



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



November 14, 2025

**Monthly Theme:
NURTURING
GRATITUDE**

WORSHIP SERVICES

FRIDAY, NOVEMBER 14, 2025, 7:30 PM

Rev. David Carl Olson

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Special Guest Jonah Smith joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! (See page 5 for details.)

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, NOVEMBER 16, 2025, 11:00 AM

Rev. Meagan Henry

The Zen of Roller Derby What happens when ministry meets roller skates? How did a Roller Derby league become a spiritual practice? Join us in welcoming our incoming Associate Minister as she shares how an unlikely community taught her profound lessons about gratitude for congregational life, trust-building through mistakes, and the deep relationship work that sustains us through conflict and change.

SUNDAY, NOVEMBER 23, 2025, 11:00 AM

UUCSR Ministers

Our Harvest The Thanksgiving holiday celebrates the three-day feast of Thanksgiving shared by the English Pilgrims and the Native Wampanoag People in 1621. While we have come to romanticize this meal—a sharing that did not bring permanent peace—these two peoples did come together for a feast after a very harsh time of sickness and hunger. They were grateful for the sustaining harvest. What is our sustaining harvest to be? What harvest are we grateful for?

Bring bread from your family or culture to share with the congregation in the Social Hall after the service. Bring non-perishable food items to refill our congregational food pantry.

TOUCHSTONES

Rev. Dr. Natalie Fenimore



We can each nourish gratitude on a personal level by noticing and appreciating the beauty and wonder of common things around us: a smile, babies' laughter, a flower, birdsong. We can also move from the personal to ways in which organizations and congregations come to build on gratitude and appreciation to develop, change, and grow. One method for this kind of change is using Appreciative Inquiry.

Appreciative Inquiry (AI) is a strengths-based approach to organizational change that focuses on identifying and building upon what works well within an organization. It involves a four-step process:

1. Discovery: identify the best of what is.
2. Dream: envision what could be.
3. Design: plan how to achieve that vision.
4. Destiny: implement those changes.

This can support collaborative discussions, encourage a culture of inquiry, and help to create a shared vision by leveraging core values and strengths.

Appreciative Inquiry asks us to Invest in what is already working, and to discover what gives life to the community.

Imagine beginning your conversations about this congregation's future by talking about what you like about this community. What is best in us? Then dream about how to bring these positive aspects of the community—what you are grateful for—into a vision of what could be. Make plans to achieve this and implement those plans. Dream big. This does not mean ignoring the ways in which the congregation is not doing its best, but it does ask that we begin by exploring what are strengths and build on those strengths. The congregation's destiny is to dream big and build an even bigger community centered on love.

May we become ever more a community of appreciation.

MILESTONES

It is with deep sadness that... we share the news that Ina Copito passed away on Friday, November 7. She was a long-time member of UUCSR and a cherished member of the Hadley House Community. A Memorial / Celebration of Life will be held on Wednesday, December 3, at 11:00 AM at Hadley House.

We received word recently that... UUCSR member James Kle passed away peacefully on Friday, May 30. James had been in a serious car accident several years ago and never fully recovered. James was a member of the bass section of the UUCSR Choir for many years and will be missed. He is survived by his three siblings who held a private service for James.

Congregant honored... Congregant Rosemary Lopez, executive director of the AIDS Center of Queens County, was honored with others on Thursday, October 30, at a dinner hosted by Schnepps Media for being named to its Queens Power List. To see further information please see the recipients page [HERE](#). Congratulations to Rosemary can be sent to:

*Rosemary Lopez
2487 Soper Avenue
Baldwin, NY 11510*

UU OF SHELTER ROCK ANIMAL MINISTRY

Jill Marcus and Leslee Rabb

UU of Shelter Rock Animal Ministry

In response to multiple member requests, please be advised The UU of Shelter Rock Animal Ministry pet food collection is going strong! Thank you to those who have donated. Our campaign is ongoing and especially needed during the holiday season. We delivered 114 pounds of dog food and treats to Baxter's Pet Pantry, part of Long Island Cares Harry Chapin Food Pantry in Bethage and 47.6 pounds of cat food, treats and 2 carriers to Cove Animal Rescue in Glen Cove! Grand total was 161.5 pounds to help families keep their beloved pets. Thank you, UUCSR. Leslee Rabb and I are happy to speak with our Meatless Monday Pledgers and all other members with ideas for our Animal Ministry Chapter. You can find the October, 2025 Newsletter from the UU Animal Ministry [HERE](#).

Register for UUAM's free Small Group Ministry-style program on Thursday, November 13, 2025, "Embracing Interdependence," to discuss the implications of the new UUA language. "We covenant to protect Earth **and all beings** from exploitation." You can register [HERE](#).

Religious Education Families and Volunteers are invited to a free Pizza Party with Social Justice in the Art Gallery this Sunday, November 16, 12:00–1:00 PM.

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

American Heart Association Heartsaver CPR/AED Certification Classes Offered

UUCSR has arranged for CPR/AED training for all interested members and staff at Shelter Rock *free of charge*. For members, Advanced Training Center of Long Island will offer CPR/AED certification on Saturday, January 17, for those who are registered. Class will run from 9:00 AM–12:00 PM. Limited to 15 participants.



Please register [HERE](#).
(<https://uucsr.churchcenter.com/registrations/events/3211130>)

The training is interactive and physical; please wear comfortable clothing and sturdy footwear. Please contact Tammy Weil (516.472.2913 or tweil@uucsr.org) for additional information.

KATERINA DEMBRIS

Director of Operations



Restroom Update

In response to multiple member requests, please be advised that the all-gender restroom located behind the Main Kitchen in the Social Hall, across from the Pantry, will be a **women's restroom, effective Sunday, November 16, 2025**. All-gender restrooms are found next to the Bride's Room, the entire RE Wing, and in the hallway to the Veatch House. Thank you for your understanding and cooperation.

SUNDAY CAFÉ

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

ADULTS \$10:

Nov 16–Sponsored by Ethical Eating:

roasted cauliflower soup, vegan mushroom Wellington, sweet potato and quinoa stuffing, Thanksgiving green salad, apple pie

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Nov 23: plain spaghetti, meatballs, marinara sauce and butter on the side, tossed salad, dessert

All meals include lemonade, unsweetened iced tea, dessert

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, November 18, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. October 2025 Minutes: Claudia Barbey, Secretary
7:10 PM III. Financial Report Moin Haque, Treasurer
• CY26-Q1 July-September
7:30 PM IV. Bylaws Committee: Klaus Masuch, Chair
• Amendments to Articles VIII and IX (Committees/Council)
• Charge to Bylaws to Establish Draft Policies as Listed in Amended Articles 8.2 and 9.2
• Amendments to Article VI (Nominations)
8:00 PM V. Crisis Grants Grantee Approvals
• DEI Crisis Grantees: Martha Chimienti, Barry Nobel, Rick Schwartz
• Reproductive Rights Crisis Grantees: Maria Ceraulo, Sandra Frank, Jim Smith
8:30 PM VI. President's Report
• November Congregational Meeting Recap
• Set Bylaws Hearing for Veatch Resolution Amendment
• December 14 Special Congregational Meeting Agenda
• Membership Update
• LLC Board of Managers-Board of Trustees Leadership Meeting
• Hadley House LLC BOM Resident's Representative
9:00 PM VII. Good of the Order: Aimee Vella Ripley, President

Thursday, November 20, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. Member Resource Committee: Riki Birk
• CY26 Committee Chair/Member Nominations
7:20 PM III. Liability, Property and Directors & Officers Insurance Review: Todd Illes, Acrisure
7:50 PM IV. Minister's Reports: Rev. Dr. Natalie Fenimore and Rev. David Carl Olson
8:20 PM V. Program Council Update: Paul Carbone, Vice President
8:30 PM VI. Congregation Operations Administrator and Team Updates
• Activities Management Consultant: Adam Barshak
• Rites of Passage Member Building Use: Adam Barshak
• Congregational Input Process for CY25 Security Recommendations: Adam Barshak
• Building Use Leadership Team Update: Claudia Barbey, Secretary
• Land Management Leadership Team Update: Dana Gumb
9:00 PM VII. Good of the Order: Aimee Vella Ripley, President

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

The Mitten Tree Holiday Gift (and Children's Clothing!) Donation Drive Is Back!

Now through Sunday, November 30 in the Main Lobby

The beloved tradition of the Mitten Tree holiday gift drive is back, now more inclusive than ever! Based on our observations and your feedback, in partnership with the drive's beneficiary, the AIDS Center of Queens County (ACQC), we have dismantled the binary nature of the Mitten Tree to reflect the growing gender expansiveness of our congregation and the wider world. Each mitten now says, for example, "Bring an unwrapped gift for a 6-year-old" without a pre-determined gender indicated. We are grateful to all of you for using your voices to bring justice to our generosity.



The absolute, 100 percent final deadline for bringing in your donated gifts is Sunday, November 30, which we realize is the end of Thanksgiving weekend and some of you may not be around, however, that is the Sunday closest to the ACQC client holiday party. Since ACQC picks up the presents first thing Monday morning December 1, **please try to purchase and bring in your gifts well in advance of the deadline. Buy early and bring early!**

NEW THIS YEAR! ACQC also needs children's clothing in all sizes! Please donate items to the canvas bin near the Mitten Tree.

From now until Sunday, November 30, we are collecting unwrapped toys, games, and gift cards to be given as holiday gifts to the families served by the AIDS Center of Queens County (ACQC). This year, we are providing donations to 206 children and youth, ranging from newborns to age 18. Please visit the Mitten Tree in the Main Lobby any day of the week to select mittens labeled with the ages of children you wish to buy gifts for, or please feel free to contact Kimberly Rossiter at retemp@uucsr.org to reserve mittens in advance.

Please bring in your unwrapped gifts labeled with the mittens you chose and place them under the Mitten Tree by no later than Sunday, November 30. We thank you all for including families in need in your holiday shopping!

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

NYUUI Justice Convocation 2025

Saturday, November 15, 2025 | 10:00 AM–4:00 PM

Albany Unitarian Universalist, 405 Washington Ave, Albany, NY 12206

Join NYUUI on Saturday, November 15, at Albany Unitarian Universalist for the second annual Justice Convocation! With the theme of “From Revival to Resistance,” the day will feature opportunities for education, action, and community. The event will feature justice leaders from various UU congregations and will focus on climate justice, immigration justice, preserving democracy and more. We also invite you to join on Friday, November 14, for a Day of Action urging Governor Hochul to sign Medical Aid in Dying. Home hospitality will be available for this upon request. Register [HERE](#).

Social Justice Committee Retreat

Sunday, November 16, 2025 | 12:30–3:00 PM | Art Gallery

Members of the Social Justice Committee will have a lunch, discussion and activities that will help plan for the year, any congregant interested to join the Committee is welcome to register. Registration requested in order to plan for lunch and discussions. Register [HERE](#). Questions? Contact Social Justice Coordinator Sonia Arora (sarora@uucsr.org, 516.472.2977) or Shanti Flot, Social Justice Committee Chair.

Winter Coat Drive

In this season of Gratitude and Thanksgiving, we offer ways to connect with the wider community and to offer assistance to those in need. As costs rise and government assistance wanes, this winter may be especially difficult for those who must balance their budgets by choosing between food, medical care, and warm clothing. We can help by donating new or gently used coats to our friends at the Manhasset Equal Opportunity Council in the Spinney Hill neighborhood.

Bring coats to the collection bins in the UUCSR Main Lobby from Sunday, November 16–Sunday, November 30.

Questions? Sonia Arora, Social Justice Coordinator (516.472.2977, sarora@uucsr.org).

Community Food Pantry/Clothing Rack

- Located in the hallway outside of the Main Kitchen
- Access through the sliding doors on the side of the building
- Paper bags are available on the Food Pantry bottom shelf
- Clothing may be tried on in the bathrooms
- Donations of food may be placed in cart in Main Lobby and are appreciated

Everyone is welcome to participate.

Join the INN Volunteer Cooks

Thursdays, November 20, December 18

Do you like to cook? Please come join us to service those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network) the fourth Thursday of the month. Note, due to the holidays in November and December, cooking will take place on the **third Thursday** of the month. The INN connects and runs food pantries and shelters throughout Long Island for those in need and the homeless.

Come join in on the cooking fun, get in on the fellowship with other congregants, and feel good about helping someone less fortunate than you. Looking forward to adding the second Wednesdays of the month from January to June 2026. Contact Leona Handelman if you like to Volunteer! If you would like to come in and help prepare a meal, please call Phinu Jose at 516.472.2975 and register to cook.

submitted by Leona Handelman

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

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

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

Transgender Day of Remembrance (TDOR) is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. On Tuesday, November 18, you are invited to share a thought or memory you may have before the meeting topic begins. Poems, stories, songs, images, are all welcome.



DATE	LED BY	TOPIC
11/18/25	Joanna Augugliaro	If there were no obstacles, what would be your dream vehicle? Examples: car, SUV, van, camper, boat, plane, motorcycle
11/25/25	Charlene Greenberg	Holiday experiences. The good, the bad, the ugly. What would your ideal holiday experience be?
12/2/25	TBD	To be determined
12/9/25	Open Chat	No Topic

A Long Island Tradition!

Messiah Sing 2025 at Shelter Rock

Sunday, December 7, 2025 • 1:30 PM

The UUCSR Choir with Orchestra at Shelter Rock
Stephen Michael Smith, Music Director

with acclaimed soloists

Sarah Moulton Faux, soprano	AJ Rodriguez, tenor
Leah Wool, mezzo-soprano	Billy Huyler, baritone

Open to Everyone—\$5 Donation at the door

VOCAL SCORES PROVIDED
Sing along or simply listen

Online Registrations close on December 4, 2025.
Seating guaranteed for registered attendees only!
Tickets available at the door the day of the performance.

Reception to follow in the Shelter Rock Art Gallery
Adequate free parking, handicapped accessible

REGISTER HERE
uucsr.org/25Sing



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

Questions? Please contact Phinu Jose (pjose@uucsr.org, 516.472.2974)

BUILDINGS AND GROUNDS AND GREEN SANCTUARY COMMITTEES

Status of the Wildflower Meadow

Construction has begun on the paved path through the site of the wildflower meadow, situated at the western end of the Great Lawn. The path will provide a hard, accessible walkway for all from those in baby carriages to those with walkers or wheelchairs. It will meander through the meadow, connecting the Veatch parking lot to the pond.

The meadow was proposed in the Congregation's Land Management Plan for our 100-acre property, dated February 2022. Such a conversion of lawn to meadow would reduce turf management, create complex habitat for animals, and provide the sheer beauty of a dynamic floral display.

Following up on that idea and in line with the Congregation's Sustainable Land Management Statement, passed in 2023, the capital budget for 2023 included funds for engaging a designer to help create a plan for the meadow, and the 2024 capital budget allocated funds for construction. Subsequently, Larry Weaner Landscape Architecture, a leading practitioner of meadow design in the Northeast, was hired.

The Green Sanctuary and Buildings and Grounds Committees have been working with the consultant on the best plan for the design and implementation of the meadow. Site preparation, which includes the elimination of all the lawn grasses, is extremely important because it will give the native wildflower plants the best possible competitive advantage. The consultant recommends using the herbicide called glyphosate as the most effective and appropriate means of killing the grass. After much discussion and research, the two Committees approved the meadow plan and the use of glyphosate in the first phase of implementation. The Board of Trustees also voted to approve that plan.

Creation of the meadow is a multi-year effort, and congregants are advised not to venture into the construction work zone inside the temporary fence.

In November 2025, the path will be completed along with all necessary grading. The site will be seeded with winter wheat as a cover crop to prevent erosion during the winter. In early spring 2026, the first glyphosate application will occur. Another application in mid-June 2026 would be required. Sometime between late June and early July 2026, the meadow will be seeded with a mix of native wildflower seeds. In the fall of 2026 live plants will be installed in the meadow. By the spring of 2027, the meadow will be a vibrant ecosystem, attracting pollinators and birds, while also displaying a beautiful and diverse array of wildflowers. For more information contact Land Management Ecologist Agnes P. Cwalina (acwalina@uucsr.org).

submitted by Dana Gumb

LAND MANAGEMENT ECOLOGIST Agnes P. Cwalina

Leave the Leaves! ...But Why?

Like other catchy horticultural slogans, "Leave the Leaves" has arrived for the season. But what is the reason behind this campaign? Why are we being asked to leave them, which leaves, and where do we leave them?



The ideal situation is to allow leaves to stay where they naturally fall, especially under the trees they drop from. By following this practice, we are contributing to:

- Positive soil health. Leaf debris decomposes into mulch, increasing moisture retention, suppressing weeds, and cycling nutrients back to plant roots; basically, mulch and fertilizer without making a purchase!
- Maintaining a pollinator habitat, especially for beneficial species, butterflies, moths, bees, fireflies, decomposers, natural biocontrol such as spiders, wasps, beetles, and other invertebrates.
- Reducing greenhouse gases. Yard debris sent to landfills contributes to human-made methane production.

The ideal practice is to leave the leaves where they fall. If they need to be moved, rake them into a 12-inch-high pile. Shredding, composting, and making larger piles is detrimental to invertebrate life. Bagging leaves and sending them to a landfill is the least preferred practice. However, please use judgment and remove leaves if they are a hazard to others, especially if building up in gutters, drains, or pathways.

One habit I am shifting is requesting the UUCSR lawn maintenance company to minimize blowing leaves out of garden beds. What is blown off pathways and parking lots is collected to be used in future garden beds.

So much life lives in leaf litter! Let's contribute to a thriving ecosystem by ***Leaving the Leaves!***

BOOKSTORE COMMITTEE Elaine Peters, Chair

Bookstore Suggestions

The Indigenous people living in the United States, often called Indians, have been an important part of our history. Very few people are aware of their impact even today. One book called *An Indigenous Peoples' History of the United States*, by Roxanne Dunbar-Ortiz is in our bookstore. It is eye-opening.

Another item also in stock is a UU magnet with a flaming chalice design that you can put on your car or refrigerator, or any other metal object.

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Climate Change School Lessons

The Department of Education of New York City is recognizing the importance of teaching about climate change. City educators currently teach two hours about it. However, priorities are changing.

The Department of Education is implementing Climate Action Days. Climate Action Days will focus on four days of the year. They are: December 6–Energy; February 7–Waste; April 17–Health, Wellness, and Green Space; June 12–Water.

Educating students makes them aware of the ways to reduce their carbon emissions and to try to meet the challenges of our changing climate.

On Long Island there is some climate change education, but it needs to be addressed and implemented in a more serious way. Integrating it into the classroom is a good idea at every level appropriate to the students' development. Solutions should be part of the process. As the future unfolds, they will be more empowered to deal with these climate challenges.

submitted by Elaine Peters

ART COMMITTEE

Paul Kopelow, Chair

Pamela Waldroup



Ennid Berger



Paul Mele



FORMS & NARRATIVES by Ennid Berger, Paul Mele, and Pamela Waldroup | Art Gallery
Exhibit is on display through Tuesday, December 2

A diverse exhibition of photographic works showcasing the power of light to elicit strong reactions to forms and narratives created in both abstract and realistic compositions.

MEN'S GROUP COMMITTEE

Robert Penaskovic, Chair

PRESENTED BY THE UUCSR MEN'S GROUP

SCIENCE DISCUSSION GROUP

Science Discussion Network

Sunday, November 23, 2025 | 1:00 PM | Onsite in the Office Conference Room and Online via Zoom

Do you keep up with all the latest in science and want a sociable place to explore these ideas?

OR

Are you someone who hasn't done much with science since high school but wants to understand the new discoveries and technology that affect our world today, like AI?

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

Join this monthly discussion group for a chance to explore science, math, and AI ideas in a relaxed atmosphere. Each session features a brief presentation by a member of the group based on their own experience or something in the news today. Then share your opinions in a lively, friendly discussion.

Join us for a discussion focused on some new AI developments including:

- Ambitious use of AI to power California's state universities.
- A pilot program where AI makes coverage decisions under Medicare.

To join online, click [HERE](#). Questions? Please contact Elaine Corrao (516.472.2933, ecorrao@uucsr.org).

SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

No Kings Rally

They came from small towns and big cities. They gathered to express their concerns about an administration they believe has fallen short in demonstrating effective leadership and compassion. They came to advocate for the restoration and protection of fundamental civil liberties, including due process, freedom of speech, and the right to a fair trial.

Dozens of congregants attended two local rallies, one in Mineola and the other in Port Washington. One of the most exciting moments was hearing Anne Kelly speak about women's rights and the importance of women in science. She inspired the crowd and made them more hopeful about a future where young people are taking a stand and shaping our tomorrows for the better.



Long Islanders protest Trump administration policies at 'No Kings' rallies

Thousands gathered in Mineola where demonstrators spoke out against immigration raids, health care costs and the deployment of National Guard troops to some U.S. cities.

WILDLIFE AT UUCSR

Our trail cameras have been capturing some wonderful moments of the wildlife that share our property. From quiet nighttime wanderers to daytime visitors, these snapshots offer a special glimpse into the natural world just beyond our doorstep.



MEMBERSHIP COMMITTEE

Paul Drezner, Chair

YUU

Belong Here

Y*UU Belong Here: Path to Membership

Sunday, November 16 (second session)

12:30–3:00 PM | Veatch Ballroom

Lunch will be provided

Please let us know if you have any food allergies or preferences

New to UU? Come to the Y*UU Belong Here: Path to Membership Session with the Membership Committee and Rev. Dr. Natalie M. Fenimore

Would you like to learn more about our Unitarian Universalist movement and about how to deepen your relationship to this community? Have you been attending for weeks, months, or even years and feel like you're ready to become a member of UUCSR? If you answered "yes" or thought about answering "yes" to any of these questions, you are invited to join us for Y*UU Belong Here: Path to Membership sessions at Shelter Rock.

We are offering this two-part workshop for you to connect with each other, reflect on the path that has led you here, and to offer you the opportunity to learn and ask questions about what makes this UU community a life-giving place to call home. During the sessions, you will be invited to reflect on your spiritual journeys in conversation with each other, we will provide foundational knowledge of UUCSR and Unitarian Universalism, and you will also have the opportunity to hear from and ask questions of staff and lay leaders in the congregation.

Please be sure to register [HERE](#).

Questions? Contact Rev. Dr. Natalie M. Fenimore (nfenimore@uucsr.org) or Paul Drezner, Membership Committee Chair (stargatecd@aol.com). For Childcare contact Sharyn Esposito (sesposito@uucsr.org).

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order

Additional information at uucsr.org/events

THE UUCSR MINISTRY TEAM PRESENTS

PRACTICING EMPATHY

Sunday, November 16
Veatch Library
• 1:00 PM •

Our Respectful Relationship Team operates with an understanding that our community is enhanced—and the world will be enhanced—by our compassionate communication with one another.

Share an opportunity for Practicing Empathy in our communication with one another on the third Sunday of each month at 1:00 PM in the Veatch Library.

REGISTER HERE

uucsr.org/26EmpathySundays

Our ministers are also ready for compassionate conversation one-to-one with all of our members. If you want to make an appointment for a one-to-one conversation, please reach out to a minister or make an appointment with the Ministers Assistant Sharyn Esposito.

Questions? Contact Sharyn Esposito
516.472.2960 or sesposito@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.

YOUTH AND ADULT FAITH ENGAGEMENT INTRODUCES THIRD FRIDAYS

LIVING A PUBLIC LIFE

With Rev. David Carl Olson

Third Friday of Each Month

6:30–9:00 PM | Social Hall & Art Gallery

2025: Nov 21, Dec 19 | 2026: Jan 16, Feb 20,
Mar 20, Apr 17, May 15, Jun 19

In social media posts, in newspaper columns and in TED talks—and even in pastoral conversations with ministers—people are sharing a deep sense of isolation and loneliness. This experience contradicts an article of our faith, that we are people of interdependence, and live lives of profound interconnection.

“Living a Public Life” will be a monthly series of workshops on building our interdependence to live our values in the public sphere. We will learn to do one-to-one relational meetings, will talk about the diverse cultures we inhabit, and discern the difference between the private lives of our families and the public life of a congregation like Shelter Rock. **Come join us!** Please register here so we ensure we have enough food.

Questions? Contact Jamie Walowitz
Youth and Adult Faith Engagement Coordinator
jwalowitz@uucsr.org
or 516.472.2943

REGISTER HERE
uucsr.org/ThirdFridays25

6:30 PM: Complimentary Simple Supper
7:15 PM: A moment of gratitude, reflection and song
7:30 PM: Workshop with Rev. David Carl Olson

EXPLORING EARTH-BASED TRADITIONS GATHERING

multiplatform

Saturday, November 22

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

- 11:00 AM in the Art Gallery
- Shared Pot Luck Luncheon at 12:30 PM

Please bring some food to share at this event, or a nosh. We will meet and then break for lunch. 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. Questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)

SPECIAL EVENT HIGHLIGHTS

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Thanksgiving Meal Together



Prior Registration Required
Thursday, November 27, 2025
11:30 AM–2:30 PM

In the spirit of fellowship, the Caring Committee invites members and friends to join in a traditional holiday meal together.

Traditional, vegetarian, and vegan options
BYO beer and wine permitted
All are welcome to the feast!

You are requested to participate in our
“chosen family/community meal”
by volunteering to either:

- Bring a favorite dessert to share
- Assist in set-up or clean-up (No dishwashing involved)
- Bring a non-perishable food donation—for those in need

**Please commit to one of the above
when you register.**

Financial assistance available upon request—
contact Sharyn (516.472.2960)
All requests will remain confidential.

Adults \$25 | Children \$10

**All reservations with payment must be made
by Friday, November 21 by noon**

Register Here
uucsr.org/25Thanks

Questions? Contact Sharyn Esposito
(sesposito@uucsr.org or 516.472.2960)

Community Thanksgiving Service
Sunday, November 2, 2025 | 5:00 PM

Port Washington and Manhasset
Clergy Associations present
an Interfaith Thanksgiving Service at

Archangel Michael Greek Orthodox Church
100 Fairway Drive, Port Washington

SPONSORED BY THE UUCSR WOMEN'S GROUP

A Night of Reiki Healing: Working with the Energy

Presented by Diane Mansell,
UUCSR Member

TGIF

Friday, December 5, 2025
7 PM • Art Gallery

Come join members of the Women's Group as we experience
energy exercises, guided meditation and Reiki.

Light refreshments will be served.

Registration is required as there is a limit of 24 participants

Registration Deadline, Wednesday, December 3
Childcare Deadline, Monday, December 1

REGISTER HERE
uucsr.org/TGIF25Reiki

Questions? Contact Elaine Corrao
516.472.2933 or ecorrao@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.



Women's Group December Holiday Sale Sunday, December 7, 2025 | 9:30–11:00 AM and 12:00–1:30 PM Social Hall

We need your help to make the Holiday Sale a success! Please bring suitable items such as jewelry, trinkets, gift items, Christmas decorations, household/kitchenware, children's toys, and boxed games for all ages and leave them in the canvas bin in front of Elaine's desk by Sunday, November 30. Then on December 7, come purchase an unexpected gift and, at the same time, help raise money for a local charity that supports women. Questions? Contact Elaine Corrao (ecorrao@uucsr.org, 516.472.2933).



Day Trip to Holocaust Museum and Tolerance Center Saturday, December 6, 2025 | 1:00 PM Welwyn Preserve, 100 Crescent Beach Road, Glen Cove, NY 11542

The Social Justice Committee and Racial Justice Sub-Committee of UUCSR invite you to a day trip to the Holocaust Memorial and Tolerance Center of Nassau County in Glen Cove, NY. The Center is devoted to inspiring future generations to build a better, more compassionate world through education. If you would like to carpool from UUCSR, meet at 12:00 noon in the UUCSR parking lot at the front of the main building. If you need a ride, please call Patti Paris at 516.996.5724, or drive yourself and meet for the tour which begins promptly at 1:00 PM. This deeply moving program includes a guided tour through the Museum's 6 galleries, beginning with a brief history of anti-Semitism and its lead up to the Second World War, and ending with a look at genocide and intolerance today with a modern perspective by teaching lessons that combat hatred, intolerance and bullying. Please register early and invite friends. Program is free. Register [HERE](#). Questions? Please contact Phinu Jose (pjose@uucsr.org or 516.472.2974).

Peace, Love, and Dessert with WILLOW

At a mid-Week HOLIDAY EXTRAVAGANZA



Peace, Love, and Desserts with Willow Wednesday, December 10, 2025 | 7:00–9:00 PM | Social Hall Concert, Homebaked Sweets, and Singalongs

Admission is free. There will be a voluntary collection to benefit the Interfaith Nutrition Network, including offerings of non-perishable foods.

"Willow" is an interfaith choral ensemble under the direction of Farah Chandu.

The Interfaith Nutrition Network (INN) provides essential aid to address hunger, homelessness and poverty in our communities.



Midnight Run—Donation Bins Located in the Main Lobby Friday, January 30–Saturday, January 31 5:30 PM–1:00 AM | Social Hall

Every year, the Senior Seminar youth try to work on different service projects, but one nonprofit that is a constant is

Midnight Run. Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year for volunteers from churches, synagogues, schools, and other philanthropic groups to distribute food, clothing, blankets, and personal care items to those who are impoverished and/or experiencing homelessness on the streets of New York City.

We are asking for donations, volunteers to prepare food, sort clothing, and compile toiletry kits, and volunteers who would like to drive Senior Seminar teens and our young adults as they embark on a journey of kindness and giving to a community in need that is close to home. Donation bins are located in the Main Lobby.

Please feel free to sign up for multiple volunteer roles if you would like! You can prep, and be a driver or runner as well! Register [HERE](#) if you would like to participate. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions: jwalowitz@uucsr.org; 516.472.2943.

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 | 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).

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

UUCSR Lawn, Meadow, Patio, Pond Area

Silent Book Club

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

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 participate.

Tuesdays | 6:30 PM | Via Zoom [HERE](#)

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. (See page 4 for conversation leaders/topics.)

Tuesday, November 18 | 10:00–11:00 AM | Art Gallery

Harnessing the Healing Power of the Vagus Nerve for Greater Health and Wellbeing with Dr. Fern Engelson

Join this unique and empowering (and fun!) class and learn how to support the Vagus Nerve, which plays a crucial role in our overall health and wellbeing. Practice techniques from the ancient traditional healing arts and those from modern day cutting-edge science, tapping into our body's wisdom as we heal from the inside out! Learn healthy lifestyle strategies to further support function. All are welcome! No prior experience is needed. Practices are gentle and easily adaptable! Register [HERE](#). For pricing information, please contact Dr. Fern Engelson (lovenow108@gmail.com or 516.621.0316). Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, (jwalowitz@uucsr.org or 516.472.2943).

First and Third Tuesdays Monthly

12:00–2:00 PM | Onsite Office Conference Room and Online Zoom

Women Talk Daytime

Facilitated by Sandra Frank, Women's Group Board Member. The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

People living with the challenges of a cancer diagnosis may join a safe, confidential group where members may share their experiences with others who understand the intricacies. In this supportive environment, we lift each other up, learn tools for coping with stress, meditate together, and open a prayerful spirit within ourselves to encourage healing. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge.

Wednesdays | 2:00 PM | via Zoom

Wednesday Conversations

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. This month's theme is *Nurturing Gratitude*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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Thursdays | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall/Winter 2025

led by Ashley Baldwin

November 13, 20; December 4, 11, 18

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! 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).

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

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

Thursdays | 6:15 PM Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

Fridays via Zoom | 12:00 PM

Great Books

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

comprehensive, accurate, and
supportive sexual health education

how sex ed should be

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

November 14, December 12



Registration required—space is limited!
Questions? Contact Carson Jones at
cjones@uucsr.org

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

November 21: *How to Read a Book*, by Monica Wood, discussion led by Lee Geisen. A chance encounter at a bookstore brings together a retired English teacher, a former prisoner, and a handyman, leading to transformative relations and the power of books to change lives.

December 19: *A Dream Life* by Claire Messud, discussion led by Leona Handelman. When the Armstrong family moves from New York at the dawn of the 1970s, Australia feels, to Alice Armstrong, like the end of the earth. Residing in a grand manor on the glittering Sydney Harbour, her family finds their life has turned upside down. As she navigates this strange new world, Alice must weave an existence from its shimmering mirage.

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

November 21: *Famous Last Words*, A tribute to Jane Goodall.

November 28: *Our Souls At Night*, A tribute to Robert Redford.

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

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

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Vice President: Paul Carbone

Secretary: Claudia Barbey

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Carole Alexander Dana Gumb

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November 14, 2025

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Next Quest: Tuesday, November 25, 2025 | Deadline for Content: Tuesday, November 18, 2025

UUCSR 2025 ANNUAL COMMUNITY-BASED HOLIDAY DINNER DRIVE

This year, Shelter Rock Sponsors a Thanksgiving Collection for
The AIDS Center of Queens County



Please donate by
Sunday, November 23

\$25

will provide a turkey for a needy family.



Use QR code above or bring your contribution to worship, or mail a check to UUCSR, attention Sue Kimler.
Please make checks payable to UUCSR with "Thanksgiving Meal" on the memo line.

We count our blessings and share our bounty with those who are in need.

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.