



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

We aspire to be a loving religious community where we can grow spiritually and build a more just and joyful world.

—UUCSR Vision Statement

Spirituality, Community, and Being of Service

—from the UUCSR Strategic Plan



September 23, 2026

**Monthly Theme:
HOME**

WORSHIP SERVICES

SUNDAY, SEPTEMBER 27, 2026, 11:00 AM

Rev. Meagan Henry

Telling the Bees: Blessings for Backpacks and New Beginnings

September is a threshold. The children prepare their school backpacks, the congregational program year begins again, and this year we begin it in a season of transition of our own. We gather to bless the ones who are setting out, and to ask what kind of hive we want to be. Everyone present will receive something small to carry through the year, a reminder that no one here is left to do it alone. Bring the children, bring the backpacks, bring whatever you carry: the purse, the shoulder bag, the well-used canvas tote.

SUNDAY, OCTOBER 4, 2026, 11:00 AM

Rev. Meagan Henry

Living a Spiritual Life What does it mean to live a spiritual life as Unitarian Universalists? We live in a world that is constantly drawing us away from our center. Spiritual practice is how we find our way back. It lives in the ordinary things we do each day, often with our bodies, shaped by what we hold sacred and by the traditions of our community. We will explore the practices that keep what matters most at the center of our lives, and how, even when it sets us at odds with the culture around us, we keep moving, little by little, toward our calling.

FRIDAY, OCTOBER 9, 2026, 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. Guest artist **Ari Hest** joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience.

At 6:30 PM, all are welcome to a simple supper prior to Soulful Sundown. A voluntary donation of \$5 covers soup, salad, artisanal bread, cookies, and beverages. Food service ends 7:15 PM.

TOUCHSTONES

Rev. Dr. Elaine Beth Peresluha



Don't Just Do Something—Sit There!

How often I feel the urge to get going, do something, be productive! I so love to get going. Action! It is rewarding, satisfying, and makes us feel in control, even when it may not necessarily be the best response to the situation, or life. When I feel that irresistible urge to do something, I remember my yoga instructor telling me to be in Tadasana. Tadasana,

mountain pose, teaches students to keep their heads, shoulders, and toes aligned: straight, tall, and grounded in the present moment. It is not easy to stand perfectly still, not leaning forward or backward, weaving to find balance. Leaning forward, our heads are in tomorrow, anticipating, reaching, hurrying, eager for the next moment, not this one. Leaning back, perhaps we are preferring the past, trying to hold on to what has been, avoiding what is coming next.

Human beings are not encouraged to do nothing. We are encouraged to act, decisively and as quickly and efficiently as possible. "Don't just stand there, do something!" My yoga teacher gently suggests, "Don't just do something, sit there."

We are educated and socialized to be competitive, productive, efficient, and fast. We are expected to keep pace, leaping any gaps between the past and the future quickly, like the synapse between nerve endings. To sit still, we must be in relationship to this moment, with our mind, body, and time, patient, without leaning forward or back, until something unanticipated can emerge. When we practice standing still in our moments of uncertainty, we recognize and appreciate that possibility awaits us.

Something new is coming. It is OK to not know. Somewhere in between where we have been and where we are going, some new realization or creation is waiting to be revealed. The moment between what is and what can be requires doing nothing, requires waiting until the right action reveals itself. Sometimes not knowing, not doing, is the right next step. With patience and appreciation in our uncertainties, we invite creativity. There, anything and everything is possible.

MILESTONES

Rev. Dr. Paul S. Johnson...A Celebration of Life is scheduled for Saturday, September 26, at 11:00 AM, in the Worship Room. A reception will follow in the Social Hall after the memorial service. Paul died on Wednesday, April 22, at the age of 81, after a lengthy illness, surrounded by his family. He is survived by his wife of 47 years, Carol Rowan, his two children, David (Courtney Johnson) and Kristin (Marc Rosen), and his grandchild Rowan Johnson. Paul joined UUCSR in August of 2002 and served as our Senior Minister until 2016, when he retired and moved to Florida, where he served as the Interim Minister at Treasure Coast Unitarian Congregation in Stuart, Florida, and the Unitarian Universalist Church of Brevard in West Melbourne, Florida. He served Unitarian Universalism as a former President of the Unitarian Universalist Ministers Association, sat on the Board of Meadville Lombard Theological School, was Interim Director of the Washington Office for Social Concerns, and was a Minns Lecturer for his six-lecture series on Rev. James Freeman Clarke. If unable to attend in person, please contact Sharyn Esposito at the office (sesposito@uucsr.org, 516.472.2960) for the livestream link.

We extend our condolences...to Larry and Ilene Hass as they mourn the death of Ilene's mother, Hannah Santlifer. Hannah died Sunday, September 13, at the age of 97. Hannah is preceded in death by her husband Luis Santlifer. She is survived by her daughters Ilene (Larry) and Linda Lurie (Ira), and her grandchildren Jason and Chad Lurie and Aaron Hass. Hannah really enjoyed coming to the Congregation and Soulful Sundown to listen to great music and dance. Private services were held on Wednesday, September 15. Condolences can be sent to:

*Larry and Ilene Hass
28 Greenvale Lane
Syosset, NY 11791*

We ask for well wishes and cards...for Svetla Harkness who is at St. Frances hospital being treated for pneumonia. Cards can be sent to UUCSR and will be delivered to Svetla.

*Svetla Harkness
c/o Sharyn Esposito
UUCSR
48 Shelter Rock Road
Manhasset, NY 11030*

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Service

ADULTS \$10:

New menu each week, includes tossed salad and dessert
Vegetarian and vegan options are always available

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter
All meals include lemonade, unsweetened iced tea, dessert

JESSICA M. HESS Director of Lifespan Religious Education

Transforming and RE-Turning

This coming Sunday, September 27, programming for children and youth religious education will return. The theme this year is Transformation. We often think of butterflies transforming, but perhaps some of us think about superheroes or simply our children getting older and changing in the blink of an eye. There are a lot of exciting things happening in RE (Religious Education) this year, and we hope you will join us as we explore, build, and transform ourselves and the world around us.

If your child is not yet registered for this year, please do so by scanning the QR code or visiting <https://www.uucsr.org/religious-education>.



Have you considered volunteering, or would you like to return to volunteering in RE? Please reach out to UUCSR's new Director of Lifespan Religious Education, Jessica Hess, at jhess@uucsr.org.

This Sunday at 11:00 AM, we all begin in the Worship Room for a special ritual during the Service, where we celebrate the start of the new year with a Backpack Blessing. Children, youth, and volunteers will then be sung out to their programs.



Staff Work Anniversaries September

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

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

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

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

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

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

Evan Hyde, Percussionist
Celebrating 3 years on September 17

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

RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

Can't I Be Angry?

Making room for our feelings—and for one another

Yes, we can be angry. We can feel frustrated, overwhelmed, or hurt. Making room for those feelings is part of making room for ourselves. The question is how we respond—and how we stay connected when emotions run high.

At every age and stage of life, stress finds its way into our days. It may come from school, work, caregiving, health concerns, relationships, world events, or simply the many demands competing for our attention. Sometimes, it's too much at once.

As Unitarian Universalists, we bring different beliefs to a shared promise: to treat one another with love, kindness, and respect—even when we disagree. The congregational covenant expresses that promise, and the Respectful Relationships Team (RRT) helps us put it into practice. When we fall short, our focus is on repairing relationships and finding our way back to one another. You can read our congregational covenant at <https://www.uucsr.org/our-covenant>.

When we are stressed, it can be harder to listen, be patient, or respond with the care we intend. We may react before we have a chance to consider what we want to say. These are moments to practice compassion for ourselves and one another.

Noticing our stress and finding ways to ease it can give us a little breathing room—a chance to choose our next words or actions with care. We can honor what we feel while considering how we express it.

The following ideas and practices for easing stress have been adapted from a Zucker Hillside Hospital conference handout. There is no need to try everything at once. Start with something that speaks to you.

What matters most?

When everything feels urgent, pause to consider what needs your attention first. Could something be shared, postponed, or delegated? Make a manageable plan and give one task your attention before moving to the next. Asking for help can be a wise way to care for yourself and get things done.

Move in a way you enjoy

Walking, gardening, dancing, stretching—movement can offer a welcome release from stress. Choose something that suits your abilities and feels enjoyable, so it does not become another obligation.

Give “good enough” a chance

Perfection is a demanding standard. Set expectations that fit your time, energy, and circumstances, and recognize what you have accomplished. Notice when the need to get everything just right—or have it done your way—is adding to your stress. Different approaches can work, too.

Make space for “no”

Boundaries help us care for ourselves and give attention to the commitments we make. Try saying, “Let me think about it,” “I have a lot on my plate right now,” or “I’m trying to lessen my responsibilities.”

Find your way to unwind

Meditation, prayer, gentle yoga, breathing exercises, nature, music, or journaling—choose a practice that feels supportive and fits your life. Even a few quiet minutes can offer space to pause before responding.

We will all have moments when patience runs short. When that happens, we can pause and think about how we want to respond—with compassion, care, and room to be human.

We're in this together.

Submitted by Monica Schlichting
Respectful Relationships Team

ART COMMITTEE

Paul Kopelow, Chair



Cross Currents by Muttontown Art Collective

Art Reception: Sunday, September 27 | 1:00–3:00 PM

Exhibit on display: September 18–October 19, 2026

All are welcome!

Exhibiting Artists and Members of The Muttontown Art Collective:

Mary Behling, Simon Fenster, Marceil Kazickas, Denise Kramer,
Suzanne Liff, Barbara Miller, and Ellen Hallie Schiff

BOOKSTORE COMMITTEE

Lorraine Shiff, Chair

Come and check out the Bookstore and Gift Shop on Sundays from 12:00–1:00 PM. You will find several new books for children and adults. In addition, there is a new selection of donated handmade jewelry.

Don't forget to mark your calendar for a presentation by Maryann Zappulla on the book by Capt. Hugh M. Stephens, *Still Afloat: A Life at Sea and Ashore—Not Overboard Yet*. It will be held on Sunday, October 18, at 1:15 PM in the Chapel.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Cathi Zillman, Chair

What Can DAC Do for You?

The Denominational Affairs committee is charged with keeping you informed and interested in the Unitarian Universalist denomination beyond our walls. That includes local congregations through LIAC (Long Island Area Council of UU Congregations), the national Unitarian Universalist Association, and our Partner Church in Transylvania. It's very interesting work.

One of the things Denominational Affairs has in the works is a trip to Transylvania and to our partner church. Rev. Meagan has been there before and will be coordinating the trip. (See page 7 for more information.) Another committee focus will be encouraging congregants to attend General Assembly, the annual meeting of the UUA in June. Last June, General Assembly was 100 percent online, so it will be fun to have it in person this year, in San Jose, California. If you attend as a delegate from Shelter Rock, it's paid for by Shelter Rock.

Doesn't Denominational Affairs sound like an interesting committee? If you'd like to learn more, you can find my number in the Member Directory or leave a message with Sharyn Esposito in the Congregation's office at sesposito@uucsr.org or 516.472.2960.

Submitted by Cathi Zillmann, New DAC Chair

MUSIC & PERFORMING ARTS EVENTS AT SHELTER ROCK Fall 2026 | Partial Listing

REBECCA FOLSOM CONCERT

Sunday, October 4 | 1-2:15 PM | Worship Room

Reception to follow in the Art Gallery
\$10 suggested donation | \$20 maximum for families
Under 18 years old FREE | Childcare Available

CABARET AT THE ROCK

Saturday, November 7 | 7-9 PM | Social Hall

\$20 | Fundraiser for Edward Miller Memorial Scholarship Fund

CHAMBER MUSIC AT SHELTER ROCK: NATHANIEL LANASA & FRIENDS

Sunday, November 8 | 1:30-2:45 PM | Worship Room

Reception to follow in the Art Gallery
\$10 suggested donation | \$20 maximum for families
Under 18 years old FREE | Childcare Available

MESSIAH SING

Sunday, December 6 | 1:30-3 PM | Worship Room

Reception to follow in the Art Gallery
\$5 Maximum | \$10 for families
Under 18 years old FREE | Childcare Available

To reserve a seat contact Jamie Walowitz
at jwalowitz@uucsr.org or 516.472.2943
Free Parking Provided

Book Exchange: A Fundraiser for Partner Church

Nestled in a quiet back corner of the Social Hall is the charming George Kesner Memorial Book Exchange. With hundreds of books to choose from, you're sure to find and purchase that perfect book for yourself or to give as a gift, while also benefiting the congregation's Partner Church in Transylvania (Romania). The Book Exchange is a vital fundraiser for Partner Church.

Here's a sampling of book titles certain to suit your fancy: *The Four Winds*, *The Italian Baker*, *Smart Eating*, *Whoopie Pies*, *Espionage and Enslavement in the [American] Revolution*, *Marmee & Louisa (The Untold Story of Louisa May Alcott and Her Mother)*, *Women Who Run With the Wolves*, and *The Second Stage*.

Since 1991, UUCSR has been partnered with the Unitarian Church in Csikszereda, Transylvania, and every book purchased at the Book Exchange directly benefits that church community, so please be generous with your donation. Please put your donation in the Donation Box (located at the end of the bookcase closest to the Social Hall entrance) or use the QR code on the sign above the Donation Box.



The Partner Church program is under the sponsorship of the Denominational Affairs Committee (DAC). DAC, with the support of Rev. Meagan Henry, is planning a Multigenerational Pilgrimage to Transylvania from April 22 through May 1, 2027. Included in this Pilgrimage will be a visit to the Unitarian Church in Csikszereda, Shelter Rock's Partner Church. If you are interested in this trip and would like to know more, please reach out to Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, at 516.472.2943, or at jwalowitz@uucsr.org. (See page 7 for more information.)

Submitted by Jessica Vega, Book Exchange Liaison

GREEN SANCTUARY COMMITTEE

Jennifer S. Roth, Chair

Climate Justice

Canada's Fires and Our Pollution

Wildfires in America and Canada have increased alongside global warming. Lightning in Canada's boreal forests has caused these large, intense fires, which, in turn, affect the United States. Forest management in Canada is difficult; the smoke travels south, crossing our border along with pollutants, greenhouse gases, and infectious diseases. Our nation and Canada cannot control the fires. Therefore, we need to monitor our air quality more frequently. Long-term planning is necessary to manage the risk and to create cooperation between nations. The world is unavoidably interconnected.

Elaine Peters, Member of Green Sanctuary

Climate Change: Who's In Control?

On Sunday, September 13, at 1:00 PM, the Science Discussion Group, led by Herb Klitzner, featured a riveting, well-documented presentation from a new congregant, Rick Shaper. The title of the presentation was, "Climate Change: Are Humans in Control and Are We Doing the Right Things?"

There were approximately 22 of us huddled at the U-shaped table in the Art Gallery. Rick began with a quote from Lowell Bennington, "The mark of an educated mind is to entertain a thought without accepting it." What a fabulous opener to the beginning of a deep dive, which might well become a new committee!

This was a presentation about climate change on the one hand; on the other hand, it was akin to peeking behind the climate history of the planet from a far more expansive perspective, to the tune of 65 million years ago. Years of climate patterns were revealed, compared, and contrasted to other relevant scientific patterns, which ultimately pointed to something altogether different happening here on planet Earth. This is the surface that some scientists have been scratching for quite some time, and their data is based on real measurements from organizations like NOAA, Climate.gov, as well as other notable sources. The data began with the trend itself on an X-Y axis through five ancient eras. The data was gathered from oxygen isotope ratios from fossils and marine organisms. Then came the rigorous examination of ice cores, which apparently provide long-term records of temperatures and atmospheric gases. Then came something called the Vostok ice core in Antarctica, which revealed a close correlation between CO2 and temperature, whereby the temperatures preceded the CO2 changes during certain phases, but there were other phases where CO2 lagged behind the temperature. To be continued...

Jennifer S. Roth, Chair, Green Sanctuary

MEN'S GROUP

Bernie Fitzgerald, Chair

Science Discussion Network | Sunday, October 11 | 1:00 PM
Onsite in the Office Conference Room and Online via Zoom

Join the discussion on "How Declining Birthrates Are Reshaping Our Future," presented by UUCSR member Gerry Matusiewicz.

Worldwide, birthrates are declining. How will this affect our economy, workforce, healthcare, education, and more? Is this a normal cycle or an existential problem?

Join Zoom [HERE](#). Contact Elaine Corrao at 516.472.2933 or ecorrao@uucsr.org for information.

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

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQ+ Friends, Please come join any meeting on Tuesday nights via Zoom. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

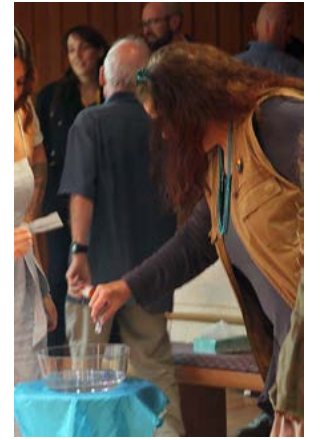
DATE	LED BY	TOPIC
9/29	Winterflower Robinson	If you were expelled from the country and had only limited financial resources, where would you try to rebuild your life?
10/6	Charlene Greenberg	What are you passionate about—music, dance, poetry, art, or something else? And how and when did that interest begin?
10/13	Open Chat	

UUCSR PROGRAM HOURS

Monday, Tuesday, Wednesday, Saturday	9:00 AM—4:30 PM
Thursday, Friday	9:00 AM—9:00 PM
Sunday	9:00 AM—3:00 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.

SUNDAY WORSHIP SERVICE | FLOWING INTO A NEW YEAR: ANNUAL INGATHERING AND WATER COMMUNION: SEPTEMBER 20



Photos by Jessica K. Vega

DENOMINATIONAL AFFAIRS COMMITTEE (DAC) with the support of Rev. Meagan Henry

Multigenerational Pilgrimage to Transylvania

April 22–May 1, 2027

Reserve your spot today.

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

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

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

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

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

In order for you to attend this Pilgrimage, you must register and pay a non-refundable \$500 deposit to reserve your spot by Friday, October 30, 2026. The final Pilgrimage Cost is due by Monday, March 15, 2027.

We encourage you to register [HERE](#) using the selection "Expression of Interest in Pilgrimage" now to indicate your interest in attending this Pilgrimage without officially registering and paying the non-refundable \$500 until Friday, October 30, 2026.

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

SPECIAL EVENT HIGHLIGHTS

Additional information at uucsr.org/events
See uucsr.org/calendar for specific hours.

SPONSORED BY THE UUCSR WOMEN'S GROUP

TGIF: Line Dancing!

Presented by Claire Paccione

TGIF

**Friday, October 2, 2026
7 PM • Social Hall**

Have you ever wanted to join the crowd at a party when everyone was up dancing the Electric Slide or the Cupid Shuffle but didn't because you didn't know the steps? Come join the Women's Group for a fun TGIF where you can learn these simple dances and really enjoy line dancing.

Get ready to move and groove with Claire Paccione as we learn some new dances and practice some old favorites by learning a few basic steps. Put on your dancing shoes (smooth soles) and we'll dance the night away (for at least an hour) and have fun.

Light refreshments will be served.

Professional Childcare available.

**Please register for childcare by
Friday, September 25.**

**Please register for the event by
Wednesday, September 30,
so we can plan refreshments accordingly.**

REGISTER HERE

uucsr.org/26LineDanceTGIF

**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.

SPONSORED BY THE UUCSR WOMEN'S GROUP

Annual Fall Membership Dinner

"250 American Women"

Saturday, October 3, 2026
6:00 PM • Social Hall

Come join members of the Women's Group for companionship and good food. This year's entertainment features "The Red Hot Mamas," a dance group ranging in age from 55 to 85 years old. They've been kicking up their heels for over 25 years and have a repertoire of over 30 dances. Join us as we enjoy their sophisticated performance and spectacular costumes!

FREE
Membership Dinner for
Renewed Members

Membership Fee: \$30

Non-Women's Group
Members: \$35

REGISTER HERE
uucsr.org/WGDinner26

Register by Wednesday, September 30.
Professional Childcare Available.
Register for childcare by Friday, Sept 25, 2026
Questions? Contact Elaine Corrao
(ecorrao@uucsr.org or 516.472.2933)

MUSIC & PERFORMING ARTS AT SHELTER ROCK PRESENTS



REBECCA FOLSOM

Folksinger/Activist in Concert

SUNDAY, OCTOBER 4
| 1 PM |
WORSHIP ROOM

Rebecca Folsom is a singer-songwriter known for her powerful voice, emotional depth, and commitment to social change through music.

\$10 | \$20 MAXIMUM FOR FAMILIES
UNDER 18 FREE

Advanced registrations are encouraged;
only persons with advanced registrations
will be guaranteed seating

TICKETS HERE
uucsr.org/26Folsom

To reserve a seat contact
Jamie Walowitz
at jwalowitz@uucsr.org or 516.472.2943

Free Professional Child Care
and Parking Provided.

Learn more about Rebecca Folsom HERE

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at uucsr.org/events

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THE LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE PRESENTS

THE TIMES OF HARVEY MILK

**NATIONAL COMING OUT DAY
SATURDAY, OCTOBER 10
RE WING ROOM 4**

Lunch at 12:30 PM

Movie starts at 1:00 PM

The LGBTQ+ sub-committee of Social Justice invites you to spend an afternoon watching this documentary together with a light lunch and beverages. Discussion to follow.

The Times of Harvey Milk documents the political career of Harvey Milk, who was San Francisco's first openly gay supervisor. The film documents Milk's rise from a neighborhood activist to a symbol of gay political achievement, through to his assassination in November 1978.

Registration suggested so we can plan for food. Free to all.

REGISTER HERE
uucsr.org/26Milk

Questions?

Contact Sonia Arora
at sarora@uucsr.org or 516.472.2977

MUSIC AND PERFORMING ARTS PRESENTS

SIGHT SINGING & Music Theory Classes

with BILLY HUYLER

Thursdays

**• 5:45-6:45 PM •
Music Studio B**

Sharpen your vocal skills and understanding of the elements of music.

FIVE INITIAL SESSIONS

October 15

October 22

October 29

November 5

November 12

\$5 per session | \$20 for all five

REGISTER HERE
uucsr.org/26Singing

Questions? Contact Jamie Walowitz
at 516-472-2943 or jwalowitz@uucsr.org

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Third Sundays | 1:00–2:30 PM | Bride's Room

Small Group Ministry

led by Iris McKenna

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

Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room

September 27, October 18, November 22, December 20

Silent Book Club

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

First Mondays | 6:30–8:00 PM | ZOOM

Small Group Ministry (Resuming in October)

led by Winterflower Robinson

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

First and Third Tuesdays Monthly

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

Women Talk Daytime is cancelled for September

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

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

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. (See page 5 for more information.)

Six Tuesdays: October 6, 20, 27; November 3, 10, 17

10:00–11:15 AM | Art Gallery at UUCSR (in the Social Hall at UUCSR on October 20)

Build a Better Brain: Live Better

Fee: \$90 for Members; \$120 for Non-Members. Boost brain health. Calm the mind. Feel more focused, balanced, and energized. Discover simple, practical techniques with Dr. Fern Engelson in this empowering six-week course designed to help you strengthen, protect, and support your brain—now and for years to come. Start where you are—everyone is welcome. Movements are adaptable for every body, and no prior experience is needed. Learn more and find registration information [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions!

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

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

Land Stewards

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Conversations

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 *Home*. 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 (Resuming in October)

led by Deborah Siegel and Lilyan Strassman

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

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.

Thursdays | 1:00–4:00 PM, or until “Game Over” | Check uucsr.org/calendar weekly for location.

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 | 6:15pm | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

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

Medical Qigong for Senior Health—Fall 2026, led by Ashley Baldwin

Eight Fridays, September 25; October 2, 9, 16, 23, 30

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

Contribution: \$16 drop-in All are welcome to join us for this Medical Qigong for Senior Health community class in the Lounge at Hadley House or via Zoom! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

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

Online Vigil to End Solitary Confinement

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

Fridays via Zoom | 12:00 PM

Great Books

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

October 9, 2026 (note this is the 2nd Friday of the Month):

The Correspondent by Virginia Evans

Discussion led by Mary Lou Kluger

Through letters to various recipients, Sybil Van Antwerp examines her life and confronts a painful past, learning to find forgiveness and move forward. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Third Fridays | 7:00 PM

Women's Group Online Film Discussion

October 16: *Voicemails for Isabelle*. *Voicemails for Isabelle* is a 2026 American romantic comedy-drama film written and directed by Leah McKendrick and starring Zoey Deutch and Nick Robinson. The plot follows Jill, who, to cope with the loss of her sister Isabelle, begins leaving voicemails on Isabelle's phone number. Unbeknownst to her, the number has been reassigned to a man named Wes, who begins to fall in love with Jill. The film was released on Netflix on June 19, 2026, and received generally positive reviews from critics. 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](#).

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Interim Lead Minister

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

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Adam Barshak (abarshak@uucsr.org)

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Jamie Walowitz (jwalowitz@uucsr.org)

Social Justice Coordinator

Sonia Arora (sarora@uucsr.org)

Officers of the Congregation

President: Aimee Vella Ripley

Vice President: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

Members of the Board of Trustees

Carole Alexander Dana Gumb

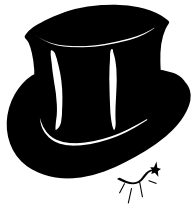
Arnold Babel Larry Hass

Riki Birk

September 23, 2026

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, October 7 | Deadline for Content: Tuesday, September 29



23RD ANNUAL CABARET AT THE ROCK

with Suzanne Viverito as Artistic Director

Dress Rehearsal
Friday, November 6, 2026
6 PM–9 PM
Social Hall

Cabaret at the Rock
Saturday, November 7, 2026
7 PM–9 PM
Social Hall

Calling Potential Performers!

Rehearsals will take place every Saturday
in October from 2–5 PM at UUCSR.
(Additional rehearsals will be added on several Wednesday
evenings at Hadley House still to be determined.)

Those dates are as follows:

Saturday, 10/3/26 - Music Rehearsal Room
Saturday, 10/10/26 - Social Hall
Saturday, 10/17/26 - Music Rehearsal Room
Saturday, 10/24/26 - Social Hall
Saturday, 10/31/26 - Social Hall

Please email Suzanne Viverito at suzviv13@gmail.com
to reserve your spot in the show & receive more details!!

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

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