



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 12, 2025

Monthly Theme:
BUILDING
BELONGING

WORSHIP SERVICES

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

Here We Are All Together We celebrate Homecoming this Sunday. We come together after our summer travel and hopefully some lazy summer days. There are stories to tell and adventures of note. The Worship Service is followed by our Annual Welcome Home Picnic. (see page 7 for picnic details.)

SUNDAY, SEPTEMBER 21, 2025, 11:00 AM
Rev. Dr. Natalie Fenimore

Seeking Forgiveness As autumn begins, we come together to honor the Jewish New Year—Rosh Hashanah. In the Jewish tradition, the New Year is a time to consider forgiveness and repentance. How to respond to the harm we have done? How do we make amends? We can seek forgiveness as an acknowledgment of our connections to one another—forgiveness can be a part of healing ourselves and others.

SUNDAY, SEPTEMBER 28, 2025, 11:00 AM
Rev. Dr. Natalie Fenimore

Who Leads the Way? Who Speaks the Word? As Unitarian Universalists, we may take for granted diversity in religious leadership but there are still many places where individuals and groups are locked out of leadership roles in religious communities. In this time when the idea of “inclusion” is being questioned, how do we continue to expand who leads and who speaks for Love at the Center?

SUNDAY, OCTOBER 5, 2025, 11:00 AM
Aisha Hauser, MSW

Worthy Now We are a faith that does not espouse a notion of redemption in the afterlife nor in the concept of original sin. We are worthy of love, care, and thriving, now, while we are on this earth. Worthy Now is the name of the Church of the Larger Fellowship Prison Ministry program. We will explore the ways the CLF works to include and affirm both incarcerated and free world Unitarian Universalists in our ministry, and how all UU congregations are a part of this life-affirming interconnected web.

TOUCHSTONES

Rev. Dr. Natalie Fenimore



When to Contact a Minister

As we begin another congregational year, your ministers want you to know that we are here with you. Sometimes people have said that they have not contacted us with their concerns because they feel that their concerns are “not that serious” or because the ministers are “too busy.” It is important to us that you know that we do want to know about you and your concerns.

Consider contacting a minister—

When you want to talk about religion or spirituality
When there is a death in the family
When someone is in the hospital or going to be
When someone needs a call or visit
When you need to plan a wedding
When you wish to dedicate a child
When you are arrested or in jail
When you do not know us well and want to get better acquainted
When you want to talk through an important life choice
When you want to compliment us on our practice of ministry
or to tell us what you think about how things are going in congregational life

Please keep in touch.

Rev. Dr. Natalie Fenimore
Rev. David Carl Olson
Rev. Meagan Henry



REV. DR. NATALIE FENIMORE

Lead Minister and Minister of Lifespan Religious Education

Welcome Rev. Meagan Henry

The Associate Minister Search Committee is pleased to announce that the Rev. Meagan Henry will join UUCSR as Associate Minister.

The Search Committee engaged in the search from June–August 2025.



First, the Search Committee gathered information from members of the congregation about what areas of congregational life need more ministerial support. Then, the Committee prepared a Congregational Record for the Unitarian Universalist Association. This Congregational Record told ministers, looking for a position, about UUCSR. Ministers then sent UUCSR their Ministerial Record, so that the congregation could learn about them. The UUCSR Search Committee then interviewed three candidates for Associate Minister, both on Zoom and in person. Of the candidates, Rev. Henry stood out as having the skills and experience that best matched UUCSR's needs and aspirations.

Due to previous obligations, Rev. Henry will join our ministry full-time on November 3, but she will meet with the ministers, staff, and the Board of Trustees in September and October as onboarding begins.

Rev. Meagan Henry has two decades of experience as a UU religious education professional. She has served Tennessee Valley Unitarian Universalist Church, Mt. Vernon Unitarian Church (Virginia), All Souls Church Unitarian (Washington, DC), and has been at the First Unitarian Congregational Society in Brooklyn for the last 12 years. She has been a Director of Religious Education and is an ordained Minister.

A lifelong Unitarian Universalist, her UU summer camp experience was deeply formative, and she has been a nature lover and outdoor adventurer ever since. Being in nature grounds Rev. Meagan and provides spiritual inspiration. She believes we never stop learning and growing, and developing our spiritual selves, and as such, she is an advocate of holistic, lifelong faith formation.

Associate Minister Search Committee

Ursula Salamone, Chair
Carole Alexander
Claudia Barbey
Melinda Nasti
Karin Lyngstad-Hughes
Marilyn Fischell
Colin Woodhouse

Non-Voting

Aimee Vella Ripley, President UUCSR
Rev. Dr. Natalie Fenimore, Lead Minister and Minister of Lifespan Religious Education

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDA

Tuesday, September 16, 2025

- | | |
|---------|--|
| 7:00 PM | I. Opening Words: Ministers |
| 7:05 PM | II. August 2025 Minutes: Claudia Barbey, Secretary |
| 7:20 PM | III. Member Resource Committee: Riki Birk and Aimee Vella Ripley <ul style="list-style-type: none">• CY26 Committee Chairs/Member Nominations |
| 7:35 PM | IV. Veatch Board of Governors: Diane Lombardy, Chair <ul style="list-style-type: none">• Discussion on the Veatch Resolution to Raise Grant Amount Requiring Congregational Approval |
| 8:00 PM | V. Bylaws Committee: Klaus Masuch, Chair <ul style="list-style-type: none">• Articles VIII and IX Draft Amendments |
| 8:25 PM | VI. Financial Report: Moin Haque, Treasurer and Miles Doherty, Director of Finance <ul style="list-style-type: none">• Q4 CY25 Financial Information• CY25 Budget Close Out Budget vs. Actual• Sale of Shareholder Advocacy Stocks |
| 8:45 PM | VII. President and COA Updates <ul style="list-style-type: none">• Retreat Recap: Aimee Vella Ripley, President• Land Management Leadership Team: Dana Gumb and Adam Barshak, COA• Building Use Leadership Team: Claudia Barbey and Adam Barshak, COA• Other: Aimee Vella Ripley, President |
| 9:00 PM | VIII. Good of the Order: Aimee Vella Ripley, President |

SUNDAY CAFÉ

Beginning Sunday, September 21

Social Hall | Following Sunday Morning Worship Services

Vegetarian and vegan options are always available

ADULTS \$10:

Sept 21—Sponsored by Ethical Eating:

flour and corn tacos; fillings—refried bean, vegan chorizo, or tofu; taco fixings—mango black bean salad, guacamole, jicama slaw, tomato salsa, salsa verde, pickled red onion, Mexican rice, cilantro; dessert—churros

UUCSR Animal Ministry

We are proud to bring the Unitarian Universalist Animal Ministry to Shelter Rock. Please join us on Sunday, September 21, 2025, in the Social Hall, directly following the Ethical Eating lunch for an introduction to our group. Get to know us, ask questions, and see if you would like to become involved! –Jill Marcus and Leslee Rabb

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Sept 28: roasted chicken, roasted potatoes, steamed broccoli, tossed salad

REV. DAVID CARL OLSON
Associate Minister for Congregational Life



A Harvest at the Equinox

On Sunday, September 21, celebrate the Autumnal Equinox by bringing non-perishable food items to surround our Labyrinth. The Social Justice Committee will collect food items to re-stock our own food pantry and distribute other goods to food pantries in Nassau County. (And we'd love to get a great picture, so your contributions will help mark our congregation's generosity.)

The Equinox is celebrated in Celtic traditions as the second of three harvest festivals. We marked First Fruits in early August and will celebrate Halloween at the end of the harvest season. But this will be a morning to bring gifts and to walk the Labyrinth if one chooses. (There will be people on hand to help people walk if one feels unsteady.) Our Religious Education Program will then use the Labyrinth during their Water Ingathering.

The Labyrinth will be set up early on Sunday morning. Food contributions will be accepted throughout the day. A formal "opening" of the labyrinth will happen at 10:00 AM, and a ritual closing will occur at 3:00 PM.



RESPECTFUL RELATIONSHIPS TEAM (RRT)
Paul Carbone, Chair

Hi fellow congregants and friends! I am writing on behalf of the Respectful Relationships Team (RRT), made up of Paul Carbone, Rev. David, and me. RRT was created to help our congregation live into our covenant through compassionate communication and respectful relationships. We look forward to soon inviting new members to join our team and expand what RRT can accomplish.

This past congregational year, you got to know RRT through our workshops and presence in the *Quest*. We held our first workshop, "Understanding Empathy" in February. We viewed a video together and discussed our fears, strengths, resources, and personal practices that support us. We began to develop a language around empathy to carry us through the next year. The February 23 Worship Service introduced the RRT to the congregation.

Aisha Hauser, MSW, Lead Ministry Team of the Church of the Larger Fellowship and past President of the Liberal Religious Educators Association, led two workshops, one expanding on our theme of "Understanding Empathy" and the second one on "How To Have Difficult Conversations."



Aisha Hauser, MSW

The weekend of October 3, 2025, we are thrilled to welcome back Aisha Hauser. Please save the date of **Saturday, October 4, 2025**, for a members' all-day workshop with Aisha (with a lunch break). This workshop will cover the ways we navigate leadership and collaborative community while we center Unitarian Universalist values and hold each other with care.

We will focus on:

- What it means to lean into discomfort when our needs are not met or when there is a conflict or challenge in the community.
- What is true about challenges and conflict is that the only way out is through; and through is painful. It is through leaning into the support of the community that we can navigate these challenges and come out the other side feeling more connected to ourselves and each other.

Look at the calendar and next *Quest* for time and location details.

Something to Consider:

What do you feel is important in bringing us closer to having more respectful relationships at UUCSR? We would love to hear from you.

Warmly and in Covenant with you,
Jill Marcus, member of RRT

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



2025–26 Religious Education for Children and Youth begins Sunday, September 14—Sign up today!

Registration for the 2025–26 Religious Education Classes for Children and Youth is now open by clicking [HERE](#).

We welcome you and your family to Religious Education for Children and Youth at the Unitarian Universalist

Congregation at Shelter Rock. Open to all, whatever your religious background, we provide fun, engaging structured learning and spiritual experiences appropriate to children's developmental stages and interests, grounded in the values represented by the Values and Inspirations of the Unitarian Universalist Association and the Covenant of this congregation. This is a community where questioning and curiosity are welcome, kindness is nourished, and opportunities for service to those in need are provided.

The theme for this year in Religious Education is the Unitarian Universalist Shared Value of GENEROSITY. We will go on a journey to explore how we can be spiritually generous to ourselves, extend generosity to everyone we know, and globally expand and inspire a culture of generosity throughout the wider world. These discoveries and more will be infused throughout the classroom experiences and processed in depth between all ages in Children's and Youth Worship in the Chapel led by Lifespan Religious Education Coordinator Carson Jones and RE Music Specialist George Weisman. Through multi-sensory methods such as storytelling, singing, art, dance, journaling, and playing instruments, we will nourish our souls so that we may feed others in building a better world.

Here are the 2025–26 Religious Education Classes that your children and youth will experience this year:

- Nursery (Newborns to 3-year-olds)
- 4-year-olds to Second Grade: Spirit Play
- Third Grade: Feasts and Festivals
- Fourth Grade: Toolbox of Faith
- Fifth and Sixth Grades: The Questing Year
- Seventh and Eighth Grades: Crossing Paths: Buddhism, Quakerism, Paganism, and Humanism
- Ninth to Twelfth Grades: Senior Seminar
- Feasts and Festivals will continue to highlight a couple of rotating holiday celebrations each year as community-wide events! This year, we will be commemorating the Chinese Mid-Autumn Moon Festival in October and Ramadan in March.
- Our Whole Lives for Grades 7–9 is being offered on Friday evenings in the fall. Please click [HERE](#) for more information and registration (*please see ad in next column*)

Once a month, we all gather together for Family Worship Services where we celebrate holidays and mark milestones at the Youth Worship Service and the Bridging Ceremony.

The Young People's Choir, under the direction of George Weisman, gives young singers the opportunity to learn music that is shared with the congregation in the Worship Services, and the Jazz Ensemble is a multigenerational group of youth and adults that play during Worship conducted by Dan Pratt.

Service opportunities are available at all age levels as part of the curriculum and at special events, including fundraisers and social action out in the community.

Social events throughout the year include: Sleepovers, Game Nights, the annual Halloween Party, the Holiday Decorations Crafting Party, and the Bridging Picnic in the spring.

Please feel free to reach out to Lifespan Religious Education Coordinator Carson Jones at cjones@uucsr.org to have a conversation on how we can best serve your family.

We look forward to getting to know you and your family.

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

expert-led, age-appropriate discussions!

DINNER INCLUDED

UUCSR
open to everyone grades 7–9 –and free!

FRIDAYS @ 6–8 PM

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

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

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

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Thank You to Our ReWild Volunteers

Though summers at UUCSR seem quiet, if one heads outside, behind the buildings, and into the woods, that is not the case! Every Monday, twenty eager volunteers came to tend the forest and Pollinator Garden. High school-aged youth participating in the ReWild program and our congregants joined together in stewarding our grounds.

Dana Gumb first mentioned the ReWild summer program to me during my initial weeks at UUCSR; I was quite nervous: ten young volunteers in the forest?! Keep them engaged for three hours? Only Dana and me?!

However, I am so pleased with how these past two months have passed and with overwhelming support from ten congregants! Their presence in supervision and as physical helping hands was great; they also conveyed how to work with tools in efficient and safe manners. Although what gave me the most joy was the intergenerational collaboration of sharing and listening to one another, especially reflecting on our time together during morning circle. Most of all, I got to know each participant better. THANK YOU! Big shout out to: AnneMarie Ansel, Riki Birk, Chuck Fenimore, Dana Gumb, Russ Koutrouby, Kris Krail, Larry Perlstein, Jennifer Roth, and Rebecca Smith!!!

We have two September sessions if you would like to join: Sundays, September 7 and 21, from 8:00–11:00 AM. Please contact Agnes P. Cwalina at acwalina@uucsr.org for details. On Saturday, October 4, UUCSR is hosting the ReWild Commendation Ceremony. You are invited to attend and hear from the youth participants about their ReWild summer. *(Please see next column.)*



GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Shinnecock Kelp Farmers

The first indigenous-owned kelp farm is now located on the East Coast and has been formed by Shinnecock women. For them, and their Shinnecock community, it is more than a crop. This is the plant that is fighting the nitrogen pollution that is destroying Shinnecock Bay. Outdated water waste systems are the main cause. In 2024, Suffolk County passed a ballot to modernize old wastewater infrastructure.

In 2020, a nonprofit Shinnecock Kelp Farmers became stewards of these waters, part of their ancestral lands. To combat the algae, they modernized its solutions with science and technology. To harvest kelp from the waters, farmers and helpers, including the Sisters of Saint Joseph, friends, and concerned people who live on Long Island assisted. This harvested kelp must dry out on land before being used as a natural fertilizer. Combining the traditional knowledge of how seaweed grows with new science has helped the Shinnecock people while protecting Long Island from nitrogen killing pollution of their waters and other marine life.

submitted by Elaine Peters



ReWild Summer Program Commendation

Join us for the Commendation Ceremony to celebrate the conclusion of another fantastic summer with the ReWild Summer Program to Fight Hunger and Climate Change. We are excited to acknowledge the amazing efforts of our interns and volunteers who have impacted the mission to create a more sustainable and hunger-free community. **Please register [HERE](https://www.uucsr.org/rewild) by Thursday, October 2.** Questions? Contact Lex Jellema (ljellema@uucsr.org).



THANK YOU

Thank You... With many thanks to all my UU family, friends, minsters, and the Caring Committee—thank you so much for the cards, calls, and support given to me with my father’s passing. I truly appreciate it. Knowing my father is no longer in pain, and it is my belief that he has reconnected with my mom, grandmother, and brother-in-law, is comforting to me. Thanks to all of you who were there for me. With love, Barbara Dilsner XO♥

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

ABBA School Supply Drive—Worship Services Collection Recipient for September

ABBA (Able Body of Believers Alliance) begins its 20th year of providing backpacks filled with school supplies for less fortunate students in Hempstead and its surrounding neighbors. Sixty-eight percent of children in the Hempstead School District are considered “economically disadvantaged.” An economically disadvantaged student is someone whose family participates in economic assistance programs and may rely on government programs to make ends meet, i.e., free lunch programs, food stamps, rent assistance and/or government-sponsored health care services.



Without a proper education, these students remain in an intergenerational poverty spiral. Bookbags and school supplies are an investment in helping future generations of children break the cycle of poverty. Will you help by making a donation to this worthwhile endeavor?

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



BOOKSTORE COMMITTEE

Elaine Peters, Chair

Bookstore Welcome Back Discount

At this year’s Homecoming, Sunday, September 14, the Bookstore is offering a 10 percent discount on everything. This includes all books, jewelry, t-shirts, winter wear, UU cups, signs, and squishy toys. Stop by, browse, and say hello to our dedicated staff. We will be open from 12:00–3:00 PM.

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQIA+ 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
9/16/25	Charlene Greenberg	Business Meeting—how the summer meetings went, setting up topics in advance. Put in <i>Quest</i> and flyers in the lobby. Movie proposals. Review Covenant and web site
9/23/25	Joanna Augugliaro	If there were no obstacles what would be your dream vehicle? Examples: car, SUV, van, camper, boat, plane, motorcycle
9/30/25	Meg Cohen	Empathy, how you have experienced and shown it to others
10/7/25	Maryellen Pierce	National Coming Out Day 10/11

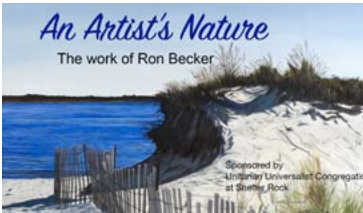
ART COMMITTEE

Paul Kopelow, Chair

Sunday, September 21
1:00–3:00 PM Art Gallery

Artist's Reception: *An Artist's Nature*, by Ron Becker

Exhibit is on display
 September 20–October 21, 2025



Long Island artist, Ron Becker, will be exhibiting his colorful landscape and nature paintings at the UUCSR Art Gallery. Ron will be available to share his process and the inspiration for creating his realistic work at the Opening Reception.

UUCSR PROGRAM HOURS

Sunday9:00 AM–3:00 PM
 Monday–Wednesday, Saturday . . . 9:00 AM–4:30 PM
 Thursday, Friday9:00 AM–9:00 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.

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.



Welcome Home Picnic!

Come to Your Spiritual Home

Sunday, September 14

Worship Service 11 AM

Free Picnic to Follow

Live Music
**The Any Given
Sunday Band**

FREE | All welcome


**Food | Live Music
Activities for Kids**

Traditional barbeque foods plus
vegetarian and vegan alternatives.

Register: uucsr.org/25picnic



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

SPECIAL EVENT HIGHLIGHTS

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

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Fourth Friday presents a co-sponsored event with the
UUCSR Social Justice Committee

Karaoke & International Potluck

SLIDING SCALE DONATION:
\$10 → UP

FRIDAY, SEPT 26
5:30–7:30 PM
SOCIAL HALL

BRING A DISH
FROM YOUR
ETHNIC
HERITAGE AND
JOIN US FOR
KARAOKE



Register at uucsr.org/Karaoke25

Fundraiser for the Port Washington Immigrant Community



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

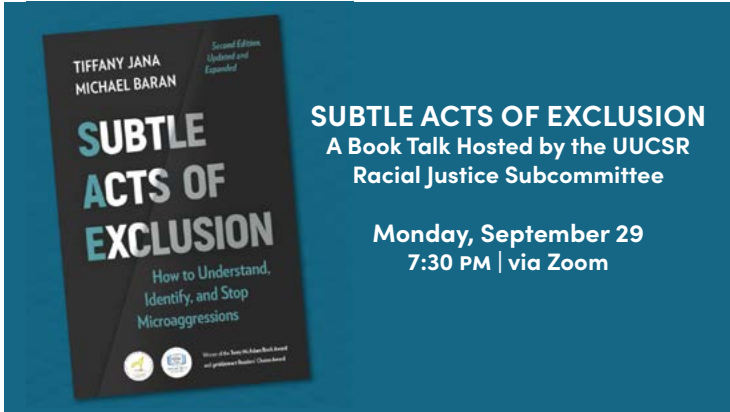
Childcare Available
Questions? Contact Phinu Jose
516.472.2975 or pjose@uucsr.org

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

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.



SUBTLE ACTS OF EXCLUSION A Book Talk Hosted by the UUCSR Racial Justice Subcommittee

Monday, September 29
7:30 PM | via Zoom

***Subtle Acts of Exclusion*—A Book Talk hosted by UUCSR Racial Justice Subcommittee of Social Justice**
Monday, September 29 | 7:30 PM | Online via Zoom
Book on sale for \$14 in the UUCSR Bookstore

Do you want to become more aware of identifying and stopping microaggressions? Join Jim Smith and Martha Chimienti to discuss *Subtle Acts of Exclusion*, by Tiffany Jana and Michael Baran. The book reframes microaggressions as “subtle acts of exclusion” to emphasize their impact and purpose. It offers a language for open and productive conversation about bias and inclusion.

Registration requested [HERE](#). Questions? Contact Sonia Arora, Social Justice Coordinator, at 516.472.2977 or sarora@uucsr.org.



UUCSR's Annual Youth Retreat—An Opportunity for Youth Leadership and Connection Friday, October 10—Sunday, October 12 | Mirror Lake Retreat

As Unitarian Universalists working with youth, I encounter two of our values including encouraging the development of their leadership skills and connections with one another. We are so excited for the opportunity for our youth to grow in both of those areas at UUCSR's Annual Youth Retreat! At Mirror Lake Retreat in Milan, NY, on Indigenous Peoples' Day Weekend, our youth will have the time and space to connect, bond, build upon their faith and spirituality, and lead. This will be a fun chance for youth to explore leading and attending activities and workshops and showcasing their talents to their peers. For more information and to register to attend, click [HERE](#). Questions? Contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator (jwalowitz@uucsr.org, 516.472.2943).

SPONSORED BY THE UUCSR WOMEN'S GROUP

Annual Fall Membership Dinner

Saturday, October 4, 2025

• 6:00 PM •

Veatch Ballroom

Come join members of the Women's Group for companionship and good food. Pink, green, or yellow attire or costumes (Wicked or Wizard of Oz) are encouraged!

“Everyone Deserves the Chance to Fly!”

FREE
Membership Dinner for
Renewed Members

Membership Fee: \$30

Non-Women's Group
Members: \$40

REGISTER HERE
uucsr.org/WGDinner25

Limited to 70 people

Register by October 1.
Professional Childcare Available.
Questions? Contact Lex Jellema.
(ljellema@uucsr.org or 516.472.2920)

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

First Sundays (Resumes in October) | 9:30–11:00 AM
RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org).

Once Monthly on Sundays (Resumes in October)

Art Gallery or RE Room 4 | Dramatic Readings

Join us to eat, chat, and read the play of choice. You are invited to attend Worship, grab lunch at the Sunday Café, and join us in the Art Gallery or RE Room 4 to nosh, catch up, read, and discuss the play we have re-enacted. Please register [HERE](#) if you are planning to attend, as physical copies of the play need to be prepared. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions (jwalowitz@uucsr.org or 516.472.2943).

Third Sundays (Resumes in September) | 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, September 21, 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.

Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

\$50 for 5 classes, \$12 per drop-in class with instructor Ashley Baldwin. Learn simple, yet powerful motion and breathing exercises to improve physical balance and falling-safely skills. Exercises are taught standing, with equally effective guidance for those who prefer to sit. Register [HERE](#) or email Ashley (tqh.Ashley@gmail.com). Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943), if you have any questions.

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

Tuesdays | 9:15 AM | Veatch Ballroom

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

Leyla Hoell, longtime UUCSR member, leads this energizing yoga flow that blends movement, breath, and strength to invigorate your body and clear your mind. Expect dynamic sequences, deep stretches, and a refreshing sense of balance. Whether you're looking to build strength or simply recharge, this class will leave you feeling empowered and refreshed. Free and walk-ins welcome. Register [HERE](#) to make a contribution to UUCSR. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943).

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

Gatherings with LGBTQ+ Friends

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

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920)

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

Seeking an opportunity for spiritual deepening in a supportive setting? The ministers invite you to a Wednesday Afternoon Conversation. It is a time of reflection, sharing, and listening. Newcomers are especially welcome. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays (Resumes in October) | 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.

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 Lex Jellema (ljellema@uucsr.org or 516.472.2920), 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 | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall 2025 led by Ashley Baldwin

Thursdays, September 25; October 2, 9, and 16

Members: \$12 per-class, drop-in price; non-members: \$16 per-class, drop-in price. All are welcome to join instructor Ashley Baldwin for this Medical Qigong for Senior Health community class at Hadley House! Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

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).

Third Fridays | 3:30 PM

Women’s Group Online Book Series Discussion

September 19: *Liquid, Fragile, Perishable*, by Carolyn Kuebler, discussion led by Judie Gardner. A vivid and moving portrayal of the intricate web of relations and fate in a small New England town, told with interlocking storylines in a unique and mesmerizing voice of uncommon power in this debut novel. Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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

Women’s Group Online Film Discussion

September 19: *Cool Hand Luke*

September 26: *The Thursday Murder Club*

Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

Saturdays | 9:30 AM | Social Hall (Sometimes in Veatch Ballroom or Art Gallery) | Yoga For All Levels, led by Mia

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

Once Monthly Saturday | September 20 | 9:00 AM–6:00 PM Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

Come join Long Island Inisfada Zen for a full or part-day of silent Zen Meditation. This all/part-day session is called “Zazenkai”, and contains periodic chants and teachings, snack breaks, and a lunch break. Each hour/hour-and-half long session is broken up into half-hour segments. ALL ARE WELCOME. Beginner instructions are provided. You are welcome to bring food for yourself or to share with others. Spiritual donation appreciated, but not required, to attend. Register to attend [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943), if you have any questions.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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 (nfenimore@uucsr.org)

Associate Minister for Congregational Life

Rev. David Carl Olson (dcolson@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)

Lifespan Religious Education Coordinator

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

September 12, 2025

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Next Quest: Wednesday, September 24, 2025 | Deadline for Content: Tuesday, September 16, 2025

UPCOMING EVENTS AT SHELTER ROCK



Cabaret at The Rock

Saturday, November 1, 2025 | 7:00 PM



Annual Messiah Sing

Sunday, December 7, 2025 | 1:30 PM



Jazz Concert with Stephane Wrembel

Sunday, March 8, 2026 | 1:00 PM

Music Sunday 2026

Sunday, April 19, 2026 | 11:00 AM

Annual Summer Concert

Saturday, August 1, 2026* | 7:00 PM

*2026 will be on Saturday

Check [Website](#) and [Calendar](#)
for More Events

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.