



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



July 15, 2026

WORSHIP SERVICES

SUNDAY, JULY 19, 2026, 11:00 AM

Rev. Valerie Freseman

Finding a Common Route Our Unitarian Universalist value of interdependence calls on us to recognize the spiritual, moral, and economic parameters of our relationships. How can the economic idea of “the commons” help us do this? (*see page 3 to learn more about Rev. Freseman.*)

SUNDAY, JULY 26, 2026, 11:00 AM

Rev. Gordon Bailey

Sunday Worship Description will be announced later.

SUNDAY, AUGUST 2, 2026, 11:00 AM

Rev. David Carl Olson

To Meet the Asking Years An old Universalist hymn says that after an experience of the holy, “Uplift, I rose from bended knee to meet the asking years.” Our congregation prides itself on its vibrant social justice presence. Rev. Olson will explore means by which all of us can find our way into connections beyond the “activist” profile that are coherent with a liberal and liberating faith.

The morning Service will be followed by a social justice retreat, which is open to all members of our community.

UUCSR Worship Services are usually both onsite and online on uucsr.org/worship, [Facebook](#), and [YouTube](#). Available thereafter on the same platforms. Onsite, mask wearing is optional.

TOUCHSTONES

Rev. Meagan Henry



Every summer, I pack my bags for the Faith Development Week Conference on Star Island, sometimes with my family, sometimes on my own. I go because I need a summer refresh. This rhythm began early for me: as a child, I spent summers at The Mountain, our UU outdoor adventure camp in Highlands, North Carolina, and those weeks shaped my faith in ways that have lasted a lifetime.

Our lives are full. We move from obligation to obligation, and sometimes our spiritual lives get squeezed into an hour on Sunday morning. A week-long Unitarian Universalist summer experience offers something different: time. Time to reflect, time to rest, time to remember who we are, and what we value.

What makes these weeks so powerful is not just the beauty of the setting, though watching the sun set over the Atlantic from a rocking chair on the porch is its own kind of worship. It is the experience of living in an intentional UU community. For seven days, we practice our values with our whole lives, not just our words. We share meals, we sing together, we worship, we wrestle with big questions in workshops and small ones over coffee. We welcome the stranger, care for the children among us, and make room for every voice. Our values stop being ideas we affirm and become habits we live.

For families, these weeks offer children and youth the rare experience of being surrounded by people who share their faith, something our young people seldom find at home or at school. For those who come alone, there is deep friendship and the freedom to simply be.

I return from Star Island each year, restored, reconnected to my faith and to the wider UU world. This year I am taking a UU Wellspring program where we will explore each UU value, reflect on how it connects to our lives, and discover what it truly means to live it. I look forward to sharing my experiences with you all when I return in late July.

May you be blessed with your own summer refresh!

MILESTONES

Please join the family... of Phyllis DeMarinis in a Celebration of Her Life on Saturday, August 8, at 12:00 Noon in the Worship Room, followed by a reception in the Art Gallery. Phyllis died on Tuesday, June 30, at the age of 82, surrounded by her loving family. Phyllis is preceded in death by her brother, Thomas Kielczewski, and her nephew, Andrew Clavin. She is survived by her daughter, Regina DeMarinis Cunningham (John), her son, Joseph DeMarinis (Jennifer), her grandchildren, Anthony, Timothy, and Abigail, her sister, Joan Clavin (Denis), and her nieces and nephews. Condolences can be sent to her daughter at:

*Regina DeMarinis Cunningham
113 Plitt Avenue
Farmingdale, NY 11735*

We share the sad news... of the death of Elizabeth “Betty” Nuxoll. Betty peacefully passed away on Wednesday, July 8, 2026, at the age of 83, at home in Chandler, Arizona, surrounded by family. Betty was born in Brooklyn, NY, in 1943. She completed her Ph.D. in American History from the CUNY Graduate Center in 1979 and worked throughout her career as an historian and document editor at *The Papers of Robert Morris*, *The Papers of Clarence Mitchell Jr.*, and finally at *The Papers of John Jay* before retiring in 2018. She is predeceased in death by her husband, UUCSR member Robert J. Nuxoll. She is survived by her daughter, Maria Nuxoll-Anderson (Michael), her three sons, Daniel, Robert F. (Michelle), and Philip, and three grandchildren, Rowan, Gabriel, and Mateo. A Memorial/Celebration of Life will be scheduled at UUCSR on Sunday, August 9, in the afternoon. Exact time will be announced. Condolences can be sent to:

*Robert F. Nuxoll
214-34 45th Drive
Bayside, NY 11361*

Judith Wylie-Rosett’s Memorial/Celebration of Life has been rescheduled for **Saturday, August 29, at 10:00 AM, in the Worship Room**. The Celebration of Life will be followed by a reception in the Art Gallery. Judith died on Tuesday, June 2, at the age of 81. See listing in the June 18 *Quest* for further information.

UUCSR SUMMER HOURS

July 5–September 7, 2026

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

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

ADAM BARSHAK

Congregation Operations Administrator

Building Use Leadership Team (BULT)

BULT Veatch House Walkthrough: See the Possibilities Firsthand

In June, the Building Use Leadership Team (BULT) hosted two congregational town hall meetings to share and discuss concepts for the future use of the Veatch House and other underutilized Congregation spaces. As outlined in the BULT presentation and previous *Quest* articles on the team’s work, these conversations remain exploratory and are intended to help inform future recommendations to the Board of Trustees.

For congregants who were unable to attend either of the June presentations, the BULT presentation is available online at uucsr.org/BULTpresentation. We encourage interested members to review the presentation prior to attending the walkthrough.

In response to the strong interest expressed by attendees, the BULT will host a **Veatch House Walkthrough on Sunday, August 9, 2026, from 1:00–3:00 PM**. The walkthrough will provide congregants with an opportunity to view the spaces discussed during the presentation and better understand how the building might be adapted to support hospitality, retreat programming, learning, community engagement, and other potential uses.

The walkthrough is intended to be informational and conversational. Members of the BULT will be available to answer questions and listen to feedback as the discernment process continues.

Advance registration is required at uucsr.org/BULTVeatch.

Registration will help us gauge interest, plan appropriately for group sizes, and ensure a positive experience for all participants. Those who register should gather in the **Veatch House Ballroom at 1:00 PM**. The tour will begin promptly thereafter.



BAGELS & BELIEFS

Sundays | 9:00–10:30 AM | Social Hall

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

MINISTERIAL UPDATE

Summer Bridge Pastoral Care Minister

Rev. Valerie Freseman will be providing pastoral care through Saturday, August 8, twice a week mainly on Tuesdays and Thursdays, and as needed. She recently completed 8 years of contract ministry at the Unitarian Universalists of Southold on the North Fork.



Prior to that, she was a chaplain resident at St. Francis Medical Center, in Hartford, CT, and served congregations in New York, New Jersey, and Ohio. She is on the board of the Unitarian Universalist Ministry for the Earth and has trained as a spiritual director. Please say hello!

Staff Work Anniversaries July

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

Lucas Sanchez, Program Officer for the Veatch Program
Celebrating 2 years on July 1

Eileen Jamison Tyrer, Program Director for the Veatch Program
Celebrating 9 years on July 1

Susan Ahn, Program Associate for the Veatch Program
Celebrating 3 years on July 10

Sharyn Esposito, Assistant to the Ministers
Celebrating 19 years on July 17

Sonia Arora, Social Justice Coordinator
Celebrating 2 years on July 22

Miles Doherty, Director of Finance
Celebrating 8 years on July 24

LITE SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Service

ADULTS \$8, CHILDREN FREE:

Cold light lunch

Cookies and Fruit Only are \$1 each

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

Transforming Love, Transforming Lives

A 5-Sunday Outdoor RE Summer Program
for All Ages

SUNDAYS, JULY 19, 26, AUGUST 2, 9, 16 | 11 AM
RE ROOM 15 & THE UUCSR GROUNDS

This summer, we begin to explore next year's theme of Transformation.

Love's power to transform is infinite as is everyone's capacity for love. So why haven't we been able to collectively transform into the just and joyful world we've been dreaming about? Is it because wanting to change everything all at once is too overwhelming? Are we too distracted? Are we burning out without taking the time to recharge our spirits? Love is at the center of Unitarian Universalist faith for good reason. Love informs, guides, and empowers each of the UU Values because love is not just an emotion — it is a dynamic action, more powerful, more mysterious, and more wondrous than anything in the known universe.

Over five consecutive Sundays, Social Justice Coordinator Sonia Arora, RE Music Specialist George Weisman, and Lifespan Religious Education Coordinator Carson Jones will guide families through this journey of transformative love. Our multi-sensory exploration will include songs, movement, crafts, meditation, including many new summer activities, plus some classic faves such as sprinklers and Slip 'n' Slides, s'mores, and the ever-popular Slime Making!

REGISTER HERE:

uucsr.org/26RESummer

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Why Bruckner? Why Now?

Last fall, I began considering Bruckner's Symphony No. 7 for the annual Summer Concert. Anton Bruckner (1824–1896) was a deeply spiritual man who regarded composing as an expression of faith. While writing the Symphony's great Adagio, he learned that the composer Richard Wagner, whom he deeply admired, was nearing death. The Adagio is considered to be one of the supreme expressions of grief and transcendence in all orchestral music.

The Adagio is remarkable not only for its emotional depth but also for its sound. Bruckner introduced four Wagner tubas—rare instruments created for Wagner's operas and used here for the first time in a symphony. Their warm, noble, almost otherworldly tone gives the music a unique voice of mourning, dignity, and consolation. Rather than expressing despair, they seem to offer comfort and quiet strength. What makes Bruckner's Seventh so moving is that sorrow is gradually transformed into gratitude, serenity, and hope. The final movement does not erase loss but carries it forward with renewed purpose.

This performance comes at a meaningful time for the Shelter Rock community. We continue to mourn many longtime members whose lives helped shape this congregation, as well as two beloved spiritual leaders: our Lead Minister, Rev. Dr. Natalie M. Fenimore, and our former Senior Minister, Rev. Dr. Paul Johnson. Their wisdom, compassion, and service continue to inspire us.

Bruckner's music reminds us that those who have shaped our lives continue to live on—in memory, in gratitude, and in the communities they helped build. In the end, Bruckner offers not simply a memorial but a quiet affirmation that love endures, memory is sacred, and hope remains.

For more insight into Bruckner's symphony, Wagner tubas, and things to listen for in our performance on Saturday, August 1, I invite you to listen to my interview with two musicians involved with the performance: <https://youtu.be/bP7Wdrtmhk0>

To reserve a seat for the performance, [click here](#). Only registered attendees will be guaranteed a seat. Register at uucsr.org/26Summer.

PERFORMANCE: Saturday evening, August 1, 7:00 PM. Reception to meet the artists will follow.

Congratulations, Evan Hyde!

Shelter Rock's very own drummer/percussionist, Evan Hyde, has been nominated for a Grammy Award.

Congratulations, Evan!



MUSIC AND PERFORMING ARTS COMMITTEE

Ken Hughes, Chair

Chamber Music at Shelter Rock Concert

An exceptional evening of chamber music was presented at the "Chamber Music at Shelter Rock" concert held on June 20. This was the second concert in the chamber music series, "Nathaniel and Friends." The event was sponsored by the Music and Performing Arts Committee. Renowned pianist Nathaniel LaNassa curated another unique program blending the works of Maurice Ravel with pieces by Francois Couperin, Gabriel Fauré, Franz Joesph Haydn, and contemporary composer Matthew Rickets.

Nathaniel opened the program with solo piano works. His stage introductions highlighted the connections between these baroque, classical, and contemporary works, setting the tone for the evening.

The program continued with chamber music performances, featuring Stanichka Dimitrova on violin and Valeriya Sholokhova on cello, alongside Nathaniel. Together, the ensemble performed Haydn's Piano Trio in C, and Ravel's Piano Trio in A minor, offering audiences a rich and varied musical experience.

To recapture the joy of the "Chamber Music at Shelter Rock" concert, or to view it for the first time, click here: <https://youtu.be/kMaO9x22Cyg>.



Stanichka Dimitrova, Nathaniel LaNassa, and Valeriya Sholokhova

UPCOMING on Saturday, August 1, at 7:00 PM, will be the "Annual Summer Concert with The Orchestra at Shelter Rock," performing Anton Bruckner's Symphony No 7 in E Major, Wab 107. Tickets are \$10 per person, with a maximum of \$20 for families. Free admission for those under age 18. To reserve your tickets, go to uucsr.org/26Summer. For more information, see back page.

SUMMER QUEST SCHEDULE

Reminder: *Quest* is published once per month during the summer. It will resume publication twice per month in September. The summer publication dates will be **July 15** and **August 12**.

REV. MEAGAN HENRY

Associate Minister

Care Not Warfare: An Interfaith Witness in Washington

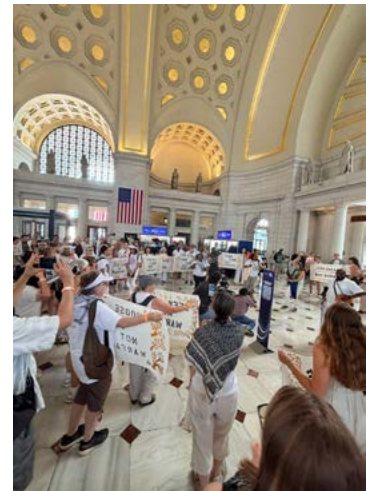
Earlier in July, Rev. Meagan Henry traveled to Washington, DC, to participate in the Interfaith Action for Palestine delegation. The delegation consisted of one hundred people of faith—Hindus, Buddhists, Jews, Muslims, Christians, and Unitarian Universalists—gathered around a shared message: Care Not Warfare.

The group's witness began with a flash mob in Union Station, where song and movement filled one of the busiest crossroads in the capital. From there, they marched together to the church attended by Secretary of Defense Pete Hegseth, and they ended their procession in front of the Museum of the Bible. At each stop, they showed that there are many people of faith who believe in universal love and care, and who are opposed to more money for bombs and warfare. While their traditions differ in language and practice, they spoke on this matter with one voice.

The next day, they turned from the streets to the halls of Congress. The participants split into teams of two and visited every office of every elected official in the Senate and the House of Representatives—every single one. They carried their message directly to the people who vote on budgets and appropriations, asking them to fund care rather than warfare.

It was a powerful action of people of faith. Rev. Henry returned home reminded that the Unitarian Universalist commitment to justice does not stand alone. Unitarian Universalists are part of a wide and ancient company of traditions that teach love of neighbor and care for the vulnerable, and when they stand together, their witness is stronger than any they could offer alone.

Rev. Henry expressed gratitude for the opportunity to carry Shelter Rock along in this work.



LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

The “Two Handfuls Approach”

Controlling weedy plants in a landscape can become quite a chore...if we let it! A strategy the Land Management Ecologist utilizes is the “two handfuls approach,” collecting only two handfuls of plant material in an allocated time frame. This works well for targeting a specific species or area, or when time is minimal, and making sure not to overwhelm oneself with the task at hand!

Persicaria perfoliata is an introduced species found in several locations on the grounds. It is also known as mile-a-minute or tearthumb, so named because it can grow up to six inches in a single day *AND* has barbs growing along the stem, making it unpleasant to touch!!! Yikes!

Mile-a-minute is a recently emerging species at the northern vernal pool. Knowing this, the Land Management Ecologist begins looking for the species in June, when it first appears in the landscape. During her weekly walks to the pool, she makes sure to scan the area and pulls any visible seedlings. Luckily, mile-a-minute is contained in this area, and making use of the “two handfuls approach” keeps the task short and targeted. If there are less than two handfuls to pull, she often finds another pesky vine, *Celastrus orbiculatus*, or round-leaved bittersweet, to add to the harvest.

Try the “two handfuls approach” when a task is giving you trouble and observe whether targeting the chore to a specific amount of time is helpful. Contact Agnes P. Cwalina, UUCSR Land Management Ecologist, with comments at acwalina@uucsr.org.



*a handful of
targeted weeds*



*bittersweet and
mile-a-minute*



summer at the vernal pool

MEN'S GROUP

Robert Penaskovic, Chair

Science Discussion Network—Summer Discussions | Art Gallery After Services

Sundays, July 26; August 9, 23; September 13

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

July 26: “Remembrance of Science Past” What were the science experiences that changed your perceptions of the world or your career path? What teachers influenced you? And what UU Scientists have impacted the world?

August 9: “AI: the Good, the Bad, and the Ugly” What do you think about the benefits of AI (think medicine, scientific analysis, etc.)? What news stories have you read about the dangers of AI? Can society minimize the bad while enhancing the good?

August 23: “Science and Religion” Are science and religion compatible? Is there a scientific view or even explanation of religion? Come and share your ideas.

September 13: “Climate Change: Are We Doing the Right Things?” The heatwave this summer brought climate change to the front of mind for many. Do we have the right solutions? Are we solving one problem only to create another? Come and share ideas!

Look for email reminders if you are the Science Discussion Network list or contact Elaine Corrao (516.472.2933, ecorrao@uucsr.org) for information or to be added to the email list.

No matter what 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, 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

DATE	LED BY	TOPIC
7/21	Jane Weiler	Share a funny story about your best or worst vacation.
7/28	Open Chat	

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Cathi Zillman, Chair

July is the beginning of the new congregational year, and the Denominational Affairs Committee has a new chairperson, Cathi Zillmann. Happily, Richard Bock and other experienced committee members will be staying. But we need and want some new people too.

DAC is the committee whose job it is to be aware of what's going on in the denomination as a whole, both locally and nationally, and to be sure that we are represented at General Assembly and at any local denominational meetings.

DAC has have been meeting the first Tuesday of the month at 7:30 PM, on Zoom. If you're interested, Cathi would love to hear from you. Please call her at 631.848.8756.

Submitted by Richard Bock, DAC member

HENRY DAVID THOREAU SERIES

Co-sponsored by the UUCSR Caring Committee and Adult Program Committee

Henry David Thoreau Series

Please join the Caring and the Adult Programs Committees as they share the third part of a three-part series to learn about Henry David Thoreau's complex life, his deep connection to nature, and his enduring legacy in social justice and environmentalism.



This series will be centered around the PBS documentary, *Henry David Thoreau*, that was produced by Ken Burns and features George Clooney as the narrator, Jeff Goldblum as the voice of Thoreau, Ted Danson as Ralph Waldo Emerson, and Meryl Streep as the voices of women in Thoreau's life. More information about the documentary is available here:

<https://www.pbs.org/show/henry-david-thoreau/>

Part 3—Several More Lives to Live

Sunday, July 19 | 12:30–3:00 PM | Art Gallery and Grounds
Sponsored by the Adult Programs Committee

After *Walden*, Thoreau takes on new roles and adventures as an environmentalist, abolitionist, and public speaker, while he continues to edit his writings. The third and final part of the *Henry David Thoreau* documentary will be shown after Worship and Sunday Cafe in the Art Gallery at 12:30 PM, on Sunday, July 19. After the screening, Agnes P. Cwalina, UUCSR's Land Management Ecologist, will lead us on a short walk on UUCSR grounds, concluding with a chance to discuss Thoreau's impact and the relevance of his work in today's world.

Register at uucsr.org/26Thoreau-P3. Questions? Please contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943)

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

with the support of Rev. Meagan Henry

Multigenerational Pilgrimage to Transylvania

April 22–May 1, 2027

Reserve your spot today with a non-refundable deposit.

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



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

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

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

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

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

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

SPECIAL EVENT HIGHLIGHTS

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

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

SPONSORED BY THE UUCSR RELIGIOUS EDUCATION COMMITTEE

Silent BOOK CLUB & Quiet Crafting

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

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

NO REGISTRATION REQUIRED!

Questions? Contact Caroline Forger:
uushelterrocksbcc@gmail.com



Our Journey, by the Long Island Black Artist Association

Exhibit on display through Thursday, August 6, 2026
UUCSR Art Gallery

All are welcome!

LIBAA featured artists: Galvin Bisserup, Kenneth Bradford, Antoinette Blackstock, Clemente Ettrick, Frenal Mezilas, Patricia Varner, James Whitten, David Wilson, Deborah Corbin, Claudia Mondesire, Ray Mondesire, Delores Green, Imani Monroe, Neil Williams, Sheniqua Young, Racquel Williams, Maxine Townsend-Broderick, Laffitte Woods, Marcia Odle-McNair, Keith McNair, Delando Wilson, Brad Brewer, Willie Mack, Olita Wingate, Aaron Scott, DaeVon Byron



Wednesdays | 10:00 AM–11:30 PM
Childcare RE Rooms 1, 2
July 15, 22, 29, August 5, 12, 2026

Feeling like you're navigating the incredible, sometimes overwhelming, world of newborn-hood solo? We get it. That's why we're creating a truly special space just for you and your little one, designed for connection, learning, and finding your footing in this wild new chapter. This powerful program is led by Dr. Paula Elbirt, a highly respected pediatrician, author, and child advocate.

Register [HERE](#). Questions? Please contact Carson Jones at cjones@uucsr.org.

Midsummer Night Lobster Fest

Save The Date!

Saturday, August 22, 2026

5 PM • Veatch House

More info coming soon!



UUCSR Adult Programs Committee Presents

Living Our UU Faith: Deep Listening, Deep Questions

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

Rescheduled to Sunday, September 13
1:00 PM | Veatch Library

Registration Closed—Join The Waitlist For The Next Session*

*Please contact Jamie Walowitz, Youth and Adult Faith
Engagement Coordinator: jwalowitz@uucsr.org or 516.472.2943

Be a Part of the 2026 Congregational Art Show!

August 14–September 14, 2026



Painting by Barbara E. Fishman

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

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

Drop off artwork:	Sunday, August 9	12:00–1:30 PM
	Wednesday, August 12	3:00–5:00 PM
Installation:	Thursday, August 13	9:00 AM–4:00 PM
Reception:	Sunday, August 16	1:00–3:00 PM
Pick up artwork:	Tuesday, September 15	10:00 AM–1:00 PM

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

We look forward to seeing your work!

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room July 19, August 16, September TBD, October 18, November 22, December 20

Silent Book Club

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

First and Third Tuesdays Monthly

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

Women Talk Daytime

Facilitated by Sandra Frank, Women's Group Board Member. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

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.

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 6 for more information.*)

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

Land Stewards

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Conversations

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

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

Thursdays | 1:00–4:00 PM, or until "Game Over" | 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).

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.

July–Labor Day: Wednesdays | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

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

Medical Qigong for Senior Health—Summer 2026 led by Ashley Baldwin

Fridays: July 17, 24, 31; August 14, 21, 28 (NO CLASS August 7)

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

Fridays via Zoom | 12:00 PM

Great Books

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

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

Online Vigil to End Solitary Confinement

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

July 17: *My Name is Emilia Del Valle*, by Isabel Allende, discussion led by Patti Paris. This unforgettable bestseller is a historical novel about a young writer who travels to Chile to cover the Civil War and uncovers the truth about her absent father. The story follows Emilia as she uses a man's pen name to become a journalist and reporter in 1890s San Francisco and later Chile, all while confronting challenges of survival and identity. 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

July 17: *Song Sung Blue*. *Song Sung Blue* tells the true story of Milwaukee couple Mike and Claire Sardina, who find love, purpose, and second chances by forming Neil Diamond tribute act Lightning & Thunder. Blending heartfelt drama, humor, and iconic music, it's a celebration of resilience, creativity, and partnership. Critics praise Hugh Jackman and Kate Hudson's performances, the musical energy, and emotional core, making it a worthwhile watch for music biopic fans. It stars Hugh Jackman, Kate Hudson, and Ella Anderson.

July 24: *The Children Act*. *The Children Act* follows a High Court judge balancing a crumbling marriage and a life-or-death legal case involving a teenage boy refusing a blood transfusion on religious grounds. As her professional duty intersects with deep emotional currents, she faces moral and personal dilemmas. Powered by an acclaimed Emma Thompson performance, critics praise its intelligence and sensitivity, making it a compelling watch for mature audiences despite some pacing criticisms. It stars Emma Thompson, Stanley Tucci, and Fionn Whitehead. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

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

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

Yoga For All Levels, led by Mia

An opportunity for spiritual growth and centeredness \$15 per class. For more information and to register, click [HERE](#).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore, *of blessed memory*

Associate Minister for Congregational Life

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

July 15, 2026

Associate Minister

Rev. Meagan Henry (mhenry@uucsr.org)

Congregation Operations Administrator

Adam Barshak (abarshak@uucsr.org)

Executive Director, Veatch Program

Joan Minieri (joan@veatch.org)

Music Director

Stephen Michael Smith (ssmith@uucsr.org)

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Carson Jones (cjones@uucsr.org)

Youth and Adult Faith Engagement Coordinator

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

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Next Quest: Wednesday, August 12 | Deadline for Content: Tuesday, August 4, 2026

THE ORCHESTRA AT SHELTER ROCK PRESENTS

ANNUAL SUMMER CONCERT 2026

With Music Director, Stephen Michael Smith

ANTON BRUCKNER

Symphony No. 7 in E Major, WAB 107

SATURDAY, AUGUST 1 | 7 PM | SHELTER ROCK

Suggested Donation: \$10 | \$20 Maximum for Families | Under 18 FREE

Reception to meet the artists to follow.

TICKETS HERE

uucsr.org/26Summer

To reserve a seat contact Noah Russell at committeeassist@uucsr.org

Free Professional Child Care and Parking Provided

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/quest-newsletter>, and via email at <https://uucsr.org/on-demand>. *Quest* Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. *Quest* is produced by staff member Linda McCarthy, with the invaluable assistance of member volunteer Jessica K. Vega. Submissions: communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.