenda Planning Meeting

7:00 PM, Worship Committee Meeting

7:30 PM, President's Operation Task Force (POT) Meeting

Wednesday, February 1, 2023

9:00 AM-4:30 PM, Building Hours

9:00 AM, Wednesday INN Cooking (by registration only), Main Kitchen

11:00 AM, Crafting for Sanity and Community Online Get-Together

2:00 PM, Wednesday Conversations

3:00 PM, Land Management Leadership Team Meeting

7:00 PM, Black Sports Legends Bedtime Stories!

Thursday, February 2, 2023

9:00 AM-9:00 PM, Building Hours

10:00 AM, Personnel Committee Meeting, Office Conference Room and Online

1:00 PM, Not Just Bridge, Veatch Ballroom and Terrace Room

6:30 PM, Private NAMI Basic Class Support Group, RE Room 15

7:00 PM, Congregational Forum on Sustainable Land Management d Statement

7:00 PM, Criminal Justice Reform, Culture Wars and Simplified Narratives, Social Hall

7:30 PM, Choir Rehearsal, Worship Room

Friday, February 3, 2023

9:00 AM-9:00 PM, Building Hours

12:00 PM, Great Books - Sherwood Anderson's *Winesburg, Ohio*

12:00 PM, Great Books Discussion

6:30 PM, Friday Nights with the LGBTQ+ Group Gatherings Online

Saturday, February 4, 2023

9:00 AM-9:00 PM, Building Hours

3:00 PM, Nova Music Inc., Worship Room

Sunday, February 5, 2023

9:00 AM-3:00 PM, Building Hours

9:00 AM, Bagel Breakfast & Coffee Hour, Social Hall

9:00 AM, Jazz Ensemble Rehearsal, Choir Rehearsal Room

9:00 AM, Women's Group Board Meeting - , Veatch Conference Room and Online

10:00 AM, Choir Rehearsal, Worship Room

10:00 AM, Young People's Choir Rehearsal, Chapel

10:45 AM, Sunday Morning Experience

11:00 AM, Religious Education Classes, RE Wing

11:00 AM, Worship Service- *Mahal Kita* led by Erol Delos Santos, Student Minister, Worship Room

11:05 AM, Children's Worship for All Ages: *Peace In, Peace Out*, Chapel

12:00 PM, Sunday Cafe, Social Hall

12:15 PM, Caring Committee Volunteer Luncheon - Discover YOUR "Why!", Veatch Ballroom

1:00 PM, *Aftershock: Pain Turned Into Power*, Art Gallery

1:00 PM, Love & Stitches, RE Room 15

5:00 PM, Soulful Salutations - Restorative Yoga & Yoga Nidra enhanced by Live Music

Monday, February 6, 2023

9:00 AM-4:30 PM, Building Hours

9:00 AM, Medical Qigong for Senior Health

7:30 PM, RE Committee Meeting

Tuesday, February 7, 2023

9:00 AM-4:30 PM, Building Hours

11:00 AM, Bylaws Committee Meeting, Office Conference Room

12:00 PM, Women Talk Daytime Meeting - Multiplatform, Veatch Conf. Room and Online

7:30 PM, DAC Meeting

Wednesday, February 8, 2023

9:00 AM-4:30 PM, Building Hours

11:00 AM, Crafting for Sanity and Community Online Get-Together

2:00 PM, Wednesday Conversations

5:30 PM, Ukulele Group Practice

Thursday, February 9, 2023

9:00 AM-9:00 PM, Building Hours

1:00 PM, Not Just Bridge, Veatch Ballroom and Terrace Room

6:15 PM, Music Theory and Sight Singing Class, Choir Room

6:30 PM, Private NAMI Basic Class Support Group, RE Room 15

7:00 PM, Member Resource Committee Meeting

7:00 PM, Criminal Justice Reform, Culture Wars and Simplified Narratives

7:30 PM, Choir Rehearsal, Worship Room

Friday, February 10, 2023

9:00 AM-9:00 PM, Building Hours

12:00 PM, Great Books - Sherwood Anderson's *Winesburg, Ohio*

12:00 PM, Great Books Discussion

5:30 PM, Midnight Run, Art Gallery

6:00 PM, Friday Nights with the LGBTQ+ Group Gatherings Online

6:00 PM, Questing Year Retreat, Chapel, RE Room 16

7:30 PM, *Soulful Sundown*, Social Hall and Online

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 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.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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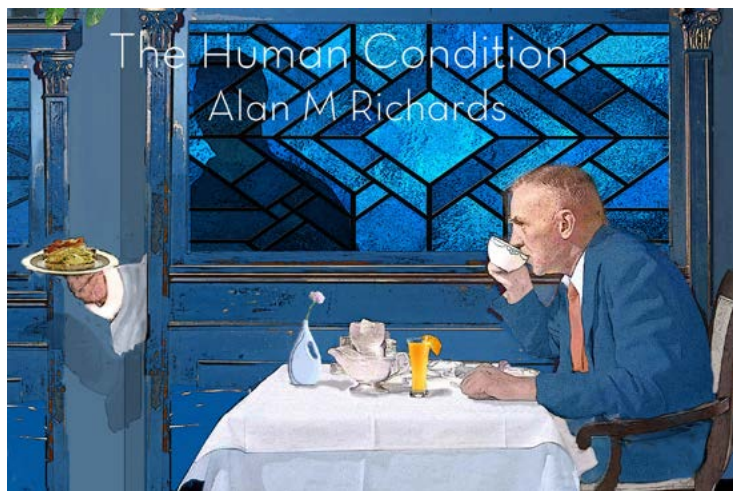
January 25, 2023

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, February 8, 2023 | Deadline for Content: Thursday, February 2, 2023

ART COMMITTEE

Paul Kopelow, Chair



Art Exhibit

Through February 7, 2023

All are welcome.

Shelter Rock Art Gallery is a mixed use space.
Please call Elaine for best viewing hours
(516.472.2933)

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Sponsored by the Green Sanctuary Committee



Community Supported Agriculture (CSA) Shares Available

Participation in a CSA means a connection to local food, farmers, and community. It means weekly organic vegetables and fruits delivered from your local farm to your local community. Join the Sang Lee Farm CSA at Shelter Rock and

cut out the middle-man for a very special connection to the earth!

Sign-ups for the CSA program with Shelter Rock's partner Sang Lee Farms in Peconic, Long Island have begun.

- Great fresh-picked, clean, organic vegetables and fruits
- Half and full shares
- Perks and options for Early Bird sign-ups
- Cheese and fruit add-on shares available
- 24-week program runs weekly June 7 through November 14
- Emails the evening before each delivery with recipes, information, and storage tips
- Payment options

For an introduction to Sang Lee's CSA, learn more [HERE](#).



Sign up by Tuesday, March 1, to get any and all Early Bird options and perks. Read more about the CSA program and get pricing for both half and full shares [HERE](#).