



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 13, 2025

WORSHIP SERVICES

SUNDAY, AUGUST 17, 2025, 11:00 AM

Rev. Valerie Freseman, Guest Minister

Ready, Set, Go! How can we move towards a greater acceptance of the spiritual value of risk?

Valerie Freseman is a native New Yorker who serves the Unitarian Universalist of Southold as their consulting minister. After many years in the non-profit sector, she earned her M.Div. from Union Theological Seminary, where she was an active member of the Ecology Caucus. She completed a CPE Residency at St. Francis Medical Center, and has served congregations in Ohio, New York, and New Jersey. She serves as a spiritual director and is currently on the board of the UU Ministry for the Earth.

SUNDAY, AUGUST 24, 2025, 11:00 AM

Jim Scott, Guest Speaker

Gather the Spirit—A Healing for the World Jim mixes songs and stories in a message of peace and reconciliation for a wounded world and our struggling American society. Amid wars, cataclysmic weather events, and a divisive politics, any long-term vision of sustainability is obscured if not abandoned. We can generate that renewal of spirit for the work we have before us—nothing less than a job of healing, the earth and ourselves.

SUNDAY, AUGUST 31, 2025, 11:00 AM

Rev. David Carl Olson

“Labor in the Pulpit” Sunday People of faith understand a strong civil society leads to social progress. The labor movement has long been a component of civil society in our country. We’ll explore questions that relate to “meeting the moment” in solidarity with organized labor. Guest Speaker: Nadia Marin Molina, Co-Executive Director National Day Laborers Organizing Network.

TOUCHSTONES

Rev. Dr. Natalie Fenimore



As summer begins it’s slow (and sometimes very fast) wind down, there is sometimes a deep sense of sadness and regret at this transition to autumn. Even as the warm weather still remains, we are asked to turn away from summer’s lovely vacation pace. We may think: did I get all my vacationing in? Did I store up enough fun? How much did I backslide and look at work emails when I was supposed to be relaxing (guilty am I)?

So often summer feels like a time when we are, in the words of the writer Elaine Godfrey, “Storing Up Joy for Winter.” Godfrey asks: Why is this so? Don’t we have the free will to push back and try to replicate the joy of vacation in regular life? Can we live intentionally in a joyful way?

Think about small joyful things you do during vacations which you can bring into your daily life. Making every day joyful. Again Godfrey writes: “Replicating the exact feeling of holiday weightlessness is impossible; the demands of work and life always tend to interfere. But I did discover...that small changes were making my daily life, on average, a teensy bit happier.... What if we sought out daily moments of joy?”

Take some time to share with your friends and family the small things you would like to incorporate in your life which can help you replicate the joy of vacation. A morning meditation? A playlist? Special tea? A walk in the woods or along the shore? More reading for pleasure? An extra hug each day? A weekly check-in with a friend? There are many possibilities—what would you choose?

Rev. Dr. Fenimore Returned to Regular Office Hours on Monday, August 11

My office hours are Sunday–Thursday. While your dropping in is always welcomed, please note that I may have meetings offsite, so it is best to check ahead by contacting Assistant to the Ministers Sharyn Esposito at 516.472.2960.

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WORSHIP SERVICES

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SUNDAY, SEPTEMBER 7, 2025, 11:00 AM
Rev. Dr. Natalie Fenimore

The World Is On Fire, What Do We Tell the Children? The world has been on fire before—one of those times was in the wake of WW II. Four families in Port Washington came together to begin what became this congregation as a home for children, youth, and families seeking to build a just and joyful world. In this time, what are we seeking to build and how might we go forward? What do we tell the children about our dreams?

This is Religious Education Program volunteer orientation weekend, join in appreciating our RE volunteers and the Religious Education Committee during the Worship Service.

SUNDAY, SEPTEMBER 14, 2025, 11:00 AM
UUCSR Ministers

Here We Are All Together We celebrate Homecoming this Sunday. We come together after our summer travel and hopefully some lazy summer days. There are stories to tell and adventures of note. The Worship Service is followed by our Annual Welcome Home Picnic.

LITE SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services

Summer Menu | \$3 PER PERSON

Sliders:

- roast beef with tomato and lettuce
- turkey with tomato and lettuce
- tuna with tomato and lettuce
- grilled veggies with hummus instead of mayonnaise

Pasta Salad (with Italian Dressing)

Coffee, Tea, and Water.

FIRE SAFETY REMINDER

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

LOCATE the exits

LEAVE the building immediately

LISTEN for instructions before returning to the building

COMMUNITY CARE

Enjoy the beauty of the UUCSR grounds but remember to check for ticks and poison ivy. Avoid animals which appear to be acting strangely—there have been cases of rabies in the area.

Also please be aware that UUCSR can serve as a cooling center and community space for members during heatwaves. You are welcomed during building open hours.

MILESTONES

We celebrate with... Marilyn Fischell, on the wonderful news that she received her kidney transplant on Monday, July 14. Marilyn is extremely happy and feels lucky that she did not have to start dialysis. Marilyn cannot have visitors yet but would love cards and well wishes. Send well wishes to:

*Marilyn Fischell
30 Stoner Avenue, Apt. 2D
Great Neck, NY 11021*

We ask for phone calls, cards, and well wishes for... Jerry Jalazo who is in the hospital. Jerry was admitted last week with COVID and pneumonia. He is out of intensive care and is no longer contagious. His children are requesting well wishes or visits. Jerry can be reached on his cell phone: 516.669.4172, and cards can be sent to his home and they will be brought to him.

If you want to visit Jerry, please call first to see if he is able to see you. He is in room 514 in Tower 5 at North Shore University Hospital, 300 Community Drive, Manhasset.

*Jerry Jalazo
Atria Park
51 Great Neck Road, Apt. 523
Great Neck, NY 11021*

We ask for cards and visits for... Margaret Logan who took a fall on July 28 and fractured her femur bone. She underwent surgery and is now at Stern Rehab. She will be there for a while and would love cards and visitors. Phone number for Stern Rehab: 516-562-8000. Visits and cards can be sent to:

*Margaret Logan
Stern Rehab
330 Community Drive, Room 666
Manhasset, NY 11030*

SPECIAL ANNOUNCEMENT

Carson Jones Achieved UUA Credentialed Religious Educator Status

At the Unitarian Universalist Association (UUA) General Assembly (GA) this past June, during the Service of the Living Tradition, Carson Jones, Lifespan Religious Education Coordinator, was recognized as a Credentialed Religious Educator—Skilled Level, the first of three levels in the prestigious Religious Education Credentialing Program (RECP).

The UUA explained that the RECP “nurtures the call to religious education as a profession, provides a comprehensive path for professional development, and articulates and upholds professional standards and guidelines in religious education leadership.... This program is open to current religious educators...who...hold staff positions in UU congregations and organizations.”

The RECP is administered by the UUA Religious Education Credentialing Committee in collaboration with the Liberal Religious Educators Association (LREDA). LREDA also supports candidates throughout the credentialing program by offering specially trained and matched mentors.

Rev. Dr. Natalie Fenimore said of Carson, “He has made a deep commitment to continuing growth and development as a religious professional. As a result of this initiative, Carson has been recognized by the UUA as a Credentialed Religious Educator. This credential means that Carson has experience, expertise, and skills to bring to UUCSR which can enhance the RE Program. Please join in congratulating Carson.”

Commenting on achieving his credential, Carson said, “I am tremendously grateful for all the support and encouragement I’ve received from Rev. Natalie and the members of UUCSR in my Religious Education Credentialing journey, and I look forward to furthering my professional development as I work towards the next level.”

Carson has been at Shelter Rock since November 2, 2015; he will soon celebrate his tenth anniversary with us. Prior to 2015, he served the Unitarian Church of All Souls in Manhattan for over eight years.

submitted by Jessica Vega



Carson Jones walking to the stage at GA to be recognized as a Credentialed Religious Educator. (Photo by Katy Schall)

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Youth Learning On Our Beautiful Grounds

July was a fantastic month for connecting with youth in the outdoors. Despite muggy weather and gnats in our faces, we admired flowers and butterflies, conducted forest maintenance, and learned about forest ecology.

During the RE Outdoor Summer Program, our youngest visited the Pollinator Garden, observed pollinators and butterflies, harvested flowers and pressed them into botanical art projects.

This summer is our fifth year hosting ReWild high school-aged interns. Alongside congregant volunteers, we removed plants that are causing ecological damage to our forest, mulched the forest trail, and gardened in the Pollinator Garden. We also went on two field trips. One was a coyote walk with Hofstra animal behavior biologist Lisa Filippi where we learned about the return of the eastern coyote to Long Island. Our second trip, with educator Austin Funk of Seatuck Environmental Association, involved a leaf litter invertebrate study—by carefully overturning leaves and logs we observed mycelium, the life of our forest, truly fascinating!

The North Shore Land Alliance college interns requested a tour of our grounds and a glimpse into what a career in ecology looks like, specifically in a forested landscape amidst Long Island suburbia.

Offering experiences for three very different age groups has been a practice of fine tuning to appropriate interests and attention spans: from puppet demonstrations of butterfly metamorphosis to explaining how the trajectory from college to career is often twisty and turvy and a suitable match takes time.



North Shore Land Alliance college interns during a grounds tour.



RE Summer Program heading towards the Pollinator Garden



ReWild interns were ecstatic after pulling a very large winged euonymus out of the forest.



ReWild intern transplanting flowers in the Pollinator Garden.

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Pollinator Garden

The Pollinator Garden has continued to flourish and mature beautifully. This vibrant garden is buzzing with pollinators and butterflies. Even a hummingbird was spotted visiting the garden! We are proud to have created a substantial garden that supports our declining pollinator populations and enhances the biodiversity of our property. We encourage you to stroll by and see what pollinators you might spot.

submitted by AnneMarie Ansel

MEMBER EVENTS

Carla Drezner, Chair

Bridge, Canasta, Games, and 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.

Thursdays, 1:00–4:00 PM, or until “Game Over” in the Art Gallery. Questions? Contact Carla Drezner at stargatecd@aol.com or Sandra Hazel Frank at sanwin@optonline.net.

submitted by Sandra Hazel Frank

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Bookstore Summer Hours

The Shelter Rock Bookstore is open all summer on Sundays from 12:00 to about 1:30 PM depending upon events. Remember, there are not only up-to-date reads and well-known books by UU ministers and members, but also jewelry that you can give yourself or as gifts to others.

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 support the United Veterans Beacon House.



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

RELIGIOUS EDUCATION (RE)

Rosara Torrisi, Chair

Opening Words from the First RE Committee Meeting

As we begin this journey together, a few thoughts are especially present with me. Our lives and our time are incredibly precious, and it's my deepest hope that our service to this community will be profoundly meaningful for each of you.

Let us consider “service as our prayer.” With that spirit, I invite us to pause and truly dream—to envision our wildest hopes for this community and for the world beyond. We have so much to accomplish, and I know that we will do it one deliberate step at a time.

We are the beneficiaries of remarkable resources. With them, we can achieve so much. My own prayer for my time as chair is simple: to help our community grow into a vibrant holding space where families and individuals can learn, flourish, and thrive. I am here to help us tend the harvest of intergenerational connection and community.

Blessed be.

DENOMINATIONAL AFFAIRS COMMITTEE

Richard Bock, Chair

Denominational Affairs Committee News

The summer is still with us for several weeks! I hope that the members of DAC are enjoying their time off to enjoy the weather—and we certainly have had some interesting weather! Our committee will be returning in September to review the 2025 UUA Baltimore General Assembly and begin planning for the 2026 100 percent virtual GA. DAC encourages UUCSR members to consider joining our committee as we prepare the congregation for many upcoming UU events. Please contact DAC chair Richard Bock at rbock@optonline.net, if you have questions.

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Thank You!

Thank you to the many volunteers and staff members who helped to make this year's Summer Concert such a resounding success. It is a joy to witness the commitment and vision of those who gave of their time and energy to welcome the community for this annual event. This is truly UUCSR at its best.

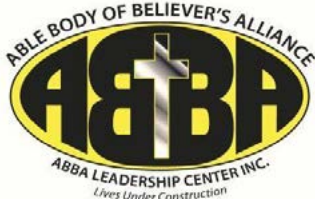
With appreciation,
Stephen Michael Smith, Music Director

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

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. Will you help by making a donation to this worthwhile endeavor?

Please make a check out to:
ABBA Leadership Center
Mail to:
83 Greenwich St
Hempstead, NY 11550
Attn: Back to School Committee



SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

“Good Trouble” Rally Covered in the News by Long Island Press

Hundreds of demonstrators turned out on Thursday, July 17, with the UUCSR Social Justice and League of Women Voters of Port Washington-Manhasset to rally together to make our voices heard—and visible—by taking peaceful, non-violent, nonpartisan action to challenge injustice, protest our current constitutional crisis, and create meaningful change. Read about it online at longislandpress.com [HERE](#) or download a pdf copy [HERE](#)!



LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Join the LGBTQIA+ Subcommittee of the Social Justice Committee of UUCSR to create a safe and soulful space for all of us to inspire each other every Tuesday Night all through this summer!

Committee Chair Charlene Greenberg invites you to Tuesday Night's Gathering of LGBTQIA+ Friends to keep you cool during these summer days!

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
8/19/25	Open Chat	No Topic
8/26/25	Roberta Raeburn	Ethical Dilemmas—Let's discuss life's trickiest situations and moral dilemmas. Have you had any ethical dilemmas yourself?

UUCSR SUMMER HOURS

July 5—September 1, 2025

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.

SUMMER QUEST SCHEDULE

Reminder: *Quest* is published once per month during the summer. It will resume publication twice per month on September 10.

FAITH ENGAGEMENT PROGRAMS

Jamie Walowitz, Youth and Adult Faith Engagement Coordinator

Upcoming Programs



Indigenous Peoples' Day Weekend 2025

Annual Youth Retreat

MIRROR LAKE RETREAT, MILAN, NY

October 10-12, 2025

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, I encounter two of our values including 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, on Indigenous Peoples' Day Weekend, 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, click [HERE](#). Questions? Contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator (jwalowitz@uucsr.org, 516.472.2943).

Save the Date! UUCSR's Adult Programs Committee Presents:
***Finding Your Faith* Film Screening**
Friday, September 12 | Art Gallery| 6:00–9:00 PM

UUCSR's Adult Programs Committee is excited to announce our *Interfaith & Multicultural Exploration Initiative*! This 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.

We are excited to kick this initiative off with the *Finding Your Faith* Film Screening, at which we will watch a film exploring Unitarian Universalism. Come for snacks, fun, and dialogue. More information to come. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order

Additional information at uucsr.org/events

EXPLORING EARTH-BASED TRADITIONS GATHERING

multiplatform

Saturday, August 23
11 AM • Onsite and Online

Fourth Saturday Monthly

Share the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All are welcome to explore various paths to spirituality.

REGISTER HERE
uucsr.org/26Earth

- **Gather for Coffee: 10:30 AM**
- **Ceremony: 11:00 AM**
- **Shared Pot Luck Luncheon: 12:30 PM**

Rev. David Carl Olson and the Earth-Based Traditions spirituality circle will perform a workshop on the (North American Indigenous) Medicine Wheel. We will consider questions of balance among the interconnected areas of our lives, as well as gratitude in the face of our ancestors, and ways we give back for all that life gives us.

Register [HERE](#). After you register you will receive the Zoom link. Questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)

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.

Be a Part of the 2025 Congregational Art Show!



**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. This year our Show extends into September, right up through the Homecoming Picnic.

Drop off artwork:	Sunday, August 10	12:00–1:30 PM
	Thursday, August 14	4:00–6:00 PM
Installation:	Friday, August 15	9:00 AM–3:00 PM
Reception:	Sunday, August 17	1:00–3:00 PM
Pick up artwork:	Wednesday, September 17	10:00 AM–12:00 PM

Artwork must be ready to hang or of a size to fit in our 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.

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.

SPECIAL EVENT HIGHLIGHTS

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Sponsored by UUCSR Member Events

Midsummer Night Lobster Fest

Saturday, August 23, 2025

5-9 PM • Veatch Terrace

Sing-along led by

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

Register: uucsr.org/25lobster

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

Includes salad, fresh corn on the cob, and other side dishes.
Also includes beer, soda, wine, and dessert.

Must RSVP with payment by Wednesday, August 20
Childcare available.

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



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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



SPECIAL EVENT HIGHLIGHTS

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A Program Offered by Religious Education

comprehensive, accurate, and
supportive sexual health education

how sex ed should be

The Our Whole Lives (OWL) program is designed just for you.

This isn't your average health class – OWL is a medically accurate, inclusive, and engaging program all about sex, relationships, and life!

expert-led,
age-appropriate
discussions!

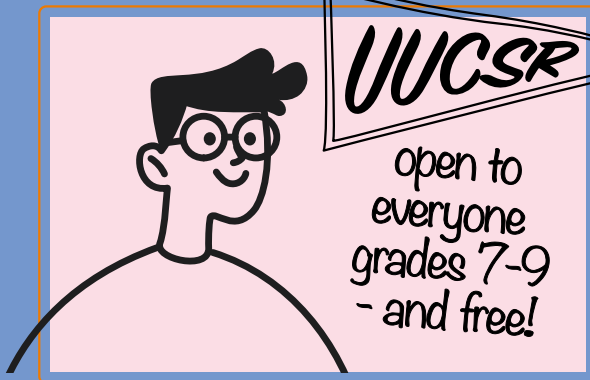


DINNER
INCLUDED



UUCSR

open to
everyone
grades 7-9
- and free!



FRIDAYS
@ 6-8 PM



REGISTRATION
REQUIRED
SPACE IS LIMITED!



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

Parent Orientation: Friday, September 12, 6-8 PM



Unitarian Universalist
Congregation at Shelter Rock
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Questions? Contact Carson Jones at
cjones@uucsr.org

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

First Sundays (On Pause in July and August) | 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 (On Pause until September)

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 (On Pause in July and August) | 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.

QIGONG FOR BALANCE AND SELF-EMPOWERMENT

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

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. (See page 5 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 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

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Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

Next Date: August 13, Resumes Weekly: September 3

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).

**Wednesdays, July 9–August 27 | 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.

Second Wednesdays (On Pause in July and August) | 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 516.472.2943) with any questions.

**Thursdays | 1:00–4:00 PM, or until “Game Over” | Art Gallery
Bridge, Canasta, Games & Fun**

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. LOOKING FOR BEGINNER CANASTA PLAYERS TO FORM A NEW FOURSOME. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920).

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—Summer 2025 (Session Two)
led by Ashley Baldwin**

Friday, August 15

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**

NO MEETING IN AUGUST

September 19: *Liquid, Fragile, Perishable*, by Carolyn Kuebler, discussion led by Judie Gardner. A vivid and moving portrayal of the intricate web of relations and fate in a small New England town, told with interlocking storylines in a unique and mesmerizing voice of uncommon power in this debut novel. 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

NO MEETING IN AUGUST

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. For more information and to register, click [HERE](#).

**Once Monthly Saturday | September 20 | 9:00 AM–6:00 PM
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-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, 516.472.2943), if you have any questions.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
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August 13, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, September 10, 2025 | Deadline for Content: Tuesday, September 2, 2025

Welcome Home Picnic!

Come to Your Spiritual Home

Save the Date!

Details to Follow

**Sunday
Sept 14**

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.