



# 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



September 24, 2025

**Monthly Theme:**  
**BUILDING**  
**BELONGING**

## WORSHIP SERVICES

**SUNDAY, SEPTEMBER 28, 2025, 11:00 AM**

Rev. Dr. Natalie Fenimore

**Who Leads the Way? Who Speaks the Word?** As Unitarian Universalists, we may take for granted diversity in religious leadership but there are still many places where individuals and groups are locked out of leadership roles in religious communities. In this time when the idea of “inclusion” is being questioned, how do we continue to expand who leads and who speaks for Love at the Center?

**SUNDAY, OCTOBER 5, 2025, 11:00 AM**

Aisha Hauser, MSW

**Worthy Now** We are a faith that does not espouse a notion of redemption in the afterlife nor in the concept of original sin. We are worthy of love, care, and thriving, now, while we are on this earth. Worthy Now is the name of the Church of the Larger Fellowship Prison Ministry program. We will explore the ways the CLF works to include and affirm both incarcerated and free world Unitarian Universalists in our ministry, and how all UU congregations are a part of this life-affirming interconnected web.

**FRIDAY, OCTOBER 10, 2025, 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 Lisa Sanders 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 \$5 covers soup, salad, artisanal bread, cookies, and beverages. Food service ends 7:15 PM (see also ad on page 9).

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

## TOUCHSTONES

Rev. David Carl Olson



We're at a special time of the year, these days around the Autumnal Equinox, when the hours of the day and night are equal. In the Celtic calendar, this is the second of three harvest festivals, and it is a time to recognize the bounty of the harvest. We reflect on what may have been learned in the long, warm, and light days of the summer. We feel and express deep gratitude. It is also a time for assessing one's life; a time for granting forgiveness, especially if there is a debt that the debtor can never fully repay; and a time to pull together one's energy to take care of the tasks that must be completed before the cold winter months.

The “Irish” in me has always been tempered by the Catholicism of my mother's family; but the Celtic pagan in me sees beyond the church to look into nature: into the woods where I may walk and wonder, especially as the leaves are falling. I collect a few of these leaves and decorate inside my apartment. Touching the leaves reminds me of the great carbon cycle which sustains life on this planet.

And I go to the sea where I think of the passage so many people took to arrive on this continent; the sea, a place of memory and heartbreak, of power and challenge, a roadway of human connection. I go to the ocean's edge and touch the sea which is the greatest thing I may touch on this earth: one water, part of one cycle of evaporation and condensation, of rain and rivulet and return.

This autumnal time of reflection calls us together as a congregation to be that place of respectful relationship where we may have compassion and make repair. I look forward to our time with Aisha Hauser on October 4 when all of us are invited to gather to grow in our capacity to build a compassionate life together. Perhaps we'll recognize bounty and gratitude and our deep interconnections.

I'll share a Celtic prayer that even a humanist like me can enjoy for its intention. I listen for my ancestors and their hope for the

*continued on page 2*

## TOUCHSTONES

continued from page 1

day that I now am privileged to occupy.

In the busyness of this day,  
grant me a stillness of seeing, O God.  
In the conflicting voices of my heart,  
grant me a calmness of hearing.  
Let my seeing and my hearing  
my words and my actions,  
be rooted in a silent certainty of your presence.  
Let my passions for life  
and the longings for justice that stir within me  
be grounded in the experience of your stillness.  
Let my life be rooted in the ground of your peace, O God,  
let me be rooted in the depths of your peace. Amen.

—J. Philip Newell, Celtic Benediction

In a faith that frees,  
The Kids Call Me “Rev” David Carl Olson, Associate Minister

## MILESTONES

**We mourn the death of longtime member...** Yvette St. Jacques. Yvette passed on Tuesday, July 22, 2025, in Portland Oregon at the age of 77, where she had been residing since 2017. Yvette was a very strong woman who battled many illnesses throughout her life. Her strength, wisdom, and tenacious style impacted all those who had the honor to know her. She is survived by her son, Jed Cappellazzi; daughter-in-law, Shannon Cappellazzi; and siblings, Richard St. Jacques, Marlene Cleaves, and Yvonne St. Jacques. A Memorial Service–Celebration of Life is planned for Saturday, October 11, at 11:00 AM, at UUCSR in the Worship Room followed by a reception in the Art Gallery.

## 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 platter

ADULTS \$10:

**Sept 28:** roasted chicken, roasted potatoes, steamed broccoli,  
chicken gravy, tossed salad, dessert

**Oct 5:** plain spaghetti, meatballs, marinara sauce and butter  
on the side, tossed salad, dessert

All meals include lemonade, and unsweetened iced tea

## DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

### DAC October Zoom Meeting

At the Tuesday, October 7 Zoom meeting, DAC will be discussing the planned improvements to the George Kesner Memorial Book Exchange in the Social Hall. The discussion will be led by Jessica Vega. Members wishing to join us are encouraged; please contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960) to be added to the Zoom link.

## RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

Hi fellow congregants and friends! I am writing on behalf of the Respectful Relationships Team (RRT), to provide final details about our Workshop on Saturday, October 4, 2025, to be led by Aisha Hauser, MSW, Lead Ministry Team of the Church of the Larger Fellowship and past President of the Liberal Religious Educators Association.

These free workshops are meant to continue the work that we did together as the RRT in a “Meeting the Moment” workshop in February, and our sessions with Aisha in March and May. We hope to deepen our understanding of communicating empathy and move into two additional areas: having difficult conversations and moving toward repair.

Below is the Workshop meeting scheduled for Saturday, October 4, in the Art Gallery:

9:30 AM	Gather for coffee and bagels
10:00 AM	Workshop I, including a check-in and review of materials from the spring
Noon-ish	Simple lunch
1:00 PM	Workshop II
Conclude by 3:00 PM	

### Workshop I: How to Have Difficult Conversations.

Learning to manage conflict is part of navigating tensions. As a society, we have not handled conflict well, and instead, people choose sides and dig in their heels. This workshop is less about moving anyone to any side; rather, skills are learned to encourage clear communication so people feel heard, and a shared reality can be identified. This process also shows that this is uncomfortable, and learning to sit with discomfort is also part of the process.

### Workshop II: Moving Toward Repair.

This workshop combines the lessons from the above and ties it all together. Participants will take part in creating a model that people in the congregation can look to for how to engage with interpersonal challenges. This part is crucial to support shifting congregational culture to one of people having the resources and skills to intervene in the moment when one or more people are showing up in ways that cause harm. The goal is that this intervention is one that maintains the dignity of all involved.

Please register in advance [HERE](#) so that we can prepare materials and food for all. If you can't register in advance, please know that you are welcome to join us.

Warmly and in Covenant with you,  
Jill Marcus, member of RRT

## SPECIAL ANNOUNCEMENT

### UUCSR Congratulates and Honors Their Music Director



On August 26, 2025, UUCSR Music Director Stephen Michael Smith was announced as the national winner of The American Prize 2025 (the Vytautas Marijosius Memorial Award) for his work with The Orchestra at Shelter Rock. This prestigious award is given in recognition of excellence in the presentation of creative and significant programming of the orchestral music repertoire.



The American Prize is the nation's most comprehensive series of contests in the classical arts and is designed to evaluate, recognize, and reward the best performers, ensembles, composers, directors, and administrators in the United States. Its panel of distinguished national leaders in music has considered thousands of qualified contestants from all fifty states since its founding in 2010 and has awarded nearly \$150,000 in prizes in all categories.

Stephen Michael Smith has served as Music Director of the Unitarian Universalist Congregation at Shelter Rock in Manhasset since 1999, where he founded The Orchestra at Shelter Rock in 2006. Entering his 22nd season as Music Director of the Danbury Community Orchestra, he recently completed a 14-year tenure as Music Director with the Symphonic Pops Orchestra of Long Island.

Maestro Smith was chosen twice to participate in the International Northern Baltic Festival in St. Petersburg, Russia, and has performed in Italy, France, the Czech Republic, Poland, and the former Yugoslavia. During his tenures as Music Director/Conductor of the Shrewsbury Chorale and the Dalton Alumni Chorale, he prepared both institutions for their Carnegie Hall debuts with New York Grand Opera. A champion of new works, he has premiered numerous major works for choral and orchestra and has appeared on PBS with Jim Cotter's Articulate.

A graduate of Bennington College (Marcellus Hartley Dodge Scholar), Mr. Smith studied conducting with Vincent LaSelva at The Juilliard School. He has taught at the University of Hawaii, Hartwick College, and the American Academy of Music. He previously held the positions of Executive Director of the San Francisco Opera Guild, Development Director of the Chamber Music Society of Lincoln Center, and Interim Director of the Merola Opera Program at San Francisco Opera.

## MUSIC AND PERFORMING ARTS COMMITTEE

Ken Hughes, Chair

### Explore Music at UUCSR

The Music and Performing Arts Committee would like to invite you to explore music at UUCSR.

**The Young People's Choir** gives young singers the opportunity to learn music that is shared with the congregation in the Worship Services. Rehearsals are held on Sundays at 10:00 AM. The YPC is directed by George Weisman who can be reached at [georgeweisman@gmail.com](mailto:georgeweisman@gmail.com).

**The Jazz Ensemble** under the direction of Dan Pratt holds rehearsals weekly on Sunday mornings at 9:00 AM. Performances are once per month on average, during services and at other community events. No previous experience with jazz is necessary. Basic knowledge of reading music and some facility with an instrument is desirable. Shelter Rock Jazz Ensemble is a multigenerational music group open to instrumentalists of all ages! Contact Dan at [dpratt@uucsr.org](mailto:dpratt@uucsr.org).

**The UUCSR Choir** is directed by the staff Music Director Stephen Michael Smith and performs at most services. The choir takes summers off. Rehearsals are every Thursday evening from 7:00–9:00 PM, and Sundays before Services at 10:00 AM. The group is voluntary, supported by a professional soprano, alto, tenor, and bass leaders. The choir presents two major events a year with orchestra, the very popular annual community Messiah Sing in December, and Music Sunday, typically in April. Adult members have a wide variety of musical backgrounds and levels of experience. Some choral singing experience and a basic knowledge of music is desirable. For the choir, please contact Stephen at [SSmith@uucsr.org](mailto:SSmith@uucsr.org).

**The Orchestra at Shelter Rock** is directed by Stephen Michael Smith and is comprised of a voluntary group of musicians. The group prepares for performances in December, in the spring and again in August. For the orchestra, please contact Stephen at [SSmith@uucsr.org](mailto:SSmith@uucsr.org).

Please reach out if you have any desire to explore music at UUCSR!

**Music and Performing Arts Committee  
presents Cabaret at the Rock!  
Saturday, November 1, 2025  
7:00–9:00 PM at UUCSR**

Mark your calendars for an evening of music, dance, refreshments, and more in a nightclub setting as we raise funds for the Edward Miller Memorial Music Scholarship Fund. Learn more [HERE](#). Questions? Contact Phinu Jose (516.472.2975 or [pjose@uucsr.org](mailto:pjose@uucsr.org)).



**CABARET**  
**AT THE ROCK**

## SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

# NO KINGS 2



## Saturday, October 18

On October 18, we invite concerned community members and friends of UUCSR to gather for a peaceful demonstration in protest over actions of the current administration at the Nassau County Court House, located at 262 Old Country Road, Mineola.

We will meet at the flagpole in front of the building at 10:30 AM, with the rally beginning at 11:00 AM. Together, we will express our commitment to upholding justice, democracy, and human dignity in our country.

Let's stand united in a call for positive change, respect for the rule of law, and a brighter future for all.

For more information contact Sonia Arora  
([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977)

### Replenish the Food Pantry, Please

Dear congregants, as we approach the cooler weather, please remember to give to those who are in need and provide the following to fill the shelves of our food pantry. Please try to bring the following items:

- Canned Goods
- Pasta Sauce
- Peanut Butter
- Cereals/Rice/Pasta

### INN Cooking Resumes on Thursday September 25

Dear INN Cooking Friends,

Join Peter Koos and me at UUCSR's Main Kitchen to help make meals meaningful for our INN Clients every month. Please mark your calendars for the Year 2025-2026 and let us know if you have any recommendations going forward. The dates are as follows:

**2025:** September 25, October 23, November 20, December 18

**2026:** January 2, February 26, March 26, April 23, May 22, June 25

The Social Justice Committee of UUCSR is grateful to you for participating in this generous endeavor!

submitted by Leona Handelman

## LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQIA+ Friends, we welcome you to join us at any of our meetings on Tuesday nights via zoom. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
9/30/25	Meg Cohen	Empathy, how you have experienced and shown it to others
10/7/25	Maryellen Pierce	National Coming Out Day 10/11
10/14/25		Open Chat
10/21/25	Roberta Raeburn	What are some of your favorite charities?
10/28/25	Shanti Flot, WinterFlower Robinson	Halloween Themed

## BOOKSTORE COMMITTEE

Elaine Peters, Chair

**Homecoming Sales Success:** The Bookstore team wishes to thank everyone who came and bought items in our store during the Homecoming on September 14. We are now in the process of ordering items that were requested and soon will be available. Just stop in or read this column to find out the information.



## SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator



During the month of August, I had the pleasure of working with three high school youths, two of whom are in the Religious Education program. We are hoping to expand the program with the Social Justice Committee so young people can work on social justice issues grounded in Unitarian Universalist values. These three students are particularly interested in climate justice. Hear directly from them on what they learned:

### Nailah Islam

Being a Social Justice intern at UUCSR this summer was such an unforgettable experience. As I have entered my sophomore year in high school, I understand that it is crucial to develop skills that can be used in the real world, and working alongside my mentor has introduced me to a work environment that I had never been exposed to thus far. The welcoming environment at UUCSR has allowed me to form many connections with so many talented people. This opportunity has been significant in that it has helped me deepen my passion for social justice and has allowed me to expand on that interest, making real change in issues that matter. I am very grateful that I was offered the chance to be an intern at UUCSR and value everything that I have learned during my time there.

### Elizabeth Card

The Social Justice internship at UUCSR was a wonderful experience in which I learned the power of taking action, even if it may seem small, to promote social justice, I gained new skills, and made new connections. We wanted to help the immigrant communities affected by ICE raids and inform them of their rights. Therefore, UUCSR made cards that state those rights and we laminated them. Furthermore, we discussed climate justice and created a poster raising awareness of it. Working with Sonia and the other interns toward the same goals was inspiring and reinforced the value of teamwork.

In the future, I want to broaden my experience in social justice by learning more about different issues faced in our communities and focusing on specific projects, such as climate justice. I plan to deepen my knowledge about climate justice issues and contribute to addressing them. This internship has inspired me to pursue more opportunities where I can work with others, strengthen my advocacy skills, and take part in creating a more just world.

### Anne Kelly

For three Tuesdays this summer, I, along with two fellow passionate and engaged young people, had the opportunity to experience and participate in an aspect of UUCSR that is not readily accessible to those of my age each Sunday. We volunteered as Social Justice Interns with the UUCSR Social Justice Coordinator, Sonia Arora. As many *Quest* readers may know, I was drawn to this because I have a particular passion for women's rights, as my generation is coming of age in a world where we see our freedoms stripped and find our peers seemingly inexorably divided. Therefore, I aspire to become an active member of an intergenerational community working to address these systemic issues and trends and facilitate a society strengthened by love, knowledge, and equity. For these reasons, I feel very lucky to be a part (and future member) of a spiritual organization that also has a social justice branch. Joining this small group of like-minded individuals this summer, I began to see a path towards my future involvement in this initiative.

During my time as an intern, I experienced the interdisciplinary collaboration that social justice work entails, with tasks ranging from organizing community fundraising events to making cards to ensure that the immigrant communities know their constitutional rights, to discussing with our ecologist the native pollinator meadow that will be constructed on our protected land. In this short time, I learned about the diversity of potential avenues for change, the initiatives continually in operation at UUCSR, and our role in long and short-term change, both locally and nationally. In the future, I would like to continue my involvement in this area and my collaboration with UUCSR Social Justice team, as it is vital in this society for young people, who will inherit this divided and troubled world, to learn how to change it for the better. I am involved in environmental advocacy in my home community, and I would like to continue this through a year-round initiative advocating for and working towards climate justice, as protecting our planetary oasis is of the utmost importance to me and to many. I intend to do this through a likely youth collaboration at UUCSR to promote the maintenance of our meadow (to be constructed in the Spring), while fostering the leadership skills and immersive experience for this larger group of my peers that are necessary for us to become the engaged citizens that we desire to be and that this world deserves. I hope to pursue science in my future, but I will always maintain my commitment to pursuing a more just world, as it is our duty as a species to seek the best version of ourselves that we can be, and I see that in the missions of social justice.

## ART COMMITTEE

Paul Kopelow, Chair

### Artist's Reception: *An Artist's Nature*, by Ron Becker

Exhibit is on display September 20–October 21, 2025

Long Island artist, Ron Becker, will be exhibiting his colorful landscape and nature paintings at the UUCSR Art Gallery.

### *An Artist's Nature*

The work of Ron Becker



## RELIGIOUS EDUCATION (RE) AND SOCIAL JUSTICE COMMITTEES

### ABBA School Supply Drive—Worship Services Collection Recipient for September

ABBA (Able Body of Believers Alliance) begins its 20th year of providing backpacks filled with school supplies for less fortunate students in Hempstead and its surrounding neighbors. Sixty-eight percent of children in the Hempstead School District are considered “economically disadvantaged.” An economically disadvantaged student is someone whose family participates in economic assistance programs and may rely on government programs to make ends meet, i.e., free lunch programs, food stamps, rent assistance and/or government-sponsored health care services. Without a proper education, these students remain in an intergenerational poverty spiral. Bookbags and school supplies are an investment in helping future generations of children break the cycle of poverty.



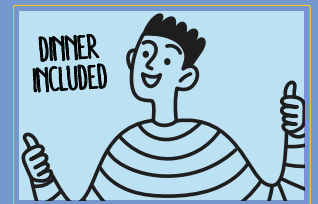
Please help the Religious Education and Social Justice Committees by making a monetary donation and/or putting school supplies in the labeled bin in the Main Lobby! Here are the ways you can donate monetarily:

1. Go to this link: <https://uucsr.churchcenter.com/giving>. Make sure you navigate to the dropdown next to where you will enter your donation amount and select the “Worship Service Special Collection” option.
2. Go to PayPal and donate to [donate@uucsr.org](mailto:donate@uucsr.org). Make sure you type “September Offering” where you include a message to go along with your donation.
3. Drop cash or a check in the collection box in the Main Lobby, or mail a check to UUCSR’s Finance Office. Please write “September Offering” in the memo line of your check.
4. Make a check out and mail it to: ABBA Leadership Center, 83 Greenwich St, Hempstead, NY 11550, Attn: Back to School Committee.

## RELIGIOUS EDUCATION (RE) Rosara Torrisi, Chair

# comprehensive, accurate, and supportive sexual health education how sex ed should be

The Our Whole Lives (OWL) program at UUCSR  
for those in grades 7-9



September 19, October 3 + 17,  
November 7 + 14, December 12



Registration required—space is limited!

Questions? Contact Carson Jones at  
[cjones@uucsr.org](mailto:cjones@uucsr.org)

## FAITH ENGAGEMENT PROGRAMS

Jamie Walowitz, Youth and Adult Faith Engagement Coordinator

### October Fourth Friday Presents, Along With Adult Programs, the *Finding Your Faith* Film Event Friday, October 24 | Social Hall | 6:30 PM

In conjunction with UUCSR’s Fourth Friday program, the Adult Programs Committee is excited to launch the Interfaith & Multicultural Exploration Initiative with the *Finding Your Faith* Film Event! The Interfaith & Multicultural Exploration Initiative is a transformative program designed to deepen understanding, celebrate diversity, and create meaningful connections across faiths and cultures. Rooted in UUCSR’s mission of inclusivity, spiritual growth, and justice, the Interfaith & Multicultural Exploration Initiative will provide participants with immersive experiences to explore shared values, appreciate cultural differences, and foster unity. Join the kickoff for this initiative with the *Finding Your Faith* Film Event, at which we will eat a meal together, watch a film exploring Unitarian Universalism, and engage in meaningful dialogue. Register [HERE](#) to ensure that we have plenty of food.

Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943).

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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

Fourth Friday presents a co-sponsored event with the  
UUCSR Social Justice Committee

# Karaoke & International Potluck

SLIDING SCALE DONATION:  
\$10 → UP

FRIDAY, SEPT 26  
5:30–7:30 PM  
SOCIAL HALL

BRING A DISH  
FROM YOUR  
ETHNIC  
HERITAGE AND  
JOIN US FOR  
KARAOKE



Register at [uucsr.org/Karaoke25](https://uucsr.org/Karaoke25)  
Fundraiser for the Port Washington Immigrant Community



**Unitarian Universalist**  
Congregation at Shelter Rock  
**Human. Kind.**

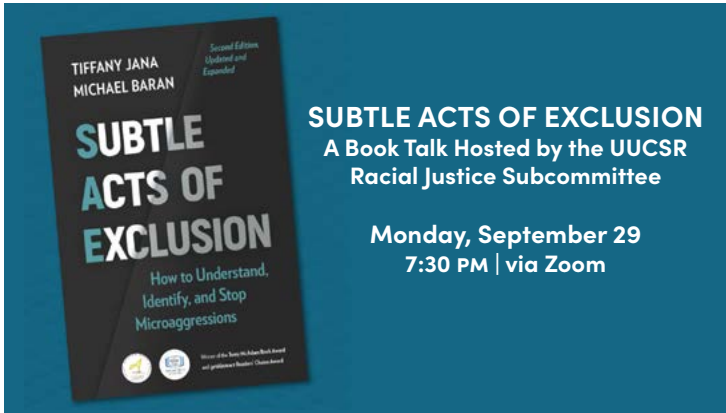
Childcare Available  
Questions? Contact Phinu Jose  
516.472.2975 or [pjose@uucsr.org](mailto:pjose@uucsr.org)

48 Shelter Rock Road, Manhasset, NY 11030 | [uucsr.org](https://uucsr.org) | 516.627.6560 | 

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### SUBTLE ACTS OF EXCLUSION A Book Talk Hosted by the UUCSR Racial Justice Subcommittee

Monday, September 29  
7:30 PM | via Zoom

***Subtle Acts of Exclusion*—A Book Talk hosted by UUCSR Racial Justice Subcommittee of Social Justice**  
Monday, September 29 | 7:30 PM | Online via Zoom  
Book on sale for \$14 in the UUCSR Bookstore

Do you want to become more aware of identifying and stopping microaggressions? Join Jim Smith and Martha Chimienti to discuss *Subtle Acts of Exclusion*, by Tiffany Jana and Michael Baran. The book reframes microaggressions as “subtle acts of exclusion” to emphasize their impact and purpose. It offers a language for open and productive conversation about bias and inclusion.

Registration requested [HERE](#). Questions? Contact Sonia Arora, Social Justice Coordinator, at 516.472.2977 or [sarora@uucsr.org](mailto:sarora@uucsr.org).



**Understanding Empathy Workshop with Aisha Hauser and the UUCSR Respectful Relationships Team**  
Saturday, October 4 | 10:00 AM–3:00 PM | Art Gallery

Aisha Hauser will present a workshop with the Respectful Relationships Team to continue the congregation's work in Understanding Empathy. Join for coffee and bagels beginning at 9:30 AM in the Art Gallery. The workshop will begin at 10:00 AM with a review of some of the material covered in the Spring workshops. This will provide a foundation for two workshops during the day: How to Have Difficult Conversations and Moving Toward Repair. A light lunch will be served. Registration requested [HERE](#). For more information, see the RRT article on page 2. Questions? Contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960).

SPONSORED BY THE UUCSR WOMEN'S GROUP

# Annual Fall Membership Dinner

**Saturday, October 4, 2025**

**• 6:00 PM •**

**Veatch Ballroom**

Come join members of the Women's Group for companionship and good food. Pink, green, or yellow attire or costumes (Wicked or Wizard of Oz) are encouraged!

**“Everyone Deserves the Chance to Fly!”**

**FREE**  
Membership Dinner for  
Renewed Members

Membership Fee: \$30

Non-Women's Group  
Members: \$40

**REGISTER HERE**  
[uucsr.org/WGDinner25](https://uucsr.org/WGDinner25)

**Limited to 70 people**

**Register by October 1**  
Professional Childcare Available  
Questions? Contact Elaine Corrao  
([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933)



## SPECIAL EVENT HIGHLIGHTS

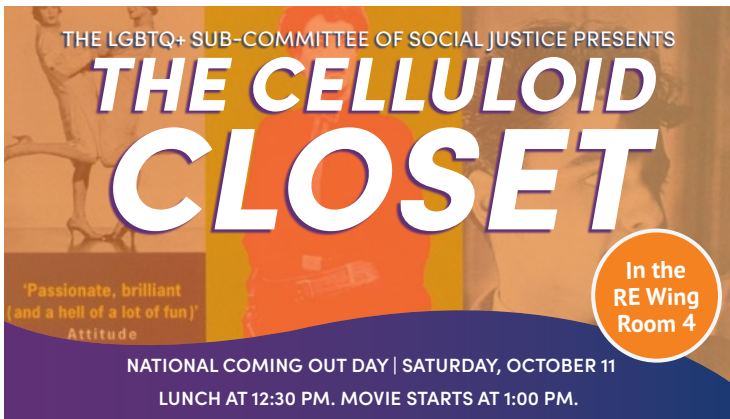
Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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



### UUCSR's Annual Youth Retreat—An Opportunity for Youth Leadership and Connection Friday, October 10—Sunday, October 12 | Mirror Lake Retreat

As Unitarian Universalists working with youth, two of our values include encouraging the development of their leadership skills and connections with one another. We are so excited for the opportunity for our youth to grow in both of those areas at UUCSR's Annual Youth Retreat! At Mirror Lake Retreat in Milan, NY, our youth will have the time and space to connect, bond, build upon their faith and spirituality, and lead. This will be a fun chance for youth to explore leading and attending activities and workshops and showcasing their talents to their peers. For more information and to register to attend (**the deadline to register is Thursday, September 25**), click [HERE](#). Questions? Contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943).



### *The Celluloid Closet*—National Coming Out Day Documentary: Sponsored by LGBTQ+ Sub-Committee of Social Justice Saturday, October 11 | 12:30 PM | RE Wing Room 4 Light Lunch 12:30 PM | Movie 1:00–3:00 PM

The LGBTQ+ Sub-committee of the Social Justice Committee of UUCSR Justice invites you to spend an afternoon watching *The Celluloid Closet*—a documentary, together with a light lunch and beverages on National Coming Out Day.

*The Celluloid Closet* is an eye-opening movie that serves up a dazzling hundred-year history of the role LGBTQ had on the silver screen. Based on the 1981 book by Vito Russo, Lily Tomlin narrates the 1995 documentary. The Oscar-winning moviemakers assembled fabulous footage from 120 films showing the changing face of cinema sexuality, from cruel stereotypes to covert love to the activist triumphs. Tom Hanks, Susan Sarandon, Whoopi Goldberg, Tony Curtis, Harvey Fierstein, and Gore Vidal are just a few of the many actors, writers, and commentators who provide funny insights.

All are welcome. No charge. Register [HERE](#). Registration requested. Questions? Please contact Committee Assistant Phinu Jose ([pjose@uucsr.org](mailto:pjose@uucsr.org), 516.472.2975) or Sonia Arora, Social Justice Coordinator, (516.472.2977, [sarora@uucsr.org](mailto:sarora@uucsr.org)).

### The Racial Justice Subcommittee of the Social Justice Committee at UUCSR Presents *From Ground Zero*—a Film Screening and Discussion Sunday, October 12 | 12:30 PM | Worship Room Followed by moderated discussion with Rev. David Carl Olson and Mara Ahmed

Gather in the Social Hall after the Indigenous People's Day Worship Service at 12:00 PM for a Middle Eastern Lunch (\$10) followed by the film screening in the Worship Room. No charge, all are welcome. **Please note we are starting exactly at 1:00 PM, so we will have time to watch the film and have a discussion.** Register [HERE](#). Registration helps to plan for the meal so that we are sure to have enough for all. Childcare is available. Questions? Please email Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org) or 516.472.2977).

### Adult Programming Presents Introduction to Expressive Writing with Patricia Rossi Sunday, October 26 | 1:00 PM | RE Room 15



Join Patricia Rossi, local author and writing workshop facilitator, for an inspiring and delightful afternoon. Embrace the beauty and awe of fall, a time for renewal and reflection, through the art of journaling. With pen and paper, come explore with Patricia the healing power of writing, and its amazing ability to quiet the mind, and allow the soul to awake. Register [HERE](#). Questions? Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943).

## ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

**NOTE:** Building hours are subject to change based on planned activities. See [uucsr.org/calendar](https://uucsr.org/calendar) for specific hours.

### First Sundays (Resumes in October) | 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](mailto:jwalowitz@uucsr.org)).

### Once Monthly on Sundays (Resumes in October)

#### 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](mailto: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 and register [HERE](#). Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943) to join this Small Group. Gather at 12:45 PM, with any lunch or coffee to finish so the meeting can begin at 1:00 PM, sharp.

### Sundays, November 16, December 21 | 1:00–3:00 PM

#### UUCSR Lawn, Meadow, Patio, Pond Area

#### Silent Book Club

Enjoy reading in community! Grab your favorite book, a cozy blanket (or chair if you fancy), and don't forget some tasty snacks to share. What is Silent Book Club, you may wonder? We meet once a month, we chat for a few minutes, read for an hour, followed by more chitchat...that's it! There's no assigned reading! We bring whatever we're reading: e-books, hard copies, textbooks, comics, even audiobooks. All genres welcome! See you and your book at the next meeting! Please click [HERE](#) to sign up and we're so excited to meet you! Questions? Contact Carson Jones at 516.472.2915 or [cjones@uucsr.org](mailto:cjones@uucsr.org).

### 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](mailto:tqh.Ashley@gmail.com)). Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943), if you have any questions.

### First Mondays | 6:30–8:00 PM | Zoom

#### Small Group Ministry

**led by Winterflower Robinson**

Learn more and register [HERE](#). Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943) with 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](mailto:info@turninginwardwithcaron.com) for information on joining the group. Sponsored by the Caring Committee. No charge to participants.

### Tuesdays | 9:15 AM | Veatch Ballroom

#### Awaken Your Body, Ignite Your Spirit with Leyla Hoell

Leyla Hoell, longtime UUCSR member, leads this energizing yoga flow that blends movement, breath, and strength to invigorate your body and clear your mind. Expect dynamic sequences, deep stretches, and a refreshing sense of balance. Whether you're looking to build strength or simply recharge, this class will leave you feeling empowered and refreshed. Free and walk-ins welcome. Register [HERE](#) to make a contribution to UUCSR. Questions? Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943).

### 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. (See page 4 for conversation leaders/topics.)

### 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 the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

### Third Tuesdays | 10:30 AM | 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](mailto: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](mailto:sesposito@uucsr.org) or 516.472.2960).

### Second Wednesdays (Resumes in October) | 11:00 AM–12:30 PM

#### Hadley House Community Room

#### Small Group Ministry led by Deborah Siegel and Lilyan Strassman

Learn more and register [HERE](#). Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943) with any questions.

### Thursdays | 11:00 AM | Hadley House

#### Medical Qigong for Senior Health—Fall 2025

#### led by Ashley Baldwin

#### September 25; October 2, 9, and 16

Members: \$12 per-class, drop-in price; non-members: \$16 per-class, drop-in price. All are welcome to join instructor Ashley Baldwin for this Medical Qigong for Senior Health community class at Hadley House! 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 find registration information [HERE](#). Questions? Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943).

### Thursdays | 1:00–4:00 PM, or until “Game Over” | Art Gallery

#### Bridge, Canasta, Games & Fun

UUCSR is the place to be for an afternoon of fun and games on Thursdays. Not only Bridge and Canasta. We provide the games Mah Jong, Scrabble, Rummikub, Dominos, etc. and invite you to come for a social afternoon. Players of all levels are welcome. Bring your friends who enjoy playing. You'll make new friends, too. All are welcome. Questions? Please contact Elaine Corrao ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933), Carla Drezner ([stargatecd@aol.com](mailto:stargatecd@aol.com)) or Sandra Hazel Frank ([sanwin@optonline.net](mailto:sanwin@optonline.net)).

### Thursdays | 6:15 PM Veatch Ballroom

#### Zazen Meditation—Inisfada Long Island Zen

Come join Long Island Inisfada Zen on a weekly journey to the most sacred place in the Universe—YOURSELF. Learn how to watch your mind and feel this joyful flow of emptiness while calming your thoughts. Zen Meditation is a Practice of Buddhism where you follow your breath in silence to acknowledge your thoughts and become one with the present moment. ALL ARE WELCOME. Beginner instructions can be provided. Please come and begin to learn your mind and take the new YOU into your everyday life. Register [HERE](#) to attend. Contact Leslie Entin (917.822.0880), or Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943), if you have any questions.

### Fridays via Zoom | 12:00 PM

#### Great Books

All are welcome to join us as we read and discuss books together, building both our knowledge and sense of community. The Great Books group provides a fun, learning experience combined with good conversation and critical thinking. Click [HERE](#) to find out what we're currently reading and to register! Please contact Jamie Walowitz with questions ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943).

### Third Fridays | 3:30 PM

#### Women's Group Online Book Series Discussion

October 17: *Long Island Compromise*, by Taffy Brodesser-Akner, discussion led by Patti Paris. Long Island Compromise spans the entirety of one family's history, winding through decades and generations, all the way to the outrageous present, and confronting the mainstays of American Jewish life: tradition, the pursuit of success, the terror of history, fear of the future, old wives' tales, evil eyes, ambition, achievement, boredom, dybbuks, inheritance, pyramid schemes, right-wing capitalists, beta-blockers, psychics, and the mostly unspoken love and shared experience that unite a family forever. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

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

#### Women's Group Online Film Discussion

September 26: *The Thursday Murder Club*

Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

### Saturdays | 9:30 AM | Social Hall (Sometimes in Veatch Ballroom or Art Gallery)

#### Yoga For All Levels, led by Mia

An opportunity for spiritual growth and centeredness \$15 per class. For more information and to register, click [HERE](#).

### Once Monthly Saturday | October 25 | 9:00 AM–6:00 PM

#### Veatch Ballroom

#### Zazen Meditation—Inisfada Long Island Zen All-Day Meditation

Come join Long Island Inisfada Zen for a full or part-day of silent Zen Meditation. This all/part-day session is called “Zazenkai,” and contains periodic chants and teachings, snack breaks, and a lunch break. Each hour-/hour-and-half-long session is broken up into half-hour segments. ALL ARE WELCOME. Beginner instructions are provided. You are welcome to bring food for yourself or to share with others. Spiritual donation appreciated, but not required, to attend. Register to attend [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943), if you have any questions.



## UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org))

### Social Justice Coordinator

Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org))

### Officers of the Congregation

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**Vice President:** Paul Carbone

**Secretary:** Claudia Barbey

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### Members of the Board of Trustees

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September 24, 2025

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MUSIC AND PERFORMING ARTS AT  
SHELTER ROCK PRESENTS

# JAZZ IN THE AFTERNOON

with The Gotham Kings

Back By Popular Demand!



**Sunday, October 19**  
**1:30 PM • Worship Room**

Inspired by the music of King Oliver Creole Jazz Band, Gotham Kings uses the virtuosity of the young Louis Armstrong and innovative genius of King Oliver to take you on a journey of sound that encompasses the story of jazz through rags, stomps, shouts, and funk! Band leader Alphonso Horne was recently heard on Broadway playing Louis Armstrong's iconic cornet sound in *A Wonderful World: The Louis Armstrong Musical*.

**\$10 in advance/at the door**  
**\$25 maximum for families**  
**18 years old and under FREE**

Free Childcare available.

**REGISTER HERE**  
[uucsr.org/Jazz25](https://uucsr.org/Jazz25)

**Reserve tickets in advance to guarantee a seat.**  
Only prepaid tickets will be guaranteed seating.

**Reception for all to follow in the Art Gallery**  
**Questions? Contact Phinu Jose**  
[pjose@uucsr.org](mailto:pjose@uucsr.org)

*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](mailto:communications@uucsr.org). *Quest* may include content that does not necessarily reflect official policy.