Unitarian Universalist
CONGREGATION OF CENTRAL NASSAU



SUNDAY WORSHIP SERVICE

November 8, 2026 at 11:00 am

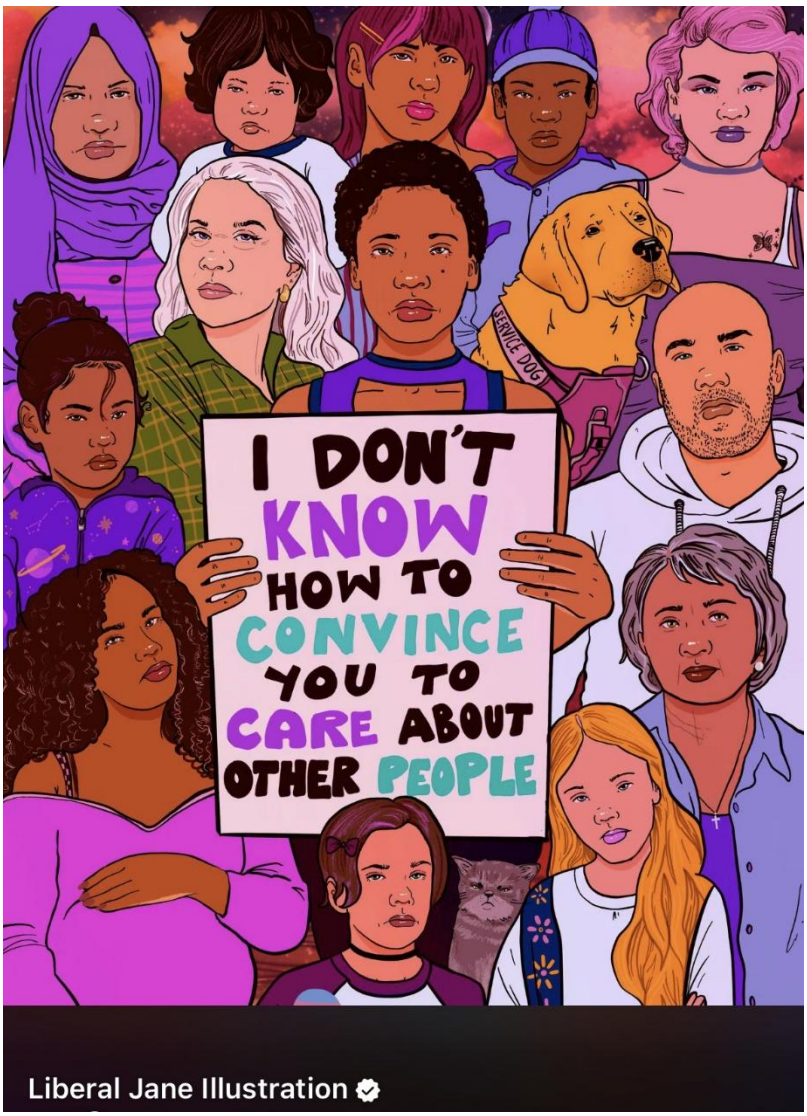
If you would like to join us virtually the link is down below:

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

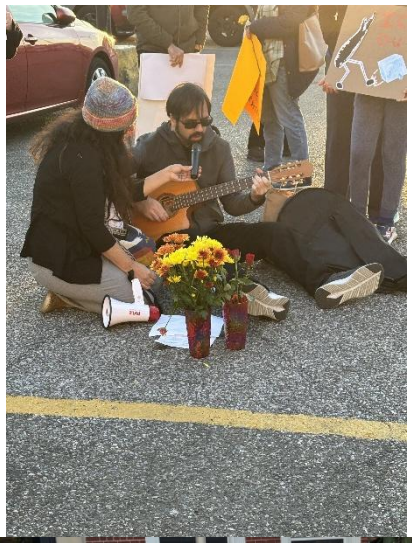
Service will be led by Rev. Petra Thombs

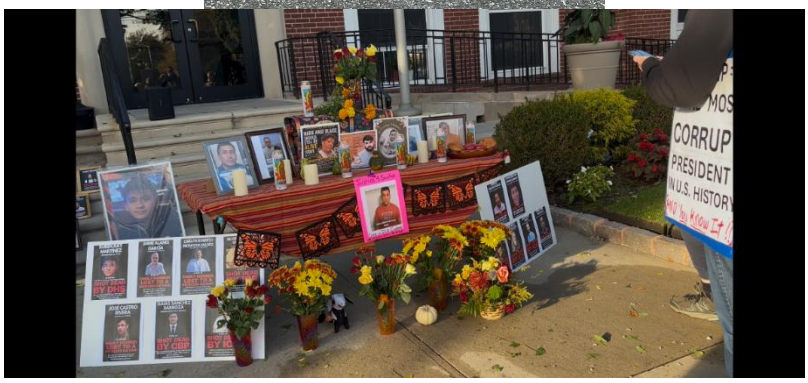
SUNDAY WORSHIP SERVICE

See other recent Worship Services on UUCCN's Facebook page.


I DON'T KNOW HOW TO CONVINCE YOU TO CARE ABOUT OTHER PEOPLE
SERVICE DOG
Liberal Jane Illustration

MINISTER'S MESSAGE



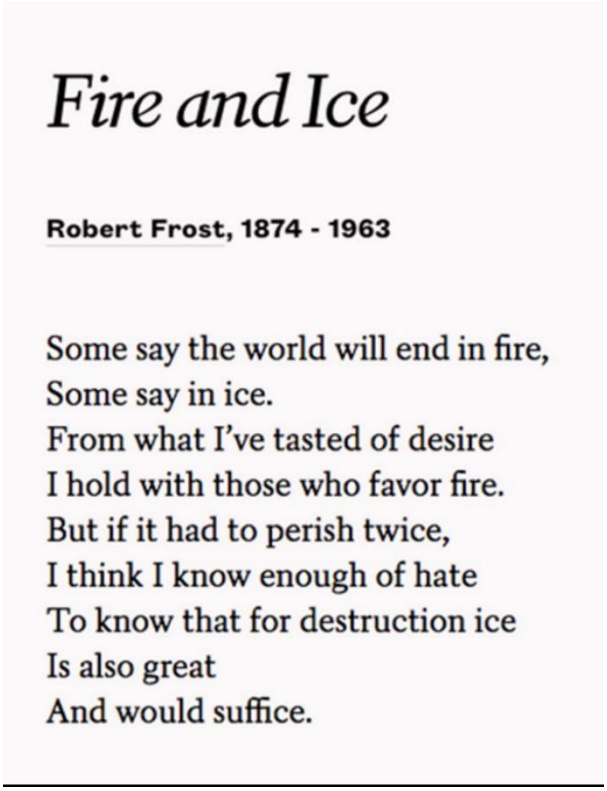


Beloveds,

Sunday was a very " activist" day. I participated in the Rally/ Vigil hosted by the Long Island Immigrant Justice Alliance and other organizations for peace and justice. We gathered at the County Office Building in Hempstead and constructed an alter for the Day of the Dead, commemorating all the people, very young and old, who lost their lives from ICE. I offered a prayer to the Seven Directions, specifically addressing our relatives from the south and their desire for asylum. They are coming here to work, to go to school to raise their families, just like any one of us.

We gathered in solidarity with them and their loved ones, to send a message to those who inflict harm that we stand for justice.

I shared my experience with those attending the concert at UUCCN. Chuck Stead recited a poem by Robert Frost called Fire and Ice which takes on new meaning in our current situation.



Fire and Ice

Robert Frost, 1874 - 1963

Some say the world will end in fire,
Some say in ice.
From what I've tasted of desire
I hold with those who favor fire.
But if it had to perish twice,
I think I know enough of hate
To know that for destruction ice
Is also great
And would suffice.

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

Be safe and be blessed!

Rev. Petra

MINISTER'S OFFICE HOURS:

SPECIAL EVENT!

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

SEE PDF Regarding Letter

Our UUCCN Board Members Welcome You!



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,

UUCCN ANNUAL EVENTS - SAVE THE DATE

Sunday, December 6, 2026 — Kwanza

Sunday, February 7, 2027 from 2-5pm at Frantz Hall- Film Screening: Saving Ferris Butler

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

Our Music Director, Michael Sansonia, organized his talented musician friends to perform a wonderful show in support of Doctors Without Borders. They truly rocked the full house!

The concert was followed by a delicious buffet dinner lovingly prepared by the wonderful women of UUCCN.

Thank you to all who attended, donated, and brought their families and friends. And to those behind the scenes who organized, did the heavy lifting of setting up the event and putting everything away, we deeply appreciate everything you have done.

You help to keep our community going forward!





Pumpkin Patch 2026

We had a visit with Rev. David Olsen from Unitarian Universalist Congregation at Shelter Rock. Our congregation is collaborating with Shelter Rock to support each other

and Unitarian Universalism on Long Island.



Thank You For All The Help With The 2026 Pumpkin Patch!

We want to acknowledge with gratitude the members and friends of UUCCN, who worked tirelessly to make this year's Pumpkin Patch a success for our congregation and the Navajo Nation with whom we partner.

This is our main fundraising event. It truly takes a village to accomplish the goal of sustaining our congregation.

We look forward to having you join us for Sunday services and other events in the near future!

Blessings to you all!

Share The Plate for November

Ramapough Mountain Indians, Inc. was created in 2009 by the tribal leaders as a nonprofit organization. The Ramapough Lenape Community Center has been a place

for the Ramapough people to gather as well as other Indigenous relatives.
We offer programs for adults and youth focused on teaching and learning culture and traditions.
Rev. Petra Thombs has worked with the Ramapough Center for many years. Please give as generously as you can for November's Share the Plate recipient.

Please mail a check made out to UUCCN with "Share the Plate" written on the memo line or go online to: www.uuccn.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!

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 – November 1, 2026

This past Sunday, we began exploring November's Soul Matters theme of *Healing*, focusing on how memories can help us maintain meaningful connections, find comfort, and carry forward the love and lessons we've received from others.

We opened with our chalice lighting and a discussion about the different forms healing can take, recognizing that not all hurts are physical. Students then participated in a "Memory Mystery" activity, using clues to identify an object connected to preserving memories. This led to a thoughtful conversation about photographs, the emotions

memories can evoke, and how remembering someone or something meaningful can bring both happiness and sadness.

We also explored how different cultural and religious traditions honor loved ones who have died, including Día de los Muertos, Samhain, and All Souls Day. Students were introduced to the ways these traditions use remembrance to honor those who came before us and maintain connections across generations.

Our main interactive activity was **"Memory, Loss, and Healing: A Choice Challenge."** Students considered statements about memory, grief, and healing, choosing whether they agreed, disagreed, or felt the answer depended on the circumstances. The activity encouraged critical thinking, respectful discussion, and an appreciation for the different ways people experience and understand loss. Students also had the opportunity to develop their own statements for the group to consider.

It was especially lovely to have Rev. Petra join us toward the end of the session and participate in our time together.

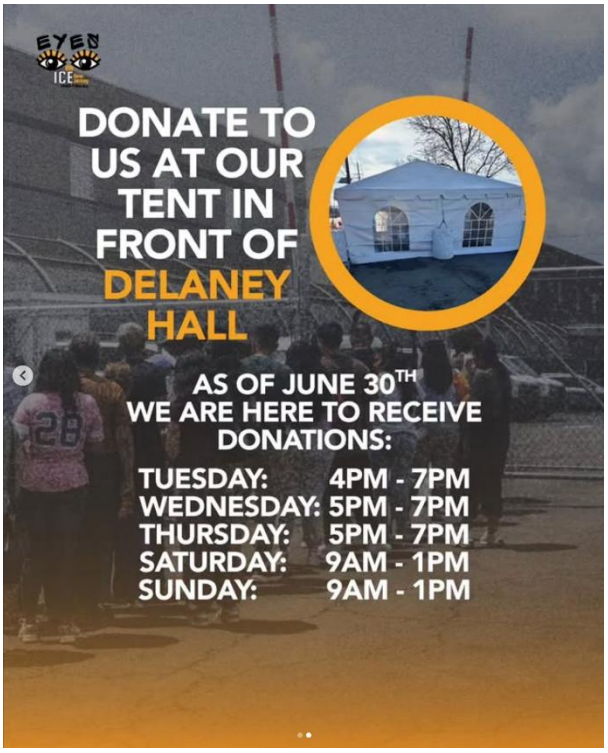
Although we ran out of time before beginning our planned Memory Tree activity, we'll save that creative exploration for a future RE session. We concluded with a reflection on how remembering those who have influenced our lives can inspire us to carry their kindness, wisdom, and love forward through our own actions, followed by our chalice extinguishing.

Throughout the session, we returned to the UU core value of **Love**, emphasizing that healing does not necessarily mean forgetting or eliminating sadness. Rather, memories can help us remain connected to what matters while encouraging us to extend care and compassion to others.

Warmly,
Ashley

IIJA


EYES ICE
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



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

News for November

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)

Where there's a will...

This Opportunity Expires December 31!

Full Moon Gathering

November News

Joint Statement Opposing BAAJA

Recap: National Estate Planning Awareness Week

NO MORE DEATHS:
UPDATES FROM NORTHERN MEXICO PROJECTS

INFORMATION

FERRY BEACH DISCOVERY

Ferry Beach Retreat & Conference Information

JOIN THE UUCCN Private Facebook Group