



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 23, 2025

**Monthly Theme:
CHOOSING HOPE**

WORSHIP SERVICES

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 Phinu Jose at 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?

SUNDAY, JANUARY 4, 2026, 11:00 AM
Rev. David Carl Olson

“It starts when you say We” A new year begins with the turning of the calendar’s page, and a new opportunity for practicing resistance begins with each new relationship. Poet Marge Piercy asks us to know who is part of our “We,” and to practice that “each day you mean one more.” A diverse community as our grows in its effectiveness—and perhaps its happiness—by its development of that greater “We.” Organized people are a path toward resistance.

Worship Services continue on page 2

TOUCHSTONES Rev. Dr. Natalie Fenimore



Hanukkah lights were glowing. The Solstice has arrived. It’s almost Christmas. The New Year is rushing at us. How are you feeling? Where is your heart leading you?

For Unitarian Universalists, the meaning of holidays and seasonal celebrations are not dictated. We choose what has meaning for us, what brings value to our lives, what leads our hearts toward justice and peace.

We honor the past and look to a hopeful future.

And we also know that the holiday season can be a time of sadness, grief, and loneliness for many. This can be both a physical and emotional “winter.” We accept that reality and come together to support one another.

In her book, *Wintering*, Katherine May writes: “Plants and animals don’t fight winter; they don’t pretend it’s not happening and attempt to carry on living the same lives that they lived in summer. They prepare. They adapt. If happiness is a skill, then sadness is, too. Perhaps through all those years at school or perhaps through other terrors, we are taught to ignore sadness... we have seasons when we flourish and seasons when the leaves fall from us, revealing our bare bones. Given time, the leaves grow again. We must learn to invite the winter in.”

Yes. Feel all the feelings. It is all valid and necessary for a time. But don’t settle on despair. Remember that ours is a community of compassion and mercy. There is great beauty and goodness in this world. We are still capable of pushing back the darkness and bringing forth a hopeful light. Celebrate what makes you happy today. Celebrate your dreams for tomorrow and work to make them come true. Happy Holidays.

WORSHIP SERVICES

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FRIDAY, JANUARY 9, 2026, 7:30 PM
Rev. David Carl Olson

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist Antje Duvekot 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, JANUARY 11, 2026, 11:00 AM
Rev. Dr. Natalie Fenimore

What We Can Resist; What We Can Welcome As we practice resistance, we ask what we should resist. What activities, ideas, forces are so outside of our principles and values that we don't want them in our lives? To be clear about what we should resist, it can be worthwhile to be clear about what we want to welcome in our lives and in this our community of faith. What brings us strength? What enhances our lives? What draws us closer together? It is the things that bring us joy and happiness and a sense of justice and peace which can give us the strength to resist all else.

Save the Date!
Veatch Sunday
January 25, 2026
11:00 AM–3:00 PM
see page 3 for more info

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.

UU OF SHELTER ROCK ANIMAL MINISTRY

Jill Marcus and Leslee Rabb, Chapter Leaders

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.

Pet Loss Support Group—the national UU Animal Ministry has a Pet Loss Support Group run by its Animal Chaplain and UU minister, Russell Elleven. It's held the first Wednesday of each month at 8:00 PM and new participants are always welcome. The next meeting is on **Wednesday, January 7, 2026, at 8:00 PM**. To sign up for the zoom link, email Rev. Russell at relleven@gmail.com.

Great news! The Netherlands has become the first country in the world to ensure that every dog has a loving home, effectively ending the stray dog population. This was made possible through strong animal welfare laws, widespread spaying and neutering programs, and raising awareness about responsible pet ownership. Government-backed sterilization initiatives, along with strict measures against abandonment and abuse, helped make this goal a reality.

Read more about this on the UUAM Facebook page www.facebook.com/uuanimalministry/ or at dutchreview.com/culture/how-did-the-netherlands-become-the-first-country-to-have-no-stray-dogs/.

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

Jan 4: plain spaghetti, meatballs, quinoa with beans, marinara sauce and butter on the side, tossed salad, dessert

Jan 11: roasted chicken, plain penne pasta, grilled vegetables, chicken gravy and butter on the side, tossed salad, dessert

All meals include lemonade, unsweetened iced tea, dessert

THANK YOU

Heartfelt Thanks From Willow

Willow sends heartfelt thanks to all in our community who came to our holiday fundraiser performance on December 10 (Peace, Love and Dessert with Willow). You helped raise more than \$1,000 as well as over 200 pounds of food for the INN. It was so much fun to be together and celebrate the season!

Submitted by Farah Chandu

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Sincere Thanks and Best Wishes to Dan Pratt

For ten years Dan Pratt, founding director of our Jazz Ensemble, has led and inspired its members to become the joyous and exciting group it is today. His insight and commitment have been unwavering, recruiting new members, arranging charts to meet the unique abilities of the ensemble's participants, and providing inspirational music for our Worship Services. Dan and his family will be moving to Madrid, Spain on the first of January and he will be unable to continue as a core member of the musical team at Shelter Rock.

Dan brought his whole musical and personal self to his work with us, and the blessings he has bestowed on our congregation are beyond measure.

Thank you, Dan. While you won't be with us from week to week, we hope you see you periodically when you are back this side of the Atlantic. We send you on to the next chapter of your life with deep appreciation, respect, and love.

Dan's last day with us will be when he leads the Jazz Ensemble at our 5:00 PM Christmas Eve service.

UNITARIAN UNIVERSALIST VEATCH PROGRAM AT SHELTER ROCK

Joan Minieri, Executive Director

Veatch Sunday: Our Values in Action

Sunday, January 25, 2026 | 11:00 AM–3:00 PM

At 11:00 AM Worship, guest speaker, Minister JaNaé Imari (Bates), Co-Executive Director of Veatch grantee ISALAH in Minnesota, will speak to the important role of people of faith in building a multiracial, multifaith, people-powered democracy.



Starting at 1:00 PM, the Veatch Annual Meeting will feature interactive, roundtable conversations where Veatch grantee leaders, including from here on Long Island, will be discussing how they address issues of homelessness, immigration, economic justice, and mass incarceration.

RELIGIOUS EDUCATION (RE)

Rosara Torrisi, Chair

What an unexpected turn our Holiday Decorating Party took! Due to the sudden and significant snowfall, we were deeply disappointed that the children and families from The Woman's Opportunity Rehabilitation Center Inc. and the Manhasset-Great Neck Economic Opportunity Council, Inc. could not safely join us. We hold them in our thoughts and look forward to welcoming them soon.

Though the numbers were smaller, there was an unmistakable joy and festive spirit among those who arrived before we decided the driveway was unsafe. Recognizing the need to "make do" with who was present, we embraced the shift!

The children were absolutely thrilled, enjoying sledding down the hill and focusing their energy on the holiday arts and crafts (leaving us with a wonderful abundance of materials for next year!).

This event, co-sponsored by the generous Women's Group and the creative Art Committee, was a beautiful reminder of our resilient, abundant, and connected community.

A special, heartfelt thank you goes out to our incredible facilities crew. Their tireless efforts to make the roadway as safe as possible and to assist those who became stuck on the driveway were truly heroic and demonstrated a commitment to our community's well-being.

Thank you to everyone who contributed their time, effort, and open hearts. It was a magical day, proving that our greatest gift is being together, rain or (lots of) snow!



You are encouraged to share your Milestones, such as the celebration of rites of passage: Infant Dedications, Coming of Age, weddings, and funerals. There are also many other meaningful, memorable moments from our daily lives that can be shared and honored within the religious community, with the ministers, and with members of the UU Congregation at Shelter Rock. Please contact Assistant to the Ministers Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Join the INN Volunteer Cooks

Wednesday, January 14; Thursday, January 22

Do you like to cook? Please come serve those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network) has added the **second Wednesday morning of each month** to the Monthly Cooking Schedule!

As people struggle to feed their families as grocery prices rise and SNAP is threatened, please gather to prepare 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. Please add to your calendar, the **second Wednesday morning 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.

Mark Your Calendars and Save the Dates:

Saturday, January 31, 2026

Jamin' for Jamaica

Help put the FUN in Fundraiser

Pot Luck (doesn't have to be Jamaican food, but it can be)

Suggested donation \$15-\$50 Sliding Scale

Jamaican music (Calypso, Reggae, etc), and Dancing

It's gonna be IRIE!

Flyers and more information to follow

Sunday, May 17, 2026

2nd Annual Social Justice Committee UUCSR End of (fiscal) Year Community Celebration

Food, sound bath, short recap of the goals accomplished over the year

EVERYONE is WELCOME!

Flyers and more information to follow

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

Pilgrimage To Romania

Four hundred years ago, a liberal religious movement arose in Eastern Europe that celebrated religious tolerance and freedom of belief. That movement was Unitarianism, and it is centered in Transylvania, the Hungarian-speaking region of Romania. A visit to historical sites and our Partner Church will help us understand the deep historical roots of our shared faith.

Since the early 1990s, UUCSR has partnered with the Unitarian Church in Csikszereda (Miercurea Ciuc in Romanian), Transylvania. We helped to finance the construction of their new worship hall, and UUCSR members visited there for its opening. Members of their congregation have reciprocated with visits. Through the ongoing George Kesner Memorial Book Exchange in the Social Hall and the annual Partner Church Auction, we have been able to continue assisting our Partner Church financially. The DAC blog on the UUCSR website has an essay on the history of our relationship. Read about it [HERE](#).

A trip to the region might also include a visit to the Janos Zsigmond Unitarian High School in the city of Kolozsvar (Cluj-Napoca in Romanian). This past spring, the choir of that high school performed a concert at UUCSR to much acclaim.

Travelers will need to finance the trip themselves. If interested in participating, please contact Barry Nobel (barry@nobel.org)

submitted by Barry Nobel

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
12/23/25	Charlene Greenberg	Tell a joke, read a poem, sing a song.
12/30/25	Maryellen Pierce	What are some things you cannot live without?
1/6/26	Jane Weiler	Tell us about the most memorable gifts of TIME and CARE you have received. (Homemade gifts, car washes, meals, etc.)
1/13/26	Open Chat	
1/20/26	TBD	TBD

KATERINA DEMBRIS

Director of Operations

Inclement Weather

As winter approaches and weather conditions become increasingly unpredictable, we would like to share information regarding our procedures to ensure the safety of our congregation. Our intention is always to keep the building open—especially on Sundays—as we recognize the importance of gathering as a community.

On Sunday, December 14, due to a sudden change in the weather pattern, we received significantly more snowfall than anticipated. Leadership had prepared in advance and coordinated with our Facilities Team beginning at 5:00 AM. to initiate snow removal and building preparation in order to support a full day of congregational and community events. Our team did an excellent job managing a challenging and rapidly evolving situation.

All weather events are taken seriously, with the safety of our congregation as our highest priority. Our team is equipped with on-site tools for snow removal. Moving forward decisions regarding delayed openings or facility closures will be made collaboratively by the Congregation Operations Administrator (COA), the President, Ministers, and the Director of Operations (DOO).

Moving forward on weather-related events, there will be enhanced communication to the congregation on the status of the property:

- Notifications to the membership will occur through a variety of text, phone, and email communications. Please ensure your information is updated in our online membership directory.
- The website will be updated with the most current information regarding property status.

Safety Reminder

Please note that our driveway can be challenging during snow events. If your vehicle is not equipped with all-wheel drive, shifting into a lower gear may provide the additional traction needed to navigate the driveway safely.

Thank you for your understanding and cooperation as we work together to maintain a safe and welcoming environment for all.



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).

(<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.

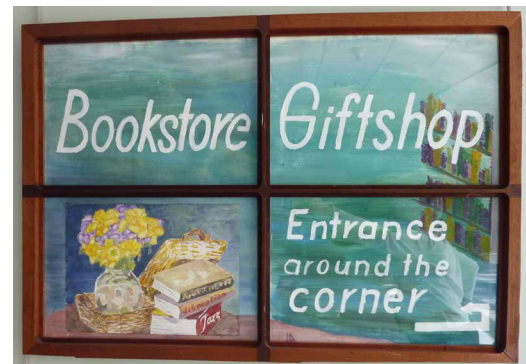
BOOKSTORE COMMITTEE

Elaine Peters, Chair

Holiday Shopping Selections

The Bookstore has a wonderful selection of jewelry, and T-shirts are now available. One new t-shirt says: “Free Societies Read Freely.” Another t-shirt says: Birthplace: earth, Race: human, Politics: freedom, Religion: love.”

The Object at Hand: Intriguing and Inspiring Stories from the Smithsonian Collections, by Beth Py-Lieberman is a book that teaches how we can creatively use many objects around us. For teenage readers, we offer *Be the Change/Call for Kids*, by Robin Greenfield. For the younger set, we have *Love Stays Strong*, by Paula Schneider, *The Scar*, by Charlotte Moundlic, and *When Autumn Comes*, by Ekaterina Trukhan. Lovely engaging illustrations accompany each book.



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
Rescheduled Artist's Reception: Sunday, January 4, 2026
1:00 PM | Art Gallery

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



given light, by Schery Markee Sullivan
Artist's Reception: Sunday, January 11, 2026
1:00 PM | Art Gallery

Exhibit will be on display:
Sunday, January 11, 2026–Monday, February 9, 2026
All are welcome!

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

SPECIAL EVENT HIGHLIGHTS

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

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 Wednesday, December 31
Childcare Deadline Monday, December 29

REGISTER HERE

uucsr.org/TGIF26Healthy

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

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

SPECIAL EVENT HIGHLIGHTS

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

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

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 | 

SPECIAL EVENT HIGHLIGHTS

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

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HEY NEW PARENTS! 4TH TRIMESTER & EMERGING PARENTHOOD GROUP

AT UUCSR | Intergenerational Communication
and Connection; Tending to Your Family

Wednesdays
Beginning January 14
10 AM–12 PM

Feeling like you're navigating the incredible, sometimes overwhelming, world of newborn-hood solo? We get it. That's why we're creating a truly special space just for you and your little one, designed for connection, learning, and finding your footing in this wild new chapter.

Questions?
Contact Carson Jones at
cjones@uucsr.org



REGISTER HERE
uucsr.org/NewParents25

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
January 16, February 20, March 20,
April 17, May 15, June 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

SPECIAL EVENT HIGHLIGHTS

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

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THE UUCSR MINISTRY TEAM PRESENTS

PRACTICING EMPATHY

Sunday, January 18
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



Midnight Run is a volunteer-based organization whose mission is to bridge the gap between the housed and those who are experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year where volunteers from churches, synagogues, schools, and other philanthropic groups distribute food, clothing, blankets, and other 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 join our Senior Seminar teens on their Midnight Run!

Donations Collected in the Main Lobby

Join us in the Social Hall on Friday, January 30, as we prepare food, sort clothing, and compile toiletry kits for those in need. This is an all-ages volunteer event.

Register at uucsr.org/26Run

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!

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

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

Jan 18 Feb 15, Mar 15, Apr 19, May 17, Jun 21, 2026

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.)

Tuesdays, January 13, 20, 27 | 10:00–11:00 AM | Art Gallery Harnessing the Healing Power of the Vagus Nerve for Greater Health and Wellbeing with Dr. Fern Engelson

Join this unique and empowering (and fun!) class and learn how to support the Vagus Nerve, which plays a crucial role in our overall health and wellbeing. Practice techniques from the ancient traditional healing arts and those from modern day cutting-edge science, tapping into our body's wisdom as we heal from the inside out! Learn healthy lifestyle strategies to further support function. All are welcome! No prior experience is needed. Practices are gentle and easily adaptable! Register [HERE](#). For pricing information, please contact Dr. Fern Engelson (lovenow108@gmail.com or 516.621.0316). Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, (jwalowitz@uucsr.org or 516.472.2943).

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).

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) with any questions.

Fridays | 10:45–11:45 AM | Hadley House

Medical Qigong for Senior Health—Winter 2026

led by Ashley Baldwin

January 9, 16, 23, 30; February 6, 13, 20, 27

Members: \$80 for 8-class package/\$12 per-class, drop-in price; Non-members: \$112 for 8-class package/\$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

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).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

January 16: *The Lion Women of Tehran* by Marjan Kamali, discussion led by Judy Douenias. In 1950's Tehran, two young girls form a deep friendship across social classes, but their bond faces challenges as they navigate Iran's political turmoil and personal betrayals. 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).

Saturday, January 24 and Saturday, February 28 | 9:00 AM 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 [HERE](#) to attend. Contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

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

Yoga For All Levels, led by Mia

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

Fourth Saturdays Monthly | 11:00 AM | Art Gallery

Jan 24, Feb 28, April 25, May 23, 2026

Exploring Earth-Based Spirituality Multiplatform Gathering

This group, led by UUCSR ministers, shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All interested are welcome. Please bring some food to share at each event, or a nosh. We will meet and then break for lunch from 12:30–1:00 PM. We hope you can join with us to explore various paths to spirituality. If you can't meet in person, you are welcome to join online. After registering [HERE](#), you will receive the Zoom link. Any questions, contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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December 23, 2025

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Next Quest: Wednesday, January 14, 2026 | Deadline for Content: Tuesday, January 6, 2026



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.