



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



May 21, 2025

**Monthly Theme:
THE PRACTICE OF
IMAGINATION**

WORSHIP SERVICES

SUNDAY, MAY 25, 2025, 11:00 AM

Rev. David Carl Olson

A Thousand Years, Like Yesterday In the Hebrew Bible, we are asked to imagine our lives in the light of the immensity of history. We have such a brief time on this earth. On Memorial Day, we remember the sacrifices made by prior generations and imagine with one another what others might say of us when thinking about how we lived our lives in time of challenge and change. Please wear a flower of remembrance and come up the long driveway to the Worship Room with an open heart.

SUNDAY, JUNE 1, 2025, 11:00 AM

Rev. David Carl Olson

Defiant Joy We celebrate the Stonewall Uprising of 1969 that initiated a new chapter in the struggle for the recognition of the human rights of transgender and same gender loving people. What began as a riot against the practices of the police department has been transformed over decades to include both resistance and celebration. In a time when, for several years, legislatures around the country have been limiting the freedom of transgender and gender-expansive people, we share joy in being together, proudly telling the stories of our LGBTQ+ members and friends. Please wear rainbow colors!

SUNDAY, JUNE 8, 2025, 11:00 AM

Rev. Israel Buffardi

Bridging and Coming of Age: A Celebration of Becoming Join us for a powerful multigenerational service honoring the sacred transitions in our young people's lives. This year, we're weaving together two beloved rites of passage—Coming of Age and Bridging—into one beautiful celebration of becoming.

As we witness our Second Graders deepen their understanding of the UU Values and Inspirations, our Coming of Age youth share reflections on their personal beliefs and values, and celebrate our

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TOUCHSTONES

Rev. David Carl Olson



Monthly theme (for June): The Practice of Freedom

Since reading *Man's Search for Meaning* in college, I have been intrigued by the humanistic approach to mental health proposed by Viktor E. Frankl.

I am especially touched by his sense of our capacity to act. He wrote:

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

I think about that space between stimulus and response when I work with our Respectful Relationships Team. We have asked each other to “meet the moment,” to see the world around us—and within us—as it really is. (Or at least as we reasonably seem to be.) To assess the situation, and to choose to lean into our strengths, individually and as a people who have chosen to live a life together.

We've shared together our desire to “embrace empathy,” seeing that as a useful choice, and equitable choice, a choice coherent with our faith's demands. We learned that empathy is about connecting, caring, and centering the person who is in pain. We also learned that self-empathy is essential to give us the space to learn to connect with others.

This past month, we also addressed “how to have difficult conversations.” We considered ways that we can be clearer in telling a story, in sharing feelings, and making a request of another.

This is all, I think, about managing that space between stimulus and response. It is about not acting out an old script, nor acting only on feelings from another time. It is about giving the space to choose what to say, what to do, what to ask. (Or, what to demand?)

I'm feeling much confusion lately. I hear of friends who are facing layoffs from their federal jobs. I learn of colleagues who feel they

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WORSHIP SERVICES

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SUNDAY, JUNE 8, 2025, 11:00 AM
Rev. Israel Buffardi (*continued from page 1*)

graduating seniors as they bridge into young adulthood, we honor the unfolding journeys of identity, courage, and commitment. These moments are not just milestones—they are sacred thresholds. Together, we bless the questions, the growth, and the becoming that make us who we are.

Through music, ritual, and spoken word, this service will center the voices and experiences of our youth while inviting us all to reflect on our own journeys of transformation. This is a Sunday of deep pride, heartfelt gratitude, and tender hope for the future.

Come be part of this sacred circle of support and celebration. Picnic to follow.

FRIDAY, JUNE 13, 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 Guests Larry Campbell and Teresa Williams join 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.

SUNDAY CAFÉ

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

May 25: Memorial Day Weekend BBQ—Please plan on joining Rev. David Carl Olson after Worship Service for a Memorial Day Weekend BBQ at Sunday Café, at 12:30 PM, on the Patio. Suggested donation of \$10 per person is welcome to offset the price of food. Children eat free. Menu includes hamburgers, hot dogs, and veggie burgers, chicken nuggets, salads, potato chips, watermelon, and ice cream cups.

Volunteers are needed to help with the grill. If you are available to help, please call Sharyn Esposito at 516.472.2960. Thank you. Please note, if inclement weather, we will move to the Social Hall.

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

June 1: meatball parmigiana, pasta primavera, tossed salad

All meals include lemonade, iced tea, and dessert.

TOUCHSTONES

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need to move to safer places due to the political climate. I feel the emotion of a relative who is afraid that changes to Medicare may change their relationship with their health care system and the doctor they finally trust.

So I reside in that space and hope to make a choice which enhances their freedom (and my own). A choice that reveals that I may, indeed, be growing in my capacity to handle difficulties; may indeed be growing in my humanity-centered faith.

Theologian Howard Thurman, in a series of lectures at the Disciples of Christ congregation in Indianapolis in the 1970s, offered:

Freedom is an experience of the spirit. It is a quality of being rather than a condition, a category, or a classification... Freedom is that ability to stand in the present...so to act in the present as to determine, influence or shape the future.

Our Unitarian Universalist community has long lived into the freedom that each person is able to live. That individualism has been a strength, I think. Frankl brings caution to such a notion:

Freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibility.

He argues for the coupling—even the unity—of Freedom and Responsibility. So to this stimulus I pose today a response about how we responsibly live for each other, to act for each other, to open spaces for new people to join us in the journey. To widen the space between that which stimulates us and the choices we consider in acting. To be able, in freedom, to determine, influence and shape the future of our religious home.

Yours in a faith that frees,
Regv. David Carl Olson, Associate Minister for Congregational Life

ART COMMITTEE

Paul Kopelow, Chair

National League of American Pen Women
Long Island Branch
Exhibit is on display through
Wednesday, May 28, 2025



The Joy of Dance, Travel, Nature and Works of the Great Masters
Paintings by Kavita Basavaraju
Exhibit is on display
Friday, May 30–Tuesday,
July 1, 2025



Meet the Artists Reception:
Sunday, June 22, 2025
1:00–3:00 PM | Art Gallery

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDA

Thursday, May 22, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. Hadley House, LLC
- Open LLC Manager Position Update: Chris Hilke, President
 - Ad Hoc Committee on Mission, Governance & Operations: Aimee Vella Ripley, Vice President
- 7:30 PM III. Member Resource Committee: Jane Weiler, Chair
- CY26 Committee Chairs/Member Nominations
- 7:50 PM IV. Personnel Committee: Sheri Lynn McKee, Chair
8:20 PM V. Ministry at UUCSR: Rev. Dr. Natalie Fenimore
9:00 PM VI. Good of the Order: Chris Hilke, President

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director



Veatch Update: The Long Island Unitarian Universalist Fund

The LIUU Fund is a regranting program that Veatch supports in partnership with the New York Community Trust – Long Island. The funding is dedicated to local social justice projects that make Long Island a more equitable and peaceful place for everyone who lives here. It has an advisory board of

UUUs from other congregations on Long Island. This past year, the LIUU Fund awarded grants to 15 organizations that are working to advance the rights of women and girls, immigrants, and many others in need, all right here in our backyard. You can link [HERE](#) for a list of 2024 LIUU Fund grants and to learn more about this program

2024 EDWARD MILLER SCHOLARSHIP WINNERS

Scholarship Winners

The Music and Performing Arts Committee congratulates Bradley Armand and Nolan Farrelly, winners of this year's Edward Miller Memorial Music Scholarship. They will both participate in our Worship Service of Sunday, June 1.

submitted by Barry Nobel

MEMBERSHIP COMMITTEE

Paul Drezner, Chair

Membership Renewal

Thank you to all who have contributed and renewed their membership for the 2025–2026 campaign.

Your membership is linked to your contribution and must be made by Thursday, July 31.

To be consistent with the process used for new members, we require that you make an initial payment towards your contribution. You can then opt to pay the remaining portion throughout the year, weekly, monthly, or quarterly, or the initial payment can be your total contribution.

If you have any questions please contact Paul Drezner, Membership Chair, at stargatecd@aol.com or 516.627.0428 or Sharyn Esposito in the office at sesposito@uucsr.org or 516.472.2960.

submitted by Carla Drezner

BOOKSTORE COMMITTEE

Elaine Peters, Chair

What's New at the Bookstore

A new book in our store, *Subtle Acts of Exclusion*, will be discussed by the Racial Justice Subcommittee on Monday, June 9, from 7:00–8:30 PM via Zoom (*see page 8 for details*).

It explains how to understand, identify, and stop microaggressions. Those are the little and big slights or slips of discrimination we can learn to identify and stop. It is an easy read and only costs \$14. Other books on discrimination are always available.



Spring cleaning? Place your items in the bins in the lower parking lot!

The **White Donation Bin** is accepting gently used clothing, still wearable but no longer wanted by you. Donations go to United Veterans Beacon House.

The **Green Donation Bin** is accepting unwearable, unusable fabrics like old clothing, sheets, shoes, or handbags.

Be as generous as you can for either bin.

SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator



Join the Town Hall Series, on Zoom, co-sponsored by NYCLU and UUCSR, which is detailed in the following:

Liberty in Motion: Our Watershed Moment

"Liberty in Motion: Our Watershed Moment" is a Town Hall Series centering conversation on the action we can take to protect and promote equity in our own communities faced with unprecedented threats.

Defending Reproductive Healthcare and LGBTQ+ Rights (Part 3) Thursday, May 22, 6:30–8:00 PM

At a moment in history when bodily autonomy is under attack, feminist and LGBTQ+ movements are called on to show up for transgender community members and protect reproductive healthcare. Join us for the fourth and final installation of the Town Hall Series, "Liberty in Motion: Our Watershed Moment," to learn about the policies that will ensure that all New Yorkers are treated equitably and to learn what you can do on the eve of pride month to help defend reproductive freedoms and LGBTQ+ rights. Topics will include legislation to protect healthcare providers who offer access to abortions and gender affirming care, an update on the implementation of New York's recent Prop 1 amendment (New York State "Equal Rights Amendment"), and insight into the local landscape of LGBTQ+ rights in Nassau County. [RSVP Link HERE](#).

RACIAL JUSTICE SUB-COMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Subtle Acts of Exclusion Book Discussion

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 on Monday, June 9, from 7:00–8:30 PM via Zoom. Register [HERE](#).

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.

Subtle Acts of Exclusion is on sale for \$14 in the Book Store.

submitted by Martha Chimienti

SOCIAL JUSTICE COMMITTEE AND RELIGIOUS EDUCATION (RE)

Save the Date: UUCSR Builds with Habitat for Humanity Long Island on Saturday, July 12

The Social Justice and Religious Education Committees are excited to announce that we will be going to Wyandanch on Saturday, July 12, to build houses with Habitat for Humanity Long Island! Please save the date and be on the lookout for more information. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

SOCIAL JUSTICE COMMITTEE APPRECIATION DAY



Yoga Facilitator:
Stacey Lynn Avidane

Social Justice Committee Appreciation Day Wednesday, May 21, 2025, 2:00–4:30 PM | Art Gallery

All congregants of UUCSR are welcome! Come relax and unwind and then learn what we are doing to advocate for Social Justice. Get involved!

Please bring a yoga mat.

Schedule:

- 2:00–3:15 PM: Meditation and Yoga with Stacey
- 3:15–3:30 PM: Refreshments
- 3:30–4:30 PM: Mini Presentations by Social Justice Committee members

Register at uucsr.org/25Relax

Stacey Lynn Avidane, Yogi and Healer

Stacey Lynn is the founder and facilitator of S.H.I.N.E Wellness, a Supportive Healing Inspiring Nurturing and Energizing program for children and adults. The roots of SHINE stem back to 2012, at Sunrise Day Camp, an oasis for children living with cancer. Stacey infuses her knowledge of the physical, emotional, mental, and spiritual aspects of Yoga, Meditation, Reiki, Pranic Healing, and Sound Therapy into her classes. As a survivor of a cardiac arrest in 2021, during a global pandemic, and a relocation to Colorado, with a "restored heart," Stacey's journey has brought her back to her roots on the East Coast.

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



Pride Walk Breakfast and Sign Making for Port Washington Pride

Saturday, June 14, 9:30–11:30 AM, in the Art Gallery; 1:00–4:00 PM, in Bay Walk Park, Port Washington

The UUCSR LGBTQ+ Sub-Committee and the Religious Education Committee invite everyone to the Art Gallery on Saturday, June 14, from 9:30–11:30 AM, for a light breakfast

and sign-making before traveling together to Port Washington for the annual Be the Rainbow Pride Walk and Festival!

Please register [HERE](#) to give us a good idea of how much food and supplies to have ready.

And we have a table at the Pride Festival again this year! The festival runs from 1:00–4:00 PM at the John Philip Sousa Bandshell in Port Washington, and if anyone would like to volunteer at the table, please let us know when you sign up. We'll have crafts, coloring pages, origami, and if anyone has other creative ideas to share, please let us know.

Feel free to reach out to Carson Jones, Lifespan Religious Education Coordinator, at cjones@uucsr.org with any ideas and questions.

Looking forward to celebrating Pride with you all!

GREEN SANCTUARY COMMITTEE

Jim Peters, Chair

Plastic Pollution Problem

People are better at recycling nowadays. Packaging of products in plastic is another matter as well as using plastic implements. At our Congregation, we try to minimize plastic usage by using cutlery and ceramic cups whenever we can. Many members do not take plastic implements with takeout food or buy single-use products. But we must do more as the pollution increases from plastic production and waste.

In New York, The Packaging Reduction and Recycling Infrastructure Act recently passed out of the Assembly Codes Committee and was in the Senate Finance Committee. It did not pass this session. To ensure future passage, call legislators to pass this bill. We can help make New York a nationwide leader in reducing plastic along with the passage of the much-needed New York Heat Act to get us off fossil fuels and stop spewing pollution.

Submitted by Elaine Peters, Green Sanctuary Committee

BUILDING USE LEADERSHIP TEAM (BULT)

The Building Use Leadership Team has been hard at work exploring how to make the most of our facility for the future needs of our Congregation and our neighbors. Over the past several months, we've reviewed every area of our building and considered a wide range of possibilities—some drawn from past proposals, others newly researched by the team.

We're now entering a crucial phase: understanding what you, the members of our Congregation, envision for how we use our space. What are your priorities? What motivates your hopes for our building's future? What dreams do you have for how it can support our mission, values, and community life?

To help guide this discernment, we've created a survey that outlines several options currently under consideration. This is your opportunity to share which possibilities most resonate with you—and to help us prioritize the direction our plans should take. Your input will directly inform our recommendations and ensure our resources are aligned with the collective hopes of our congregation.

We warmly invite you to take just a few minutes to complete the survey and make your voice heard. **The survey will be emailed to all congregants and will be available under Member Resources in the Church Center App.**

We are hosting an initial opportunity to discuss this idea in community on Thursday, May 29, 7:00 PM, via remote Zoom meeting [HERE](#).

Whether or not you can attend, please complete the survey and be part of shaping this important next chapter.

With gratitude,

Building Use Leadership Team

Claudia Barbey, Barbara Dzierney-Green, Nick Falivena, Debbie Kahn, and Jim Peters, with the support of Adam Barshak, COA, and Rev. David Carl Olson

IN THE NEWS

Jim Smith Guest Essay in *Newsday*

UUCSR member Jim Smith contributed an interesting guest essay in *Newsday* titled, "My time serving in 'Nam was memorable in many ways." It ran on May 6 online and May 7 in the printed paper. Jim Smith, worked for *Newsday* from 1966 to 2014. If you have a *Newsday* subscription, you can read it online [HERE](#) or, if not, download the pdf version [HERE](#).

MEMBER EVENTS

Carla Drezner, Chair

Our Time to Dance



26TH Memorial Day Weekend All-Congregation Retreat

CAMP ZEKE, LAKEWOOD, PA | WWW.NORTHEASTRETREATCENTER.COM

May 23–26, 2025

Enjoy creative workshops | Games and activities | Karaoke Night
Annual talent show | Rockin' Intergenerational Dance



Registration is Closed

Questions? Contact Lex Jellema (516.472.2920, ljellema@uucsr.org)



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.

MUSIC AND PERFORMING ARTS PRESENTS

MUSIC THEORY CLASSES

With Dan Pratt

Thursday Evenings | 7:00–8:15 PM | Choir Room
May 22, 29, and June 5, 12, 2025
\$5 per class

Love music and want to understand how it works? UUCSR's new Music Theory class breaks it down for you. You'll explore how sound is organized into music, learning the foundational principals of rhythm, pitch, scales, and harmony in a dynamic and interactive learning environment led by UUCSR's Jazz Ensemble Director, Dan Pratt. (Note: a rudimentary understanding of music will be helpful, but classes are open to all who are interested.)

Register [HERE](#). Questions? Contact Phinu Jose (516.472.2975 or pjose@uucsr.org).

FOURTH FRIDAY at Shelter Rock

Nourishing Food, Community
Conversation, and Grounding Ritual

Exploring the Practice of Joy

**May Fourth Friday: An Evening of Musical Meditation with
Rev. David Carl Olson: Chants, Rounds and Spiritual Songs**

Friday, May 23 | 6:30 PM | Social Hall

A Shared Meal, A Shared Rhythm, A Shared Experience

Join Rev. David Carl Olson for an evening of known and new songs for group singing. In a tone both heartfelt and jovial, we share an hour of personal and group spirit. If you care to, please bring a round that is easy to share. All are welcome! RSVPs are encouraged to help with planning—especially if you have food allergies or dietary needs. Let us know so we can make sure there's something for everyone. Register [HERE](#). Childcare is available. Questions? Contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

EXPLORING EARTH-BASED SPIRITUALITY GATHERING

**Exploring Earth-Based Spirituality Multiplatform Gathering on the
Fourth Saturday of the Month | May 24 | 11:00 AM | Art Gallery**

This group shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. If interested, please join us on the fourth Saturday of the month at 11:00 AM, in the Art Gallery. Please bring some food to share at this event, or a nosh. We hope you can join with us to explore various paths to spirituality. If you can't meet in person, you are welcome to join online. Register [HERE](#). After you register you will receive the Zoom link. Have any questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)



Good Morning, Baltimore! with Rev. David Carl Olson
An orientation to the city hosting 2025 General Assembly
Friday, June 6 | 7:15–9:00 PM | Art Gallery

A fun introduction to the city of Baltimore, its culture as “Charm City,” and the site of the first national cathedral for Unitarianism in the United States. This is a complicated city that initiated the first major economic depression in the United States and turned the Southern custom of residential housing segregation into a legal system that created “The Black Butterfly.” Come share some love for the “tip of the South and the toe of the North,” hon! Register [HERE](#). Questions? Contact Sharyn (sesposito@uucsr.org, 516.472.2960).

SPECIAL EVENT HIGHLIGHTS

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PRIDE MONTH MOVIE SCREENING

**Eldorado: Everything
the Nazis Hate**

Pride Month Movie Screening: *Eldorado: Everything the Nazis Hate*
Saturday, June 7 | 12:30–3:00 PM | RE Room 4

The LGBTQ+ Subcommittee of the Social Justice Committee of UUCSR welcomes you to join the Pride Month Movie Screening of *Eldorado: Everything the Nazis Hate*.

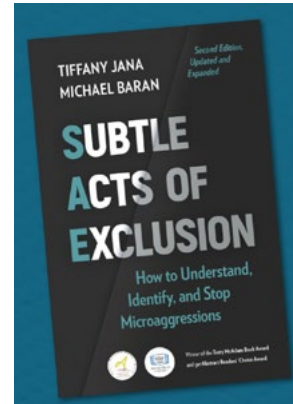
A glittery nightclub in 1920s Berlin becomes a haven for the queer community in this documentary exploring the freedoms lost amid Hitler's rise to power.

Light lunch at 12:30 PM before the movie screening, which is immediately following. No charge. Register [HERE](#). Registration requested to make arrangements. Questions? Please contact Committee Assistant Phinu Jose (pjose@uucsr.org or 516.472.2975).



Walk in the Woods Guided Tour | Sunday, June 8
1:00 PM | Main Lobby

Join Dana Gumb, Green Sanctuary member and Agnes P. Cwalina, the congregation's Land Management Ecologist for a walk through the woods. We will tour the trails closest to the Great Lawn, focusing on areas being liberated from invasive species and replaced with plants better suited for our region. Please come prepared for outside weather and uneven terrain, bring binoculars if you have a pair. All ages welcome! Register [HERE](#). Registration is encouraged but not required. Questions? Contact Lex Jellema (516.472.2920, ljellema@uucsr.org)



Subtle Acts of Exclusion: A Book Talk | Monday, June 9
7:00–8:30 PM | via Zoom

Co-sponsored by the UUCSR Social Justice Committee, and Racial Justice and Mental Health Sub-Committees of Social Justice. See page 4 for more details. Please register [HERE](#). Questions? Contact Social Justice Coordinator, Sonia Arora at 516.472.2977 or sarora@uucsr.org.



Community Safety Conference 2025 | Saturday, June 21
9:00 AM–5:00 PM | Art Gallery
LI United presents: 2025 Seeds of Change: Redefining Policing and Public Safety Conference, Special Speaker: Tamika Mallory

Long Island United is uniting organizers, advocates, legal experts and community members from around the state to re-ignite the movement. Seeds of Change seeks to uproot the deeply embedded systems that perpetuate harm and redefine what justice really looks like. **FREE Registration for UUCSR Members**, please register [HERE](#). Questions? Contact Social Justice Coordinator, Sonia Arora at 516.472.2977 or sarora@uucsr.org.

Co-sponsored by the Social Justice Committee and the Racial Justice and Mental Health Sub-Committees of Social Justice

THE ORCHESTRA AT SHELTER ROCK PRESENTS ANNUAL SUMMER CONCERT 2025

Stephen Michael Smith, Music Director

GUSTAV MAHLER DAS LIED VON DER ERDE (Song of the Earth)

Brian Jeffers, tenor, and Billy Huyler, baritone



BRIAN JEFFERS



BILLY HUYLER

SUNDAY, AUGUST 3 | 1:30 PM | SHELTER ROCK

\$10 Suggested Donation | \$25 Maximum for Families | Under 18 FREE

**RECEPTION FOLLOWING CONCERT TO MEET THE ARTISTS ON THE
BEAUTIFUL GROUNDS OF THE FORMER GOLD COAST ESTATE**

REGISTER HERE
uucsr.org/25Summer



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

Please RSVP with Phinu Jose
516-472-2975 or pjose@uucsr.org
Free Parking and Air Conditioning Provided

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.

Sundays | 9:00 AM | Ensemble Rehearsal Room UUCSR Jazz Ensemble

Open to musicians of all ages under the direction of Dan Pratt, the Jazz Ensemble explores jazz through the study and playing of the traditional jazz greats as well as today's composers and arrangers. Anyone interested is welcome to contact Dan (danprattmusic@gmail.com) to get additional information or simply show up.

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).

Once Monthly on Sundays | May 18 | 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 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.

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). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943), if you have any questions.

Monday, June 2 (new dates TBD) | 10:00 AM | Art Gallery Energy Practices for Enhanced Health and Wellbeing with Dr. Fern Engelson

Cost: \$14 per class for members, \$20 per class for non-members. When practiced regularly, these energy practices support our bodily and cognitive functions, improve our sleep, our mood, and offer us a greater sense of vitality, strength, and calm. 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 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 or 526.472.2943) 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 for information.

Tuesdays | 9:30 AM | Art Gallery

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 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.

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 Lex Jellema (ljellema@uucsr.org or 516.472.2920).

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.

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.

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 and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) with any questions.

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

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? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920).

Thursdays until July 3 and Wednesdays, July 9–August 27 | 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 | Office Conference Room

Small Group Ministry led by Diana Wolfson

Learn more and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) with 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 or 516.472.2943).

Fridays | 11:00 AM | Hadley House

Medical Qigong for Senior Health led by Ashley Baldwin

May 23, 30

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, 516.472.2943).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

June 20: *Demon of Unrest* by Erik Larson, discussion led by Patti Paris. The #1 New York Times bestselling author of *The Splendid and the Vile* brings to life the pivotal five months between the election of Abraham Lincoln and the start of the Civil War—a slow-burning crisis that finally tore a deeply divided nation in two. Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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

Women's Group Online Film Discussion

May 23: *The Only Girl in the Orchestra*: A celebration of trailblazing double bassist Orin O'Brien, the first woman to become a full-time member of the New York Philharmonic. Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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. Learn more on uucsr.org/calendar or click [HERE](#).

Once Monthly Saturday | June 21, July 12, August 2, and September 20 | 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–6:00 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

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Vice President: Aimee Vella Ripley

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May 21, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, June 4, 2025 | Deadline for Content: Tuesday, May 27, 2025

Annual Meeting

Sunday, June 1, 2025 | 1:00 PM

Worship Room

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.