



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.

—UUCSR Vision Statement

Spirituality, Community, and Being of Service

—from the UUCSR Strategic Plan



October 30, 2024

**Monthly Theme:
THE PRACTICE OF
DEEP LISTENING**

WORSHIP SERVICES

SUNDAY, NOVEMBER 3, 2024, 11:00 AM

Rev. David Carl Olson

Signed with Honor: A Service before Election Day Our monthly theme in worship is “The Practice of Repair.” As we approach an election, we acknowledge the democratic process is itself in process. In the past, we had limited access to voting, and we have had times of expansion. We have known more unanimity of opinion; we have known times of great polarization. In all of these times, religious communities like ours have been about the work of repair. In a diverse society, we act in ways that we hope will not harm but be about repair.

TUESDAY, NOVEMBER 5, 2024, 7:00 PM

Rev. Israel Buffardi

Election Night Vespers: A Space for Stillness



Election Night Vespers: A Space for Stillness On election night, join us for a meditative vespers Service to create space for stillness, reflection, and grounding. Amid the noise, we’ll come together in community to breathe, center, and find peace.

FRIDAY, NOVEMBER 8, 7:30 PM

Rev. David Carl Olson

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Special Guest Vance Gilbert joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience. At 6:30 PM, all are welcome to a simple supper prior to Soulful Sundown. A voluntary donation of \$10 covers soup, salad, artisanal bread, cookies, and beverages. (Food service ends at 7:15 PM.)

Worship Services continue on page 2

TOUCHSTONES

Rev. Dr. Natalie Fenimore



I am not big into nostalgia but this time of year there are always things which leave me wishing for the old days: there should be no Halloween candy in September and no Christmas decorations before Thanksgiving. It feels so out of order to me. I want to enjoy each holiday as a thing in itself, worthy of my full attention and giving in return the special gift it has to offer.

How often do you find yourself pushed, rushed by the false schedules of commerce and productivity? How can we find respite from those demands? How can we be fully present to the gifts of each season and each celebration?

How can we also be fully present to the challenges of each season – challenges which exist alongside the celebrations?

Can we have Halloween fun and honor ancestor celebrations and rites which ask us to acknowledge the reality of death? Can we continue to enjoy the family gatherings and traditions of Thanksgiving and, also, hold the agonizing truth of the colonial genocide of Native Americans?

Let us make this a season in which we practice repair. We can sit with nostalgia, with memory, and learn to appreciate all our complicated narratives. In this community we can welcome all our stories, all our wonderings, and challenges, and celebrations. We can do the hard work of pushing aside false or incomplete memory. We can incorporate practices of healing and restoration and justice into our living. Then we can hold on to what to us is now meaningful and true. This is what can be worthy of our full attention. We can move forward whole.

Rev. Dr. Natalie Fenimore

Sabbatical

As I enter my 12th year of ministry at UUCSR, I will take a sabbatical in 2025. A sabbatical, much like a sabbath, is intended as a time of rest, reflection, and renewal. Unitarian Universalist

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WORSHIP SERVICES

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SUNDAY, NOVEMBER 10, 2024, 11:00 AM
Rev. Dr. Natalie Fenimore

What Now? After the elections, we consider how we come together to go forward and move toward the Beloved Community of freedom and justice which we seek.

SUNDAY, NOVEMBER 17, 2024, 11:00 AM
Rev. Dr. Natalie Fenimore

Gold, Superglue, Hugs, and Kisses How can we hold everything together when it seems that everything is falling apart? How can we repair what is broken in the world and in our own hearts? What are the tools for such repair?

SUNDAY, NOVEMBER 24, 2024, 11:00 AM
All Ministers

Here We Are Gathered: Thanksgiving Family Worship Service
Thanksgiving is traditionally a time of family and food. We gather to share the stories of our traditions—and to acknowledge that the land we occupy was home to Native Americans who also broke bread and gathered in community on this land.

- Bring bread from your family or culture to share with the congregation in the Social Hall after the Service.
- Bring non-perishable food items to refill our congregational food pantry.

UUCSR Worship Services are usually both onsite and online on uucsr.org/worship, [Facebook](#), and [YouTube](#). Available thereafter on the same platforms. Onsite, mask wearing is optional.

MILESTONES

We ask for “Get Well” wishes for... Margaret Logan who is home convalescing from a recent fall. Please send cards to

Margaret Logan
26910 Grand Central Parkway, Apt 6T
Floral Park, NY 11005

We mourn the death of... UUCSR member Geraldine Thorsten. Geraldine died on Saturday, October 26 at the age of 89. A visitation for Geraldine will be held Monday, November 4, 2024, from 2:00–5:00 PM and 7:00–9:00 PM at Vernon C. Wagner Funeral Homes, 125 W Old Country Road, Hicksville, NY 11801. In lieu of flowers donations can be made to the UUCSR Ministers Discretionary Fund in her name [HERE](#).

Condolences may be sent to

Elizabeth Lofton
28 Pewter Lane
Hicksville, NY 11801

TOUCHSTONES

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congregations commonly grant their ministers sabbatical leave between the fifth and seventh year of service. I will be away from January through March, working in April and away again in May. I will join the UUCSR delegates at General Assembly in June and complete my sabbatical over the summer. I have consulted with the ministers and the Board of Trustees to ensure full coverage of my tasks.

During this time, I will have the opportunity to do some writing, research, and travel which I am not able to do while engaged in my regular duties. A sabbatical also benefits the congregation by encouraging the minister to deepen skills for spiritual and institutional leadership. I am very grateful to the congregation for this opportunity.

MESSAGE FROM THE MINISTERS

Election Reflection Opportunities

We cannot ignore that in this election season there is a tangle of emotions: anxiety, anger, frustration, disbelief, and disappointment, as well as hope and joy. Being able to vote should never be taken for granted. It should be remembered that the franchise has only been available to all citizens since 1965—and is still not guaranteed. So please vote. Vote as if your life depends on it, because it does.

- As we fortify ourselves for this coming Election Day and what may be a challenging wait for the results, the ministers are offering an open Worship Room from 9:00 AM–3:00 PM, Thursday, October 31–Monday, November 4 for silent reflection and candle lighting.
- We will come together for our Sunday Worship Service on November 3, at 11:00 AM.
- There will be a Vespers Worship Service on Tuesday, November 5, at 7:00 PM.
- Election results reflection gathering in the Art Gallery on Wednesday, November 6, at 7:00 PM.

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services
Vegetarian and vegan options are always available.

CHILDREN ONLY \$5 kids meal:

chicken fingers, mac and cheese, fruit salad

ADULTS \$10:

Nov 3: soup (butternut squash, tomato tortellini), maple

pecan crusted chicken, corn on the cob, tossed salad

Nov 10: soup (chicken noodle, cream of mushroom), hot roast

beef in gravy, mashed potatoes, broccoli, tossed salad

Nov 17: soup (chicken noodle, lentil), grilled chicken, pasta

primavera, tossed salad

Nov 24: soup (chicken noodle, tomato rice), meatball

parmigiana, spaghetti, tossed salad

All meals include lemonade, iced tea, and cookies.



**Congregational Hearing:
Bylaws Recommendations**
Online only

Congregational Hearing: Bylaws Recommendations
Thursday, October 31 | 7:00 PM | Online Only

A hearing on the recommended changes to the Bylaws is being held on Thursday, October 31, at 7:00 PM to review recommended amendments to Articles I–III and X–XIV that will be voted on at the November 3 Congregational Meeting. Please click [HERE](#) to access materials and get Zoom link.



Congregational Meeting
Onsite and online

Congregational Meeting
Sunday, November 3, | 1:00 PM | Worship Room and Zoom Webinar

Agenda:

Opening Words And Chalice Lighting

- I. Approval of Minutes of June 2, 2024 Meeting
- II. Crisis Grants Requests
- III. Overall Spending Limit Resolution
- IV. Bylaws Amendments to Articles 1, 2, 3, 10, 11, 12, 13, and 14
- V. Treasurer's Report: Unaudited FY24 Year-End Financials
- VI. Nominating Criteria: Guidelines and Criteria for June 2025 Elections
- VII. President's Report: Chris Hilke, President
- VIII. Good of the Order

If you are attending online, please register for the Zoom webinar in advance [HERE](#). After registering, you will receive a confirmation email containing information about joining the webinar. For additional information, Please contact Tammy Weil (tweil@uucsr.org or 516.472.2913).



Congregational Meeting Parliamentarian

I am pleased to announce that Mr. Adrian Stratton has been engaged as our new professional parliamentarian and will support congregational meetings in this capacity. Approximately 5 years ago the Board made the decision to work with a nonmember credentialed professional parliamentarian to help with congregational meeting process and ensure compliance with parliamentary procedure. Ms. Joan Corbisiero originally served in this capacity, and we thank her for her support.

Mr. Stratton is a member of and credentialed by both the American Institute of Parliamentarians and the National Association of Parliamentarians. Mr. Stratton serves as the President of the New York Association of Parliamentarians and has delivered numerous presentations, workshops, and lectures on parliamentary law for clients and in a volunteer capacity. Additionally, Mr. Stratton has authored several parliamentary articles in publications including the National Parliamentarian and Parliamentary Journal.

We welcome his support and guidance.

Call for a Volunteer—Hadley House LLC President

Below is a call for a congregation member to serve as President of the UUCSR Hadley House LLC and preside over the LLC Board of Managers, effective January 1, 2025. After 5 years of service in this capacity, Barbara Dzorney-Greene is stepping down as President and as a Manager of the LLC.

As its first President, Barbara was instrumental in helping the Congregation transition to the new operations and governance structure of Hadley House and her service is greatly appreciated. Per the [Hadley House Operating Agreement](#), The Board of Managers may consist of both members and nonmembers of the Congregation, but there must be at least one member. As Barbara is the only member serving, her position must be replaced by another congregation member; per the Operating Agreement, this member may not be a resident of Hadley House. Further, the other managers on the Board of Managers are not prepared to take on the role of President. As such the replacing congregation member will be required to serve as President.

If you are interested in this service opportunity, please contact Adam Barshak, Congregation Operations Administrator (abarshak@uucs.org, 516.472.2921).

Please view the [UUCSR Hadley House LLC Operating Agreement](#) for further information on the Hadley House LLC, role of the Board of Managers and President.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair



DAC'S Relationship with Our Partner Church

Many years ago, our Unitarian Universalist Association (UUA) established a Partner Church Council. The Partner Church Council facilitated relationships between Unitarians and Universalists and Partner Churches, worldwide. They connected individuals, families,

small groups, and congregations through a variety of programs: student sponsorships, community capacity building partnerships, congregational partnerships, face-to-face experiential travel, and microfinance partnerships.

These partnerships created transformational opportunities for pilgrimage, hospitality, learning and service. The UUPCC's members developed creative fun and vital partnerships so that together we may grow an international U&U global community and promote human rights and a better world. The churches are mainly located in Hungary and Transylvania. From the beginning, Shelter Rock's partner church has been located in Csikszereda, Transylvania, and DAC's current Partner Church liaison is Elena Litescu. Several years ago, members from UUCSR (accompanied by then Senior Minister Paul Johnson) traveled to Transylvania to visit our partner church. And over the years, our annual fundraising efforts have resulted in many structural improvements to their building, including new windows, and new pews. DAC recently held a Zoom session with Reverend Alpar, our Partner Church's minister—we were able to take a Zoom tour of their building!

Currently Shelter Rock maintains two fundraising programs—our annual Partner Church Auction (scheduled for next spring) and our George Kesner Memorial Book Exchange (located in the corner of the Social Hall near the exit opposite the elevator lobby). Members and friends are encouraged to take a book or CD from the shelves of the Book Exchange and make a small contribution in the box provided. Lately, our Book Exchange inventory has dropped and I am asking for your help to refill the shelves. Please bring in gently used books, CDs, puzzles, and games that can be used to help generate needed funds. And, while there, take the opportunity to find a treasure to take home! Don't forget to make a contribution!

Watch future issues of the *Quest* for information about our 2025 Partner Church Auction.

Richard Bock, Chair
Denominational Affairs Committee

LIFE SAFETY LEADERSHIP TEAM (LSLT)

Brigitte Mueller, Chair

The Life Safety Leadership Team (LSLT) seeks your input on congregation security. The LSLT recognizes that all members and guests wish to feel safe at the Congregation, but safety measures can be intrusive and can be seen as unwelcoming. The LSLT has prepared a survey [HERE](#) that will help gauge the level of security the Congregation wishes to engage in.

The survey is on a scale of 1–5 with one being least intrusive security measures and five being the most intrusive measures. Examples of security measures across this spectrum are provided as a guide. Results of the survey will help the LSLT in its recommendations to the Board of Trustees.

FIRE SAFETY REMINDER

In case of a fire alarm, please remember the Three Ls:

LOCATE the exits

LEAVE the building immediately

LISTEN for instructions before returning to the building

WORSHIP COMMITTEE

Sandra Hazel Frank, Chair

Worship Committee Members Needed

Our worship services are central to our community. We need YOU to join the Worship Committee. You can help make UUCSR the best faith home it can be.

As a Worship Committee member, you get to work with the ministers and assist with the Services on Sunday morning and during Soulful Sundown. The members get to choose guest preachers for the summer services. You can also join as a Worship Associate and participate in a Sunday Worship Service.

Let your light shine by becoming a member of the Worship Committee. Contact Worship Committee Chair Sandra Frank or Committee Assistant Phinu Jose at pjose@uucsr.org or call 516.472.2975.

UUCSR BLOG LINKS

[UUCSR Entire Blog Collection](#)
[Clarity, by Rev. David Carl Olson](#)
[Denominational Affairs \(DAC\) Updates](#)
[Green Sanctuary Articles](#)
[Social Justice Articles](#)
[Touchstones Ministry Team Blog](#)
[Veatch Blog](#)
[in Veatch grantee communities](#)
[Women's Group](#)

SOCIAL JUSTICE COMMITTEE

Prop 1 Action Opportunities at UUCSR and Polling Places

Proposition 1 is on the ballot starting on Saturday, October 26, (when early voting started) and through election day. We are so excited to be hosting a Prop 1 phone bank here at UUCSR on Thursday, October 31, and invite you to join the crew! Shifts are available at 12:00–3:00 PM, 3:00–6:00 PM, and 6:00–9:00 PM. We will be in RE Room 19. We need all hands on deck to get Prop 1 passed! Sign up [HERE](#) and you will receive a confirmation and detailed information.

If you've never phone-banked or canvassed before, campaigners of Prop 1 will train you. Just bring yourself (in costume if you wish!), your phone, a laptop, and your passion for social justice.

UUCSR 2024 ANNUAL COMMUNITY-BASED HOLIDAY DINNER DRIVE

This year, Shelter Rock Sponsors a Thanksgiving Collection for
**The North Shore Soup Kitchen and
The AIDS Center of Queens County**



Please donate by
Sunday, November 24

\$25.00

will provide a turkey for a needy family.



Use QR code above, bring your contribution to worship, or mail a check to UUCSR, attention Sue Kimler. Please make checks payable to UUCSR with "Thanksgiving Meal" on the memo line.

We count our blessings and share our bounty with those who are in need.

GREEN SANCTUARY COMMITTEE

Jim Peters, Chair

UUCSR's New Meadow Plan



The Congregation's Land Management Plan for our 100-acre property, dated February 2022, included the idea of creating a wildflower meadow around the perimeter of the Great Lawn. Such a conversion of lawn to meadow would reduce turf management, increase complex habitat for animals, and provide the sheer beauty of a dynamic floral display.

Following up on that idea, and in line with the Congregation's [Sustainable Land Management Statement](#) passed in 2023, last year's capital budget included funds for engaging a designer to help create a plan for the meadow, and this year's capital budget allocated funds for design implementation. Subsequently, Larry Weaner Landscape Architecture, a leading practitioner of meadow design in the Northeast, was hired. This year's capital budget includes funds for construction of the meadow.

Mr. Weaner presented the results of his firm's work thus far to the Congregation on October 13. He discussed the difference between a garden which contains groupings of a single plant species and a meadow which is an intermingled, multi-layered plant community. Mr. Weaner presented his firm's overall vision of a meadow around the Great Lawn. That vision would create a large meadow area with mowed paths, surrounding an oval-shaped Great Lawn in the center of the existing lawn area.

At the request of the Green Sanctuary Committee, which is taking the lead on this project, the firm developed some alternative plans for a first phase of construction. Finally, Mr. Weaner advised the Congregation that development of a meadow takes time. Eliminating all the turf grass and its associated seed bank is very important. This site preparation phase would take one year from the Spring of 2025 to late summer 2025. Mr. Weaner recommended using an herbicide because other methods are not as effective. The site would then be seeded with a native meadow mix in the Fall of 2025 and live plants would be installed. In the spring of 2026, seeds would germinate.

The Green Sanctuary Committee, in consultation with the Buildings and Grounds Committee and the Board of Trustees, will be making a decision on what the shape of phase 1 will be. If anyone has questions or comments, please contact Jim Peters, Chair of the Green Sanctuary Committee or Dana Gumb.

George Frideric Handel

**Messiah Sing 2024
CALL FOR
MUSICIANS**

The Orchestra at Shelter Rock
Stephen Michael Smith, Music Director

.....

Rehearsals:

Thursday, December 5
7:00–9:00 PM

Saturday, December 7
11:00 AM–1:00 PM

Performance:

Sunday, December 8
1:00 PM Call
1:30 PM Performance

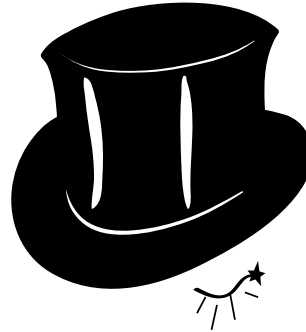
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Rehearsals and performances
at UUCSR
48 Shelter Rock Road, Manhasset

Music will be available in advance.
Music stands and lights provided.

Please contact Orchestra Librarian
Sylvia Cordero-Skidmore
at UUMusic@uucsr.org
to reserve a seat.

21ST ANNUAL
CABARET
AT THE ROCK



Suzanne Viverito
Artistic Director

Come enjoy an evening of music, dance, refreshments, and more in a nightclub setting as we raise funds for the

**Edward Miller
Memorial Music
Scholarship Fund**

**SATURDAY,
NOVEMBER 2, 2024**

6:30 PM Doors Open
7:00 PM Show Begins
Social Hall

**RESERVE A SEAT
NOW!**

\$20 per person

TICKETS MAY BE PURCHASED IN ADVANCE
TICKETS WILL BE AVAILABLE AT THE DOOR!

Register: uucsr.org/2024Cabaret

Questions? Contact Phinu Jose
516.472.2975 or pjose@uucsr.org

Welcoming Pathways

Sundays 1-2 PM | RE Room 15

Join us in fostering a community of welcome at UUCSR through the Welcoming Pathways Program, a series of eight workshops designed to help members practice radical hospitality.

Radical hospitality goes beyond simple friendliness—it's about truly opening ourselves and our community to all who enter. These workshops are meant to encourage reflection, spark awareness, and offer practical tools for creating a more inclusive environment.

The topics explore what it means to practice radical hospitality given the diversity already present in our community.

Workshop Dates

November 10, 2024

Understanding How UUCSR Works: Governance, Membership, and Getting Involved with Rev. Dr. Natalie Fenimore

November 24, 2024

Practicing Cultural Humility with Rev. Israel Buffardi

December 1, 2024

Practicing Welcome in Multigenerational Community with Rev. Israel Buffardi

December 22, 2024

Practicing Welcome in a Community of Socio-economic Diversity

January 12, 2025

Welcoming in a Community of Diverse Worldviews

February 2 and February 9, 2025

Topics to Be Announced

REGISTER HERE
uucsr.org/24Pathways

Registration is not required but suggested.

Questions? Contact Sharyn Esposito at sesposito@uucsr.org

Be a part of this important initiative and help make UUCSR a place where everyone feels at home!

Senior Youth Conference CULTURE CON

**Friday, December 6, 6:00 PM
through
Sunday December 8, 9:00 AM
Veatch House**

We are so excited to announce the 2024 Senior Youth Conference "Culture Con" scheduled in the Veatch House at the Unitarian Universalist Congregation at Shelter Rock (UUCSR) located at:
48 Shelter Rock Road
Manhasset, New York 11030

Youth conferences are two-night overnight events that include all high-schoolers from UU Congregations in the surrounding area.

The activities at the Con will include:

- discussion-based programming
- sports
- art
- general fun and silliness

Cons are run by the youth and for the youth with adult supervision, but the youth are the central focus in decision-making, planning, and leading.

Culture Con will be a celebration of the UU value of Pluralism, where we honor that we are all sacred beings diverse in culture, experience, and theology! Come to Culture Con excited and ready to express whatever it is you are passionate about!

The registrar for this event is Jamie Walowitz, who can be reached at jwalowitz@uucsr.org or 516.472.2943.

Beginning and Ending times:

Event begins on December 6 at 6 PM

Event ends on December 8 at 9 AM

Registration Information for Youth Below (3 Forms):

[Registration Form](#)

[Parent Permission Form](#)

[Youth Event Covenant](#)

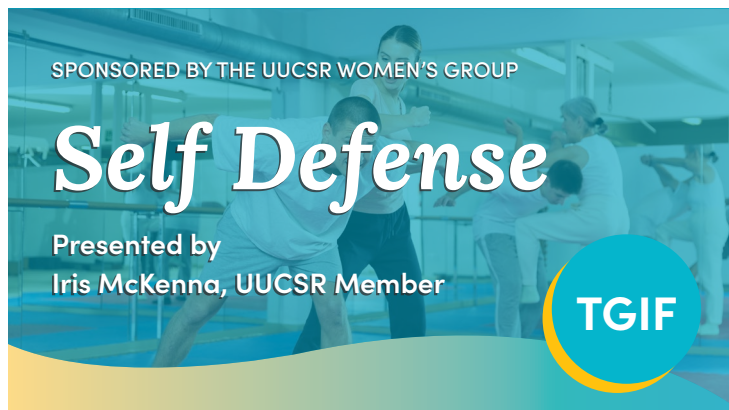
Registration Information for Adults Below (2 Forms):

[Registration Form](#)

[Congregation Approval Form](#)

We're excited to see you there!

SPECIAL EVENT HIGHLIGHTS
Listed in chronological order
Additional information at uucsr.org/events



TGIF Self Defense

Friday, November 1 | 7:00 PM | Art Gallery

Presented by UUCSR Member Iris McKenna

Come join members of the Women's Group for companionship, light refreshments, and an introduction to the AAA of self defense. The program will include: • Basic Confidence Philosophy • AAA Defense (Awareness, Assess, Anticipate) • Defensive Living Scenarios

No prior experience necessary. Please wear comfortable shoes and loose clothing. Seated and standing options available. Register [HERE](#).

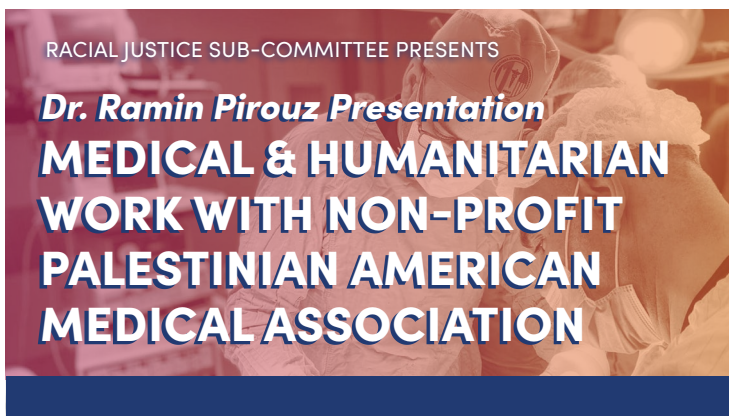


13 Poets From Long Island—Poetry Reading

Sunday, November 17 | 1:15 PM | Veatch Ballroom

Join us for a poetry reading, featuring the authors of 13 Poets from Long Island as they read selections from their book. Depending on how many poets are able to attend, each will share between 2–4 poems. Comments and discussions may arise naturally following the readings. Register [HERE](#).

“This diverse collection celebrates the power of poetry, blending emotional unburdening with joyful wordplay...a wild ride through a poetic landscape of trauma, tradition and whimsy.” –Kirkus Reviews



Dr. Ramin Pirouz Presentation Medical & Humanitarian Work With Nonprofit Palestinian American Medical Association
Sunday, November 10, 2024 | 1:00 PM | Worship Room

Join the Racial Justice Sub-Committee on Sunday, November 10, at 1:00 PM in the Worship Room for a presentation by Dr. Ramin Pirouz, who will give a PowerPoint presentation on his medical and humanitarian work with the Fairfax, Virginia-based nonprofit Palestinian American Medical Association at Nasser Hospital in Gaza. Light refreshments will follow in the Art Gallery.

Register [HERE](#). Registration is not required however requested so that we can plan the refreshments. Questions? Call Sonia Arora (516.472.2977).



Stone Soup with Rev. Dr. Natalie Fenimore
Friday, November 22 | 6:30 PM | Social Hall



Join us for our November Fourth Friday where you will hear the story of “Stone Soup,” sing together, and make our own stone soup for supper. This is a Multigenerational Fun Activity.

Bring non-perishable food items to refill our congregational food pantry (we are running very low).

Register [HERE](#). Registration is not required but requested to help plan for the meal. Childcare is available or your child can stay and join in on the fun. Questions? Please email Sharyn Esposito at sesposito@uucsr.org or call 516.472.2960.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

NOTE: Building hours are subject to change based on planned activities. See uucsr.org/calendar for specific hours.

First Sundays | 9:30–11:00 AM | RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group.



First Sundays Monthly | 12:00 PM | Art Gallery or RE Room 4

Dramatic Readings

Join us to eat, chat, and read the play of choice. You are invited to attend Worship, grab lunch at the Sunday Café, and join us in the Art Gallery or RE Room 4 to nosh, catch up, read, and discuss the play we have re-enacted. Please register [HERE](#) if you are planning to attend, as physical copies of the play need to be prepared. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions (jwalowitz@uucsr.org or 516.472.2943).

Third Sundays | 1:00–2:30 PM | Bride's Room

Small Group Ministry

led by Iris McKenna

Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group.

Sundays, Nov 10, 17, 24, Dec 8, 15, 22, 29, Jan 5 | 1:00 PM
RE Room 4

Medical Qigong for Senior Health at UUCSR

By popular demand, join us for our second Medical Qigong for Senior Health class this Fall at UUCSR! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and register [HERE](#).



Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

\$50 for 5 classes, \$12 per drop-in class with instructor Ashley Baldwin. Learn simple, yet powerful motion and breathing exercises to improve physical balance and falling safely skills. Exercises are taught standing, with equally effective guidance for those who prefer to sit. Register [HERE](#) or email Ashley (tqh.Ashley@gmail.com).516.472.2943) if you have any questions.

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge to participants.

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group.



Tuesdays | 6:30 PM | Via Zoom [HERE](#)

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

ADULT FAITH ENGAGEMENT PRESENTS

Love At The Center BOOK TALKS

Love At The Center Book Talk

Sundays Monthly | 12:30-3:00 PM | Art Gallery

Join Rev. Dr. Fenimore in this monthly in-person book discussion.

November 24: *All About Love: New Visions*, by bell hooks

December 22: *Love At The Center: Unitarian Universalist Theologies*, edited by UUA President, Rev. Dr. Sofia Betancourt

Books are available from Amazon or UUA Inspirit Bookstore or see the UUCSR Bookstore on Sundays

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

NOTE: Building hours are subject to change based on planned activities. See uucsr.org/calendar for specific hours.

ENERGY PRACTICES FOR ENHANCED HEALTH AND WELLBEING

Fall 2024 Class with
Dr. Fern Cameron

Tuesdays, November 5, 12, 19 | 10:00 AM | Art Gallery
Energy Practices for Enhanced Health and Wellbeing—Fall 2024
Class with Dr. Fern Cameron

Everything in our universe is made up of energy—a star, a flower, a cell, a thought! Energy is the fundamental force that governs and sustains life. It circulates within our 40 trillion cells and affects every aspect of our being, physically, mentally, emotionally, spiritually. By practicing techniques from the ancient traditional healing arts and modern day cutting-edge science, in this class we will discover how to access our healing energy power. Incorporating these gentle practices into our day can help us become more self-resourced and self-assured as we upgrade our self-care regimen to experience greater vitality, strength, and inner peace. This class is open to all, as the practices are gentle and easily adaptable. No prior experience is necessary. \$96 for members, \$144 for non-members. To register or for questions, please contact Fern (516.621.0316 or lovenow108@gmail.com). For more information, click [HERE](#).

Women's Group WOMEN TALK DAYTIME

First and Third Tuesdays Monthly
12:00–2:00 PM | Onsite Office Conference
Room and Online Zoom
Women Talk Daytime
Facilitated by Sandra Frank, Women's
Group Board Member

The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join in on the discussion in your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Alexa Jellema (ajellema@uucsr.org or 516.472.2920)

Third Tuesdays | 4:30 PM | Via Zoom
Living with Cancer, led by Caron Hunter

People living with the challenges of a cancer diagnosis may join a safe, confidential group where members may share their experiences with others who understand the intricacies. In this supportive environment, we lift each other up, learn tools for coping with stress, meditate together, and open a prayerful spirit within ourselves to encourage healing. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge.

Second Wednesdays | 11:15 AM–12:45 PM | Hadley House
Community Room
Small Group Ministry led by Deborah Siegel and Lilyan Strassman
Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group.

Second Wednesdays (Start Date TBD) | 6:30–8:00 PM | via Zoom
Small Group Ministry led by Maryellen Pierce and Betty Gold
Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group.



Wednesdays | 2:00 PM | via Zoom
Wednesday Afternoon Conversation

Seeking an opportunity for spiritual deepening in a supportive setting? The ministers invite you to a Wednesday Afternoon Conversation. It is a time of reflection, sharing, and listening. Newcomers are especially welcome. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Thursdays Beginning October 10 | 7:00–8:30 PM | RE Room 4
Small Group Ministry led by Diana Wolfson
Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) to join this Small Group



Thursdays | 1:00–4:00 PM or until "Game Over" | Art Gallery
Love to play games? Join every Thursday afternoon for canasta, mah jong, Scrabble, and more. All players are welcome. Bring a friend! Most game supplies are available. Questions? Contact Carla Drezner at stargatecd@aol.com.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

NOTE: Building hours are subject to change based on planned activities. See uucsr.org/calendar for specific hours.

Thursdays | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

All are welcome, beginners and experienced practitioners alike. No charge. Zazen Meditation is the practice of stilling the mind through wholehearted attentiveness to the breath. This steady attentiveness, coupled with the stillness of the body, frees the mind from its ordinary activities of thinking, daydreaming, or speculating on the nature of life. Sitting as a group encourages our individual practice! Zen is not a religion; it is a direct experience. Additional information [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.



Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

November 15: *An Unfinished Love Story: A*

Personal History of the 1960s, by Doris Kearns Goodwin

Led by Ursula Salamone

One of America's most beloved historians, artfully weaves together biography, memoir, and history. She takes you along on the emotional journey she and her husband, Richard (Dick) Goodwin embarked upon in the last years of his life.

Visit [HERE](#) for details or contact Alexa Jellema to learn more (ajellema@uucsr.org or 516.472.2920).



Third Fridays | 7:30 PM

Fourth Fridays | 4:00 PM

Women's Group Online Film Discussion

November 15, November 22

Visit [HERE](#) for details or contact Alexa Jellema to learn more (ajellema@uucsr.org or 516.472.2920).

ADULT PROGRAMS PRESENTS

MEDICAL QIGONG FOR SENIOR HEALTH

Led by Ashley Baldwin

At Hadley House

Fridays, Nov 1, 8, 15, 22, Dec 6 | 11:00 AM | Hadley House

Medical Qigong for Senior Health led by Ashley Baldwin

All are welcome to join instructor Ashley Baldwin for this Medical Qigong for Senior Health community class at Hadley House! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and register [HERE](#)

Once Monthly Saturday | 9:00 AM | Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

All are welcome, beginners and experienced practitioners alike. One Saturday a month offers a silent meditation retreat from 9:00 AM–9:00 PM. Please join us for as much of the day as you wish! You are welcome to bring food for yourself and others to share if you would like! Register to attend [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

Saturdays | 9:30 AM | Social Hall

Yoga For All Levels, led by Mia

An opportunity for spiritual growth and centeredness

\$15 per class. Learn more on uucsr.org/calendar or click [HERE](#).

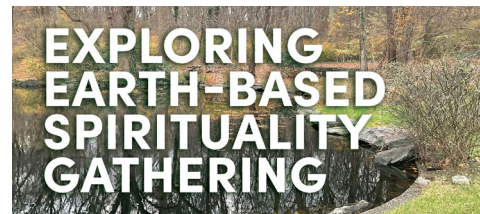
GREAT BOOKS

Weekly Discussion Group

Fridays via Zoom | 12:00 PM

Great Books

The *Great Books* group welcomes new members! All are welcome to this fun learning experience promoting civil discourse, critical thinking, and meaningful interpersonal connection. On September 13, we began reading *The Norton Reader: An Anthology of Nonfiction, Thirteenth Edition*, by Linda Peterson, John Brereton, Joseph Bizup, Anne Fernald, and Melissa A. Goldthwaite. Please register [HERE](#) to attend and to be added to the email list. Please contact Jamie Walowitz with questions (jwalowitz@uucsr.org or 516.472.2943).



Fourth Saturdays Monthly | 11:00 AM | Art Gallery

Nov 23, Dec 28, 2024

Jan 25, Feb 22, March 22, April 26, May 24, June 28, 2025

Exploring Earth-Based Spirituality Multiplatform Gathering

This group, led by UUCSR ministers, shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All interested are welcome. Please bring some food to share at each event, or a nosh. We will meet and then break for lunch from 12:30–1:00 PM. We hope you can join with us to explore various paths to spirituality. If you can't meet in person, you are welcome to join online. After registering [HERE](#), you will receive the Zoom link. Any questions, contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

48 Shelter Rock Rd, Manhasset, NY 11030 | 516.627.6560 | uucsr.org | info@uucsr.org

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Vice President: Aimee Vella Ripley

Secretary: Bernie FitzGerald

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Members of the Board of Trustees

Carole Alexander Marvin Brown

Claudia Barbey Larry Hass

Riki Birk Bill Kahn

October 30, 2024

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, November 13, 2024 | Deadline for Content: Tuesday, November 5, 2024



MINISTER MEET AND GREET

Wednesdays, November 20 or December 18
11:30 AM–1:00 PM • Veatch Terrace Room

Have lunch with the Ministers at the new Minister Meet and Greet.

Come together to meet with the ministers.
Share your stories, thoughts and concerns.
Have some time together to talk about the worship themes.

At UUCSR in-person on one of the following:
Wednesdays, November 20 or December 18 from
11:30 AM–1:00 PM in the Veatch Terrace Room.

Bring your lunch—coffee, tea, and cookies will be provided.
Registration is not necessary, just drop in.

Thanksgiving Dinner



Thursday, November 28 • 12 PM • Onsite!
Prior Registration Required

In the spirit of fellowship, the Caring Committee invites
members and friends to join in a traditional dinner together.

Traditional, vegetarian, and vegan options | BYO beer and wine permitted
All are welcome to the feast!

You are requested to participate in our "chosen family/community dinner"
by volunteering to either:

- Bring a favorite dessert to share
- Assist in set-up or clean-up (No dishwashing involved)
- Bring a non-perishable food donation—for those in need

Please commit to one of the above when you register.

Adults \$20 | Children \$10

Register by Friday, November 22 by noon
Register Here: uucsr.org/24Thanks

Financial assistance available upon request—contact Sharyn (516.472.2960)
All requests will remain confidential.

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/on-demand/quest-newsletter>, and via 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 member Linda McCarthy, with the invaluable assistance of member volunteers Claire Z. Bock and Jessica K. Vega. **Submissions:** communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.