



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



August 12, 2026

WORSHIP SERVICES

SUNDAY, AUGUST 16, 2026, 11:00 AM

Rev. Elaine Peresluha

Unpacking the Interim Bag We begin our transitional adventure. Rev. Elaine will introduce herself, the interim process, and her tools for accompanying UUCSR on this journey.

Please note: **Worship Services and Sunday Café will be held in the Veatch Ballroom and Terrace.**

SUNDAY, AUGUST 23, 2026, 11:00 AM

Rev. Jessica Hess (All Souls NYC)

Summer Sparks What ideas or new truths does summer spark for you? Are there things that you love about this time of year that perhaps could be carried into the other seasons? Join us as we explore things that illuminate our path in our quest for love and justice as Unitarian Universalists.

Jessica Hess (she/her) is a Unitarian Universalist Professional Religious Educator currently serving All Souls NYC as their Director of Lifespan Faith Formation. She has served several congregations as their religious educator, is ordained as an interfaith minister, and has served as a hospice and college chaplain. Serving the children and youth and their families in UU spaces is her absolute privilege and heart song. Jessica enjoys making art along side her husband while their rescue cat begs for treats or spending time with her now adult kids and grandkids.

SUNDAY, AUGUST 30, 2026, 11:00 AM

Bryan Bower, Student Minister

Sunday Worship Description will be announced later.

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.

INTERIM LEAD MINISTER

Rev. Dr. Elaine Peresluha



In the Middle

I am your new, transitional, or Interim minister, Rev. Dr. Elaine Beth Peresluha. I accompany congregations through times between ministries, between sizes, between buildings or identities. Transitions are marked by change, an alteration, a variation, or a modification that leaves something or someone different. They are usually not the most comfortable places to be, whether we are there by choice

or by chance. Human beings enjoy predictability, competence, clarity, and closure, all of which are distinctly absent in most transitions. They are by nature unpredictable and create a distinct lack of clarity— not exactly a feel-good kind of place. This is what can make them feel so bad. It is important to remember that just because it feels bad does not mean anyone did anything wrong.

Being in any transition requires patience, awareness, and appreciation for not knowing. This is where I come in. I am here to walk with you, be your witness, your confidant, your cheerleader, and your advocate. I will not tell you what to do. I will listen, offer feedback when asked, and be a resource and a comfort. I may tell you things you do not really want to hear. When I do, you can trust that I have no agenda other than your success and well-being. Anything that I tell you is public information, while anything you tell me will be held in confidence unless you instruct me otherwise. The most important things to remember about UUCSR's transition:

- It absolutely feels like it will be like this forever.
- It absolutely will not be like this forever.
- We will be in this transition until we are not.

As I settle in, I will tell you more about me and our time together. Like the cream in the Oreo, middles are very rich times, sandwiched between a beginning and an ending. Together we will stay right where we are, whether it is excitement, disappointment, grief, anger, confusion, hurt, or hope, right smack in the middle, until we are not.

Much metta,
Rev. Elaine

see page 2 for Touchstones

TOUCHSTONES

Rev. David Carl Olson



Dear congregation, dear community,

What a joy we find when we are invited to welcome someone in! It happens each and every time we gather. We have a chance to exhibit—and celebrate—our community's hospitality.

Each and every time we worship. Each and every time we share a bagel.

Each and every social justice event,

and study session, and choir rehearsal, and “drop in” to offer accompaniment to the doctor's. At each TGIF with women friends, and even when we walk the labyrinth. In a living community, we welcome someone new.

Kathleen Norris, in her spiritual geography, *Dakota*, says “True hospitality is marked by an open response to the dignity of each and every person. Henri Nouwen has described it as receiving the stranger on his own terms, and asserts that it can be offered only by those who ‘have found the center of their lives, in their own hearts.’”

We're welcoming a new minister this month as Rev. Dr. Elaine Peresluha begins her time with us as an Interim Minister. She'll be moving to Queens, we're happy to note, and will be unpacking boxes and moving in to the Lead Minister's office. We may have all kinds of feelings about what this will mean, and all kinds of questions about what our future will be.

Beyond feelings, what we get to express is our hospitality. We get to show that we have found the center of our lives as a congregation. We get to show that, for us, Love is at the center of all that we do, of all that we are.

With deep affection,
David Carl Olson
“The Kids Call Me ‘Rev’”

Bring a Little Water Home

On Sunday, September 20, we gather for our annual Ingathering and Water Communion. Wherever your summer has taken you, a lake in the Adirondacks, a family kitchen sink, the harbor at the end of your street, we invite you to bring a small amount of water with you that morning. A few ounces in a jar or bottle is plenty.

We will bless the waters together and pour them into one vessel. You are not asked to speak, only to come forward and add what you have brought. The place your water came from can stay your own, held quietly as you pour, and it will be part of the whole all the same.

If you forget, water will be available so that everyone can take part. We look forward to gathering with you.

SPECIAL ANNOUNCEMENT

Worship Room Floor Refinishing Project: Exciting Improvements Are Underway! To better serve our congregation and community, we will be completing the long-awaited refinishing of the Worship Room floor. As a result, the Worship Room, Social Hall, and Art Gallery will be closed Monday, August 10–Thursday, August 20.

Main Level Closures: August 10–20

During this time, the following areas will be closed:

- Worship Room
- Art Gallery
- Social Hall

Worship Services:

Sunday, August 16

Worship Services and Sunday Café will be held in the **Veatch Ballroom and Terrace**.

What to Expect:

- Beautifully refinished Worship Room floors
- Temporary relocation of some ministries and events
- Minimal disruption as we work to complete this important project

There may be a mild odor during the floor staining process. Fans and ventilation systems will be in place to help minimize any impact.

Please note that the Veatch elevators are still not working. Access to the Veatch Terrace Room will be through the Veatch parking lot using the patio stairs or through the lower-level using the spiral staircase.

The Art Gallery will be closed, so it cannot be used as a pathway to the Veatch Terrace. Apologies for the previous incorrect information that said that the Veatch building could be accessed through the Art Gallery. Apologies also for any inconvenience this closure may cause. For those with mobility concerns, please plan accordingly. Please remember that Worship Services can be accessed online at uucsr.org/worship, Facebook, and YouTube.

Thank you for your patience and understanding as we invest in maintaining and improving our Worship room. We look forward to welcoming everyone back into the refreshed Worship Room soon!

Reminder: We are currently working on the Membership Directory. If your Membership Contribution is not received by August 20, you will not be included in the 2026-2027 Membership Directory.

MILESTONES

Still Afloat: The Remarkable Story of Capt. Hugh M. Stephens

I am proud and excited to announce the publication of *Still Afloat*, the story of my beloved life partner, Capt. Hugh M. Stephens—the man who faced Nazi torpedoes during World War II, while carrying medicine, boots, and other vital supplies to our Russian allies in Murmansk, as part of the dangerous Arctic convoys.

Hugh went on to become an executive in the maritime industry and a lecturer at SUNY Maritime College. His book—filled with his adventures, experiences, humor, and wisdom—will serve as an inspiration to all who read it.

Capt. Stephens died recently at the remarkable age of 102, but his extraordinary life deserves to be remembered and treasured. Through *Still Afloat*, his story will live on.

Submitted by Maryann Zappulla

BAGELS & BELIEFS

Sundays | 9:00–10:30 AM | Social Hall

Every Sunday, you can stop by the Social Hall for a bagel breakfast for just \$1! Coffee and tea are FREE. While enjoying your bagel, we invite you to consider the question of the month and add your response to the interactive conversation board. We look forward to connecting with you!

LITE SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Service

ADULTS \$8, CHILDREN FREE:

Cold light lunch

Cookies and Fruit Only are \$1 each

UUCSR SUMMER HOURS

July 5–September 7, 2026

Sunday	9:00 AM–3:00 PM
Monday	9:00 AM–4:30 PM
Tuesday	9:00 AM–4:30 PM
Wednesday	9:00 AM–9:00 PM
Thursday	9:00 AM–4:30 PM
Friday	9:00 AM–4:30 PM
Saturday	9:00 AM–4:30 PM

Hours may vary based upon special programming or other considerations. Daily property hours are available at uucsr.org/calendar. Online programming via Zoom or other teleconferencing service may occur outside of normal property hours.

UUCSR CHILDCARE POSITION OPENINGS

The Unitarian Universalist Congregation at Shelter Rock is seeking **2 dedicated childcare workers** to care for children aged 3 months to 4+ years.

Schedule:

- Sundays: 9:30 AM–1:00 PM (with occasional afternoon hours)
- Occasional Fridays: 6:00–9:00 PM
- Additional days as needed

Requirements:

- Must be 18 years of age or older
- Must be a non-member of the congregation (as defined by the conflict-of-interest policy)
- Must complete a CPR and first aid certification within 3 months of hire (cost to be reimbursed by the Congregation)

Key Responsibilities:

- Warmly greet children and parents upon arrival
- Maintain accurate attendance records
- Engage in active floor play with children
- Lead age-appropriate crafts and games
- Provide attentive supervision and positive interaction
- Clean and sanitize toys and play areas

Salary: \$20/hour

Interested? Please contact Tammy Weil at tweil@uucsr.org.



Staff Work Anniversaries September

We are pleased to recognize the following staff members for their dedication and outstanding contributions to UUCSR.

George Weisman, RE Music Director
Celebrating 14 years on September 4

Joan Minieri, Executive Director for the Veatch Program
Celebrating 10 years on September 12

Brian Jeffers, Tenor Section Leader/Soloist
Celebrating 3 years on September 14

Katerina Dembris, Director of Operations
Celebrating 2 years on September 15

Leah Holbreich, Alto Sectional Leader/Soloist
Celebrating 8 years on September 16

Evan Hyde, Percussionist
Celebrating 3 years on September 17

William Huyler, Bass Section Leader/Soloist
Celebrating 2 years on September 19

RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

What Can I Control?

We continue to experience discontinuity in our shared life. We are entering the fourth month since Rev. Dr. Fenimore, our dear Natalie, died, and we each feel this in our own way. The pattern of our remaining ministers being in the pulpit is interrupted by our summer schedule, where many guests speak to us. We are also in summer itself, when normal patterns of life and busyness are disrupted by vacations, our own and those of others in our lives.

In such a time, we sometimes need to remind ourselves of the continuity that life affords. It can be helpful to find practices which can slow us down to reconnect us with ourselves. Beyond the lifelong practices of prayer, meditation, study, and service that many of us use to form our religious identity, there are quick practices that can ground us and remind us of the “great continuity” of which we are a part.

One practice that has helped me is to “count from 5.” I take a moment to breathe deeply five times. I then count backward from five, noting my senses in this special way:

- I name 5 things that I can see around me. (The ginkgo tree. The brick steps. The neighbor’s car. The cat scurrying in the bushes. Oh! The bushes!)
- I name 4 things that I can immediately touch. (My coffee cup. The laptop keys. The cushion on which I am sitting. My eyeglass case.)
- I name 3 sounds that I can now hear. (The garbage truck in the alley. The car that just drove by. My alarm upstairs playing “Good Morning, Baltimore.”)
- I name 2 scents or smells that I notice around me. (Pitbull. Blueberry muffins baking.)
- I name 1 taste that will bring me comfort and centering. (About to happen! Blueberry muffin!)

I breathe again, deeply, savoring this moment. I have noticed, for a few seconds, what I can control. This practice “places me” in the here and now. It gives me a sense of how alive I am, how continuous my life is in spite of the discontinuity of grief.

We are aiming at being a community filled with Respectful Relationships. Grieving and other forms of discontinuity can unsettle us and even shut us down. Taking the time to be in touch with who we are can be a step toward more respectful relations among us.

Happy summer, friends!

Submitted by David Carl Olson
The Kids Call Me “Rev.”

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Harvest the Sun, at the UUCSR Meadow, 10 AM–2 PM

The meadow was installed in June and has added so much COLOR and TEXTURE, so much VIBRANCY, so much BUZZZZZ to what used to be an acre of grass. Have you come by to visit the flowers, observe the butterflies, see the transformation up close?

The meadow is always available to visit during building hours; and you’re specially invited by our Land Management Ecologist for a day of activities on September 20th during the Welcome Home Picnic:

- to observe the meadow’s flora + fauna
- create cyanotype prints
- enjoy herbal sun tea

All activities sponsored by the energy of Mother Earth and the Sun! Take the opportunity to absorb her glorious strength through artmaking and nature exploring. Contact Agnes P. Cwalina, our Land Management Ecologist, with comments at acwalina@uucsr.org



BOOKSTORE COMMITTEE

Lorraine Shiff, Chair

Decals Preventing Bird Strikes

The company American Window Supplies put the dotted bird strike decals on the windows at UUCSR. When the Worship Services are held, take a moment to look at the windows there where they are visible. The company will continue to put them up elsewhere at the congregation to prevent more birds from flying into windows and dying.

The decals with fancy designs are available for sale in the Bookstore and Gift Shop so that you can help prevent birds from striking the windows at your home, place of business, or at relatives or friends homes.

Submitted by Elaine Peters

MEN'S GROUP

Bernie Fitzgerald, Chair

Science Discussion Network—Summer Discussions Veatch House Terrace Room or Art Gallery After Services Sundays, August 16; September 13

This summer, join the Science Discussion Group for conversation and discovery on timely science topics. Grab your lunch and join the Science Discussion table, starting around 12:30. See the discussion topics below.

August 16 (new date and location): “AI: the Good, the Bad, and the Ugly” Every day there are news stories on AI that stimulate great discussions. What do you think about the benefits of AI? What worries you or frankly scares you? Can society minimize the bad while enhancing the good? Join us in the Veatch House Terrace Room at 12:30, August 16 to explore these ideas!

September 13: “Climate Change: Are We Doing the Right Things?”

The heatwave this summer brought climate change to the front of mind for many. Do we have the right solutions? Are we solving one problem only to create another? Join us in the Art Gallery at 12:30, September 23 to explore these ideas!

During the church year, we are planning six discussions in the Office Conference Room where we can use a Zoom link as well. Look for email reminders if you are on the Science Discussion Network list or contact Elaine Corrao 516.472.2933 or ecorrao@uucsr.org for information or to be added to the email list.

No matter your level of science knowledge, there's a place for you in the Science Discussion Network at UUCSR.

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQ+ Friends, Please come join any meeting 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
8/18	Winterflower	If you were expelled from the country and had only limited financial resources, where would you try to rebuild your life?
8/25	Open Chat	

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

with the support of Rev. Meagan Henry

Multigenerational Pilgrimage to Transylvania April 22–May 1, 2027

Reserve your spot today with a non-refundable deposit.

UUCSR's Denominational Affairs Committee (DAC), with the support of Rev. Meagan Henry, is planning a Multigenerational Pilgrimage to Transylvania over Spring Break 2027, from Thursday, April 22 through Saturday, May 1.



Transylvania is the birthplace of Unitarianism. In 1568, the Edict of Torda proclaimed the first known guarantee of religious freedom in Christian Europe. Led by the theologian, Ferenc Dávid, this movement affirmed, in the language of its own time, the oneness of God, the Unitarian conviction at the heart of our faith. In time, this joined with the Universalist trust that love excludes no one, and together these two heritages became the Unitarian Universalism practiced today. Our own congregation carries a living connection to this history through our partner church in Csíkszereda, Transylvania.

This journey is an invitation to steep ourselves in the spirituality and identity of Transylvania, to deepen our bond with our shared faith, to come to know the roots of who we are as Unitarian Universalists, and to build bridges between our congregation and our UU siblings in Transylvania.

We want to be clear that this is a pilgrimage. It is an opportunity to deepen our understanding of who we are, to walk the ground where a vital piece of our history began, and to strengthen a living partnership with our siblings in faith. To prepare us for that work, we will gather for a series of learning sessions before we depart, and we will come together again for a follow-up session after we return home, so that what we experience abroad can take root in our life together here.

We warmly and openly welcome families with children. Teens with chaperones who are comfortable traveling are invited to make this pilgrimage alongside us, and we would be glad to have the generations journey together.

To learn more and reserve your place, please register here at uucsr.org/Transylvania27 and submit your \$500 non-refundable deposit.

Questions? If you are interested in this trip and would like to know more, please reach out to Jamie Walowitz, UUCSR's Youth and Adult Faith Engagement Coordinator, at 516.472.2943 or jwalowitz@uucsr.org.

SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

Congregants attended a vigil in Port Washington on July 26 honoring those that have died in the custody of ICE. Community activists are demanding an end to the brutal tactics of federal agents. Already over 60 people have lost their lives, including Santos Banegas Reyes in Long Island. Organizers also remembered Lorenzo Sagado Araujo who was fatally shot by an ICE agent in Houston on July 7, while driving a work van with his crew. They remembered Johan Sebastain Guererro, who was fatally shot in Bidderford, Maine, on July 13 in front of his wife and child.

Congregants in the photo include: Maryellen Pierce, Charlene Greenberg, Mary Lardner, Angela Cesa and Social Justice Coordinator Sonia Arora and her husband Raju Rajan.

Submitted by Sonia Arora, Social Justice Coordinator



GREEN SANCTUARY

Jennifer Roth, Chair

Data Centers Coming and Going

In his writings, the anthropologist Jared Diamond describes growing up in Montana and seeing the environmental damage done by copper mines. Once the mine was depleted of its copper ore, the jobs were gone; only a barren area remained.

AI data centers come from the same playbook. Certainly, they will be a burden on our electric grid. The situation is exacerbated by an energy policy which turns away from renewables in favor of more costly coal, natural gas, and nuclear. The larger issue is the depletion of resources, specifically water. Our wells, rivers and aquifers are already stressed due to climate change. Higher temperatures mean more water vapor in the air, less water on the ground.

Whatever good comes from all these data centers, the results will likely fall short of the hype. Many data centers will close. Like the copper mines, the damage will be left behind.

Submitted by Jim Peters, Green Sanctuary Committee



Sponsored by UUCSR Men's Group and Member Events

Midsummer Night Lobster Fest

Saturday, August 22, 2026

5-9 PM • Veatch Terrace

Sing-along led by

**Ken Hughes and members of the
Any Given Sunday Band**

Register: uucsr.org/26Lobster

Lobster dinner or non-lobster dinners available.

Limited to 100 paid registrants ONLY. No Exceptions.

Lobster Dinner: Member \$38 | Non-Member \$43
Please bring a NUTCRACKER!

Lobster Roll: Member \$43 | Non-Member \$48

Chicken: Member \$21 | Non-Member \$26

Vegetarian: Member \$21 | Non-Member \$26

Vegan: Member \$21 | Non-Member \$26

Children (10 and under/Non-Lobster): \$15 per person

Bring appetizers for 8 people.

Includes fresh corn on the cob, and other side dishes.

Also includes beer, soda, wine, and dessert.

Must RSVP with payment by **Wednesday, August 19**
Childcare available.

Questions? Contact Elaine Corrao
(ecorrao@uucsr.org or 516.472.2933)



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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



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.

SPONSORED BY THE UUCSR RELIGIOUS EDUCATION COMMITTEE

Silent BOOK CLUB & Quiet Crafting

Saturday Reading & Crafting Drop In:
June 20, July 18, August 15
Noon to 4 PM | RE Room 14

Sunday Traditional Silent Book Club:
June 21, July 19, August 16
1–3 PM | RE Room 14

NO REGISTRATION REQUIRED!

Questions? Contact Caroline Forger:
uushelterrocksbcb@gmail.com

UUCSR Adult Programs Committee Presents

Living Our UU Faith: *Deep Listening, Deep Questions*

led by REV. MEAGAN HENRY *Associate Minister at UUCSR*

Rescheduled to Sunday, September 13
1:00 PM | Veatch Library
*Registration Closed—Join The Waitlist For The Next Session**

Registration is closed! Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator: jwalowitz@uucsr.org or 516-472-2943 to be put on the waitlist for the next session.



RE VOLUNTEER TEACHERS NEEDED!

SEPTEMBER – JUNE | ORIENTATION: SEPTEMBER 12

We're looking for volunteer teachers for our Religious Education program, September through June. You'll work as part of a teaching team alongside other RE volunteers, with a team meeting with Rev. Meagan before the program year begins and an RE Volunteer Orientation on September 12.

Join us for this fun and rewarding experience, and be part of learning and growing alongside our amazing children and youth.

If you're interested,
please contact Rev. Meagan at
mhenry@uucsr.org

HEY NEW PARENTS! 4TH TRIMESTER & EMERGING PARENTHOOD GROUP

AT THE UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
Intergenerational Community and Connection; Tending to Your Family



Wednesdays | 10 AM – 12 PM

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

Be a Part of the 2026 Congregational Art Show!

Sunday, August 23–Tuesday, September 15, 2026



Painting by Barbara E. Fishman

**Calling all artists, poets, sculptures, photographers,
and other creative people of UUCSR!**

The Art Committee is inviting you to share your artistic vision with the Congregation.

Drop off artwork:	Thursday, August 6	12:00–3:00 PM
	Wednesday, August 19	3:00–5:00 PM
Installation:	Thursday, August 20	9:00 AM–4:00 PM
Reception:	Sunday, August 23	1:00–3:00 PM
Pick up artwork:	Tuesday, September 15	10:00 AM–1:00 PM

Artwork must be ready to hang or of a size to fit in the glass display case in the Art Gallery.
Complete details will be included in the registration information sheet available to the
Congregation, [HERE](#), in the Lobby, or on the UUCSR website.
(Storage not available pre- or post-show)

We look forward to seeing your work!

If you have any further questions, please contact Elaine Corrao
at 516.472.2933 or ecorrao@uucsr.org.

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.

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 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 Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room August 16, September TBD, October 18, November 22, December 20

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 Caroline Forger at uushelterrocksbc@gmail.com.

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 participate.

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. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. 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 or 516.472.2933).

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 5 for more information.)

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 for information on joining the group. Sponsored by the Caring Committee. No charge.

Wednesdays | 9:00–11:00 AM | UUCSR Grounds

Land Stewards

The Land Stewards is an adult volunteer group that tends the native gardens and forest on the UUCSR grounds. This is an opportunity for all experience levels to engage with the outside grounds and learn from each other. We meet on Wednesdays from 9:00–11:00 AM, April through September. Questions? Please contact Agnes P. Cwalina, UUCSR Land Management Ecologist at acwalina@uucsr.org.

Wednesdays | 2:00 PM | via Zoom

Wednesday Conversations

Please see the UUCSR calendar [HERE](#) for summer schedule—meetings are two times per month June–August.

Seeking an opportunity for spiritual deepening in a supportive setting? You are invited to Wednesday Conversations where we explore a poem or reading for reflection, sharing, and listening. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Thursdays | 1:00–4:00 PM, or until "Game Over" | Bridge, Canasta, Games & Fun

August 13 and August 20: Bridge and Canasta will be held in RE Rooms 17 and 18.

Please note that there are two ways to access the RE Rooms:

Recommended route: Park in the RE parking lot and use the pathway to the doors leading to the rooms. This route is step-free and the easiest option for those with mobility concerns.

Alternative route: Park in the main parking lot and walk to the end of the RE hallway to reach the rooms. This is the longer route and may be more difficult for those with mobility issues.

We apologize again for the inconvenience and sincerely appreciate your understanding and patience. Thank you, and enjoy the games!!

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 or 516.472.2933), Carla Drezner (stargatecd@aol.com) or Sandra Hazel Frank (sanwin@optonline.net).

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Listed Sundays to Saturdays

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July–Labor Day: Wednesdays | 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, 516.472.2943), if you have any questions.

Fridays | 10:45–11:45 AM | In-Person in Lounge at Hadley House or on Zoom

Medical Qigong for Senior Health—Summer 2026

led by Ashley Baldwin

Fridays: August 14, 21, 28

\$16 drop-in price. All are welcome to join us for this Medical Qigong for Senior Health community class in the Lounge at Hadley House or via Zoom! 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 find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

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 register! Please contact Jamie Walowitz with questions (jwalowitz@uucsr.org or 516.472.2943).

23rd of Every Month via Zoom | 6:30–7:00 PM

Online Vigil to End Solitary Confinement

All are welcome to join the Social Justice Committee of UUCSR for the online vigil on the 23rd of every month to end Solitary Confinement. Gather to remember those in our prisons and jails condemned to the torture of solitary confinement, 23 hours a day in a small cell without meaningful human contact for days, weeks, months, years, even decades. To be included on the Emailing List, please write to Social Justice Coordinator Sonia Arora at sarora@uucsr.org. Join Zoom [HERE](#).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

August 14, 2026 * (Note this is the 2nd Friday of the Month)

My Name is Emilia Del Valle by Isabel Allende

Discussion led by Patti Paris

My Name Is Emilia del Valle is a historical novel by Isabel Allende that follows a young woman's journey of self-discovery, love, and professional ambition against the backdrop of 19th-century Chile. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Women's Group Online Film Discussion

August 21: *Hamnet* is a historical drama from Chloé Zhao that reimagines the love, loss, and grief of Agnes and William Shakespeare after the death of their son, exploring how this tragedy may have inspired Hamlet. Lyrical cinematography, Max Richter's score, and standout performances by Jessie Buckley and Paul Mescal make it a slow-burning but deeply moving portrayal of love, grief, and the healing power of art. Widely acclaimed, it's considered one of 2025's most emotional films. It stars: Jessie Buckley, Paul Mescal

August 28: *Raise Hell: The Life & Times of Molly Ivins* is a spirited documentary about the fearless Texas journalist whose razor-sharp wit and political insight took on corruption and hypocrisy with equal fervor. Blending archival footage, interviews, and Ivins's own words, it captures her humor, moral outrage, and commitment to the First Amendment. Critics praise its lively, affectionate tone and enduring relevance, making it a must-watch for fans of smart, outspoken journalism.

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

Saturday, September 19 | 9:00 AM | Veatch Ballroom

Zazenkai—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-a-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 [HERE](#) to attend. Contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

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

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](#).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Interim Lead Minister

Rev. Dr. Elaine Peresluha (eperesluha@uucsr.org)

August 12, 2026

Associate Minister for Congregational Life

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

Associate Minister

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Next Quest: Wednesday, September 9 | Deadline for Content: Tuesday, September 1

Come to Your Spiritual Home WELCOME HOME PICNIC

**SUNDAY
SEPT 20**

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/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 volunteer Jessica K. Vega. **Submissions:** communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.