Human. Kind.

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

See Calendar HERE

November 11, 2026

Monthly Theme: LETTING GO

Worship Services

Friday, November 13, 2026, 7:30 pm
Rev. David Carl Olson

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist **Rebecca Loebe** joins for an ONSITE and ONLINE 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 at 7:15 pm.

Sunday, November 15, 2026, 11:00 am
Rev. Elaine Peresluha

Building Back Better—New Members Ceremony No matter the results of this year's midterm elections, there are social and political needs to restore our democracy. Our nation faces severe institutional damage, and we have an opportunity to build back better, not just restoring those institutions but improving them. Our UU faith, values and mission can guide us as we ponder what it means to build back better.

Sunday, November 22, 2026, 11:00 am
UUCSR Ministers

Thanksgiving Bread Communion Description to be announced.

Sunday, November 29, 2026, 11:00 am
Bryan Bower, Student Minister

A Caring Community Description to be announced.

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



One afternoon in Hebron, a family invited our whole delegation to their table. We ate together, we talked, we laughed with their children, and for an hour or two the occupation was not the subject. It was simply a meal among people who had decided to be near one another. I have thought about that table nearly every day since we came home.

Proximity does something to us that no article, no documentary, no sermon can do. When we sit close enough to pass a dish, the people across from us stop being a cause or a headline and become neighbors. Their worry becomes our worry. Their hospitality becomes a claim on us. This is not a sentimental idea; it is how love has always worked, and it is the reason I keep going back.

The day after that meal, a gunfight broke out near Hebron. Two Palestinians and two Israelis were killed, and within hours every road in and out of the West Bank was closed. Our delegation was in Bethlehem, and so we, too, were among the people who could not leave. Eventually, we were allowed to go. We arrived home safely, and we know why. We carry American passports. The family who fed us did not.

In the weeks since, thousands of people have been forced from their homes in Hebron, and the people who set a table for us are among the displaced or are sheltering those who are. Proximity has a cost. Once we have been near, we cannot pretend we do not know.

This was my fourth journey to Palestine, and my third since October 2023. Each time I understand a little more clearly that what I am doing there is a ministry of relationship. We traveled as Unitarian Universalist religious professionals, ministers and staff from New York, New Jersey, the Chicago area, and the UU Service Committee, and we were not there to fix anything. We were there to be with people, to listen to theologians, organizers, and farmers who remain on their land, and to let them know they are not forgotten.

Touchstones continued on page 2

Milestones

We share the sad news...of the death of longtime member Amit Sur. Amit died on Friday, October 30, at the age of 79, surrounded by his loving family. Amit is survived by his devoted wife of 57 years, Shyamali; his son, Indraneel Sur, and daughter, Malini D. Sur (Arpan Jhaveri); and his two grandchildren, Gitanjali and Pushpanjali. **A Memorial will take place at UUCSR, in the Worship Room, on Saturday, December 19, at 2:00 PM, followed by a reception.** Expressions of sympathy may be sent to:

Shyamali Sur
14134 73rd Terrace
Flushing, NY 11367-2307

Natalie's Hands: Lay Pastoral Care Training

Bryan Bower, Student Minister

Are you looking for a way to get more involved in the UUCSR Community? Do you want to do important work? **Join "Natalie's Hands" and train to become a Pastoral Care Associate!**

If someone scrapes their knee, you can apply a band-aid—but if someone breaks a bone, you know you need to call a doctor for them. And if someone has a spiritual "scrape," you don't have to be a minister to apply basic first aid and care! You'll be able to tell when they need more, and all you need is a little training.

We are offering a single class on **Sunday, November 29**, to help you decide if that training is right for you.

The training will then be guided by monthly meetings beginning in December, and those who successfully complete it will become our **Pastoral Care Associates**. There will be a ceremony during Worship in late May or early June, introducing them in their new role within the congregation.

You will be learning to fill the gap between more practical care such as offering rides or bringing food to members in need, and the fully informed and trained care of an ordained minister or chaplain. **And if you take this first class and decide that this is not for you**, we can still help you find a better role somewhere else among the **Care Team**.

If you are interested, please join us on **Sunday, November 29, at 1:00 PM in the Art Gallery** for the initial class!

Touchstones

continued from page 1

Relationship is slow. It asks for return visits, for remembering names, for staying in touch when the news cycle moves on. It is also, I have come to believe, the most honest thing we have to offer.

We sometimes speak of the Middle East as if it were a single thing, ancient and fixed. It is not. For most of its history, it has been, like this country, a meeting place. Jews, Christians, Muslims, Druze, Samaritans, Armenians, Bedouin, and many others have lived beside one another there, trading, arguing, intermarrying, sharing holy sites and sharing bread. On these journeys, we have prayed at the Western Wall, walked the grounds of Al-Aqsa, and stood in the Church of the Holy Sepulchre. The mixing is not a problem to be solved. It is the region's inheritance.

We believe something about that mixing. As Unitarian Universalists we hold, as a matter of faith, that diversity creates a depth and a beauty no monoculture can reach. We say it about our congregations, and we mean it. A single tradition, a single people, a single story on its own is thinner than the whole. If that is true on Shelter Rock, it is true in Hebron and in Jerusalem, too.

I have long believed that Unitarian Universalists should have a clearer presence in the Middle East. Our commitment to peacemaking, our love of pluralism, and our conviction that relationship comes before agreement are exactly what the region needs more of, and hears too little of, from American religious voices. We are small, and we will not change the politics of the region by showing up. But we can show up, and keep showing up, and in doing so we can be the kind of neighbor our faith asks us to be. Presence is its own witness.

What I bring home from four journeys is simple. We have more in common with the people of the West Bank than we may realize. They want their children safe, their land kept, their neighbors known, and their table full. So do we.

I am working with a direct service partner in Hebron, the UU Service Committee, and our friends at Community Church of New York, to establish an emergency relief fund to provide support directly to displaced families. You will hear more about how to give in the coming days. For now, I ask you to hold the people of the West Bank in your heart, and to consider, in your own life, who you might draw a little nearer to. That is where this work begins.

In faith,
Rev. Meagan



Board of Trustees

BOARD OF TRUSTEES AGENDA
Tuesday, November 17, 2026

7:00 PM	I. Opening Words
7:05 PM	II. October 2026 Minutes
7:10 PM	III. Financial Reporting and Education • CY27-Q1 (July-Sept) Financials • December CY26 Audit Prep: "What is an Audit?"
7:30 PM	IV. Bylaws Committee • Amendments to Articles VII-Ministers
8:00 PM	V. Policy Discussions • Crisis Grants • Sabbatical Policy
8:30 PM	VI. President's & Administration Reports • Risk Management • November Congregational Meeting Recap • Hadley House BOM Term Renewal • Denominational Relations • LMLT Easement Update
9:00 PM	VII. Good of the Order

BOARD OF TRUSTEES AGENDA
Thursday, November 19, 2026

7:00 PM	I. Opening Words
7:05 PM	II. Actionable Items from November 17
7:10 PM	III. Board Education: Liability & Property Insurance Presentation
7:30 PM	IV. Activities Management Consultant Presentation
8:00 PM	V. Ministers' Reports
8:20 PM	VI. Retreat's Bike Rack Items
8:50 PM	VII. Member Resource Committee • CY27 Committee Chair/Member Nominations
9:00 PM	VIII. Good of the Order



BOARD OF TRUSTEES MEETINGS
7:00 PM via Zoom on Tuesdays and Thursdays
1:00 PM Veatch Conference Room on Sundays

Tuesday, September 15 and Thursday, September 17
Sunday, October 18 and Tuesday, October 20
Tuesday, November 17 and Thursday, November 19
Tuesday, December 15 and Thursday, December 17
Sunday, January 24 and Tuesday, January 26
Tuesday, February 9 and Thursday, February 11
Tuesday, March 16 and Thursday, March 18
Sunday, April 11 and Tuesday, April 13
Tuesday, May 18 and Thursday, May 20
Tuesday, June 15 and Thursday, June 17

CONGREGATIONAL MEETINGS
1:00 PM (Multi-platform: Worship Room and Zoom)

Sunday, November 1
Sunday, January 10
Sunday, March 7
Sunday, May 2 (with Budget Hearing)
Sunday, June 13 (Annual Meeting)

Sunday Café

Social Hall | Following Sunday Morning Worship Service

ADULTS $10:
CHILDREN ONLY $5 kids' meal

Join the Plant-Based Cooking Team!

Love to cook and curious about plant-based meals? Ethical Eating is looking for volunteers to help prep on Saturday, December 12, and serve on Sunday, December 13, for the Sunday Café.

Available Shifts:
- Saturday, December 12 (9:00 AM–1:00 PM) Prep Crew
- Sunday, December 13 (9:00 AM–1:00 PM) Cooks, Servers, Clean Up

To Sign Up: Register HERE or use the QR code.
- Please provide your name, cell phone number, and email, along with your preferred time and how you would like to help. Thank you for your support!

Please contact Leslee Rabb at (rabbleslee2@gmail.com, 516.439.8715) or Tracie Pulga (call or text 718.496.7027).

Green Sanctuary Committee
Jennifer S. Roth, Chair

Climate Justice

Part 4 of **Climate Change: Who's in Control** will resume in the next issue.



Autumn Lush

The garden is full of surprises. This year, there was an especially full treat of lush greens in the community garden, comprised of kale, horseradish, and two types of mustard greens that came into fullness in the cooler weather. These plants flourish in such conditions.

Wreathing Community

Thanks to the encouraging suggestion from Chris Hilke, Agnes P. Cwalina has wowed us with her kind and engaging talent and spirit. There were approximately eighteen of us gathered in the Social Hall to learn how to craft a winter wreath or summer harvest wreath, depending on how one approaches the activity. The exquisite visual display Agnes designed was only rivaled by the sense of community we all shared. Encouragement, creativity, and kindness comprised the invisible weave in each wreath.



Inaugural Bird Walk at the Wildflower Meadow

A group of nine gathered on Saturday morning, October 31, at the main entrance, along with two newfound birders, Matt Klein and Patrick Shure. Both of our leaders have been birding for 20+ years and can easily identify a subtle chirp or call before they visually identify a species. Their response to the Wildflower Meadow was, "Oh my God!!! This place is going to be insane with birds next spring! Look at it now! This is fantastic!" The group spent the next 75 minutes identifying 21 species: Canada Goose, Bald Eagle, Red-bellied Woodpecker, Downy Woodpecker, Northern Flicker, Blue Jay, American Crow, Ruby-crowned Kinglet, Golden-crowned Kinglet, Northern Mockingbird, American Robin, House Finch, Purple Finch, American Goldfinch, Chipping Sparrow, Dark-eyed Junco, White-throated Sparrow, Song Sparrow, Swamp Sparrow, Common Grackle, and Black-throated Green Warbler. Stay tuned for our next adventure.

Land Management Ecologist
Agnes P. Cwalina

An Aerial Perspective of the Meadow

Congregant Gerry Matusiewicz volunteered to fly his drone over the meadow. With beautiful, clear autumn weather and low wind, the flight was successful. A Red-tailed Hawk flew nearby to check out the funny aircraft and decided it was of little interest. Ha!

Contact Agnes P. Cwalina, UUCSR Land Management Ecologist, with comments at acwalina@uucsr.org.



Gerry, the drone pilot



Staff Work Anniversaries
November

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

Elaine Corrao, Committee Assistant
Celebrating 19 years on November 1

Nathaniel LaNasa, Keyboard Artist/Accompanist
Celebrating 10 years on November 1

Rev. Meagan Henry, Associate Minister
Celebrating 1 year on November 3

Cornell Carolina, Facilities Technician
Celebrating 4 years on November 7

Social Justice Committee
Shanti Flot, Chair

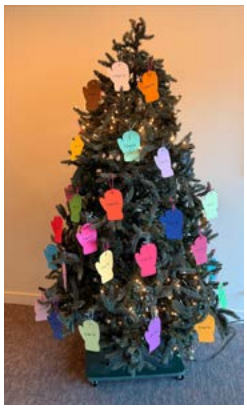
Holiday Dinners



Donations will be collected on Sunday mornings, prior to service (10:00–11:00 AM) and following service, until around 1:00 PM. $25 purchases one turkey; any and all donations of any amount are welcome and appreciated. Thank you to all who have contributed thus far. Look for the Social Justice Committee table in the Main Lobby for everyone else to get the chance to provide a holiday meal. You may even receive a cut out paper turkey as you donate. Plus you can recognize the table by someone(s) who may be wearing a turkey hat!

Rev. Meagan Henry
Associate Minister

The Mitten Tree Returns



The beloved tradition of the Mitten Tree holiday gift drive is back! From now until Sunday, November 22, we are collecting unwrapped toys, games, and gift cards to be given as holiday gifts to the families served by the AIDS Center of Queens County (ACQC). Our donations will go to children and youth ranging from newborns to age 18.

Please visit the Mitten Tree in the Main Lobby any day of the week and select mittens labeled with the ages of the children you wish to buy gifts for.

If you would like to reserve mittens in advance, please contact Christina Frias at cfrias@uucsr.org.

Thank you for helping us bring warmth and joy to these families this holiday season.

Community Food Pantry and Clothes Closet

Give What You Can—Take What You Need

Members of our congregation and community are welcome to make use of the Food Pantry and Clothes Closet near the Main Kitchen entrance. Many thanks to those who donate.

UUCSR 2026 ANNUAL

COMMUNITY-BASED HOLIDAY DINNER DRIVE

This year, Shelter Rock Sponsors a Thanksgiving Collection for
The North Shore Soup Kitchen and
The AIDS Center of Queens County

Please donate by

Sunday, November 22

$25.00

will provide a turkey for a family.

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

We count our blessings and share our bounty with our neighbors.

Bookstore Committee
Lorraine Shiff, Chair

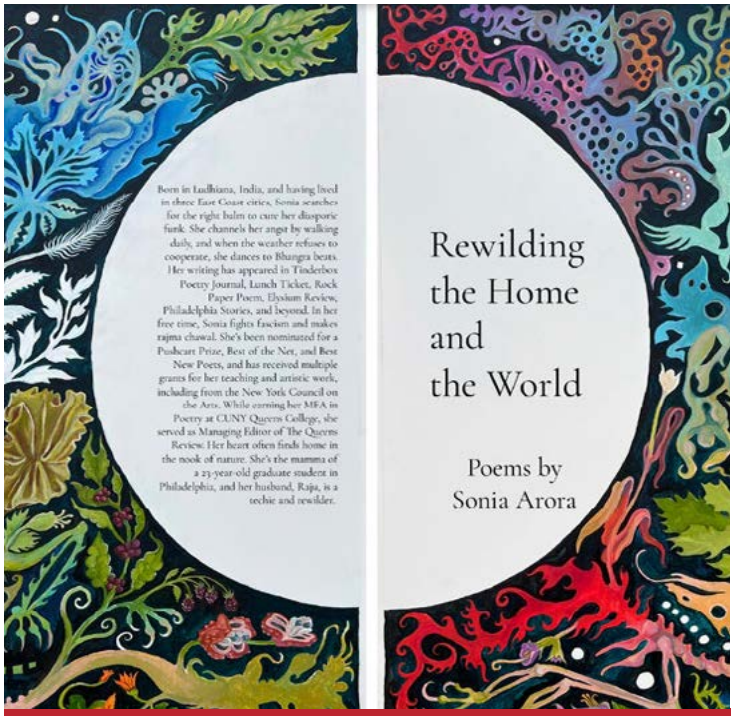
Browsing in the Bookstore and Gift Shop

Browsing in the Bookstore and Gift Store around the corner before the holidays can be rewarding. There are books by key authors—Richard Reeves, Bill McKibbon, and Robert Jones, all who have spoken here at the Shelter Rock Forum. There are also autobiographies of members like Hugh Stevens and Latifa Woodhouse, as well as poetry by Social Justice Coordinator Sonia Arora. Of course, T-shirts, jewelry, UU cups, and the UU Common Read always displayed along with children's books and toys. So come in and browse or buy.

Submitted by Elaine Peters, Bookstore Committee



The Bookstore and Gift Shop at Shelter Rock is open every Sunday from 12:00–1:00 PM



SUNDAY, NOVEMBER 15
1:15–2:15 PM | CHAPEL

A POETRY READING BY SONIA ARORA FROM HER BOOK
Rewilding the Home and the World

Winner of the 2025 Birdhouse Prize from Ghostbird Press

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

UUCSR 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/26Dedicate**. Once you have made your payment, please remember to email Jamie Walowitz at jwalowitz@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.

Rev. David Carl Olson
Associate Minister for Congregational Life

Interfaith Thanksgiving Service
"Come Lift Your Voice in Song"
Led by members of the Port Washington and Manhasset Clergy Association

Rev. David Carl Olson will preach. Donations received to support food pantries in Port Washington and Manhasset. Registration is required (see QR code below).



Member Events
Carla Drezner, Chair

Bridge, Canasta and GAMES

Members have inquired if other games are included during bridge and canasta play on Thursday afternoons. Absolutely.

If you play Scrabble, Rummikub, or any other board game, card game, or tile game, you are welcome to join us. You must bring other members or friends to play your game of choice, since the Bridge and Canasta players will probably continue with their game of choice.

This program is available on Thursday afternoons, generally in the Art Gallery and sometimes in the Social Hall from 1:00–4:00 PM.

LGBTQ+ Sub-Committee of Social Justice Committee
Charlene Greenberg, Chair

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

Join Zoom Meeting HERE
Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
11/17	Charlene Greenberg	*Have you ever had or given a surprise party? If money was no object, describe your dream party for yourself or someone else.*
11/24	Maryellen Pierce	*What's something from the '60s or '70s you wish would come back?*
12/1	TBD	
12/8	Open Chat	

Art Committee
Paul Kopelow, Chair



ARTIST QUARTETTE
Katherine Criss - Elizabeth Ehrlichman - Elaine Shyer - Steven Vando
Exhibit on Display:
Friday, October 23–Monday, November 30, 2026





FOLKS AND FAMILY
"Just Folks" Mark Mancher | "Life with Shirley" Annette Kasle
Art Reception: Sunday, December 6
Exhibit on Display:
Friday, December 4, 2026–Monday, January 4, 2027

Music at Shelter Rock
Stephen Michael Smith, Music Director



A joyous exploration of JAZZ with Alphonso Horne!

Musicians of all ages and levels welcome

YOUTH ARE ESPECIALLY WELCOME!

For further information, please contact
904.707.9031 or alphonsohorne@gmail.com

Rehearsals Sunday Mornings
Music Studio A | 9:00–10:00 AM

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

Special Event Highlights
Listed in chronological order
Additional information at uucsr.org/events

MUSIC AND PERFORMING ARTS PRESENTS

SIGHT SINGING
& Music Theory Classes

with BILLY HUYLER

Thursdays
• 5:45-6:45 PM •
Music Studio B

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

FIVE INITIAL SESSIONS

October 15
October 22
October 29
November 5
November 12

$5 per session | $20 for all five

REGISTER HERE
uucsr.org/26Singing

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

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.

THE UUCSR CARING COMMITTEE AND ADULT PROGRAMS PRESENTS

DEATH CAFÉ

Important conversations about Life begin with Death



SUNDAY, NOVEMBER 15, 2026
1:00 PM | ART GALLERY

AT DEATH CAFÉS people discuss death while sipping tea and eating cake. A Death Café is a group-directed, casual discussion of death without an agenda or objective in an accessible, respectful, and confidential space. It is a discussion group, rather than a grief support or counseling session, to increase awareness of death to help people make the most of their finite lives.

Admission is free, but you must register online at uucsr.org. You must register so that we are sure to have plenty of cake and supplies.

Led by Rev. Meagan Henry, Ami Bhalodkar, and Betty Gold

For more information about Death Cafés, please visit deathcafe.com

Participants agree to:

- Listen without interruption, judgment or side conversations
- Share without lecturing, criticism or advice
- Honor the diversity of thought and feeling among us

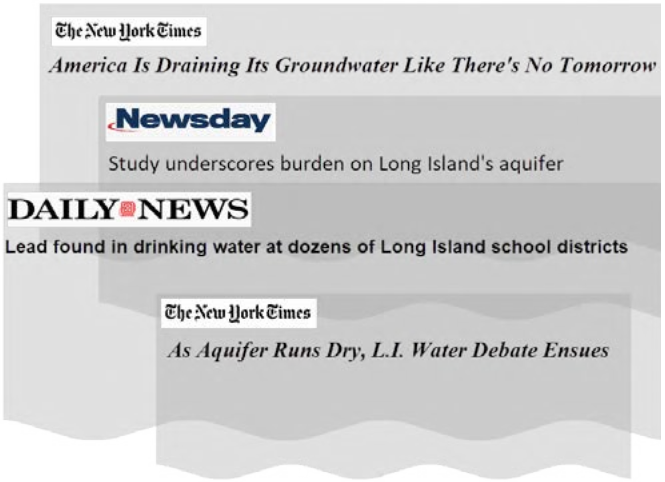
REGISTER HERE
uucsr.org/DeathCafe26

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

CO-SPONSORED BY MEN'S GROUP SCIENCE DISCUSSION NETWORK AND GREEN SANCTUARY

DEEP DIVE: EXPLORING LONG ISLAND'S UNDERGROUND WATER SYSTEM

SUNDAY, NOVEMBER 22 | 1 PM | ART GALLERY



Take a deep dive into the history, structure, and challenges facing Long Island's aquifer. First mapped in 1903 by geologist Arthur Veatch, husband of UUCSR's own Caroline Veatch, the Long Island watersystem must now support a vastly greater population. Join noted hydrologist Marty Rowland to learn about the pioneering work of Arthur Veatch, the aquifer today, and the future of the vital resource that sits deep under UUCSR grounds.

Dr. Marty Rowland is a past president of the Unitarian Universalist Congregation of Queens (Flushing). As a civil and environmental engineer, he has created fair and functional environmental and community restoration programs for 50 years.

REGISTRATION SUGGESTED. NO CHARGE.

REGISTER HERE
uucsr.org/26Dive

For more information or for a Zoom link
Contact Elaine Corrao
at ecorrao@uucsr.org or 516.472.2933

Thanksgiving Meal Together at Shelter Rock

Thursday, November 26, 2026
11:30 AM–2:30 PM

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

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

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

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

Please commit to one of the above when you register.

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

Adults $25 | Children $10

All reservations with payment must be made by Friday, November 20 by noon

Register Here
uucsr.org/26Thanks

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

Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

WOMEN'S GROUP

December Holiday Sale

Sunday, December 6, 2026
9:30–11:00 AM
12:00–2:30 PM
Social Hall

Jewelry • Trinkets • Gift Items
Christmas Decorations
Household/Kitchenware
Children's Toys
Boxed Games for All Ages

Use canvas bin for all donations:
Weekdays–Lower Level
Sundays–Main Lobby

New boxed items especially welcome.
Gently used clothing welcome.
Cash only (small bills, please).

All proceeds will go to North Shore Child and Family Guidance Center: Latina Girls Project



EDUCATIONAL SESSION SPONSORED BY ADULT PROGRAMS COMMITTEE

UU History in Transylvania Educational Session

SUNDAY, JANUARY 31, 2027
1–3 PM | ART GALLERY

On Sunday, January 31, 2027, from 1–3 PM in the Art Gallery at UUCSR, Zsolt Elekes, who is the International Relations Officer at the Hungarian Unitarian Church in Transylvania, and Lorand Ferencz who is the Tourism Manager at the Hungarian Unitarian Church in Transylvania, will join us on ZOOM to teach us about the beginnings of Unitarianism in Transylvania, including Ferenc Dávid, King John Sigismund (János Zsigmond), and the Edict of Torda. They will also talk to us about the modern life of Transylvanian Unitarians, including their experience during and after Communism.

We are doing this in preparation for our Pilgrimage to Transylvania in Spring 2027!
(See page 13 for more information.)

REGISTER HERE
uucsr.org/27Transylvania

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

A Long Island Tradition!

Messiah Sing 2026 at Shelter Rock

Sunday, December 6, 2026 • 1:30 PM

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

with acclaimed soloists

Sarah Moulton Faux, soprano
Leah Wool, mezzo-soprano
Brian Jeffers, tenor
Billy Huyler, baritone

Open to Everyone—$5 Donation at the door

VOCAL SCORES PROVIDED
Sing along or simply listen

Seating guaranteed for registered attendees only!
Tickets available at the door the day of the perfomance.

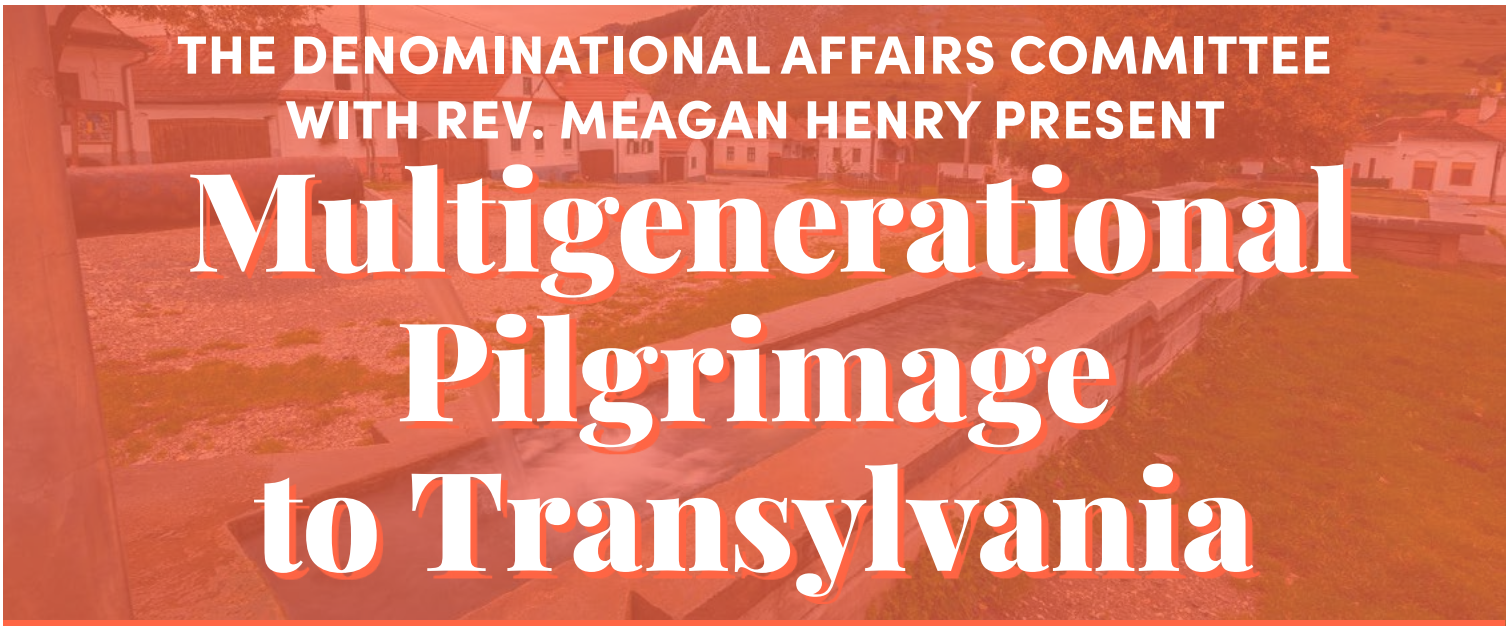
Reception to follow in the Shelter Rock Art Gallery
Adequate free parking, handicapped accessible

REGISTER HERE
uucsr.org/26Sing

Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

Free professional childcare available.
Questions? Contact Jamie Walowitz
at jwalowitz@uucsr.org or 516.472.2943

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



THE DENOMINATIONAL AFFAIRS COMMITTEE
WITH REV. MEAGAN HENRY PRESENT

Multigenerational Pilgrimage to Transylvania

SPRING BREAK 2027

Thursday, April 22, 2027 — Saturday, May 1, 2027
RESERVE YOUR SPOT BY MONDAY, DECEMBER 7, 2026

Unitarian Universalism's Connection to Transylvania: For those of you who don't know, Transylvania is the birthplace of Unitarianism. In 1568, the Edict of Torda established the first known guarantee of religious freedom in Christian Europe. Led by theologian Ferenc Dávid, this movement laid the foundational principles of tolerance and the oneness of God that shape modern Unitarian Universalism (UU) today. UUCSR's specific connection to Transylvania is that we support a partner church in Csikszereda, Transylvania.

This trip will be an opportunity to soak in the spirituality and identity of Transylvania, deepen our connection to our shared faith, learn about and understand our Unitarian Universalist roots, and build bridges between our congregation and our Unitarian Universalist siblings in Transylvania.

In order for you to attend this Pilgrimage, you must register here and pay a non-refundable $500 deposit to reserve your spot by Monday, December 7, 2026. The final Pilgrimage Cost is due by Monday, March 15, 2027. We encourage you to register here using the "Expression of Interest in Pilgrimage" Selection type now to indicate your interest in attending this Pilgrimage without officially registering and paying the non-refundable $500 by Monday, December 7, 2026.

RESERVE YOUR SPOT HERE BY DECEMBER 7:

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.

First Mondays | 7:00–8:00 PM | ZOOM
Small Group Ministry
led by WinterFlower Robinson
Learn more and register HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions.

Third Mondays | 10:00 AM | Via Zoom
Care for the Caregiver
Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

Second Tuesdays Monthly
12:00–2:00 PM | Onsite Office Conference Room and Online Zoom
Women Talk Daytime
Co-Facilitators: Iris McKenna, Joanna Commander, and Maryann Zappulla. Questions? Please contact Elaine Corrao (ecorrao@ucsr.org or 516.472.2933).

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

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

Tuesdays: November 17
10:00–11:15 AM | Art Gallery at UUCSR
Build a Better Brain: Live Better
Fee: $90 for Members; $120 for Non-Members.
Boost brain health. Calm the mind. Feel more focused, balanced, and energized. Discover simple, practical techniques with Dr. Fern Engelson in this empowering six-week course designed to help you strengthen, protect, and support your brain—now and for years to come. Start where you are—everyone is welcome. Movements are adaptable for every body, and no prior experience is needed. Learn more and find registration information HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions!

Third Tuesdays | 10:30 AM | Via Zoom
Living with Cancer, led by Caron Hunter
People living with the challenges of a cancer diagnosis may join a safe, confidential group where members may share their experiences with others who understand the intricacies. In this supportive environment, we lift each other up, learn tools for coping with stress, meditate together, and open a prayerful spirit within ourselves to encourage healing. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge.

Wednesdays | 2:00 PM | via Zoom
Wednesday Conversations
Seeking an opportunity for spiritual deepening in a supportive setting? You are invited to Wednesday Conversations where we explore a poem or reading for reflection, sharing, and listening. This month's theme is *Letting Go*. To join, click HERE. Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

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.

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.

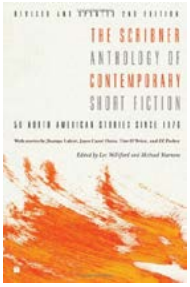
Second Wednesdays | 11:00 AM–12:30 PM | Hadley House Community Room
Small Group Ministry
led by Deborah Siegel and Lilyan Strassman
Learn more and register HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions.

Thursdays | 1:00–4:00 PM, or until "Game Over" | Check uucsr.org/calendar weekly for location.
Bridge, Canasta, Games & Fun
UUCSR is the place to be for an afternoon of fun and games on Thursdays. Not only Bridge and Canasta. We provide the games Mah Jong, Scrabble, Rummikub, Dominos, etc., and invite you to come for a social afternoon. Players of all levels are welcome. Bring your friends who enjoy playing. You'll make new friends, too. All are welcome. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933), Carla Drezner (stargatecd@aol.com) or Sandra Hazel Frank (sanwin@optonline.net).

Thursdays | 6:15 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 HealthFall/Winter 2026, led by Ashley Baldwin
Fridays, November 6, 13, 20; December 4, 11, 18
10:45–11:45AM | In-Person in Lounge at Hadley House or on ZOOM
Contribution: $84/6-class package; $16 drop-in. All are welcome to join us for this Medical Qigong for Senior Health community class in the Lounge at Hadley House or via Zoom! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information HERE. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

Fridays via Zoom | 12:00 PM



Join the Great Books Group! Do you love reading and enjoy sharing your thoughts? The Great Books group discovers new authors, explores different genres, and enjoys lively discussions in a friendly, welcoming atmosphere. We read approximately 30 pages per week, drawn from collections of poetry, essays, or short stories. Each session is facilitated by a leader and we discuss a list of prepared questions. We meet on Fridays, from 12:00–1:30 PM, on zoom. We are currently reading *The Scribner Anthology of Contemporary Short Fiction*. To join us, click HERE to register, or for more information, contact Jane Weiler, 516.673.7150. We look forward to turning pages together! 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
November 20: *Heart the Lover,* by Lily King
Discussion led by Leona Handleman
PEN/Faulkner finalist about a college senior who enters an intoxicating friendship with two classmates, forming a charged triangle that shapes their lives for decades. Visit HERE for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Third Fridays | 7:00 PM
Women's Group Online Film Discussion
November 20: *The Starling. The Starling* follows Lilly, a woman coping with deep personal loss, whose grief is complicated by a persistent bird intruding on her garden. Her humorous yet tense encounters with the starling lead her to an unconventional friendship with a veterinarian, helping her confront her emotions. Directed by Theodore Melfi and written by Matt Harris. The film stars Melissa McCarthy, Chris O'Dowd, Timothy Olyphant, Kim Quinn, Skyler Gisondo, Loretta Devine, Ravi Kapoor, Daveed Diggs, Rosalind Chao, Laura Harrier, and Kevin Kline. Visit HERE for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Saturdays | 9:30 AM | Art Gallery (Sometimes in Social Hall or Veatch Ballroom)
Yoga For All Levels, led by Mia
An opportunity for spiritual growth and centeredness. $15 per class. For more information and to register, click HERE.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
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Rev. David Carl Olson (dcolson@uucsr.org)

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Congregation Operations Administrator
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Stephen Michael Smith (ssmith@uucsr.org)

Director of Lifespan Religious Education
Jessica Hess (jhess@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
Arnold Babel
Riki Birk
Dana Gumb
Larry Hass

November 11, 2026

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next *Quest*: Tuesday, November 24 | Deadline for Content: Monday, November 16

Inclement Weather

As winter approaches and weather conditions remain unpredictable, we would like to share UUCSR procedures for addressing inclement weather and ensuring the safety of our congregation. Our goal is to keep the building open whenever possible, particularly on Sundays, as we recognize the importance of gathering together as a community.

All weather events are taken seriously, with the safety of our congregation, staff, and visitors as our highest priority. Our team has the necessary tools and resources available on site to address snow and other winter weather conditions.

Decisions regarding delayed openings or facility closures are made collaboratively by the Congregation Operations Administrator (COA), the President, Ministers, and the Director of Operations (DOO), based on current weather and property conditions.

Enhanced Weather Communications

Moving forward, we will provide enhanced communication to the congregation regarding the status of the property during weather-related events.

- Member Notifications: Updates may be communicated through a combination of text messages, phone calls, and email. Please ensure that your contact information is current in the Member Directory.
- Website will be updated with any delays or closures of the property.

Safety Reminder

Please use caution when traveling to and from the building during winter weather. Our driveway can become particularly challenging during snow and icy conditions. If your vehicle is not equipped with all-wheel drive, shifting to a lower gear may provide additional traction and help you navigate the driveway more safely.

Thank you for your understanding, cooperation, and continued commitment to the safety of our congregation. We appreciate everyone's efforts to help maintain a safe and welcoming environment for all.

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.