



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



December 10, 2025

**Monthly Theme:
CHOOSING HOPE**

WORSHIP SERVICES

FRIDAY, DECEMBER 12, 2025, 7:30 PM

Rev. Dr. Natalie Fenimore

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. Dr. Natalie Fenimore with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist Morley 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.

SUNDAY, DECEMBER 14, 2025, 11:00 AM

Rev. Dr. Natalie Fenimore

Hopeful Light: Family Holiday Worship Service Family Holiday Worship Service led by Rev. Dr. Natalie Fenimore featuring the Children's Nativity Play, Hanukkah Story, and Jazz Ensemble. Holiday Decorations Party following the Service.

SUNDAY, DECEMBER 21, 2025, 11:00 AM

Rev. David Carl Olson

"Don't Let the Light Go Out!" a celebration of Hanukkah on the Winter Solstice We'll gather to call the quarters in the Worship Room, to light the candles of the Hanukkah and the Wheel of the Year, and to share stories of the return of light to the northern hemisphere. We mark the cycles of the earth and of human community. Newborns will be blest and elders thanked. All are invited to carry a little cash for a special offering and to wear sun colors to mark the day.

TOUCHSTONES

Bryan Bower, Student Minister



During my short time here so far, I've noticed that this is always the case somewhat, but right now we have so many activities going on! There's been a dramatic uptick in the last few weeks as we begin approaching the end of the year. We're so busy now that we're cancelling other regular meetings and events here and there to make sure we can make room for everything else. What are we working on, and what are we building, with all

of these efforts?

Hope!

This time of year is often filled with hope—hope for happy holidays spent with loved ones, maybe a hope for the gift we've been wanting, or even hope for the unpleasant weather to pass, or, perhaps instead, for it to remain so that we can cancel our plans and stay home.

The end of the year can also bring a sense of hope for the next one. Maybe our lives are fine, but we hope that things will be fine for other people who have been struggling; maybe we have been struggling ourselves, and maybe even sometimes struggling to find any hope of our own. But maybe we're just hoping for things to be as good as they have been in the past twelve months.

I'm personally finding myself full of hope this month. For one thing, I'm sending out my applications to PhD programs, and I hope I get into at least one of the schools. But I also just hope I get all the applications finished in time! I'm hoping, too, that in a few weeks I can connect with members of my family who I don't get to see very often, even if it means that one of our medium-sized family gatherings hops on a video call with another medium-sized group, because we can't be all together as one big happy family in person this year. I'm hopeful that it won't be too many years before we can all be together again.

And I have a great deal of hope for my time at Shelter Rock. I hope I get as much done as I need to. And I hope that I can try

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Touchstones continues on page 2

WORSHIP SERVICES

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WEDNESDAY, DECEMBER 24, 2025, 5:00 PM
UUCSR Ministers

Christmas Eve Family Worship Service Christmas Eve Family Worship Service led by Rev. Dr. Natalie Fenimore, Rev. David Carl Olson, Rev. Meagan Henry, and Bryan Bower, Student Minister, with Choir, special music, candlelighting, and "Silent Night." Reception and carol-singing to follow. Please bring a dessert to share. **Volunteers needed for reception setup—please contact pjose@uucsr.org.**

SUNDAY, DECEMBER 28, 2025, 11:00 AM
Student Minister Bryan Bower

Lighting the Darkness In the darkest part of the year, when the cold surrounds us and the exuberance of the holidays begins to dissipate, the world can start to feel lonelier and quieter, and life can feel more difficult. How do we sustain and create joy for ourselves, and for one another, to last us through to spring? How do we find one another in the darkness?

MILESTONES

We celebrate with... Ginette Levin on the wonderful news that she became a great-grandmother for the second time. Her son, Philip, and his wife, Lisa, are now the proud grandparents of Adelina, who was born on September 30. Her first great grandchild, Finn was born in 2024, in Denver, making her daughter, Juliette, and her son-in-law, David, first time grandparents. Congratulations can be sent to:

*Ginette Levin
16241 Powells Cove Blvd, Apt 4B
Whitestone, NY 11357*

We ask for expressions of support for... Rev. Dr. Paul S. Johnson and his wife, Carol Rowan, as Paul is dealing with serious health issues, due to being diagnosed with pulmonary fibrosis. He would love to hear from you. Mail cards of support to:

*Carol Rowan and Rev. Dr. Paul Johnson
1225 NW 21st Street, Apt 402
Stuart, FL 34994*

We extend our condolences to... Florence Zaragoza as she mourns the death of her brother-in-law, Morris (Moe) Bohrer, who died on November 18 after a long illness. Condolences may be sent to:

*Florence Zaragoza
24931 60th Avenue
Little Neck, NY 11362*

TOUCHSTONES

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some interesting things during my internship: it could be fun to work with RE, but what about doing something with Adult Programs? The Social Justice Committee is always up to important work. However, the Choir would be wonderful to collaborate with, as well!!

I can only hope that I can get to even half of the ideas that I've had for this year, but I sincerely hope to see you there when I do.

Student Minister Bryan Bower

Save the Date!
Veatch Sunday
January 25, 2026
11:00 AM–3:00 PM

UU OF SHELTER ROCK ANIMAL MINISTRY

Jill Marcus and Leslee Rabb

As a reminder, the UU of Shelter Rock Animal Ministry pet food collection is ongoing and still going strong—especially through the holiday season. Thank you to those who have donated!

We delivered 114 pounds of dog food and treats to Baxter's Pet Pantry, part of Long Island Cares Harry Chapin Food Pantry in Bethpage, and 47.6 pounds of cat food, treats, and a carrier to Cove Animal Rescue in Glen Cove. Grand total was 161.5 pounds to help families keep their beloved pets. Leslee Rabb and Jill Marcus are happy to speak with our Meatless Monday Pledgers and all other members with ideas for our Animal Ministry Chapter.

You can find the November 2025 newsletter from the UU Animal Ministry [HERE](#).

SUNDAY CAFÉ

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

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Dec 14: assorted party heros, tossed salad, dessert

Dec 21: roasted chicken with gravy, roasted potatoes, steamed broccoli, quinoa with beans, tossed salad, dessert

All meals include lemonade, unsweetened iced tea, dessert

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, December 16, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. November 2025 Minutes: Claudia Barbey, Secretary
7:10 PM III. CY25 Financial Audit: Brian Muellers
7:40 PM IV. Ministers' Reports: Rev. Dr. Natalie Fenimore,
Rev. David Carl Olson, and Rev. Meagan Henry
- Approval of 2026 Calendar Year Housing Allowance
- 8:00 PM V. President's & Administration Reports
- Strategy Updates: Aimee Vella Ripley, President
 - January Retreat: Aimee Vella Ripley
 - Executive Committee Activities: Aimee Vella Ripley and Adam Barshak, COA
 - December Events Review: Adam Barshak, COA
 - Hadley House LLC Governance Update: Aimee Vella Ripley and Adam Barshak
 - December Congregational Meeting Recap: Aimee Vella Ripley
 - Assigning a Board of Trustees Representative to the Veatch Board of Governors: Aimee Vella Ripley
 - Land Management Leadership Team Update: Dana Gumb
 - Building Use Leadership Team Update: Claudia Barbey
- 9:00 PM VI. Good of the Order: Aimee Vella Ripley, President

Thursday, December 18, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. Member Resource Committee: Riki Birk
- CY26 Committee Chair/Member Nominations
- 7:20 PM III. Denominational Affairs Committee: Richard Bock, Chair
7:40 PM IV. Crisis Grants
- Afghanistan Earthquake Relief: Lauren Furst, Jill Marcus, and Leona Handelman
 - Process to Amend the Crisis Grants Policy: Aimee Vella Ripley, President
- 8:00 PM V. Respectful Relationships: Aimee Vella Ripley, President
- Safety Investigation-Executive Session
 - Safety Policy
 - Congregational Covenant
 - Security Recommendations Review Process
- 9:00 PM VI. Good of the Order: Aimee Vella Ripley, President



Special Congregational Meeting

Sunday, December 14, 2025 | 12:00 PM
Onsite and online

Special Congregational Meeting

Sunday, December 14, 2025, immediately following Worship Service

12:00 PM | Onsite Worship Room, Online via Zoom

The Board of Trustees has called a special congregational meeting to present the **Crisis Grants and amendments to the Veatch Resolution** that were recently approved at their November meeting.

If you are attending online, please register in advance at the link provided [HERE](#).

After registering, you will receive a confirmation email containing information about joining the webinar.

CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

American Heart Association Heartsaver CPR/AED Certification Classes Offered

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



Please register [HERE](#).

(<https://uucsr.churchcenter.com/registrations/events/3211130>)

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

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Join the INN Volunteer Cooks

Thursday, December 18, 2025; Wednesday, January 14, 2026

Do you like to cook? Please come serve those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network) now adding **second Wednesday mornings** to the Monthly Cooking Schedule!

As people struggle to feed their families as grocery prices rise and SNAP is threatened, please gather to make food for the hungry. The INN connects and runs food pantries and shelters throughout Long Island for those in need and the homeless.

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

Community Food Pantry/Clothing Rack

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

Everyone is welcome to participate.

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
12/16/25	Winterflower Robinson	"What's something you've done that scared you—but you're glad you did?"
12/23/25	Charlene Greenberg	Tell a joke, read a poem, sing a song
12/30/25	Maryellen Pierce	What are some things you cannot live without?

SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

Day of the Disappeared

On Sunday, November 23, 2025, in Huntington Station, Rev. Meagan Henry, Sonia Arora, Judy Pollock, Shanti Flot, and Barry and Maija Nobel attended the Day of the Disappeared—a powerful event—along with some 200 other folks denouncing mass deportation of immigrants on Long Island.



Day Trip to the Holocaust Memorial and Tolerance Center on Saturday, December 6, 2025

Thanks to UUCSR member Patti Paris for organizing a trip to the Holocaust Memorial and Tolerance Center (<https://www.hmtcli.org/>). About a dozen of us were there listening and grappling with the history of WWI, WW2, the Holocaust, and the creation of Israel, and the challenges toward the road to peace.

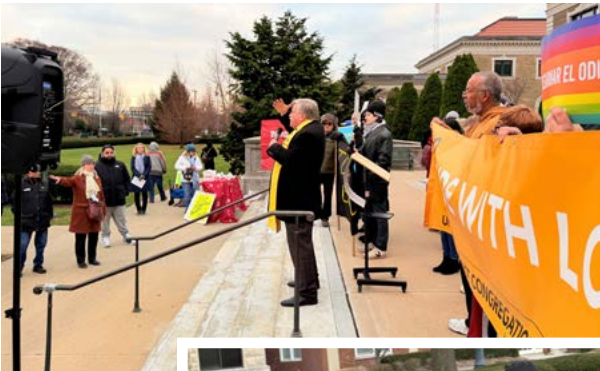


SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

Anti ICE Rally

The Long Island Immigrant Justice Alliance, in partnership with Lieutenant Governor Antonio Delgado, denounced the actions of ICE, especially the 287g agreement which allows Nassau County police officers to support federal policies. Sonia Arora, the Social Justice Coordinator, Rev. David Carl Olson, Shanti Flot, Social Justice Chair, and Judy Pollack were all present at the rally in front of the Nassau County Legislature in Mineola, on Sunday, December 7, 2025.



POINSETTIA DEDICATIONS

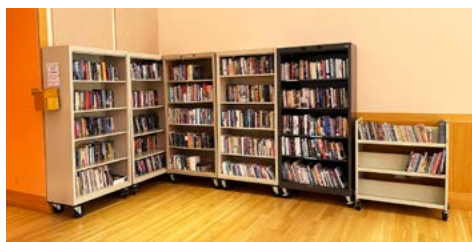
Congregants may dedicate Poinsettias to be placed on the Chancel at the Holiday Worship Services to memorialize loved ones, recognize special occasions, or celebrate the season.

Please register and pay at uucsr.org/25Dedicate. Once you have made your payment, please remember to email Phinu Jose at pjose@uucsr.org with the name of the person you are dedicating your Poinsettia for as we will be printing the following: "In loving memory of" or "in honor of" in the Order of Service. Thank you.



DENOMINATIONAL AFFAIRS COMMITTEE (DAC) Richard Bock, Chair

George Kesner Memorial Book Exchange



The George Kesner Memorial Book Exchange, located in the rear of the Social Hall, has been reorganized thanks to Jessica Vega, Amalia DeePalino, and Diane Curry. You are encouraged to browse, find a book or two (or three or four), slip your donation into the cash box, and enjoy the opportunity to find a treasure.

New signage is currently being created that will explain that the Book Exchange is a fundraiser for UUCSR's Partner Church in Romania, the Unitarian Church in Csiksereda. Funds from the Book Exchange and the annual Partner Church Auction (spring date to be announced) help support our Partner Church.

Donated books are most welcome. Books should be ones that you would like to read yourself.

General Assembly 2026

In January 2026, DAC will begin informing Shelter Rock members about opportunities to participate in the 64th Unitarian Universalist Association (UUA)'s General Assembly (GA) 2026. The theme of GA 2026 is "Meet the Moment: Together Everywhere." GA, to be held June 14–21, will be a 100 percent virtual event.

THANK YOU

From the AIDS Center of Queens County

On behalf of Rosemary Lopez, Executive Director of ACQC, this email is sent to express our sincerest thanks to you, Reverend Natalie, and the UCC Family for your generosity on behalf of ACQC, and the clients that we serve. You have contributed chickens, turkeys, and an abundance of toys from the Mitten Tree for our children. We have never seen such an outpouring of love on behalf of a marginalized population.

Thank you again for your kindness.

Paulette M. Zimmerman, MHA, MPA
Assistant to the Executive Director
AIDS Center of Queens County

BOOKSTORE COMMITTEE Elaine Peters, Chair

Bookstore Holiday Gifts

This holiday season, we can change hearts and minds through books, especially those appealing to children. There are many children's and teen books to choose from that will grow their souls. Consider giving one as a gift. Also, consider a book gift or jewelry for yourself or someone else you care about. This will be a memorable choice.

ART COMMITTEE Paul Kopelow, Chair

The Beauty of Long Island

Paintings by

Carol Bruder

Janine Ferranti

Pat Forie

Vivian Hershfield

Terri Idelowitz

Eileen Kelly

Christine Verga Maday

Marianne Reamer

Tim Savage

Linda Shedlock

Ann Tountas

Nancy Wernersbach



***The Beauty of Long Island*, by the Art League of Nassau
Artist's Reception: Sunday, December 14, 2025
1:00 PM | Art Gallery**

**Exhibit is on display:
Saturday, December 6, 2025–Monday, January 5, 2026
All are welcome!**

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.

Peace, Love, *and* Dessert with WILLOW

At a mid-Week HOLIDAY EXTRAVAGANZA



Wednesday, December 10, 2025, 7-9 PM

Concert, Home-baked Sweets, and Singalongs

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

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

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

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

RE Holiday Decorations Crafting Party



Religious Education (RE) Holiday Decorations Crafting Party
Sunday, December 14, 2025 | 12:30-2:00 PM | Social Hall

Come enjoy an afternoon of seasonal crafts, festive music, cocoa and cookies, and a visit from Santa! Register for FREE today! Guests are welcome! Questions? Contact Kimberly Rossiter (516.472.2914 or retemp@uucsr.org.)

Presented by the UUCSR Religious Education Committee and Women's Group.

REGISTER FOR FREE



uucsr.org/25Party

UUCSR 2025 ANNUAL COMMUNITY-BASED HOLIDAY DINNER DRIVE

This year, Shelter Rock Sponsors a
Holiday Collection for
The North Shore Soup Kitchen



Please donate by
Sunday, December 28

\$25

*will provide a roasting chicken
for a needy family.*



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

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

SPECIAL EVENT HIGHLIGHTS

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YOUTH AND ADULT FAITH ENGAGEMENT INTRODUCES THIRD FRIDAYS

LIVING A PUBLIC LIFE

With Rev. David Carl Olson

Third Friday of Each Month

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

2025: Dec 19 | 2026: Jan 16, Feb 20

Mar 20, Apr 17, May 15, Jun 19

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

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

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

REGISTER HERE

uucsr.org/ThirdFridays25

6:30 PM: Complimentary Simple Supper

7:15 PM: A moment of gratitude, reflection and song

7:30 PM: Workshop with Rev. David Carl Olson

THE UUCSR MINISTRY TEAM PRESENTS

PRACTICING EMPATHY

Sunday, December 21

Veatch Library

• 1:00 PM •

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

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

LEARN MORE HERE

uucsr.org/26EmpathySundays

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

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

SPECIAL EVENT HIGHLIGHTS

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

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NEW YEAR'S EVE GALA

AT SHELTER ROCK

BROUGHT TO YOU BY MEMBER EVENTS & MEN'S GROUP

WEDNESDAY, DECEMBER 31

Doors open at 7:30 PM

Register: uucsr.org/25NYE



UUCSR invites you to its biggest party of the year!

Bid a fond farewell to 2025, and usher in a bright new 2026 with friends and family.

Childcare is available (Free to attendees)

Pianist and singer Charles Henry will entertain during the cocktail hour. Dancing with intermittent Karaoke to the beats of DJ John from Blue Eye Productions. Comedy and Laughs by Debbie Siegel.

The scrumptious cocktail delights, superb main meal courses, and delicious desserts are prepared by Michael and Company from Long Island Gourmet. (Vegan choices available.)

Tickets are \$55 per person

All are welcome! Dress up or come as you are.

RSVP by Friday, December 26. Entry only to those with prepaid reservations.

Register at uucsr.org/25NYE. Kindly indicate the names of the people in your party (tables seat 8), and whether you will need childcare (free to attendees). Vegetarian and vegan meals available.



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

Questions? Contact Elaine Corrao
516.472.2933 or ecorrao@uucsr.org

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

First Sundays | 9:30–11:00 AM

RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

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

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

Small Group Ministry

led by Iris McKenna

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

Sunday, December 21 | 1:00–3:00 PM

UUCSR Lawn, Meadow, Patio, Pond Area

Silent Book Club

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

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

Gatherings with LGBTQ+ Friends

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

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.

Wednesdays through December 17* | 2:00 PM | via Zoom

Wednesday Conversations

**Sessions will resume again after the new year*

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 *Choosing Hope*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

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

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 | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall/Winter 2025

led by Ashley Baldwin

December 11, 18

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

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

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

Thursdays | 6:15 PM Veatch Ballroom (in Social Hall December 11) Zazen Meditation—Inisfada Long Island Zen

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

Fridays via Zoom | 12:00 PM

Great Books

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

comprehensive, accurate, and supportive sexual health education

how sex ed should be

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

December 12



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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

December 19: *A Dream Life* by Claire Messud, discussion led by Leona Handelman. When the Armstrong family moves from New York at the dawn of the 1970s, Australia feels, to Alice Armstrong, like the end of the earth. Residing in a grand manor on the glittering Sydney Harbour, her family finds their life has turned upside down. As she navigates this strange new world, Alice must weave an existence from its shimmering mirage. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Women's Group Online Film Discussion

No films in December, films resume in January 2026

January 16: *Carmelo*, An ambitious chef's life is turned upside down when he receives a devastating diagnosis. As he grapples with this life-altering news, he forms an unexpected bond with a caramel-colored stray dog named Carmelo. This relationship becomes a source of hope, healing, and humor helping him to rediscover joy and meaning in life despite his challenges. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Yoga For All Levels, led by Mia

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

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Officers of the Congregation

President: Aimee Vella Ripley

Vice President: Paul Carbone

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Members of the Board of Trustees

Carole Alexander Dana Gumb

Arnold Babel Larry Hass

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December 10, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Tuesday, December 23, 2025 | Deadline for Content: Tuesday, December 16, 2025

SPONSORED BY THE UUCSR WOMEN'S GROUP

TGIF: Multigenerational Healthy Tasting Potluck

Presented by UUCSR Members
Alison Schwabe and Sandra Frank

TGIF

Friday, January 2, 2026 • 7 PM • Art Gallery

Come join members of the Women's Group for companionship and an opportunity to sample various favorite healthy dishes.

All foods are welcome, including vegan and vegetarian options.

Please bring a healthy potluck dish enough for 8+ people to sample.

Note that special care must be taken to identify potential allergens and food sensitivities, including nuts, gluten, and dairy.

Registration Deadline Wed, Dec 31
Childcare Deadline Mon, Dec 29

REGISTER HERE
uucsr.org/TGIF26Healthy

Upon registration, please contact Elaine Corrao (516.472.2933, ecorrao@uucsr.org) to let her know what you are bringing, recipe, and ingredient list that can be shared with the attendees.



Midnight Run—Donation Bins Located in the Main Lobby

Friday, January 30–Saturday, January 31
5:30 PM–1:00 AM | Social Hall

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

Midnight Run. Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year for volunteers from churches, synagogues, schools, and other philanthropic groups to distribute food, clothing, blankets, and personal care items to those who are impoverished and/or experiencing homelessness on the streets of New York City. We are asking for donations, volunteers to prepare food, sort clothing, and compile toiletry kits, and volunteers who would like to drive Senior Seminar teens and our young adults as they embark on a journey of kindness and giving to a community in need that is close to home. Donation bins are located in the Main Lobby.

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

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 volunteer Jessica K. Vega. **Submissions:** communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.