



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



December 23, 2024

**Monthly Theme:
THE PRACTICE OF
PRESENCE**

WORSHIP SERVICES

TUESDAY, DECEMBER 24, 2024, 5:00 PM
All Ministers

Christmas Eve: The Presence of Light in the World We will light candles of hope, joy, and love in a music-filled Worship Service as we invite in the Christmas Spirit. The worship service ends with Silent Night and candle lighting. Carol singing and a reception follow the Worship Service. Please bring a dessert to share.

This year we have a single Christmas Eve Worship Service at 5:00 PM followed by a reception and Carol Sing to gather us together at one time. Attendance at the previous later Service has decreased and some preferred not to drive late on a dark winter evening. We will debrief the single Service format in January.

SUNDAY, DECEMBER 29, 2024, 11:00 AM
Rev. David Carl Olson

“Somebody’s Callin’ My Name” Hanukkah is a time to listen to ancient voices that call us to resilience and solidarity. In our Festival of Lights, as we are present to one another, we light candles and speak our intentions for self and others. A quiet morning of singing, meditation and story—and listening to what is calling our hearts.

SUNDAY, JANUARY 5, 2025, 11:00 AM
Rev. David Carl Olson

More Light As we attend the Practice of Story, we consider the Story of our congregation. We tell of its founding, of its moving to new locations, and its role in promoting our religion. We also think of the stories we tell ourselves about this community and this faith. In it all, we think about the ways we tell new chapters of our story with more light (truth), more compassion (community), more love (commitment).

FRIDAY, JANUARY 10, 2025, 7:30 PM
Guest Minister—Rev. Karen Louise Hutt



January Soulful Sundown features an evening of poetry, reflection, and live music from The Cosmic Orchestra and special Artist Jeff LeBlanc.

TOUCHSTONES

Rev. Dr. Natalie Fenimore



This December has passed so quickly for me. It was all a whirl of activity with so many worship services and holiday events at the congregation.

There was barely time for the me to do the holiday baking which I usually find so relaxing. Still this year, and each year, I try to carve out some time to consider the meaning of this holiday season: Solstice, Christmas, Hanukkah, Kwanzaa, New Year’s all coming to call us to celebration. We light candles in the dark, we come together in family and community, we give gifts in love and appreciation.

I have found it helpful to sit with “The Christmas Pledge” found in the book, *Unplug the Christmas Machine*:

Believing in the true spirit of Christmas, I commit myself to...

- Remember those people who truly need my gifts
- Express my love in more direct ways than gifts
- Examine my holiday activities in the light of my deepest values
- Be a peacemaker within my circle of family and friends
- Rededicate myself to my spiritual growth

I believe that these intentions can serve me throughout the year.

I hope that you were successful in finding moments of relaxation and reflection for yourself. May you be re-energized in this season in ways which provide strength, hope and resilience throughout the New Year.

In January, I begin a six-month sabbatical, which the congregation has graciously granted me in my eleventh year of ministry at UUCSR.

Rev. Olson and Rev. Buffardi will be present in ministerial leadership in my absence. This will be a time of learning for me and a time to re-charge for our continued shared ministry.

In faith,
Rev. Dr. Natalie Maxwell Fenimore

MILESTONES

We send sympathies to...Jim and Lynn Smith following the death of Jim's mother, Dorothy A. Smith. Dorothy passed away at the age of 101, on Wednesday, December 11, at the Rockville Centre Skilled Nursing Center, after a long illness.

Expressions of sympathy may be sent to:
Jim and Lynn Smith
270-10 Grand Central Parkway, Apt. 30E
Floral Park, NY 11005-1130

Thank You

I would like to take the time to thank everyone who came to sit with me during the shiva for my mom, Miriam Silverberg.

Your condolences and memories continue to be appreciated.

Thanks.
Debbie Silverberg

Please remember to share your "joys" with us so that we can list them in the *Quest* under Milestones. This might include, but not be limited to, a birth of a child, grandchild, or great-grandchild, etc., or the news of a marriage, graduation, or an accomplishment that you are proud of. We want to celebrate with you.

Please email your joyful news to Sharyn Esposito at sesposito@uucsr.org. Thank you.

BYLAW COMMITTEE



TODAY, December 23 | 7:00–8:00 PM | ZOOM

Please join us for discussion on proposed changes to the Veatch Resolution, which will be voted on at the January 5 Congregational meeting, along with changes to other Articles.

[Join the meeting here.](#)

LAND MANAGEMENT LEADERSHIP TEAM

Dana Gumb, Member, Land Management Leadership Team

The Land Management Leadership Team (LMLT) has been investigating the idea of a conservation easement to preserve in perpetuity the 79-acre part of our property that is woodlands. The Board of Trustees gave this assignment to the LMLT on February 15, 2024, with the Charge of bringing forth a recommendation to the Board after engaging internal and external stakeholders.

A conservation easement is an interest in real property that restricts future land use to preservation, conservation, wildlife habitat, restoration or some combination of those uses. Easements can be sold or donated. The purchaser of such an easement may be a government agency, tasked with preserving open space in Nassau County for such purposes as protection of groundwater resources. That agency would essentially be buying the right to develop the property, with the intent not to develop it, while UUCSR would retain ownership of the property but without the rights to develop it. Additionally, there are non-profit organizations dedicated to land preservation that could purchase the development rights. A real estate appraiser, engaged by the Congregation, estimated the final market value of the conservation easement to be \$9,200,000 based on the zoning restrictions of the Town of North Hempstead and the Village of North Hills.

This idea was first proposed in the [Landscape Master Plan for UUCSR issued on February 25, 2022](#). On March 19, 2023, the Congregation enacted the [Sustainable Land Management Statement](#) which declares: "We shall nurture these natural resources and strive to insure their survival for future generations."

The LMLT has met with many non-profit land conservation organizations, some of which may be able to work with the Congregation on actually implementing the easement idea. These organizations are the North Shore Land Alliance, the Peconic Land Trust, the Open Space Institute, and the Nature Conservancy. The LMLT also met with the NYS Department of Environmental Conservation. The LMLT has also engaged the Sisters of St. Joseph and Sisters of St. Dominic, two faith-based organizations on Long Island, and learned of their processes in instituting easements that protected their open spaces.

The LMLT has prepared an [FAQs sheet](#) which presents its findings. The LMLT will now be reaching out to the Congregation for feedback on the idea to incorporate into its recommendation to the Board. We will be briefing congregants at Committee meetings, and conducting a Sunday Café meeting on February 2, 2025. Please speak with one of the LMLT members if you have questions or comments: Iliza Bartels, Carol Garbarino, Dana Gumb, Paul Kopelow, Jim Peters, and Congregation Operations Administrator Adam Barshak.

GREEN SANCTUARY COMMITTEE

Submitted by Dana Gumb

On the cold Saturday morning after Thanksgiving, a group of volunteers from the Green Sanctuary Committee mobilized to plant 110 bare root tree saplings in our woods. The volunteers were Jim and Elaine Peters, Jennifer Roth, Callum Sheridan and Dana Gumb. The native species of Eastern red oak, sweet gum and tulip trees were planted in the area recently cleared of invasive and exotic plants such as winged euonymus or burning bush. The Congregation ordered 150 trees from the Arbor Day Foundation. Forty of those trees were put in pots where they can get established before planting next fall. The volunteers used a specialized tool for the job called a dibble bar. We can't wait for spring to come when we can see the fruits of our labors!



DENOMINATIONAL AFFAIRS COMMITTEE

Richard Bock, Chair

DENOMINATIONAL AFFAIRS COMMITTEE NEWS

DAC is pleased to announce that our Board of Trustees unanimously approved our 2025 General Assembly Guidelines at its December 19 meeting. Copies will be available at the Welcome Desk in the Main Lobby beginning in January.

Richard Bock, Chair
Denominational Affairs Committee

HOLIDAY FOOD DRIVE WRAP UP

We are pleased to share with you that our very successful 2024 Holiday Food Drive came to an end with the delivery of 200, 6-7-pound roasting chickens that were delivered to the North Shore Soup Kitchen in Glen Cove and the Aids Center of Queens County (ACQC). We thank you all for your generous support of our annual Thanksgiving/Christmas program. We wish you and your families a happy and healthy holiday.

Richard Bock, Coordinator
UUCSR Annual Holiday Food Drive

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services

Vegetarian and vegan options are always available.

CHILDREN ONLY \$5 kids' meal:

Chicken Fingers, Mac n Cheese, Fruit Platter

ADULTS \$10:

Dec. 22: Zucchini, Spinach, Chicken Parmigiana, Pasta Primavera, Tossed Salad

Dec. 29: Broccoli, Green Bean Casserole, Hot Roast Beef in Gravy, Mashed Potatoes, Tossed Salad

Jan. 5: Roasted Vegetables, Party Heros (Includes Vegetarian), Cold Salads, Tossed Salad

All meals include lemonade, iced tea, and dessert.

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at uucsr.org/events

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

FOURTH FRIDAY at Shelter Rock

Nourishing Food, Community
Conversation, and Grounding Ritual

December Fourth Friday Presented by the Caring Committee,
Rev. David Carl Olson, and Richard Bock
Friday, December 27 | 6:30 PM | Social Hall

Take a breather after the holiday rush! Join the Caring Committee, Rev. David Carl Olson, and Richard Bock for a relaxed evening. We'll share a hearty supper, hands-on crafting activities with Barbara Dilsner, breathing techniques by Suzanne Viverito, and a sing-along with Rev. David Carol Olson and Richard Bock. There will be plenty of space for casual fun and connection. It's the perfect time to unwind, share some laughs, and enjoy the company of community as we ease into the new year. We can also all wish Richard and Claire a Happy Anniversary as he has agreed to lead us in song on his 38th Wedding Anniversary. No fee, however, a donation is always welcome to help with the costs of the meal and supplies. Register [HERE](#). Registration is not required but requested to help plan for the meal to be sure we have enough food. Childcare is available. Questions? Please email Sharyn Esposito at sesposito@uucsr.org or call 516.472.2960.

SPONSORED BY THE UUCSR WOMEN'S GROUP

Erotic Writing & Art Workshop

Presented by Rosara Torrissi

TGIF

Erotic Writing & Art Workshop, Presented by Rosara Torrissi
Friday, January 3 | 7:00 PM | Art Gallery

Join certified sex therapist and clinical sexologist, Rosara Torrissi, for A Journey Through Erotic Writing and Art, a transformative workshop designed to help you explore your sensuality in a safe, supportive space. First is a guided erotic writing of your fantasy, then you create an artwork of your fantasy using painting, drawing, collage, etc. No prior experience is needed—just bring an open mind and willingness to express yourself. This workshop is open to all.

NEW YEAR'S EVE GALA

AT SHELTER ROCK



TUESDAY, DECEMBER 31

Doors open at 7:30 PM

Register: uucsr.org/24NYE

UUCSR invites you to its biggest party of the year!
Bid a fond farewell to 2024, and usher in a
bright new 2025 with friends and family.

Emcee Suzanne Viverito will guide you through
a lively evening of dining and dancing,
capped with a champagne toast at midnight.

Cocktail hour reception in the Art Gallery,
with entertainment by pianist Charles Henry.
Three-course dinner by Antonino's in the Social Hall.
Dancing to the beats of Rockin' DJ Andrew Viverito.

Tickets are \$50 per person

All are welcome! Dress up or come as you are.

RSVP by Thursday, December 26.
Entry only to those with prepaid reservations.

Register at uucsr.org/24NYE
Kindly indicate the names of the people in your party
(tables seat 8), meal preferences (vegetarian and vegan
meals available), and whether you will need childcare.

Questions? Contact Alexa Jellema
516.472.2920 or ajellema@uucsr.org



Save the Date

HABITAT FOR HUMANITY

Youth Service Trip 2025

April 13-18, 2025

Commit to Participate by January 2, 2025

Senior Seminar Service Trip with Habitat for Humanity in April 2025– Put down a deposit to reserve your spot today!

UUCSR's Senior Seminar class is excited to go on a Service Trip with Habitat for Humanity in April 2025! We would also like to extend this invitation to any seniors who bridged last year if they would like to attend! Habitat for Humanity is a global nonprofit housing organization working in local communities across all 50 states in the U.S. and in approximately 70 countries. Habitat's vision is of a world where everyone has a decent place to live. Habitat works toward their vision by building strength, stability, and self-reliance in partnership with families in need of decent and affordable housing. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. You must be 16+ years old to build on a Habitat worksite. Please register [HERE](#) by Monday, January 13, 2025 if you are able to attend by selecting:

- Youth-Worksite (Ages 16+)–Commitment to Participate
- Adult-Worksite (Ages 18+)–Commitment to Participate.

Committing to participate guarantees you a spot on the trip, and youth must make a \$200 deposit. We will be charging our RE youth a total of \$500 to attend, while adult chaperones are attending for free! If you have paid your \$200 deposit, you will owe \$300 upon your final registration. We are looking to have a minimum of 10 youth committing to attend to go forward with booking trip, so if you are interested and have questions, please don't hesitate to call or email myself, Jamie Walowitz, UUCSR's Youth and Adult Faith Engagement Coordinator, at 516-472-2943 or jwalowitz@uucsr.org, if you have any questions!

Learn More & Secure Your Spot
uucsr.org/25YouthTrip



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Questions? Contact Jamie Walowitz
jwalowitz@uucsr.org or 516.472.2943

SPECIAL EVENT HIGHLIGHTS

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Labyrinth by Candlelight | Friday, January 3 6:30–8:30 PM | Social Hall

The Labyrinth is an ancient form discovered in sketches, pottery and woven objects of many cultures over several millennia. In some traditions, labyrinths were set on the earth in stone, with plantings or earthen forms which provided a place for people to walk.

Walking the Labyrinth can be a means of meditation, centering prayer and personal healing. The labyrinth is not a place to get lost, but offers a single way, with twists and turns, into a destination and back. Placing one step in front of the other, the pilgrim journeys on a single path from the outside into the center. In our setting, the labyrinth walk is accompanied by meditative music and candlelight.

The Labyrinth can be a chance to set an intention, to consider a personal question, and to have self-compassion as the ancient way unfolds to you.

Rev. David Carl Olson will be available to accompany you with questions you may have and will listen to any answers that come to you during your walk. He is a Labyrinth Facilitator certified by Veriditas, which is committed to “inspiring transformation through the labyrinth experience.”

Participants may arrive any time after 6:30 and before 8:00 PM, and should allow at least 20 minutes to walk the Labyrinth. People are welcome to bring journals to record their insights; simply to remain in a meditative way and listen to music; or to leave when their heart leads them to do so. Rev. Olson will be available for personal consultation after people have completed their walk.

Questions contact Rev. David Carl Olson at dcolson@uucsr.org or Sharyn Esposito at sesposito@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 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

January 12, 2025

Welcoming in a Community of Diverse Worldviews

February 2, 2025

Practicing Welcome in Multigenerational Community with Rev. Israel Buffardi

February 9, 2025

Topic to be Announced with Student Minister Madison Colquette

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!

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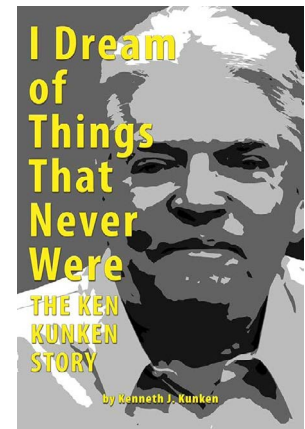
CARING COMMITTEE AND THE UUCSR MEN'S GROUP PRESENT

KEN KUNKEN **I DREAM OF THINGS** **THAT NEVER WERE**

SATURDAY, JANUARY 11, 2025 | 2 PM | ART GALLERY

Please join the Caring Committee and the Men's Group presentation of motivational speaker Ken Kunken on Saturday, September 28 at 4:00 PM in the Art Gallery.

**Ken is the author of the book -
I Dream of Things That Never Were.**



Paralyzed while playing Cornell college football in 1970, Ken Kunken is led to believe the best he can hope for is a career selling magazine subscriptions over the phone. He battles back from the depths of depression and despair to become an award-winning assistant district attorney in New York's Nassau County. But the Ken Kunken story is more than overcoming adversity. It's also a love story that leads Ken to become the biological father of triplets and a true story that inspires and motivates others to fight for their dreams against overwhelming odds. Refreshments will be served and copies of his book will be available to purchase.

REGISTER HERE

uucsr.org/24Ken



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Questions? Contact Sharyn Esposito
516.472.2960 or SEsposito@uucsr.org

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U.S. Citizenship Exam In Person Preparation Classes Thursday Evenings Starting January 16, 2025 6:30–8:30 PM | Bride's Room

Immigrants who participate in these classes will receive help to prepare for the exam to become a United States naturalized citizen. There is no charge but participants must have a green card. Classes will begin on Thursday, January 16, if there is sufficient registration.

[REGISTER HERE.](#)



Midnight Run | Friday, January 17–Saturday, January 18 5:30 PM–1:00 AM | Social Hall

Every year, the Senior Seminar youth try to work on different service projects, but one nonprofit that is a constant is Midnight Run. Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year for volunteers from churches, synagogues, schools, and other philanthropic groups to distribute food, clothing, blankets, and personal care items to those who are impoverished and/ or experiencing homelessness on the streets of New York City. We are asking for donations, volunteers to prepare food, sort clothing, and compile toiletry kits, and volunteers who would like to drive Senior Seminar teens and our young adults as they embark on a journey of kindness and giving to a community in need that is close to home. Donation bins are located in the Main Lobby. Please feel free to sign up for multiple volunteer roles if you would like! You can prep and be a driver or runner, as well! Register [HERE](#) if you would like to participate. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions: jwalowitz@uucsr.org; 516.472.2943.

Singing Classes with Leah Wool | Thursday evenings Jan 30, Feb 6, 13, 20, and 27 | 6:00-6:50 PM | Choir Room

Are you ready to unlock your vocal potential? Whether you're a complete beginner or looking to rediscover your voice, Leah Wool is here to guide you. We'll explore the foundations of healthy vocal production in a friendly and supportive environment. Gain confidence and improve your skills to enhance your joy in singing. All levels welcome—no prior experience necessary!

\$5 per class when registering, please pick the date/s you are attending or \$20 for the series.

[REGISTER NOW!](#)



The 2025 Conversation Partners Featured Program invites you to have a friendship with a caring American volunteer from the Unitarian Universalist Congregation at Shelter Rock.

Each friendship may help you to improve your conversational language skills, better understand complicated or confusing written and verbal instructions in English, discuss family concerns, deal with government programs, and learn about community resources and services available to you. It may also reduce cultural isolation and homesickness.

You and the volunteer will arrange your "get-togethers" at mutually convenient times at a church, local playgrounds, libraries, the UUCSR, and other locations in the community.

Get-togethers can also be by telephone, email, or on Facetime.

The Program will begin in January 2025. If you choose to be in the program, you will have the right to withdraw at any time if it doesn't meet your needs. However, we are asking for a commitment of at least six months by both volunteers and immigrants.

For further information on how you can get assistance please fill out the [registration form online](#).

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ADULT PROGRAMS PRESENTS

EXPRESSIVE WRITING

with Dave Hinchcliffe



8, Two-Hour Sessions on Thursdays
Jan 23, 30; Feb 6, 13, 20, 27; March 6, 13
4-6 PM | Bride's Room

Do you have stories inside of you, stories you
would like to write?

Writing in community can be fun, energizing and offers the possibility of connecting to others. In these safe sessions, writers will commit to crafting their stories. And, we know we all have stories. As an experienced teacher and group coach, "Hinch" will help you grow as a writer and realize your story-telling artistry. Hinch has discovered several ways in which a writing commitment has helped him overcome potentially huge lifetime obstacles. He has lived, it can be claimed, an extraordinary life. Join him for your own written version of "beyond the ordinary."

Hinch holds advanced degrees in:
Counseling, Speech Communication/
Rhetoric and Creative Writing.

REGISTER HERE
uucsr.org/25Expressive

Cost: \$130 per person



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Questions? Contact Jamie Walowitz
516.472.2943 or jwalowitz@uucsr.org

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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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).

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, Dec 29, Jan 12 (tentative) | 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! Led by instructor Ashley Baldwin. 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. To register and for price information, email Ashley at tqh.ashley@gmail.com. Learn more [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.

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.

**Four Tuesdays | January 7, February 4 (Social Hall), March 4, April 1
10:00 AM | Art Gallery or Social Hall**

Energy Practices for Enhanced Health and Wellbeing with Dr. Fern Engelson—Winter 2025

Cost: \$14 per class for members, \$20 per class for non-members

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 all life. Energy circulates throughout our 70 trillion cells affecting every aspect of our being, physically, mentally, emotionally, and spiritually! In this class, we will learn practical lifestyle interventions along with energy practices from the ancient healing arts and from modern day cutting-edge science that foster and enhance our overall health and well-being. When practiced regularly, these tools support our bodily and cognitive functions, improve our sleep, our mood, and offer us a greater sense of vitality, strength, and calm. The class is empowering and fun, so come join us for 1 class or all. No prior experience is necessary, and the movements are gentle and easily adaptable. To register or for questions, please contact Fern (516.621.0316 or lovenow108@gmail.com). For more information, click [HERE](#).

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.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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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 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.

Company for Dinner | Second Wednesdays | 5:30 PM

Landmark Diner: 1027 Northern Blvd, Roslyn, NY 11576

The Mental Health Subcommittee of the Social Justice Committee invites you to: Company for Dinner

- no cooking
- no cleanup
- just show up, enjoy dinner with company and pay your bill

Questions? Contact Sonia Arora at sarora@uucsr.org or 516.472.2977

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.

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.

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.

Second Thursdays | 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

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).

Third Fridays | 3:30 PM

Women’s Group Online Book Series Discussion

December 20: *West with Giraffes*, discussion led by Maria Ceraulo: Part Adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it’s too late. Visit [HERE](#) for details or contact Alexa Jellema to learn more (ajellema@uucsr.org or 516.472.2920).

Third Fridays | 7:00 PM and Fourth Fridays | 7:00 PM

Women’s Group Online Film Discussion

December 27: *Joy: A British biographical drama of the true story of the development of IVF and the first “test tube baby.”* Visit [HERE](#) for details or contact Alexa Jellema to learn more (ajellema@uucsr.org or 516.472.2920).

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](#).

Once Monthly Saturday | 9:00 AM–6:00 PM | Veatch Ballroom

Zazen Meditation—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.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

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

Associate Minister for Congregational Life

Rev. David Carl Olson (dcolson@uucsr.org)

Associate Minister for Member and Community Engagement

Rev. Israel Buffardi (ibuffardi@uucsr.org)

Congregation Operations Administrator

Adam Barshak (abarshak@uucsr.org)

Executive Director, Veatch Program

Joan Minieri (joan@veatch.org)

Music Director

Stephen Michael Smith (ssmith@uucsr.org)

Lifespan Religious Education Coordinator

Carson Jones (cjones@uucsr.org)

Social Justice Coordinator

Sonia Arora (sarora@uucsr.org)

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December 23, 2024

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Next Quest: Wednesday, January 15, 2025 | Deadline for Content: Tuesday, January 7, 2025

Bylaws Hearing

Monday, December 23, 2024 | 7:00 PM

Online via Zoom

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.