



SUNDAY WORSHIP SERVICE

October 18, 2026 at 11:00 am

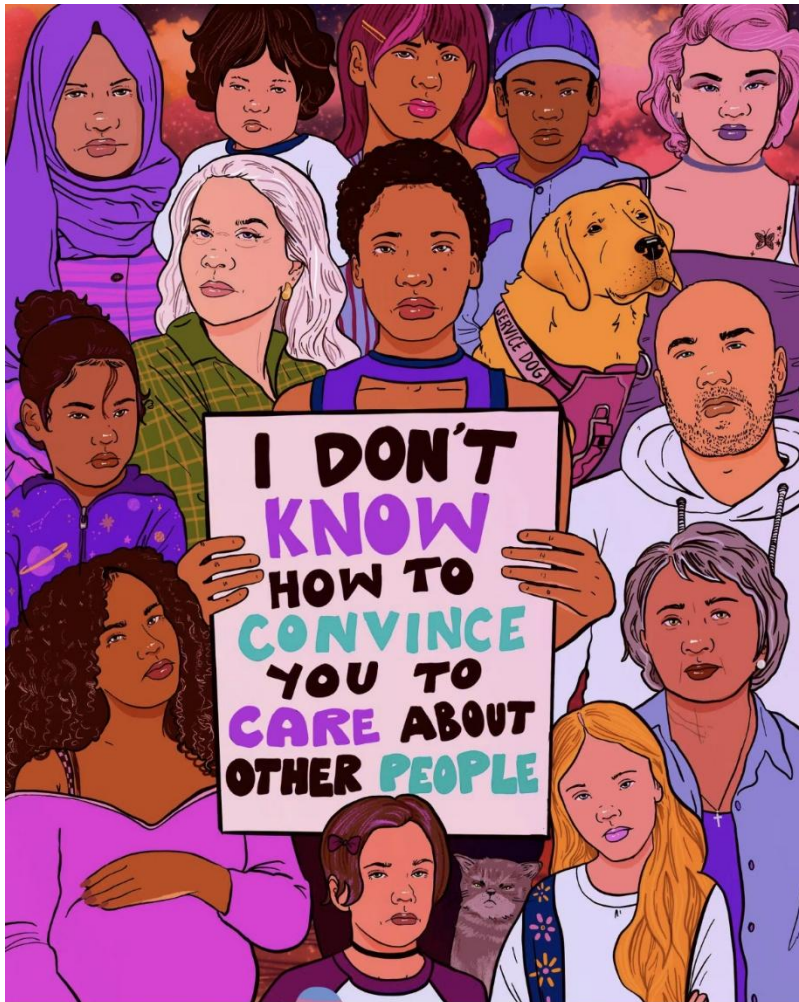
If you would like to join us virtually the link is down below:

https://www.youtube.com/channel/UC6UHqS_OTHDrNw8hP1OAGnQ

Service will be led by Bambi Galore

SUNDAY WORSHIP SERVICE

[See other recent Worship Services on UUCCN's Facebook page.](#)



Liberal Jane Illustration 🍷

MINISTER'S MESSAGE



Beloveds,

I hope you are doing well and enjoying the early fall weather. Bernie and I are in Orlando this week. He sends many thanks to UUCCN for recognizing him in the work he loves to do to support us.

This season brings time for us to reflect on ourselves and those who matter to us. Please be sure to come to the service on October 25th for the Wisdom of Wise Women. It had been postponed due to the storm. Please remember to bring a photo of a woman in your life who influenced you, or a poem or reading to share. We will be wearing white, but don't let that keep you away if that doesn't work for you.

This service is for women and those who love them. In a world that often forgets to honor women and their wisdom, we will lift ourselves up. Please feel free to bring a friend!

On November 1st, Rev. Valerie Freesman is requesting that you bring photos of your loved ones who have passed away.

It is always important to remember those who have given to our lives and keep their memory alive.

Wishing you health and safety always.

If you are available on Monday evenings to attend the zoom meeting for LIAPA, the link is provided below.

LIAPA UPDATE

<https://us02web.zoom.us/j/85205749096?pwd=VWL9IKFO0ayearK5keKEPxm3waZ3eb.1>

Blessings to you all,
Rev. Petra

MINISTER'S OFFICE HOURS:

SPECIAL EVENT!

My office hours will be on Wednesday, November 4th from 1:00pm - 3:00pm.

Be sure to come to our annual Pumpkin Patch! The third delivery of pumpkins will be on Saturday, October 17th, 2026. Tell your family and friends to come by.

[SEE PDF Regarding Letter](#)

**Our UUCCN Board Members welcome you as we
begin a new congregational year.**



Anita Coddington- Board Member, House and Grounds, Rentals



Gerri Forrai- Board Member, Stewardship Committee



Dr. Janice Marie Johnson- Board Member, Caring Committee and Outreach Committee



Georgie Collins- Board Member



Adam Marczyk Board Member, Secretary,

UCCCN ANNUAL EVENTS - SAVE THE DATE

Book Club on zoom at 8PM: Wednesday, October 28th, 2026- Here Where We Live
Is Our Country: The Story of the Jewish Bund by Molly Crabapple

Sunday, November 1, 2026 — Doctors Without Borders Concert/Dinner, 4–7 p.m.

Sunday, December 6, 2026 — Kwanza

Saturday, May 16, 2027 — Stewardship Dinner and Service Auction, 5–8 p.m.

Saturday, June 6, 2027 — Religious Education Sunday

Saturday, June 6, 2027 — Annual Meeting after service

Saturday, June 13, 2027 — Juneteenth

Saturday, June 20, 2027 — Father's Day; last day of regular service

Tuesday, June 23, 2027 — General Assembly

Saturday, June 27, 2027 — Summer Services begin

Doctors Without Borders concert

MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS

BENEFIT CONCERT

SUNDAY, NOVEMBER 1, 2026
CONCERT AT 4 PM / DINNER AT 6 PM

UUCN | 223 STEWART AVENUE
GARDEN CITY, NY
(516) 248-8855 | UUCN@AOL.COM

AMERICAN POPULAR MUSIC
THROUGH THE DECADES

FEATURING
"FOUR OLD FRIENDS"
MICHAEL SANSONIA
PAUL GUZZONE
MIKE MOLFESI
BOB MASTRO

BRING YOUR FRIENDS & FAMILY!

GOURMET DINNER INCLUDED! BYOB

\$40 / PERSON INCLUDES CONCERT & DINNER

PAY AT THE DOOR OR MAIL A CHECK TO:

Unitarian Universalist
Congregation of Central Nassau
223 Stewart Avenue
Garden City, NY 11530

Pumpkin Patch 2026

A poster for the Pumpkin Patch 2026 event. The background is a photograph of many pumpkins. The text is centered and includes the event name, location, dates, and items available. The year '2026' is inside a small pumpkin graphic.

BENEFIT FOR
UNITARIAN UNIVERSALIST CONGREGATION
OF CENTRAL NASSAU (UUCCN)

PUMPKIN PATCH 2026

PUMPKINS GROWN IN NEW MEXICO
by the Navajo Nation

OPEN FROM SEPTEMBER 19 - OCTOBER 31

WEEKDAYS from 11 am to 6 pm
SATURDAYS & SUNDAYS from 10 am to 6 pm

LOCATION
UUCCN, 223 Stewart Avenue, Garden City, NY 11530
(at the corner of Stewart Avenue and Nassau Boulevard)

MORE INFO CALL (516) 248-8855

Pumpkins - Flowers - Hay - Corn Stalks
Halloween Decor - Baked Goods



Share The Plate for October

Our Share the plate for October is a not-for-profit, volunteer-based organization, The INN provides a broad variety of essential services to assist those challenged by hunger, homelessness and profound poverty. We partner with those in need in a dignified and respectful manner to help them achieve self-sufficiency.

Please mail a check made out to UCCN with “Share the Plate” written on the memo line or go online to: www.uccn.org/donate.

Special Alert- Scammers

Dear Community,

Please be aware that scammers are sending out invitations and or requests for funds. If you receive something like this please delete it. If you are unsure, check with the person directly to confirm that it came from them. We need to take care of each other. Be safe out there!

The Wisdom of Women Celebration

**Postponed until October 25,
2026**



Celebrating the
WISDOM
of
WISE WOMEN
September 27th, 2026

We invite you to join us for a special service
honoring the Coming of Age for Elder Women.

 We will be affirming the importance
of women in our lives and our
communities as a whole.

 We ask all participants to wear white
for this occasion.
(If you don't have anything, come anyway.)

 You are encouraged to share poetry,
photos, letters.
Share the names of women in your life
who have supported you.

 We will have a remembrance of those
who have passed away.

 **Unitarian Universalist Congregation
of Central Nassau**
223 Stewart Ave, Garden City, NY 11530

 **11:00 AM**

*Please join us for this
special event.*

Join us



Celebration of Survivorship

*Thursday, October 22, 2026
at Adelpi University*

CELEBRATION OF SURVIVORSHIP
Thursday, October 22, 2026

REGISTER to attend the event

Date: Thursday, October 22, 2026

Time: Doors Open - 4:00 p.m.
Speakers - 4:30 p.m.

Location: The event will be held in person at the
Ruth S. Harley University Center Ballroom
Adelpi University, Garden City, NY

**A light supper will be served.*

**Questions: Email us at breastcancerhotline@adelphi.edu
Call us at (516) 877-4320**

**THANK YOU TO OUR 2026
CELEBRATION OF SURVIVORSHIP SPONSORS**

VISIONARY SPONSORS

HENDLER FAMILY FUND

ALLY SPONSORS

DGI Digital Graphic Imagery

HICKS Nurseries

Kathi & Jeff Glass

NYBRA Plastic Surgery

SUPPORTER SPONSORS

EfG Designs by Esther Fortunoff-Greene

The DeMatteis Family

The Machado Family

NY Plastic Surgical Group

◆ Speakers for the Evening ◆

PAM SHAPIRO

Diagnosed in 2000, 2010, 2019

Breast Cancer Survivor, and

Member of the Adelphi Breast Cancer Program's Advisory Board



DONNA T. BACON, PhD, EdD, LCSW
Diagnosed in 2006
Breast Cancer Survivor and Advocate



JEANNIE RETTURA
Diagnosed in 1986

Breast Cancer Survivor, Volunteer with the Adelphi Breast Cancer Program



**WE LOOK FORWARD TO SEEING YOU AT CELEBRATION OF
SURVIVORSHIP 2026!**

Please visit our website at adelphi.edu/breast-cancer

**[LIAC] 📄 The Open Circle—Rev.
Deanna Vandiver this Thursday,
10/15!**



What does it take to heal from harm that's built into the systems around us, and where do we find meaning when so much feels uncertain?

The Open Circle returns this Thursday, October 15th, from 7 to 8:30 PM on Zoom for our second gathering of the year, and all are welcome.

Rev. Sara Green sits down with Rev. Deanna Vandiver, whose decades of justice and liberation work, from New Orleans to the Pacific Northwest, have shaped a ministry rooted in spiritual accompaniment and creativity. Bring your questions and join a conversation about the everyday moments of connection and collaboration that carry us through.

[Zoom Link: The Open Circle @ Fourth U with Rev. Sara Green](#)

Questions? Email me at re@4thu.org.

Zach

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Zachary (Zach) Young (he/him)
Director of Lifespan Religious Education

Fourth Universalist Society in the City of New York

<https://4thu.org/>

"...darkness has a hunger that's insatiable; And lightness has a call that's hard to hear." Amy Ray/Emlly Saliers

Immigration Update

Dear UCCN,

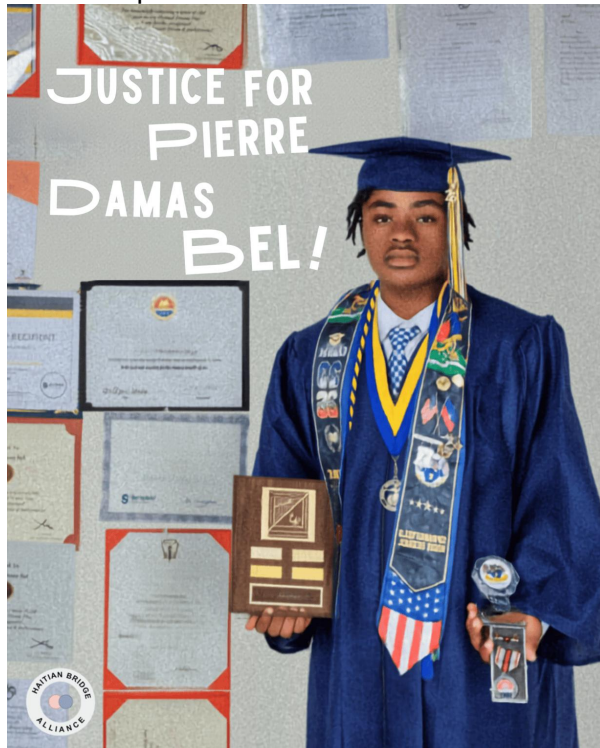
We will be sharing pertinent information regarding immigration on a regular basis. Much is taking place that we as a congregation working for justice, should know about.

Last February, our congregation sponsored a Share the Plate program for a Catholic Church in Haiti that was providing support to the population due to the effects of Hurricane Melissa. The arrangement was made to send the funds to the church but their website and any internet access was compromised.

I have been working with my colleague, Deacon Berthin Eduoard to find a suitable replacement. Given the recent actions of this government's administration to end the Temporary Protected Status of Haitian people, we will be sending the Share the Plate donations to Haitian Bridge Alliance, tps. They provide community services and legal resources to support the Haitian community. Presently there are 350,000 Haitian people who have lost protections under recent legislation.

The situation is dire; on the first of this month, a twenty year old honor student, Pierre

Damas Bel , newly enrolled in Wright State University, Ohio, took his own life when he was forced to wear an ankle monitor. He was no longer allowed to play soccer, which he had excelled in. He had contacted ICE to have the monitor removed, to no avail. Overtime he became despondent. His college scholarships and freedoms were stripped away. He called his father to say that he was not feeling right. He expressed his despair. His father encouraged him to return home so that they could talk. He never made it home. He parked his car on the side of the road and walked into traffic.



“I came to this country to pursue my education. I didn’t come here to commit a crime or hurt anyone. Yet now I’m walking through the streets of the United States with a GPS monitor on my leg, carrying a feeling of shame and humiliation that I never imagined I would experience.”

— Pierre Damas Bel.

More than 350,000 Haitians are facing deportation after the Supreme Court ruled with the Trump Administration to end Temporary Protected Status (TPS), which is a legal status they have had for over a decade.

Family: Ankle monitor distressed Haitian man killed by tanker truck in Springfield (Please read the article)

Family wants proof Haitian man’s death was suicide <https://haitiantimes.com/2026/09/01/haitian-pierre-damas-bel-death-ohio-immigration/>

Helpful Strategies for Dealing with Members of Hate Groups

Dear UUCCN,

I found this information from my friend and colleague, Rev. Kate Lore. Please take the time to read it and reflect on it as it is helpful for addressing the frustration many are experiencing.

How To Deal With Members of Hate Groups: (this is the 2nd of 2 posts on Hate Groups. The prior post deals with WHY people join Hate Groups).

1) PROTECT THOSE WHO ARE TARGETED. The first priority is always the safety of people threatened by hate. That means:

- * Enforcing laws against violence, harassment, and intimidation.
- * Protecting vulnerable communities.
- * Challenging hate speech when it incites violence or dehumanizes others.
- * Strengthening democratic institutions and the rule of law.

Compassion for individuals should never come at the expense of the safety of those they target.

2) SEPARATE THE PERSON FROM THE IDEOLOGY. Many people who have left hate groups say that what helped them change was encountering people who refused to reduce them to their worst beliefs while also refusing to excuse those beliefs.

This is different from tolerating hate. It means holding two ideas together:

- * Every person has the capacity to change.
- * Harmful beliefs and actions must be confronted.

3) DON'T EXPECT FACTS ALONE TO CHANGE MINDS. Research consistently shows that simply presenting more evidence rarely changes deeply held extremist beliefs.

People are more likely to change when:

- * Someone they trust asks genuine questions.
- * They experience contradictions between the movement's promises and reality.
- * They develop meaningful relationships outside the group.

4) REDUCE ISOLATION. Former extremists often describe leaving as incredibly lonely.

Organizations that help people disengage from hate groups focus on helping them build:

- * New friendships.
- * Employment.
- * Purpose.
- * A sense of identity beyond the movement.

Without alternatives, people often return to the only community they know.

5) HOLD LEADERS ACCOUNTABLE. There is an important distinction between:

- * Someone struggling to leave an extremist ideology.
- * Someone recruiting others, organizing violence, or profiting from hate.

The latter requires accountability through legal and civic institutions.

WHAT PEOPLE WHO LEFT HATE GROUPS OFTEN SAY: Former members of extremist organizations frequently describe a similar pattern:

- * They were welcomed before they were indoctrinated.
- * They found identity and purpose.
- * Over time, the ideology became more extreme.
- * What finally broke through was often an unexpected act of kindness or a relationship that challenged their assumptions—not because kindness erased accountability, but because it made a different identity imaginable.

Please note: I know this work isn't for everybody. But as Dr. King once said, resisting injustice and loving the person committing it were not opposites. He believed people should resist systems of oppression vigorously while leaving open the possibility of personal transformation. I agree.

When Black Women Gather CAPITAL B: Federal court rules there is no constitutional right to safe drinking water

Federal court rules there is no constitutional right to safe drinking water

A federal appeals court has used a decades-long water crisis in one of the Blackest cities in America to rule that the U.S. Constitution does not guarantee Americans the right to clean and safe drinking water.

Read in Capital B: <https://apple.news/AMXxa5732Rb-prcgLs-dS9A>

Religious Education

RE Session Summary — October 11, 2026

RE Session Summary: The Courage to Be Our True Selves

This week's Religious Education session explored October's theme of courage, focusing on what it means to be our true selves and help others feel welcome. Drawing from the Soul Matters curriculum, the lesson connected authenticity and belonging with the UU value of justice. We also recognized LGBTQ+ History Month and National Coming Out Day, emphasizing respect for each person's choices about whether, when, and with whom to share personal aspects of their identity.

We began with introductions, a welcome for a new student, and our chalice lighting.

During the story portion, students heard *The Blue Tree*, about a student deciding whether to preserve an imaginative drawing despite a classmate's criticism. Our discussion explored the difference between helpful feedback and pressure to conform, whether courage always requires speaking up, and the responsibility of peers and adults to create a respectful environment. The story offered a starting point for considering how people can remain true to themselves while accepting support, setting boundaries, and learning from others.

The **Courage Corners** movement activity was especially well received. Students moved between signs labeled **AGREE**, **DISAGREE**, and **IT DEPENDS** in response to statements about honesty, fitting in, speaking up, and fairness. They had opportunities to explain their positions, consider different circumstances, listen to other perspectives, and reconsider their answers. The activity encouraged students to think beyond a simple right-or-wrong response and examine how context can influence a thoughtful decision. Afterward, students wanted to decorate the signs. We followed their interest and spent the remaining activity time creatively personalizing them. This became a student-directed art extension of the discussion and gave students another way to engage with an activity they had enjoyed.

We completed the planned opening, story discussion, movement activity, and chalice extinguishing.

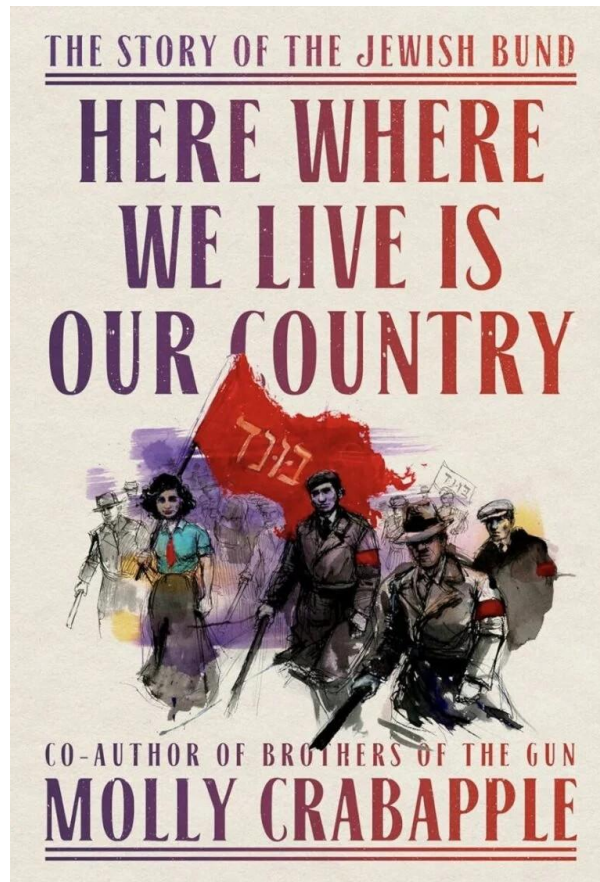
Overall, the session combined reflection, movement, and creativity. The students' enthusiasm for Courage Corners—and their desire to continue working with its signs—suggests that this format would be valuable to revisit in future lessons.

Warmly,
Ashley

BOOK CLUB

**Here Where We Live Is Our Country: The
Story of the Jewish Bund by Molly**

Crabapple



October 28th, 2026 at 8PM

ZOOM LINK:

[https://us02web.zoom.us/j/86826549564?pwd=MDNIRUVSNnUrR29SN0F3NXhYb2JLd
z09](https://us02web.zoom.us/j/86826549564?pwd=MDNIRUVSNnUrR29SN0F3NXhYb2JLd
z09)

IIJA

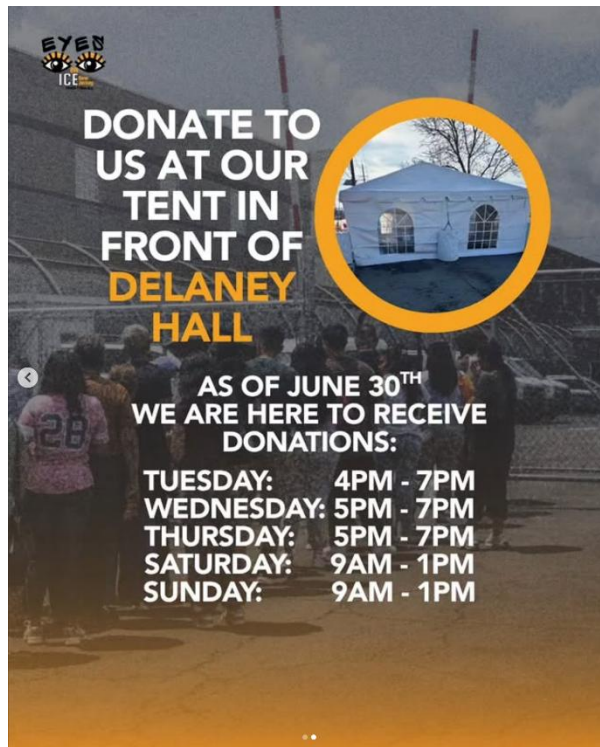


THINGS TO **DONATE**

THIS WEEKEND, VISITORS WILL WAIT OUTSIDE
IN DANGEROUS TEMPERATURES **ABOVE 100° F**
TO VISIT THEIR LOVED ONE AT DELANEY HALL.
HELP US KEEP PEOPLE COOL BY DONATING
THESE ITEMS!

- PEDIALYTE
- PACKETS OF LIQUID IV
- COOLING PACKS
- UMBRELLAS
- CAPRI-SUNS
- HONEST KIDS JUICE BOXES
- BATTERY RUN HAND-HELD
FANS





Vote

Our Fifth Unitarian Universalist principle says:

The right of conscience and the use of democratic principles within our congregations and society at large. We encourage everyone to vote in every election and support others who may need help getting to the polls.

LISTEN: New Performance by Shaina Taub for Immigrant NY - NYCLU

<https://www.nyclu.org/resources/campaigns-actions/campaigns/huddled-masses>

Does Anyone Have a Piano Lamp?

Michael Sansonia has requested a little bit more light over the piano. A piano lamp would be great!

Please contact Jessica or a Board Member with your donation.

STEWARDSHIP

Please send in your pledge form for the new congregational year.



We are all Stewards of UUCCN. Your pledges and gifts sustain our congregation! We look forward to hearing

from you. Contact: **Gerri Forrai** at gerriforrai@gmail.com (516) 567-1066
Anita Coddington at anitagesky@aol.com (516) 581-2603

Once again, it is time for the Stewardship Committee to ask you to join us in supporting our congregation in the coming year. By renewing our financial commitment, we support our mission of making a difference here and in the world. This congregation belongs to each of us. It is our spiritual home and our beloved community.

Your pledge provides the salaries for our minister, religious education teacher, our musical director as well as the administrative assistant. It pays for the utilities, insurance, maintenance and the heating of our building, as well as any capital campaign improvements.

Please review your pledge form, fill it out promptly and return it. You can mail it, bring it in on Sunday, drop it in the office, or pledge on our website (uuccn.org). Thank you for your support and participation in UUCCN. We couldn't do it without the help of every member and friend.

Donate / Pledge Payment

ARTICLE II AND OUR UU PRINCIPLES

Our congregation has responded to updating our affirmation with this responsive reading shared during our services:

- Love is at the heart of our values.
- *We promise to live our values everyday with love at the center of all things.*
- Equity is the value of our inclusive community.
- *We believe in the inherent worthiness of all.*
- Interdependence teaches us, we are all connected.
- *We will only be made whole when we live as co-inhabitants of the world.*
- Justice is essential for peace and building a Beloved Community.
- *We will work to dismantle racism and other oppressions in ourselves and in our institutions.*
- Generosity expresses compassion, gratitude, and hope.

- *We will offer our faith, ourselves, and our resources.*
- Pluralism encourages respect for diverse beliefs.
- *And allows us to be curious, as we learn from one another.*
- Transformation allows us to adapt to an ever-changing world.
- We are evolving and growing; we are never perfect

[Please read updated information regarding Article II.](#)

UU HOUSING

Have you thought about moving? Why not think about living in the vibrant community of Port Washington on Long Island! How about considering living at Hadley House, a 40 unit apartment building for Independent Seniors for UU members and their families? If you have any questions about the availability of units or how to apply they can be answered by the Social Worker in the building, Susan Bagnini, 516-944-8457. A descriptive brochure is available on request.

RENTERS NEEDED

UUCCN's excellent location makes it a great site for renters. We are looking for new organizations that would be a good partner for UUCCN. Please share this with any interested groups and contact Maria Sutton in the UUCCN office for more information at uuccn@aol.com or call (516) 248-8855.

CARING COMMITTEE

Janet McShea, Phyllis Ross, and Gerri Forrai are serving on UUCCN's new Caring Committee. They will be reaching out to members as we try to uplift and support one another. Let one of them know if you want to talk or need a hand.



RESOURCES AND NEWS FROM THE GREATER COMMUNITY

UUA - CENTRAL EAST REGION

[CER News for October](#)

[Welcome & Orientation Packet](#)

[UUA HEALTH INSURANCE PLAN](#)

[UUA Newsletter](#)

[RE Save the Date - Trainings & New Curricula](#)

[The Longest day \(and why it matters\)](#)

[In Recognition that All Roads Lead to Delaney Hall](#)

[Fresh Resources for This New Congregational Year](#)

NOW WHAT: The Gathering for Congregational Leaders

Join the "Side With Love" monthly event to strengthen your spirit, make sense of the threats to democracy, and take meaningful action alongside others.

[INFORMATION](#)

UU MINISTRY FOR EARTH (UUMFE)

[The changemakers in our interdependent web of life](#)

[The theme behind our Earth Day Worship](#)

[Support our work!](#)

[Side with love](#)

[Community Read Starts This Month!](#)

[The light is receding \(and the work is urgent\)](#)

[One Week Out!](#)

[Sustaining the spark](#)

NO MORE DEATHS:
UPDATES FROM NORTHERN MEXICO PROJECTS
[INFORMATION](#)

FERRY BEACH DISCOVERY
[Ferry Beach Retreat & Conference Information](#)

JOIN THE [UUCCN Private Facebook Group](#)